

So now we are a poor country. But they could not take away our wisdom. For a saint there is nothing like East or West, North and South. Now we see in the West is grown so big the whole civilization. Without any spirituality. But there are so many seekers of Truth in the West who want to know their roots. Without knowing about you roots, how can you maintain this great civilization of yours?. As it is, is showing in your recession, in you family life, society, the collapse. But when you get your ascent, then a person becomes absolutely innocent. Your innocence is not lost. It is covered with some clouds, but it is all there intact. With your ascent, you see that you transcend all these barriers which are artificial between one man and another. This ascent I have seen which is really remarkable that people have given up drugs overnight. Such beautiful families are there. We seldom have divorces. There's no quarrels between Sahaja Yogis from Russia and Sahaja Yogis from America. There's no argument, there's no aggression. They have become like angels, I think.

So pure. Kalis as they call it in the Arabic language. Even Guru Nanak has said there will be people who will be Kalis. The great English poet William Blake has described that in those days people will be born who will be the God's people. And they will have powers to make others divine. This is exactly what is happening in Sahaja Yoga. They respect their parents, they respect their country, they respect their laws. They are not materialistic, they are not dealing in hanky pankies. All the beauty that they had, all the greatness they had is now manifesting. You don't have to pay for it. It is the last breakthrough which you all have been looking forward to. I have told you that this is your own power. The whole subtle system has been described in Koran, and also in the Bible, as the tree of life .

So we have to understand that the time has come for all of you to get to your ascent. The first thing that happens to you is that you start feeling this all-pervading power, the cool breeze of the Holy Ghost. For the first time, you feel It. Second thing that happens to you that your fingers, all these 5, 6 and 7, these right and left centres of the sympathetic nervous system get enlightened. These represent your centres on left and right. Now this Kundalini is the reflection of the Holy Ghost in you. We have Father the God, and Son the God, but we don't have Mother, how can that be?. In every religion, there is the Primordial Mother, even in the Greek's, they called Her Athena, the Chinese, in every religion there is the Primordial Mother, except in Christianity, it is a dove!. Symbolically good because doves ascend... . An God Almighty Himself, there is one God, is reflected in our heart. But he has His apostles which are all placed on these centres. When you get your Realisation, on these fingertips you can feel the centers of others. As you can feel your own centres. All the world's problems are mostly because of human beings. And all human problems are because of the centres in your body. Your physical problems, many incurable diseases have been cured definitely by Kundalini. We have proof of that. Your mental problems, many people who have been suffering mentally have been cured with Sahaja Yoga. The modern disease of stress and strain is cured by Sahaja Yoga. Also spiritual problems which are coming from following wrong paths, as there are many false gurus also. ... Are cured by Sahaja Yoga. Then, the second awareness that you develop is of collective consciousness by which you can feel others. Then another awareness that comes to you is thoughtless awareness. The thoughts rise, fall, again rise, then fall, again rise and then fall. And these thoughts are coming either from the past or from the future.

Now if I say you be in the present, you cannot. In between these thoughts, there is a small space. When this Kundalini rises, She suppress these thoughts. And you are in complete silence and peace. If you want to think, you can think. But if you don't want to think, you can be in thoughtless awareness, it is called as nirvichara samadhi in sanskrit language. At this stage, when you are thoughtless, you become the witness, witness of the whole drama going on . You are no more in the problems, you are out of it, so you can solve your problems very easily. And also there is God Almighty, you enter into His Kingdom. And the bliss of Divine Love starts looking after you, protecting you. They use to write to me about the miracles that they have had in their lives and I just felt it is too much for Me, so I asked somebody to write these miracles . Within months he wrote to me that Mother, all these miracle stories have come up to my head, so which one am I to select and write, tell me . All these miracle stories also were supported with proofs.

So the Spirit starts manifesting, you get enlightened and in the light of the Spirit you know the absolute Truth. Now supposing I am holding a snake in My hand and it is all darkness. And I am a fundamentalist and I am very sure about Myself. And somebody says it is a snake in your hand, you would not believe... I would not believe, I would say no, it is not so ... until it bites me. But if there is little light, I'll just throw it away. This is how Sahaja Yoga works. It is very hard to believe for you that you are so fantastic.

But I say you are!. Don't believe in people who call you sinners. Have full faith in you. You are seekers of Truth!. And Sahaj means with you is born the right to get united with this All-pervading Divine power. But only a seeker of Truth has this right. Not those who are bound by some sort of conditionings. This revolution has started in a very big way all over the world. Christ never had so many seekers of the Truth. And His own people crucified Him. But it was the government at that time that crucified them, not the Jews. And the way we have tortured Jews all the time saying that you have crucified Christ is also absolutely very very cruel. It is not behold for any Christian to be cruel.

So that today you all are here with this, your Kundalini ready to sprout. Have full confidence, if you want to have your realisation, yo all will get it. I cannot force on you, because I respect your freedom. Immediately we'll know those who are not capable of knowing the Truth. All such people should leave the hall. It is not civil to disturb others if they want to have their ascent everybody has this right, legal right. If you want to miss your own ascent, you can go ahead, you can chose, the choice is yours, this is the Last Judgement. And with this Last Judgement, you have to judge yourself. In the Koran it is very clearly said at the time of Resurrection, your hands will speak and will give witness against you . There is a very big chapter on Resurrection, but the fundamentalists don't want to look at it. They believe their religion is the best. But what would it has done to anyone? It is so much misinterpreted... So much misinterpreted. Like Christ went to a wedding, that means he supported marriages. He did not want priests and nuns and things like that. This all unnatural. And in Canada the priests are abusing children, the high priests are abusing children, can you believe it?. In Austria, the priests are having keeps and having relations with married women. Naturally, if you make human beings unnatural, they will do all these things, I mean it is natural. It has gone too far against Christ.

But His blessings are there. And Sahaja Yoga is working out very well. Those who want to have Self-realization, I've told you, should stay here, otherwise the rest must go . There was one gentleman who said he wanted to argue. It can be argued out, but is is all mental. This mental projections have created problems!. We have to go beyond the mental aspect of ours. If you believe that you have to do something about the solution of this disturbed workd, then please try to understand. You cannot pay for your ascent, not a single pai. How much do we pay to Mother Earth?. For giving us these flowers?. The Mother Earth has got the built-in quality to sprout and the seed has the built-in quality to sprout. That's how you have built-in qualities to sprout.

So I give you about two minutes more, for those who do not want to have their ascent should leave the hall. It is a serious matter. And they should not force upon us. It is very easy to criticize others. But one question you should ask yourselves : what have you got so far?. What have you given to others?. What kind of world we have created?. We should introspect. Everybody will have to ask. We have to understand that Sahaja Yoga works spontaneously, no doubt. But, we have to nourish our own centres with our self-confidence. That's all for tonight. Then once you feel this cool breeze of the Holy Ghost all around you, you must know it is the Ocean of Forgiveness. And one condition is there, that you should not feel guilty for anything whatsoever. You don't have to confess anything, that doesn't help. You have to know that this All-pervading power of Love and Compassion can dissolve all our mistakes. It will absolutely, completely make you free of this mythical guilt. Now if you feel guilty, then the centre here on the left handside catches; it is a fact, we have proved it. As a result you get a disease called angina . Also your organs become lethargic.

So you should not feel guilty. In my lectures if I have said something to make you feel guilty, please, please, forget it!. It is just a myth that we feel guilty; if you have done mistakes, you must face it, after all you are human beings . You are not God. To err is human. I mean to say you must have a very pleasant attitude towards yourself. First time when I went to France, they told Me: Mother, You are such a happy, joyous person, they won't like You because they are all very miserable .

So I started my lecture with Les misérables . I said after every third lamp post there is a prostitute standing, and after every fifteenth lamp-post there is a pub, what else will you have?. He made water into grapejuice. I also did it. But alcohol is a rotten grape juice, rotten. It has to rot and rot. The more rotten it is, the more expensive. And I was surprised that in Vatican, they make a thing called Benedictine, which is alcohol, I was surprised. Before I start, I will tell you a nice story. I went with My husband to Russia before all these things had happened. Though they said : what do you want to see?, I said: I would like to see a church, because after all the faithfals, simple faithfals have built the churches in the glory of God.

So Me and My husband both went to a church of the Greek Orthodox... black, black... What do you call it?. After seeing the church, we went to see the high priest. And I was surprised that this gentleman told us that these are our fasting days and we cannot eat

meat, but we can drink. And he started drinking, drinking, drinking. We were supposed to be VIPs, you see, but he forgot about us. He drank so much that he fell on the table, and we were very embarrassed, you see. Il a tellement bu qu'il est tombé sur la table, et nous étions bien sûr très gênés.

So we came back and these officers who were accompanying us, the Russians, were laughing. They had no respect for the Church, I was surprised. So they told Me the story. They said a long time back our csar wanted to have some religion here in Russia . And he sent for the Islamic people. No, no, first he sent for Catholics, I am sorry!. So the Catholics said: alright, you can have drink as much as you like, drink vodka, do what you like . But you have to have only one wife . They say it is not possible, we have to have many . So they cancelled Catholic church. Then the Islamic. The Islamic said: you can marry as much as you like, but you can't drink . The csar said: how can we live without vodka, what are you telling us, we don't want this religion . Then these Orthodox Christians came. They said you can drink, you can have wives, the only thing, you should pay us as well . So they said to us: we are innocent people, we don't know what the religion is, this is what religion is!. So now those again who do not want to have realization should leave this hall, but those who really care to have realization are welcome. But Sahaja Yoga is meant for intelligent people. Not for book-worms, or people who have degrees, but who are really intelligent enough to see the point.

It is not meant for idiots. And the stupid people. It is meant for people who are simple and who see the point that we have to ascend. So we have to understand that this Mother Earth is very helpful to us, and we have to take out our shoes. She is the One who sucks in our problems. We have to put both the feet apart from each other. And we have to be comfortable. You don't have to go to Himalayas to stand on your heads. In you own seat you will get your Realization if you are a seeker of Truth. But if you are clinging onto falsehoods, it will not work. Now you have to put your left hand on your lap, like this. Because the right hand is responsible for your desire, mundane desire. And right hand is for your action. You need not believe Me, but after Realization you can find out whatever I am saying is The Truth. There is one condition, I told you, that you have not to feel guilty at all. The second condition is... To forgive everyone, in general. Logically you forgive or don't forgive, you don't do anything. But if you don't forgive, then you play into wrong hands. Moreover the centre, or the gate, where Christ is, is like this... closed completely. It is placed on optic chiasma.

So it controls our ego and our superego. Through pineal body and pituary. When you forgive, it opens out like this.... But if you don't forgive, then this centre will not open, and the Kundalini won't rise. So I would request again and again, please forgive everyone in general. Don't also think about them, because it is a headache to think about them. Now the third condition is that you have to be absolutely self-confident that you will get your Self-realization. But as I said if you are stupid and idiotic, and you are laughing at the whole thing, you can't get it. Christ has said: you have to knock at the door . You have to ask for it. So it cannot be forced on you. But the condition is that you have to be absolutely totally self-confident that you will get your Self-realization. Please do not condemn yourself. But be very pleasantly placed towards yourself. You are human beings and at the epitomy of evolution. It is all arranged within yourself. But if you are arrogant and obstinate, you will miss the point. So one has to be humble. May God bless you.

1993-0718, There is an alternative

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There Is An Alternative

Public Program

Alpheusdal, Antwerp (Belgium)

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1993-07-18 Public Program, Antwerp, Belgium

I am sorry there was an accident on the way and it took us so much time that they were delayed and we were also delayed. I hope you will excuse us.

[Shri Mataji explains the bhajan written by Saint Namadeva 'Nirgunanchi Bheti Aalo Sugunasange']

"This song, this song is an introduction very much because it's a song which was created in the sixteenth century by a very famous musician – I should say a very famous poet – called Namadeva. And he was himself a tailor and a Realized soul, a saint. He went to see another Realized soul who was a saint, who was a potter [Gora Kumbhar]. So, when he went and saw [that] this potter was just trying to knead the clay for making the pot. And he was just doing it with his feet. So this great poet stood before him absolutely flabbergasted. And there he says this sentence that "I came to see the formless." Nirgun [means] formless. "But here I meet the formless in the form of form." That is sagun [form]. That is nirguna [formless] becoming sagun. Only, only a saint can say this to another person who is a saint. This appreciation of the Divinity of another person is only possible for a saint. There is no jealousy, there no backbiting, nothing. It's just appreciation of a saint. And he said it in that way. This was in the sixteenth century [that] he made this poem. He was a great poet; he went to Punjab. And Guru Nanaka, another great saint who had combined together so many poems of the saints of that time in the Granth Sahib for the Sikhs. And he is one of them who contributed a lot to that. And his maid [Janabai], domestic lady, also had made poems [sounds like 'are there']. Also, he has written a huge, big praise of the formless and the form in a very elaborate and a beautiful poetic way in Punjabi language. That was not his mother tongue. His mother tongue was Marathi. Such remarkable things have happened in that country. But as it is the saints were never accepted. And you know the Gnostics after Christ were tortured by the people who were at the helm of affairs. And so these saints also had to suffer a lot. Doesn't matter. But they have done a lot for us in our ascent.

May God bless you.

Let us hear this song, it's a very special one.

I am sorry for starting the whole program so late.

I bow to all the seekers of truth. As I have told you yesterday, the truth is what it is. You cannot change it, transform it and unfortunately, at this human awareness you cannot know it.

You have heard about the Gnostics who were the first Christians and they had to deal with the people who were at the helm of affairs like Paul. Because they found out that the Christian religion is taking a form which was not what Christ has said. Christ has talked to them – like Thomas, John, Mathews – about the Spirit that 'you all are to be born again'. But they were not Spirit oriented, they were power oriented at that time and later on they became money oriented. In all the religions as we see today, there is a problem. And thus, all these years they could not find the reality. But even in modern times, there are many saints who are born. Abraham Lincoln was a saint. Even Gorbachev is a saint. Also, we had in our country Mahatma Gandhi who was a saint. Another was the prime minister called Lal Bahadur Shastri – he was a saint. But they were alone and they had to fight their way through ignorant people. India has been a great country of saints. They are not certified by any temple or church, but they are

certified by the people. Mahatma Gandhi spoke about Sahaja Yoga in his lifetime. His secularism was the same as we have in Sahaja Yoga. In his prayers first he used to say let me be born again, let my Spirit manifest. And then the whole theme was to respect all the religions. But not only respect, but also worship all the great prophets and all the great incarnations. Because, if you get your Self Realization you will know the reality that all these religions were flowers from the same tree of spirituality. But today's situation is that people are fundamentalist in every country, practically. They talk of secularism, but they are absolutely controlling even the politics. This is the reason why people have not been able to come out to find out what is the truth. Whatever these people at the helm of affairs told them, or helm of religion told them, they had to believe in it blindfolded. So, if you ask a Muslim, he will say that Christians are the lost people, they will never go to heaven. But if you ask the Christians, they will say that these Muslims are the worst. But ask the Jews and they will tell you about both of them. So there is a big understanding among themselves that they are the chosen ones and are going to go to heaven. If you are born in one religion, you are supposed to follow that out and out. And all of them have one book as prescribed and they consider it to be the highest and the topmost. It is remarkable how people accept it, [people] who are intelligent, educated, developed. Even if they find out all kinds of things which are done wrongly by the priests, they don't want to understand that this is not the reality. Despite all these so-called religions, we have had so many problems with the fundamentalists. But some people do see, but they don't know [that] there is an alternative. There is an alternative – that you are to be born again, that you have to ascend and transcend this human awareness to a higher level. Surprisingly, Gnostics as they were in those days... Thomas also has written a beautiful treatise in Hammadi. Now 'Gn' in Gnostic comes from Sanskrit meaning knowledge. And knowledge on your central nervous system, it's not mental. Also, it should be tangible. It should be scientifically proved, then it is the knowledge. It's not just sort of a sermon or a lecture or some sort of a mesmerism. One has to understand that our creator is not going to allow this creation to be destroyed. Whatever we may try, it cannot be destroyed. As it is, we are taking to all kinds of destructive ways. But there is within us, built in, this power, you can't see here [Shri Mataji is looking for the chakra chart], about which they have told you. And the central path of your ascent is absolutely ready to give you your second birth. One may say that Christ didn't talk about Kundalini. But you must understand [that] at the time of Christ how blind those people were. He could live only four years of public life, at the most, and they crucified Him. Same with Mohammed Sahib – with all these great incarnations, they were not given any chance to say about the complete ascent. I was in England for four years working on seven Sahaja Yogis, so-called. I had given up – I was so fed up with them. They were all from Cambridge, Oxford – over read, over educated – scientists. And arguing all the time. But gradually it worked out. But today the situation is different I think – the seeking is serious and honest.

People are seeking the truth. But what is the truth? The first thing is you should know [that] you are not this body, this mind, these conditionings, and this ego. But you are the pure Spirit. And the second truth is that there is an all-pervading Power of divine Love which does all the living work of creating these beautiful flowers and running our heart. Everything that is living is done by this all-pervading power. In Koran they call it Ruh, in the Bible it is the all-pervading Power of God Almighty. And also, in

Sanskrit language [it is] called as Paramachaitanya. It is the knowledge from the East which some people think is not good. But one has to penetrate into the question [of] why we have grown so big and now we are about to collapse. Why our societies are breaking, families are breaking, children are taking to drugs. Why in affluent countries people are committing suicide. What is the frustration. It is because we do not know why we are on this earth. Because we do not know what is the purpose of our life. Of course science cannot answer these questions, it has its limitations. But there is an answer. As this instrument is connected to the mains, it has some meaning. In the same way, when we are connected to this all-pervading power, we also have a meaning. So the purpose of our life is to enter into the kingdom of God to enjoy His blessings and to live in complete peace, harmony and bliss.

Now, what happens when this ascent takes place through this power of Kundalini which is placed in this bone called sacrum bone? Now this sacrum bone is sacred and was perhaps discovered by the Greeks because it is a Greek name. But when this power, which is residual, arises then She nourishes all these centers above (six centers) and ultimately pierces through this center which is the fontanelle bone area.

Christ has talked about Mohammed Sahib's coming. And Mohammed Sahib has talked about the subtle system within, very clearly, in Koran. But as you know how all fundamentalists are, the Moslems took to Sharia. The first five books of the New Testament you know that there is one called [sounds like 'Jeremiah'] in Hebrew it is [sounds like Yirmeyah']. In this book He

describes... These are the five books also respected by Muslims as Injil. There He describes what happened when Moses came down with the Ten Commandments and He saw all the Jews were indulging into very decadent habits and He knew that this society is going to be destroyed. So He wrote this Sharia. This was given for the Jews. But the Jews don't follow it, the Muslims follow it. What do you say to that? Nowhere in the Koran is written about Sharia. Also, Koran was written 40 years later than Mohammed Sahib. But still I must say it has certain very good points that it respects the Mother of Christ – Mary. I told yesterday that in the Bible Mr. Paul didn't want to show any respect to the Mother of Christ because he was a hater of women. I find in the west where there are such developed countries, the women are very insecure. That's why they take to all kinds of these nonsensical things just to keep the man in his own place. They have to all the time please the men otherwise the man can run away with somebody else. But as it is, the society is not at all worried about what happens to a woman if she is thrown out of the house. I must say in India, thank God, our economics is bad, our politics is bad, but the society is good. If any man tries to trouble his wife, he will be thrown out of the society. And women are respected for their maturity, for their wisdom, for their chastity. But in the west, women are doing all kinds of mad things amounting to prostitution because they are so insecure. There is no respect. And this is the curse I think of Christianity, specially the Catholicism. And the worst I think is the Greek Orthodox – the way they treat their women, unbelievable.

All right, so whatever has happened so far doesn't matter. You are all seekers of truth and you must have discovered something wrong somewhere, that's why you are here. I have to tell you [that] it is very simple, that within you is this Power, is your own. And you have all the possibility of getting you second birth, this Yoga, this union. It's a living process and the last breakthrough of your evolution for which you don't have to do anything. You don't have to suffer – this is a nonsensical idea [that you have to suffer]. Why do you have to suffer when your Father is such a compassionate Father? All these ideas are given just to make money, I think. Christ has suffered for us, as they say. So then why should we suffer? Are you going to suffer more than that? But they want us to feel a kind of pity within ourselves. [They] make Christ look like a skeleton. Can a skeleton carry such a big cross over the mountain? So there is no respect also for the greatness of Christ. Now, we have to know that Christ is the path, no doubt. But how He is the path and how He works within us you will know after you have had your Realization. But that does not mean that Mohammed Sahib is in any way less than others. Or also it does not mean that Rama and Krishna were not living identities. Christ has said very clearly that 'those who are not against Me are with Me'. Who are those? He must have said lots of things, I am sure. But Mr. Paul who just took over and edited the Bible must have missed lots of points. Yesterday I told you he was epileptic. Also, I read a book in which they say he was a homosexual. In Sahaja Yoga we have found out that a person who is epileptic is a possessed person, by some spirit. We have cured epilepsy, so we know. And then he goes to Peter who was the worst disciple of Christ and he says that Peter [sounds like 'can give lectures']. While Christ has said that 'a satan will take you over' – He must be referring to Mr. Paul. Khalil Gibran has written a big chapter about Paul. Because He [Gibran] was a saint. Anybody who gets Realization can see through – what is the truth and what is the falsehood – because you develop a sense of knowledge of absolute truth. And once you know the absolute truth, there is no quarrel, there is no fighting, there is no questioning, there is nothing like that. And you all are capable of getting it. Actually, you don't need this lecture also.

I think it is better that we now get to our Self Realization because it is getting late for you and for Me also. I think you all are just ready for it. You have to have complete self-confidence that you all are going to get your Self Realization. So as a result what happens [is] that you feel the cool breeze of the Holy Ghost. It is the Ruh, the Paramachaitanya, the all-pervading Power of divine Love. It is fantastic, but it is so; you are all fantastic people. Only thing [is] you have to be connected. So, to start with it, I have to tell you [that] you have to be fully confident. It will take not more than ten minutes for you people to get your Self Realization. And you have to have pure desire to get your Self Realization. It is not meant for idiots and [not clear], or for stupid people, or for [the] arrogant, or for the conditioned. It is meant for people who are open-minded like a scientist and want to have their Self Realization. Yesterday, I must tell you, there were four [or] five people who did not get Realization. And I asked, "Who are these people?" And they gave Me the information that they are from ADFI. I was surprised – how much they are conditioned. You may not be knowing this organization. But I didn't know they were such conditioned people that they are not open to truth.

So now first condition is that you have to have pure desire and full self-confidence. First is the pure desire and self-confidence. The second one is very simple – is not to feel guilty about anything whatsoever. Now, it is a fashion to feel guilty. I mean, if you understand that you are human beings and human beings can always make mistakes, you are not God. So why should you feel guilty? If you commit mistakes, all right, face it up. But don't feel guilty because it spoils this center here which is very important.

You don't have to confess. You don't have to remember what so-called mistakes you have committed. Just forgive yourself and forget the past. It doesn't exist now anymore. So, the second condition is that you have to forgive everyone in general. Whether you forgive or don't forgive, you don't do anything. Logically. But if you don't forgive, then you play into wrong hands and you torture yourself. But the worst thing is that when you don't forgive now, the center which is on the optic chiasma is like this [Shri Mataji demonstrates], very constricted... And if you don't forgive it won't open like this. So how will this Kundalini rise? As it is you have tortured yourself all your life and now you don't want to miss your Self Realization. Please don't say that you can't forgive. Only you have to say in your heart that 'I forgive everyone' and don't think about them because it's a headache to even think about it.

Because it's headache [Shri Mataji corrects the translator]... I really think I understand Dutch a little bit.

All right. So this is the second condition. And the third one is that you have to know it's your own power; through your own power you are going to get your Self Realization. It doesn't depend on anyone. It is built in within you. Like in the seed it is built in to sprout and in the Mother Earth it is built in to sprout. So it is spontaneous; it's a living process. So you should not take any name, any mantras or prayers – nothing is needed just now. And don't try to concentrate also. The Kundalini itself will manage everything; just leave it alone. With these three conditions, I have to make one request – those who don't want to have Self Realization must leave this hall. In any way I cannot force it on you. You have to ask for it. Christ has said, "You have to knock at the door." So please those who do not want to have can leave the hall. There is no problem at all for you getting the Realization. If you don't forgive... I think many are not forgiving. So please forgive otherwise this [indicating the Agnya chakra] catches very much. Again and again I would say [that] those who don't want to have Self Realization should leave this hall. All right.

First we'll show you how we are going to work out ourselves our Self Realization. First of all, we have to take off our shoes because this Mother Earth gives us a great help of sucking our problems. I hope they are not wearing Dutch shoes or boots. Now, one has to realize that there are two powers of sympathetic working within us – the left and the right – which we can handle ourselves. Left is the power of our desire; the right is the power of our action. So please put both your feet apart from each other and put the left hand towards Me like this [Shri Mataji demonstrates]. This is symbolic that you want to have your Self Realization. It is really great that in a short time you will discover how beautiful you are, how glorious you are. Now you have to use your right hand for nourishing your centers on the left-hand side. So, you first put your right hand on your heart. And here resides the Spirit, the reflection of the God Almighty. And the Kundalini is the reflection of the Holy Ghost who is the primordial Mother. Now, if you become the Spirit, you become your own master. So now please take your right hand on the upper portion of your abdomen on the left-hand side. Here is the center of your mastery created by all the Prophets. I have already told you that I respect your freedom and I cannot force divine Knowledge on you. Now please take your hand to the lower portion of your abdomen on the left-hand side and this is the center of pure Knowledge, pure divine Knowledge. Now raise your right hand again on your upper abdomen on the left-hand side. And now raise your right hand on your heart again. Now take your right hand in the corner of your neck and shoulder and put your head to your right. This center, I have already told you, is in jeopardy when you feel guilty. Also, it causes diseases like Angina, Spondylitis, and lethargic organs. Now please raise your hand on top of your forehead across and slowly put down your head. This is the center for forgiving everyone in general. Now, please take your right hand to the backside of your head and push back your head. Now, without counting your mistakes, without thinking you are guilty, at this center for your satisfaction you have to ask forgiveness from the divine Power. Now please stretch your right hand fully. Please put the center of your palm on top of your fontanelle bone area and now put down your head. Important it is to press back your fingers so that there is a good pressure on your scalp. Now please move your scalp slowly seven times clockwise. That's all you have to do.

Now, we have to close our eyes and you need not open them until I tell you. You can take out your spectacles. Now, please put your left hand towards Me and both the feet away from each other. Now, put your right hand on your heart. Now, please close your eyes. Here you have to ask a very fundamental question about yourself three times. You can call Me Mother or Shri Mataji. Please ask three times: 'Mother am I the Spirit?' I have told you that if you are the Spirit, you become your own master, your own guide. So now, please take your right hand to the upper portion of your abdomen and press it hard on the left-hand side. Here ask another question three times, very fundamental: 'Mother, am I my own master?' I have already told you that I cannot force pure knowledge on you, you have to ask for it. So please now put your right hand in the lower portion of your abdomen on the

left-hand side. Now, you have to say six times because this center has got six petals. Please say six times: 'Mother, please give me pure Knowledge.' As soon as you ask for pure Knowledge, the Kundalini starts rising. So now, we have to open our centers with full self-confidence. Raise your right hand in the upper portion of your abdomen on the left-hand side. Please keep both your feet apart from each other. Now, here you have to say ten times with full confidence: 'Mother, I am my own master.' I have already told you [that] the truth is you are not this body, this mind, this ego, these conditionings but you are pure Spirit. So now, raise your right hand on your heart and say with full confidence 12 times: 'Mother, I am the pure Spirit.' This all-pervading divine Power is the ocean of compassion and knowledge. Above all, It is the ocean of forgiveness. So whatever mistakes you have committed are dissolved completely into this ocean of forgiveness. So forgive yourself and put your right hand in the corner of your neck and your shoulder and put your head to your right. Here again with full confidence you have to say 16 times: 'Mother, I am not guilty at all.' It's very important. I've already told you [that] whether you forgive or don't forgive, you don't do anything. But if you don't forgive, then you torture yourself. So now at this moment, please raise your right hand on top of your forehead and put down your head. And here you have to say with full confidence, in your heart, without counting: 'Mother, I forgive everyone in general.' Now, please take your right hand on the back side of your head and push back your head as far as possible. Here now, you have to say with full confidence again, not how many times but from your heart, without feeling guilty, without counting your mistakes: 'Mother, or divine Power, please forgive me if I have done any mistakes knowingly or unknowingly.' Now the last center is very important for which you have to stretch your palm fully and put the center of your palm on top of the fontanelle bone area. Here again, I cannot force Self Realization on you. You have to ask for it. Now, please put down your head properly and press your scalp. Please move your scalp clockwise seven times [while] saying: 'Mother please give me my Self Realization.' Not the head, the scalp. Push back your fingers, then only you can do it.

Now please take down your hands. Open your eyes slowly. Please open your eyes. Now, put your hands like this [open towards Shri Mataji] and watch Me without thinking. Now, please put your right hand towards Me and put down your head and see with [the] left hand if there is a cool or a hot breeze coming out of your fontanelle bone area. You shouldn't put your hand on top of your head but away from it. Some people get much away from the head. Move your hand and see for yourself. Now, please put your left hand towards Me. Again bend your head. Now, see carefully if there is a cool or a hot breeze coming out of your fontanelle bone area. Now again, once more the right hand towards Me and see with the left hand if there is a cool breeze coming out of your head. Now raise both your hands towards the sky like this and push back your head. And ask one of these three questions three times: the first one is 'Mother, is this the cool breeze of the Holy Ghost?'. second one is: 'Mother, is this the all-pervading Power of divine Love?', the third one is: 'Mother, is this the Paramachaitanya?' Ask any one of these questions three times from your heart. Now please take down your hands. Put your hands [towards Me] like this. All those who have felt cool or hot breeze on these fingertips or on your hands or through your fontanelle bone area, please raise both your hands.

The whole of Antwerp. Most of you [have felt it]. You didn't feel? You are feeling something in your fingertips Madam? Tingling is there? Nothing? All right, we'll work it out. You also didn't feel it Sir? All right, we'll work it out.

All right, thank you very much. I think Belgium seems to be a very spiritual place. Antwerp I've been before also. And I've also felt this is a very, very spiritual place and it will work out very well here, Sahaja Yoga. Now, it's a collective happening I must tell you; it is not [an] individual happening. One nail is cut out of your finger, [it] cannot grow. It is a living organism. We are working in 55 nations; you have brothers and sisters everywhere. They are your own. Now you will also understand each other much better and you will enjoy each other's love and affection which is pure. For this I have to make a request that you please come to the follow-on program. Do not miss out because it should not be like the seeds that are sprouted and are wasted. Please respect your Self Realization. You have to grow, and you'll have all the powers of giving Realization to others, of curing others, and knowing about others in collective consciousness. It's so much of knowledge, all available to you without paying a single pie. I am sorry, some people did not feel it. Doesn't matter. We have Sahaja Yogis here. They can raise their Kundalini and they will feel it immediately. Now, enjoy this peace within yourself and you will know and master everything within one month's time, for which you can't pay. I am not for sale. So please try to understand your own value. And it is very important [that] at this juncture a great spiritual evolution or, say, a revolution is taking place. You have to join hands. Your diseases are cured, your mental problems are over, your stress is taken over and you will jump into the ocean of joy. All this is true, but you have to find out about everything that is reality within yourself.

May God bless you.

Next year I will definitely come, no doubt.

These two people didn't get Realization, they should. I don't know what is the matter. They did everything properly.

Just put your hands now. Now [you feel it]! You needed My attention specially, I think. Good.

She didn't? She was writing all the time. What were you writing? All right, doesn't matter. Put your hands [towards Me].

Madam you didn't get? You got it.

Just one minute, let's see. You got it, just see now. You see on her head, you can see yourself. Ask this gentleman to see on her head. She has got it. Certified.

You didn't get it? Take out your shoes please, one minute. You have to forgive. You didn't forgive isn't it? You have to forgive; I can't forgive for you. You understand? Just forgive and you will get it. Now, better? It's better now. This was the only point – you had not forgiven. What can I do about it? Just go on forgiving. Tell all the trees that 'I have forgiven everyone.' You have so many trees here, beautiful ones. They forgive you. All right.

This is a beautiful country, very beautiful country.

I will take your leave.

May God bless you all. May God bless you all.

Enjoy yourself.

[Shri Mataji tells a photographer before he is about to take a photograph] Ask for a miraculous photograph.

[Shri Mataji tells a lady who wants to feel the cool breeze] You have to forgive. Just forgive. Better? All right.

[After the lady feels the vibrations] Now, just tell all the flowers that you have forgiven. All right?

[Shri Mataji tells a yogi] Despite the time they sat down.

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You can tell that photographer that Mahatma Gandhi was from Gujarat and I was with him.

Now please take down your hands. Open your eyes slowly. Please open your eyes. Now, put your hands like this [open towards Shri Mataji] and watch Me without thinking. Now, please put your right hand towards Me and put down your head and see with [the] left hand if there is a cool or a hot breeze coming out of your fontanelle bone area. You shouldn't put your hand on top of your head but away from it. Some people get much away from the head. Move your hand and see for yourself. Now, please put your left hand towards Me. Again bend your head. Now, see carefully if there is a cool or a hot breeze coming out of your fontanelle bone area. Now again, once more the right hand towards Me and see with the left hand if there is a cool breeze coming out of your head. Now raise both your hands towards the sky like this and push back your head. And ask one of these three questions three times: the first one is 'Mother, is this the cool breeze of the Holy Ghost?'. second one is: 'Mother, is this the all-pervading Power of divine Love?', the third one is: 'Mother, is this the Paramachaitanya?' Ask any one of these questions three

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1993-0719, Beyond Body, Mind, and Ego: Awakening the Pure Spirit Within

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19 July 1993

Beyond Body, Mind, And Ego: Awakening The Pure Spirit Within

Public Program

Frankfurt (Germany)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth. We have to know at the very outset that truth is what it is. We cannot change it. We cannot transform it and we cannot conceptualise it at this human awareness. That's why it is said that you are to be born again. In sanskrit language a realised soul is called as a [bija]? Means a person who is twice born. Even a bird is called as [bija]. Bird is first born as an egg and then it becomes a bird, second birth. Whatever I am going to tell you, you are not to accept it blindfolded, but please try to keep your mind open like a scientist.

First of all we should know what is the truth. First of all we should know that we are not this body, this mind, this ego, these conditionings but we are pure spirit. And the second truth is that there is an all-pervading power of Divine love which does all the living work. You see these beautiful flowers which is a miracle. You don't even think how they have come out of one seed so beautifully. Look at our heart. It runs by itself. Who does that? Doctors say that it is an autonomous nervous system. But who is this auto? Why are we on this earth? What are we supposed to do? What is the meaning of our life? What is our identity? All these questions cannot be answered by science. So we go to religion and the situation of religion is absurd. Those who preach do not practice and such a disparity into what is supposed to be done and what is done in the name of God.

We don't know if there is God or not. All these questions have to be answered. Without that all kinds of insecurities develop. But you see the world how things have deteriorated, you are shocked. If children take to drugs I'm not surprised because they are so insecure. Families are destroyed. There is no compassion and love. A man has become enemy of oneself. In the name of God how many cruel things are done, I need not tell you. So one has to know that there's something missing point and the missing point is that our evolution is not yet complete. We reached the human stage but we have to go a little higher than this. The journey is only about three to four feet.

Within us is built in a system, a subtle system during our evolution. In the Quran there's a good description of it. Also in the Bible it is called as a Tree of Life. But as you know all the religions have become either power-oriented or money-oriented. They are supposed to be Spirit oriented, but that is not so. So this subtle system within us has got the power in the sacrum bone which we call it as kundalini. That power connects you to this all-pervading power after your self-realisation. It's like this instrument which has to be connected to the mains otherwise it has no meaning. We have no meaning. This connection is real yoga, not standing on your heads. Some people believe that by standing on your head this kundalini will rise and get you connection. It is not so.

All world problems if you see seriously are from human beings. Most of them. And all human problems come from their disturbed centres. These are subtle centres within us. They look after our physical, mental and emotional as well as spiritual being. If somehow or other we could correct them all our problems will be solved. When this kundalini rises within us She integrates all of them, nourishes them and ultimately comes out of the fontanel bone area and becomes one with the all-pervading power. I have seen people being cured of very incurable diseases with kundalini awakening. Mental problems being solved. Stress and strain is finished.

This happening is spontaneous Sahaj. Means born with you. So is born with you is the right to be united to this all-pervading power, that's the yoga. It's just a living process. As you take a seed and plant it in the Mother Earth it sprouts by itself. The seed has the quality to sprout, or the built-in quality to sprout and the Mother Earth has built-in quality to sprout it. So this power is built in within you. It's your own power. All of you have got this and for this you don't have to pay. How much do we pay to Mother Earth for sprouting these seeds and making these flowers? And the result of what happens that for the first time you feel this

all-pervading power as cool breeze of the Holy Ghost. You feel it on your fingertips. So you have to know the truth on your central nervous system. For this in Sanskrit the word is *gnosis*. Also this word *gnosis* was used after Christ, 'gn' meaning in Sanskrit knowledge, the divine knowledge. But not mental. It is on your central nervous system you have to know. You cannot get it by arguments, discussions. You have to have the awakening of the kundalini.

There are many misleading people, especially in Germany some – one Freudian had written that Kundalini when she is awakened gives you lot of problems and heat and all that. This is untrue, and nonsensical itself as Freud himself was. Now if there are books coming out about Freud as their fraudulent Freud. There's a book 'Fraudulent Freud'. Also there's a book saying 'Fall of the Freud empire'. He's done all the harm necessary to destroy people, achieving nothing.

Sahaja Yoga is result-oriented. It is tangible. Scientifically tangible. It's not a blindfold. But you have to be intelligent enough. It's not meant for stupid people, and not meant for people who are arrogant I think. It is meant for seekers of truth, who are truthful and honest who are really seeking the truth all these days. And it is their right to get it. Your innocence I must say is never destroyed whatever you might have tried. Have faith in yourself. There have been some clouds. All these vanish away like a lotus that comes out of the pond, absolutely clean and gives fragrance. So the first thing that happens to you, that you feel the cool breeze on your fingertips and also out of your fontanel bone area. You find the cool breeze is coming out. Second thing that happens is that you develop a new dimension of your awareness. This we call as thoughtless awareness. The thoughts rise and fall, again rise and fall and they come from the past and the future. But if I say that come in the present you cannot. In between these thoughts there's a little space which is the present and when this kundalini rises she separates those thoughts and you come in your silence. If you want to think you can think. If you don't want to think you are in complete silence in your present. In that you grow spiritually. That's where you feel your peace within yourself.

Many people talk of peace. They have got awards and all kinds of recognitions but I have met them somehow, I found they have no peace within themselves. They are mostly very hot-tempered and also very agitated. So the peace is within ourselves. We have to feel that peace. When you reach that state then you see the whole world as a drama. You witness everything. Supposing you are standing in the water, you are afraid of the waves. But if you can get out of those waves on a boat you can watch them. And if you are a swimmer you can jump in and save many others. This exactly what happens to you when your kundalini rises and makes you one with this all-pervading power. On your fingertips you can feel the seven centres that are there, five, six and seven on the left hand, five, six and seven on the right hand. These are sympathetic nervous endings. They get enlightened. Your nerves get enlightened. And you can feel your own centres, what's wrong with them. You can feel the centres of others – of anyone, dead or alive or far away. Thus you become collectively conscious. This is the new awareness – new dimension in your awareness.

Now if you know how to correct these centres you can correct yourself and you can correct others also. You yourself can give realisations to others. Which is a resurrection promise to you and thus the whole world gets changed. If you are really interested in seeing a harmonious world and a peaceful world then try to become the self, the spirit. Now spirit in the heart is the collective being within us. Also it is a source of absolute knowledge. If you stretch your hands towards anyone you will find that all of you – those who have got realisation will feel the same centres. When you know the absolute truth there is no fight, no quarrel, no discussion, no argument. You have to know the reality about yourself and about others on the central nervous system again.

For now Sahaja Yoga is working in 55 nations and I have seen that when they meet there is never a quarrel, no fight, no argument. All pure innocent love. They all are as if are swimming in the ocean of joy. It is surprising that compared to West I found the Russians and the other eastern bloc people much more alert. Maybe the stupid freedom we had that we lost the seriousness of life, that we have no value for ourselves, that we don't want to even preserve ourselves. Of your countries like Switzerland, Sweden, Scandinavian countries are competing in committing suicide. All our ideas of liberty are self-destructive. Also I find that in the West that women are very insecure. They are developed but very insecure. I came to East Germany long time back and I was amazed how the women were insecure. They said, "We don't want to have children. Why, because our figure will be spoilt. Then our husbands will marry younger girls. Then we're left high and dry. So we have to dress up like this. We have to be very attractive all the time like prostitutes. Otherwise we are left alone." I was amazed. In India the society is very strong. Politically and economically we are hopeless I must say. But society is very strong and very wise. A woman doesn't care if her

husband is running after another woman. She thinks he is committing sins let him commit. Why should I bother? And the whole society supports the wife. A man of that character is not allowed to come to any party, to any festival, to any marriage. He's just outcast automatically. Women have the power of chastity. And they live with it. There's no fight with the men, no fight. But men understand the value of women when they are chaste.

There is this – what's created by Paul in the Bible that he really tried to look all the women something very low. He did not show any respect even to the Mother of Christ. One has to understand that Christ respected women very much. On the cross he said, "Behold the mother". Mohammed Sahib has praised the Mother of Christ and said that you should never try criticise as chastity. He said the whole world lies at the lotus feet of the mother. So it's a big pride that you become the mother. It's a big pride that you become the mother, is the fulfilment of woman's life, and men also must respect.

Well whatever has happened, has happened. Please remember that in Sahaja Yoga you feel absolutely secure. Nobody will challenge you. Nobody will say that I am running with somebody else's wife, or somebody's daughter. Nothing of the kind. Because you become innocent. As Christ has said that to enter into the kingdom of God you have to be like children. The eyes become innocent as Christ has said that, "Thou shalt not have adulterous eyes". And these eyes become so powerful that even a glance of these eyes can do so much good to others. You become dynamic but extremely compassionate. You become collective like the macrocosm becoming the macrocosm. A drop becomes the ocean, You'll find your brothers and sisters all over the world. They will recognise you by your vibrations. This is happening everywhere and should happen in Germany.

Germany – the word comes from germ. If they take it up I am sure they can do better than anybody else. They know the mechanism of the matter but they have to know the mechanism of the Divine. But first you must have respect for yourself and know that you are fantastic. Only thing is you are not yet connected that's why you do not know what you are. The attention of such a person which is enlightened by Spirit also becomes over-active. You can with your attention help so many people and it works out. The greatest thing is that the spirit is the source of joy. Joy which is absolute, which is not happiness and unhappiness but pure joy. Actually enter into the kingdom of God which is very efficient government. Really alert. Very effective. Very protective. Full of blessings.

People have been writing to Me about their blessings so I asked somebody that please collect these letters and try to make a book. Within one month he had up to this letters, so he said, "Mother now tell me which one to be selected. I feel the Germans have a special responsibility because they are serious, intelligent and intensive, and they are seekers of truth. But they have been misled by many I know that. Doesn't matter. All of you will get your realisation tonight. Only thing is you must have pure desire in your heart. I cannot force self-realisation on you because I respect very much your freedom. So please try to understand that it is your own power. It's your own blessings that you will get your realisation and it will hardly take ten to fifteen minutes. Now those who don't want to have realisation should please leave the hall is better. There are some people who believe in something - blind. I was Myself was born in a Christian religion and all those who were born in a Christian religion believe in Christ and have never seen him. Then I talked to some Muslims. They said Christians are the worst. They are never chosen by God. Then the Christians said the Jews are the worst. According to all of them they were the best. It's not so. Unless and until you have got realisation you are neither a Christian nor a Jew and not a Muslim, because you are just blindly following it. Now the time has come to prove the existence of divinity, the divinity within you.

40.13

Again I would request those who don't want to have self-realisation should please leave the hall. [Aside – Too much of light on my eyes, I can't get it. I don't see them at all.] I never had glasses but they used to put such strong lights on my eyes only four, five years back I had to use glasses. All these modern things. All right. So the first thing is – first condition that you should not feel guilty at all. It's a fashion to be guilty. You are human beings. If you have made mistakes it's all right you are not God. If you have committed mistakes then just face it but don't feel guilty. Now people feel guilty for what their forefathers did, what their great grandparents did. That's finished now. One gentleman told me that he feels guilty because whatever is happening in Afghanistan. I said, "What have you got to do with it. I mean just you can't help it. What's the use of feeling guilt. I think it's a fashion. So please forget your past. At this present moment it doesn't exist – finished. It doesn't exist at all now and the future

also doesn't exist. So forget the past and forgive yourself for ever. There is no need to condemn yourself. In short you should be pleasantly placed yourself that you are a human being, the epitome of evolution. The second condition is that you have to forgive everyone in general. That means logically that whether you forgive or don't forgive you don't do anything. But when you don't forgive then you play into wrong hands. Now when you feel guilty this centre is caught up here and you get diseases like angina spondylitis and lethargic organs. So why feel guilty? Secondly when you don't forgive the centre in your brain on the optic chiasma is like this, absolutely like this, like cross and if you forgive it opens out. But if you don't forgive then how will the kundalini rise? I think it's very important today I have a feeling that this centre is very much catching, so please forgive everyone. Even don't think about them because even thinking about them is a headache. This is the second condition.

The third condition is that you have to be absolutely self-confident that you all will get your realisation. Be self-confident. Don't doubt yourself please because you are seekers of truth. And why not? It's your right to get this yoga.

I know you have some questions but just now forget them. For the last twenty three years I have been answering all questions so I know all of them and I know the answers also. I'm too clever. But it's just a mental acrobat. You have to go beyond. So best is not to argue or think about it, but just open your hearts. For example in this hall there are many lights and you can switch them on with one button because it's all built in. So there is no need to tell you the whole history about this electricity – how it came to this place and then how it came to specially to this hall. It's very boring isn't it? Best thing is to put the lights on. It's all built in. So first you have your enlightenment and then you can know everything about it. It is a collective happening. It is not individual that you say I am doing Sahaja Yoga at home. You don't have to pay for anything. You'll get all the knowledge. But you have to give some time to yourself. You have to come to the collective and grow in it. If a nail is cut from your body it doesn't grow. We are very humble centres because we don't take money – very humble. But it is for the inner temple that we have to meet each other. So as I said it will take ten minutes and those who don't want should please leave the hall. Can I request you to take out your shoes because this Mother Earth also helps us a lot. You have to sit comfortably. You have to be comfortable. You don't have to go to Himalayas and stand on your heads. Just here on your chairs you get your realisation. All right.

Both the feet are to be put away from each other because there are two powers of sympathetic, the left and the right. The left is the power of desire and the right is the power of action. So now we have to put our left hand on our left lap like this, which is suggestive that you want to have your self-realisation, desire for it. Now we have to use the right hand for nourishing our own centres. So first of all we have to put our right hand on our heart. In the heart resides the Spirit. We are working on the left hand side. If you become the Spirit you become your own guide, your own master. So please take down your right hand on the upper portion of your abdomen on the left hand side. This is the centre of your mastery, was created by all the prophets. We have to just enlighten it. Then please take down your right hand on the lower portion of your abdomen on the left hand side. This is the centre surprisingly is of pure divine knowledge. Whatever I am saying is absolutely tangible. Now please raise your right hand in the upper portion of your abdomen on the left hand side. Now take it to your heart. Now take your right hand in the corner of your neck and shoulder and turn your head to your right. I have already told you about this centre. Now take your right hand on your forehead across and put down your head. This is the centre where you have to forgive everyone. Now please take your hand on the back-side of your head and push back your head. This is the centre where without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask for forgiveness from the all-pervading Divine Power. All right now stretch your palm fully and put the centre of your palm on top of the fontanel bone area which was the soft bone on your childhood. Now press back your fingers so that there's a good pressure on your scalp. Now move your scalp slowly, clockwise, seven times. Not the hand but more the scalp. Please put down your head, put down your head. Press it hard. Push back your fingers - push back. Push back seven times. That's how we have to do.

Now remember to put both the feet apart from each other. Left hand on your left lap and right hand on your heart, and now please close your eyes and don't open them till I tell you. Here at this centre you have to ask Me a very fundamental question. You can call me Mother or Shri Mataji. It's a fundamental question about yourself. Ask three times, Mother am I the Spirit? Three times. I have told you that if you are the Spirit you become your own guide, your own master. So now take down your right hand in the upper portion of your abdomen on the left hand side and here ask another fundamental question about yourself three times. Here you ask a question, Mother am I my own master? Three times.

I have already told you that I cannot force the pure knowledge on you. You have to ask for it. So please take your right hand in the lower portion of your abdomen on the left hand side. Here you have to say six times because this centre has got six petals. Mother please give me self-realisation. As soon as you ask for your self-realisation or for the divine knowledge the kundalini starts rising. So we have to open our centres, upper centres with our self-confidence. So now raise your right hand in the upper portion of your abdomen on the left hand side. Here you have to say with full self confidence ten times, Mother I am my own master. I have already told you that you are not this body, this mind, this ego, these conditionings, but the truth is you are the pure spirit. So raise your right hand on your heart and here you say with full confidence, Mother I am the pure spirit. Please say it twelve times.

This all-pervading power is the ocean of knowledge, ocean of compassion and love. But above all it is the ocean of forgiveness, so whatever mistakes you might have committed they all get dissolved in this ocean of forgiveness. So raise your hand on to your neck, in the corner of your neck and your shoulder and turn your head to your right. Now here you have to say with full confidence sixteen times. With full confidence sixteen times, Mother I am not guilty at all. I have already told you whether you forgive or don't forgive you don't do anything but if you don't forgive then you play into wrong hands. You have tortured yourself all these years but at this moment don't miss your self-realisation by not forgiving. So raise your right hand on your forehead across and put down your head and here you have to say with full confidence, from your heart not how many times – Mother I forgive everyone in general. Now take back your hand on the backside of your head and push back your head. Here you have to say for your own satisfaction, without feeling your guilt and without counting your mistakes. You have to say, oh Divine Power please forgive me if I have done anything wrong knowingly or unknowingly. Say it from your heart, not to count but just say it from your heart. Now please take your right hand, open it out fully and stretch it, your palm. Now put the centre of your palm on top of your fontanel bone area which was the soft bone in your childhood. Here again I cannot force self-realisation on you. I respect your freedom. So you have to ask for it. So now please put down your head and stretch back your fingers. It's very important. Here you have to say seven times, moving your scalp seven times clockwise, Mother please give me self-realisation. Don't move your head. Put it down.

Now please take down your hands and open your eyes slowly. Please put both the hands towards Me like this and don't think. You can do it. Now put the right hand towards Me like this and put down your head and see for yourself from the fontanel bone area if there's a cool or hot breeze is coming. Feel it with your left hand. Still put the hand on top of your head but away from it and see for yourself. Some people get it very far away. Again put your left hand towards Me and put down your head and see for yourself if there's a cool or a hot breeze coming out of your fontanel bone area. Please put down your head.

Now please put your right hand towards Me and again with the left hand please see if there's a cool or a hot breeze from your fontanel bone area. If you have not forgiven or you are feeling guilty then it will be hot. So forgive now. Now please put both your hands like this and push back your head and ask any one of these three questions three times. First, Mother is this the cool breeze of the Holy Ghost? Second Mother is this the all-pervading power of divine love? Third, Mother is this the Paramachaitanya? Ask three times any one of these questions.

Now please put down your hands. You'll feel very relaxed. All those who have felt hot or cool breeze out of the fontanel bone area or on fingertips, or on your hands, please raise both your hands. Most of you have got it. May God bless you. Most of you. This is the first time you have felt the cool breeze.

Actually My visit to Frankfurt was just arranged last minute. I was to come here somehow to meet you all because you are such seekers of truth. So may God bless you. Look after your realisation. Please come to the collective please, otherwise you cannot go very far. You don't have to pay anything. All the Divine laws and all the subtle centres, subtle system will be explained to you and you'll have the power to give realisation to others, to cure others, absolutely angelic powers . So what should we do now? Just enjoy. Should we have some music. Would you like to? Some folk music from India which was. This folk music is from India which sings the praise of the kundalini since long we knew about it.

In the sixteenth century a poet wrote about the kundalini describing everything and in the villages they sing about it.[unclear] In

that he says that, O Mother give me my yoga and he calls the kundalini an ambi, amba and he says that rise now, rise. Is very beautifully described.

1993-0721, Shri Ganesha Puja: Powers of Shri Ganesha

View [online](#).

21 July 1993

Powers Of Shri Ganesha

Ganesha Puja

Berlin (Germany)

Talk Language: English | Transcript (English) – VERIFIED

Shri Ganesha Puja. Berlin (Germany), 21 July 1993.

Today we are going to worship Shri Ganesha.

As you know, in the whole of Europe, America, England, they have lost faith in Shri Ganesh. Nor do they care for His powers and for His blessings. As a result, all His blessings are not on these countries.

The first blessing of Shri Ganesha, which I think is the highest, is the wisdom: that we learn what is good for us and what is bad for us, what is constructive and what is destructive, what should we do to achieve our Self-Realization. Those people who have got wisdom are very lucky people.

But wisdom comes from no source but your own understanding of life. When a person starts thinking, "Why am I doing such and such thing? What is the effect of my doing? What is the result of my behaviour? Is it good for me or bad for me?" then wisdom comes in.

Even if some people know that this is bad for them, still they do not have power to control themselves. Still they do lots of bad things which they should not do. The reason is, the power of wisdom is not there. A person who is wise does not only know what is right and wrong, but also he knows very well his own power not to do something wrong. He just does not do it.

Wisdom is a complete power within ourselves by which we try nothing: it just spontaneously works through us and we do things which are proper and right. In this wisdom, many people have risen very high in life.

For example, we'll take the example of Kabir. Kabir was born to a weaver, they say. They don't think he was born to him but he was found by a weaver, whatever it is. And he belonged to a Muslim family. But he realized that the Muslims as they are practising their Islam is not going to give him what he wants. He has to seek his Self, he has to know himself. So what did he do, is to go on the bank of River Ganges in Benares, and he stayed there waiting for a great realized soul called as Ramanand, Swami Ramanand. When this Swami Ramanand came back after his bath, immediately he caught hold of his feet. After bath, if somebody catches the feet of any Brahmin, he would shout at him. But he was a saint, he was not a Brahmin. He said, "My son what do you want?" He said, "Sir, give me initiation. I want Self-Realization." And Swami Ramanand immediately agreed. All the other people said, "Sir, he is a Muslim. He is an orphan brought up in a Muslim family, how can you give realization? He'll not accept any of the principles which look like [they're] coming from Hindu religion." Ramanand looked at Kabir. He could see a great seeker there. He said, "You don't know him, I know him." And he took him with him and Kabira became a great saint after that. He's accepted by Hindus and Muslims. Because he had that power of wisdom, he went to a man who was not belonging to his religion, who may have not accepted him, who might have just thrown him in the river also, possibly. But he knew also through his wisdom that this man is the one who will love me, because I am a seeker of truth.

So this power of truth works not only that you know what is right and wrong, again I say, but that you just don't do something that is wrong. Now one may say, "Mother, what is the source again, of this wisdom?" The source is Shri Ganesha. The source is Shri Ganesha, which is the giver of wisdom.

Once Shri Ganesha is insulted and He disappears behind the clouds of ignorance, then people start doing things which are unwise. This happens with many things. Supposing these days, in the democratic countries, they are not supposed to say anything about the morality, about how people should behave, what should be their relationships. They don't try to look after the society because they think looking after the society is not our job, it's a private affair, it's a private thing. As a result, people take freedom into their hands and start insulting Shri Ganesh.

When Shri Ganesha is insulted, complete blockage takes place in a human being, I think. He becomes an idiot. He becomes a stupid fellow; he doesn't understand how to go on further with wisdom. Without wisdom, whatever steps one takes is destructive.

So this is the first quality of Shri Ganesh: that He gives us, bestows upon us wisdom. So we have to respect Shri Ganesha within us. This is very important, especially for all these democratic countries which are now going to the dogs. Their families are destroyed because their lifestyle is so horrible, their children are ruined. In every way, they are in a big jeopardy.

This wisdom can be easily brought back if we awaken their Kundalini. If the Kundalini is awakened, this Ganesha can be awakened. Because without His help, Kundalini cannot be awakened. And if Shri Ganesha knows that Kundalini is to be awakened, He forgives everything, forgets everything, and comes to assist you to support the Kundalini's ascent. At every chakra, He's there to support you. Till you get realization, He's there to help you.

In all these countries, the missing point is their wisdom. And that's why you find so much of destruction, so much of nonsense going on, and you can't understand why people are so stupid.

The other power that Ganesha has is He generates innocence within us. We respect our innocence, we respect our chastity, we respect a lifestyle which is decent and decorous.

In every scripture it's written that we should dress up in a way that we are decent and decorous and that our body should not in any way express an indecent feeling or indecent behaviour on our part. This is the reason why, in Sahaj Yoga, we have to be particular about how we dress up.

I think Sahaj Yogis have realized that our dress should be decent, should be dignified, and that we should in no way try to show our vulgarity. Because if innocence is the most important thing a human being should have, if that is the complete decoration of a human being, then one should look after one's own chastity and one's own morality.

In some countries, of course, they think that chastity is only meant for women and not for men, but it's not true. That's what the Islamic people believe; it's very wrong. It is meant for both of them. Like, a person who is trying to force the other side: like the men trying to force the women to be chaste and themselves are not chaste, the women will not be chaste. They may look, appear; they may try to be, out of fear. But if they get a chance, they will take to a life which is wrong. Because they see the other party, the men, trying to dominate them, then they think, "What's wrong? If they can do it, why not we do it?"

So the whole society has to take to a very decent life and to a very, very decorous, dignified lifestyle. It's not only in dress but even in day-to-day life it is important. Otherwise, a kind of an insecurity starts working among men and women and too much complications, too much complicated life starts.

The third quality which I am saying, today, is that a person who is innocent should not fear, because God looks after innocent people. They're always protected. If anybody tries to harm the innocent, God protects them. And that's how you have seen many children who fall from high stories, they are saved and so many things happen.

But also we see many children are being killed by people who are extremely aggressive. Of course, that is very, very cruel and wrong to do, to kill the innocent children, but when these children are killed—actually nobody is killed as you know very well—the

whole world gets shaken up. [If] anything happens to children, the whole world gets shaken up. And then the whole world starts protecting the innocent.

If some people, men are killed or something happens to them, nobody is so much bothered, but [if] even one child is in difficulty, all the people combine together to save that child. It's so important. It's not the child, but the innocence of the child that generates that feeling that we have to save that innocent little thing which is having a problem.

That's why in the whole history you find – wherever there have been descriptions of children being killed or where innocence has been attacked – the whole society, historically also, has revolted against it. And this revolt comes from Shri Ganesha's power: that He can definitely create a feeling of detest for people who try to be unkind to children. If you see in the newspaper also, they will show how the children are suffering, what is the problem of the children, what they suffer. It's a very, very touching thing to hurt the children.

In Sahaj Yoga, we have now children who are born realized, and we understand their innocence. We try to keep them out of bounds from all these horrible things that are happening today in the world. And we are trying to look after them so that they grow up into children who are not only born realized but will save others from the dilemma of getting themselves ruined and by not respecting their innocence. This respect of innocence, once it's developed through such happenings, through their own children, through their own relationships, then the whole nation can be saved.

Another way is to worship Shri Ganesha, which comes from the Mother Earth – the principle of innocence. The Mother Earth is so innocent. Whether you are good or bad, She gives you fruits, She gives you trees, She looks after you. Whether you are telling lies or you are deceiving people, still She does it—of course, up to a point. And after that, she may bring forth some sort of a calamity like an earthquake or something like that.

Now, the earthquake mostly is suspected always in the Los Angeles area, very much, and practically every year there is a shakeup there. The reason is, the media of cinema is in Los Angeles, and they are generating all these funny ideas about insulting the Shri Ganesha within us. This is the reason why, all the time, there is a complete danger for these people who are living in that area, who support that. Also, America seems to be quite in danger as far as the nature is concerned. The reason is, from America all these ideas ooze out and people accept them blindfolded.

I don't know why they accept these ideas. These ideas have come to us – we can say Freud has brought it. Now, Freud could not prosper in Germany. He was here, he was in Austria, he could not prosper here, people didn't listen to him. But when he went to America, he got all the support. And with that support, he prospered. He got that support because he opposed completely the idea of leading a chaste life and he said, "This all absurd, this is all nonsensical and one should not listen to all these things." And he started the whole theory on very, very demeaning principles, and people accepted them. Then the same Germans, same Austrians, same Europeans accepted Freud blindfolded, because somehow, when it comes from America, it becomes collective. Because, as you know, America is the country of Shri Krishna, who is for the people, who is for collective. And that's how whatever comes from America becomes collective. And if it is poison, it spreads very fast and it really paralyzes the whole world.

So, now, we have to be wise to see what is destroying us and what is destroying our inner being. For Sahaj Yogis, it is very important, because if there is a cloth or a sari which is blown off by the wind, even if you can hold it on one corner you can hold it, and after some time the whole thing can subside. And this is what has to happen actually to the world, when Sahaj Yogis will hold the sari, we can call, or this universe with their wisdom and firm faith in Sahaj Yoga. Otherwise, they can be blown off also. If they are not rightly placed, if they are not grounded, if they are not fixed to their own enlightened faith of Sahaj Yoga, they can be blown off with this wind, which is there to torture the whole world, to destroy the whole world.

So the responsibility of Sahaj Yogis is very important, that their Ganesh principle should be all right. If it is not all right, then the whole of Sahaj Yoga movement can collapse.

For ladies and for men, I have to make a humble request, that they should try to put their Shri Ganesh in a very respectable

position in their lifestyle. That should be the highest, the most important. And also every day to be remembered that we are very much blessed by Shri Ganesh to get our Self-Realization.

There are so many qualities of Shri Ganesha which I have described. One of them is that He is a child and He's very humble. He is very playful, He's very interesting, and He's extremely humble. And despite His weight, He is very lightweight because He can sit on a small little mouse. He doesn't try to show off. He doesn't have His vahanas as great as Vishnu's or anything. His vahana is very simple, the simplest, or we can say the smallest creature which can really crawl, is a mouse. And He uses this mouse. With this mouse, He expresses His own power that He doesn't need any other vehicle. His vehicle is His simplicity. He moves, He penetrates, and He affects the lives of people through very, very simple, sweet methods.

In Sahaj Yoga, we have to realize how do we impress others. For example, nobody will be impressed in Sahaj Yoga if you have a very great car or anything or if you have a very wealthy expression of your life. Nobody feels impressed; I have seen that. What impresses people is the simple expression of your love through certain gestures, through certain presents, through certain behaviours. And I have seen people who are very sweet, who just express themselves in such an innocent, simple, childlike manner that goes into the heart of the people. And when they describe to Me, sometimes, the Sahaj Yogis, other Sahaj Yogis, it is very surprising how they express their appreciation of other Sahaj Yogis: it's very, very sweet and extremely loving, delicate.

All that is like a child: how a child plays around and how he amuses you, how the child tries to do things for you. Like, I know My grandchildren, they would be sitting outside when I was having My bath. They were all born realized. So when I came out, what I find: they are sitting there with the powder to be put on My feet, with the scent to be put on My hands; all such things, they would be there. And I never told them, nobody told them, but they would be sitting there.

If I am lying down, then they would come and cover Me up. And all the time trying to see how they can look after Me, like as if they are My parents or they are bigger than Me, and also to guide Me in a way. For example, if I am walking, then if there's a stone or something then they would put their hands: "Nana, you don't come, there's a stone here. You be careful. Go that way." As if I have no eyes to see, they are the ones who are My eyes, who are telling what to do all that. So sweet. I have seen in their childhood how careful they were and they knew what I like, what I don't like. So sweet and so assuring, that they were all the time trying just to understand Me.

That is what the other quality of Shri Ganesha is: that He always tries to please His Mother. He doesn't want to do anything that will make Her unhappy. He doesn't say "no" to Her. Some Sahaj Yogis have a bad habit. If I tell them, they say, "No. Not that." You see, it's not to be done. The respect of the Mother, one has to learn from Shri Ganesha.

In that, I find people are a little over-smart. If I say something, immediately they'll correct Me: "No, not that." This smartness is not very helpful, I think, because if I say something, if I may say also that today just now it is morning time – supposing I say – now, you will immediately go, "No, no, no. It's not morning time, can't you see? This is evening time." So, what have you achieved? I know it is evening time. But why did I say "it is morning time"? Just to see. You don't achieve anything by that. By saying, "No, not that. This was not so. This is so," this is smartness. But with this smartness, you outsmart yourself. So what did you achieve [by] it? You see, what you have to see: what did you achieve by doing these comments or saying like this or talking like this? What did you achieve? Nothing. But you are tested all the time. And in that testing, you find out what's wrong with you.

It's very important for people who are more close to Me to understand that if I say something, do not take it very literally, because I am Mahamaya also. If I say something, it may be just to test you. Then you go and say, "No, not this, not that." It's the mind which is just absorbing, even the testing. It's taking the testing. Then only you will know that you are being tested and that your testing is just to see how far, deeply, you understand Me.

But there are also some other people who misinterpret Me. I have seen it is very wrong to do that, but it comes because they are not wise enough. They misinterpret. They want to say, "This Mother said, that Mother said; this is not good, that is not good." They try to show off themselves by saying that, "We have understood Mother very well." It's not easy to understand Me. I must tell you very frankly. You cannot understand Me very well. Only thing: try to understand yourself. I am like a mirror for you. So

when you look into the mirror, what do you say? You cannot understand the mirror, but you can understand yourself.

So whenever you look into the mirror, you try to understand yourself. You don't look into the mirror to understand the mirror. Once you try to understand the mirror, the mirror will be broken and finished. And your image will be also finished. So this is a very simple thing, but quite subtle.

And that's what is the quality of Shri Ganesha: that He knows what His Mother will like; each and every thing. And He does everything that is good for Him because by that He's pleasing His Mother. His complete dedication is to the Mother. It's not to any other thing, not to any other deities. He fought with all of them. He is not bothered about who others are. He goes to all of them through the understanding of the Mother and respects them through the understanding of the Mother.

But some people I have seen still cannot do that. They still stick on to some sort of a deity they have been worshipping, some sort of an ideology they have been having. Then they are not fully in connection with Me. And that is what [it] is, that He is just in connection with His Mother. To Him, She is everything: She's the source of knowledge, She is the source of joy, She is the source of truth. He doesn't have to look to anybody else.

Now, it looks very egotistical to say these things in modern times—a woman saying like that, that you all behave in that manner. But you can understand that if you have to gain anything, if you have to achieve any knowledge within, if you have to ascend higher, then you have to learn from Shri Ganesha: what He does and what is His relationship with this Mother, which is purifying, nourishing, and result-oriented, that the result is that you ascend gradually.

As I was telling yesterday to some people, that I have not said everything from the very beginning, all the subtle things. Gradually, you have grown, and accordingly, I have talked to you. If you were like Shri Ganesh, all of you, from the beginning, I would have told you everything. But Shri Ganesha doesn't require even to know anything; He already knows. He's a very matured person. Or we can say, the most mature Deity is Shri Ganesh.

Now, what you have done is that with wisdom you have grown, and gradually I have told you of many things. But I didn't talk of many things, like the Genesis, like the beginning of our life, how we came. I have said it in a way, in a very, very gross way, but all in subtleties I have not said much. Because I don't want you to get to any discussion or to any point which cannot be verified by your vibrations.

Whatever you can verify by your vibrations becomes your knowledge. That is what gradually is told to you. You should not interfere. Or you should not indulge into those books and things which talk of the origin of the Earth and the origin of this and that. You should not get into these things because your mind will be diverted, you will take to knowledge which may not be knowledge, and then you will start thinking: "Oh, I don't know this part. I don't know that part."

What you have to know is very simple; is: what are you? You are the Spirit and the light of the Spirit will tell you everything gradually, as much as you can bear it. It will not tell you something that you cannot bear.

It's a very good analogy when we say that you are the light. But the light which you are carrying is very different from this ordinary light. This [ordinary] light doesn't understand and it doesn't think. Now the light which you are carrying is a light which understands, thinks, and it gives you that much of light whatever you can bear. It won't flash. If it will flash, you'll be shocked. It won't dim down. It will be absolutely in relation to what you can understand.

Sometimes the deities emit too much of vibrations in pujas, I have seen it. But if you cannot bear it, they don't enter into you. They trouble Me, but they won't enter into you. So, one must understand that what is important is not what you know about this and know about that and know about that; it's not so important. What is important is what stage you have reached, at what maturity you are in Sahaj Yoga.

Now, there are so many qualities of Shri Ganesha, as I told you, which I think there's no time today to talk about it. But gradually I

have been talking about all His qualities. And all of them can be expressed and manifested in your being if you are really respecting Him, absolutely. That's the only way one can manifest His qualities.

May God Bless you.

1993-0722, Why are we slaves of all sorts of ideologies?

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22 July 1993

Why Are We Slaves Of All Sorts Of Ideologies?

Public Program

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Talk Language: English | Transcript (English) - Reviewed

1993-07-22 Public Program Hamburg, Germany

I bow to all the seekers of truth.

At the very outset we have to know that truth is what it is. We cannot change it, we cannot conceptualise it, at this human state.

Whatever I want to tell you today, you are not to accept it blindfolded, but you should have an open mind of a scientist and if it works, then you have to accept, as honest people, because it is for the benevolence of every individual and for the benevolence of your country and for the benevolence of the whole world.

These are special times when we are born. I call it as a blossom time, where many seekers of truth are born, but they have to know first of all, what is the truth.

First thing is that you are not this body, this mind, this intelligence, this ego, these conditionings, but you are the pure spirit.

The second truth is that there is a subtle, all-pervading power of divine love and this power does all the living work. We see these beautiful flowers and we take them for granted. We don't even think that it's a miracle, how from one seed these flowers have come, also who runs our heart.

Doctors will say autonomous nervous system, but who is this auto. We have science but it cannot give us answers fully. It cannot answer, why are we here on this earth. It cannot answer what is our purpose of life. It cannot tell you about totality.

So we take to religion. It's very disappointing to see that all these great religions are only power oriented or money oriented, and they are not spirit oriented.

Every religion, every scripture has said that, you are to be born again. They have talked of your resurrection. Some people just brand themselves as born again but they are not. They are just like us. Any religion, now for example Catholic religion we can take. It is absolutely unnatural to make nuns and priests who cannot marry. That's why there are problems. There are priests, there are nuns, but they are having women and the nuns are becoming pregnant.

It is also true that when we are not connected with this all-pervading power we are slaves of all sorts of ideologies. An entrepreneur can enslave us, see for example he starts very tight pants, so every body loses his personality, his identity and starts wearing the same. Till, they develop varicose veins.

Also the new styles every year coming up from Paris. Now in England to wear six inches of skirts is absolutely dangerous, but we accept it, because we have to be in. All of us lose our identity and we start taking to some sort of an idea which is just put through medias to us.

So in the democratic countries the freedom that is given to us really makes us slaves. Now the worst is America, they also produce some sort of a stupid idea. For example, recently now they are celebrating the birthday of dogs, if that is not so now they

have teddy bears which have got birth dates, and very seriously they believe in it.

Such idiotic things if we are doing in our freedom, where is our wisdom? For example, a lady marries eighth time or ninth time and there are four thousand people, more than you, four thousand people watching her going to honeymoon, and there are ten helicopters which are hovering around and they are parachuting down with the cameras, and they fall on the trees or they fall on people.

America is supposed to be the greatest democratic country, if you go there you can't even wear your wedding ring. The people might kill you for that. So where are we going? There are diseases like aids and schizophrenia, all kinds of diseases and nobody has any solution. The children are becoming murderers, drug addicts, what's going to happen to us? Is this the reward for our freedom? Are we really free? Freedom without wisdom has no meaning at all.

We take to all kinds of destructive things very easily. For example, Switzerland, which is very affluent as you know, making money out of the third world, is having people who are committing suicides, and other Scandinavian countries who are affluent again, are competing with them in committing suicide.

All this is happening, we see it every day in the newspaper and we are shocked. What is the reason? We should find out, what is the solution. The main problem is that we are not yet fully evolved. We have not yet become the spirit. In our evolutionary state we have become human beings alright, but there has to be something more. The last break through, by which we get our wisdom and we relate it to reality.

So as you are told, this subtle system is within you which works it out. It's within all of you. It was placed in the triangular bone, which we call as sacrum. That means the Greek knew it's a sacred bone. So there is already placed within us a power by which we can ascend and become one with this all-pervading power.

Now in the west the whole civilization has grown big, very big, but for this big tree we should know our roots, and the knowledge of the roots if it comes from East why should we mind. For a saint, East and West doesn't exist.

The solution lies in understanding what we are, and that is very simple. Very easy to get it. Sahaja, means born with you, is the right to have this yoga, meaning the union with this all-pervading power of divine love. Like this instrument here, if it is not connected to the mains it has no meaning. It has no identity.

In these modern times even to talk about God is out of date, but now the time has come to prove the existence of God. Sahaja Yoga is meta science. Where, when you get connected with this all-pervading power, you can feel the absolute proof on your fingertips.

Even children can feel the same, because spirit is the source of absolute truth. You have been already told there are five, six and seven centres on the right and five, six and seven centres on the left hand. These are sympathetic centres which get enlightened. When this power rises through six centres. She emerges through your seventh here, centre which we call as the fontanel bone area, and you get actualisation again, I say, actualisation of baptism. It is not that somebody puts the water on your head and say you are baptised.

There is no difference between a Christian, Hindu, Muslim, anyone. They can commit the same sins, but once this connection takes place, you start feeling on your finger tips the Cool Breeze of the Holy Ghost as they call it. Then you know also what's wrong with you.

Most of the world problems are because of human beings and most of the human problems are because of their subtle centres, because these centres look after your physical, mental, emotional and spiritual being, and if you know what's wrong with you on your fingertips, you have the self knowledge of your being. That means instead of going to the moon, you go within your self.

Now as a result, your physical being is cured. Means many of the incurable diseases have been cured by Sahaja Yoga. Also mental troubles and spiritual troubles which have come by going to wrong places all have been mostly cured. All this curing takes place by your own power, and it's your own doing, your own understanding which gives you this self realisation.

Then the second thing that happens to you, that on your finger tips you can feel the centres of others. Say, if you think of somebody who is dead or somebody who is far away and just put your hands like this, you can know what centres are in jeopardy. Thus you develop a new dimension in your human awareness which you call as collective consciousness.

Now when we are thinking, we are thinking about the past or about the future. Past is finished and future doesn't exist. So if I say you have to be in the present you cannot be, but when this power rises she separates these thoughts and between those thoughts there is a space and this space is the present.

So you develop another dimension in your human awareness, which we call, as thoughtless awareness. That means you are aware, absolutely alert, but you are thoughtless. If you want to think you can think if you don't want to think you need not think. Because of this bombardment of thoughts, you get stress and strain, but then you open out and all your problems are sort of dissolved.

For example, if you are in the water, you are afraid of the waves, but somehow if you can get into the boat, then you can see the waves. You are not disturbed by them but somehow if you learn how to go back jump into the water and swim, you can save many.

This is how Sahaja Yoga works. One person gets his realisation, they get the power to give realisations to others. Like one candle is enlightened can enlighten many candles. This is the purpose of our life and the destiny is that we enter into the Kingdom of God. The life is filled with blessings then. You are completely protected, you enjoy every moment of your life and suddenly you find all over the world you have lots of friends, your own relations.

Because, Spirit is the source of absolute knowledge. Absolute truth. In the light of the Spirit you understand what is right and what is wrong for you. I don't have to tell you. For example I am holding on to a snake and there is darkness and somebody will say it is a snake, throw away. I will say no it is a rope because I am obstinate. Till the snake bites me I'll not give up. But supposing there is little light, immediately I'll throw away. That light, when it comes into you, you know what is constructive for you and what is destructive for you and effortlessly you get transformed.

The Spirit when enlightens your attention, the attention becomes active. Suddenly you find your attention has become innocent. Believe me, innocence cannot be destroyed what ever you may try. Maybe, there may be some clouds, but these clouds once removed you'll find your innocence completely intact, and your attention becomes absolutely innocent. Such attention is so powerful that wherever you put the attention things work out.

It is benevolent, it is compassionate and it's very intelligent. The Spirit is the source of joy. Joy is not happiness and unhappiness. It is absolute. In this state of joy, you become the witness. The whole thing looks like a drama and you enjoy your own spiritual powers. Then you don't develop your ego, because you start talking in third person. For a Sahaja Yogi will say "Mother, It's not working, it's not going." They won't say "I can't do it."

Thus you become an angel. It all sounds very fantastic I agree, but you are fantastic. You are glorious. You don't know yourself, once you know yourself you will be amazed. Only thing you have to not blindly refuse me or to blindly accept me. The only problem is that I cannot force Sahaja Yoga on you. I respect your freedom. You have to ask for it and if you have the pure desire it works. It works in every one. Also there's a big fashion to feel guilty for nothing at all. Now if you have done any mistakes you just face it, why do you feel guilty. After all you are human beings, you are not God. And to err is human, what is the use of feeling guilty.

If you feel guilty then this centre here on the left goes into problem. Physically it causes a disease called angina, also it causes you spondylitis maybe, lethargic organs, so why feel guilty. Please don't judge yourself. This power within you will judge you.

It will hardly take ten to fifteen minutes for you to get your self realisation. But you must be pleasantly placed towards yourself. Not to condemn yourself for anything what so ever. At this moment you are perfect, because this all-pervading power of Divine love is the ocean of forgiveness.

So you have to forgive your self fully. This is the first condition, and the second condition is that you have to forgive everyone. Logically, 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 you torture yourself.

If you understand it's a myth, so please don't even think about them because it's a headache to think of those people, and in general you forgive.

We have a centre on the optic chasma which is just like this it is closed completely, crossed like this, if you don't forgive it won't open, but if you forgive it opens and that's how the Kundalini can pass through.

If you don't for give yourself the Kundalini will get stuck here or if you don't forgive others it will get stuck there. I request you again and again please fulfil these two conditions and the third condition is that you all be very ,very confident that you all will get your Self realisation. After all you are Human Beings. Human Beings are at the epitome of evolution and the journey is hardly three to four feet. So why not?

Of course you cannot pay for it, it's a living process. Like we put a seed in the Mother Earth and she sprouts by itself. Because it is built in, in the Mother Earth and built in, in the seed that they sprout.

In the same way it is built in within you and whatever is built in within you, works automatically. You don't have to go to Himalayas to stand on your heads, no you don't have to suffer. It's a very strange idea that you should suffer to get to God. Absurd. If God is the person who is your Father, he is the most compassionate. Which Father wants his son to suffer?

So how can the Father of all the Fathers would like to do that? So there's nothing to suffer here on your chair so you can get your self-realisation. I promise you but, have faith in yourself. Have confidence within your self. It is working out because the time has come and because you are seekers of truth, it's not meant for idiots and stupid people. It is meant for only seekers of truth. It's not meant for arrogant people or people who are conditioned and glued to some sort of an organisation. First you have to be free to be absolutely free. This is what it is as in Sanskrit they call it a Realised Soul as dvija means twice born. Even a bird is called as dvija. First a bird is like an egg, then it becomes a bird. In the same way Human Beings also become Realised Souls. I had come to Hamburg about year of 1965 and I had that time only the feeling that Germans are the first who should understand Sahaja Yoga and I'm really surprised how they are sensible to see the point.

That is how not only that you get your realisation, but, you give it to the whole world or surprisingly, very surprisingly it's in Russia that Sahaja Yoga has taken off. Perhaps they never had any time to waste on choices. I'm not for communism, I'm not for this kind of democracy, but I was amazed the way they were introspecting and now we have thousands and thousands of Russians who are Sahaja Yogis.

It's a joke, we had a meeting all of us were there in Romania and one (Keliati) Sahaja Yogi from Russia asked an American one, "How many Sahaja Yogis do you have in America?" so he said "We are fifty six." So this [Keliati] fellow says "Oh my God, we are only twenty one thousand you are fifty six thousand." So something has worked out and should work out even in Germany I think because you are quite people in the centre and have been seekers of truth since long.

I know these Germans when they came to India they were just seeking about Kundalini, about the truth, they didn't bother about

our diamonds and emeralds and all those things. They didn't bother. And lastly I have to say that you all must be having some questions so I've now become an expert on answering any question what so ever, because I have been doing this for the last twenty three years now. But it is just a mental acrobat. Now for example these electric lights are here, beautiful ones. To put them on you need only one switch, because they are built in, but supposing I have to tell you about the discovery of electricity and how it came to Hamburg and how it came to this hotel. Half of you would leave the hall.

So the best thing is that we get our Enlightenment first.

It's very simple, very, very simple. Now, there's only one request I have to make, that you have to take off your shoes because this Mother Earth helps us a lot. Again those who don't want to do it can leave the hall.

All of you can come and sit here there is room for you. See these gentleman, there's room here, on this side.

The first thing you will enjoy is your own peace. There is something so innate within us. I have met people who have got peace awards you see, but they have no peace with them. They are very hot tempered, if you have to go near them, better take a (bath cool) could be (barge pole). So all this hypocrisy finishes. You jump into reality.

Alright it is very good now. Just you be all seated as you are very comfortably, a little straight not too much of backward or forward, but a little straight. You have to put both your feet away from each other. I don't know if you are told or not, that there are two powers, left and right. These are sympathetic powers and, by left you desire and by right you act. So, we have to put both the feet away from each other and put the left hand like this towards me which is symbolic that you want your realisation. Just to put like this. The left hand. On your lap. Now use your right hand for nourishing your centres. You have to do it yourself. Only here, later on you don't need. Now, this right hand you have to put it on your heart. In the heart resides, the spirit, if you become the spirit you become your guide, you become your master.

So, you put your right hand on the left hand side of your abdomen on the left hand side. We are working only on the left hand, upper portion of your abdomen. This is the centre of your mastery. Was created by great prophets. I've already told you that I respect your freedom and I cannot force pure knowledge on you.

So now please take your right hand in the lower portion of your abdomen on the left hand side. This is the centre which gives you, the pure divine knowledge, which passes into brain and gets distributed. How it happens, you will know everything later on.

You have to know that this is a collective happening. It's like a collective organism. The microcosm becomes the macrocosm. Like a drop becomes the ocean. So if a nail is cut out of your body it doesn't grow, so to grow you have to come to our collective.

For knowing this divine knowledge, you don't have to pay anything but it becomes your innate knowledge. Only thing, you have to spend little time for your ascent. Ascent with complete maturity.

Alright, so now please raise your right hand in the upper portion of your abdomen on the left hand side. Here, I've told you that is the centre of your mastery. Now raise your hand 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 centre. Now please take your right hand on top of your forehead across.....

(Tape blank for a minute)

Forgive everyone in general. Now, take back your hand on the back side of your head and push back your head as far as possible. Now here, is the centre where you don't have to feel guilty, you don't have to count your mistakes just for your satisfaction you have to ask forgiveness from this divine power. Now please stretch your right hand. Stretch the palm and put the centre of your palm on the fontanel bone. Now this is the last centre.

Now please put down your head, here you have to move your scalp, not your hand so much as your scalp, seven times clockwise, slowly, that's all we have to do. Now we have to close our eyes put your left and right feet away from each other. Please put your left and right feet away from each other. Please put your left hand on the left lap, and the right hand on your heart. Now hear you

close your eyes and please don't open them till I tell you.

Better to take out your spectacles because maybe your eyesight might improve. Now, here is your Spirit. So ask me a very fundamental question about yourself three times. You can call me Mother or you can call me Shri Mataji whatever you like.

Ask please, three times, "Mother am I the Spirit"? Ask in your heart, not aloud please. I've already told you that if you become the Spirit, you become your own master. So now please put your right hand on the upper portion of your abdomen, on the left hand side and press it. And here you ask me another fundamental question about your self. Three times, "Mother am I my own master"?

I've already told you that I cannot force Divine knowledge on you, you have to ask for it. So now please take your right hand into the lower portion of your abdomen on the left hand side and ask six times, because, this centre has got six petals. "Mother please give me pure knowledge"? Please say it six times. As soon as you ask for pure knowledge, the Kundalini starts rising, so we have to nourish our higher centres with our full self confidence.

So now raise your right hand in the upper portion of your abdomen on the left hand side and here with full self confidence you have to say ten times, "Mother I am my own master".

I've already told you, that you are not this body, this mind, this ego, this intelligence, these emotions and conditionings, but you are the pure Spirit. So now raise your right hand on your heart and with full confidence please say twelve times "Mother, I am the pure Spirit".

This all-pervading divine power, is the ocean of pure knowledge. It is the ocean of compassion and bliss, but above all it is the ocean of forgiveness. So whatever mistakes you might have committed get easily dissolved into this ocean of forgiveness.

So now raise your right hand in the corner of your shoulder and your neck and turn your head to your right. Now forgive your self and with self full confidence please say it sixteen times. "Mother I am not guilty at all". I've already explained to you that whether you forgive or don't forgive you don't do any thing. But if you don't forgive then you play into wrong hands. All your life you have tortured yourself and at this moment if you don't forgive, the centre won't open and you will miss your chance of self realisation. Just forgive, just forgive everyone. Raise your hand on top of your forehead and put down your head and now forgive every one without thinking about them.

Now please take your right hand on the back side of your head and push back your head as far as possible. Here without feeling guilty without counting your mistakes you have to say for your satisfaction "Oh Divine Power if I have done anything wrong please for give me" and this you have to say from your heart without counting how many times.

Now for the last centre you have to stretch your palm fully and put the centre of your palm on top of your head. On the fontanel bone area which was the soft bone in your childhood. Now please put down your head, here again I cannot force self-realisation on you. You have to ask for it. So press your scalp, push back your fingers, this is very important to push back your fingers.

Here you move your scalp seven times clockwise. Say "Mother, please give me my self-realisation" seven times.

Sound of Shri Mataji blowing into microphone seven times.

Now please take down your hands. Now please put both your hands open your eyes towards me like this. Now watch me without thinking. You can do it. Now put the left hand towards me and put down your head see with your right hand if there is a cool or a hot breeze coming out of your fontanel bone area. Now if you have not forgiven your self or forgiven others it will be hot breeze. So now please forgive. Forgive everyone and forgive your self.

Now please put right hand again towards me and see with left hand if there is a cool or a hot breeze coming out of your fontanel

bone area. On top of it. A little higher, don't put it on top. A little higher. Now please put both the hands towards the sky like this and push back your head, close your eyes and ask a question three times. Anyone of these three questions, first one is "Mother is this the cool breeze of the Holy Ghost" or "Mother is this the al-pervading power of Divine Love" or "Mother is this the Paramachaitanya or Rue"? You see they are different names for the same thing. So you can ask anyone of these questions three times.

Now take down your hands, please put your hands like this towards me and feel your peace in thoughtless awareness. All those who have felt cool or a hot breeze on their fingertips or on their hands or out of their fontanel bone area please raise both your hands.

The whole of Hamburg, may God Bless you all. May God Bless. My God.

Now again I have to tell you one thing that it's a collective happening. So you have to come to our collective programs. It's a very big revolution going on and now you are the part and parcel of that spiritual revolution, which takes humanity to reality and it's benevolence. You have to be mature in this, otherwise it would be like the parable of Christ where some seeds got sprouted and got lost. Of course you don't have to pay anything I tell you again and again but, you have to spend some time for your self realisation. You don't know what you have got. Say if I have German money I don't know what it means, I have to spend it. In the same way what you have got it's so precious you will know how precious it is when you will mature and you will give it to others.

So may God bless you.

1993-0723, If you are born again you have certain powers

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23 July 1993

If You Are Born Again You Have Certain Powers

Public Program

Berlin (Germany)

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I bow to all the seekers of truth.

At the very outset we have to know that truth is what it is. We cannot understand it, we cannot change it and, unfortunately, at this human level, we cannot know it.

Whatever I am going to tell you today here, you need not take it blindfold, but you have to keep your mind open like a scientist, and whatever I say is proved, as honest people, you have to accept it because it is for your benevolence, for the benevolence of your country and for the benevolence of the whole world.

So, the Truth is that you are not this body, this mind, this ego, these conditionings but you are pure Spirit. And the second truth is that there is a all-pervading divine power of Love which does all the living work. You see beautiful flowers here and you take them for granted, we don't even think that it's a miracle! Who runs your heart? The doctors will say it's an autonomous nervous system. But who is this 'auto'? Who does all these living works? Who controls the height of these trees and these bushes? So now the time has come for us to know that this power exists and that you can feel it on your central nervous system.

So far whatever you have gained in your evolution you feel it on your central nervous system. Say, take a dog or a horse through a very smelly place, dirty place, they don't mind. But the human beings can understand so many things more than the animals on their central nervous system.

Now the problem with us is that, so far, we thought that by going to science we will achieve some information about the reality. But, as you know, science is limited and it cannot answer many questions.

So, we go to religion and there also what we find, that the way religion is practised today is not actually what was preached. All the religions today are power-oriented or money-oriented. But none of them are Spirit oriented. Why? Because it is expected in all the religions that we should have our resurrection, that we have to know ourselves, that we have to be born again. It's not good just certify yourself as born again, if you are born again you have certain powers.

This is a dilemma today that human beings are facing. You will see people who have big conventions for peace, harmony, they also get big awards but they have no peace within. Sometimes they are extremely hot tempered.

Also, if you see in the democratic countries, we'll say that we have freedom. But where is the freedom? A entrepreneur makes up a dress and starts selling, advertises, everybody wears the same dress. Like they wanted to have very tight pants once upon a time and everybody was wearing only tight pants and they couldn't even get into the buses, they had to push people! (laughter) Then they developed varicose veins, so they gave up these pants. Then they started another fad of holey pants, with the holes! In these Western countries, you know, it's so very cold, and with the holes, what will happen! (laughter). They started also other kinds of fads you see, like we had punks. I asked these punks why do you want to do all this spending £50 for one (UNCLEAR sitting?)? So, they said what's wrong? We are finding our identity! But I said this colour is injurious to your eyes, you're already becoming blind. So, what's wrong! What's wrong if you become blind? Every type of destructive type of things we take very

easily.

So, in these modern times, so many types of problems like AIDS, like drugs, like so many incurable diseases have come up. They were never there about, say, 30 years back. So, one has to understand why these problems are cropping up. Actually, most of the world problems are because of human beings and human problems are mostly from the centres which you have within yourself. In the bible it is described as the tree of life. But in Koran it's much more precisely given 'the subtle system within us. Also, in India in Maharashtra there was a very great revelation of many saints about the subtle system. But this revelation was just perverted by the tantricists and misled people. Now today there are so many fake, horrible people who are just trying to make money out of it. Just like the religions. It is something they don't understand that it is sinful to make money in the name of God. It is a living process of your accent and for any living process we don't pay any money. How much money did we pay to Mother Earth for giving us these beautiful flowers? For the evolutionary process how much money did you give? So, all these things have come in these modern times only. So, I call it the Last Judgement. You have to decide whether you want the truth or falsehood. If you want to have the totality and reality then try to understand that you cannot pay for it and you cannot suffer for it. Also, this is a very strange idea, that you must suffer. Suffer to be one with God, who is your Father. He is Father of all the fathers. He is the one who is compassion. The ocean of compassion. Which father would like his son to suffer? It is absurd. This is also so much drained into our head, put into our head that we think unless and until we starve, we cannot meet God. I don't know about the West, but in India if you want to make your mother unhappy then you don't eat your food. Then the poor mother is crying that the child has not taken the food. So, what must be happening if you go on torturing yourself in a wrong way. You have to know that you are the epitome of evolution. Then these religions, some of them, have been really spoilt by some interested people. For example, Mr Paul who was no way (UNCLEAR...knew?) Christ, had nothing to do with Christ, took over and changed many things in the bible. He was a hater of women. He didn't show any respect for the Mother of Christ, while in the Koran, Mohammed Saab has praised Her and said nobody should talk against Her chastity. This word 'Madonna' has come from the other part of religions who could not accept something without the Goddess. As a result, a woman was never given her proper place. First, I came to East Berlin when the wall was not broken, long time back and I found that the women were EXTREMELY INSECURED. They told me that we don't want to marry because if we have children because our figures are spoilt, and our husbands will marry somebody else. I was amazed. They said we have to be always be keeping the husband in the proper trim, by dressing up in a funny way, attractive way, such insecurity. I must admit that India is no good for politics and economics, hopeless, but society is very good. If a husband tries to be funny with the wife he is not accepted in the society. Even the sister of the husband, the family of the husband would (UNCLEAR). Of course, I'm not talking about the 'Westernised' Indians because they have their own ideas. And if a man tries to be funny a woman doesn't think that she should become like a prostitute. She thinks if the man is misbehaving, he is committing sins, why should I do that? All these insecurities have given us problems. If the mother is insecure the children also get insecure. I've seen children being very violent, being very arrogant, the reason is that the mother, herself, is extremely insecure. One side she has to keep her husband happy, on the other side her children. In these developed countries, these overdeveloped countries, these things are happening and we are not aware of it! The idea of motherhood is completely missing. Now they say there is the God Almighty, and the Son He has, but no Mother. Mother is missing! There is the Holy Ghost which is a dove. I agree dove is a good symbol because dove is the one that ascends, and purity, white, but what about the Mother? In all other religions, there is a Primordial Mother. In Greek religion there is Athena. Athena starts with the Sanskrit word Athe which means primordial. And she is, if you see, how they have depicted is that she is divided into three powers and she has a snake-like the kundalini. Now it is not a snake but it is symbolic that it an energy that moves like a snake. It's an understanding (UNCLEAR) that there has to be a primordial mother. Why I have to tell you all this? Because this kundalini it is in the sacrum bone, is the reflection of the Primordial Mother which is the Holy Ghost. She is the feminine divine power. She is your mother; every individual's mother. And She knows everything about you. It's like a tape you can say, that you play in a video. The whole past of yours is known to Her. She knows your problems and She is the one who is anxious to give you the second birth.

Now, it also another nonsense that people talk about with kundalini awakening you have problems, physical problems and all that. It is all nonsense. When you were born your mother took all the problems on herself. In the same way, when you get your self-realisation, is the kundalini, she works it out; very delicately, very beautifully, like a very gentle mother. So, this is beautiful machinery we have within ourselves created which has got all these centres which are the milestones of our evolution. And these centres look after our physical, emotional, and also spiritual being. So, when this kundalini rises, she passes through six centres, the seventh centre is below the kundalini. The seventh centre is the centre which looks after our excretion.

That is the centre which also caters to our sex, but it is below, it is below the sacrum. So, the sex doesn't play part in the kundalini awakening. At that time all your excretion stops and you become innocent. Christ has said, 'you have to become like children to enter into the kingdom of God'. This is what exactly happens to you. I must tell you that innocence cannot be destroyed it is an eternal, innate quality of human beings. Matter is innocent, animals are innocent and human beings are innocent but the so-called freedom that we have by which we have gathered some clouds and have covered it. But it is all intact within you, nothing is destroyed. So, when she rises this kundalini, your innocence comes into play. While rising she nourishes all these centres. These centres are like this, left and right, but if you start exhausting them, then they become constricted. When the kundalini rises, she nourishes them, she integrates them and she puts them in proper shape. That is how, physically, you get cured. No doubt, Sahaja Yoga has cured many, many incurable diseases, no doubt. And it is so simple. When she rises, she pierces through this fontanelle bone area, and you get the actualisation of your baptism, actualisation. It is not somebody puts his hand on your head and says, 'now, you are baptised'. The first thing that happens, that you become thoughtlessly aware. In us one thought rises, another rises. We think about the future or the past. The past is finished and future doesn't exist. In between these two thoughts, that is the present. Now, if I ask you, 'stand in the present', you cannot. And the present is the reality. If I say, 'go within yourself', you can't. You can go to moon; you can go anywhere but you can't go within yourself. That means you cannot take your attention inside. When the kundalini rises she separates these thoughts and within you is established this area within you which is thoughtless. That is the present. Where you can get inspirations and you can grow in spirituality. But if you want to think, you can think also. But you are not all the time bombarded with thoughts. That is the state where you feel peaceful within yourself. Now, this rises above and comes out of your fontanelle bone area and after some time you establish another state and a new dimension of what we call as doubtless awareness, where you become absolutely equipped with all the divine laws and all the working of it. And you can give realisations to others. In that enlightened state I don't have to tell you, 'don't do, don't do,' you just don't do it. I've given an example many times that, supposing I'm sitting in the dark and hold a snake, and I believe that it is a rope, and I'm obstinate, until that snake bites me, I'll not give up, even if you tell me. But if there is a little light, I will just throw it away. This is exactly what happens. As soon as you get your enlightenment, you give up all that is destructive. And a new constructive transformed life starts, where you start understanding yourself because you have the self-knowledge on your fingertips. Because like this instrument if it is connected to the mains, it has a meaning, it has an identity. When kundalini is one with that all-pervading power, then your fingertips five, six and seven get enlightened. The right side is for the physical and mental, the left side is for emotional. So, on your fingertips you can feel your own centres, so, you get your self-knowledge, also you develop a new dimension in your human awareness where you can feel the centres of others. Sitting down here you can feel the centres of anybody who is living or dead. Now supposing you know how to correct these centres, you can cure yourself and you can cure others. Which is a very simple thing to understand. I think you all must be thinking 'it is too fantastic to believe!' But I assure you are fantastic. I tell you; you are glories. For example, in India supposing you are in a remote village, if you take a television and say you can see all kinds of pictures, they will say, 'what stories you are telling. How can it be. It's just a box'. We also think that we are just a box! But once you are connected with this all-pervading power, you are amazed at yourself what you are. Not only you improve physically, mentally, emotionally but you develop so many talents. All your insecurities disappear. All your stupid hankerings disappear. Only thing is those who are stupid and idiotic this doesn't work out. All those who are arrogant, and involved in sort of an arrogant work, aggressive work, they don't get it. You must keep your mind open, that is all. You must have pure desire, pure desire because this kundalini is the power of pure desire. As you know in economics, that desires are never satiable, in general. But this is the only desire, whether you are aware of it or not, when it works out, then the whole life changes in a different pattern. You become a very satisfied, compassionate person, at the same time, extremely dynamic. And very energetic. Now you know my age is 71 years now, I'm going to be, I travel every day. Yesterday I was in Frankfurt, no sorry, in Hamburg, we had a programme and today I am before you. Because I don't think I'm travelling, I'm don't think I'm going anywhere, I'm thinking I'm here, I'm just there. Because I don't think. This is what happens to you and this Spirit when it shines your attention, it makes it extremely this attention extremely active and effective. Now you pay attention to someone, that's all, but after realisation, when you pay attention to that person, that person he is sick, he gets cured. Your eyes become so innocent and so powerful that you look at any person and that person can absolutely feel complete peace within themselves. So, this modern disease of stress and strain disappear, there's no (UNCLEAR). You are absolutely relaxed. You see the whole world as a drama. If you are in the water you are afraid of getting drowned but supposing, by any chance get to a boat, then you watch all that. But in case you know how to swim, you can save so many people. That is how you grow. One enlightened light can enlighten many lights. That is the purpose of our life and the destination of your life is to enter into the kingdom of God and enjoy yourself. The Spirit is the collective being within us. You transcend all kinds of barriers that this human mind has

created. Racism and fundamentalism, and all kind of 'isms' are finished. These are 'isms' because they come out of our ignorance. Now this ignorance disappears in the light you see the truth and the absolute. Everybody sees the same Truth. You see I'm wearing a saree, all of you seeing the same thing, so there is no argument about it, there's no discussion, there's no war about it. You will find that all over the world there are lots of your brothers and sisters who live with pure love. Nobody's wife runs away with somebody's husband; all this nonsense is not in Sahaja Yoga. And beautiful children are born, who are realised souls, great souls. So, on your fingertips you can know the absolute knowledge. We talk of Peace, Peace, Peace, have a conference, point there and then have a war! After the war at the peaceful time, we just try to organise another war! We have not come on this world to kill each other. Even the animals don't kill their own clans. But we are doing that. It is all because of ignorance. I've seen people who have been very cruel in their life, very hot-tempered in their life, completely changed. For example, I would say, they used to say that Germans are like Gestapo, they were very frightened of Germans, all over, now I find the German Sahaja Yogis are the most gentle people. They are so honest, of course they are honest, no doubt, but now you feel so comfortable with them. They are so compassionate, so gentle. This is the transformation. Coming to Germany you feel very comfortable because people have forgiven, have forgotten the past and are really, really something so angelic.

So, I have to tell you very frankly that I respect your freedom and those who don't want to have their realisation, I cannot force them. (BREAK IN RECORDING...)

It will hardly take 10 to 15 minutes and the journey is very little but there are some conditions.

The first one is that you should not feel guilty at all, for anything. There are people who feel guilty for something to which they are not related. I met one fellow whose grandfather had killed somebody and he was feeling guilty about it. I said, 'you are not your grandfather he is dead and gone and finished. You are a different person; you must not feel guilty for it'. Why feel guilty? If you commit some mistakes, you should face it, that's all. After all you are human beings, you're not God. And if human beings don't commit mistakes, then who will commit? So just forgive yourself at this moment because this all-pervading power is the ocean of forgiveness and all your so-called mistakes can be easily dissolved by the power of this ocean of forgiveness. But you don't know that if you feel guilty this centre here on the left-hand side catches very badly. As a result, you get a disease called angina of the heart, or else you get spondylitis or maybe lethargic organs all through the body. So why have this myth and trouble yourself? If this centre is not opened out, how will the kundalini rise? So be pleasantly placed towards yourself. After all I've told you already, you are the epitome of evolution. I cannot give realisation to say, chickens and rabbits! So now be pleasantly placed towards yourself, first condition.

Now the other side, you have to forgive everyone, without even thinking about them. This many say is very difficult. But logically whether you forgive or don't forgive, what do you do? You don't do it. If you don't forgive then you play into wrong hands. And you torture yourself. While the person who must have troubled you is having a nice time and on his behalf, you are torturing yourself. Also, don't think about them, it's a headache but just forgive all of them in general, you can call it.

Now the third condition is that you must have full confidence within yourself that all of you will get your self-realisation. I'm telling you; you are all seekers of truth and you are all going to get your realisation and connection with this divine power. Which is your resurrection. Which gives you enlightenment. One gentleman did come to me and he said I did feel the Holy Ghost around me, the all-pervading power around me, but I haven't got enlightenment'. I said supposing I have German money, if I don't spend it, how will I know its value? So, you see on others, you work on others. So, one has to understand that Sahaja Yoga is a collective working. It's a collective organisation. It's a living organism. Like if this finger feels hurt the whole body runs to look after it. If something happens, say, to a Sahaja Yogi here in Berlin, they will be from all over the world concerned. Such love, such compassion. Such understanding. I've never seen them quarrelling, fighting, never. Sometimes they pull each other's' legs humorously, that I have seen. Such humour, such joy, such understanding, such new life. This is a new age I am talking about.

There's so much to be said because, after all it's a very big subject. At least I must have given 5000 lectures only in the English language and in other languages which I know also, so many. You can all listen to them, no doubt. But like in this hall there are so many lights, and only one switch is sufficient to put them on. Now supposing I want to tell you the electricity, when it was discovered, when it was brought to Berlin, and then to this hall, you'll all be fed up. Best get the light and then we talk about it. I

know you have questions. Now for the last twenty-three, twenty-four years I've been answering questions. And I'm quite an expert at it. But it is a mental acrobatic, what I want is that you have to, yourself, feel this divine power, by which you become your own guide, you become your own guru, your master and that's what happens. As all this is built in, it was built in you also. As it is built in the seed and in the Mother Earth, the sprout, it is built in you. So, let us now try to understand how we are going to nourish our own centres and get our self-realisation. Plus, you have to see only tonight you have to do it, not later not (UNCLEAR, want it) at all. So, we will show you how you have to nourish your centres.

First of all, if I may request you to take out your shoes, it will be a good idea because this Mother Earth helps us a lot to suck out our problems.

Now, you have to be comfortable in your seats. You don't have to go to Himalayas and stand on your heads. In your own seat you get your Realisation.

Now, please put your left hand towards me like this. Comfortably. This is symbolic that you want to have your Self- Realisation. Because left side is the power of desire. Now we use the right side for nourishing our centres on the left-hand side. Because right side is the power of action.

Both the feet have to be apart because they are two powers.

Now, please put your right hand on your heart. (Inside the coat would be better) In the heart resides the Spirit.

Now, if you become the Spirit you become your own master. So please take you right hand on the upper portion of the abdomen on the left side; this is the centre of your mastery. This centre has been created by prophets for us to be enlightened.

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

Now raise your hand now again onto the upper portion of your abdomen on the left-hand side.

Now, raise it again to your heart.

Now put your right hand in the corner of your neck and shoulder and turn your head to the right. I've already told you that this centre is in jeopardy when you feel guilty.

Now raise your right hand on top of your forehead and put down your head. This is the centre for you to forgive everyone in general.

Now please take your right hand to the backside of your head and push back your head. Here without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask forgiveness from the Divine Power.

Last centre, very important, stretch your palm, and now put the centre of your palm on top of your fontanelle bone area. Now push back your fingers, very important, and put down your head. Here you have to move your scalp more, with pressure, seven times, clockwise. Please put down your heads. Push back your fingers and with the pressure on the scalp, move it seven times clockwise. That's all we have to do. (You must push back your fingers, push back).

Now, we have to close our eyes. And not to open them until I tell you. You can even remove your glasses; is alright it improves your eyesight. Now, you put your left hand again on your left lap, your left leg, and keep both of the legs apart from each other.

Now put your right hand on your heart and please close your eyes and don't open them till I tell you. Here you have to ask a very fundamental question about yourself, to me, three times. You can call me 'Mother' or 'Shri Mataji', whatever you like. Please ask

the question three times, from your heart, 'Mother, am I the Spirit?'

I've told you that if you are the Spirit you become your own master. Now, take down your right hand onto the upper portion of the abdomen on the left-hand side, press it hard, and here ask another fundamental question three times. Now here you ask a question three times, 'Mother, am I my own master?'.

I have already told you that I cannot force the pure knowledge on you, you have to ask for it. So now please take your right hand on the lower portion of the abdomen on the left-hand side. Here you have to ask for pure knowledge. This centre has six petals so please say six times, 'Mother, please give me pure, divine knowledge.'

Now, as soon as you ask for pure divine knowledge the kundalini starts moving upward which you may not even feel. But we have to now nourish our upper centres with our full confidence. So now, raise your right hand on the upper portion of your abdomen. Here you have to say with full self-confidence ten times, 'Mother, I am my own master.'

I have already told you in the beginning, you are not this body, this mind, this ego, this intelligence, these conditionings, but you are the pure Spirit. So now, raise your right hand on your heart and here you have to say again twelve times with full confidence, 'Mother, I am the pure Spirit'.

This all-pervading divine power is the ocean of pure knowledge, is the ocean of absolute truth and compassion, it is the ocean of blessings and protection, but above all it is the ocean of forgiveness. I've already told you that whatever mistakes you have made will be easily dissolved in this ocean of forgiveness. So please forgive yourselves and put your right hand on the corner of your neck and your shoulder and turn your head to the right. Here you have to say, again with full confidence, sixteen times, 'Mother, I am not guilty at all.'

I have already explained to you, that if you forgive or don't forgive you don't 'do' anything, but if you don't forgive you play into wrong hands and torture yourself. Now the centre which we call as agnya which is on the optic chiasma is a very constricted one. And if you don't forgive it doesn't open at all and thus kundalini won't rise. As it is you are have tortured yourself all your life and now you should not miss this great opportunity of getting your self-realisation, so, please forgive, forgive everyone in general. Now please take your right hand on top of your forehead and lay down your head. Here you have to say from your heart, not how many times, 'Mother, I forgive everyone in general'.

Now take back your hand the backside of your head and push back your head as far as possible. Here you have to say, just for your satisfaction, without feeling guilty, without counting your mistakes, 'Oh Divine Power, if I have done anything wrong, please forgive me'. Say it from your heart, not how many times.

Now the last centre, you have to stretch your palm fully and put the centre of your palm on top of your fontanelle bone area. Now stretch back your fingers and bend your head. Here again, I cannot force self-realisation on you, you have to ask for it. So now, move your right hand, seven times, clockwise, slowly saying, 'Mother, give me my Self Realisation'.

(SOUND OF DIVINE BREATH).

Now, please take down your hand.

Please open your eyes.

And put both the hands towards me like this. And now, don't think. You can do it. Keep your eyes open, watch me and don't think.

Now, please put the right hand towards me and put down your head again and see for yourself, if there is a cool, or a hot, breeze coming out of your fontanelle bone area? Now, please don't put the hand not on top of the head but further away, some people get much away.

Now, please put the left hand towards me and see, with the right hand, if there is a cool breeze, or a hot breeze, coming out of your head? If it is hot breeze then that means you have either not forgiven yourself or you have not forgiven others. So now you do it.

Now, once more with the right hand please put the left hand towards me and see if there is a cool breeze coming out of your fontanelle bone area.

Now, just put your hands up like this towards the sky and bend your head back.

Now you can ask any one of these questions three times, any one of them three times, you can ask, 'Mother, is this the cool breeze of the Holy Ghost?'. Then you can ask, 'Mother is this the all-pervading Divine power of love?' or you can ask, 'Mother, is this the Paramchaitanya, Ru?' All these names are of the same thing. So, ask any one of these questions, three times. It (UNCLEAR) a computer.

Now please take down your hands. Like this.

Now, all those who have felt cool or hot breeze on the fingertips, or in the hands or on the fontanelle area, please, raise both your hands.

I bow to you all.

This is Berlin!

May God Bless You All.

Only now this is the sprouting and you have to progress in your spiritual growth. For which you have to come to our collective programmes. You don't have to pay anything and that you must understand that this is something important that has happened to you and you must know how to use it. You have to give some time to yourself and once you have matured you can give to so many. At the most, at the most, it will take one month for you to become the master of Sahaja Yoga. It's as simple as that.

So, may God bless you.

Next year I will again come to Berlin. (Clapping).

If you want you can listen some folk music from India which is related...

1993-0724, There is a very subtle power of Divine Love that does all the living work

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24 July 1993

There Is A Very Subtle Power Of Divine Love That Does All The Living Work

Public Program

Mahen Theatre, Brno (Czech Republic)

Talk Language: English | Transcript (English) – Draft

Public Program

At the very beginning we have to know that the truth is what it is.

You cannot change it You cannot transform it And at this human awareness you cannot know it That means in our evolutionary process we have reached this state of a human being but it is not the end of our evolution because we don't know what is Absolute truth. Whatever I'm going to tell you today you have to take it with an open mind like a scientist. If it is proved than you have to accept it as honest people. Because it is for your benevolence, it is for the benevolence of your country, it is for the benevolence of the whole world. So please listen to me carefully what I have to tell you. There is within us a power, which is placed in the triangular bone, for our ascend. It is for our last breakthrough. And this breakthrough has to happen as a process of our evolution. So the truth is that you are not this body, this mind, this ego, these conditionings. But you are the Pure Spirit.

And the second truth is that there is a very subtle power of Divine Love that does all the living work. We see all these beautiful flowers all around us. But we don't even think whatever a miracle it is. That out of one seed such beautiful flowers come out. Who runs your heart? The doctors may say it is the autonomous nervous system. Who is this auto? We go to science and we find that there are many questions which cannot be answered. Science cannot tell us why are we on this Earth. What is the purpose of life?

What is our identity? So we take to religions. But religions have created nothing but fundamentalism. It is a blind faith. And all kinds of problems have brought up in the name of God. They are only money-oriented or power-oriented. They are not spirit-oriented. But in these modern times there are a lot of false gurus also who have come out to make money out of your simplicity. If it is a living process, how can you pay for it? Like this Mother Earth.

How are we to pay Her for these flowers? Also some people say we have to suffer. There is no need to suffer at all. Imagine if God Almighty is the father of all the fathers, how can He want you to suffer or Him? He is your father, full of compassion, full of joy for you. I have seen there are some false people coming and teaching some mantras and things like that and some boys, I was surprised poor things were just going on saying some mantras. If it is coming from India, You should not believe that all that comems from India is good. Not at all. Be very careful. It is people who are trying to mesmerize your younger generation.

As I have told you that you have to be the Spirit. That means it is an actualization. It is a happening of becoming. So it is not just a lecture or or a sermon or a mental process. But a happening within you. That you become something different. We see so many problems in this world these days You have no idea how much problematic it is in democratic countries. But it is happening in America which is supposed to be the greatest democratic country It is just full of idiotic and stupid people. It is surprising how they are taking life, for example they spend all their time in absolute, stupid, nonsencial idiotic things. I sometimes don't understand how come human beings can become like that.

Also tremendous level of an enterpreneour starts say a fashion. Say for example narrow pants. So they are all dressed up like that. Nobody has freedom to keep to their own dress. They all wear it and they get varicose veins. They wear it even then they get varicose veins. Then they develop some other nonsense. Like six-inches of a skirt for ladies. Even in the cold of England they are wearing that kind of a dress. They talk of individuality.

Where is the individuality? They do really very stupid things please thank God you have escaped. They have got the freedom, alright, but no wisdom. And now it's full of AIDS, full of schizophrenia, madness, lunacy, all kinds of funny diseases. Drugs of all kinds they are taking. It's not only the children but even grown-ups in parties. They talk of drugs. They have not matured at all. I don't say communism was the solution. But nor is democracy.

Unless and until you have wisdom, both things can be very dangerous. Now they are selling all their junk which was not sold in their countries to you people here. Due to recession now they are going to Russia and all these places, even to India, to sell all their junk. But there is a solution to all these problems. This solution lies within yourself. You don't have to go Moon, You don't have to go to Jupiter to discover it. Most of the problems that are visible are due to human beings. Most of the human problems are because of the subtle centers, within them are in trouble. When this Kundalini rises, She nourishes all these centers, integrates them and connects you to this All-pervading Power. Because of these centers we suffer, physically, mentally, emotionally and spiritually.

No doubt, with the ascend of Kundalini people have cured of their many incurable diseases. When the Kundalini comes out of your fontanel bone area, you can feel the cool breeze coming out of your head. This Kundalini is the reflection of the Holy Ghost within us. ...described about God Almighty and His son. but nothing about the Mother. The third one is the Holy Ghost which is a dove. Symbolically it is alright, it is pure and it ascends. But in all other religions they have described a Primordial Mother. This has happened because of Paul. He was a hater of women.

And he never met Christ, all stories are told. He had killed so many christians and then he wanted to jump on the platform. And he chose Peter. as the person who will be anointed with the highest position in christian religion. Peter was the worst disciple of Christ. So Christ also said to Peter that a Satan will take you over. I was myself born in a christian family. And I asked my father: "Who is this Paul?" He was a realized soul my father, and he said: "He is a squatter." He has done a great harm to the West.

by not respecting women. He did not respect the Mother of Christ. He calls her a woman. In Quran Mohammed respects her very much. And said nobody should take any objection about her morality. This Paul's turning of Christ's life has really ruined the message of Christ. You find all these churches have become very money-oriented and power-oriented. So now after giving up communism you might jump onto these, any of them it's very dangerous again. Even the Madonna was never a name given in the Bible to the mother of Christ. It came from the father religion.

Which was before Christ. As a result the women in the West are extremely insecure. I was surprised, how they have to all the time please the men and please the children. And are really going into the complete waste of immorality. India politically and economically is a hopeless case. I agree. But the society is very well named. And women don't have to be insecure in that society. For them their power is their chastity. Even in modern times.

So to achieve that sense of security also we have to be the Spirit. First thing that happens to you you become thoughtlessly aware. It's a new dimension in your awareness. There are thoughts which come to us from the past and the future. But we cannot be in the present. When the Kundalini rises she separates the thoughts. So we become thoughtless but fully aware. We jump into the present. Which is the reality. The past is finished and the future doesn't exist.

In that state you start growing spiritually. The Spirit is a universal being within you. It transcends all barriers that we have created by our mental activity. Of ritualism, fundamentalism, all kinds of isms. You realize that all these religions were born on the same tree of spirituality. These people have cut them and are fighting with the dead flowers. In the state of thoughtless awareness you feel your peace within yourself. This is the peace we are seeking. People talk of peace, have big arguments and conferences but there is no peace within themselves. They have been given awards and this, that.

But I have seen they are very hot-tempered people. So by your ascend you become a peaceful personality, relaxed personality, satisfied personality. And you become wise and discreet. Because you see the reality. And you feel the totality. When this

Kundalini pierces thought the fontanel bone area, you start feeling cool breeze on your fingertips. This is the All-pervading power. Which in Quran is called as Ruh. In sanskrit as Paramachaitanya. Your attention becomes enlightened and innocent.

You innocence is never lost. It is always there. Only thing, because of your so called freedom there are some clouds. But when Kundalini rises and connects you to the All-pervading power you become innocent, your eyes become innocent. You know the Absolute truth on your finger tips, even the realized children can tell you what's wrong with your centers. Not that you can feel your own centers, that's self-knowledge, but also the centers of others. So you develop a new dimension in your awareness of collective consciousness. Ultimately you develop the powers to raise the Kundalini of others. As one enlightened candle can enlighten many candles. The life becomes absolutely blissful.

And you jump into the ocean of joy. Joy has no duality. of happiness and unhappiness. It is the experience of joy, you feel it. Sahajayoga is working in 55 nations, so many have been cured. so many have now the powers, but I have never seen them fighting, quarreling, All full of humour and enjoyment. What a different type of life. That's what is for you. You have to achieve it without any difficulties. It is very, very simple.

Sahaja means "born with you," is the right to be united, that is yoga, with this All-pervading power. For which you don't pay. But it is a collective happening it's a collective organism, so you have to be collective. If one nail is cut out, it doesn't grow. Now see how Germans and Austrians have come to your town and arranged this program. How so many English going to Russia. Like there is one finger which has some pain, the whole body goes to it to get it alright. So it will take hardly about ten minutes from you to get your realization. But there are three conditions. Which are very simple.

The first one is that you should not feel guilty at all. It's a fashion nowadays to feel guilty. After all, you are human beings and human beings all make mistakes. You are not God. If you make mistakes, let's face it, why feel guilty? By feeling guilty, this centre here on the left side goes out of order. And physically also you may suffer from angina, or from spondylitis or from lethargic organs all over the body. Don't believe people who tell you you are sinners. They are the greatest sinners who tell you like that. After all you are human beings, you are at the epitome of evolution.

The second condition is that you have to forgive everyone in general. Logically 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. So you don't even have to think about them, you have to just in general, say " I forgive everyone," it's nonsense. Also it is a myth. Now there is a center within us on the optic chiasm which is like this. Closed. And if you don't forgive, then it doesn't open. But if you forgive, it opens like this. You feel much lighter and Kundalini may pass through.

All your life you tortured yourself by not forgiving. And at this moment you will miss the great point of achieving your realization. Now the third condition is that you have to have full faith in yourself, full confidence that you will all get your realization tonight. It sounds fantastic but you are fantastic. You don't know yourself. Once you know yourself, you will be amazed, how many powers you have. What you can do to yourself and to the whole world. Unless and until this microphone is connected to the mains, it has no identity, it has no meaning. But as soon as you are connected to the mains, you know what you are. These are the three conditions I hope you will fulfill.

As it is I think you are very sensible people, the way you have elected your president, the whole world knows that. So now those who do not want to have their realization, should know that I cannot force it on you. Because I respect your freedom. It's a last judgement, you have to judge yourself. In Quran it is said that at the time of resurrection your hands will speak. They give a witness against you. And these hands will tell you what's wrong with you and what's wrong with others. And if you know how to correct your centers, you can correct yourself and you can correct others. Those who do not want to have realization, should leave the hall. Of course, Sahajayoga is not meant for idiots and stupid people.

And it's not meant for arrogant people either. Also for people who are involved in some sort of an ideology or some sort of blind faith. Again I request those who do not want to have their self-realization, they should leave the hall. You have to be pleasantly placed to yourself, now please you have to remove your shoes, because this Mother Earth also helps us to suck in our problems.

Now the left and the right are two powers, one is for your desire and another for action. So you have to put both your feet apart from each other and sit comfortably. You don't have to go to the Himalayas and stand on your head. You will get your realization in your seats tonight. So now please put your left hand towards Me on your left hip or left. Because this is suggestive or symbolic that you desire to have your self-realization.

You have to have Pure desire. The right hand we use for nourishing our centers on the lefthand side of ourselves. This we do it only for tonight you don't have to do it later. So now please put your right hand on your heart. Somebody will show it. In the heart resides the Spirit. If you become the Spirit, in the light of your Spirit, you become your own master. So you have to take your right hand in the upper portion of your abdomen on the left hand side. This is the center of your mastery. Which is created by all the great Prophets.

It has to be enlightened. So now you have to take your right hand in the lower portion of your abdomen on the lefthand side. This is the center of Pure divine knowledge. We will know about it later on, how it caters to the Divine knowledge. Now please raise your hand in the upper portion of your abdomen, now on your heart. Now in the corner of your neck and shoulder and turn your head to your right. I have already told you what happens to you when this center is out of care. Now take your right hand on your forehead across and put out your head. This is the center for forgiving everyone in general. Now please take back your right hand on the backside of your head and push back.

as far as possible. This center, without feeling guilty, without counting your mistakes, just for your satisfaction. You have to ask for forgiveness. From this Divine power. Now the last center is important. Please stretch your palm fully. Put the center of your palm on the fontanel bone area which was a soft bone in your childhood. Push back your fingers as far as possible. Press it hard, move your scalp and move it seven times slowly, clockwise. That's all you have to do.

Now we have to close our eyes, before that please see that both your feet are apart from each other Put the left hand toward Me like this. Right hand on the heart. Do not concentrate, do not pressurize your mind. Everything will work out spontaneously. Now close your eyes. And please don't open them till I tell you. Here you have to ask Me a fundamental question about yourself three times. You can call Me Mother or Shri Mataji. Please ask three times in your heart. Mother, am I the Spirit?

I have told you, when you become the Spirit, you become your own master. So take your right hand in the upper portion of your abdomen on the left hand side press it hard and here ask another fundamental question about yourself to Me. Ask a question: "Mother, am I my own master?" Three times. I have already told you that I respect your freedom. I cannot force pure knowledge on you. Take out your hand on the lower portion of your abdomen on the left hand side. Here you have to ask for Pure knowledge. Here ask 6 times because this center has got 6 petals. Mother please give me Pure knowledge.

As soon as you ask for Pure knowledge, the Kundalini starts rising and we have to nourish the upper centers with our full confidence. So now raise your right hand to the upper portion of your abdomen on the left hand side and press it hard here you have to say with full confidence 10 times, Mother, I am my own master. I already told you that you are not this body, this mind, this ego these conditionings but you are the Pure Spirit. So now raise your right hand on your heart and say with full confidence 12 times Mother, I am the Pure Spirit. This All-pervading power is the ocean of knowledge. It is the ocean of joy and blessings. But above all it is the ocean of forgiveness. Whatever mistakes you might have committed, it can be easily dissolved by this power of forgiveness. So now forgive yourself and raise your hand to the border of your neck and turn your head to the right. Here you have to say with full confidence 16 times Mother I am not guilty at all.

I have already told you that logically whether you forgive or you don't forgive you don't do anything. But you torture yourself. At this junction if you don't forgive, the center won't open and Kundalini won't pass. So please forgive all of them in general, not thinking about them. Now raise your right hand on the forehead across and put your head down and here you have to 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 the Divine Power. Take your hand on the backside of your head and push back your head and here with full confidence from your heart, not how many times - you have to say - Divine Power if I have done wrong, knowingly or unknowingly, please forgive me. The last center is important. Where you have to stretch your palm

fully and put the center of your palm on top of the fontanel bone area which is a soft bone in your childhood Put down your head and push back your fingers so there is sufficient pressure on your scalp. Here again I cannot force self-realization on you you have to ask for it.

So move your hand seven times clockwise say from your heart - Mother please give me my self-realization. Please bend your head. Push back your fingers. Take down your hands please and open your eyes. Now please put both your hands towards Me. And don't think. Now put the right hand towards Me like this. Put out your head and see for yourself if there is cool or hot breeze coming out of your fontanel bone area. You shouldn't put your hand on top of your head, but away from it. Put your left hand towards Me... not on top, a bit away or you cannot feel it at all.

Please put your left hand towards Me. Bend your head and see for yourself if there is a cool or a hot breeze coming out of your fontanel bone area. If you have not forgiven yourself or others, it will be hot. Now forgive. Lastly again, put right hand towards me, put down your head and see for yourself if there is a cool breeze coming out of your head. Please bend your heads. Now please raise your both your hands towards the sky like this. Push back your head upward. Ask any out of these three questions three times. Please ask Mother, is this the cool breeze of the Holy Ghost?

Mother is this the All-pervading power of God's Love? Mother, is this the Paramachaytanya? Or Ruh? Any of these questions you can ask three times. Now please take down your hands. Put your hands like this towards Me. And don't think. Those who have felt cool or hot breeze on their fingertips, or on their heads, palms, or out of the fontanel bone area, please raise your hands. All of you. All of you.

May God bless you. Except for one or two people.

1993-0725, Sahaja Yoga: A new dimension in your awareness

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25 July 1993

Sahaja Yoga: A New Dimension In Your Awareness

Public Program

Křižíkova fontána, Prague (Czech Republic)

Talk Language: English | Transcript (English) – Draft

Public Program

I bow to all the seekers of truth.

At the very outset we have to know that truth is what it is. If you want to know the truth, first of all you must know that through your evolutionary process you have become human beings. And if you have to go at a higher state, it has to be the same living process of evolutionary growth. We must also know that when we evolve, we did not pay for it. And when we evolved, we developed many more qualities than the animals have. In the same way, if you have to evolve, then you have to have some sort of a transformation. Also you must have some new dimensions in your awareness.

You have seen this chart, which is the subtle system within you. That has brought you up to this level. Now the time has come for the last break-through. To know the absolute truth. So far, whatever we know is relative truth. That is why there are so many quarrels and fights and wars.

I am sorry today we have such a short time in which I have to give you self-realization. So I won't be able to tell you everything about your self-realization. But it will work out, spontaneously. Actually it does not require any lecture, any explanation. Like this Mother Earth, if you put a seed and water it, it sprouts by itself. Because it is built-in in the Mother Earth and also built-in in the seed to sprout. So this is also built-in within you.

Only this one has to be awakened so that you get this yoga, the union with the all-pervading divine power. So as we have little time, let us do our self-realization. And you all liked it? Alright. Those who don't want to have it should leave the place, because I respect your freedom, I cannot force self-realization on you.

I have to just warn you that there are many false people coming down even in Czechoslovakia, just to make money. How much do we pay to Mother Earth for giving these beautiful flowers? Anybody who asks for money, please be sure that it is absolutely a fake thing. Also be careful about religions, which try to capture the governments. These religions are not Spirit oriented, they are money oriented and power oriented. So with such false things we cannot achieve reality.

Also science cannot give you many answers. It cannot tell you why are you on this Earth, what is your identity, what is your origin. All these questions can be answered in the light of the Spirit.

Now, for getting self-realization, there are only three conditions.

The first condition, very important, is that you should not feel guilty at all. If you feel guilty, then this center here catches. And you might get a disease called angina, spondylitis, or lethargic organs. So why to feel guilty? Today we had somebody from Catholic church.

And he could not get his realization. And we found his left vishuddhi center was very badly caught up.

Then ultimately we asked him, "Are you a catholic?"

He said, "Yes".

Oh, that's the reason! Because they tell you 'you are sinners' and they tell you to confess. To a priest. Even many priests become mad. So there is nothing to feel guilty about it. If you have committed mistakes, you are human beings, after all you are not God! So, if there is some mistake, face it! But don't feel guilty and put it here. (Shri Mataji pointing at left vishuddhi). If you do not forgive yourself and don't feel guilty, this will not open and this power of Kundalini won't pass through.

Second condition is that you should forgive everyone in general. That means, logically, 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 you torture yourself. The person who has tortured you is happy, while you are torturing yourself on his behalf. Now the center here is like this, very closed. (Shri Mataji pointing on the forehead). Optic chiasma. Now, if you don't forgive, it won't open. But if you forgive, it opens. This is how the Kundalini can pass through. As it is, you have tortured yourself all your life and now if you don't forgive, you will miss your self-realization.

Now, third condition is, that you have to be absolutely confident that you will get your self-realization tonight. As a result, you will feel the all-pervading power of divine love, which does all the living work.

This would be for the first time you will know there is this power. Also you'll feel the cool breeze coming out of your fontanel bone area. And on your finger tips you can feel your own centers and centers of others. All human problems come from these centers. And all these centers, if they can be corrected, all these problems can disappear. So what happens to you, that on your central nervous system you can feel your centers, you can feel the all-pervading power, and also the absolute truth.

This is called as 'bodhi' in Sanskrit language. 'Bodh' from the word Buddha has come. So, you don't have to do much about it, it works spontaneously. But in any case today I'll tell you how to nourish your own centers. Only for today.

Now, can I request all the people who are standing to be comfortably seated. It's alright. Anywhere you are, you'll get your realization. Means no difference.

I am sorry, this time I asked Radim to get a big hall, because last time people could not come inside that hall. So he got this open-air thing. Whatever it is, it works. (comment: Krizik Fountain was a big open-air amphitheater with music&light; shows)

Alright. So now, you have to first... to help me, you have to take out your shoes. For a while. And put both the feet on the ground. Now, you have to know that the left side is the power of desire and right side is the power of action. So we have to put both the feet apart from each other. I hope everybody sits down. I am alright, don't worry. I am all right. I hope everybody sits down (from the back?). You don't have to go to Himalayas, or stand on your heads. In your seat you'll get your realization. (Shri Mataji is laughing)

So now, please, put your left hand towards me like this on the left lap.

Why don't you all sit down there? They are all standing.

And you have to put your right hand on your heart. Please, put your left hand like this and right hand on the heart. All of you have to do it. In the heart resides the Spirit. If you become the Spirit, you become your own master. So you put your right hand in the upper portion of your abdomen on the left hand side, which is the center of your mastery and was created by great prophets. Again I would like to tell you, that I cannot force divine pure knowledge on you. You have to ask for it. Because I respect your freedom.

So 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 again into the upper portion of your abdomen. Again on your heart. Now you have to put your right hand in the corner of your neck and shoulder and turn your head to your right. I have already told you what happens, when this center is out of gear. Now you have to take your right hand on top of our forehead across and put down your head. This is the center for you to forgive everyone, in general.

Now please, take your right hand on the back side of our head and push back your head as far as possible. Here without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask forgiveness from the divine power. Now the last center, please, stretch your palm and put the center of your palm on top of your fontanel bone area, which was a soft bone in your childhood. Now please, push back your fingers. This is important, so that there is a pressure on your fontanel bone area. And please, put down your head. Here you have to move your scalp, clockwise, seven times slowly.

That's all you have to do. Now you have to close your eyes.

That's all you have to do. Now close your eyes.

And before closing, see that your two feet are apart from each other and the left hand is on your left lap.

Now please put your right hand on your heart and close your eyes and please don't open them till I tell you. Here you have to ask the fundamental question about yourself. You can call me Mother or you can call me Shri Mataji. And ask me question three times, "Mother, am I the Spirit?"

I have already told you that if you become the Spirit, you will become your own guide, your own master. So now please take your right hand on the upper portion of your abdomen and put it on your left hand side, press it and ask another fundamental question about yourself three times. Here you ask, "Mother, am I my own master?" Ask three times.

I have already told you I cannot force pure divine knowledge on you. You have to ask for it. So please take your right hand in the lower portion of your abdomen and here the center has got six petals, so you have to ask six times, "Mother please give me pure divine knowledge."

Now, as soon as you ask for divine knowledge, the Kundalini starts rising. So you have to nourish your higher centers with your full confidence.

So now rise your right hand in the upper portion of your abdomen and here you have to say with full self confidence ten times, "Mother, I am my own master."

I have to tell you that the truth is that you are not this body, this mind, this ego, these conditionings, these emotions, but you are the pure Spirit. So now please raise your right hand on your heart. And here you have to say with full confidence twelve times, "Mother I am the pure Spirit."

This all-pervading power of divine love is the ocean of knowledge and blessings. It is the ocean of joy. But above all it is the ocean of forgiveness. So whatever mistakes you might commit, they can be easily dissolved in this ocean of forgiveness. So please forgive yourself and 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." Say it with full confidence.

I have already told you that whether you forgive or not forgive, you don't do anything. But if you don't forgive, then you play into wrong hands. So at this moment please forgive, otherwise this center will not open and also you will miss your self-realization.

Now raise your hand on top of your forehead across, put down your head, and here with full confidence -from your heart, not how many times- you have to say, "Mother I forgive everyone in general." Please, say it from your heart.

Now you have to take back your hand on the back side of your head and push back your head and here -again: without feeling guilty, without counting mistakes, just for your satisfaction- you have to say, "O divine power please forgive me if I have done anything wrong." Say it from heart, not how many times.

Now the last center. Stretch your palm fully and put the center of your palm on top of your fontanel bone area. Push back your fingers and bend your head. Here again, I cannot force self-realization on you, I respect your freedom. So you have to ask for it.

Now please move your scalp seven times, slowly saying seven times, "Mother please give me self-realization."

(Shri Mataji is blowing into the microphone.)

Now please take down your hands. Put both the hands like this, towards me.

Now put your right hand towards me like this and bend your head, and with the left hand you see, if there is a cool or a hot breeze coming out of your head.

Now. Please put left hand now and bend your head and see with a right hand if there a cool or a hot, whether is coming out.

Once again. With the right hand. Please feel if there is a cool or a hot air coming from your head. But if you are not forgiven yourself and others, it will be hot. So please forgive.

Alright. Now please put your hands up on the sky. And the question, "Is this the all-pervading power of divine love?" Ask this question three times.

(Some people from outside are disturbing the program.)

Shri Mataji: Just a minute. What are they saying?

(Yogini is explaining to Shri Mataji, who are the shouting people. They are some people waiting for the next show of the Krizik Fountain.)

Shri Mataji: It's alright.

All those who have felt the cool breeze, please rise your hands. Or hot breeze. On the hands or here.

May God bless you.

Most of you have felt it.

There was no need to misbehave. Doesn't behave a (unclear, meaning a good) person. I have met many of them all my live and I have great regard for them.

So may God bless you, all those who has got their self-realization.

May god bless you.

Shri Mataji to the translator: Who are they? They should not have come there.

(yogi talking)

Shri Mataji: I know you people have come for the show; and the show will only start when I finish my program. Yes, it is true.

And this show you can always see, but you cannot get your self-realization. Try to understand. You have no value for your life. You don't understand why are you here.

Just to see the show, that's all your life is worth?

Just think of it.

(yogi talking)

1993-0728, In Sahaja Yoga you become your own guide, your own master

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28 July 1993

In Sahaja Yoga You Become Your Own Guide, Your Own Master

Public Program

Valeriy Lobanovskyi Dynamo Stadium, Kyiv (Ukraine)

Talk Language: English | Transcript (English) – VERIFIED

I bow to all the seekers of Truth. At the very outset we have to know that Truth is what it is. We can not think about it, we can not change it, and at this humane awareness we can not know it. We have to know what is the Truth. The Truth is that actually we are not this body, this mind, this ego, these conditionings, but we are pure Spirit. We say, "My body, my conditionings, my ego", but who is this "My"? You see all these beautiful flowers, we do not understand or not even think that this is a great miracle. It is a miracle, that from a small seed these flowers have come out. And the different flowers from different seeds so beautifully. Who has organized this? Who runs our heart? The doctors will say, "It is the autonomous nervous system". But who is this "Auto"? All these questions start coming into your mind. So we take to various things and try to find an answer. Science also has its limitation. And we should understand that it can not answer many questions. One of them is, "Why are we on this Earth?", "What is our purpose?" If science could answer that question, it could talk about the Absolute Truth also. But it can not give these answers. So now we have to look into ourselves and see for ourselves how are we here as humane beings.

We have come they say through evolutionary process. But is this the end of our evolutionary process? Christ has said that, "You have to be born again". All the religions have said the same. But it has to happen. It can not be just a lecture from Me but it is a happening, which should take place. So now today you are all here to know about the subtle centers, the subtle system that is within you. But you have to keep your minds open like scientist. And if it is proved then you have to accept it. If you are honest you will accept. Because it is for your individual benevolence, it is for the benevolence of your children. It's a benevolence of your country and of the whole world. Because most of our problems come from humane beings. And all these problems come to us when our centers are out of order. If somehow we can manage to correct these centers, then all our problems are solved.

So when this Kundalini power, which is resting in the sacrum bone, triangular bone, is awakened, it passes through six centers, ultimately through the fontanel bone area and connects you to this All Pervading Power, which does all the living work. Thus your physical problems are cured. Definitely Sahaja Yoga has cured many incurable diseases and there are many doctors who are following Sahaja Yoga. There is a scientific explanation of everything. In Russia we have about two hundred doctors following Sahaja Yoga.

There are other problems which are mental within us. And these are coming out of our over worries and also too much thinking, we get into stress and strain. And many people are also trying to do things, which they should not do and they get into lots of mental problems. People become schizophrenic or they become lunatic, all kinds of mental problems are there, which can be solved through Kundalini awakening.

The third problem comes to us is spiritual. Because we are seeking whether we know or not our Spirit. So there are many people nowadays who have come as false and they are trying to mesmerize people. This morning one young boy came in My room and he started talking like a mad man. I was really surprised how this young man is mesmerized. But there are people who try to mesmerize because they want to earn money out of you. How much money did we pay to Mother Earth for these flowers? How much money is required to run this body? To whom are we going to pay? It is spontaneous, Sahaj, means "born with you". It is built in in this flowers that they should sprout and built in in this Mother Earth that they should sprout. So it is built in in you also. This is your power, this is your right to become the Spirit, solve your physical problems, mental problems and spiritual problems.

That's not the only thing that happens. We are humane beings and we always try to get to habits, which destroy us. All these habits drop out because we get wisdom within ourselves and this wisdom cures us. Like, supposing, if I have a snake in My hand

and there is darkness, I can't see and I'm obstinate and if somebody says, "There's a snake!" I'll not give up. Till that snake bites Me I may not give up. But we, some or other, there is some light and I see in the light – it's a snake, I'll throw away Myself, nobody has to tell Me. Because you become your own guide, your own master. You see, this is enlightenment, as we call in Sanskrit [SOUNDS LIKE – bodha], from where Buddha word has come, Buddha. That means you have to feel this Reality, this All Pervading Power, on your central nervous system, that you should know everything about it. It is not something secret. There is no secrecy in Sahaja Yoga. Everyone knows everything. They know how to raise the Kundalini, they know where the chakras are in problem, they know everything. That is how a one person can give Realization, enlightenment to thousand people.

This is the time of enlightenment, of the Last Judgment. They call it [SOUNDS LIKE – Kiyama] in Koran, where it is said that your hands will speak and they will tell you all about you and about others. This exactly what happens that on your fingertips you can feel your centers and you can feel the centers of others. Thus you develop Self-knowledge and also you become collectively conscious. That means a microcosm becomes a macrocosm. Means a drop becomes the ocean. Then in the whole world you don't know how many brothers and sisters you have. There are fifty five nations where Sahaja Yoga is working and you have brothers and sisters all over the world. It's like anything happens to your one finger the whole body caters to it. So anything will happen to a gentleman in Ukraine, people may come from America or Germany or from India, anywhere. Because you know the absolute Truth. Even small children can tell you what's wrong with you. They can also give Realization. They are more soothed I think. They are more soothed, children are.

But we have to know that our innocence is never lost. It is eternal. Only by our mistakes we might have covered it with some clouds. But after you have established your connection with this Divine Power then you are amazed you become an innocent person. You develop your own sensitivity inside to your own peace. You become extremely peaceful and that peaceful nature of yours will bring forth the future of a new age where there won't be any wars. Family is improved, children improved, every way we find people like angels. Your attention becomes innocent and very effective. Wherever you pay attention it works. Your powers are great, which you do not know. And also the knowledge, which is a pure knowledge within you, that starts manifesting.

The whole thing looks fantastic, but you are fantastic. It's like if you take a television in a very remote village of India and say that, "You can see films and this", they'll say, "This box, how can we see in this box all the films?" In the same way we also think we are just boxes. But we are not. You'll be amazed how dynamic we'll become, how compassionate we'll become. So all this is for you and you can have it tonight, this ascent. Of course you can't pay for it and you don't have to do anything about it. It's just all there. After getting Realization then of course you will have to spend little time in the collective and learn all about it. And you have to master it. Anybody can do it. If you are educated or uneducated makes no difference. But it's not meant for idiotic people, or stupid people, or for people who are very arrogant, or for people who are mesmerized, or who are involved in some stupid organizations.

So I have to tell you that this will take hardly about ten minutes. But I can not force it on you. You have to ask for it. You have to have pure desire about it. Because I respect your freedom. Those who don't want to have should really leave this place.

Now there is such a lot of knowledge which I can not tell you in one lecture. But like these lights you have to just put one switch and they are on. But if I have to tell you the history of electricity, then how it was brought here to Kyiv, how it was brought here, will be bored stiff. It's better to put the lights on. Because it is built in.

There are three conditions, which you'll have to fulfill, which are very simple. The first one is that you are not to feel guilty at all. After all you are humane beings and only humane beings can commit mistakes. You are not God. If you have committed mistakes you should face them. But don't put it as a guilt because it spoils this center here. And this center is very dangerous because it gives you a disease called angina. Also it gives you spondylitis and lethargic organs. So it is a myth – to feel guilty. You are humane beings at the epitome of evolution. So please do not in any way condemn yourself but forgive yourself. Because if this center is not all right the Kundalini won't rise.

The second condition is very simple is to forgive everyone. Logically 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. You play into hands of people who want to trouble you while

they are quite happy. You are torturing yourself for nothing at all. But if you forgive then you'll fill much lighter. So please forgive everyone. Even not to think about them. Just forgive in general. I tell people that, "Tell all the flowers, all the trees that we have forgiven everyone."

Now the third condition is that you have to have full confidence in you. Please do not condemn yourself. Please be very pleasantly placed towards yourself. Don't believe people who tell you, "You are sinners". We'll prove that you are not. So have full confidence in yourself. And the confidence that you will get your enlightenment today, your Self-Realization today. First it will happen that you will become thoughtlessly aware. Means you will be aware but there will be no thoughts. That is the state when you will be in present. We can not be in present; we are always in the future, in the past. There you will be in the state of peace. And present is the Reality. The past is finished and the future doesn't exist. So you have to be in present. So first thing becomes is thoughtless awareness, a new dimension in your awareness.

Secondly I have told you that you become collectively conscious. You can feel this All Pervading subtle Power on your fingertips. And you can feel the cool breeze of the Holy Ghost coming out of your head, of the Kundalini coming out of your head. Everything can be verified, is absolutely tangible in Sahaja Yoga after Realization.

So now I've to request you to take out your shoes if possible. Those who are sitting on the ground are all right, but they should take out their shoes in any way. But those who are sitting on the chairs and benches should put both their feet apart from each other because these are two powers – left and right.

So now please (Shri Mataji speaks aside, "Somebody should come up to show) please see what you have to do, how to nourish your own center, you will do it to yourself, you will raise your own Kundalini. Can you all see him? (The interpreter, "Yes, Shri Mataji".)

Now, please put your left hand on your left lap and sit comfortably. You don't have to go to Himalayas and stand on your heads, it's very simple. All right. So now put your left hand on your lap. This is symbolic that you desire to have your Self-Realization. Because the Left side is the power of desire. And the Right side is the power of action. So we use the right hand for nourishing our centers.

First you please put your right hand on your heart. Here resides the Spirit. Those who are standing if they sit down would be better for them. Please, here. Now in the heart resides the Spirit. If you become the Spirit you become your guide, your own master. So take your right hand in the upper portion of your abdomen on the left hand side, we are working only on the left hand side. This is the center of your mastery. Is created by great prophets. Now take down your hand in the lower portion of your abdomen on the left hand side. This is the center of pure knowledge. Now we raise our hand again in the upper portion of your abdomen on the left hand side. Then we raise our hand on our heart again. Then we raise our hand in the corner of our neck and shoulder and put our head to our right. I've already told you that this center goes into trouble when you feel guilty. Now please take your right hand to your forehead across and put your hand on it and put it down – your head. This is the center for forgiveness. Now take back your hand on the back side... (Shri Mataji speaks aside, "Will you please stop photographing at this time. Just later on".) Take your hand on the back side of your head and push back your head. This is the center where without feeling guilty, without counting your mistakes, you have to ask forgiveness from this All Pervading Power. Now please stretch your palm fully and put the center of your palm on top of the fontanel bone area, which was the soft bone in your childhood. Now push back your fingers and put down your head. Pushing back is very important to put a proper pressure on your scalp. Now move your scalp seven times slowly clockwise. Push back your fingers. That's all we have to do.

Now you have to close eyes. Please close your eyes. (Shri Mataji speaks aside, "This gentleman can stop it now would be better".) Please close your eyes. (Shri Mataji speaks aside, "I mean it's all right if the film is going on, is all right. It's all right, try to put the flash. Not to flash".)

Now please close your eyes. Put your left hand on your left lap and put both the feet apart from each other. Now put the right hand on the heart and close the eyes. Please don't open them till I'll tell you. At this center you have to say or ask a question,

which is very fundamental, about you. You can call Me Mother or Shri Mataji. And ask a question three times, "Mother, am I the Spirit?"

I have told you that if you become the Spirit you become your master. So now please take your hand on the upper portion of your abdomen on the left hand side and press it. Here ask Me another fundamental question three times, "Mother, am I my own master?"

I've already told you that I respect your freedom; I can not force pure knowledge on you. You have to ask for it. So please put your right hand in the lower portion of your abdomen on the left hand side. And here you have to say six times because this center has got six petals, "Mother, please give me pure knowledge".

As soon as you ask for pure knowledge the Kundalini starts rising. So we have to enrich 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. Now here you have to say with full confidence, "Mother, I am my own master". Say it ten times.

I've already told you that you are not this body, this mind, these conditionings, this ego but you are the pure Spirit. So raise your hand on your heart and say it with full confidence, "Mother, I am the pure Spirit".

This All Pervading Power is the ocean of knowledge, of joy and bliss. But above all it is the ocean of forgiveness and whatever mistakes you have committed can be easily dissolved by this ocean of forgiveness. So please forgive yourself and raise your right hand in the corner of your neck and here you have to say sixteen times with full self confidence, "Mother, I am not guilty at all". Please put your head to your right.

I've explained to you that if you forgive or don't forgive you don't do anything. But if you don't forgive then you play into wrong hands. As it is you have tortured yourself. You have tortured yourself and now if you don't forgive this center is the most constricted center will not open and the Kundalini also won't pass out. Now please put your right hand on your forehead across and put down your head. This is the center where you have to say from your heart not how many times, "Mother, I forgive everyone in general".

Now you have to take your right hand on the back side of your head. Here without feeling guilty, without counting your mistakes, just for your satisfaction you have to ask forgiveness from this All Pervading Power. Push back your head. Please say from your heart again not how many times, "Oh, Divine Power, please forgive me if I have done anything wrong knowingly or unknowingly".

Now last center, which is very important, you have to stretch your palm fully and put the center of your palm on top of the fontanel bone area, which was a soft bone in your childhood. Here please stretch your fingers well so that there's a good pressure on your scalp. Now please put down your head. Here again I can not force Self-Realization on you so you have to ask for it. Now move your scalp slowly seven times saying, "Mother, please give me my Self-Realization". (Shri Mataji blows in the microphone 9 times.)

Now please remove your hands. Open your eyes please. Put both the hands towards Me like this. Put the right hand towards Me like this and put down your head and see with the left hand if there's a cool breeze coming out of your head. Put the right hand towards Me. Sorry, put the left hand, and see for yourself if there's a cool or a hot breeze coming out of your head. If you have not forgiven it would be hot breeze. Now put the left hand towards Me. And put down the right hand on top of your head, bend your head and see for yourself there's a cool breeze coming out of it. (Shri Mataji speaks aside, "Who is this man who is taking photographs? Is he from some? He's not a Sahaja Yogi? He's not a Sahaja Yogi. No, you can't take photographs. Not allowed. Who is he from? No, without permission how are you taking photographs? Take out his film. No, you can't take. You might take My permission. Only Sahaja Yogis are allowed.")

All right. Now put your right hand towards Me and again see with the left hand...(Shri Mataji speaks aside, "Please take out the film. He has already taken lots of photographs. He can not do it. Can not do it without permission you should have".) Just see

with the left hand.

Now put both your hands towards the sky like this and ask a question, "Mother, is this the cool breeze of the Holy Ghost?" Or second question is, "Mother, is this the All Pervading Power of Divine Love?", and the third question is, "Is this the Parama Chaytanya?" Ask anyone of these questions three times.

Now please take down your hands. Now put your hands like this towards Me. And don't think. All those who have felt the cool breeze in their hands, or hot breeze in their hands, or in their fingers, or on top of their head, hot or cold breeze, please raise both your hands. Just turn the lights, I want to see the others also. Can you turn the light there?

Oh! This side also.

May God bless you.

Now you have to come to the collective and really master it. I know that there will be no more troubles and diseases anymore and you'll all prosper very well in life. You will see the blessings every minute, miracles all the time. Thank you very much.

I will come next year again to Ukraine. But till then I want you to be great Sahaja Yogis. And everyone must give Realizations to others. And throughout Ukraine you should give Realization. You all have that power now. Thank you.

1993-0731, Public Program Day 1

View [online](#).

31 July 1993

Public Program

Yubileyny Sports Palace, St. Petersburg (Russia)

Talk Language: English | Transcript (English) – Draft

1993-0731 Public Program Day 1, Saint Petersburg, Russia

I bow to all the seekers of Truth.

At the very beginning we have to know that Truth is what it is. We cannot change it or we cannot also feel it at this human awareness. The time has come for all of us to know the Absolute Truth. Unless and until we know the Absolute Truth we cannot understand the different kinds of problems that are existing on this Earth. Whatever I am going to tell you, you have to listen to Me with an open mind of a scientist. You need not blindly accept whatever I say. But if it is proved then you have to accept it because it is for your benevolence. It is for the benevolence of your country and it is for the benevolence of the whole world. We believe in many things, but we have not yet established it as Truth. For example, Christ was the Son of God, but it is not proved.

So, some people can say: "How do you say, he was Son of God?"

So, the time has come to prove everything that is described in the scriptures and to understand that all the scriptures were written by great prophets, seers and incarnations. They said the same things. And once we know it as the truth, when we understand it perfectly well, then there is no difference at all. So at human awareness we still have not known the Absolute Truth as a fact. But our Creator, our Father, the God Almighty has made all arrangements within ourselves. There is a subtle system which is created within us in our evolutionary process. And this system is the one which gives us the absolute knowledge. The truth is that you are not this body, mind, ego or your conditionings, but you are the pure Spirit. But you are to be born again. Like a bird, it's first an egg and then it becomes a bird. You cannot certify yourself as 'born again' or something that 'you are great' because we are all the same. When you are born again then you develop a new awareness, you develop a different state of existence. Like, an egg is nothing and the bird can fly everywhere.

So, this happening has to take place. Unless and until this happening takes place whatever we believe into is not going to convince us ultimately. So, there is a power, is your own power in your sacrum bone which is awakened and that gives you the actualization of your baptism. It is the actualization that is important, it is the becoming that is important.

Now the second Truth means that there is All-pervading Power of Divine Love which does all this living work like these flowers. You see these flowers. They are all miracles, aren't they? Who runs your heart? The doctors will say 'It is autonomous nervous System.' But who is this 'auto'? So, even science cannot answer this question. Science cannot say why are you on this Earth. It cannot give you a purpose of life. So, we have to turn inward. But if I say that you put your attention inside, you cannot. So, this happening takes place where this Kundalini awakens and passes through six centers. It nourishes all your centers. By which so many of your physical, mental, emotional and spiritual problems are solved.

I was at Kiev and I met many Sahaja Yogis and Sahaja Yoginis. Some of them told Me that they have been taking medicines for twenty five years but they have not touched it after this happening. They are here. And they also were so happy about it. Some of them have cured other people. It is not only physical problems that trouble us, also there are so many incurable diseases which no one can cure. They are also cured. Then there are people who are mentally disturbed who are mental patients, who are lunatics. There are many who suffer from epilepsy. In India three doctors have got their MD in showing how Sahaja Yoga cures patients. So, you also know everything as to what is the problem with you, also what is the problem with others. Also you know how to cure yourself and cure another person. And also you know who is a real person and who is not. Everything is open in Sahaja Yoga, which is Divine Science. And you start working it out very well knowing everything that you are doing.

The other day a boy came from somewhere and started shouting at Me. And he was completely mesmerized. He did not know what he was doing. Somebody has just mesmerized him and he was just shouting at Me. I didn't understand what he was saying also. He was very violent. Then some people go on saying mantras. It's all madness. They have no powers, they have no understanding, they are just like people who have been told to say things like a parrot. What a waste of human being! Actually human

beings are the epitomes of evolution. They are the most precious thing that God has created. But they have not known their own value. So they go to such people, give them money and get mesmerized.

When this Kundalini rises, She connects you to this All-pervading Power of Divine Love. Yoga means this connection. And Sahaja, 'saha' means 'with', 'ja' is 'born'. Means she is born with you with the right to be united to this Divine Power. As soon as it happens your Spirit comes into your attention.

So, the first thing that happens to you is that you stand in your present. Generally you live in the past or in the future. But when this Kundalini rises, She creates a space in between these thoughts and there are no thoughts. You are fully aware but there are no thoughts. This is what we call as thoughtless awareness. When you become thoughtlessly aware then you find peace within your heart. You become absolutely peaceful and witness the whole world as a drama. You are out of problems. So, you can see them and you are no more frightened. And with the blessing of the Divinity you solve your problems. If you ask the Sahaja Yogis, they will tell you how many blessings they have. They used to write to Me: "Mother, I have this blessing, that blessing." So, I told one gentleman to write about these blessings. He told Me after a month that he has already got up to his head, so many papers. "Which one should I write?" I said: "Forget it." But the Spirit is the source of absolute knowledge. It is the reflection of God Almighty in our heart. And in every person it is the same reflection. In the light of the Spirit everybody sees the same thing. They feel the same thing. On their finger tips they can feel this All-pervading Power as Cool Breeze of the Holy Ghost. Also they can feel the centers, their own centers and the centers of others. So, they can also feel the Absolute knowledge. Supposing you want to ask about Christ now: "Was Christ the Son of God?" Immediately you start getting Cool Breeze in your hands. You ask about some satanic person, and immediately you start feeling the tingling or may be also sometimes blisters might come. Even you can find out about the diseases others have or the problems others have on their centers.

In the light of the Spirit your attention gets enlightened. When you see someone, normally you don't understand the relationship between that person. But when the Kundalini rises She manifests innocence within you. Innocence within us is never lost, it is eternal. But there are some clouds created over the innocence by our mistakes. But after the manifestation of the Spirit's light your attention becomes innocent. You don't have lust and greed in your attention. Your temper subdues, your attachments, nonsensical attachments all drop out. All the bad habits which are destroying you also drop out. Example is like this: Supposing there is darkness and I am an obstinate that holding a snake in my hand. If you tell me that there is a snake, I may not believe you till the snake bites me. But if there is a little light I can see the snake. And nobody has to tell me, I just drop it out. In the same way we understand through our wisdom that these are all destructive things and we also have power to throw it away.

Thus a human being starts transforming. His awareness widens into collective consciousness, like the microcosm becoming the macrocosm. Or we can say the drop becomes the ocean. We all feel we belong to one living organism, living body. If one finger is touched or is hurt then the whole body pays attention to it. So, you feel the whole world is your own. When I first came here, twenty five Germans Sahaja Yogis came. I've never called them, they came on their own. They said: "Mother, we have to do this for Russians because our forefathers have harmed them so much." So you have brothers and sisters in love everywhere. And the relationship between each other also becomes very pure. In Sahaja Yoga we don't have people who run away with somebody's wife or somebody's husband. They become like angels. The greatest thing is that you become the source of joy but also everyone who gets realization becomes a source of joy. And so the ocean of joy is created. And everybody swims in the ocean of joy. Then you don't have to suffer for this. You have not to go to Himalayas and stand on your head. You don't have to pay for it. How much did we pay to the Mother Earth for giving us these flowers? There is no obligation. Because it is your own power and is built in within you and you get your realization. Once you are enlightened you can enlighten so many. You get the powers yourself. The whole thing looks fantastic! If this instrument is not connected to the mains, it has no meaning. Unless and until we are connected to the mains we have no meaning, we have no identity.

So, why have we come on Earth? To enter into the Kingdom of God and enjoy all His blessings, His protection and His love. I am sure this will happen here tonight. You all will get your realization.

1993-0801, Unveiling the Innocence and Beauty of the Spirit

View [online](#).

1 August 1993

Unveiling The Innocence And Beauty Of The Spirit

Public Program

Tolyatti (Russia)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of Truth. We have to know that Truth is what it is. We cannot change it and also, we cannot think about it. Unfortunately, at this human awareness we cannot know it. Something has to happen that we have to go inward. And this happening is Sahaja. Sahaja means spontaneous. It means born with you. It is born with you is the right. Every human being has right.

(Shri Mataji to the translator: can they all hear you?)

Shri Mataji to the audience: Can you hear me? there at the back? Who are say? No?

Shri Mataji to the translator: I think you have to be louder. You have to speak little louder. You should stand up. Is better I think.)

Translator: Yes Shri Mataji.

Shri Mataji: So, something has to happen by which we can turn our attention inside. Everyone of you has a right to become the Spirit by which we become the citizens of Gods Kingdom. Unless and until we become the Spirit, our attention is outside. We say our body, my body, my hands, my nose, my emotions, my intelligence, my ego, my conditionings. But who is this my? to whom do they belong? That is the Spirit. It owns all these things. It watches everything. Whatever we are doing, it is just a Spectator or that. But unless and until we have wisdom, we start doing things which are destructive to our lives. Thus, we harm ourselves. We suffer physically by getting into diseases, mentally by becoming disturbed or sometimes even mad and also spiritually we suffer when we go to wrong places. So, for this we have to become the Spirit. Because we are in the darkness, we are in ignorance. And we don't know what is right and what is wrong. The other day somebody told me there is some false guru who is saying that this world is gong to come to end. Without even asking how do you know people just jump in it. They accept it and get so frightened that they become mad. We should find out how do you say? What is the way to know the Truth, the absolute Truth. For example, we say that Christ was the Son of God. He was no doubt. But there is no proof. So, all the churches are vacant, nobody goes to church. How to prove that Christ was the Son of God. Many people don't even believe in God. Because it cannot be proved. We have to prove it. Now the time has come for us to prove everything. If Spirit is the source of absolute Truth, we should get to the Spirit. If in ignorance we remain, we cannot end the miseries of this world. We cannot avoid wars. We cannot avoid poverty, all kinds of diseases. Now this Unclear (is) power about which I am talking to you is within you. For example, this instrument if it is not connected to the mains, it has no meaning. In the same way, unless and until we are connected to this all-pervading subtle power, we have no meaning. Now, what is this all-pervading Divine Power? You see so many beautiful flowers, who gives us these flowers? Who runs our heart? Who does all the living work. The science cannot answer these questions. The science cannot say why are we on this Earth? So, we have to find the answers. And for this answer we have to be connected to this all-pervading power of Divine Love. For that within us is placed,

Translator: what?

Shri Mataji: within us is placed the power, which we call as Kundalini. It's the power which is placed in the triangular bone call as sacrum. That means the Greeks knew that sacrum is a sacred bone. That's why they called it sacrum. So, all of you have got this power. And all of you have the full right to become on this with the Divine Power. Now this Divine Power, is the ocean of knowledge. Whatever we know is just a tip of an ice burg as they say. But after getting this connection through the light of our

Spirit, we can find out about everything. At that time, we feel our fingers get enlightened. And they start informing us about everything we want to find out. As whatever information comes to these people whose fingers are enlightened, they don't have to dispute it. It is just the same. So, there cannot be any argument. Then one has to understand that the Spirit is the source of enlightenment. It enlightens our attention. By that our attention becomes absolutely innocent. Our innocence is never lost. It is all there. Some clouds might have come over. But they just get removed and our eyes and our mind become innocent. Our attention becomes the void of all lust and green. More over when this power of Kundalini passes through your six centers, it nourishes it. It integrates. By that you feel integrated. By the nourishment you solve your health problems and your mental problems and your emotional problems. When the Kundalini raises, It passes through the sixth center above here, this is actually the seventh center through which She comes out and gives the, the actualization of Baptism. It is not just sermon or lecture but it is a happening. It's an actualization. And when it happens, you yourself can feel the cool breeze of the Holy Ghost. Holy Ghost is the Primordial Mother. Unfortunately, in the Bible there is no mention about Her. Even the Mother of Christ is not mentioned with respect. The reason may be because Paul, who edited the Bible didn't like women. By showing no respect for women, women in the west have become extremely insecure. And they take to all kinds of things make themselves so cheap sometimes its surprising. They are all the time trying to compete with men and want to get out of their houses. All the time they have to please their men. But it is not so. Women it the potential like this Mother Earth. She is the power. But if you do not respect the women, they do not become respectable. So, this is the Primordial Mother. You have Father, the God Almighty and you have got the Son. But who is the mother? There has to be a mother. And this mother is the Primordial Mother. Just by showing a dove, you cannot say she is the Holy Ghost. Of course, dove is a pure thing, and it ascends. Which does not explain that it is the Primordial Mother. So, reflection of the Primordial Mother is the Kundalini. And reflection of the God Almighty is the Spirit. So, when they meet you become a evolved person. Then you become a person who is an enlightened person. This is the very easy thing to happen. You don't have to do anything about it. It is absolutely the living process of evolution. For which you cannot pay. You cannot pay for God, He doesn't understand money. He doesn't understand banks. Is the headache of the human beings. And God has no interest in money at all. So those people who are telling you that you must pay because the world is ending and or all that, be careful. It is as I told you is your right to have this realization. This is your own power. This is your own Spirit. And then you will be amazed that the same Spirit is the source of joy. You don't have to suffer, is a wrong idea that you must suffer. Christ has already suffered for us. Are we going to suffer more than Him? Why should we suffer? God Almighty is your father. He is the ocean of compassion. Which father would like his children to suffer. You should not suffer in the name of God. But just enter into the Kingdom of God. There you become so joyous and so happy. You got your brothers and sisters all over the world. Sahaja Yoga is spreading in fifty-five countries. Anywhere you go, they will recognize you, they will immediately know you are a Sahaja Yogi. Sahaja Yogi means a person who has got enlightenment and the one who knows how to give enlightenment to other and to raise Kundalini. But if he is a grownup person then he should have all the knowledge about Sahaja Yoga. There is no mystery in Sahaja Yoga. There is no compulsion in Sahaja Yoga. So, its complete freedom. But freedom with wisdom. When freedom is there and no wisdom, people will go Amak, they go mad. This is what is happening in the west. I don't know how they are going to get out of their shocks unless and until they come to Sahaja Yoga. I am very happy that I am in Togliatti. Because there are so many Sahaja Yogis here. This must be some special place that people are so sensitive to spirituality, that the people are so sensitive to Sahaja Yoga. That they have taken to Spirituality so fast. I wondered how Togliatti himself and he came from Italy, came to this place to this factory here. He must have felt the vibrations perhaps. Now you have to grow in the Sahja Yoga in collective. I know you all will get your realization those who have not got. But you must grow. And growth is only possible if you come to collective. Like one nail which is cut out cannot grow. Sahja Yoga is a living organism. And that's how you grow in collective. But those who have grown and who are realized souls now very well know about Sahja Yoga must go all out, out of Togliatti and spread Sahaja Yoga. One person is capable of giving realization to thousands. You have the power. You have got it now. So, as you are enjoying it, you should make others also enjoy it. As you have gained in your health, you must also [gain] help others to [get] gain in their health. And it is very simple. So, I leave it to you now to spread Sahaja Yoga all over places nearer Togliatti as far as you could go. And there is nothing to argue about it. Just give them realization. And even the mafia people will come around. You try.

So, now we will have the session for realization again. I would like to know how many have not yet got their realization? Very few. Alright. You just put your hands like this or like this. Now put your right hand towards me and with the left-hand see if there is a cool breeze coming out of your head. Now, put your left-hand towards me put down your head and see if there is a (cool breeze coming out)., alright. Cool or hot breeze may be. Now, again with the right-hand, see. Have faith in yourself. Now, yes all of them

have got. Now, please put both your hands towards the sky like this. And push back your head. Now ask the question 'is this the cool breeze of the Holy Ghost?' ask three times. Is this the all-pervading power of Divine love? Take down your hands. They all have got it; I was feeling cool from them. Now all those who are felt the cool breeze raise your hands. Turn your camera towards it. Hello. Can I see? May God bless you all. Sit down, sit down. May God bless you all. May God bless you. Unclear (What am I you say now with that). May God bless you.

Shri Mataji addressing to Sahja Yogi – I will show him tomorrow morning if he wants.

So now what do you want to have a little music again? Alright. They have some dance here na also? Ask him to put his left-hand towards me and right-hand towards Mother Earth and both the feet on the ground.

1993-0802, New Awareness

View [online](#).

2 August 1993

New Awareness

Public Program

Yubileyny Sports Palace, St. Petersburg (Russia)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2. St Petersburg (Russia), 1 August 1993.

I bow to all the seekers of Truth.

Yesterday I told you how to find the Absolute Truth. And there is already a very subtle system within us which works it out and we jump into the awareness of the Spirit. Also I [UNCLEAR conclude/told you] that the Spirit is the source of Absolute Truth, it is [UNCLEAR well] manifested in our attention, makes us innocent and our attention becomes active and it is the source of joy within ourselves. Also with this happening you develop a new awareness of thoughtless awareness. And another dimension in your awareness is that of collective consciousness. All this you feel on your central nervous system. In Sanskrit we call it as Bodha. From where the world Buddha has come. So the person who is realized soul is Buddha.

So today I think I'll tell you actually how it works on our centers. The first center that we have is the red one as you see it. And this first center is responsible for our innocence. So, yesterday I told you that our innocence is never destroyed. And it penetrates into our attention. Thus we become innocent and in our attention there is no greed and there is no lust. We become like children. Christ has said that you have to become like children to enter into the Kingdom of God. So all the cunningness that we have picked up through our mental activities just drops off. And our innocence then protects us. It guides us. And it looks after us in such a way that we know what is right, what is wrong. In no way we try to do anything that will harm us or destroy us. We respect our chastity. And we become very powerful and self-respected. The another side that it works in a very beautiful manner is that our whole attitude towards life becomes extremely innocent. We have child like joy.

The second center that we have is called as Svadhisthana. This creativity. I see now in Russia a lot of artists, painters, sculptors, and they produce beautiful paintings out of their own creativity. But those paintings or those art works may not be of universal nature. Whatever is done by Germans may not be liked by Italians, whatever is done by Italians may not be liked by Russians. But whatever art is existing today after so many years, is the art created by the realized souls. So, say, Mona Liza, which you know of, everybody appreciates, because it has vibrations. If you go to Sistine Chapel you will find there a very beautiful Kundalini and Christ standing there beautifully and the whole thing is just absolutely fantastic. Because Michelangelo did it, he was a realized soul. But he suffered a lot. People didn't understand him. Here you have 26 paintings of Rembrandt and from all over the world people come to see him. That's how we have also very great musicians like Mozart. Like Strauss, he had written a very beautiful thing 'Good bye, Petersburg'. So all these musicians were realized souls. Thus there were also great writers in your country. So many of them have written beautiful books that you can make out. In Russia we had lots of people who wrote such spiritual books where they showed the introspection of the different characters. They have told that there is the big celebration day of a great saint, who was in your country. They also said it looked like Me. It was nice to hear that today is that day. So these saints and all these people really got the Divine Creativity in their lives. And they became great prophets and seers. There are many great seers who have written about Sahaja Yoga, that this would happen. There is William Blake in England. In India we had many people, who have predicted about Sahaja Yoga. Rabindranath Tagore also has written about Sahaja Yoga. In the ancient times there have been very clear predictions as to when Sahaja Yoga will start, when people will get their realizations, in a book called 'Nadi Grantha'.

This is a center which we use very much when we think. And this thinking becomes minimum when this center is enlightened. Physically also it helps us a lot to cure so many diseases that we have. If this center is enlightened, then liver trouble, pancreas with diabetes, leukemia, constipation, kidney — all these problems are solved.

Then we have the third center or we can call it the second, because from the second the Svadhisthana comes out. So the center which I'm talking about is called as Nabhi chakra which is working out on the physical side on the solar plexus. This Nabhi

chakra when it is in problem gives you all kinds of stomach problems, up to, we can say, the stomach cancer. But when it is enlightened, then you get rid of the physical problems of this chakra. Now the problems caused by taking too much of alcohol or too much of drugs which has spoiled this chakra also get all right. Some of the people suffer from too much greed of eating. And some of them just don't want to eat.

So when this center is awakened a person becomes a satisfied soul. And then he starts going into new direction of seeking. He now doesn't care so much for money or worldly things. He starts thinking there must be something beyond. Then a new category of human beings are born, which are called as seekers of truth, as you people are. So a new kind of channel what you call as the central channel gets awakened and people start seeking.

All over the world people are seeking. But in Russia people are evolved and they know what is to be sought or they are sensitive to Truth. The same way in Ukraine, Rumania, Bulgaria, Poland and also Hungary, everywhere I found people are very sensitive to Truth. Now somebody asked Me a question yesterday: "What do you think about these people singing: Hare Rama, Hare Krishna?" I mean only stupid people can become that. You see, by saying: "Hare Rama, Hare Krishna," how can you reach a new dimension of human awareness? Krishna in his Gita never said so. All stupid ideas or by reading Gita, by reading Koran, by reading do you think you will ascend? It is like this that supposing a doctor says that you take anacin for your headache, a prescription he gives you. And you go on reading: "Take Anacin, take Anacin." Will your headache be over? You are to take the medicine. There is no logic in just reading, reading, reading and knowing everything by heart. Any wise person can understand this. Then Krishna never said that you should live like a beggar. Actually he is regarded as God of wealth, Kubera. And his one friend was very poor, so he made a house for him out of gold. How can anyone take the name of Shri Krishna and behave like beggars? This is just the opposite of what Krishna is.

So there are many others like that, but I think, they came here, brought some food and somebody gave a lot of money in America to them and they are spending money here. So people started going to them. But they don't know anything about Kundalini, they don't know anything about chakras, they don't know how to raise the chakras, nothing. Also they were caught for keeping drugs and taking away small children in America. I really feel ashamed the way they beg on the streets in the name of Shri Krishna, who is the Lord of Wealth. So in the west many are lost like this. And I don't know what to say about them because they have become bankrupt giving money to all these people, and absolutely like lunatics. There is another horrible thing called TM [transcendental meditation], which has not come here I hope. There they took 6 thousand pounds to make people raise their body about 3 feet over the ground. In Russia nobody would accept such a nonsense. What is the need? But by jumping like that their bottoms were broken and TM people have to compensate. So from your innocence you develop your wisdom. And you understand who is sensible and non-sensible.

Then you have another center here, which we call as the center heart, which has also got left and right side. When the center heart is in trouble, one develops insecurity, specially ladies if their center heart is in trouble, if they are insecure they develop breast cancer. If the right heart is in trouble, then you develop diseases like Asthma. And the left side when it is in trouble you develop heart troubles. But when the center heart is enlightened then you develop your security. The antibodies in your body, which fight the diseases, become very alert. Till the age of twelve years the antibodies are created below sternum, and after that they are spread in the whole body. And this sternum, like a remote control, acts to inform the antibodies to fight the attack. Because when we are frightened, suddenly our heart starts beating speedily and your sternum starts moving.

So this sense of security is built up within us when this center is enlightened. You don't have any fear any more. You don't aggress any one, but you become dynamic without any fear. At the same time you are extremely compassionate. Your concern moves from yourselves to others and you just feel the love for other people. And other people who were once upon a time your enemy, may be frightened of you, may be afraid of you, become great friends. Suddenly you find that all your enemies become friends. If you are aggressive, you become extremely gentle and mild.

After that, is the center what you call as a Vishuddhi. It is a very big problem of Russians and Ukrainians. So much so that I also got this problem from the collective. As a result we develop angina, spondylitis and so many lethargic organs. We become very depressed and also then we become sly. On the right side we become very aggressive. We talk very loudly and shout at people, get very angry and annoyed. Even some children could be very rude and arrogant. And they may go and ask Me question after question. All these things come from your right Vishuddhi. But when it is awakened then you become a very sweet person You become very collective. You see other Sahaja Yogis as your own. And you want to give what you have got to others. You want to communicate. You are not satisfied only by getting your Self-realization, but you think, that you should spread now. We have got such a precious thing, we must spread it.

Then the most important center, Agnya, is the sixth center. It is placed on the Optic Chiasma where the optic nerves cross each

other. Now when we are on the left Agnya, we are affected very much on our eyes. Our eyes can become big and may be our eyes might have a short sight. But left Agnya is crossed in the people, who are lunatics, who are mad. So this left Agnya is a suggestion that there is some sort of a possession on the person. It might be somebody through eyes can mesmerize, or may be through Svadhisthana can mesmerize, and may make you really mad. Like the other day I saw a disciple of this lady Mariya Devi Christos. The disciple was completely possessed. Very aggressive and he was saying just something which nobody understood. He ended up as mad man, that's all. So one has to be very careful as to what guru you have been going, what books you have been reading, because this all can cause this left Agnya and left Svadhisthana.

But if the left Agnya is enlightened then you start seeing the vibrations with the naked eyes. You also see the light on a person who is a realized soul. They have shown you the film. I think the cameras have their left Agnya enlightened. There was one man in India who was producing diamonds this, that. And the stupid people thought him to be God. He used to mesmerize people and nobody could see. About few months back very big people from the government went there. And there were four cameras. He mesmerized these big people, but he could not mesmerize the cameras. So the cameras caught him how he took the gold necklace from another man, how he brought it and how he gave it. And we have a tape of that, I have a tape. So this is how the cameras are wonderful! The films mostly I've seen are taken by very ordinary people, some are by children. And it cannot be explained. So with the left Agnya, you start seeing a person whether he is a saint or not. You can make out if a person is false or real. And your behavior becomes extremely majestic and decent. You don't behave like a mad person. Your talk, everything becomes very decent. Even your music, even your jumping, even your dance, everything becomes very decent. There is no shouting, there is no acrobats, but just expression of your enjoyment. What is very penetrating is left Agnya. Small children specially know it better. I know of a child who just went to one lama and told him, "You are not a realized soul, you have no business to sit here and ask everybody to bow to you." So immediately one can find out who is a hypocrite.

Now front Agnya is also very important. When we don't forgive people it goes into problems. When we think too much also it brings problems. When we think too much it attacks our conscious mind. You think like mad. Over-activity of the mind. Such people feel the apathy. And now new diseases have come, where people become just reptiles, like fishes, big fishes. They can't move their hands, they can't move their legs, only the brain is working. They can't walk, they are carried like big reptiles. It is very common now in America. So too much thinking, too much futuristic attitude spoils your Agnya. Then you create a very aggressive temperament. Hitler had a very had right Agnya, and right side. They say that Dalai Lama was his guru. They are very much right sided and aggressive. So when you have the right side especially the Agnya, then you become extremely rude, arrogant and egoistic. You start correcting everybody, controlling everybody and you never enjoy anything. And nothing goes into your head. Ultimately what we find is that any kind of imbalance in anyone of these chakras is extremely dangerous.

Now the last center which we call as Sahasrara. There are thousand petals as they say. In the Bible it is written that I will appear before you like tongues of flames. So in Sahasrara when it is enlightened these nerves which are one thousand (doctors say it is nine-hundred and eighty eight, but they are one thousand) get enlightened and just like, we can say, the flames. They shine in many colors of the rainbow. But they are very soothing, they are very cooling – just the opposite of these flames. And then it starts that Kundalini enters inside it, the brain opens up like this at the fontanelle.

So the knowledge that we have is relative knowledge. Also we have very little and limited knowledge. But when this happens, because the Grace also falls on your Sahasrara, you become extremely knowledgeable. You start grasping subtle things very fast. Normally you cannot grasp subtle things. Of course you become very peaceful and joyous, your nerves start emitting vibrations and you know the Absolute Truth on your finger tips. Sahasrara was the main problem. Now it has opened. And that's why this work of our en-masse realisation is taking place.

I have tried to tell you in short about these different centers. The quality of Sahasrara is that you know the Absolute Truth on your finger tips. And this is the great, I should say, an event in your life, that you get your Self-realization, a second birth, actually. It is not just a sermon or a lecture. You get it and you can feel it and you can work it out. So the purpose of our life is to enter into the Kingdom of God and to enjoy His blessings without thinking about it.

May God bless you!

1993-0802, Radio TV Interview

View [online](#).

2 August 1993

Interview

St. Petersburg (Russia)

Talk Language: English | Transcript (English) – Draft

1993-0801 Radio and TV Interview, Saint Petersburg, Russia

Your country had such great Saints and the blessings of the Saints are there. You can see in the Russian people, the heart. I read Tolstoy and many others and I felt its a very introspective country. When I came with My husband here I felt that the human material is of a very great quality, very evolved. Tolstoy's novels always had the sense of introspection and also idea of resurrection that human beings can change and transform. People always introspect. When I came here, I saw the people in general were extremely sweet, beautiful and respectful.

I am surprised the way Sahaj Yoga is accepted in your country. I must thank Gorbachev for changing the country's national policy that I could come here and talk about it. It is all Divine's help that this country could get Sahaj Yoga. Now I find that Russians are much more spiritual than even Indians. They are very deep, not all, they have grown very fast. People in the West get Self-realization, but it takes time. They rationalize, etc. Here they just jump into it. In a way it was such a clean state. They were not materialistic. Most of them were just ready for it.

The tantrikas in India are the perverted class of people. They talk of Kundalini but do all kinds of Black Magic. It started in the 6th century. People used them for mesmerizing. Even Hitler, Dalai Lama used them to brain wash people. The main interest they had was how to make money. They said Kundalini can be awakened through sex. That goes against all religions. Christ has said that "Thou shall not have adulterous eyes." The Saints were tortured in India because the kings were controlled by tantrikas. Even now a days we have lots of them in our country and abroad. A Saint can never be interested in your purse, wife or anything like that. He is only interested in the benevolence of the person, of society and this country and also the main interest of a Saint is to make people religious in the real sense of the word, not hypothetical. A Saint has to be a detached personality. He may be a king, a beggar or anything, but in his temperament, he is detached. The main course of this activity is love and compassion.

I will explain to you how by Sahaj Yoga, you can cure people affected by ecology. The principle is that we get physically, mentally, emotionally sick, when the subtle centers in our body get affected. These are energy centers. We have different plexuses in our body. On the physical side these plexuses different, though are nourished by para sympathetic and the energy of these centers is limited. The left and right sympathetic meet to form the parasympathetic. We can use the sympathetic energy if we want to. For example, if you want to increase the heartbeat, you can run. But it settles down by the parasympathetic activity. We have no control over para sympathetic activity. When we use it for sympathetic purpose we believe and we know that the left and right sympathetic systems are two different systems altogether, and also in the brain both sides are absolutely complimentary. Supposing in the brain there is paralysis of the left side, then the right side feels the paralysis. These two sympathetic nervous systems cross at the optic chiasma.

The pituitary body acts on the left side and pineal body acts on the right. Though they are placed the other way. The pituitary is the one which gives us the power of action, by which we think and take physical actions. The pineal looks after the left side which looks after our power of desire. The left side is the one which has accumulated within itself the conditioning and as a by product we develop the super ego on the right side of the conditioning. We call it Manas in Sanskrit and the power of action on the right hand side develops a system we can call it by product like a balloon called ego. Either we are on the right side or on the left side, because we can't go to the parasympathetic. Beyond the left side is all that was created since our creation. All the part, all the virus, bacterias, which come from dead plants, dead microorgan[ism]s which have gone out of the evolutionary process. Some of the diseases that come to us like mental diseases, schizophrenia, come from the left side because we get possessed by the dead spirit. In the medical science, people don't believe in it.

Once we get affected by this left side we develop disease which are incurable by human beings. The second center called as Swadishthan comes out of the solar plexus. It manifests in aortic plexus outside.

It nourishes our liver, pancreas, Kidneys, upper part of our intestines and also the lower part. It moves round the void. But has

another important work to do that is to give energy, and replacement of our gray cells in the brain when we think. Medical science doesn't know what replaces our gray cells. This is the most important work this center has to do. By thinking too much a person becomes futuristic, so he moves to the right. By that he starts using the right side power too much. The center becomes constructed and our liver is neglected. Liver is very important because it expels all the poison from our body, but it becomes non function able because it's overactive. It cannot expel the heat so this heat rises upwards to the center of right Heart which looks after the lungs. This heat goes and collapses the lungs and affects that center, thus we get asthma. In Sahaja Yoga asthma is absolutely curable. Then it moves upwards and can give you a kind of a cold because the lungs are not working and the phlegm melts. Then you develop allergies, or you start sneezing too much, or you get hay fever. With the result it becomes more engrossed within brain activity. Also apart from liver your pancreas suffers, and you develop diabetes.

Only people who think too much develop diabetes, and not by sugar. People in the villages drink a lot of sugar but they don't get diabetes, because they just work and sleep. They don't think of the future. When it comes to the spleen, it is neglected. In modern times the life is so hectic and very speedy. The spleen is our speedometer. If there is any emergency it produces RBC [Red Blood Cells]. But with this modern life you are so hectic. In the morning you read the newspapers with horrible news. You get upset and so the spleen gets upset. Then you rush to office, you are nervous because you will be late. You are slaves of your watch. You become absolutely a hectic personality. This poor spleen doesn't know how to react. It becomes crazy. This is the vulnerability for blood cancer. At this time if your attention moves to the left by any mishap, or accident or depression, you get a catch. Many leukemia patients have been cured by Sahaj Yoga.

The Swadishthan also looks after the kidneys, which are neglected and the heat of the liver goes there and may stop urination and may have to be put on dialysis. Nobody gets cured by dialysis. They only become bankrupt. This also gets cured when you put this center right. The heat comes down and makes the intestine stiff so the digestion is not good and you don't feel hungry and such a person gets constipation. These are all the diseases which are very common for the modern man. The most dangerous is when too much heat goes up because of too much activity and thinking. Supposing a man is a drunkard and he spoils his liver and he plays tennis. All the heat created, goes up and affects the heart. At a very young age he gets a fatal heart attack. Another very big problem is that he can get paralysis of the right side.

As in the car we have an accelerator and also a brake. This is to give a brake. Thus we can cure with Sahaj Yoga. This Kundalini, which is the residual power rises and nourishes this center. She puts them right and connects you to the All-pervading Power and this Power all the time nourishes your centers. When you are connected with that power it works out for everyone.

1993-0803, Shakti Puja: After Realisation we use only one power which is of Love

View [online](#).

3 August 1993

After Realisation We Use Only One Power Which Is Of Love

Devi Puja

Tolyatti (Russia)

Talk Language: English | Transcript (English) – Draft

Shakti Puja, Togliatti (Russia), 3 August 1993.

Today it is such a great day for Me to be with you, all again this year. It's so very joyous and full of fragrance. Today we have decided to have a Puja of Shakti that is the Power, that is the Devi.

You know within us there are many Powers of Mahakali, Mahasaraswati, Mahalakshmi, Kundalini. All these Powers are there for us to ascent. If these Powers are properly used and understood, then your ascent can be permanent. Once you achieve your ascent and enter into the kingdom of God, all these Powers get enlightened. And these Powers which are enlightened are absolutely filled with love. Enlightenment, we have to understand that we get completely enlightened by love. So, after enlightenment, after Realisation, we use only one power which is of love.

Shri Rama had two sons: one was Lav and one was Kush. One of them, Lav, came to Russia. That's why you are called as Slavs, means 'with love'. So, Russian people are already quite full of their heart with love. But once you get your enlightenment, you realise that your love becomes a beautiful ocean of joy for yourself.

This love is not the same which you had before enlightenment. It's transformed into a new dimension, into a new form. Before enlightenment you are attached to yourself, first of all, very much: to your body, to your mind, to your conditionings, to your intellect, to your ego. And that is how you develop darkness of many horrible things within yourself. If you are too much attached to your body, then you may eat too much or you may not eat at all or you may exercise too much or you may work it out for a particular form of your figure. And you will use your body for absolutely wrong things or sinful things also. But then you become enlightened and you understand that your body is the temple of God, then you keep your body clean and also you try to avoid all that is destructive for your body.

The, another attachment we have is very limited, say, for your own family, for your children, for your wife, for your husband, something like that. Despite that, a human being can be extremely selfish and could only bother about himself and first of all him, and then the rest. Also, he may spoil his children or spoil her husband or his wife in any way, just to pamper their ego. Some people might indulge into alcoholism or drugs or all kinds of things. Also, to help their families, they might drop other people because they are very self-centred and their vision is very narrow. Sometimes they discover that (for) those people for whom they are doing wrong things, are not actually bothered about them.

Then there's an enlightenment and they see for themselves that, "Whatever I'm doing is neither good for me nor for my family, my relations". After enlightenment you think collectively. Also, when you think about your wife and your children, your family, you think what is the right thing for them to do. Immediately you become attentive to their problems and to their destructive ways. Then this power of love changes the whole atmosphere. In the family people see how sacrificing you are and how noble you are. This nobility is seen very clearly among Sahaja Yogis. In that noble understanding of life, they try to be extremely attentioned, sweet in the family and try to bring them to the right path.

At the same time, when they are helping their families and trying to improve their understanding, they can be also very particular as to see that they do not allow overindulgence into their family. Because of the enlightenment there is detachment. And the power of detached love is the greatest that it is like the sap in these trees which rises from the Mother Earth, goes up into the

smallest of leaves and then it is either evaporated or goes back to the Mother Earth. It doesn't stay in one flower because it likes it or in one leaf because it likes it. It nourishes every part of the tree, whatever is needed, and is not attached. But supposing it gets entangled or involved in one flower or in one leaf, the tree will die and that leaf and the flower will also die. So, detached love only gives, doesn't expect anything back. If it expects anything, it's the complete prosperity and the goodness of the tree. In the same way a saintly person, who is a Sahaja Yogi, behaves towards his family, towards his friends, towards everything.

We have used only the power of hatred so far. In the politics, especially, one country believes that they must hate another country, they are born for that. Because hundred years back some quarrel took place or a war took place, so the children are still fighting among themselves. You'll be amazed that when I first came to Russia, twenty-five German Sahaja Yogis rushed to help Me here. Instead of bearing that malice in their hearts, as their forefathers had killed so many of Russians, they felt it was their greatest wishes to go and do some service for the Russians. So, all the hatred changes into this powerful love.

This power of love is the greatest power and after Sahaja Yoga we have to use only our power of love. It's the most powerful, effective weapon that we have. Because this is Divine love. We are getting our source of divine love from the All-pervading Power of God's love.

They say that, "God is Almighty". Then who can be more powerful than God? And if we are connected with God Almighty, who could be mightier than us? In his love, He protects us, He gives us whatever we want, He blesses us and He makes us enjoy ourselves. His government is the most efficient one and is very quick and very fast.

Today only when I was coming, one of the Sahaja Yogis came and said that, "Mother it is very cloudy, it may rain". And when I came out after five minutes, I found the whole sky cleared out. So, all these five elements also are at the disposal of the children of God. Even the cruellest of the cruel person melts down and comes to the humble understanding of this Power. No one can harm you. And anybody who tries to harm you becomes melted away.

It's so many miracles that in this short speech I won't be able to tell you all of them but you'll find it in your life itself, how this power of love, that you have within your heart, has protected you. I have seen people who are very hot tempered, who are angry type, who are all the time making other's life miserable, become extremely beautiful, nice people. With this light of love, you love yourself in the right way. And you give up all that is wrong, all that is immoral. This love is eternal, is very powerful and gives you a confidence in the collectivity of human beings. Because it's the Spirit which enlightens your - all the powers. And the Spirit is the source of collectivity and love for every human being in the world. Then your attention goes to all the people who are in trouble, who are suffering, who need help. And with this attention, which is so enlightened, you can solve their problems sitting down here.

With such people, there is no need to have any wars, no need to have any weapons, no needs to have any boundaries. If Russians go to India, they feel India is their country, if Indians come to Russia they think Russia is their own country. So, who will fight? There's no one to whom you can really say, "He is my enemy" because everybody is part and parcel of your being.

These are the special times I call them the "Blossom time" when so many flowers are there who are seeking the truth. And their fragrance is their love. And they have all to become fruits now. And this is what is going to happen as these times are very, very important. In all the religions they are described. Then we don't hate anyone because he believes in one religion or another religion. On the contrary, we believe in all the religions. This is the power by which a drop becomes the ocean and individual becomes the collective.

So, all your powers that are there are enlightened by this All-pervading Power. It transforms you and it has such a beautiful, delicate way of handling everything. The only thing that is needed is faith in this Power that only by having love for others, (and this enlightened love is going to give you whatever you want. And that there is such a power, All-pervading Power! There is no doubt about it. And we have to just accept it with our open heart that it fills it and makes us a great personality.

So, there is no competition, there's no ambition, there is no jealousy, nothing of the kind. The only desire is then left that, as I am enjoying myself, let others also enjoy. People go out of the way to spread Sahaja Yoga. They work very hard, travel with very little

money, they try to convince people, do all kinds of things for no material gain. But the greatest joy is when you see that you have risen the Kundalini of another person and given him a Self-realisation. That light of your faces I have seen many a times. Let this love grow more and more!

They asked Me why, of all places, I came to Togliatti. Not for Volga, not for these beautiful houses you have but for my children who are here.

May God bless you!

1993-0806, Arrival and Short Interview

View [online](#).

6 August 1993

Arrival

Moscow (Russia)

Talk Language: English | Transcript (English) - Reviewed Arrival and Short Interview, Moscow Russia 1993-08-06

Again, I'm back here in Moscow. Where the people are great seekers of Truth. And absolutely ready to achieve their self-realization. Which is the goal of our human life. As Christ has said that we are to be born again, it happens. Yoga is no religion. It is the union with All-pervading Divine Love. That is the right of every person. Every human being.

Here now we have people from Finland, from England, from Germany, from Austria who have come to help my work in Russia. They are all your brothers and sisters. Hope to see you this evening, all of you, for the program. All right. Thank you. Thank you very much. Thank you very much. Thank you. Thank you, Mother.

1993-0806, I assure you, your father God Almighty is an ocean of compassion and love

View [online](#).

6 August 1993

I Assure You, Your Father God Almighty Is An Ocean Of Compassion And Love

Public Program

Moscow (Russia)

Talk Language: English | Transcript (English) – Draft

Public Program. Moscow (Russia), 6 August 1993.

Scene 1

Shri Mataji is seen getting down from the aeroplane followed by Sir C.P at the airport in Moscow and is being received by Sahaj Yogis. A car is waiting for her.

Shri Mataji: Again I am back here in Moscow where the people are great seekers of Truth and absolutely ready to achieve their self-realization, which is the goal of our human life. As Christ has said, that you are to be born again, it happens. Yoga is no religion. It is the union with all-pervading divine love. That is the right of every person, every human being. Here, now we have people from Finland, from England, from Germany, from Austria who has come to help my work in Russia. They are all your brothers and sisters. Hope to see you, this evening all of you for the programme. Alright! Thank you! Thank you very much! Thank you all of you! (Shri Mataji speaking in the Russian language a word meaning thank you) Shri Mataji folds her hands in namaskar and turns towards the car to get inside it.

Yogi: Thank you, Mother!

(He opens the car door for Shri Mataji. She is seen getting in the car and then the car is leaving)

Scene 2

We see a big stadium where lots of people including Sahaja Yogis are sitting on the grass clapping and singing, waiting for Shri Mataji's arrival. We see the Nirmal Sangeet Sarita music group and other singers, musicians sitting on the stage and one female is singing Hindi bhajan. After the bhajan is over, all the people are seen clapping excitedly in a big stadium.

Shri Mataji is seen arriving followed by Sir C.P. and Yogi Mahajan and others. Few yoginis are standing to greet her. One of them offers flowers to her, Shri Mataji accepts the flowers, thank her and continues walking towards the stage. All of the other yoginis follow her. Few more yogis are seen walking behind her.

Scene 3

Shri Mataji is seen standing on the stage. A little boy goes and gives flowers to her while the crowd continues to clap. Shri Mataji arrives and sits on the seat kept on a slightly higher place. Some children are seen coming on stage with flowers. One by one they go and offer flowers to her. Shri Mataji starts speaking.

Shri Mataji: It is, you can call it a living process of our evolutionary process. So, there is something more that has to happen to us to reach that state. And this is the special time that this is going to happen to all of you. By this happening, you should know that the first thing that happens to you, that you improve in your health and your health problems are solved.

There are many people sitting here who can say that their health problems were solved after coming to Sahaja Yoga. This is the

first reason why Sahaja Yoga came to Russia. For this, you don't have to pay. These people do not understand that God does not know anything about money. They also think that you can purchase God, which is absolutely the wrong idea. To be very truthful, I must tell you that God doesn't know what is money is and what is a Bank.

Like these flowers, you see here. They are just miracles from the Mother Earth. How much do we pay to the Mother Earth? This is a living process. And all of you as human beings have a full right to achieve this state. There are also mental cases which have been cured with Sahaja Yoga. This is your own power. It's your own which works it out. This is within you and it is just to be awakened. And once you are awakened, you can awaken other people. All these happenings have been predicted in most of the scriptures.

We human beings have been fighting with each other, not understanding each other, creating problems with each other because we do not know the absolute truth. And we start believing people who are just mad and want you to be mad. Like there is some lady I am told, who says that 24th November everybody is going to be destroyed. This world is going to be destroyed. (Shri Mataji is smiling) One would really laugh at such nonsense. But you do not know there is a big danger because some sort of a possession in the head of a person comes and says that we all will be destroyed.

Yogi: Shri Mataji could you please come again?

Shri Mataji: Some possession in the brain of the person just comes and says that we are all going to be destroyed. We too had one gentleman in India, about forty years back or maybe more who has been saying this. He is dead and still they are saying, but nothing is destroyed. But in America, there was one gentleman, who started this kind of nonsense. And mesmerized many people who joined him especially the young people. And then he told that we are all going to be destroyed on such n such date. But nobody was destroyed so, he put the whole place into fire. Put the fire there and saw to it that children, women, men all of them were killed. Just to prove his own prophecy, so-called.

So, what is the gain of these people? I don't understand. They want to make money or they want to kill people? Is it that Hitler has gone into their head or some sort of a funny idea which is working in their head that they want this world to be destroyed. I assure you, your father God Almighty is an ocean of compassion and love. He has created this world with great care. And he has created you also with very great care and delicate love. How could he allow this world to be destroyed and you people to be destroyed? How can any father do that to his own children?

One has to understand, that there is some sort of a madness about it or some sort of a maniac who is doing all these horrible things. So, please try to protect your children. There have been so many like this. From 1970 I have been telling about these horrible people, how they are trying to use simple faithful people for their own purposes. Now, most of them have been exposed luckily. But still, there are some. like mushrooms come out here and there (Shri Mataji is laughing). Anybody who tells you stories like this, don't believe such a person. Or else who asks money takes money from you for God's work, please know that he is a cheat.

How much money did you give to Christ? On the contrary, he was sold for thirty Roubles. So, all such stupid people, who go on saying things like this should not be followed, use your wisdom. So what is the real Guru should tell you, what is the real Guru should tell you. The real person will say that you have to know the truth. That you have to become one with the all-pervading divine power of love. that real one will put complete confidence in you and love so that you can be saved and all your problems could be solved.

The first thing that should happen is that you should get your peace of mind. If your Guru tells that you will be finished on such and such date, how can you have peace of mind? Sometimes they are extremely dangerous. But if you read about any real saints they will tell you, that it is your aim in life to be one with the divine. If they are real saints and truthful, they will always tell you that you have to become the Spirit. They never tell you that you will be destroyed, but they will say you will be resurrected.

So, what we are here for in this world is to be resurrected. The message of Christ-life is that we have to be resurrected. So, these

ideas which are being given to you, please be very careful about them. I told you from 1970, I have been telling their names, I have to tell about them, each one of them. I have been telling who they are. Some of them are like Rasputin, some of them are like devils. Some are satanic people, some are a sadist. They have nothing to do with God.

One has to see that, once you understand what is your value, what is your role, what is your identity, then only such a person should be accepted as a Master. Not a guru who goes on taking out somebody's posters and like a mad violently runs make everybody run all over the places. Or on the road you see some people taking mantras or singing some mad like songs or wearing funny dresses or wearing some saffron clothes. How much does it take to make any cloth saffron? By changing your dress you are not changing inside. You have to change within.

The transformation has to come inside not outside. Unless and until that transformation comes in you cannot get over your weaknesses. Your problems cannot be solved. And you can never understand why you are on this Earth. What is the purpose of your life? Why have you come here? Because you are seekers, because you are seeking something higher, you may jump into nonsense. And I am quite worried because it's a threat to you people, especially in Moscow where people are very simple.

They are very wise but still, they might be lured by people who are just trying to mesmerize them. For example, in India, there was one gentleman who used to mesmerize people and give them gold, diamond this that. Some important people went to see that fellow and there were four cameras you see (Shri Mataji pointing towards cameras and smiling) just like these. And it's very surprising, that he mesmerized these important people, but he could not mesmerize the cameras. And in the camera, they found out how he was playing these tricks. And, of course, everybody knows about it now. So, all these kind of nonsense you have to be careful.

Because you have all the qualities, all the properties and all the powers within yourself. (Shri Mataji addressing Yogi Mahajan in Hindi- Yogi! Yogi! Wahan ek ladka abhi bhi betha hua hai us Kursi par kuch Kar Raha hai, usko bhagaiye baahar) Now, the main understanding is that we are not created to be wasted. you are human beings epitome of evolution. Sometimes people think animals are better than human beings, but I can't give self-realization to animals. I can only give it to human beings, that means human beings are much more evolved, much much more evolved than any animal whatsoever.

This power that is within you, when it germinates or when it is awakened then you are amazed how it transforms your whole lifestyle. Apart from your health, apart from your mental conditions, it is a blissful state where you are completely aware. You are not mesmerized by any chance. Not only aware, but you know how powerful you are within. You have to only know how to grow in your spirituality and how to use this power.

This power which is within you was known to many people before, but there was no such mass resurrection. But this is a special time. I call it a Blossom Time when you get your self-realization. There is no religion in it. We don't say, don't do this don't do that. Nothing of the kind. There is no ritual. It's absolutely a scientific thing that is within you. This power you can see sometimes also with your naked eyes (unclear) and you can verify it because it comes out of your fontanelle bone area. You can feel it, the cool breeze coming out of your head.

You can feel it on your fingertips. And once you start using it you are amazed. You can feel another person's centres because you develop a new dimension in your awareness. You can feel it. Another person because you have a dimension called collective consciousness. Moreover then you start feeling as if we are all part and parcel of one. It is not just a mental or emotional idea but it's actually is that Microcosm becomes a Macrocosm.

In the whole world now there are fifty-five Nations who are doing Sahaja Yoga. In Russia in one place (unclear) only, we have twenty-two thousand Sahaj yogis. They are not only realized souls but they know what it is. They know the power. It's all tangible can be explained medically scientifically. It is a Meta Science but it is so simple so easy because it deals with fundamental within us.

I have to just tell you that this happening is absolutely without any problem. For Russians especially, I think it's very creditable

because they are very evolved people. Western people that way are not so wise. I went to America, especially to Boston and the people, television people asked me, how many Rolls Royces I have! Such stupid things they ask me that I gave up. I just thought what are they seeking? Rolls Royce or they are seeking their Spirit? (Shri Mataji laughs) It is very difficult to deal with stupid people that's why my heart is in Russia (the audience is clapping) and Ukraine (Shri Mataji bows to them with folded hands).

So, now we will have a little session of self-realization, which will take hardly about ten to fifteen minutes. But you cannot force it. I respect your freedom and I would not like to force it on you. It just works automatically if you have a pure desire to have it. If there are people who don't want to have self-realization should leave the hall. I'll be thankful for that.

Yogi: (inaudible)

Shri Mataji: I'll be thankful for that. Now, those who want to have self-realization should have full confidence, that they will get their self-realization tonight. Of course, I can not tell you in this short time everything about it.

Yogi: (inaudible)

Shri Mataji: In this short time I cannot tell you everything about it. But we have got tapes, we have got our centres where you can know everything about it. The only thing today, you should get your awakening of Kundalini. If that works out, everything will be alright. Let us try a short method (Shri Mataji laughs then she puts her hands forward towards the audience as if to feel the vibrations and gives a beautiful smile) Now please put your right hand towards me like this and with the left hand you, bend your head and see for yourself if there is any cool breeze coming out of the fontanelle bone area (Shri Mataji bends her head and shows how to check the vibrations on top of the head) Now, don't doubt yourself. Have full faith in yourself and don't feel guilty. Tell yourself I am not guilty at all. Now please put your left hand towards me.

Now, please put down your head and see if there is a cool breeze coming out of your fontanelle bone area or maybe hot because you have not forgiven. Please forgive everyone. By forgiving or not forgiving you are not doing anything, but if you don't forgive then you play in wrong hands. So, forgive everyone, forgive yourself also. See, hot air is coming. Now, plz put your right hand again once more. Now, see with your left hand if there is a cool breeze or a hot breeze coming from your fontanelle bone area. Please don't put your hand on top of your head but away from it, you can feel it. This is the cool breeze of the Holy Ghost. (Voice of a lady can be heard in the background as if she is in pain)

Now, please put both the hands towards the sky like this and ask a question- Mother is this the cool breeze of the Holy Ghost? Ask three times. Or ask Mother is this the cool breeze of the all-pervading power of divine love? Either this question you ask three times.

Now take down your hands, please. Please put your hands like this and watch me and see if there is no thought in your mind.

Shri Mataji: (Shri Mataji noticing for the first time the voice of the lady in pain) Who's that? What is it?

Sahaja Yogi: The woman is sick.

Shri Mataji: Eh?

Sahaja Yogi: The woman is sick.

Shri Mataji: Eh?

Sahaja Yogi: Is sick. The woman is sick.

Shri Mataji: No! No! Please take the sick lady out just now. I'll see her later on in the room. I will see all of them.

Sahaja Yoga: She cannot stand up (few voices can be heard among the audience)

Shri Mataji: What's happened?

Sahaja Yogi: She lost her conscious Shri Mataji. She can't stand up. She can't stand up.

Shri Mataji: She is quite conscious. No! No! She is quite conscious. She is just making a fuss (a vague figure of a man is seen) Doctor is there. Let him see. Alright! Doesn't matter! Don't worry about her. She will be alright. Doctors will look after. You see sick people should meet me otherwise. I'll meet them afterwards.

Sahaja Yogi: She is going to be alright.

Shri Mataji: She is alright! (Shri Mataji asking the doctor attending the sick lady, in the Hindi language) Kya baat hai? Doctor Saheb Kya baat hai? Ban rahi hai.

Doctor: (unclear)

Shri Mataji: Eh!

Doctor: (unclear)

Shri Mataji: Sunaai nahin dey raha?

Doctor: Is waqt to theek hai.

Shri Mataji: Theek hai? She is Alright. Haan ley key jaiyega. She is alright, alright! Now, again put your hands. Now, don't worry about her. This is what is the negative force. They come here to disturb, just to disturb everybody's ascent. It's better. Now, all those who have felt a cool or hot breeze on their hands or out of their fontanelle bone area, please raise both your hands.

See now, despite the problem you all have felt it. (Everybody clapping and Shri Mataji smiling both her hands up in the air in namaskar) This proves that you all deserve your self-realization. I didn't do anything. (everybody clapping again and Shri Mataji smiling looking happy) (Shri Mataji speaking in the Hindi language to someone in the audience and enquiring about the sick lady -Jara dekh lijiye usey utha key ley Gaye Hain. Kya kah rahi hai woh. Aisey tamashey karte Hain aur Kya). She is just fussing for nothing. She'll go. Alright! Thank you very much! (Shri Mataji does namaskar to all and smile, the audience applause)

Shri Mataji: They always make these people sit in front. See, you have to become doctors. Thousands have been cured with Sahaja Yoga. You can also. But I must tell you that people who get cured don't have that much strength of spirituality.

(Shri Mataji looks in right side and asks in Hindi language meaning who all have come?) kaun kaun aaya hai? (A little girl comes to offer flowers to Shri Mataji. Shri Mataji accepts the flowers with a smile on her face, Audiences clap) Shri Mataji: Thank you! (Shri Mataji in Hindi language- uppar Jara Pani (unclear) ho jayegi)

(Two children come to offers flowers to Shri Mataji) Shri Mataji: how are you?

(Sahaj yogis in the stadium start singing Bhajan 'Anandi nirguni ') Shri Mataji is seen holding an infant in her arms.

Shri Mataji is seen leaving with Sir C.P., Yogi Mahajan and others. she is meeting yogis standing on the way and talking to them. She moves and arrives near her car. Some yogis are standing, she is seen talking to them. Shri Mataji gets inside her car. One

Yogi is seen talking to her from the car window while other Sahaja yogis are standing outside. Her car is seen leaving.

Sahaj Yogis: (all together) Bolo Jaganmata Shri Nirmal Devi ki Jai, ki Jai, ki Jai!

Scene 4

Shri Mataji is seen arriving at the departure point at the airport. She is receiving flowers from Sahaja Yogis. One Yogi collects all the flowers in her hands and takes them away. Shri Mataji is smiling and arriving. More Sahaja Yogis offering flowers. Shri Mataji is seen accepting flowers from them. Voices of Sahaja Yogi's singing praise of Shri Mataji can be heard in the background. Yogi Mahajan and Sir C.P. can be seen following her. She turns to handover flowers to yogis and again starts accepting flowers from Sahaja yogis. Finally, she arrives where yoginis standing all around her are clapping & singing. She is seen speaking to Sir C.P. Shri Mataji sits down on the sofa and everybody sits around her. She is offered a glass of water. A Sahaja yogi comes and sits next to her on her left-hand side.

Shri Mataji is seen talking (inaudible) and laughing. She is interacting with Sahaja Yogis and there is applause from them. The Sahaja Yogi sitting on the ground next to Shri Mataji says something in Russian language and one by one yogi start offering flowers to Shri Mataji. She is smiling and accepting flowers. laughing sometimes talking with Sahaja Yogis sitting next to her. Shri Mataji's name is being announced and there is some message for her in the Russian language. Everybody is laughing and Shri Mataji is smiling.

A very pretty little girl comes towards Shri Mataji with a white stuffed toy in a plastic cover, someone takes out the toy from the plastic cover and gives it to Shri Mataji. Shri Mataji accepts the gift (which is an animal in white with a tail in perhaps a cat or a dog not clear) and is seen talking to the girl while she just stands and looks at Shri Mataji in all innocence.

Shri Mataji is seen talking to a Yogi and she says: Oh!

Yogi: Shri Mataji (unclear) you are always in our heart. You will always remain in her heart.

Shri Mataji: Thank you!

Yogi: (unclear) What is your goal?

Shri Mataji: What is my goal? Now the time has come for people to achieve their self-realization and to get complete transformation for the betterment of people (inaudible n unclear) These are special times and Russians are the special people having great wisdom. They know what is reality and what is falsehood. They are spiritually (unclear) people also people of Ukraine. They deserve this resurrection very much. (Inaudible unclear because of announcements for flights being made at the airport)

This is what we have been waiting for. For this, you don't have to pay for anything. It's your own power (unclear) everything because of this special time and special people. That's is why I am going to Moscow, Leningrad, Tagliyat and Ukraine. They are all realized souls. As Sahaja Yogis, they know how to achieve the resurrection of others. They know everything about the subtle system within. It's working out in fifty-five nations and all their problems are practically solved. They are enjoying themselves with the collectivity. (Unclear because of announcements being made at the airport) and it's working out in fifty-five Nations. Apart from India, Russia and Ukraine are the highest numbers. Yogi: (speaking in Russian language translation of Shri Mataji's words)

Shri Mataji: Yes (she smiles and everyone claps)

Yogi: (question unclear)

Shri Mataji: As I told you there is a power within us in the triangular bone sacrum. And this Sacrum Bone is called Sacrum means sacred that means the Greeks knew it is sacred. This power when awakened connects you with the all-pervading power. See, these flowers (unclear) who does this work? Divine power. But once you are connected with this power then you have a meaningful life and (unclear).

Yogi: (unclear)

Shri Mataji: Everybody says the same thing. There is no argument, no quarrelling, no war because you also achieve peace of mind. (unclear) it's the right of every human being get that state. Thank you!

(Everyone clapping and Shri Mataji smiling and doing Namaskar)

Yogi : (inaudible) very important question. Shri Mataji what do you want to say to all Russian Sahaja Yogis? What do they need to do now?

Shri Mataji: They should spread Sahaja Yoga, give realization. Sahaja Yoga can prove that Christ is the son of God. It can prove, It's not just a blind Faith. It's not mental. Actualization happens. You can feel the cool breeze. (Shri Mataji place her hand above Sahasrar to show how cool breeze can be felt) Shri Mataji folds her hands near her heart to say thank you and smile)

Shri Mataji gets up to leave. All Sahaja Yogis are clapping and singing. Shri Mataji is moving forward amidst the cheering of the Sahaja Yogis followed by Sir C.P. and others. She is not visible for sometimes in the crowd of people and then she is seen waving at Sahaja Yogis before entering the main airport area. Sir C.P. is also seen waving Yogis are singing Mahamaya Mahakaali Bhavani Nirmal Maa while Shri Mataji is looking extremely happy waving at all of them. The bhajan continued till last and Shri Mataji is turning back again n again to wave at them.

1993-0807, To Be the Instrument of the Divine, Program for Doctors

View [online](#).

7 August 1993

To Be The Instrument Of The Divine

Public Program

Moscow (Russia)

Talk Language: English | Transcript (English) – Draft

Public Program for Doctors, Moscow (Russia), August 7th, 1993

[The beginning is missing]

Shri Mataji: ... So, Mother must cure. And some of them are following me when I am in London, in Spain, they are after my life all around. But they missed me all the time. I said, "You'd better go to the Sahaja centre". "But the Sahaja Yogis are not doctors. So, we don't want to have treatment from Sahaja Yogis who are not doctors". That's why I'm requesting you people, because people have faith in you. They trust you. They think you are noble people. They have faith in your degrees. They think you are compassionate; you are honest. That's why I've been talking to doctors.

Now at least, I hope here, in Russia, some of you will really get to the knowledge of Sahaja Yoga. We need many doctors to do that. There was a spin that a hospital would be was going to give us a wing where we could start Sahaja Yoga. [To the translator]. There was a proposal that some hospital was going to give us a wing for Sahaja Yoga.

Translator: Yes.

Shri Mataji: But, last 4 years, nothing has happened. Before this, I have been telling you all about Sahaja Yoga. But today, I must tell you about doctors. I have told you why I am very anxious that doctors should take to Sahaja Yoga knowledge. Why? I also studied medicine because I had to talk to doctors. Just open your mind; it is meta-science. It's miraculous. You enter into another realm of reality and totality. Just have confidence. You can do so much good to your people.

But tomorrow, in the history, how will doctors of modern times, of Russia, will do that taking care for their people? They didn't bother at all to take this Sahaja Yoga to people. Because, one day, you'll create this realm. If not in your time, it will be later definitely. Already we had thousands and thousands of Sahaja Yogis in Russia and Ukraine. They themselves can cure. But because there are no doctors, you see, it has no [4:58 Hindi?]. Why don't you also just try to form a research and find out if what we say is true or not. If you, doctors, are not going to take any step, tomorrow people will say, "What was wrong with them?" If the whole thing is brought to you, completely open, much more effective than medical science, why should you not take to it? Still, I can't understand doctors.

Especially, when I was studding, in our college we were only six girls. They were all very noble people. They had great ideas about doing something for the country. But till then, I have not found out Sahaja Yoga on a collective basis. And now, I am 71. And they are even older than me, they were even older. Some of them are no more and some of them are very old. That generation, we have lost, which had idealism, which had compassion, which had higher values, human values.

But if you get your Kundalini awakened, I am sure you all will find that all these great qualities are manifesting in you. You will become extremely dynamic and extremely compassionate. I am sorry I have to say these things to you. But you must feel my concern for Russian people and Ukrainian people. They are wonderful people. I can't expect American doctors to come round. As it is, I think Americans are idiotic compared to you people. Others are egoistical. But I again appeal to your sense. Because I know since long time, I have been visiting Russia, that Russians are extremely wise people and with very large hearts. Thank you very much.

[Shri Mataji does 'namaste'] That's all for Russians [unsure].

Only thing is, now you must take some positive steps.

[Sahaja Yogis open the letters from the audience.]

[Cut in the video]

In America, they showed him on the television also. And ultimately, he got all of them in his ashram and burned all of them. Thousands of women, children, men.

[Shri Mataji shows a photo of a young boy.]

Now this lady is saying that 24th November, is the day when the whole world will be destroyed.

I know, I hope the doctors don't believe that. It's a very interesting world I have come to. So, then we can ask her, "Did she take her child to cemeteries?"

[Conversation in Russian]

Even the churches, you have cemeteries. Imagine! Which is very dangerous but they do not know anything what happens after death and how we have to protect our children. Any one of these mistakes committed, the child can get destroyed. In Sahaja Yoga, it is better to know the reason. But even if you don't know the reason, you can cure. It's a left-sided disease. It is a psycho-not psychosomatic - but a psychological, we can call it. Psychic case. Then we have somatic. Then all this cancer and all these incurable diseases are psychosomatic. So, this child can be easily cured. But they will not go to the center. They would like me to cure. When I am going away tomorrow morning.

They have faith in me, but not in their own fellow men, Russian Sahaja Yogis. I am not Russian, after all. That's why I say the doctors should take over.

[Conversation in Russian]

Dr Bogdan: Shri Mataji, how does the manual [unsure] therapy on the spine work on people? If they can start being cured in Sahaja Yoga? It means people when they go to [unclear] if they have already started Sahaja Yoga, then they get a [unclear; 15:03]?

Shri Mataji: Now to be careful. You must know how to protect yourself like a doctor puts the gloves, you see. So, there are certain protections which you have to take, especially in the beginning.

Dr Bogdan: Shri Mataji, we doctors, do we have to cure these people or do they have to cure themselves also? What duties then do we have, what burdens we have as doctors in Sahaja Yoga?

Shri Mataji: You have the greatest purpose, that is the purpose of life to be the instrument of the Divine.

Also in your practice, even in your practice, you will know much faster than anybody else can know about the patient. If your purpose is to cure the patients, you will. But if your purpose is just to make money, then you better not do Sahaja Yoga. Make money is all right. I have told you there are many whom you can cure. Everybody can come to Sahaja Yoga. But there also, you will be better off. Like, I have seen surgeons, they have become very successful surgeons. Because you get the knowledge of the totality of a person. So, even in your practice, you become an expert.

Of course, you should earn your living, I am not saying that. And should earn all your living. But you must accept that you know much more than others. As doctors, you become much more dynamic. Those Sahaja Yogis who are doctors are doing very well. One of the doctors who did his MB in India, has got such scholarship in America. Also, if you cure even five people without making any money, you may not have collective money but you have connected human beings. Supposing tomorrow, you fall sick, there are people who will run for you to go anywhere.

I'll give an example of a doctor who was known for making money in India. And another doctor's child was sick and also, ethically, he should have been kind to that person, but he was not.

Because he thought he is a doctor and, "If I treat this child, I cannot make money ethically". So, he avoid it. Then his own daughter got sick. [To the translator] Daughter, daughter.

And the same doctor, whose doctor he had not treated the child, was the only one specialist in that disease. And when he

approached that doctor, he said, "I have no time, I am very rich". These doctors had become rich both of them, but lost their children. But when they died, there were not even four people to lift their body for cremation.

The greatest achievement in this world is not money, is human beings. You see, I don't take any money. Luckily my husband is very rich and he sees I am doing good work, he is a noble man, he wants to spend for me. But supposing I had no money, still, I don't have to worry at all. Everything works out. It is love which is so important. You have to know the value of collectivity. As doctors, of course, you know if there is one finger hurt, there is a reflex action on the whole body. The whole body immediately reflexes, goes to help that one finger. So, in the collective when you are, you don't have to worry about anything. If you go to England, you have friends. If you go to America, you have friends. You go to India, you have friends. Friends so dear, they will accept you, they will look after you, they will give you money, they'll do everything for you.

Do you know how many Germans came this time again? 35 of them, every year. Here, we have English. We have from Finland. We have from Austria coming for Russians. Anything the Russians want. They wanted a fax, all right, fax has come. They wanted a computer, all right, computer. Whatever you want, we'll give you [unclear 25:29], because they are Sahaja Yogis, they trust each other. They can do anything for you. If you are a doctor, they will give you an employment somewhere, such a big organism is going on.

Our Indian C.C.'s son was going to America. He told me, "My son wants to go". He is a Sahaja Yogi. [To the translator] Somebody's son wanted to go to America and he is Commander in Chief of India, he is the top most man. Commander in chief of India.

And he has relations in America, he has so many friends in America, all drinking friends, you see, in the military. Nobody came forward to help that boy. He is such a capable one, such a capable, intelligent boy. He told his father, "Now, you have done your job, isn't it? Now let me do it". [To the translator] He told his father that, "You have done everything that is possible. Now I'll do it". And within ten days, he was in America. He got his admission. He got his house, living, food, everything. And he was surprised. His father is such a big man in India! That's what it is.

So much this love can do, we have never known the power of love.

Some children were sent to India, some people carried them, looked after them, the children are so attached to everyone, I mean, it is something very different.

So, I said, "Why don't you- [Cut in the video]

[SY fixing the mike]

[Laughter]

... What about the men? Somebody told me, "In Russia, men don't really want to take to Sahaja Yoga, because they'll have to give up drinking". But once you get to Sahaja Yoga. You are drunk already! You enjoy yourself so much. I think with all this, I am sure you almost have got it already.

[Realization starts]

Please put your hands towards me like this. And take off your shoes, because Mother Earth helps us.

Now please, raise your right hand like this, upward. And bend your head and see from your fontanelle bone area, this soft bone in your childhood, if there is a cool or a hot breeze that [unclear] is coming out. First of all, have full confidence and forget the past. Don't feel guilty at all. Because this All-pervading Power of Divine love is an ocean of forgiveness and all your mistakes can be easily dissolved.

Have faith in yourself. Now please, put the left hand towards me like this. Now put down your head. And see for yourself again with your right hand, if there is a cool or a hot breeze like thin coming out, some air coming out of your head or your whole head.

Now please, put the right hand again and see for the last time. Forgive everyone, forgive everyone. 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, at this time, please forgive everyone. Forgive yourself also.

In the light of your Spirit, you will become your own master, you will know everything. Bend your heads, bend your heads.

Now raise your both the hands towards the sky, like this, and push back your head. And ask a question three times: Is this the All-pervading Power of Divine love that does all the living work? Please, all of you do it. Now please bring down the hands. Again, put your hands like this. Watch me and don't think. You can do it. You are aware but you don't think. At this stage, you are in the present and your spirituality grows.

Now all those who have felt cool or hot breeze on the finger tips or in the hand or out of their fontanel bone area, please raise both your hands. See, all the doctors have got it. May God bless you.

This Power created all these flowers. It runs our heart. Who is the auto? In the same way, she has sprouted your seed also, and you are feeling the Power. Only thing I have to request you, is to use this Power. Please join hands with Galina, doctor Galina and form something sensible, where we could send you patients, where you can study them. Even in your hospitals, everywhere, you can study your patients and write down what you have found out. Maybe in your universities, they might give you a score for doing doctorate or something. Maybe, if you all try.

We have doctor Valentina also doing so much work and we have doctor Galina. You have to join hands with her. And please write to her that you would like to join her, them. And you can do something very constructive. And you will be amazed, it will be much more satisfying than curing patients with money.

Of course, you can have your practice, as said, there is no objections, nothing like that. [To the translator] You can have your practice, there is no objection for that. Nobody has to go to the Himalayas to stand on his head; nor you have to suffer anything. Nobody has to give up his family, his children Nothing. The transformation is within. Only thing, within a month, you'll become an expert. Then you experiment and also, record it how people have been cured.

Next year, again, I will also come and I hope by that time, I will see some organization of the doctors, working out this noble work, for which you don't have to pay anything. In the beginning, you have to use my photograph, because it has vibrations.

Now what to do? I had to do this job. If you have photographs, you can do the job, I have no objections. But it is something bestowed on me, to be an archetype that I have to get photographs, and the photograph has the vibrations. They didn't show you the- [To the translator] Did you show them anyone of these?

Sahaja Yogi: No.

Shri Mataji: No. They didn't show you the films in which you'll see how my photographs are emitting vibrations you see. Cameras are exposing me too much. But that is just to convince you. I think you'll make it convenient for them to see the film. [To the translator] What did you show him?

Sahaja Yogi: The slides were brought.

Shri Mataji: Hum?

Sahaja Yogi: The slides were brought here.

Shri Mataji: This is what English ... [Laughter]. I'm sorry they didn't bring the slides. All right, but you can always see, there is no problem, we will send you the slides and everything, the whole instruction.

Also, we have worked in 55 nations, we'll send you all the addresses. If you have any problems, anywhere, you can write to them.

For myself, I have to ask for one thing, if you, people, can send me your photograph with your name and address, I'll keep any time. So, I can see your photograph at least.

Thank you.

[Applause]

Sahaja Yogi: She wants to give you.

Shri Mataji: Please I have to go. I hope you will allow me to go. And go to the centers.

[End of video]

1993-0815, Shri Krishna Puja: Dharma

View [online](#).

15 August 1993

Dharma

Krishna Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Shri Krishna Puja, Cabella Ligure (Italy), 15 August 1993

Today we have gathered here to do Shri Krishna puja.

We have to understand clearly that Shri Krishna is a very, very important deity within us; because He is the Vishnu, who resides in the Void, in the Nabhi. He is the one who generates dharma within us.

When you got your Realisation I didn't tell you, "Don't do this." "Don't do that." I never told you that, "This is not good." "That is not good." You just did, it because Shri Vishnu was awakened within you.

He is in the Void and, if He is awakened, He brings you to the light, removes your ignorance, removes your darkness, and you start seeing that whatever you were doing was destructive for you, and that's how the dharma is established. Of course, the dharma was established also by all the ten Gurus who came on this Earth, the prophets, who taught us about dharma.

So this combination of Shri Vishnu and the ten Gurus is to establish dharma within us. Now this dharma is taught by prophets, as you have seen everywhere. They have said, "Don't do this. Don't do that." They have talked of Ten Commandments. Every prophet has talked about dharma, what is to be done, up to a point when Christ also had to talk about it and He says, "Thou shall not have adulterous eyes."

But Shri Krishna is the one who says that, "I come on this Earth when there is a glani (),," means demise, "of dharma." When the dharma becomes weak, then He comes on this Earth, and then He destroys the people who are responsible for bringing dharma to this level of doom.

The second thing He says [is] that, "I protect the saints. I protect the saints and I kill all those who are devils," or who are satanic, who are destructive. These are His promises which He gave long time back as Shri Krishna. As Vishnu we know Him only as the one who is the giver of dharma, mainly. But all His potent qualities really were expressed when He came as Shri Krishna. At the time of Shri Rama also these qualities could not be expressed in that way.

So Shri Krishna's first half of His life He spent in Gokul and Vrindavan where He showed His beautiful expression of His character, as He made it, what He calls as leela, leeladhara: the one who said that you become a witness. You witness the whole world like a drama — sakshi swarupa. And then once you see the whole world as just a child watches, in a child-like mirth and joy, you enjoy life. That has happened to you people that you have become like citizens of Vrindavan and Gokul, the way you are enjoying yourself, enjoying each other's company, enjoying the bliss of God.

There He showed also by killing Kaliya, by killing Putana and other people, that if anybody tries to trouble such joyous children of God, He is the one who will definitely protect and kill all such evil forces which are troublesome.

But later on He becomes the king, and when He becomes the king He uses His powers in a different way. First of all, if you see His own uncle, His own relation, His own uncle, mother's brother, was Kansa, and was such a bad man. So Shri Krishna didn't spare him, He killed him. He killed so many people. Before becoming the king, He killed so many people. Now what does that

mean that His own uncle He killed? One quality that He has, which Christ had or so many saints had, is forgiveness. He did not believe in forgiveness. He's the only one who said that, "I have to punish." We have to have somebody who should punish also. If you are like Shiva, then Shiva used to even love rakshasas and in His innocence He used to give them also blessings. But Shri Krishna did not believe in forgiveness at all because it was important that there should be somebody with a very stern mind, with such a stern understanding that a devil is a devil, and devil must be killed.

He has done in His lifetime, if you see, killing of so many people. That doesn't mean that we have a right to kill anybody — He was Shri Krishna, we are not. We have to forgive because we are human beings. Once we forgive we transfer all our anger, all our attitude of taking revenge, to Shri Krishna — He takes over. Once you say that, "I forgive," then He takes over, because He does not forgive. He will immediately take over from you and if it is justifiable, if it is necessary, He will punish the people who are torturing saints, who are destroying the dharma.

Now it is very surprising that, whatever is preached by the person, that area becomes just the opposite of it; is very surprising. Like we said that Christ said, "Thou shall not have adulterous eyes." Christians are the worst as far as their eyes are concerned. In the same way, in the Hindu religion it is said that everybody has the Spirit. Still the Hindus believe in the different castes and communities and fight with each other. Everything that was preached, just the opposite of it is followed.

If you read even Koran, in the Koran, Mohammed Sahib has all the time said about rehmat, means compassion. But you don't find it anywhere. He has not said about shariat, He has not said of many things which are being practiced by Muslims, just on their own. He never said that women should cover their face or cover their heads, but it is practiced and not [only] practiced but [with a] vengeance. So what it shows to us is this, that whatever is preached, just the opposite of that people try to do. And when such things happen, the dharma goes down.

Now as you know that Krishna, His country is America. He rules over America. So it is a rich country because Shri Krishna is Kubera. He is the Lord of wealth. So, He has given wealth to America.

Then He is for jana (), means communication. His another quality is that He is the one who communicated. It was He who danced with gopis and gopas. It was He who transferred His powers to them. So the communication part is one of His greatest qualities that is working in America. So they are going just the opposite way that, if there is a war, say, with Saddam Hussein, so America is going. If there's Korean War, America is going. Everywhere there is any problem, America has to go. I mean, one can ask question, "Who are you? Why are you bothered? Keep to your own country, enjoy yourself. Why are you sending troops all over? Why are you looking after everyone?"

Even the formation of UN and all that is done under the guidance of the Americans. They play a very important part in the formation of this United Nations and one world and peace and all sorts of things. But actually, if you see, the main thing that Krishna had taught, they are missing. They are all right for communication, they are all right for establishing relationships between countries, but the worst thing they have done is that there is no dharma, no idea of dharma, no morality; democracy without morality. To talk of a morality in America is something out of the blue. They cannot understand anyone who talks of morality.

Now, of course, the pangs of their doings is really torturing them. And also they are realising, some of them, that because of immoral behaviour they have come to a point where sixty-five percent [of] people of that country who are Americans may suffer from some disease or may just die out at a very young age. When it is coming as a stark information it's a shock. But despite that, despite all this, they are still going on with it and thinking that, "No, no, no. It's all right. It's not for us. What is there to worry?"

Now His punishments have started, which they don't realise how the punishment has started.

Now supposing somebody is leading an immoral life and as a result he develops some disease. Now this disease is not curable. They try everything to find out the ways and methods of curing these diseases which are coming out of immoral living. They

cannot. It's an impossible task for all the medical sciences of America to find out how to cure these particular diseases which are coming out of immorality. But the worst part is that they cannot even say that immorality is wrong. They cannot even openly admit that immoral behaviour leads to these things. And this immorality is completely neglected in a country of Shri Krishna where He was born, always He says, just to establish morality.

Artificial morality, that is there, like the Islamic talk about or the Christians talk about or Hindus talk about, is artificial, where they are hypocritical: they follow one code of conduct, and another they have for themselves secretly adopted. But America is an open thing. Whatever they are doing they are not hiding it. They say, "We don't believe in hypocrisy!" So they are not hiding it. And this has led this country, such a vast, beautiful, rich, prosperous country, into such a ditch that I do not know how it is going to recover unless and until it takes to Sahaj Yoga.

Now another thing that dharma does to a normal person: a dharmic person is one who is always introspective by nature. He tries to see: "Am I doing things all right? Is it correct?" He doesn't allow his mind to justify wrong things. That is one of the signs of a real dharmic person. He may not be a Sahaj Yogi, but he will ask himself: "Is it right or is it wrong?"

But that capacity is completely gone in America. They never try to introspect themselves. On the contrary, they always say, "What's wrong?" Those people who go on like this will definitely fall into a mess of things that will have no moral conduct, moral guidance.

It is introspection which gives you an awakened conscience, a conscience which tells you, "This is wrong." They may be guided in one part. For example, they might say that, "We are all right in administration," maybe, or, "We are all right for our railways, our shipping, our other things, or maybe other economic banks or whatever it is." But all these things are extremely superficial for human beings and they are outside. The inside is all managed by the conscience and also through moral inspection of yourself. People say, "Mother, what is this conscience?" This conscience is there. It is there all the time but a person has to be conscious about it: "I have a conscience". And this conscience has to answer. That conscience that is within us is the light of Shri Krishna within us even before Realisation.

As you know the ascent takes place, of Kundalini, through the Sushumna which is guided by Mahalakshmi. She is the power of Shri Krishna. By listening to your conscience you develop a proper channel of Mahalakshmi within yourself. But the people who have no conscience...in a particular line it's not so; it is [needed] in every line, in every way, otherwise, one chakra will be all right, another chakra will be in jeopardy. So the conscience has to be referred to, which is beyond rationality: it is not rationality. Something may look rational to kill somebody or to snatch somebody's money or to grab somebody's land, may seem. But conscience will tell you that, "This is not right."

At a time when people invaded so many countries and tried to overpower them, it was America which was the only country, you must understand, [that] never went out of their bounds to become empires. It's very surprising, what kept them there. Because at that time when all this nonsense was going on all over the world and that era when people didn't mind subjecting other people, taking away their lands and becoming this thing (their rulers), America had stopped at that time. Before doing that, they had done once for all. They had occupied the area, they became the landlords, they became this. Of course they were foreigners. But after having done that, the era when the people started expanding their empire, they did not do it. Now what is the reason? Why they didn't do it?

We should ask a question: when others were expanding their empires why did America not do it? The reason is very simple. At that time some great people, with great conscience, were born in that country and they guided that country, like, you can say, [George] Washington was there. Of course, there were so many people, whom if I name there, there will be a big list of those people. But if you see their character, their life, the way they lived. Abraham Lincoln, if you see his life, [it was] full of conscience, full of conscience. And they didn't allow the nation to be drifted away to the ambition of gathering other countries and making them their slaves, and this they didn't do.

So in the first place when, I should say, Columbus went there, conquered them, and tried to...actually he didn't do much but

Spanish and then others and then Anglo-Saxons, all of them, when they conquered that country, once they settled down there, [it was] as if that era was over for them once for all. And then they started talking about freedom, of democracy, of higher values. But the karmas of their past, the way they killed so many aboriginals, so many Red Indians, will not be forgiven by Shri Krishna unless and until now they take to Sahaj Yoga.

Despite that time, when they did not try to overpower other countries and to spread their empire and do all kinds of cruelties, like Hitler, they didn't do that. And they always stood for something that is justice, tried to at least. Then they became hypocritical also but on the whole, on the face of it, they tried to show that they are for uniting the whole world: against racialism, against fundamentalism, all this. I mean, some sort of an idealism they propagated. But despite all that all these ideas of self-destruction started working in them.

So I would say it is nothing but their karmas [which] are working against them. And that's how the violence is so much rampant there: so many diseases, so many things, it is very remarkable that all these troubles have started very, very recently in America, because the exposure is coming up.

To add to that we had lots of false gurus who went there and captured innocent, simple people who were seeking the truth. We have lost so many of them in America. Also there, I would say, in the atmosphere were these curses of the people whom they had killed, which reacted, and they took to something that was wrong. Why should they have taken to wrong things as far as their personal life is concerned? Freedom was given to them but they thought freedom is there also to ruin themselves or to make a mess out of their lives. This is a wrong idea which worked in them, then the whole idea became collective. When it became collective they found out that people like all those things that are destructive.

So, we have Hollywood there, we have all such organisations and musicians and big, big destructive forces, which have formed groups, and militant organisations which openly say that: "We are that." For example, only in America we have satan's organisation, devils' organisations, then there's witchcraft — openly! Openly, they are registered organisations in America when nowhere in the world you can have such a thing that: "This is a black magic organisation." "This is a witchcraft organisation." Openly they are registered there!

So to such an extent they have gone and accepted collectively; the reason is the punishment. That's why America is the most difficult place for us, for Sahaj Yoga.

One must have real sympathy for them. They are now passing through the phase of punishment, because their forefathers did all kinds of wrong things and they, too, never accepted dharma as a principle of life. They thought that dharma means killing your freedom, dharma means it takes away your personal, private life into the hands of something else.

So to establish dharma in America what can we do? I have been to America at least ten times more than I have been to Russia, and I want to really, somehow or other, bring to their notice that, "You have lost your dharma." But this will never appeal to them because they are very egoistical. If you tell them like that then they'll be very angry. On the contrary, those who tell them — like Rajneesh and all these people, "Oh, there's no dharma!" — their weaknesses, their egos are pampered, then they are very happy. So it's a difficult task in that country to make people understand that you are under punishment, that this punishment you can only overcome if you become Sahaj Yogis.

With Sahaj Yoga their dharma will be awakened and all their punishments and all their curses will be over. It is America which needs Sahaj Yoga much more than any other country. My concern for America is for the same reason. I am not saying so much about South America but more about the North America. But even in South America, what I found is that it is a kind of a nation where they have no guidance at all about dharma, no guidance. Openly they are doing carnival, this, that. I mean, how can you do it in a country, all those things? They are following the footsteps of North America. Like in North America they have that Halloween nonsense. I mean, imagine openly on the street doing Halloween nonsense! So they are following carnival. To them, "Ah, what a thing it is to go to Rio," as if there's a very big achievement and going into that carnival from all over the places, from Australia people are coming down.

All this is working against them very much. Their situation is so bad in so many ways that it is not easy to explain why they are going to that limit. Like thirteen-year-old girls are made into prostitutes in Brazil, openly! All their trees are cut in Amazon, openly! Whole smuggling is done, openly. Their politicians are corrupt. There's so much of black magic there, so much of black magic – openly that too.

They are just following the footsteps of North America. The 'dharma' is like this Catholic Church is there. What is it going to teach them dharma, this Catholic Church? So they go to church, they do everything and they come back home with the same ideas that they have.

There are countries and countries which are so very poor, so that shows that Kubera's attention is not on that country. Normally, poor people are dharmic, normally, because money gives them these ideas to do all nonsensical things and ego. Normally, the poor people are dharmic but there it is different: they indulge into black magic too much. They were telling me that it is the black magic which came from Africa and they have accepted. But so much it is developed in South America that it's impossible to understand that how they have accepted this nonsense so easily to curse themselves.

Now, we have to understand that these problems also exist within ourselves, on our Vishuddhi Chakra if we have to keep our Vishuddhi Chakra all right. We have two sides as you know, is the left and the right. So the right side is the Vishuddhi Chakra which is speaking, which is talking about dharma, which is on the aggressive side, we can say.

Now those people who are aggressive, who talk in an aggressive manner, who are trying to dominate others by their talks are the people who are right-sided. I have shown people, those who really do wrong things. Say, a person, a servant steals something, [if] you call him, he'll be so rude to you that you will be amazed: "This man is so rude. How can he, how can he have been able to steal something?" He's not afraid, he's answering you back so nicely. So those people who are right-sided can cover up any sin that they have committed, any wrong they have done, any murder they have done, by their talk. It could be a talk which is very aggressive, blatant. People might think, "Oh, how can that be? This man is telling so loudly everything," and you are just stunned and you think: "No, it's not possible. How can a person who says this thing?" In this way we, too, as ordinary human beings, indulge into all kinds of nonsensical things and then we try to justify it by talking, wriggling out of it.

You know as many criminals, war criminals, have come out of it by just talking, by creating stories, by showing something like that. That also is with all human beings, they have this capacity to say something by which to hide whatever wrong you are doing. But it is never realised by them that whatever harm you have done is not going to be forgiven and will be less forgiven when you talk like this because Shri Krishna is finished. If you start justifying, rationalising all your wrong things, then you will be punished and you will be punished very badly, in so many ways, that you will not know how to get it out of it: physically, mentally, emotionally, every way you will be.

So [in] our Right Vishuddhi, we have to have a temperament, a culture, a style, a behaviour which has got the quality of Shri Krishna, which is called as madhurya, means melodious, melodious. We should talk in such a manner that it should be melodious. The person who listens to you, listens as if he's listening to the flute of Shri Krishna. The voice of a Sahaj Yogi should be sweet like that. When you talk to someone it should be melodious. It should not be aggressive at all, but on the contrary it should be melodious. It should not be sarcastic, it should not hurt another person. Any word that hurts others cannot be coming from the proper type of Right Vishuddhi. So in no way one should hurt. I wish all the Sahaj Yogis develop that melodious voice of Shri Krishna as their Vishuddhi is awakened – madhurya, in his behaviour, madhurya.

While talking to someone there are so many gestures by which you can express your madhurya. For example, specially in Italy and other places, I have seen people use too much of their hands – this is also Shri Krishna's style. So they use their hands in such a way that sometimes you don't understand what they are meaning. And sometimes it can be quite aggressive also the way they use their hands. Now, the hands must be used in such a way that it should create madhurya.

I have seen this in Russia or specially in Eastern blocs where people [if] they have to express their love they just put [their hands on their heart] like this, good. If they have to say namaste (they do it with great reverence which Mother demonstrates). The whole expression is so sweet. And also their heart is very full when they see me, so they don't know how to express it, so they just put their hands like this. Or if they feel shy, they do like this. Very, very sweet things they express through their hands, through their eyes.

It is the tears that really create such clouds of very dense clouds of compassion in my heart when I see their eyes expressing their love for me.

Everything, the tears, everything that's the face, the eyes, the hands, all these belong to Shri Krishna. So in their behaviour, in their talking, how they express themselves.

You can use the same eyes for showing your temper and getting angry. Many people use eyes for controlling others. They'll put their eyes like this, stare at someone, try to control. They may use their eyes also for condemning someone. Also sometimes they spit at someone or try to show the tongue to insult someone. So in the behaviour also we must have a kind of a sweetness.

Like when I went to, went to England first, I learnt English in my own way, but when I went there newly they said, "Now, if you have to say word like 'thought' you must say 'thought'." I said, "What?" (Laughter) "You must take out your tongue and say 'thought'".

I said, "It's absurd. Why should you take out your tongue?" He said, "Unless and until you take out your tongue like that is not something, proper expression." So I said, "This is English you have developed? Some nonsensical thing to show tongue at everyone?"

Even a child when he gets angry automatically he shows his tongue. So you see all these expressions and making faces. Now, as they say that a 'stiff upper lip' you must have heard about that, with a nose like that, a snooty nose; or a face where you just make your faces and make a crooked face just to tease someone or to make an expression out of your nose, also — people do it like this to show as if you are sneezing at that person.

All these things, expressions, are coming out of Shri Krishna's grace. But the power of that is madhurya, is the sweetness, the melodiousness. The rapport should be so sweet that that rapport should create tremendous joy and tremendous happiness. As you have heard the song of Babamama's 'on my eyes': only I looked at him he says, with that glance, that generated that beautiful music in him.

So, as far as possible, as far as possible, try to put your eyes on the greenery — that's the best — then it soothes down and also you develop the soothing quality of the greenery. I always tell people that, "Better see the greenery around, how it soothes your eyes." In the same way you should try to soothe the other person when you talk to that person. The person must melt. Instead of that, if you start arguing and fighting with that person, that person will never melt. On the contrary, you'll be adding fire, more fire to that person.

That was the quality of Shri Krishna, is the madhurya and that is expressed in His lifetime, how He beautifully managed to say things in His own sweetness, specially in His childhood.

The another quality which Shri Krishna has, which we can express through our Right Vishuddhi, is diplomacy. But there are two types of diplomacies: one is genuine, one who is artificial.

In the genuine diplomacy you do not have to take to a certain standard or you don't have to read some books to know how it is diplomacy, genuinely it comes to you. The whole thing works very sweetly in such a genuine manner. I have used it many-a-times myself, and you all can use it also many times. That's only possible if you don't get angry with someone; not possible if you are angry.

Now, there's a story I've told you about some, this Gagangiri Maharaj. I went to meet him and he was very angry because he could not stop the rain. He was supposed to stop the rain and I was all drenched. And he was so angry and he said that, "Is it my ego You are trying to control?" and like that he started little bit fighting with me. I said, "No, that's not the reason." He said, "Why? Why did You not allow me to stop the rain? You are all drenched."

I said, "Because you are a sanyasi and you bought a sari for me. I would not take a sari from a sanyasi. So I had to get drenched for your sake." The whole thing finished off. The whole anger, temper, finished off. This is how we have to melt people.

The diplomacy is not convincing anybody with his intellect or by temper or anything but it is to melt away another person by your goodness, by your good words, by your sweet words, by your forgiving nature.

This quality He had and He tried this on many people. It worked on some; it did not work on some. He didn't feel it's a failure. It's the reaction of the another person which is important to be seen.

So this quality of Right Vishuddhi you should have: is to talk to others and melt them away.

I hope in America people develop this quality and try to improve relations with each other.

Actually, to talk to, they are very sweet, I must say. They get very friendly with you. You give them any number of presents, they'll be very happy but they'll never give you any present. You call them for dinner, anything, ten times they will come to your house for dinner but they will never call you for dinner. You see, they are very friendly as long as you are doing anything for them but when it comes to returning it, they find it difficult, they don't do it. So the whole thing amounts to be a very sweet exploitation of another person.

This is what is to be understood that by sweetness you are not going to exploit anyone but by sweetness you are going to melt that person and bring him to the level that he can understand what is goodness.

Now, about South America I've already told you that they are extremely simple and innocent people, they are very poor, simple, innocent, but what has entered them into is this black magic, and which they are now realising, luckily, that this is black magic which is troubling them. But somehow they have depended on it so much, on the Left Side. They feel very guilty about it; they feel very bad. All the time you find them absolutely guilty. Their whole behaviour is as if they have done something wrong, but they do not know how to correct themselves. So for us is important not to feel guilty about anything. We are all Sahaj Yogis. How can we have guilt after all, when we are the Spirit? Spirit cannot have the guilt.

So this guilt has to go away. But by guilt what do we do, what we lose, is the witness power, because when there is a guilt we put it here, the guilt is there. But we cannot see, we cannot witness what's wrong and we do not want to face our mistakes or the difficulty we have: just put it as a guilt here, finished; it's stored up there nicely, guilt. But we do not want to face it. For example a man or a woman is very cruel by nature: then suddenly she realises that she has been cruel or whatever it is. So she puts it down there, "Oh, I've been very bad. I've been very cruel, this thing, that thing." But she doesn't face it. Facing means she should know, "Why was I cruel? What was the need for me? I should not have been cruel and now I will not be cruel anymore." That finishes off. But, "I'm very guilty about it. I'm very guilty about it," doesn't help. On the contrary, you know, what the problems are of the guilt, and the same problems are today faced by South America.

When I went there I was surprised that in Brazil the man who was the topmost there talked to me in a manner, "Oh, we know we have lots of defects, we know we are no good," this, that. But I was just saying, "Why doesn't he correct?" If he knows this is the mistake, this is the thing, why shouldn't he correct? Then he told me that, "You write to me all the things You found wrong with us." And it was really very sweet of him. So then one journalist came and we told him. And now I think they are doing something about it, they are trying to improve it and things will improve definitely.

But on the contrary I found that Russia is very different. In Russia they never said: "We are guilty," or anything, nothing of the kind, they never said so. They said, "That time is over now. We are in the kingdom of God!" Finished! So that is over. "We are now in the kingdom of God. Finished it. So that is over. We are now in the Kingdom of God and we have to enjoy life." Everything positive; never talked of their past, of their governments or this happened, or Stalin or Lenin or anyone. They were not concerned. They were above it. "So why should we worry?" They said, "Why should we worry? Let them fight. Let them do what they like." They don't want to know anything about their politics, about their problems or anything. They think, "Our problems are solved. We are now realised-souls and we are enjoying ourselves. Let us enjoy." It's a very straight-forward way of understanding Sahaj Yoga.

But I have seen people, they write to me ten pages of their confessions as if I'm a priest, Catholic priest, you see: all about their, what they have done, this they have done. And I don't want to read it. I just throw it or I burn it off. So they try to confess. There's no need to confess. There's nothing to say. And not to dwell upon what wrongs you have done, but now enjoy what you have got it. It's like this: supposing a beggar is made a king, all right? Then he should enjoy his kingdom, should behave like a king. But still he remembers his past more, so anybody who passes by he says, "Give me five rupees or five pounds." (Laughter) It's like that. Once you are in the Kingdom of God, know that you are in the Kingdom of God.

But this black magic business is very, very dangerous and it can act through anyone. It can act through your relations, act through your friends, act through anyone. So one has to be very careful that you do not become — because of your guilt business or whatever it is — vulnerable to black magic. It can ruin you. You can ruin your families. Even if you are a Sahaj yogi it can ruin you.

So this guilt business has to be given up completely. You should not be guilty. Now, guilt is put into you. Somebody can say, "Oh you are so bad. You didn't do this for me. You didn't do that," or something like that. They put ideas. Then you start feeling, "Oh, I should have done this for them. I should have. It was wrong on my part," or something, and then the guilt starts. Instead of doing something for that person or instead of understanding that this all nonsense, they go on brooding on that, brooding and then suddenly they find they are in the trouble of getting possessed or being affected by black magic. So one has to forget it and get into the atmosphere where you know that you are now in the Kingdom of God.

About Shri Krishna, whatever is to be said is less than what He's said, I always, always feel. And His main work is through our brain, that is Viraata. He works through our brain. And, as Shiva works through our heart, He works through our brain. And after Sahaj Yoga, after enlightenment, all the subtleties of the brain and the knowledge starts manifesting and expressing itself.

But the greatest thing that happens is that integration takes place in your brain. It's not that your heart wants one thing and your brain wants another thing. The integration takes place. And when that integration takes place it's so easy to lead a very dharmic life. Even without thinking about it, without reading about it, you just become dharmic. You are not to be told that you have to be dharmic. Innately you become dharmic because your brain, which normally is used for rationality, for justifying all that is wrong, becomes dharmic, becomes Divine.

This is the greatest thing that Shri Krishna does to you is to make your brain itself dharmic. It becomes a vehicle of understanding dharma, of leading a dharmic life and of standing firmly on dharma — it's the brain. It is the brain which really, mostly, takes you away from dharma, apart from black magic.

But once your Sahasrara is opened out Viraata is expressed, then you are amazed at yourself. The one who was indulging into everything thinking, "This is pleasure. This is my right. I should have done it. Who else can tell me?" and all that, suddenly you become a prophet. This is the greatest blessing of Shri Krishna that He is Viraat, and the Viraat is your brain, and the brain of God Almighty is Viraat.

So this is what one has to realise, that after Realisation a person gets ideas which are always constructive, and if they are not, then you are not yet a Sahaj yogi: constructive and dharmic.

That is very, very important for us to understand: where is our mind going? Is it contradicting? It is telling something else than what it is? We have to just keep a watch and you'll be amazed to see how your brain has changed its ways. The upside brain has become normal. This you can get very easily if you just meditate every day and see for yourself how the expression of your Sahasrara is penetrating into your being and is acting in your life.

Then all the powers of a Sahaj Yogi will be manifested and you don't have to anymore doubt yourself and others will never doubt you.

May God bless you!

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Unless And Until We Know The Absolute Truth, We Cannot Understand The Problems Of This World

Public Program

Dom Muzyki i Tańca, Zabrze (Poland)

Talk Language: English | Transcript (English) – Draft

Public Program

5.30

I bow to all the seekers of Truth.

At the very outset, we have to know that truth is what it is.

We cannot change it,

because it is and it will be.

It is eternal.

The unfortunate part is, that we cannot see the truth at this human awareness.

So we have to evolve more.

If human beings knew the absolute truth, there would be no problems.

Everybody would have known the same.

No arguments, no quarrels, no wars.

But we do not know the absolute truth.

Unless and until we know the absolute truth, we cannot understand the problems of this world.

All problems of the world are mostly because of human beings

and all the problems of human beings are because these subtle centres are in trouble.

All the physical, mental, emotional and spiritual problems are there

because these chakras are not looked after.

So what is the truth?

The truth is that you are not this body, this mind, emotions, ego, conditionings,

but you are the pure spirit.

Which you have to become.

Another truth is that there is an all-pervading divine power of love.

You see these flowers, beautiful flowers.

Actually, it's a miracle,

that the seed has become a beautiful flower with help of The Mother Earth.

Who runs our heart?

We just don't see. We take it for granted.

It is the all-pervading divine power, which is very subtle.

The evolutionary process, which is a living process,

has to connect you to the all-pervading power.

This is the real yoga, it's the spiritual yoga.

This union is also called - the second birth.

It's not that you can say that you are twice-born [inaudible]

It is a higher state.

This is enlightenment.

This enlightenment has been talked about in all the scriptures.

Christ has said: „You have to be born again"

In Koran, it is also said about the enlightenment.

All the Indian scriptures also talk about it.

When You are reading about Buddha, there is nothing but talk of enlightenment.

But they have done something overboard or they have lost the way.

They are not seeking enlightenment at all.

They are seeking money, power, but not the enlightenment.

First, we have got fundamentalism and all kind of problems in the name of God,

For now, we have to understand, that within us is the subtle mechanism,

which is made like this, which helps with our enlightenment

and it's very easy to get your self-realisation.

12.59

This power which is like a connection is in the sacrum bone.

It is your own power. It is your own power.

It is your own evolutionary process.

You can't pay for it, because God doesn't understand money.

How much did you pay for these flowers?

In the same way, you don't have to put in any effort for this evolutionary process.

It is sahaj. Spontaneous. Saha - means „with“, „ja“ - means born.

Born with you is the right, to get this union, this yoga.

Unless and until this instrument is connected to the mains, it has no meaning.

In the same way, if we are not connected to the all-pervading power, we have no identity,

we have no meaning.

This happening as I told you ...is responsible for [inaudible]

physical, emotional, spiritual wellbeing,

also it gives you lots of other blessings.

One of them is that you develop a new dimension in your awareness,

where you can stand in your present.

You are all the time running in the past or in the future,

but it is [inaudible] to stand in reality.

Secondly, you feel this all-pervading power on your fingertips for the first time.

This is the resurrection time.

This is the last judgment, that's why we have such a population growth.

So many people are born in these modern times because they want to get their self-realisation.

This is the only way you can enter into the kingdom of God.

In Sahaja Yoga nothing is [inaudible]

Nothing is under [inaudible] no secrets.

Everyone knows everything.

There you can reach the state of thoughtless awareness,

by which we become a peaceful personality.

You become spontaneously righteous, nobody has to tell you:

„ Don't do this, don't do that.”

This happens in the light of your Spirit.

Secondly, you can feel your centres on your fingertips and the centres of others,

thus you become collectively conscious.

The Self is the source of absolute truth.

It is the source of enlightenment.

Your attention is so enlightened that you become innocent.

There is no greed and lust in your eyes. You become pure.

Apart from this, you jump in the ocean of love.

I'm very happy to tell you that Sahaja Yoga has made great progress in Russia.

The Russians don't like fundamentalism.

So we have thousands and thousands of people in Russia.

One day that country will be a very rich and a very powerful country in the realm of God.

Even the priests come to take realisation.

We have also a very big combination of Sahaja Yogis who meditate

in Bulgaria and also Romania, in thousands,

also in Hungary.

Of course in the western countries it is quite a lot. Especially in India.

In all these places people are really enjoying their self-realisation, their self-knowledge.

I'm sorry to say that Poland is not that good.

I'm surprised because first time when I came to Poland I felt the people are very courageous.

...I came with my husband, [inaudible] they have prepared, the whole of Warsaw...

and I felt they really will be the persons who will be resurrected very fast,

but surprisingly, I don't know why, in Poland, they are very conditioned by the Catholic Church.

22.41

What Christ have said is to seek the truth and to find your Sprit.

Christ is very important incarnation for Sahaja Yoga,

but one has to understand, that He came for our resurrection, not for crucifixion.

He has suffered for us, we don't have to suffer anymore.

God Almighty is the Father, who is love

and how would He ask you to suffer?

For me, it is not possible.

Which father would like for the son to suffer?

So all these theories are not correct and not logical.

The first conditioning that people get is that you feel guilty,

by feeling guilty this centre on the left catches very bad.

Since I've come to Poland I'm feeling this pain here all the time.

When this centre catches then you develop diseases like angina, tonsillitis.

And all your organs become lethargic.

Why to feel guilt? It is difficult.

If you have done anything wrong, then you should face it, that's all.

But please do not put it as guilt here all the time and make yourself sick.

Another thing I noticed, is that you are taking to American life which is very dangerous.

As communism has failed, democracy has failed completely there.

There is no ethics. There is no morality.

The people are so violent that you can't even wear a wedding ring.

Even small children of 12 years carry guns to [bugger??] Drugs

AIDS are eating them off,

apart from that, 55% of people are expected to become schizophrenic.

In their ego, they've become so stupid and idiotic,

that they cannot listen, finished.

And the life is so difficult there.

Also they have committed lots of sins of killing so many Red Indians.

Red Indians were killed by them [inaudible] it's a very big thing/sin [???]

In the area where they are having floods now, its called as the Red Neck India[??]

These Americans in that area where racist and they used to kill all the black people

and throw them into rivers.

Very hot-tempered and aggressive, very simple.

28.33

So now there used to be a Mississippi? river all is flooded

and all their houses everything ???

for which they have killed, young people??

So one has to understand that from distance you see all democratic countries are very happy,

but it is not so up close

There are people, millions and millions, who are out of job

and the clothes that are coming here, are actually junk,

which they cannot sell in their own country.

They are very superficial people.

So please, keep to your Polish life.

Keep your Polish ways,

which is much more older,

as American culture is only 200 years old,

so you are much better off.

Keep [???....] to your culture, to your production here and not to take this junk things.

30.37

It is important for spirituality, that you could take to deeper interest

and not too superficial.

So now we are going to have a session of meditation, in which you will get your enlightenment.

It should hardly take 10 to 15 minutes.

Once you get your realisation, you can give realisation to others

and [inaudible]

and you become divine, that's what it is.

Of course, those who really want it can leave ???

It cannot be forced on anyone.

So that you get ultimate freedom.

Ideally, the people who don't want to get their self-realisation would leave the house

and not to disturb others.

For about 10 -15 minutes it will take

and in that, you have to be peaceful.

Everybody should be seated, please.

Before I start, I will tell you there are three conditions for your self-realisation.

The first one is, that you are not to feel guilty at all.

Forget the past, past is finished

and the future doesn't exist.

What exists as reality is the present,

so please forget the past.

The another condition is that you need to forgive everyone.

You don't have to think whom you have to forgive.

You should not think about it, it's just a headache,

but try to understand whether you forgive or don't forgive, you don't do anything.

It's just a myth that you carry on,

but if you don't forgive, then you play into the wrong hands

and you suffer,

while the person who has hurt you doesn't suffer.

So we forgive.

Forgive everyone without thinking about individuals.

It will help you very much, you will feel much lighter.

And the third condition is, that you must feel absolutely confident

that you will all get your self-realisation.

You should not have any complexes about yourself.

You should not doubt yourself,

because the time has come for you to get your realisation immediately.

These are the three conditions.

Is it possible for you to take off your shoes?

Because The Mother Earth helps us a lot to absorb.

To absorb the negativity,

also She absorbs many problems.

I told you this is not meant for idiots, nor for arrogants,

but it's meant for truthful seekers of Truth.

Please put both your feet apart from each other,

not for the people who sit on the ground at all.

37.50

There are two powers left and right.

The left is the power of desire, the right is the power of action

and this Kundalini rises through the central path

and pierces through your fontanel bone area.

This is the actualisation of baptism.

Have faith in yourself, don't doubt in yourself at all.

You can put your hands like this, especially your left hand like this,

indicating symbolically that you want to have self-realisation.

On your lap, don't forget it.

You be comfortable

You don't have to go to the Himalayas, standing on Your head.

With the right hand, you have to nourish your centres.

Somebody will show you how to nourish your centres.

We have people here from Germany, from Czechoslovakia

from Italy, from England

[indistinct]

First, you have to put your hand on the heart where your spirit resides.

You should get out (Shri Mataji addresses someone in the audience)

Alright

Then we put our ..

We work only on the left-hand side.

Put your right hand now, on the uppermost part of your abdomen, on the left-hand side.

If you become your spirit, then you become your own master,

which is created by great prophets within us themselves.

Now, we take our right hand in the lower part of our abdomen,

on the left-hand side.

Now, this is the centre of pure knowledge.

Later you can understand how it works.

It is pure divine knowledge.

Now raise your right hand to the upper part of your abdomen.

Why don't you do it (Shri Mataji addresses someone in the audience)

This lady

Put your left hand also.

Now, raise it to your heart

To your heart, please, why don't you do it?

Doesn't she understand Polish?

If you don't want to do it then go.

Now, raise your right hand in the corner of your neck.

This way, take it from the front, not from the back, here.

I already told you what happens, when this centre catches.

When you feel guilty, you catch at this centre.

Turn your face to the right.

Now, take your right hand on top of your forehead and bend forward.

At this centre, you can forgive everyone,
without thinking about any individual, in general.

Then take your hand at the back of your head.

Now, here, for your own satisfaction ask forgiveness from the divine power

44.17

Push back Your head.

For the last centre, just press your palm
and put the centre of your palm on top of your fontanelle bone area,
and please put down your head.

Now, the most important is [inaudible]

Now move your scalp seven times, clockwise, very slowly.

That's all we have to do.

Now, you have to now close your eyes,
before that please put both your feet apart on the floor.

Now put your left hand towards me like this.

You may also remove your spectacles
and open your eyes when I tell you.

Please put your right hand on the heart.

Now, here you have to ask Me a very fundamental question
three times in your heart

46.18

Please, say in your heart, you may call me Mother or Shri Mataji

So please say three times: „Mother, am I the Spirit?“

I assure you, when you become the Spirit you also become the master.

Please place your right hand in the upper portion of your abdomen
and press it hard.

Here, we have to ask another fundamental question about yourself:

„Mother, am I my own master?“

I told you that I respect your freedom, and I cannot force your divine knowledge on You.

Now please put your right hand on the lower abdomen,
on the left-hand side and press it with your fingers.

Here you have to say six times, because this centre has got six petals:

„Mother, please give me your divine knowledge“

„Mother, give me ..your ..divine knowledge“

As soon as you are the pure divine knowledge, the Kundalini starts rising.

So we have to nourish the upper centres with our self-confidence.

Please take your right hand to the upper portion of your abdomen,
on the left-hand side, and here you have to say self-confident ten times:

„ Mother, I am my own master“

I have to tell you that you are not this body, this mind, these conditionings, this ego
but you are the pure Spirit.

Raise your right hand, on your heart, and with full confidence say twelve times:

„Mother, I am the pure Spirit“

This all-pervading power is the ocean of love and compassion.

It is the ocean of blessings and joy,
but above all, it is the ocean of forgiveness,

and whatever mistakes you might have committed in the past,
completely dissolve in this ocean of forgiveness.

Raise your right hand in the corner of your left shoulder [inaudible]

and here you have to say with full confidence sixteen times,
with full confidence:

„Mother, I am not guilty at all“

53.16

Now, 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 into the wrong hands.

So, you have to forgive everyone, in general.

So raise your hand put it across and bend down your head.

Here you have to say from your heart [inaudible]

„Mother, I forgive everybody“

Now, without feeling guilty, without [inaudible] just for your own satisfaction,

you have to ask forgiveness

from the Divine Power.

Now, raise your hand on the backside of your head.

Here you have to say:

„Oh, Divine Power if I have done any mistakes, knowingly or unknowingly,

please forgive me“

Please say this from your heart,

not how many times.

Now, for the last chakra, you have to place your palm fully

and put it on top of the fontanelle bone area.

It was a soft bone in your childhood.

Please put down your head.

Now push back your fingers

Please push back your fingers.

Here again, I cannot force self-realisation on you.

You have to ask seven times:

„Mother, please give me self-realisation”

moving your scalp seven times, clockwise, slowly.

[Mother is blowing into the mic]

Takedown your hand.

Wear your glasses and open your eyes.

Now put both hands towards me like this and don't think.

Now please put the right hand like this

and bend your head [inaudible]

Please don't put the hand on top of your head.

There may be a cool or hot breeze coming out of your head.

Bend your head, bend it.

Now with the right hand and left hand towards me [inaudible]

Now, please put like that.

If it is hot, that means you have not forgiven.

Now forgive.

Don't put it on top.

Bend your head.

Don't put it on top, don't touch your head.

Keep it away.

Alright.

Some people get it far, some people get it close.

Now, we can put both hands towards the sky like this

and ask the question. Any one of these questions:

„Mother, is this the cool breeze of the Holy Ghost?”

or „Mother, is this the all-pervading power of Divine Love?”

or „Mother, is this the Paramchaitaya?”

Any one of these questions you can ask three times.

Now, please put down your hands.

All those who have felt cool or hot breeze out of their heads,

on their fingertips or on their hands, please raise both your hands.

Both hands.

All of you got it.

[inaudible]

One thing you have to know, it is not an individual happening.

It is a collective happening

Now the seed has sprouted.

You will feel very joyous.

Very happy.

You will feel this cool from your hands.

You might get cured,

but the main thing is, you have to grow within.

You have to come to our centre, where you can get complete knowledge.

Within one month you can become an expert.

When you can give realisation to others,

you can cure people and you can be in complete peace with others.

I wish to see you grow like big trees.

You can do it.

We have a centre here, which you can attend and understand what is inside me.

You can get your enlightenment

and enjoy yourself.

May God bless you

1993-0904, Finding Your Roots: A New Awareness

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Finding Your Roots: A New Awareness

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I bow to all the seekers of Truth.

At the very outset, we have to know that truth is what it is. We cannot change it. It is, it has been and it will be. Whatever I'm going to tell you, you have to have a scientific mind towards it. Keep your mind open. And whatever I say to you, if it is proved, then you have to believe in it as honest people. The truth is, that you are not this body, this mind, these conditionings and this ego. But you are the pure Spirit. This is said by all the great prophets, by incarnations, by Muhammad Sahib as well as by our Christ, as well as by Moses also all Indian scriptures say the same thing.

The second truth is that there is an All-pervading divine Power and this divine Power does all the living work. You see all the beautiful flowers here: it's a miracle. They have come out of one seed. Our heart, who runs our heart? We don't even bother to know who runs our heart. This All-pervading Power of divine love, runs our heart. It's like the cool breeze of the Holy Ghost or it is the Paramchaitanya or it is the 'Ruh'.

Translator: It's what?

Shri Mataji: 'Ruh', in Quran.

It is described by many names. Those who are seekers of truth, are actually seeking the connection with this All-pervading Power. This connection is called as yoga, the real spiritual Yoga. It is not standing on your head or stretching your legs that it is a yoga. Even the taking the name of God, of praying to God, is not manifested unless and until you have the connection with this All-pervading Power of divine Love. As this instrument [the mike] if it is not connected with the mains, it has no meaning, it has no identity. In the same way, we the human beings, if we are not connected, to the All-pervading divine Power, we have no meaning. We cannot have Self-knowledge; we cannot have enlightenment and we cannot know the absolute truth.

Most of the human problems are creating problems to the world. And most of the human problems come to us from these centres when they go into jeopardy. All these subtle centres are within us. In the Bible, it is mentioned that, "I'll appear before you like tongues of flames." In every scripture, they described the life, the tree of life. But nobody has tried to find out what is this.

The civilization, in the West, has grown very well. But it has to find out its roots, roots of spirituality. Otherwise, this whole big civilization will be completely dissolved. As it is, you can see what's happening in the most developed countries like America. Thousands and thousands of people are suffering from AIDS. They are suffering from schizophrenia and the violence is at its worst. You can't even wear a wedding ring and walk in the streets of New York. Such greed and such lust! No morality of any kind. It's not only there but you see it all over Europe. And all developing countries who have taken to this modern life, like Argentina, also are in the same fate [unsure].

But once we find our roots, once we find our identity, you understand how great you are. You understand why you were created, what is the purpose of your life, what is the goal of your life. It's only possible when you have your second birth. Many people brand them as twice-born.

Translator: Sorry, once more.

Shri Mataji: As twice born, born twice.

Translator: Yes.

Shri Mataji: But they are not. [To the translator] But they are not at all.

Those who call themselves as Muslims and Christians and Hindus, are not! If they were real Christians, they would not have

taken to this immoral life. How could such immoral life exist here in the name of Christ, who said, "Thou shalt not have adulterous eyes!" What subtle morality, what deep morality! That's only possible if you are enlightened. When the light comes within you, immediately you give up whatever is destructive, whatever is destructive within you and also you see what is outside is destructive.:

Once you get your enlightenment, you can feel this All-pervading Power, for the first time, on your fingertips. You see also the cool breeze coming out of your fontanel bone area, which was a soft bone. It's the actualization of your baptism. Then you start using this power and you can give Realizations to others.

As a result of this, you get physical, mental, emotional, spiritual problems solved. I don't have to tell you, "Don't do this, don't do that, don't do that". With the light of the Spirit, you yourself become your own guide, your own master, your own guru. You become extremely dynamic but extremely compassionate. You can feel your own centres on your fingertips. Then you see all religions belong to the same tree of life, all beautiful flowers of Divinity. But people have taken out these flowers and are now fighting with the dead flowers. And all these religions are one; they have the same business.

There is no need at all to fight in the name of God. This, you can know as a scientific proof after Realization. You can feel on your fingertips the centres of others. Now if you know how to correct them, you can correct your centres as well as the of others. You develop a peaceful heart and tremendous compassion. You realize then how great you are. All your virtues start manifesting. It is your own power it's your own. You all have it within you and you don't have to pay for it. God doesn't understand banks. He doesn't understand money. It's a human nature. By reading about it, you do not get to that point. You have to seek and you will find.

I call it a blossom time. Time when there are so many great souls are born. This is the fulfilment of the Last Judgment. The dead bodies are not going to come to life. I mean to say, all the prehistoric people and the dinosaurs all of them are going to come to life? But all those, who were dead, their souls will take birth as human beings. That's why we have a population problem. So many great souls, we have seen, born as children.

I've seen children at the age of 6 and 10, can play on violin or on piano like a master. In India, I've seen children below 10 years, singing the Indian music, which is very difficult, like great masters of old times. Today only, I saw in the television, in France, there were children very small children playing on the violin in such a- with such a mastery! So, these are the times when all these great people are going to be born. There are some people who are frightening to say that this world is going to come to an end. Don't believe that. The One who is our Creator, is our Father, is the Supreme Being of compassion. He has not created this world to be destroyed. But he has made places for all of you in the Kingdom of God. Don't be eluded by people, some of them are coming even from India and trying to put conditionings in your heads.

The other day, I met somebody from this Hare Rama business. They are absolutely stupid, idiotic people. If you have to call the name of your Prime Minister here, near his house, you'll be arrested. And you are calling the name of God without any protocol, without any permission, without any connection. You might only get a cancer of throat. I don't know what other punishments.

I must say, Russians were very clever. They said, "We had no food Mother, so we had nice food from them and now they have gone away permanently". [Laughter]

Translator: I didn't hear, Mother.

Shri Mataji: I said that Russians were very clever and they said that, "These people had brought food so we ate the food nicely and now they have gone away completely." They have completely gone from Russia. Did you follow?

Translator: No.

Guido: The Russians were very clever because these Hare Krishna Hare Rama people -

Translator: Ah, these people!

Shri Mataji: I think, the IQ of Russian is very high.

Translator: Hum ...

Shri Mataji: IQ.

They said, "Mother, we could make out they are idiotic: stupid things they were telling us." In you, Sahaja Yoga is not meant for stupid, idiotic people. So, one has to understand and think: we talk of God and why all these horrible things are happening in the

name of God? What's gone wrong? The mistake is that we are not yet connected.

Translator: We are not?

Guido: Not connected.

Shri Mataji: This is what we have to achieve the connection, which is 'sahaja' means spontaneous. Sahaja: 'saha' means 'with'; 'ja' is 'born'.

What's the matter with this gentleman? You see, you are little bit disturbing because they all start watching him now. Please make yourself comfortable.

Translator: He is working, he said, Mother.

Shri Mataji: Oh, but he's going round, putting up, everybody is looking at him; You see, the permeation [unsure] come to him.

All right.

I don't know how to tell you how the time has come for you to, specially, to achieve this state through your evolutionary process, through this awakening of this Kundalini, the power in your triangular bone. This bone is called as sacrum that means the Greeks knew it is a sacred bone. Athena, itself, means 'Primordial Mother'. So, Greeks believed in all that. And now there's a big upsurge in Greece also to take to their ancient knowledge because they're so restless, so frustrated.

So, time has come for you all also to have your Self-realisation. Of course, I cannot force it on you. I respect your freedom. Those, who want to have it, can have it but you must have a very ardent desire.

Those, who do not want to have it, please leave the hall, we'll be very happy.

This person, Hare Rama fellow, at least sit down. It's very difficult to make them understand. Such conditionings people have that it is impossible! Only people who are really introspective were Russians. We always have programs in a big- what you call- auditoriums or places where there were 16, 000 people. They are so well-read and they know so much about it. And they are so introspective, it's very surprising.

And now we have in thousands in Russia, also in Romania and Bulgaria, Czechoslovakia but Poland somehow is not - I don't know what is the conditioning, why.

So, I know you all have lots of questions. I would like you to write them down and send it over to Me and I'll try to answer them. But just now, I think, you all should get your Realization. You see, it is such an ocean of knowledge that in this short time, I cannot tell you everything.

You have to understand that these lights that are here, have been brought long time back. And to explain to you about all these lights and how electricity came, is such a headache. It's all built-in now. You have to just put one switch and they are on. You don't have to tell them all the history of electricity. So, it's a headache also. If you have your light because it is built-in within you - the system is built-in within you. It's all there. So, better to have your enlightenment and then talk about the rest of the things.

[To someone] You can come here, there's some room.

So, everybody should be seated down.

[To the translator] Now ask him to take away the film because we're going to meditate and it might disturb the people. Someone should go and tell him. Better to go there.

He won't disturb you. If he's seated, it's all right. But he'll be about disturbing people. Ask him to go out. I think, he's finished - if you don't mind.

Thank you. Very obedient!

It will hardly take 10 to 15 minutes just to enter into the Kingdom of God which is the ocean of joy. We come out of, like a pond into - blossoming into a beautiful lotus because you are that.

So, we have three conditions. Want to sit down ? Come along - don't stand in the door. There is room for you here, if you want.

Please be seated.

The first condition is that you should have full confidence in yourself. You must have full faith that today, tonight, you are going to get your Self-realization. In no way you should feel tempted.

The second condition is that you are not to feel guilty about anything. Like yesterday, somebody told Me that, "Mother, I have harmed somebody, so I'm feeling guilty". But what is the use? If you have harmed somebody, then go and tell that person. And tell it to yourself, face your mistakes. But if you feel guilty, then the guilt goes here, in the left side of your center. And you develop horrible diseases like angina, spondylitis, also lethargy problems So, no use feeling guilty, it's like avoiding the reality. At least, at this time, please, forget your past. Your past doesn't exist, it's finished and your future also doesn't exist. The reality is in the present.

That's what will happen to you that you will come into present. We are all the time thinking about the past or the future. Jumping from past to future, future to past, these thoughts come in. But in between these thoughts, there's a little, little space for the present which increases in size and you become thoughtlessly aware. You are absolutely aware but there is no thought - complete peace.

The second I told you, that you become collectively conscious because you can feel the centres of others. So, the microcosm becomes the macrocosm. 'Micra' is better to tell them [Shri Mataji smiles].

All right.

You become part and parcel of the Whole. A drop becomes the ocean.

Sahaja Yoga is working in 55 nations and you will have brothers and sisters in all these 55 nations.

So please, don't feel guilty. Those who tell you, you are sinners and all that - forget them. Those who condemn you, forgive them. I tell you, you are not guilty, absolutely, no question.

And the third condition is, that you have to forgive, forgive everyone. Whether you forgive or don't forgive, you don't do anything. But if you don't forgive, then you play into wrong hands. You torture yourself while the person, who has harmed you, is first class. So, it's a myth not to forgive. But you don't think about the people whom you have to forgive. Just, just forgive in general. Some people say, It is difficult. But it's a myth! What is difficult? Just to say, I forgive everyone, finished! You don't have to take out something from your heart. You just have to say it.

These are the three conditions. First is a complete confidence in yourself, second one is not to feel guilty and the third one is to forgive everyone in general.

[Realisation starts]

1993-0904, Talk to Sahaja Yogis: Laziness

View [online](#).

4 September 1993

On Laziness

Talk to Sahaja Yogis

Hotel Sofitel Victoria Warszawa, Warsaw (Poland)

Talk Language: English | Transcript (English) - Reviewed

Shri Mataji: Those ladies who didn't get present should get it.

Yogi: Those ladies who didn't get present.

Yogi: Sahaja Yoginis.

Yogi: Not new people.

[Inaudible]

Yogini: Shri Mataji, can we give them afterwards?

Shri Mataji: All right. She will give you afterwards.

How many they are?

And also for men, we have.

You can give them the rings [Inaudible]

All of you. Let them give among them.

And the chains. The chains also.

Can I have [Inaudible]

Yogi: Do you want one?

Yogi: Shri Mataji, there is a small boy here.

Shri Mataji: Everybody got the earrings?

Yogini: Yes, Shri Mataji.

Shri Mataji: Hun?

Yogini: Yes.

Shri Mataji: Yes.

Yogini: They all got. Shri Mataji here.

Shri Mataji: There was one England lady who came forward.

For the children [Inaudible]

What did you get? What did she get? That's all?

Yogini: She got already earrings but they ...

Shri Mataji: Yeah?

Yogini: She got already earrings but they broke. She said.

Shri Mataji: Broke?

Yogini: They broke. The earrings she got.

Shri Mataji: Give her another one.

Yogi: Mother, we have here also boys from Czechoslovakia, who sings so nicely.

Shri Mataji: What to do? How many they are?

Yogini: They got already in Czechoslovakia.

Yogini: She didn't get earrings. Can I give them to her? Yes?

Shri Mataji: Did you get anything? One is behind. Only that? Give it.

Come along. You didn't get. This lady. One for the ears and one here.

He's got it. This lady.

Take this. You have small hair.

What about this lady? She got it?

Yogini: She got for a child, Shri Mataji.

Shri Mataji: Not, not, for her. And also, here.

Did you get?

Yogini: For the children, Shri Mataji?

Yogis: For the boys.

Shri Mataji: I am happy to see all of you here. I must tell you, yesterday we had too many people were only sick. Only four, five

people came to thank me.

(Shri Mataji to the translator) If you can stand up [Inaudible]

And about three people came who just came to argue.

Recording?

Last year also if you remember the same thing happened. And such a long time I work my legs started paining. Last night I couldn't even sleep.

I never do this in any country but in Poland. Because it's a very difficult country. It is cursed by catholic church. All of them who came had their left Vishuddhi. So, you have to ask them to put their right hand on the Vishuddhi and then ask with the left hand "Mother, are you the Holy Ghost that Christ has said?" It has to be done three times.

But the main thing is Sahaja Yogis. Matthias was very frustrated and disappointed. And he was telling me "Mother you don't go to Poland this year. So, that the Sahaja Yogis will come up". He told a few things about you which were very saddening to me. One of them, he said that they don't meditate. Extremely lazy about it. They have to meditate every night and they don't even do it for sometimes weeks together. So, they are extremely superficial in their Sahaja Yoga. He was saying about the leaders also, they have to meditate. Because they have to come to the level of other leaders.

Now see here, we have people from Switzerland to help you, we have people from Italy to help you. Also, we have people from England, English people are here. You have seen the Czech people coming to sing for you. [It] shows that you all need help. And the people like her, who is a Polish like Matthias, they really felt from their heart that they should do something for Yoga. And her husband also is here to work it out. He is a German. So, she is a Polish but how dedicated she is! Matthias was Polish, how dedicated he was! He gave his life for Poland.

Now, you should know that you are responsible for saving your country. First time, when I came to Poland I used to think, these are really great, courageous people who have resurrected their country. They were badly bombed and every street was reconstructed, not only the buildings but every street. But they, those people were much older then you and were shattered by war they were all shaking whenever they saw me.

Yogis: Close, close the door maybe.

Shri Mataji: What is it?

Yogis: There is somebody coming.

Shri Mataji: ?

Yogis: There is somebody coming from outside. Ok.

Shri Mataji: All right. So, this is why they fought and they worked it out with the nervousness that they had. But I don't know this generation I'm told they don't want to work. They just don't want to work and they just want to depend on some people. I don't know how you can reconcile yourself to that.

It's very important time now, very, very important. You have to wake up! You all have to work, take to jobs. If you are jobless you will not be in Sahaja Yoga. In England, there is such a big unemployment, such a big, not one Sahaja Yogi is unemployed, not one. Russians are very hard-working, Bulgarians are very hard-working, Romanians are very hard-working, why not Poland? If you people really wake up, then I won't have to work so hard here. They've seen you people; you are the ones who will spread the

light. Why should you depend on anyone? Work yourself, earn yourself, live with self-respect.

I don't know how you live without doing work. Look at my age. I'm seventy-one and your Mother is working so hard. And should you not work? You should work, isn't it? If you don't work for your jobs you cannot work even for Sahaja Yoga. Because the activity must come. Only if you have desire you cannot get anywhere, you have to act.

I was also told there are some artists, some painters. That can be part-time work. But you must earn! Otherwise Sahaja Yogis of Poland will be the poorest among all the Sahaja Yogis. If you people really work, then you will see Laxmi will be here. And then you have to go to others countries to help them.

You have to meditate. With that you go deeper and deeper. Today I want you to give me a promise. A present to me. That you take oath that you will now take up jobs and you will meditate and become deeper Sahaja Yogis. And also, that you'll spread Sahaja Yoga. Everyone can get thousands Sahaja Yogis. Because you do not meditate you do not have the depth to show that you are great people.

All kinds of mistakes people make here. And such an Agnya also. Because of catholic church which is against Christ, which is anti-Christ. You have to beat everyday with shoes this Catholic church. And those people who are lethargic you should just give up their company. Lethargic people are extremally hot-tempered and angry and passive.

So, I would request you now next time when I come you all should appear with very deep personalities. And as a Mother I want to give all my powers to you. But you must have the depth to take it. If you put a stone in the river Ganges how much water it can carry? You have to have a pitcher to fit it. Also, another bad point of laziness is that nothing goes in the head. They just accept themselves, nothing goes, they are just all right, all right. But that now, this emancipation has to come.

Also, there is too much immorality in Poland. They say that Warsaw has become the capital of prostitution. Can you imagine? I can quite believe because wherever this Catholic church have been, this has been the conditioning. Say, you go to Brazil, you go to Philippines, anywhere. Ireland; violence and immorality. People get just cursed. So, this is a greater enemy then Hitler. So, you have to be very great warriors to fight it. Otherwise Poland cannot rise. All other Eastern bloc countries are coming up very well.

I know that if you meditate, if you go deep all your powers will manifest. I can tell you soul of Matthias was suffering. He spent so much money, so much effort. And he was so hopeless about things. So now I'm telling you with all my love that all of you have to become very deep people and by spreading Sahaja Yoga only you become deeper also. Now these people who have come here they have spent their own money they had to take leave from their work and leave their children with some other people, with such dedication they are here. Why are they doing it? They feel so responsible. They understand how important it is to save the world; Sahaja Yoga has to be established. It's the greatest revolution, the greatest achievement for humanity. You people are quite intelligent, not idiotic like Americans. But this laziness, I don't know from where you have inherited it. I can't believe because I've seen your older people working so hard and resurrecting this Poland; I've seen it.

If you have any problems, you should really tell me. Like yesterday, we had so many, so many sick people. They all could have been cured by you. Why should I have cure them? I never cure anybody in any country, except in Poland. Because you yourself are not equipped and you don't know how to cure others. I don't know if you at least know about the chakras and I don't know if you know about mantras, do you know about how to raise the Kundalini, I don't know. Also, the Romanians know the songs by heart. Very creditable.

When I was in Hungary, hundred and fifty of them came by bus. And when they started singing even the Indian Sahaja Yogis were amazed. And I asked them: Where are you going to stay? They said: In the garden. And what about your food? We are all right. We have had everything. That's how the dedication shows, the depth shows and love for the whole world. You should at least love your own country.

I hope, this talk of mine will not go a waste. I love your country; I love you all. You all should now understand, you can play this

tape again and again, I think, this is better, that they'll remember what they have to do. Yesterday, I saw the way they were trying to help others, they didn't know how to do it, to give the proper bandhan, how to raise the Kundalini. Just they were doing like this. It's not the way. You must know properly. It's tremendous knowledge. The knowledge you must have. It's available to you free.

I definitely care very much for Poland. People were saying, why should you go to Poland when you once go to, say, to Russia you get thousands. So, why you should waste your time in Poland? Or in India. But I think you all will now understand what I'm saying. And have full faith in yourself and establish self. Even in difficult places like England and France we have thousands of Sahaja Yogis. But one thing that they are not lazy. I can't understand Sahaja Yogis being lazy, I can't understand. Not possible. Once you get to it you'll become very dynamic, you have to. The first sign is to become dynamic. I've even seen musicians. When they play before me suddenly they become so dynamic. Even painters, artists. Then why not you people? What is your problem you should tell me. That's one thing. I don't still understand why you are lethargic. But if you have any problem you should tell me. What makes you lethargic? Next time I hope to come and see very great Sahaja Yogis in Poland. You don't have to meditate for long. About ten minutes in the night and about five minutes in the morning. That's all. Even if that cannot be done it's too much then. So, next time I won't cure anybody. And next time I'll ask you questions. How much you have done and understood Sahaja Yoga?

May God bless you.

So, should I take your leave now?

Let the children have the chocolates.

Where are the watches you brought?

Are there Romanians?

Yogini: Czechoslovakians.

Shri Mataji: Yeah?

Yogini: Czech. Czech people.

Shri Mataji: Czech people.

... come here.

Yogini: Czechoslovakians. Czech people.

Yogi: Sahaja Yogis from Czechoslovakia.

Yogi: Sahaja Yogis from Czechoslovakia please come close.

Shri Mataji: May God bless you.

[Shri Mataji talks aside to Yogini]

[Yogis sing Vishwavandita]

Shri Mataji: All of you sing!

May God bless you.

Also, they must write some poems.

Yes. He sings Jai.

Yogi: This little boy was to have the name Mother.

Shri Mataji: Yeah?

Yogi: This little boy was to have a name Mother.

Shri Mataji: What's his name?

Yogi: Adam.

Shri Mataji: Adam?

Yogi: Adam.

Shri Mataji: What's your name?

1993-0907, The one enjoyment in the bliss of God

View [online](#).

7 September 1993

The One Enjoyment In The Bliss Of God

Public Program

Bucharest, Polyvalent Hall (Romania)

Talk Language: English | Transcript (English) – Draft

Public Program. Bucharest (Romania), 7 September 1993.

I bow to all the seekers of Truth. At the very outset, we have to know that Truth is what it is. We cannot change it and we cannot conceptualize it. It has to be felt, on your central nervous system. As an evolutionary process, whatever we have achieved, we can feel it on our central nervous system. In Sanskrit the word is Bodha. It cannot be understood by mental projections or by reading books. As we know, there are problems and problems in this world today. These problems are caused mostly by human beings. And most of the human problems come from the sick chakras, the centers about which they have told you. If we, somehow, correct those centers, all our physical, mental, emotional and spiritual problems can be solved.

Now whatever I'm telling you today, you do not have to accept Me. But you have to keep your minds open like scientists; and treat my saying as hypothesis, and if it is proved then you have to accept it as honest people. Because you're born in any religion you call yourself belonging to that religion. And whatever our misunderstandings or wrong conceptions which are mental, you start fighting for it. But in every religion it is said that you must get your enlightenment. In every religion it is said that you are to be born again. Despite all that, people are not understanding what's wrong when they follow a particular religion. All these religions now have become either power oriented or money oriented.

But they are not Spirit oriented. They don't understand that they have to become the Spirit. And that is why we find all over the world there are fights going on in the name of God; in the name of religion. So just by mental understanding, even knowing about other religions, you cannot get rid of this fundamentalism. In the evolutionary process, we have become human beings. But we are not yet perfect, and we do not know the absolute truth.

Someone says this is the truth, another says this is the truth; another says that is the truth. And mentally believing into these things, they start fighting. But there is a way to know the absolute truth. Our Father, our Creator who has created us, is not going to allow us to destroy his Creation. He has made all beautiful arrangements within us, beautiful machinery within us, by which we can become the Spirit. So the Truth is, you are not this body, [this mind: Mother does say "this mind" twice], this mind or these conditionings and these emotions, ego, but you are a pure Spirit.

And the second truth is that there is All Pervading Power of Divine Love. You see these beautiful flowers, all over, it's a miracle. From one seed how many beautiful flowers have come out? Who runs our heart? Who runs the whole digestive system? Doctors say its autonomous nervous system. But who is the "auto"? This question we never ask.

We take everything for granted. Thus, we have forgotten that there must be some power that works it out. Now this All Pervading Power of Divine Love has brought you to this stage of human awareness. And now you have to be the Spirit. You have to have Self Realization. As a result, you know about yourself, you know about your centers, also you know about the center of others, because on your fingertips you can feel the Cool Breeze of the Holy Ghost and you can feel the centers also, yours as well as others. Now if you can cure these centers, then you solve your problem and solve the problem of others. So you become collectively conscious.

So who is the other? The microcosm becomes the macrocosm. Also, when we see ourselves we live either in the past and in the future. We cannot live in the present. Thoughts come from the past and sometimes from the future and we are jumping on them.

In between these thoughts there is the present, which is silence, [which is silence=is repeated in talk, consider 1 instance only] which is peace, which is thoughtless. So you achieve another dimension in your awareness, where you become thoughtlessly aware and you are in the present. Thus peace is established.

People have very big peace conferences; they get I've seen awards for peace, all kinds of things. But they have no peace within themselves. How can they create peace? How can they talk about peace?

All this happens when the power of Kundalini about which they have told you, awakens and connects you to this All Pervading Power, and in her journey, she nourishes all the centers, and not only the centers but also absolutely fills you with joy. You feel the Cool Breeze out of your head, coming out, out of the fontanelle bone area. All this is your own. You have the power. It's your own power that works it.

That's why I call it Sahaja, because it is spontaneous, and Yoga is the union with this Divine power. It is not standing on your head and all kind of physical exercises. As it is, they told me to come after 8 o'clock, and just to give you your Realization. So there is no end to these lectures. I don't know how many thousands of lectures I have given so far. It's just a mental understanding. But something has to happen. Unless and until this happening takes places, actualizes, you will not feel this All Pervading Power. Then you can give Realizations to others, you can cure others, you care cure yourself, I mean, it is a very different life, it's the life of a saint.

There are so many things that happen that in this short lecture I won't be able to explain everything. But in this hall, see there are so many lights, for which I don't have to tell you all the history of electricity, how it came here. Only there's a switch which has to be put on. Because it is all built-in within you; only thing you have to have faith in yourself. You have to know that you all can get your Self Realization, tonight, here. And of course, after that you have to come to the centers and find out, how you should grow? For this you can't pay. You can't pay for God; because He doesn't understand money, He doesn't understand bank. That is human headache. And also you don't have to pay for attending our centers where you will get all the Divine knowledge free.

Romania, it seems to be a very auspicious and a holy country. Ramana in Sanskrit means "The one enjoyment in the bliss of God". We have at least one thousand very good Sahaja Yogis here, which are very outstandingly great, everywhere in the whole world we have 55 nations; they all respect Romanian Sahaja Yogis. So I am very happy to be with you all here and we'll have now the session for Realization.

For this I have to just request you to take out your shoes, that's all. This will take hardly 10 to 15 minutes but if you want to leave, you can leave now, but please don't disturb in between. Moreover, I cannot force Sahaja Yoga on you; also we cannot force Self Realization, because I respect your freedom. You also must respect us so that if you do not want to have your Self Realization, please leave the hall. But of course those who want can easily get it.

You have to have desire to get Self Realization. Now there are three conditions; the first one is that all of you have to have complete faith in yourself, absolute faith in yourself that you all will get your Realization. Please don't have any doubts. The second condition is that you are not to feel guilty for anything; not to feel guilty in any way. If you have done any mistakes in the past, you should have faced it instead of carrying it with you all the time, the guilt. But when you feel guilty you catch on the left hand side of this center here very badly. As a result, you get diseases like angina, spondilitis and lethargic organs.

So what is the use of feeling guilty? And torturing yourself for nothing at all. The third condition is very simple, [the third condition is], that you have to forgiven everyone. Now, many people say that it is very difficult to forgive. Whether you forgive or don't forgive, you don't do anything. But if you don't forgive, then, you play into wrong hands and torture yourself for nothing at all. So, please forgive, just to say, "I forgive", that's all, "I forgive everyone", you don't think also about those people who have troubled you. On the contrary, just forgive all of them, in general.

These are the three conditions. I would request everyone to be seated. Those people who are standing there, please be seated, please don't stand. There is seats here, you can sit here. Now, please pay attention this side. They have already told you that

there are two powers, two nadis, one is the power of desire, and another is a power of action. So please put your left hand towards Me, like this. Comfortably, very comfortably. Keep it on your lap. You don't have to go to Himalayas, stand on your head. Here you will get your Realization.

Now, with the right hand, we have to give vibrations or we can say the nourishment, to our different centers. Your both feet should be away from each other, because these are two powers. Not for those who sitting on the ground, they are alright. Alright, first we put our right hand on our heart. Please everyone should do, otherwise please go away Sir.

Now, in the heart resides the Spirit. If you become the Spirit, you become your own guide, your own master. So please take your right hand, on the upper portion of your abdomen, on the left hand side. This is the center of your mastery. We are working on the left side. This center has been created by great prophets and great masters; we have to just awaken it. Now take your right hand in your lower portion of the abdomen and press it; this is the center of pure knowledge.

Take your right hand in the corner of your neck and shoulder and turn your head to your right. This is the center I told you about which catches when you are guilty. Now, take your right hand on top of your forehead across, like this and bend your head. This is the center to forgive everyone in general. Now please take your right hand on the backside of your head. And push back your head. This is the center where without feeling guilty, without counting your mistakes, you have to ask forgiveness from the Divine Power of Love. Now, stretch your hand, palm like this, now this is the last centers, put the center of your palm on your [not transcribed: forehead, because Mother quickly restates] onto your head, onto the fontanelle bone area, which is the soft bone. Now, bend your head. Here, push back your fingers, very important. So that's a good pressure on your scalp. Now move your scalps, slowly, clockwise seven times. Bend your heads, bend your heads. That's all we have to do.

Now again, please put both your legs away from each other and you have to close your eyes, put the left hand like this and right hand on your heart. Please take out your spectacles because now you have to close your eyes and please don't open them 'til I tell you. Please, now, close your eyes. Here now, you have to ask me a very fundamental question about yourself, three times, you can call me "Mother" or "Shri Mataji". Please ask the question, "Mother, am I the Spirit?" Ask this question three times; three times. I've told you that if you become the Spirit, you become your master, your guide. So take your right hand in the upper portion of your abdomen on the left hand side. Here you have to ask another question, fundamental question about yourself, "Mother, am I my own master?" ask three times.

I have told you that I respect your freedom and I cannot force pure divine knowledge on you, you have to ask for it. So please take your right hand in the lower portion of your abdomen, and press it hard. This is the center where you have to ask for Pure Divine Knowledge. So please ask six times, because this center has got six petals, "Mother, please give me Pure Divine Knowledge". As soon as you ask for Pure Divine Knowledge, the Kundalini starts rising, so we have to nourish the upper centers with our self confidence. So now here, you raise your right hand in the upper portion of your abdomen, on the left hand side. And say with full confidence, ten times, "Mother, I am my own master". I've already told you that you are not this body, this mind, these emotions, this ego, but you are the pure Spirit.

So now, raise your right hand on your heart and say it twelve times, "Mother, I am the pure Spirit". This All Pervading Divine Power is the ocean of knowledge, ocean of joy, ocean of bliss. But above all, it is the ocean of forgiveness. And whatever wrong we might have done, it can be easily dissolved in the ocean of forgiveness. So please forgive yourself, and 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 with full confidence, sixteen times, "Mother, I am not guilty at all". I've already told you, whether you forgive or don't forgive, you don't do anything. But if you don't forgive at this moment, then your center of Agnya will be completely closed, and the Kundalini won't rise, so you will miss your Self Realization.

So please, forgive everyone in general by putting your hand on top of your forehead across, and bending your head. Please say from your heart, not how many times, "Mother, I forgive everyone in general". Without feeling guilty, without counting your mistakes, you have to ask forgiveness from the Divine Power just for your satisfaction. So now please take your hand back, on the backside of your head, not the neck, but the head, and put it up, put back your head like that. Now, here you have to say from

your heart, not how many times "Oh, Divine Power, please forgive me if I have done any mistakes".

Now the most important is the seventh center, and for that you have to stretch your palm fully, and put it on the fontanelle bone area, which is a soft bone in your childhood. Now push back your fingers. And bend your head fully. Here again, I cannot force Self Realization on you. You have to ask for it. So move your scalp seven times, clockwise slowly, saying seven times, "Mother, give me my Self Realization". Now please take down your hands and open your eyes please. Now put both the hands towards Me, like this, and don't think. Watch Me, and don't think.

Now, put the right hand towards Me like this, bend your head, and see with the left hand if there's a Cool Breeze coming out of your fontanelle bone area. Please don't put hand on your head; it could be hot or cold. Now, please put left hand towards me and now bend your head and see for yourself if there is a cool or hot breeze coming out of your head. If there is hot breeze, then please know that you have not forgiven. Some people get it close, and some people get it far away, so now you forgive everyone, again you put the right hand last time, and with the left hand you see. Now please put both your hands towards the sky like this, and your head backwards like this, and here you have to say, out of these three questions, you have to ask one question three times "Mother, is this the Cool Breeze of the Holy Ghost?", or "Mother, is this the All Pervading Power of Divine Love?" or "Mother, is this the Paramchaitanya?", ask any one of these questions three times. It's tremendous.

Now take down your hand, please. All those who have felt cold or hot breeze on their fingertips, or on their hands, or out of their fontanelle bone area, please raise both your hands.

This is Romania. What to say, you all have got your Realization. Now only thing you must know, what is this? You must know what is this power. You must know how to use it and how to enjoy. Within one month you can become masters. May God Bless you all. I can't meet so many people, I'm sorry, I wish I could but I'm sorry, I can't meet.

1993-0908, Shri Mahalakshmi Puja: You have come to Sahaja Yoga to ascend

View [online](#).

8 September 1993

You Have Come To Sahaja Yoga To Ascend

Mahalakshmi Puja

National Palace of Culture, Sofia (Bulgaria)

Talk Language: English | Transcript (English) – VERIFIED

Shri Mahalakshmi puja. Sofia (Bulgaria), 8 September 1993.

Today is a great day when we are celebrating Mahalakshmi's Puja. You must be knowing that today is the day of Mary, mother of Christ, who was Mahalakshmi.

Mahalakshmi's incarnation is very important for Sahaja Yoga. First She establishes our dharma by which we become righteous, we become religious in the real sense. After the light of realisation we cannot do anything that is not dharma. As you know what is dharma is, and the maryadas, the boundaries of our behavior. This transformation takes place automatically. I don't have to tell you, "Don't do this, don't do this," like ten commandments. You, yourself, establish your dharma and you enjoy your virtues. This happens, as you know - already has happened to all of you - with the grace of Mahalakshmi. Then She starts bestowing blessings on you.

First, the blessing is of physical well-being by which your parasympathetic nervous system gets into proper shape and a balance is established, as if the Mahalakshmi principle holds the reins and you cannot cross the limits, you cannot go too much to the left or to the right. By this principle you realise what is wrong with the outside religions, you realise also that inside all the religions are born like flowers on the same of tree of spirituality. And automatically you start worshipping all the prophets right from Abraham, Moses, Confucius, Lao Tse, Mohammed Sahib, Nanak. You worship them! It is not that you have respect, but you worship, and thus you lose the barriers of fundamentalism. By the ascent, with this principle, you achieve a personality by which you become a universal being. You understand the problems of your country and of your race, and you transcend to see what's wrong with them and how to correct them.

When the Mahalakshmi principle is awakened we realise that outside we may be different but inside we are just the same. All the masters and prophets are just the same, whatever religion they might have been born. Now this Mahalakshmi principle goes out of gear because of left or right-side movement of our attention. Even people come to Sahaja Yoga and they start going either to the left or to the right. One has to keep a proper watch, because you have come to Sahaja Yoga to ascend.

Now, if you move to the right side then you start fighting with your leader, finding faults with the leader, and, as Christ has said, you become 'murmuring souls' - you start talking ill about your leader. I have appointed Myself the leaders, and I know what's wrong with them or what's not wrong with them. They are in close contact with Me, so you don't have to judge them, by that you are hampering the progress of Sahaja Yoga and your own.

Then there are other people who try to find out new methods. Such people are extremely difficult because their ego conditions them so much that they don't see what's wrong with them, and they don't know they are doing anti-God activities. They are not creating problem for themselves but for others also. Anybody who starts like this suffers a lot, there is no joy on their face, they just try to show off and it is very, very dangerous! I have seen people who have tried all these tricks and fallen into lots of problems because Sahaja Yoga has its own culture, it has its own methods which are absolutely approved by Me. There is no need to start some new methods. If so, they should get out of Sahaja Yoga. This is the worst type of ego! And one should not have anything to do with such people. Already, everything has been researched in Sahaja Yoga. All the knowledge is already there, but this comes from a kind of a ego which doesn't feel the vibrations very well, and then you try to push away from the Mahalakshmi principle.

The left side people, when they move, they fall into the trap of other type of gurus or other type of readings, even in Sahaja Yoga. Sometimes people who'll get too much attached to their wives, to their children, to their family, too much attached, they become very left-sided. They have no joy and they don't want others to enjoy. Such people also should go out of Sahaja Yoga. Till they have overcome their attachments they should not be in Sahaja Yoga. Mahalakshmi's principle is extremely helpful, extremely nourishing and is the only way we can achieve our Realisation and enlightenment, but one has to have proper balance.

In the beginning Mahalakshmi principle incarnated on this earth as the wife of Shri Rama - Shri Sita. Then came the second incarnation at the time of Shri Krishna as Radha, 'Ra' is energy, 'dha' is the one which sustains. And then came the incarnation of Mahalakshmi, is the Mother of Christ. The Christianity has failed because they did not recognise the powers of Mary. This Paul was a hater of women and showed no respect to women. As a result of that, the women who are following so-called Christianity became very insecure. Of course in Catholic Church, as you know, a woman is not, cannot become, a priest, and also in the Protestant Church they don't want to accept women as priests - big, big fight going on! Even in the Orthodox Church they treat women as dirt. As a result women in the West have become extremely insecure. The way they accept to be nude, to expose their body, to sell their body, because they are so insecure, they have no identity.

If supposing in India a man tries to have relationship with another woman, the wife says "All right, you go to hell, I don't care. You are committing a sin, all right, go ahead, I have nothing to do with you," and the whole society will support that way, but in the west the position of woman is really, really very, very low, absolutely primitive. They are mothers, they are sisters, they are grandmothers, they are daughters and wives. I didn't understand why the women in the West are so anxious to attract the men. In India if any man looks at the woman she'll go and slap his face.

This insecurity is so much that I have seen in films women becoming nude everywhere, they have all kinds of nude clubs and all that, but men never become, men never. That I've seen films where women will become nude and show vulgarity, everything acceptably nonsense, while men were never take out their clothes. As if the body of men is something special and the body of women is not to be respected. It is [a] very primitive idea. I can't understand this, because it is the Adi Shakti who has created this Universe not Sadashiva. Even if women are not respected and they are not respectable the Gods cannot reside in that country.

So, we have to understand that women should have their own dignity and they should not yield to the pressures of men where they try to debase them. But at the same time they must respect their husbands, their men-folk, and they have to be extremely loving and compassionate.

Now, in the Western thinking they can't understand a Immaculate Conception, they don't understand God. It is God, and Divinity can do anything!

As you know Shri Ganesha was created by Parvati Herself, without Her husband, and Indians do not doubt it. After all He's God and She is Adi Shakti. Now you see so many miracle photographs have come, for you to see for yourself that there are miracles created, not in the photographs [only but] otherwise also you have seen so many miracles happening in Sahaja Yoga.

When I told that Ganesha is our Lord Jesus Christ, people would not believe it. So I said [that] symbolically, if you see from the right to the left, you will see Swastika on the Mooladhara, which is made of carbon atom. And if you can make a photograph of a carbon atom, and see it from right to the left, you do see the Swastika. This is the fact, is established and if you see from the left to the right it is Omkara, so thus what I've said is verified, scientifically. But if you see from down below upward, then what do you see is the Alpha and Omega. Now Christ has said, "I am the Alpha and I am the Omega." I do not know even at that time [if] there was talk of alpha and omega but now it is scientifically proved.

There are many other things about soul and everything - now we have scientifically proved it. Also now they are working on genes and they have found out that a person who is evil, who is wrong, who is not normal is because of a bad gene. That is what

is the bhoot.

So this how, you see, science is coming closer to Sahaja Yoga, but scientists find it very difficult to accept Me. They can't understand that I could be the source of Divine power. Till you have vibrations, how can you feel, how can you understand?

Despite that, now Sahaja Yoga is spreading in 55 countries, but the most important thing is to keep your Mahalakshmi principle clean and open.

That is, a woman who is Mahalakshmi is a very good housewife, very good queen, Raja Lakshmi. There are ashta Lakshmis, there are eight forms of Lakshmi, and these eight forms of Lakshmi are to be expressed, manifested by a Sahaja yogini. And the men must respect this Mahalakshmi principle within them.

First of all they have to be dharmic and the basis of dharma is respect, must develop respect and dedication. If you cannot surrender and detach, you cannot enter into Mahalakshmi channel. Either you will be money-oriented or power-oriented. So, you have to be detached from money and power - then Mahalakshmi principle starts working and you become a seeker.

On every chakra Mahalakshmi gives you Her blessings, but at the Sahasrara She gives you the collective-consciousness. She makes you deft in Sahaja Yoga practice and also understanding. I have seen, gradually, sahaja yogis have become very subtle and I can talk to them on a very subtle level.

I am so happy, today, we are here to celebrate Mahalakshmi principle at the time of Mother Mary's birthday. She passed through the greatest ordeal to see Her son being crucified but She knew what was the purpose of His crucifixion and She accepted. I can't see a cross, if somebody is wearing a cross I said "Take out cross!", because the message of Christ is resurrection and not crucifixion. But perhaps the Christians, specially Paul must have thought that he should use cross to make everybody feel guilty. This Paul has really done so much harm that, only after reading a treatise of 'Nag Hammadi', I found out that Thomas had to run away to India to tell the truth.

With this Mahalakshmi principle our attention should be on our virtues, and we must enjoy our generosity. We must enjoy our purity. We should enjoy our innocence and chastity - even men have to do that. We should enjoy our detachments. All this is already within your reach.

I've felt these people, when they were dancing, that they are all from Kashmir in, from, India and Adi Shakti incarnated first in Kashmir. I find Bulgarians very close to Indians. And also Romanians. Your talent in music I've seen, and that's why you all can sing Indian music so easily.

I bless you, all sahaja yogis, that you develop a proper sense of balance and that you spread Sahaja Yoga all over Bulgaria, making everyone joyous and happy as you are. We have to change the world. It's a tremendous task, is the greatest event in the history of spirituality and you are the participant of that, so you have to understand that your purity is very important and your surrendering will definitely help you to ascend, faster and faster.

So may God bless you!

1993-0909, We have to turn inward for our enlightenment

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9 September 1993

We Have To Turn Inward For Our Enlightenment

Public Program

Universiada Hall, Sofia (Bulgaria)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth. At the very outset we have to know the truth is what it is. We cannot cheat it and we cannot conceptualize it. Also unfortunately at this human awareness we cannot know it. There is something more that has to happen to our awareness. Whatever I am telling you today you need not accept it blindfoldedly But you should keep your minds open like scientist. Treat it as a hypothesis and if proved you have to accept it as truth. Because it is for your benevolence and for the benevolence of your country and also for the benevolence of the whole world. The truth is that you are not this body, ind, your conditionings, your ego. But you are pure spirit. Yo say my mind, my body, my ego, so who is this my ?who runs your heart. The doctors say its autonomous nervous system. But who is this auto. We never think take, notice about it. You see all the beautiful flowers, they are the miracles. But we don't think about it. In the same way we have to become ?? Is miracle. As you see in this world there are so many problems. Physical, mental, emotional, spiritual and worst is moral. These problems are mostly caused by human beings. And all human problems come to earth from our subtle centres about which we have shown. If this centres could be put right all these problems can be solved. This power is within you , your own. And this power only gives you your second birth . That is the last break through of your evolution. All the religions have talked about enlightenment, about your second birth. But today the religions have become money oriented or power oriented. They are not spirit oriented. They are going in the opposite direction. And thats how we see the problems of fundamentalism. You have seen Bosnia where muslims, are human being after all they are human beings, are attacked. After all they are human beings and no body has business to kill like this. This is even worst than hitler. But who is doing it, christians are doing it. Christians who follow Christ. This is really anti christ activity. Where ?? muslim, christian or any thing nobody has right to kill them. Its not only one country but whole world seems to be mad now. They have forgotten their religions, forgotten what is written in their books and doing everything absolutely against the religions. So we don't understand where to go. Science is a-moral. It has no morality behind it. And science has its limitations. It cannot tell you what is your identity, why have you come on this earth. So we have to turn inward for our enlightenment. Sahaja, saha is with, ja is born with you; is right you have union with all pervading power. So second truth is that all this miracles , this flowers is all the by that all pervading power by that divine love. You have not felt it but many have felt. And once you are united with this then your life is transformed. For eg. this instrument if is not connected to the main has no meaning. In the same way unless and until you are connected to the mains you have no meaning. There is no identity. You don't know why you are on this earth. While this power which is in your triangular bone named as sacrum, rises passes through six centres it nourishes all the centres solving your physical, mental and emotional problems. And ultimately it comes out of your fontanelle bone area and gets connected to this all pervading power which is very subtle. Firstly you start feeling the cool breeze as the cool vibrations as this divine power. now when this power you start feeling in finger tips, you are amazed that your finger tips are enlightened. You can feel on your finger tips whats wrong with your own chakra your own centre. Also you can feel the centres of others. So who is the other. You become from microcosm a macrocosm. Like one drop of ocean becomes the ocean. When the kundalini crosses this point Agnya, then she makes you thoughtlessly aware. Thoughts come to us from the past and the future. But we cannot be in the present. In between past and future there is not thought. When the kundalini raises then she elongates those thoughts and there is a space in between which makes us absolutely silent. We become peaceful. That is source of our peace. People talk about peace, the association of peace, they get award of peace; but they have no peace with themselves. I met many of them. They have no peace within themselves. So this state that is within you which is called thoughtless awareness. So by feeling the vibrations of others you become collectively conscious. So a new dimension develops within nerves after selfrealisation. Now you get a power and you can raise the kundalini of others and can give realisation to others and cure others. So many things that happen, because you become so dynamic and compassionate. You have all this powers potentially within you. But you have to manifest them. If you manifest them then you become super conscious human being. This is the time of last judgement. The stupid idea of all dead bodies will become human beings is absolutely illogical. But

many souls are taking births in this modern times. And that is why we have population problem. They are taking birth for their last judgment. But this is the time I call as blossom time. Because many are born as beautiful flowers becomes the fruit. In Quran they call it qiyama where resurrection will take place. So its clearly said that when resurrection will take place your hands will speak and will tell a?? you. But the stupid idea is that we should all die and bodies will come back making them fundamentalists. So also a ?? a craze is there that we must suffer. Why should you suffer. God almighty who has created you is your father and is full of love for you all [not audible]. Why will he make you suffer. Christ has already suffered for us. Are you going to suffer for Christ's sake ? So now the time has come for all of you to get your self realisation. So that you become the spirit. Spirit is the universal being within you. So you get universal personality. It is the source of absolute knowledge. So everybody who get the enlightenment thinks (??) the same thing. Outside they may be different but inside they are all just the same. So there are no arguments, there are no fights, there are no wars and ?? is the source of joy. Joy is not duality, ?? happiness and unhappiness. Its an absolute state of enjoyment. In India there are three doctors who got their MD in sahaja yoga. And many doctors in many country who are trying to record how many people being cured by sahaja yoga. You yourself can cure yourself. Also there are many people who are mentally cured. I don't say don't do this don't do that, but people in the light of spirit could not do wrong things. They are innately righteous. Also ?? I am born in a christian family I call myself christian. Christ has said though shall not have adulterous eyes. But how many you find people who are that pure in their eyes. But after this happening eyes become pure and innocent and attention becomes enlightened. Wherever you put your attention, you purify. It is all your own and you can get in no time. Of course it is not meant for idiotic people. Also it is not meant for arrogant people. You have to humble down in your heart. Its a living process of evolution for which you don't have to pay at all. God does not understand money. It does not understand maths. You cannot bribe him. He understand you desire your desire to become spirit for which you don't have to labour, you don't have to go to Himalayas and to stand on your heads. But If you have no value for your life then it wouldn't work out. So it will take hardly ten minutes. But I respect your freedom and if you don't want to have your realisation please leave the hall. Because it cannot be forced. And you should not disturb others. Those who want realisation will have it. Only thing those who are wearing shoes should take out their shoes because this mother earth absorbs helps us ?? .

As you are told we have two powers left and right. Left power is the power of desire, and the right is the power of action. Please those who are sitting on the chair should put both feet apart from each other. But those who are sitting on the ground are alright. In short I will tell you that there are three conditions which you have to understand and accept it. The first one is that you have to be fully confident that you will get your selfrealisation tonight. The second condition is that you are not to feel guilty any more. If you feel guilty then the centre on the left side here catches. It goes into jeopardy and you get diseases like angina, spondylitis and also lethargic organs. So what is the use of any guilt. If you have done mistakes, just face it and finish it. Those ?? tell you are sinners, there is nothing like that. This may be money making proposition. That means you should be pleasantly placed towards yourself. Now the third thing is that you have to forgive everyone. But whether we forgive or don't forgive, we don't do anything. But if you do not forgive then you play in the wrong hands and torture yourself. Also this centre Agnya gets closed like this. But if you forgive it opens and the kundalini passes through. So please forgive everyone without thinking about it. Don't think about individuals because that will give you headache. Just in general you have to say I forgive everyone. These are three conditions. I request everyone to be seated and put the feet away from each other. Now we will show you how you are going to nourish your own centres that ?? for today. First thing please put the left hand towards me like this which is symbolic in suggesting that you want your selfrealisation. Now put your right hand, because right hand is for action. Put it on your heart. Here in the heart is the spirit. Everybody should do it please. If you don't want to do it you can go out. I have already told you in the beginning otherwise you can go. So please your right hand on your heart. This is the centre where resides your spirit. If you become the spirit you become your own guide your own master. Now take your right hand in the upper portion of the abdomen on the left hand side and press it. We are working only on the left side. Here is the centre of the mastery. This centre was created by great masters and prophets. We have to just enlighten. Now take your right hand in the lower portion of the abdomen on the left hand side. This is the centre of your divine knowledge. Your hands should be like this on your lap. This is the centre pure divine knowledge. Now raise your right hand in the upper portion of your abdomen on the left hand side. And raise it in the corner of your neck and shoulder and turn your head toward right. I had told you that this centre if it is in trouble you get many diseases. So you should not feel guilty. Now take right hand on top of your forehead across and bend your head. This is the centre where you forgive everyone in general. Now please put your right hand on the back side of your head and pushback your head as far as possible. This is the centre where you have to ask forgiveness from the divine power for your satisfaction. Now stretch your palm fully. This is the last centre. Put you centre of your palm on top of the fontanelle bone area which was the soft bone in your

childhood. Now stretch back your fingers is very important ?? pressure. Now put down your head and move your scalp with pressure seven times clock wise slowly. Please put down your heads put down your heads. Seven times. That's all you have to do. We have close our eyes , you can take away your spectacles and don't open your eyes till I tell you. So now please see that your two feet are apart from each other and your left hand like this (is placed) on your left lap. Now don't try to control your thoughts or nothing. Just leave it alone. Now put your right hand on your heart and close your eyes. Please don't open them till I tell you. Here now resides the spirit. So you have to ask me a very fundamental question three times you can call me mother or you can call me Shri Mataji; "Mother am I the spirit" ask this three times. I told you that when you become the spirit you become your own master. So now please put your right hand in the upper portion of your abdomen on the left hand side and ask another fundamental question about yourself. Please ask three times "Mother am I my own master". Now I cannot force pure divine knowledge on you. I respect your freedom.

So please take your right hand in the lower portion of the abdomen on the left hand side. You have to ask for pure divine knowledge six times because this centre has got six petals. So please say six times "Mother please give me pure divine knowledge". As soon as you ask the divine knowledge the kundalini power starts rising. And you have to open your centres nourishing them with your self confidence. So raise your right hand in the upper portion of your abdomen on the left hand side. Here you can say ten times with full confidence "Mother I am my own master". I have already told you that you are not this body, this mind, this ego or conditioning but you are pure spirit. o raise your right hand on top of your heart and here you have to say twelve times with full confidence "Mother I am pure spirit". This divine power is the source of ?? . it is the ocean of compassion, bliss and joy. So whatever mistakes you may commit it can be easily dissolved because it is the ocean of forgiveness. So please forgive yourself. Now put your right hand in the corner of your neck and shoulder and turn your head towards right. Here you can say sixteen times with full confidence "Mother I am not guilty at all". I have already told you whether you forgive or don't forgive you don't do anything. But if you don't forgive you play into wrong hands. You have already tortured yourself for your life and now if you don't forgive you will also miss your self realisation because your Agnya centre wouldn't open. So now please raise your right hand on your forehead across and put down your head. Here you can say without thinking about others "Mother I forgive everyone in general". Say it from your heart, not how many times. Now, please take back your right hand on the backside of your head and push back your head. Here without feeling guilty without counting your mistakes you have to say for your satisfaction "O Divine power, if I have done anything wrong knowingly or unknowingly please forgive me". You have to say it from your heart, not how many times. Now please open your palm fully, stretch it, and put the centre of the palm on the top of the fontanelle bone area which is the soft bone in the childhood. Now press it hard and put down your head, it is important to push back your finger so that feel pressure on your scalp. Moreover I cannot force self realisation on you. You have to ask for it. So please say seven times "Mother please give me self realisation" and move your scalp slowly clockwise seven times saying that. Please put down your heads. Push back your fingers, push back. Now please take down your hands. Open your eyes and put both the hands towards me. Watch me and don't think. ?? . This is not ?? . now please put your right hand towards me like this, bend your head and see with the left hand if a cool or hot breeze is coming out of your fontanelle bone area. Again bend your head, don't put your hand on top of your head, away from it. Some people get it very far. Now please put the left hand towards me, bend your head, with the right hand see if the cool or hot breeze is coming out of your fontanelle bone area. If you have not forgiven everyone you will feel hot breeze. So please forgive now. Now put your right hand towards me and with your left hand on top of your fontanelle area and see for yourself if there's a cool or hot breeze is coming. Now, please put down your head, please put down your head. Now raise both your hand towards the sky like this, push back your head. Here you have to ask anyone of these three questions ?? please ask "Mother is this the cool breeze of the holy ghost " or "Mother is this the all pervading divine power of love" or "Mother is this the paramachaitanya". Any one of these questions you ask, three times. Now please take down your hands. Put your hands like this. All those who have felt cool or hot breeze is out of their fontanelle (bone area) or on your finger tips or on the hands, please raise both your hands. Everyone of you have felt for the first time this all pervading power. But, please remember that this is the beginning of your growth. Of course you have to come to the collective because this is not a individual growth. If one finger is hurt the whole body feels it. But if a leg is take out it doesn't grow. So you have to respect your self realisation and you have to come to the collective, our followers and become one with all of them. Sahaja yoga is working in 55 nations. Apart from India, Russia has thousands of sahaja yogis. But you have grow and you don't have to pay at all for it . I know next year when I come you will be grown as great trees of sahaja yoga. Also it has to spread, it has to spread. We have say from other country thousands of yogis. Also Bulgaria, ?? . May God bless you !. Now enjoy yourself.

And they will let me know. She is the leader here now. She has come from Switzerland. She is very old sahaja yogini. They want to sing a song to you.

1993-0910, You Have To Get Your Enlightenment

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10 September 1993

You Have To Get Your Enlightenment

Public Program

Építők székháza, Budapest (Hungary)

Talk Language: English | Transcript (English) – Draft

Public Program, Budapest, 10-09-1993

I bow to all the seekers of truth (Shri Mataji folds her hands and bows to the audience) At the very outset, you have to know that truth is what it is. You cannot change it, you cannot conceptualize it. Unfortunately at this human awareness you cannot know it also. That's why it is said that you have to get your enlightenment. Whatever I am going to tell you today, you don't have to accept it blindfolded, but keep your minds open like scientist. And if it is proved then you have to accept it as honest people. Because it is benevolence for, it is for your benevolence, for the benevolence of your country and for the benevolence of the whole world. They have already told you about the subtle system which is within us. There is this power, your own power, in your sacrum bone, which awakens and connects you to this all-pervading power of divine love. So the truth is that you are not this body, this mind, these conditionings and this ego but you are the pure spirit. That means when you say this is my body, this is my, these are my emotions, this is my ego, you go on saying my, my, my but who is this my? Who runs your heart? The doctor said its autonomous nervous system. But who is this auto? (Shri Mataji repeats for the translator) Who runs your heart? The doctor says autonomous nervous system but who is this auto? The another truth is that there is a all-pervading all-pervadingahaja power of divine love, which does all living work. You see beautiful flowers, beautiful plants, it's a miracle. Who does all this living work? This is the subtle energy which does all this living work and it has also given us our evolutionary process. Thus we have become human beings. But we do not know the absolute truth. Everyone has his own idea. There are thousand types of isms in this world. That's why they are fighting today. If God is one, why should people fight in the name of God? Because all these religions also are money oriented or power oriented. They are not truth oriented or spirit oriented. You could be a Hindu, Christian, Muslim anything, you can commit any, any sin. It is just a brand you carry. (Shri Mataji talking to the translator that your voice is coming slow, I think people can't hear you.) So now where do we go? But in every religion it is said that you have to evolve, you have to have your second birth. What is this second birth is not another brand to say that I am twice-born. But it is the reality, it is the reality which you have to know. Its not just some words or its not just ...aaa giving a sermon to you but you have to know it. You have to know it on your central nervous system. Whatever we have gained in our evolutionary process we know on our central nervous system. Supposing there is a dirty pond, a dog can pass through it but a human being cannot. Thus we have developed some more sensitivities than the animals. But something more has to happen to us and that is what is called SELF REALIZATION or ENLIGHTENMENT. It is evolutionary process, living process. You can not pay for it. There are many false people who have come from India, from all over now they are coming from America who are just making fool people and take money from them. There is no connection between the inner morality and religion. (Shri Mataji repeats for the translator that there is no connection between the inner morality and religion) And when we see this we are shocked. We become atheist, and they said don't believe in God. (audio not clear at this point) But this is very unscientific. Have you found out the God? Now the time has come for all of you to get your self realization. Unfortunately all the countries who enjoy the democracies have not had sensitivity as people who were.....(not clear audio from 10.42 till 10.45)

In our freedom and in our so called religious pursuits, we have gone amuck. I was surprised in Russia, in Bulgaria, in Romania everywhere except I don't know, not so much here but, but all these three countries we have thousands of sahaja yogis. I was surprised to see in Hungary where everybody is becoming now American. (Shri Mataji repeats for the translator) I feel that in Hungary now everybody is trying to become Americans. American. Perhaps you don't know the greatest idiotic people are Americans. You may change your dress but you can't become idiotics like them. They have no wisdom of any kind. They are so stupid that you don't know what to say. There's a actress who got married eight times, imagine, horrible thing and there were four thousand people waiting in her house , outside the house , just to see her going for her honeymoon. And there were

helicopters, ten helicopters hovering over her house. And then they dropped with their (Shri Mataji asking someone what do you call that, they came through their.... (.....one word is not clear at 13.40) and then they dropped people taking photograph. And so many fell on the people, on the tree, on the house. I tell you in India you can't find one person to go there. Because there it is very inauspicious to see a woman marrying eight times, its horrible. One better than the other. There are so many stupid things they do that if you have little wisdom you can see through. If through freedom you have achieved idiocy it is better not to have such freedom. So I have to just warn you , be careful. Getting out of communism now you should not jump to fundamentalism also. Where they believe that only one religion is neat.

If you ask a Muslim he will say that Jews are the worst. And if you ask the Jews they will say the same for the Muslims. Same with the Christians, same with the Hindus. So, by just calling yourself chosen you don't become chosen, do you ? But this is the time, of last judgement. So many people are taking their birth on this earth to get their last judgement. It's a silly idea also that all the bodies will come out of the graves. I mean how can you accept this kind of a nonsense. This is the reason why the population is so much, so great. But I call it as blossom time because there (audio is cut here at 17.00)

This happening everywhere. Because these are special times. So when this power, Kundalini, which is in your sacrum bone meaning sacred , rises, she passes through six centres. All the human problems are from their centres. When these centres are in jeopardy, people have physical, mental, emotional and spiritual problems. Now this bone is called as sacred meaning Greeks knew that it's a sacred bone. Thus we have seen that people who get their self realization through Kundalini awakening have been cured of many incurable diseases. Three doctors in Delhi have got their MD at this doctorate in medicine in Sahaj Yoga for curing incurable diseases. Apart from that mental diseases like epilepsy and so many, schizophrenia are being cured with Sahaj Yoga. Addictions like drugs and others are dropped overnight by people. Because in the light of the spirit you see what is destructive and what is constructive. By listening to sermons, lectures, you cannot see that point. Secondly this light of the spirit enlightens your attention. First you feel on your fingertips, the centres, within yourself and in other people. And actually you can diagnose what's wrong with you and what's wrong with others. You don't have to go through the various horrible tests and diagnosis, its just you can do it sitting down here. This diagnosis is done and if you know how to correct your centres you feel alright and you can make others also feel alright. I have told that some very well known doctors in England have been very much impressed by Sahaja Yoga and they have called a conference in England, also in Paris. Only problem is in Sahaj yoga you cannot take money and I don't know how many doctors will accept that situation. But still there will be many rich people who would not like to come to Sahaja Yoga but will go to the doctor only. So the doctors will not be that fanatic. Doctors.

Now your spiritual problems are that there are many false gurus, there are many religions which are just money oriented and you, all the centres are in trouble. If you are born in a Christian religion, born in a Hindu religion, born in a Muslim religion, you become that. And from very childhood you don't want to see what's wrong with it and you are very much conditioned by it.

There's a very new discovery in NAG NAGMANI there's a new discovery in(.....one word not clear at 23.59) which is called Nag Nagmani where they have discovered the Gospel of Taurus. And he says that this power was the hater of women. He never respected even the mother of Christ. Even in Quran, Mohammad Sahib has respected her very much and said she is a chaste woman. Don't doubt her chastity. As a result woman became very insecure in the, in the Christian religion. They have to always try to please men. (Shri Mataji repeats for the translator that they have to always try to please men.) So doing all kinds of funny things you know wearing skirts from six inches to twelve inches (Shri Mataji laughs) changing. And also going to the beauty parlors , do this do that just to please their men. I was amazed to see that in all the western films they show only the women nude, never men. Never. As if the body of men is very holy and that of woman is dirt. In India woman is the shakti, she is the power behind the man. (Shri Mataji repeats for the translator that Woman is the shakti, power, behind the man) If a man looks at her, she will go and slap him. And if her husband goes with some other woman, she will say go to hell with her, I don't care. You are committing a sin, alright ,go ahead. You are committing a sin, so go ahead. I have nothing to do with you. The whole society will support woman. Because they know she is the preserver of the society. And in America now they are talking about family life but imagine a woman divorcing her husband eight times producing no children.

Under these circumstances it is important for us to know what is the truth. We have to become the spirit. Otherwise you have no identity, you have no personality. You don't know the goal of your life. You have no value for your life. If this instrument (Shri

Mataji points to the mic in her hand)is not connected to the mains, it has no value. It has no meaning. You go on drifting, any fashion comes in, everybody doing the same thing.

And here they talk of individuality. If you are individual how can you follow these stupid fashions. So the responsibility of the whole society is finished and we find lots of problems with children, with family life. I am talking about these problems because if you are becoming Americans, be careful, you will have divorces after divorces.

Now the greater advantage or the greater achievement of self realization is that, the spirit is the source of absolute truth. That means everybody knows the truth, the same truth. There's no quarrel, no fight. So there can be no wars. The outside is different, but inside of all these self realized people is the same. And they are very wise, very sensible, balanced, satisfied people. They become very dynamic at the same time, extremely compassionate. They lead a normal life, they marry, they have children but they enjoy every moment of their life. Because spirit is the source of joy. There are so many things I can tell you but in this short lecture whatever was important I have told you already that why you should get your self realization. As I see there are many lights here and you switch on one switch and you get all the lights. There's no need to tell you about the history of electricity. It is all built in within you, already built in. Its your own power. Its your own mechanism. And you all are going to get it tonight, the first sprouting of it. First time you are going to feel this all pervading power on your central nervous system, through your fingertips. This we call as Bodha - Bodh – from where the word Budha has come. Gnosis. Gnosis as they call it gnosis in English language. I don't know what they call it here. But the word "Gna", gna comes from Sanskrit word meaning "to know". Know on your central nervous system, not on, in your mental capacity. But then every experience, every experience becomes tangible. You can verify it. Thus Sahaja Yoga is a Meta Science, above science.

Now only thing I have to tell you that you all should have only self-confidence that you will all get your realization. You should have pure desire in your heart. Of course I cannot force on you. I respect your freedom. Those who don't want to have their self realization should please leave the hall and not to disturb others. Already I have told you that Sahaj yoga is not meant for idiots. We are again going to America somehow to try my luck (Shri Mataji repeats for the translator that again I am going to America and try my luck again. Shri Mataji laughs) Not for the arrogant, not for the arrogant or conditioned people. Keep your mind open and it will work out. After that you have to come to our collective. Because it's a collective happening. Supposing a nail is cut out of your body, you will have a growth. By this you become part and parcel of the whole. Like the microcosm becomes the macrocosm. Like a drop becomes the ocean. You have to have some patience with yourself. Of course you don't have to go to Himalayas, or do anything, you will get your realization just now here. But respect your realization. Luckily in Austria we have thousands of Sahaja yogis. And they are very anxious that their neighbourscentre should also be Sahaja yogis.

SELF REALIZATION PROCESS

Al right, I would request you now just to take out your shoes because this Mother Earth helps us a lot. Now please put both your feet away from each other because there are two powers, left and right. The left is for your power of desire and right is for your power of action. All of you should be seated down. (Shri Mataji drinks water) There are three conditions which I will tell you, which are basic. First I have already told you that you must have full self confidence and a pure desire to become the spirit. The second one is you are not to feel guilty at all. To feel guilty is a myth. If you have done any mistakes you should face it and finish it off. But don't keep that guilt here, in this part of the Vishuddhi on the left side. (Shri Mataji keeps her right hand on left side of her neck pointing to this part of neck) If you do like that, then you might get disease called Angina, Spondylitis or lethargic organs. So why to feel guilty for nothing at all , to get yourself sick. Second condition, third condition is that you have to forgive everyone. Some people say it is very difficult to forgive but whether you forgive or don't forgive you don't do anything logically. Only thing by not forgiving you torture yourself and play in the wrong hands. We don't even have to think about that. Just in general say " I forgive everyone. " If you feel guilty this center goes out ,on this left side (Shri Mataji keeps her right hand on left side of neck pointing to left vishuddhi) and if you don't forgive this centre of Agnya is like this (Shri Mataji keeps both her hands' fingers in Criss cross position) absolutely closed, constricted. So you have to forgive to open this. Otherwise you have tortured yourself all your life and now you will miss your self realization because Kundalini can not pass through it. So please forgive. These are the only three conditions.

Now we will show you how you will nourish yourself your centres only for today. Then we will close our eyes and the kundalini will rise and break through the fontanelle bone area. This will not take more than ten to fifteen minutes. And you have to promise in your heart that you will grow in Sahaja yoga and you will save others also. One enlightened light can enlighten many. For which you don't have to pay, for which you don't take any money and only the reward is tremendous joy. (Shri Mataji drinks water.)

Now, first you have to put your left hand towards me like this symbolic (Shri Mataji keeps her left hand on her lap, palm open upwards) that you desire to have your self realization. Now you have to use your another hand, right hand to nourish your all centres. Please put your hands like this, (Shri Mataji raises her left hand from the lap and shows it open upwards to the audience) all of you have to do it. Please put it on your lap (Shri Mataji keeps her left hand open on her lap now) If you want someone, some people can sit on the top if they want to see me or some, there is staircase.

Now with the right hand, first put your right hand on your heart (Shri Mataji keeps her right hand on her heart) where resides your spirit. Now if you become the spirit you become your own guide, your own master. So please take your right hand in the upper portion of your abdomen on the left hand side (Shri Mataji moves her right hand from heart position now and keeps it on upper portion of her abdomen on the left hand side) This is the centre of your mastery, of your guidance. (Shri Mataji pointing to someone in the audience) near the door, Please be seated. Then please take your hand in the lower portion of your abdomen on the left hand side. (Shri Mataji moved her right hand from upper part of abdomen to the lower portion of abdomen on the left hand side) This is the centre of pure divine knowledge. We are working only on the left hand side. So now raise your right hand in the upper portion of your abdomen again. (Shri Mataji moves her right hand from lower portion of abdomen to the upper part of abdomen on the left hand side only) Then on your heart (Shri Mataji moves her right hand from upper portion of abdomen to her heart on left hand side) Then in the corner of your neck and shoulder and turn your head to right (Shri Mataji keeps her right hand on the left hand side of her neck where neck and shoulder joins and turns her head to the right side) Turn to your right. This is, this is the centre I have already told you about when you feel guilty you catch on that. (Shri Mataji points to someone in the audience) Please why don't you do it, please. Now take your right hand on your forehead across and put down your head. (Shri Mataji keeps her right hand across on her forehead and bends down her head) This is the centre where you have to forgive everyone in general. Now take out this hand on the back side of your head and push back your head. (Shri Mataji takes her right hand at the back of her head and pushes her head on that) Here for your own satisfaction, without feeling guilty, without counting mistakes you have to ask forgiveness from the all-pervading divine power. Now stretch your hand fully, (Shri Mataji stretches her right hand fully and shows to the audience) the palm, put the center of your palm on top of the fontanelle bone area (Shri Mataji stretches her right hand fully and keeps it on top of her head) which was a soft bone in your childhood. Now push back your fingers so that there is a good pressure on your scalp. Now put down your head (Shri Mataji puts her head down) Here you have to move your scalp seven times slowly, clockwise. Please put down your head, please put down your head and push back your fingers (Shri Mataji keeps her right hand on head and asks audience to put hand on head) Please move it seven times clockwise. That's all we have to do.

Now you can take out your spectacles, and close your eyes. Put the left hand towards me like this and both the feet away from each other. And put the right hand on your heart (Shri Mataji keeps her right hand on her heart on left hand side) Now close your eyes and don't open them till I tell you. Here you have to ask me a fundamental question about yourself three times. You can call me Mother or you can call me Shri Mataji. Please ask, " Mother am I the spirit?" Three times. I have told you that if you become the spirit, you become your own master. So now please put your right hand on the upper portion of abdomen on the left hand side (Shri Mataji keeps her right hand on upper portion of her abdomen on the left hand side) Here press it and ask another fundamental question. "Mother am I, Mother Am I my own master?" Ask this question three times. I have already told you that I respect your freedom and I cannot force pure divine knowledge on you. Please take your right hand in the lower portion of your abdomen on the left hand side. Here you have to ask for pure divine knowledge six times because this centre has got six petals. So please ask six times, "Mother please give me pure divine knowledge." (Shri Mataji keeps her right hand on lower portion of her abdomen on left hand side) As soon as you ask for pure divine knowledge the kundalini starts rising. So we have to nourish higher centres with our self-confidence. So now raise your hand in the upper portion of abdomen on the left side (Shri Mataji keeps her right hand on the upper portion of her abdomen on the left side) and say ten times with full confidence, "Mother I am my own master." I have already told you that you are not this body, this mind, this conditioning, this ego but you are the pure

spirit. So now raise your right hand on to your heart (Shri Mataji keeps her right hand on her heart on left hand side) and here you have to say twelve times with full confidence, "Mother I am the pure spirit." This all-pervading divine power is the ocean of knowledge, ocean of joy and ocean of bliss. But above all it is the ocean of forgiveness. So whatever mistakes you might have committed, can be easily dissolved by this ocean of forgiveness. So at this moment please forgive yourself and raise your hand in the corner of your shoulder and your neck and turn your head to your right (Shri Mataji keeps her right hand on left side of her neck) Here you have to say with full confidence "Mother I am not guilty at all." Please say it sixteen times. I have already told you 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 now at this moment if you don't forgive, your Agnya chakra won't be open and you will not get your self-realization. Your Kundalini cannot pass through. Now raise your hand up to the forehead across and put down your head as far as possible (Shri Mataji raises her right hand up to her forehead and keeps it on forehead across and bends her head down) Here you have to say from your heart not how many times "Mother, I forgive everyone in general." Don't think about it. Now please take back your hand on the backside of your head and push back your head as far as possible. (Shri Mataji takes her right hand back and keeps it on back of her head and pushes her head back) Here without feeling guilty, without counting your mistakes, for your satisfaction you have to again say from your heart "O divine power, if I have done any mistakes please forgive me." Now the most important is the last centre where you have to stretch your palm fully and put the centre of your palm on the fontanelle bone area (Shri Mataji stretches her palm fully and keeps it on top of her head on the fontanelle bone area) Important is to push back your fingers and put down your head. Now here again I cannot force self-realization on you. You have to ask for it. So now move your scalp seven times clockwise saying seven times "Mother please give me my self-realization." Please put down your heads, put down. (Shri Mataji tells the translator that ask them to put down their heads and bend) (Shri Mataji blows the cool breeze through mic seven times) Now please take down your hands. Put on your glasses. Now put both the hands like this towards me. (Shri Mataji opens both her hands palm facing upward and shows to the audience) Now put the right hand like this, bend your head and feel with your left hand if there is cool or hot breeze like thing coming from your head. (Shri Mataji keeps her right hand open towards the audience and with the left hand she is checking above the head if there is cool or hot breeze coming out from the head) Don't put on your head but away from it. (Shri Mataji shows not to touch the right hand on the head but keep it little away from the head while feeling the breeze) Now please put your left hand towards me and keep your head again and with the right hand please see again if there is hot or cool breeze like energy coming out of your head. (Shri Mataji keeps her left hand open towards the audience and with right hand she checks above her head for cool or hot breeze coming out of the head,) Note down. If you have not forgiven, it will be hot. So please forgive.

Now please put your right hand towards me and bend your head and see for yourself if there is a cool breeze coming out of your head, cool or hot breeze. (Shri Mataji now keeps her right hand open towards the audience and with her left hand she checks for cool or hot breeze above her head) Bend your heads, bend your heads. Alright. Now please put both the hands towards me like this. (Shri Mataji opens both her hands, palm facing upwards and shows to audience) and watch me without thinking. Now you have to put both the hands towards the sky like this (Shri Mataji raises both her hands towards the sky palm facing upward) and bend back like this. (Shri Mataji bends her head back) Here you have to ask anyone of these three questions three times. "Mother is this the cool breeze of the holy ghost?" or "Mother is this the all-pervading power of divine love?" Or "Mother is this the Param Chaitanya?" Ask any one of these questions three times in your heart. Now please keep down your hands. All those who have felt cool breeze on their fingertips or hot breeze or on their palms or out of their fontanelle bone area cool or hot breeze please raise both your hands. (Many people in the audience raise their hands) All of them. May God bless you. All of you have felt it except for very few. May God bless you. I have told you that you have to be in the collective. You'll get all the knowledge, everything. Within one month you will be experts. You don't have to pay for anything. May God bless you.

1993-0917, Shri Ganesha Puja Evening Program: Sitar Concert by Prateek Chaudhuri

View [online](#).

17 September 1993

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

1993-09-17 Sitar Concert - Prateek Chaudhuri, Cabella, Italy,

Both of them are still ...I think not adults I don't know ...

So we have here Prateek, Prateek means a symbol...Prateek Chaudhuri, He is the son of the great renowned Sahaja yogi, Sitar player, Debu Chaudhuri. He is so young but so gifted ...I must say for him to live in Delhi and to practice the sitar is an impossible situation. The boys of his age group are busy with discos and all kinds of nonsense, I know them very well. And it's very difficult to avoid their company...But the way he has taken so seriously to this practising of Sitar, Which is a real divine instrument...in the style of his father of a special Gharana And the way he has mastered it I am really amazed. We are very lucky that on a Ganesha Puja we have such a small artist but a very great player before us to entertain. Also, I need not introduce Dhananjay who is known to you before ...I think he is the youngest artist who has visited Cabella. These are prodigies I think from their past lives. In this new resurrection time When there is going to be the last judgement all these great musicians are taking birth. I have seen my self from 2 years to 10-year-old children singing so well as if some big 'ustad' is singing and they don't know how they do it. I have also met some ...You must have also met somebody at Ganpatipule, the one who could tell you what were the notations of anything that was played for him. Any difficult thing ...He was just 8 years of age. He knew the ragas, everything. He is very surprising how they know so many things but this is coming from the past life and so many are taking birth. I hope some of you, the Sahaja yogis couple will also have children like this...to entertain us and to show to the world that such great people are born to Sahaja yogis.

Then we have Yusuf Ali Khan Sahib who has been here before, and who is such a humble and a very beautiful player on tabla. He is very appreciative to Sahaja yoga and he has promised to get some Bangladeshi musicians to come to Sahaja Yoga that will be really a saving point... As I have such a desire for Bengali's because they are worshipers of Mother since ages and they have not forgotten it. By the wisdom of these people may be Bangladesh have might come to Sahaja yoga and achieved their enlightenment which is promised in 'Koran'. Now you have also the Mother, of Prateek Mrs Chaudhary. She is a very nice lady, and she cooks very well. My daughter is saying that she is a very good cook. I wish you could get her some nice fish and she can cook for us... She is a very talented lady. She makes poems and things and the way she has stood the strain of her husband's work. Nowadays he is in America, and the next day he is somewhere else and she is the one who is looking after. This family I have met a long time back and since then they have been in Sahaja yoga. Debu Chaudhary is very much growing in his fame and in his talent and really some people told me that When he plays as if he enters into our heart...that's what we feel ...In London, people were describing him like that. Must be Sahaja Yoga trick must be working I am sure & They say that we have not heard any Sitar player of that quality which is something very remarkable. So all these things are happening in the Sahaja Yoga and I bless these artists that they should grow more and more in their creativity and understanding and that they produce music of a quality which will make their Kundalini rise and make them divine because this music has that quality to do it. So may God bless you

[Performance of artists starts ...]

1993-0918, Evening Program eve of Shri Ganesha Puja

View [online](#).

18 September 1993

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) - In Progress, Transcript (English) – NEEDED

1993-0919, Shri Ganesha Puja: Ritualism is not innocence

View [online](#).

19 September 1993

Ritualism Is Not Innocence

Ganesha Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Today we have gathered here to do Shri Ganesha Puja.

The first Deity that was created by the Adi Shakti was Shri Ganesh because it was necessary first to create the Deity of principles. The Deity of principles in the sense that whatever is created, whatever is there as called bhava – whatever has been so far created up to human level, everything – had to be through the implanted mechanism of energy, otherwise nothing could have been created.

If you go into the matter, say sulphur dioxide, then sulphur and oxide—go on deep into it till you reach the state when it is a molecule—then you see these atoms of sulphur and oxygen, they oscillate. They oscillate with a frequency. There are three types of frequencies they use.

Now imagine in the molecule – think of it – in the molecule of a substance, there is an energy which is acting. Now one may say that, “Why should [it] be [that] in matter there is energy?” One can ask a question why there should be energy in matter. If there was no energy in the matter, how can you have all chemical compounds? Who pushes them? Say you have sodium chloride. Sodium and chloride are attached to each other. But if the chloride has to go to some other atom, then who does that? There has to be some energy which is absolutely inbuilt into matter.

Now, we may say that, “What about water?” You know water has energy; that’s how we have hydrostatics. Even coal, even stones, all of them have got energy within themselves. And it is all controlled by the principle of Shri Ganesh. So, though He’s such a small, little, tiny, little child, how great is His work and how much He has to work out.

Now from matter, you move, say, to living plants, then to animals, then to human beings, and everywhere His energy works. At the level of matter, they might call it “electromagnetic,” but potentially it is the energy of Shri Ganesh which is electromagnetic at that point. Then it starts evolving, growing. That’s how we have different stratas of energies that we see in different growth of the evolution.

In the human being it exists, as you know, as auspiciousness, as purity, mainly [as] the innocence. So the power of innocence is such a guiding factor. There’s a difference between ignorance and innocence. If you are innocent, then to you, nothing is important except for love. For an innocent person – who is not conditioned, who is not egoistical, who is not so-called matured – it is the love that it understands. It doesn’t care for any wealth, any power, anything, but the love that it can feel, the pure love of a person.

An innocent person has no understanding of gaining anything out of the love he receives or he gives; no sense at all. Innocence is the basis of all the dharmas. If you have no innocence, you cannot follow dharma. Because if you are dharmic, it is maybe your mental attitude, maybe egoistical, maybe because you are born in a religion, or because somebody has told you about it. It’s going to be very superficial. Unless and until it is embedded in the quality of innocence, dharma has no meaning. In that state, you are dharmic. You are beyond any thinking about it, of any deductions about it, but you are dharmic. You cannot be adharmic. You cannot be. As if the manifestation of innocence is morality.

Once Shri Ganesha is awakened—I hope He has been awakened in all of you—and if you respect Him, just respect Him, then

automatically you develop a sense of morality. I don't have to tell you. I don't have to explain to you. You just become moral. People who have seen you are quite amazed and have said that, "How is it that their eyes are fixed, so innocent, without any lust and greed?" It's the light of Shri Ganesha from the Back Agnya, Front Agnya; the Jesus Christ, who is the manifestation of Shri Ganesha. It is impossible for the Western mind to understand that Jesus Christ was purity. They can't understand. And they have criticized Him and said horrible things against Him. But somehow, He's forgiving them.

But one thing about Shri Ganesh is that He worships His Mother. Motherhood is very important: motherhood in the women, motherhood in the father, and also in the children has to be accepted as the mainstay of family life and society. The ordinary life of a human being – very simple, innocent, simple people – revolves around the mother. It revolves. But the mothers have to be mothers. As Shri Ganesha is so much surrendered to His Mother, and who is His Mother is Adi Shakti. He does not know anybody else. He just knows His Mother. This is extremely important in Sahaj Yoga.

As we say, there are immoral human beings and they are doing immoral things because they are committing sin against the Adi Shakti. Committing sin against Ganesha they may be forgiven, but committing sin against the Adi Shakti—it encompasses a very big area where we start seeing how we are committing the sin against the Adi Shakti, which ultimately Shri Ganesha punishes. Ultimately. Actually, the Adi Shakti doesn't punish anyone, the deities only punish them.

The first and foremost thing that is to be understood is that innocence should be respected, looked after, nourished, and protected. That's why I am very particular about the children. Children should not be exposed to the public. We should not try to make photographs out of our children and expose them in the newspaper or give them for advertisement or anything there. It's a very wrong idea to expose your children to gain some money out of them – in any way, in the smallest way also. Because we are selling the innocence, the innocence which is invaluable, writ large on the children. Many children I know who have been advertised and all that, especially in India, have died.

Also we have to look after our children with great care. But we go to two extremes, I have seen. Some people are only worried about their own children. If anything happens to them, [they] just get upset. That means you are respecting your child because he's your child. But if you are respecting him because he carries innocence with him, then you have to respect every child and understand every child: what they talk, what they say, how they behave. Luckily, you all have got children now who are born realized. It's such a great thing. It's such a blessing.

So on one side, we have to see how innocent they are and how they talk. I'll give you an example. Wolfgang was very serious and his wife told me that "we were taking him to the hospital," so his daughter says, "Why are you taking him to the hospital? There are no Sahaja Yogis there. How will they correct his chakras?" Innocently said the correct thing. And they couldn't do it – doctors didn't do anything. I had to cure him. "Take him to Mother. Why are you taking him to the hospital?" They see the right point and say the right thing because they are innocent and innocence means they have pure attention. Pure attention, for anything, you need – say [for] music, for art. For anything, you have to have pure attention, and that comes through your innocence.

Say, a person who is an artist and who is very money-oriented, for example, a person who is doing some paintings and all that, his art cannot become eternal art. Cannot. That's why we see in modern times, whatever art is created, it just comes and goes. It has no eternal value. Same with the modern music that they are having. The same thing is happening. It comes and goes and no one knows where it has disappeared. Behind it is money orientation and that money orientation results into a kind of a creation which is not perfect.

All creations which were dedicated to God in the olden times are being today very much respected and people pay a lot of money for that. Maybe at that time the artist must have suffered, but they understood, innocent artists understood very much, that if we have to express, we must truthfully do it. Not to please the people, not to please anyone, but to please God. As you know that Michelangelo had a big fight with this pope here because he couldn't tolerate the nonsense that was coming from the pope. All the artists always have been fighting – real artists.

So this innocence also gives you a power of self-understanding. You know where you stand. A person who is innocent knows

very well that he is standing on the pedestal of virtues. He should not give in to all kinds of nonsensical things which are very popular, may be fashionable, may be accepted. For what? For what are we going to sacrifice our innocence? What is our gain? Maybe some people are too brilliant and they may try to show off with their brilliance for a short time, but they don't remain in the eternal history. They go as egoistical people or as very dishonest people. Nobody respects them.

So there is a big attack on the innocence of people, a big attack. First it comes on children. As you see, this nonsense that is going on which we hear about, I mean, I can't even understand why they do it. They do it on children, these funny attacks of abuses. It's just because they want to kill the innocence. Perhaps those who do it have no innocence in them and they don't want the children to have any innocence left in them. Otherwise, in India it's something we can't understand. Really, we can't understand.

But it is becoming much more prevalent, much more fashionable now because there is definitely an attack on innocence. Not only on children, but even on people who are innocent. Because those who have deliberations in criminality, in all kinds of sinful acts, will never, never try to protect innocence. Never. Because the juxtaposition is there. They are doing something which they think is the best. I don't know if they think that way. But I don't know what justifies their behaviour like this, to attack the innocence of children.

In so many ways you'll find this innocence is being attacked. If your children are doing well, if they are studying well, somebody might try to catch hold of them. If some person they find is an innocent person, they will try to put him into trouble. The innocence itself is such a power that it challenges the hatred, the abusive nature of people.

First of all, we should see how our conditioning takes over our innocence. It makes you extremely ritualistic. Even in Sahaja Yoga, I have seen – I have heard also – that people are extremely ritualistic. Now the ritualism is like this: that you have to say something three times, you say it three times, seven times, like tied-up people. I have seen some Sahaja Yogis like that. And some Sahaja Yogis, I think they must be bhootish, get frightened with Me. What is there to be frightened of Me? Because they are bhootish, they are getting frightened. Otherwise why should you? I love you all and you won't find a greater mild guru than Myself, I don't think so. But they are afraid. Even if you look at them, they'll not smile, they'll be afraid. What wrong have you done? You have become Sahaja Yogis! They are so ritualistic in everything.

So one should understand a difference between a protocol and ritualism. An innocent child knows the protocol. I remember there was a child who came to see Me in Oxted, and I said, "Let's go upstairs." So it was a small, little staircase of wood. He said, "What? Is She going to go up without a red carpet?" This came into his head! So for children, innocent children, the worship, everything is not ritualistic, it is heartfelt. You feel it from the heart: how to do the worship, how to show your love. It's very sweet the way an innocent person does it, while a person who is very ritualistic, he may even beat another person because, "Why did you do this? You should not have put camphor in it. Why did you put the camphor so? It's very wrong." There's nothing wrong. If you do it with your heart, with your open heart, innocently, anything is all right. It is the open heart which is necessary, not the closed heart: "Why did you do it? Why didn't you do it? Where did you sit? What happened?" Nothing.

Now you are in the kingdom of God, and here there are no such rules and regulations that you should be ritualistic. But everything has a double style. Now I say you need not be ritualistic. So, once I went into an ashram. I found everything was just like a pigsty. I said, "What's this? Is this an ashram or what is it?" So they said, "Mother, you told us that you have to be innocent and you don't have to be ritualistic. So we thought, 'Throw all the things wherever you feel like. What is there to be ritualistic?'" It's a very common thing. All the ashram leaders tell me that Sahaja Yogis have no sense at all of looking after the cleanliness of the ashram. They are least bothered. If it is their house, they look after, but if it is an ashram they do not. It's very surprising. And I have seen, or I have heard, that the ashrams of all bhootish and false gurus are absolutely spick-and-span. Really. It's very surprising. And even here in Cabella, people were telling me that they are living like animals. I said, "Animals are innocent, you know."

You go into a jungle, now—I don't know, we are going to take you this time [on India Tour to Kanha National Park] into a jungle—you will have no smell, no horrid things to see, nothing. It's very clean, spick-and-span, all the time. But you put one

human being [there], you will immediately know there has been a human being. They have their own systems of keeping things clean. Even the tiger, who is an innocent thing—up to animal stage you are innocent—he has his own styles. I don't know if you know about a tiger or not, but a tiger will kill an animal because he has to eat, after all. He supposed to only eat animals, he doesn't eat grass. What to do? He's not a vegetarian. God has made him like that, so he accepts. Now he goes and kills the cow or anything, then he leaves his kill there for the blood to ooze out. Nobody will touch that, nobody, because he's really the king. Not out of fear, but a protocol. Then next day he goes [back], he eats, then his family eats and all that, then finished for the whole month. They come out. Then the lower animals start going there. Like you have leopards and all these animals come out and they start eating. Then even lower and lower till the birds. Still the crows, they stay back. Last are crows. Can you imagine? Such a system they have. They go all the way from Siberia to Australia. How do they manage? Think of it. What gives them direction is innocence. And the innocence is a magnet. It's a magnet. Actually it's a magnet. In a human being you do not find a magnet because it has now evolved so much, but it starts just like a magnet. So they know which is north, which is south, east, and west.

Even a little bee, you find and put a mark on it. It goes to the place from where it has come. How does it find its own way? Is the innocence is like a magnet, acts like a magnet. Even in the fishes. Just imagine how fishes have direction. We don't have; I mean, human beings can be lost. Many times I am lost with so many drivers I have had. So many times I have been lost, but animals: never. You know, if you take a dog and you don't want the dog, you leave him about fifty miles away, he'll come back. How does he find the way?

So their qualities, which are built-in within them through their innocence, are actually the qualities of the electromagnetic force and also pranava: that is when the electromagnetic force is charged with Ganesha's principle. That's why they are so systematic, they are so clean, they are so sensible. But they are not ritualistic. They are not ritualistic. Whatever God has given them, they have accepted. They are bound by that. They are bound and they live with that boundary. Even if you go up to the stage of animals which live with human beings, they too, are very affectionate. They just want love, nothing else. One day if you do not care for your dog, he will just not eat his food. Not eat his food. He wouldn't care for the food.

It is so remarkable, even I have seen among children how they just want love. They don't accept anything else but love. But as soon as they start growing up, especially in a materialistic world, then the whole materialism comes in.

So the second way we kill our children's innocence is putting materialistic ideas into their heads. Of course, the media is there which is selling, nowadays, a teddy bear which has a birthday. Teddy bear has a birthday. Can you imagine? So everybody is buying a teddy bear with a birthday. Because the parents don't want to be in the company of children so they get some sort of toys, this, that – one or two is all right – and put them with the toys, with the television on: "Now, sit down." Children start becoming naturally materialistic. They start asking for things and for demands of such a kind that sometimes one is surprised.

You take a Western child to the market, and you've had it. But you take Indian children, they'll never take anything. Really. It's so difficult to make them. At least, I have seen my own grandchildren and others. You take them, it's a headache to buy even another pair of shoes for them: "No, but we have one. Why do you want to buy another?" "Oh baba! That will give way." "No, we can come here." "How?" "We can come in the car or else we can walk." "But you will have no shoes." "Nothing. One is all right. Why to have two?" You give them money, they'll buy one small little thing and come home.

You see, it is the whole tradition of materialism which has brought this innocence to a stop. Then a child starts growing in the same materialistic way. He starts judging people, like: "How many cars do you have?" You see? They are so stupidly materialistic that I went to Boston and the television people asked me, "How many Rolls Royces do you have?" I said, "I don't have any." They said, "We are not interested. You are not in the business." This is what is now the mind of people in the West who have grown up. But even the children: today they want this, tomorrow they want that. All the time there's a competition for materialistic things, asking for this, asking for that. Just imagine what a race will be there, after some years, when they will be just people who will be only worried about collecting things and buying things: buyers and sellers, nothing else.

So you have to be very careful with your children that you do not pamper them, do not get too much worried about them, do not keep them on materialistic level. Find out. If they are going on a materialistic level, bring them down. It's very simple to do that,

and one has to work it out because we have to save our children and their innocence.

Now for the other Sahaja Yogis who are grown up and who are very mature, they are very innocent, I must say, I must admit that. They are very innocent compared to the society that is around, no doubt. One has to really admire the way they have become so innocent, the way they are understanding this divine music and all that, it's really creditable. But still, this innocence, if it is not spread, if this innocence doesn't work out, then it will rust, it will not grow. Your IQ will be less than the others, I can tell you this much. They are growing in materialism all right. Their IQ is growing in materialism, but your IQ will not grow unless and until you spread this innocence around.

Now you know how to do it. It is the power of Kundalini with the help of Shri Ganesh. He helps you at every chakra. I have written that He is the vice-chancellor of every university, where He has to stamp. He's at every point. But you have to understand that this has to spread. It has to become collective. It has to flow.

So to become that, what should we do ourselves? That we should try to organize programs. While people will be enamoured by your innocence, no doubt. They'll be surprised: how are you so innocent? How can you be so nice in these modern times? No doubt about it. But, in doing that, try to be innocent yourself. You should not be cunning. You should not be smart. You should not try to show that you are very brilliant or anything because the ego might in between come and try to put ideas into your head. It's better to show that you are innocent and to be innocent inside.

The whole inner being can be really charged with the energy of Shri Ganesh, no doubt. And the outer life becomes innocent. Becomes innocent. I mean, I don't know banking, I don't know money. I am quite bad at everything, at worldly things. But I am not cunning, I am not "smart," you can say. But still things are working out because of the inner power that one has. So depend on your inner power and manifest it outside. The inner being, which is Ganesha, is the same in all of us. The whole system is the same in all of us. Chakras are the same in all of us. Only thing is, we have to keep our innocence absolutely free of all this worldly nonsense, like fashion, this, that. Immediately you will find that your being will manifest. Being will manifest.

Now just think of a simple thing like that. I am an Indian, and nobody knows Me, but whenever I have My lecture, I have at least five to six thousand people. How? How do they come to My lecture like that? Anywhere in the whole world. Minimum. Sometimes even much more. What's so special?

So when handling the people, we are Sahaja Yogis, we are saints, we have to talk to them like saints, we have to behave like saints. And they should in no way feel that we are cunning or we are interested in something else. So, once you start doing that, flowing your innocence, all the gods and goddesses will help you. Your creativity will be thousand times more than normal.

Everybody has to think how we are going to spread it. Like I was happy to know that in America, of all the places, they have got hold of these senators. Very good idea. Let us see if it works out.

So we have to find out all the ways and methods and all the styles which will behave a saint, not a politician. These days, of course, all the sports people are heroes—if you want to become a hero, you become a sportsman—not like that, but like a saint. And saintliness is respected, whatever may be the situation, whatever may be the situation, whosoever may be facing you.

Recently when I was in Kiev, the leader's wife told me that "Mother, we had that old car of yours, which we sold and we got so much money that we could buy a new car. Then we went to the factory to buy the new car." And they bought it. So outside the factory there's a mafia. Nowadays I think the Sicilians have reached there. So the mafia was standing outside and they said, "You have to pay so much money to us." In thousands! So they said, "We have no money." "Why? What do you do?" This was his wife. She said, "We meditate." "Really? So you have no money." "No." "What about those children?" "They also meditate." So innocently she was talking to them, they said that "we saw their faces melting down." They said, "All right, go." They forgot that they were supposed to get money out of them. Or they take the car, they confiscate the car or take the money. They said, "All right, go." They told me this story.

So your simplicity always helps you. Your innocence always helps you. And it has such an impact. Such an impact. I tell you that a personality, what we call in Sanskrit is a vigraha—vigraha means a personality which has a coefficient—the person who is innocent has such a great coefficient that he can charm anybody. But, first and foremost thing is that we have to be innocent. Not to so much worry about money, not to count everything, not to worry about food. But this is not to be done with deliberations but innocence.

Where you sleep, what you do is not important to a saint. It lives the way one has to live because his nourishing point is innocence. And he doesn't get angry, he doesn't shout at people. Nothing. Of course, at bhoots it may be that he has to shout like Christ did, but otherwise, he is a very peaceful, joyous, happy, humorous person.

So today, at this puja, I would bless you with all the qualities of Shri Ganesha—except for His anger.

May God bless you.

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What Is The Goal Of Your Life?

Public Program

International Preschool, New York (United States)

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I bow to all the seekers of truth. At the very outset, we have to know that truth is what it is. We cannot change it. We cannot transform it. We cannot conceptualize it. Truth is to be felt as you can feel hot and cold. Whatever we have had so far through our evolutionary process, at this human awareness, we have known it on our central nervous system. So, we have to know the truth on our central nervous system. Otherwise, it is either emotional idea or a mental idea, which has limitations.

We think of science as if we have achieved a lot. In one area we might say we have, in the sense, we have explored many things about matter. We have knowledge about the outside world quite a lot, but we don't know ourselves at all. We haven't got the knowledge of inner being. So much of science has created such a big civilization around, but it does not know its own roots. This is the reason why today we find that there is no solution for many things which we are facing. We have big organizations; we have conferences, arguments, discussions - everything, at mental level. But the whole thing is not result oriented.

If you see the human problems, we cannot say why are we here. What's the purpose of our life? That's why many people try to find their identity, which I think is a real thing - one has to do is to find your own identity, why are you here on this earth. Science cannot answer this question. Why are we on this earth? What are we doing on this earth? What is the purpose of human life? What is the purpose of evolution? These questions cannot be answered by science.

So then we start looking into religions. The religions that are in a mess, as we have seen today. I mean, if you want to know about religion, say ask say a Muslim about a Jew and ask a Jew about a Muslim and ask a Hindu about a Muslim. Ask anyone of them and they will tell you all the worst things that they know about themselves. Thus, in the idea that one God has created this one earth, one Universe, we have so many religions, they are fighting among themselves, killing each other with the faith that they are fighting in the name of God.

The absurdities of certain beliefs also are to be understood. One of them is the belief that there will be a resurrection time or the Last Judgment. And at that time, people will come out of their graves and they will be all judged. Now, can you believe such a story, I mean at this modern times? What remains inside a grave, is I don't know and all our forefathers, dinosaurs and all of them are going to come back on this earth from their graves and then they are going to be judged. And those who will die in the name of God, so called, will be resurrected. I mean, I was surprised at the Muslim who was fighting some sort of a Jihad. I asked him why do you do it. He said, now, see, if we die now, we will be resurrected. This kind of a funny idea, I don't know from where it has come. Some people have tampered with the scriptures, I am sure about it. And I have tried to bring all nonsensical ideas to people, who, somehow give up all their intelligence, all their logic and believe it.

So when an intelligent man looks at all these things, he becomes an atheist. Even by becoming atheist, one has to know why are you here, what is the purpose of your life, why are you here. What is the goal of your life? Is it just to waste your time or to be here for a short time and finish off, to insure yourself and then die? The worst thing that has happened to human beings, I think is that materialism has taken over. By materialism, we have really become very gross, extremely superficial. And not bothered at all about spiritual life. Those people who did bother, whom I call as seekers, people of special category - were caught up by false gurus and lots of false things. Because, they realized there is a market of such people and such people must be somehow or other captured and used for their own purposes. Only purpose is making money - its marketing.

America, I came in the year 1972. And I was shocked at the spiritual awareness of human beings. They are willing to take anything that was selling in the market. They didn't like Me because they thought that I don't take any money, so there must be some hocus-pocus about it. This is the effect of materialism on their brains. I got so disgusted really with the whole thing. They accepted a fourteen year old guru who put some red liquid in a cannon and blasted fifty thousand in this New York - were his followers and then they said he became a Yankee, married an American lady and settled down. He was wiser than others. Others went on till they were completely exposed and destroyed. But this fellow was wiser - he is somewhere here, I don't know.

So, this is how one has to know what to seek. What is the truth? The truth is that you are not this body, this mind, this ego, these conditionings because you say my conditioning, my ego, my body - "my". But who is this "I"? Who owns all these things? So, you are the pure spirit. And the second truth is that there is a all pervading power of divine love, that does all these beautiful things like creating flowers, evolutionary process. Who runs our heart? If you ask the doctors, they will say it's the autonomous nervous system. But who is the auto? If you have an automobile, then there is a driver sitting there. Who is this driver? If you start going only into the question - who am I, then you are a seeker of truth. Why am I here, then you are a seeker of truth. Without the truth, you cannot solve any problem of this world. All the problems of the worlds mostly are caused by human beings I think who are blind and who cannot see the truth. And all these human problems come to you because of your chakras in jeopardy.

We must say our Creator has been a greatest planner. If you see the periodic laws of chemistry, you will see how He has organized all the matter, how He has categorically divided and in the same way, He has planned within us a beautiful system by which we can become one with this all pervading power of divine love. Once you become that, then what they call, you become a saint. Means, you become yourself. So, what do you get? The first thing you get is the self-knowledge. You know about your own centers. You know about what's wrong with you and you don't want to have it. Because you don't like it. Overnight, people have dropped alcoholism, drugs, overnight. I never say "don't do anything" because I know half of you might go away. But it just works that way. Like a snake in your hand and you are in darkness. Supposing you are obstinate, somebody says "See, there is a snake in your hand, in your hand, please leave it." If you are obstinate, you will say "No it's a rope. What's wrong?" That's the mantras these days. Tell something to somebody, they say "What's wrong?" Till the snake bites the person, he will go on holding. And, when a little light comes in him, he will just drop it. That's exactly what happens to you when you become the Self. The light of your spirit shines in your attention. And you see the things in proper light.

Now, whatever I am telling you, you need now believe Me at all, because blindfoldedness has taken us to lots of problems. But whatever I am saying to you, if it works out, and if you get your Realization, and if you feel the all pervading power, then as honest people, you have to believe Me. You have to just keep your mind open like a scientist. Once you start feeling this all pervading power on your finger tips, you have to use it and see for yourself what it has done to you. So, the first thing happens to you is your self knowledge on your finger tips. The inner knowledge, which is very important, because that is the fundamental on which every human being stands, and also, you know the centers of others. You can feel the centers of others because a new dimension comes into your awareness which we call as collective consciousness.

Who is the other? You can feel everybody on your finger tips. And when you grow, you find that, sitting down here, you can feel the vibrations of another person. The vibrations of this all pervading power is like a cool breeze, as described in the Bible - "Cool Breeze of the Holy Ghost". And once you master this art, some people don't take much time, at the most, some people take one month, you become a master yourself, you become your own master. You can give realizations to others. And you can solve their problems.

Now this is to be absolutely free, because it is living process of evolution. How much did we pay to Mother Earth for these flowers? The seed was sown in the Mother Earth and it sprouted, because the seed had the built-in quality to sprout and the Mother Earth had the built-in quality also to make it sprout. It's already built-in within us, as already Steven has told you. Is all within you. It looks miraculous. It looks fantastic. But, don't you think these flowers are also very miraculous and fantastic? The way they have come out of one seed. It's all in you, it's your power. It is something so much your own, this force is in your triangular bone and just it rises. Is your own that you achieve your own self. You don't have to get into any kind of an involvement in it, because you become that. It's a question of becoming, it's not lecturing. As you know, My husband has been with the U.N., I

have attended so many conferences and so many lectures. And I've known all that rigmarole.

What we have to achieve is a real united world. In reality, not artificially. Now, Sahaja Yoga is working in 55 nations and you find these people extremely loving, extremely compassionate, so joyous, they have entered into the kingdom of God. Last time I was in Russia, when the coup was on. So I asked the Sahaja Yogis, there are in thousands in Russia, "Aren't you worried about this in your country, what's happening?" They said, "Why, Mother, we have entered into the kingdom of God, why should we worry about these Russians?" All this has to happen so easily to all of you and all of you have to have it. But I don't know what makes people shudder from it, from reality, from love of God.

I think today you are very few people, we can have some questions and answers. Would be a good idea, what do you say? And then I'll give you Realization.

Question and Answer session:

Q (Gentleman): Do you know who I am?

Shri Mataji: Myself? About you or about myself? About you? You are the pure spirit. I know you all are. But you don't know. That's the difference. Once you'll know that you are the pure spirit, then the whole thing will be transformed and with this transformation only we are going to change the world, not by lectures and conferences. No. This transformation has to come from within.

Q (Lady): Why does this spirit take different forms and what is the special significance of this spirit taking the human form?

Shri Mataji: Different forms of human spirit is - now, God believes in beauty. And He wants to create every leaf differently to create variety. To create beauty. Otherwise we would be like robots, all of us moving about like military people. It won't be interesting to live with such people, will it be?

Lady: No, my question was a little different. What I was asking is, when spirit takes the human form [NOT CLEAR] from animal form, what is the special significance of spirit when it takes human form?

Shri Mataji: That he has to now become the spirit. Now the last breakthrough is only possible for human beings. That breakthrough is the one you have to achieve. That's why you are a human being. Now you see here, they have shown the brain like that. But actually it is like a pyramid. Only human brain is like that. And because of that, all these things work out. So you have to reach a certain stage of your evolution, from where you have to jump onto that form where you become the spirit.

Q (Lady): Can one ever lose Realization?

Shri Mataji: No, one cannot. You see, actually it's like a connection. Now see, this instrument is connected to the mains. All right? If it is not connected, it has no identity, no meaning. Isn't it? But, supposing it's a loose connection, then it may drop out. So best thing is to make the connection perfect. And which is very easy.

Q (Lady): - Once we achieve Realization, do we go out to give it to others and do others come to us?

Shri Mataji: - No, no you should go all out. Imagine, at this age of mine - 70 years, I am traveling all over the world. You cannot enjoy it alone, so you want to give it others. And then only you enjoy. Giving Realization is the greatest joy.

Q (Lady): Why do we human beings have fear of death?

Shri Mataji: Because you are in ignorance. Suddenly, the lights go off, you will be frightened, you are ignorant. There's nothing like death. It's just transformation from one life to another. After this you are not afraid of anything. Nothing. And you are all the time

protected. You can feel it. You are protected. Actually you feel it. It is absolutely miraculous the way things happen and people have written to Me - how they were protected, how they were saved, they could not believe it, because all the angels are with you. But, if I tell you this, you won't believe in these modern things of science, but now many things are also discovered in science like quantum theory. You can't explain it.

Q (Gentleman): Shri Mataji, if someone has had a brain tumor and cist partially removed, will giving that person Realization aggravate their condition or would it help to improve it?

Shri Mataji: Will it get aggravated? It will improve. You see, any disease which is there actually gets cured. And I was recently surprised there was a gentleman with a brain tumor. You must not believe Me but you should see for yourself. And he wrote to Me that Mother, I have got brain tumor, they are saying they cannot locate it, we don't what to do. So they are going to use a new scanning method by which they are going to say there is a brain tumor. I said, you just go to our center, let us see what happens. After some time, a fax came saying that the doctors are saying, you have no brain tumor. Because, this Kundalini which rises, it nourishes your centers. And these centers which look after every function - physical, mental, emotional and spiritual of your being. If they are integrated, if they are nourished, if they are enlightened, how can you suffer? That's how many people have been cured.

I must say, blood cancer has been cured. No doubt, we have so many patients who are living now for six to seven years who were told you are going to die within one month, doctors are honest you see. They tell honest thing. You will die after one month - finished. And they are still living. Many heart patients, many diseases have been cured. And, even AIDS, I must say has been cured. But the AIDS people are little bit psychologically different. There are two types I have seen, one are very arrogant and they are martyrs - you just can't talk to them. And the second ones are who don't want to live. So we got about five patients in Australia and we treated them. Out of them, two are married - they are all right and two took to the same style of life and they got it back - only the one who has really completely cured is there - he is very healthy, he is the healthiest man we have now in Sahaja Yoga. If we have to carry any heavy luggage, we call him. But their psychology is so funny. I don't know how to deal with them, because they think they are nothing wrong with them, are perfectly all right and then what can you do with such people who think they are all right, how can you cure them?

Q (Gentleman): Why did Peter and Paul alter Christ teachings and why is the Catholic Church against reincarnation? Wasn't Christ resurrection a form of reincarnation?

Shri Mataji: All right, I'll tell you the truth. You know this Mr. Paul, when I saw him in the Bible, I asked My father "Who is this gentleman?", so My father told Me he is a [squatter?]. And he was the man who killed so many Gnostic Christians, early Christians; he also killed a disciple of Christ - Steven. And this Paul says that he saw a cross, I mean it's never that way you see Realization, it's a supra-conscious experience, you will find that very soon. And that he met Christ is all nonsense and then what happened with this man that while doing all these sinful things, he discovered that...he was bureaucrat...it's a good platform for him to jump in - Christianity. Now, what is the best way to handle it? He found out Peter, as the worst disciple of Christ. Christ has said that the devil will take you over, He has said it about Peter and this was the devil and he told him that I will edit all the Bible. And it was he who wrote about Peter because he couldn't write about himself that Christ gave the keys to this Mr. Peter whom the devil was going to take over. That's how the Catholic Church started.

Despite all these things, he wanted to edit Bible and big fight between Mathews and him. Thomas ran away to India and then he wrote his treatise and they were kept in a jar in Egypt about fifty years back, now decoded, called as the library of Hammadi, which is a big book and people have probed into it and found out - it's all Sahaja Yoga. He talks of experience and nothing else. So, John also decided not to write himself, somebody else wrote for him, but lots of things are there, many things there are which are today can be verified, despite all the effort of this Mr. Paul - I don't think he was intelligent enough to manage the rest of it. But whatever he tried was very, very dangerous. One of them was to say that this church is to be formed by Mr. Peter. And despite that, I must say there have been very great good Catholics, this Luciano, another Pope who came, he was really a man who was shocked by the way things were happening and he died. But they say he was murdered. So all these things happening in the Catholic Church today are because they are money oriented and power oriented - they are not spirit oriented at all. That's

why they don't want to talk of self Realization. While Christ has said that "You are to be born again. You have to know yourself." He said the same thing. Christ lived actually for four years with those mad people there. And He was crucified. In four years, what can you do? When My husband got a job in England, for four years I was struggling with hippies, very well educated all of them - professors [UNCLEAR WORD] hippies - seven of them for four years, I couldn't break their shells for four years - what could Christ do with all these people? And that's why it has become like that.

Even in Quran, I think Abu Bakkar has taken something from the Bible as far as this resurrection part is concerned. Mohammed Saab did write about resurrection, but this part that you'll all come out of the graves, Mohammed Saab could not have written. And it is also coming from Jews that you'll come out of graves, I just don't know from where they got this idea. They cannot accept the Immaculate Conception which we accept - not only accept, it's a fact. Even Mohammed Saab has said, very clearly, "Respect the chastity of Mary". He has paid much more respect to Christ's mother than Paul. Paul hated women, he hated them. And the way he has said about Christ's mother was "She was a woman and all that" - this hatred for women, putting them down was so much, that's why I think that in the western countries, women are very insecure. Very insecure. Only I have seen in films and things anywhere, only women are made nude, not men, as if they are sanctum [SANCTORUM OR SANCTORIUM?]. And poor women have to show their body, or do this with their body, and sell their body and no sense of chastity they should have, all the time trying to please the lower self of human beings. I mean, in India, even now, despite American influence has come in the city, but despite that, any man looks at a woman, she'll go and slap him - "why are you looking at me?" It's a very different culture we have come into, because of this kind of a disrespect for women - and I think it's very primitive.

Like in England, a country which is supposed to be very developed, they have been fighting if a woman would be a priest or not. Imagine. In India, a woman is the power, the Shakti. She is your mother, she's your sister, she's your daughter. She cannot be your priest. This is the worst that has happened, but not that it was not so that women were not respected at the time of George Washington or all those places. I have read all those books of those times, it was not so bad, but gradually it has come down to this level that women have to sell their body, somehow. It is very surprising that women are not respected. And I would blame Mr. Paul for that. He has never shown any respect for any woman whatsoever.

Now, we are at a point to understand that morality is the basis of religion and morality is the basis of human existence. Last night only I was watching your TV and I was looking at the University program. I was shocked, the filth they were talking. I can't believe it. How your children are going to live in this filthy circumstance? And there was the dean of the faculty of Harvard University who said that homosexuality is not prohibited in Christianity and the priest agreed with it. Poor things, there were about twenty-four, twenty-five very sweet boys standing said "we don't believe in it" and they were saying Lord's Prayer.

So now, in England a [CANNON?] has said that extra marital relationships are to be allowed in Christianity, otherwise we'll not have people in the church. Openly. Because church has to run. These priests are to be paid. And if there are no people, who is going to pay - it's a market. It's in every religion, I'm not saying it's only with Christianity, but at least the Christians have realized all these things. In some religions, they are still fundamentalists. They don't see the bad points. It is something so remarkable that on one side, these are the developed countries. And here, as far as spirituality is concerned, they are so primitive? This materialism has done this harm and one has to be careful. Thank God there is recession, so people are now looking at themselves. Recession has done lot of good in every country. Maybe it's the after effect of so-called democracy, the demonocracy. It is a Divine working out. Like people ask Me why there was such a big earthquake after they worshipped Shri Ganesha? What is Shri Ganesha - is the symbol of innocence, of auspiciousness, of purity, of holiness. I have see in Poona and other places, whenever they have nowadays, somehow we Indians have taken to American lives. When British were there, we were very much more Indian, but now we are having discos in front of Ganesha. They get drunk, wear funny dresses, do funny actions, sing very very vulgar songs in the presence of Shri Ganesha. I saw this and I was saying, they should be careful, what they are doing is a sinful thing. And if Shri Ganesha gets annoyed, this Maharashtra can be destroyed. Imagine this Maharashtra where Shri Ganesha is respected so much, worshipped so much, every household will have Shri Ganesh and that's what they do every year for ten days. So, these things will happen.

Somebody asked Me about Missouri and Mississippi. Why there were floods. Perhaps you may not be knowing because, I am quite an old woman, I know many things. Much more than [US?]. You see, these people living, the white skin, were called as red

necks in Missouri Mississippi. They killed indiscriminately many black people, put them in the river. When some crime was done by Englishmen, they would involve somebody who was black. They were called as red necks because they had a red neck here - the Vishuddhi. But I saw them running away from the river with all their red necks this time. In the Bible, it is written such destructions will be there. We have to take to moral life. Immorality cannot pay. But force morality doesn't work out. Once you become a realized soul, then what happens? You become righteous, you become. You cannot do wrong things. You become the source of compassion, love, dynamism, good health, everything. Source of joy. And that's what has not happened to us. Once it happens to us, we just don't do wrong things. We just don't do it. We are not meant for that. Immediately we start seeing what is right and what is wrong.

Q (gentleman): What do you think of the power of the human mind?

Shri Mataji: Is limited. At the most, you can mesmerize people with your power of mind. You know this Satya Sai Baba, so called. I have a tape. He used to mesmerize people and do all these miracles. But it so happened that our great Prime Minister and also our President when enamored by our Home Minister, who comes from the same place as Osmanabad, he was elected from there, he took them down, all these people, great, you know. Because he believed that he is miraculous. Why should God give you gold and diamonds? No logic. So these poor things went there just to please the Home Minister. But with them went four cameras and the cameras starting taking photographs. Now you cannot mesmerize cameras, isn't it? And it's so clearly you see, a man passing the gold necklace to him and he does that and gives it. Clearly. And it all came out in the newspapers. Also, I've got a tape. And many people have this tape now with them. So this is what it is. With the mind you can mesmerize others. You can mesmerize the weak minds.

And, I was told that somebody was making the pendulum move with the mind. What is purpose of moving a pendulum? What you get? Are you here to waste your time moving a pendulum? Is that the value of your life? Another nonsense is that you can fly in the air, about three feet high you can jump. When already we have traffic problem. What is the sense in doing all these things? What has happened to human beings? Why can't they understand that what is the sense? What is the value of these things?

And the man from this TM came to Me one day. He was the head of the Flying Academy in Scotland, suffering from epilepsy, his wife suffering from epilepsy, his director suffering from epilepsy and his daughter also. And then he told Me the whole story, so horrible. How do you get impressed by these things? So what did he tell Me? That he was a diamond merchant. His wife was the grand daughter of a Jew. Lots of money. And they took to this TM and he said "Why don't you go and start this flying academy?" So he started a flying academy. So many have come to Me from TM. And what he did was just to break their bottoms. That's all. They didn't achieve anything - it was all falsehood. He confessed it to Me that his guru told him that you go to America and just say that I came to America without any visa, just in my meditation. And Americans believed it, can you beat that? They believed it that he came with the power of his mind without the visa. It's a fact. If you believe in stupid things, then what should we say? And today that man is bankrupt, has gone back to South Africa, of course, I cured him, his wife was cured, his child was cured and that director was cured, no doubt. Now they have gone back, he's written a book, but nobody wants to publish it. Because they are saying, if you publish it, these people will kill you. That book is with Me. I can tell anyone. I am not afraid. Somebody tried to push him down from the train also.

And now, new marketing has started about Ayurveda. That too I think is not at all done scientifically. For Ayurveda, why should you go to TM? What is the need? The other day they were saying that they pour hot oil on the Agnya. Hot is very bad for the Agnya. Absolutely, you will know yourself. You will find out yourself. What's wrong for what chakra. But because, Americans have never known black magic, have never known all these kind of crooked people, they believe them. And they are minting money. Rajneesh came here, he minted money, everybody comes here to do that and then what happens to the nation is recession. Where is the money gone? Into the ashrams of all theseso we have to be sensible, logical. If you have any power of the mind, then try to see that this is not the truth. Try to see this is nonsense. That is the real power of the mind that you can discriminate.

Today only, I met a lady. She had been to many gurus and all that and she was in a mess. She said "But I didn't stick on to them. I could find out that they are all false and I ran away from there." But she is hurt very much. So I told her that "All right doesn't matter. You can be cured, you can be all right." And amazingly, what she said "Mother, I see your disciples who are so

knowledgeable, who know so many things, they are telling you about my chakras. I have never seen that anywhere. On the contrary, all of them are fighting in other organizations." That's the good point of falsehood that people fight. I have to really warn you that this is the most important time in the history of this Universe. And this is time when you are all going to get your Self Realization. Don't be enamored by nonsensical things. These nonsensical things can only be appreciated by stupid and idiotic people. And Sahaja Yoga is not meant for idiots. It's meant for people who are alert and aware and who want the truth.

And this is what one has to understand, that all these wrong things that we have learned like Freud - Mr. Freud - when I first came here, I just denounced him. Said all nonsense he's talking. And I openly said it. And they didn't like Me, because Freud has become Jesus Christ, our Lord Jesus Christ Mr. Freud. So you couldn't talk to them about it. You couldn't say anything to them. And now you know the result today, where are we. It was Freud was another devil who ruined this country. And now there are books, I have seen, Fraudulent Freud, another one is the Fall of Freudian Empire. Now, after so many years I see that now. And that time the same people, they were just worshippers. Oh Freud! Very nice man. He was the one, if you want to go to hell, take two running jumps and go there, it's like that and he did it. No respect for your private life. No respect for yourself. No respect for this human body which God has created with such delicacy. No respect for your own personality. It's such a great thing that you are human beings. And you have to love yourself and respect yourself. Because you are the ones who are going to become saints.

Q (Lady): Do you think that marriage helps in the spiritual growth?

Shri Mataji: Of course.

Lady: In what way?

Shri Mataji: In every way. If you are unmarried and you say I'm not going to marry and you are a very big tapasvi, better be aware, if you meet someone like that go with a [barge pole?], it's so unnatural that he is full of temper and anger. You see bachelors, if they are chronic bachelors, cynical people, very hot tempered. Marriage gives you the balance. It gives you the balance; it's the way we really understand the truth about life. Of course, there are problems in marriages, I know. There are many cases of unhappiness also. But not in Sahaja Yoga. Every year, we marry about eighty to eighty-five people internationally. Hardly, one person divorced. And they have beautiful children; all of them are born realized. Because there are so many who want to be born and they can only be born to people who are realized souls. Beautiful children. So, many people who are married earlier, they come back and marry in Sahaja Yoga. It's a real marriage. And so beautiful to see how they live happily with each other. Somebody is marrying from Colombia, to England or from Russia to America - perfect. Because their wavelength of spirituality is the same. Those who don't want to marry, I'm sorry, I can't give you Realization.

Q (Lady): About the Kundalini, have we reached a special time, why it can be given now to so many people?

Shri Mataji: Of course, that's what I am saying. It's a very, very special time. I call it a Blossom time. Because, so many people are here who are just flowers, are about to become the fruits. I call it a Blossom Time. As called as the Last Judgment. As called as the Kiyama. Is also called as the Resurrection time. Uthan Samay. All kinds of names have been given. But this is the time. The modern times, the Kali Yuga as they call it. The worst time for human beings, when they seek.

Q (Gentleman): What is the cause of suffering?

Shri Mataji: Ignorance, My child. Ignorance. That's why you suffer.

Gentleman: Ignorance of what?

Shri Mataji: Ignorance of reality. You don't know realities. That's why. You see, supposing you are sitting next to the water and there is darkness and you can't see it. You are crying - "I want water, I want water." Water is here. "I am suffering, I want water." The water is here. It's ignorance, the darkness of ignorance. But reality is very beautiful. Those people who tell you to suffer,

don't listen to them. There's no need. Christ has already suffered for us, isn't it? But this is the way also people make money. You must suffer. Give all your money, all your house, your children, everything to me, and you suffer now, you fast. In India, all the Brahmins will tell you - "You fast now for so many days. And last day will come; you give us five kilos of sweets for your fasting." And we do, Indians do. Even if they will have a [Homa?] for the home, they will give money. But one day I discovered one gentleman called Morari Bapu. Somehow or other I went there. Somehow. Sahaj. I was amazed. He had arranged the marriage of Shri Rama and Shri Sita. Small little Shri Ram, small little Shri Sita. And he was asking all the ladies to give something for Her [truce?]. And they were taking all their gold and diamond bangles and everything - giving it to Her. And they were doing it. Indians are also quite Shraddhavaan as they call it. Such stupid things they do, in the name of God.

I went to a village and they were coming and they all touched feet of a saint. So one lady brought ten naya paisa. She gave it to Me. So, they said "Mother doesn't take money." "All right I'll give one rupee." They cannot imagine that a person who is a saint will not take any money. Even in the mandir they will go, they have to pay money. So, in India also there is lot of stupidity, you can't imagine. But, once you start talking of Sahaja Yoga, it spreads like fire. Because they know, that's the last thing. That much they know.

Q (Lady): Is the suffering because of Karma?

Shri Mataji: Now, I must tell you this Karma theory was all right when Shri Krishna was there. Today it is not. Today, it's this center; you see here - the Agnya chakra. This is the chakra bestowed upon by the grace of Christ. If Christ is awakened there, then both these things, you see, on this side and that side - one is the ego which you think you are doing the Karma, another is the conditioning, both are sucked and that's how your Kundalini rises. So you fall into the category what we call is Akarma. When you are doing something, but you don't think you are doing it. Akarma. It is said that He died for your sins. Didn't He? When He is awakened, He sucks in. This philosophy was all right at that time, not today.

Q (Lady): How do you learn to forgive?

Shri Mataji: Now, this is the logic apply. Whether you forgive or you don't forgive, you don't do anything, what do you do? Nothing. But, you do one thing. When you don't forgive, you torture yourself. So the person who has troubled you is quite happy. And here you are torturing yourself, playing into the wrong hands. All right? Why you should you torture yourself? Leave it to God.

Q (Lady): You spoke of morality as being the foundation of spiritual life. And I'm wondering if we need to have a certain morality in order to receive the self-Realization and if so, what is that morality? You also spoke of being married as a moral act or wanting to become married. Does that exclude homosexuals or people who would rather be single? [NOT CLEAR AFTER THIS]

Shri Mataji: I have to tell you the truth again. Homosexuality is not a sin, but is ignorance. When you get possessed. I have cured many people who suffer from it. I have seen a man gets possessed by a woman. And then he behaves like that. I had never heard of such a thing in My life time. Only in the West it is more. I used to think from where it has come. I feel the way so many Indians were killed, maybe their spirits are catching. It is absurd, it is unnatural, it is nonsense. It so happened in Greece, I was there. One of the Sahaja Yogis, Michael, who had arranged My program, told Me that there is a television, but the man who will interview is the chairman of the gay people. I said, all right, doesn't matter. But, at the right time, when he was interviewing, this happened about a month before; I just forgot that he is the chairman of that. I just forgot, automatically. And the poor fellow, he asked Me many nice questions, he was quite intelligent and then he said, "But what do you say if a man has feelings for another man or a woman has a feeling for another woman?" I had forgotten that he was the chairman, so I said that "It is absurd. It is unnatural. When you get possessed only it happens like that." He said "Really?" "Yes", I said, "it happens like that". "So, do you correct these things with Sahaja Yoga?" "Yes, it gets corrected with Sahaja Yoga, no doubt." But men are easy, they are very easy, they take to really a proper, normal life. But women are difficult, because they mentally, something goes wrong, they find it difficult. "So, the men are all right?" "Yes, yes they are cured." "Oh, so there's some hope." I couldn't understand why he is saying so. Actually, he was wanting to get out of it, he was the chairman of this nonsense. And when I asked them about how they got it, it is really a possession.

Now, this disease of schizophrenia, I have never seen in India, anybody getting sick for a short time and then he is normal. Only

here. Very common. Must be these people who have been killed here in thousands are possessing. I went to Argentina; I wanted to see a Red Indian. They said we have none. Went to Chile, they said, we have none. They took Me to the museum to show. And even in the museum, the gentleman who was made like that, the statue, was not a Red Indian, but a white man. Because they must have used the model for a white man only. So they all ran up to the Colombia above. And, do you know one thing? It's a divine way of working out, I think, the way you are taking drugs. Where is it made, do you know that? And how is it you have taken to those drugs? Think of it. Why people took to drugs? From those countries where people have ran away and hid themselves, they are the ones who got the cocaine. These are the Karmas. These are the collective Karmas. But, after Realization, nothing.

One has to pay even for collective evil we have put on others, one has to pay. In those days, they never had any idea of aggressiveness or the domination of others. It was after Hitler just they felt that this is a wrong thing. Before that, no. It is very surprising. Even in India, people came for three hundred years, nicely. Hospitality of Indians they accepted - three hundred years. But now if one Indian has to go to England, they will kill him. Did they come with any visas to India by any chance? See in a wider aspect, how human beings have been cruel, how they have been killing. Every time I come to America, in Immigration they trouble Me, when I have a diplomatic passport. Every time. So the people who are troubling Me, I said, "You are all immigrants also, from where do you come?" So this is a new sin they are committing. New sin. This world is so great that no population will be more. But one must understand the balance. One must treat this world as one and see how you can help each other. This is one body, one organism. It is working out, you don't know, secretly or maybe, with recession now, you are consuming all the goods from the developing countries and they are coming up to a level. China has done that. Balance has to be there. The Divine is at work, but one must understand that for our wrong doings, we have to pay collectively.

But after Realization, you are out of it, absolutely out of it. I have always seen people like today only a Swiss Sahaja Yogi rang Me up and said "Mother, Swiss are the most hypocritical people you will meet." A Swiss is telling Me about the Swiss. And after Realization, if you ask Americans, they will tell about America, if you ask the Indians, they will tell about Indians, if you ask the Russians, they will tell about Russians, they start seeing what's wrong with them. They never criticize others, I have seen. They will criticize their own people. Always, it's very surprising how they start seeing that how in ignorance we accepted certain things which were wrong. Because the light of the Divine comes within us and such compassion, such love. One fellow got sick because, I don't know why, he jumped into an ice cold water for swimming. From all over the world, letters, telephones, fax, they said not for one minute the fax was quiet. So worried about it. All over the world. My heart was filled with such joy. We have never used the power of love, the power of hatred always. Its time now for you to be the source of that divine love, you can be, all of you can.

So now, its time we all should get our Realization today. It will take hardly about ten minutes for you, not more than that. Only ten minutes and it's very simple, nothing can happen to you that is dangerous or in any way troublesome. Only thing there are three conditions we have to follow. The first condition is that you have to have full confidence in you that you will get your Realization. Now don't think I'm a sinner, don't be guilty. You are not a sinner of any kind. So, first of all you have to forgive yourself. At this moment, forget the past, you have to be in the present and you will be in the present by this happening. We are either in the future or in the past, but in between, there is a very little space of present which expands with this happening and you become absolutely thoughtlessly aware. So, this is one condition. The second one is that you have to forgive everyone. Don't think about them also. It's not worth thinking about them. Just forgive them. Forgive everyone without thinking about them. In general, you have to say, I forgive everyone. That's all. In general. Thirdly, not to feel guilty at all. I have said it before and now, again I say, not to feel guilty at all, because if you feel guilty then, this center on the left catches. Vishuddhi. And when this center catches, you can get Spondylitis, Angina, lethargic organs; all kinds of problems can come if you feel guilty. So, why feel guilty unnecessarily? If you have made any mistake, just face it that moment and finish it off. But don't keep it here, that guilt. That's not going to help you. Specially for the Catholics. One has to understand that this confession was not written in the Bible at all, never. Nobody confessed anything to Christ, nor was it written that you should confess to this priest - they also become mad, you also become mad.

So, these are very, very simple conditions. We have to now just take out our shoes, if possible, it helps. You have already taken out, all of you. This is Mr. Steven must have done it. Just to take help from Mother Earth, because She sucks in our problems. As I told you, it happens spontaneous like a living process, you don't have to do anything. But the finger tips and the hand, here, we

have the centers of the sympathetic nervous system - the left side and the right side. Left side is the power of desire; right side is the power of action. So what we do is to use our left hand like this, you put it on your lap, very comfortably like this. This is suggestive of your desire to have your self-Realization. Now with the right hand, we have to nourish our centers on the left hand side, ourselves. This you have to do only today. Only for today, or tonight. Also, remember that left and right are two powers. So put both your feet apart from each other, like this. Be sure that you are all going to have it, don't doubt yourself by any chance.

Put your right hand on your heart. In the heart resides the spirit. I have already told you that if you become the spirit, you become your own guide; you become your own master. So you take your right hand in the upper portion of your abdomen on the left hand side which is the center of your mastery. Then, you have to have your pure knowledge of the Divine and to awaken that, you have to put your hand in the lower portion of your abdomen on the left hand side. This is the center of pure knowledge of the Divine. Now, I have to tell you that I respect your freedom and I cannot force this pure knowledge on you nor your Self-realization, you have to ask for it. Now raise your right hand in the upper portion of your abdomen, keep your eyes open, it's all right. See for yourself, I am showing you. Then on your heart, then on the corner of your neck and your shoulder. On the left Vishuddhi, as I told you, put your right hand, head to your right. This center is catching very much here. So, please don't feel guilty at all.

Now, raise your right hand on top of your forehead across and please bend your head. This is the center when you have to forgive everyone without thinking about them; in general. Now, take back the right hand on the back side of your head and push back your head as far as possible. Here, without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask forgiveness from this all pervading divine power of love.

Now, stretch your right hand palm fully. Put the center of this palm on top of the fontanel bone area which was a soft bone in your childhood. In Sanskrit, called as Talavyam, in Hindi is called as Taalu. Now, bend your head as far as possible. Its important now, push back your fingers, otherwise there will be no pressure on this scalp. Push back your fingers and now, move your scalp clockwise seven times. Push back your fingers, bend your head. Now, that we have to do with our closed eyes. That's all.

Please see that both feet are away from each other. You put your left hand towards Me, right hand on the heart and close your eyes. You can take out your spectacles. Don't open them till I tell you. It's better to take out your spectacles.

Now, put your right hand please on your heart. Here you have to ask Me a very fundamental question about yourself, you can call Me Shri Mataji or Mother, whatever you like. Please ask a question in your heart, "Mother, am I the spirit?", ask the question three times. I have already told you that if you become the spirit, you become your own master, so please take down your right hand in the upper portion of your abdomen on the left hand side and here you have to say three times again and ask a question, very fundamental about yourself, "Mother, am I my own Master"?

Now, please take your right hand in the lower portion of your abdomen on the left hand side, press it hard. Here, I have already told you that I cannot force pure knowledge of the Divine on you, you have to ask for it. Now, this center has got six petals, so please ask six times, "Mother, please give me pure divine knowledge".

As soon as you ask for the pure divine knowledge, the Kundalini starts rising and we have to nourish our upper centers with our self confidence. Now raise your right hand in the upper portion of your abdomen and here with full confidence, you have to say ten times, "Mother, I am my own master". This center has been created by great prophets and great seers within us.

Now, raise your right hand on top of your heart. I have already told you that you are not this body, this mind, this conditionings and your ego, but you are the pure spirit. Here you have to say, with full confidence, "Mother, I am the pure spirit", please say it twelve times, "Mother, I am the pure spirit". Say it twelve times.

This all pervading power is the ocean of knowledge, ocean of bliss, ocean of joy, but above all, it is the ocean of forgiveness. So, whatever mistakes you have committed are easily dissolved in this ocean of forgiveness. So please forgive yourself and raise your right hand in the corner of your neck and turn your head to your right. Here you have to say with full confidence, sixteen times, "Mother I am not guilty at all". Please say it with full confidence. Put your head to your right please. I have already told you

that when you forgive or don't forgive, you don't do anything, but if you don't forgive, then you play into wrong hands.

So, now please raise your right hand on top of your forehead across and please put down your head as far as possible. Here, you have to say from your heart, not how many times, "Mother, I forgive everyone, in general." Please say it from your heart, just say it, "Mother, I forgive everyone, in general." Still you think that you cannot forgive, so better ask forgiveness from the all pervading divine power for not forgiving also.

Now take your right hand on the back side of the head and push back your head. Here, without counting mistakes, without feeling guilty, you have to say, from your heart again, "O Divine Power, if I have done any mistake knowingly or unknowingly, please forgive me". Say it from your heart, just for your satisfaction, you have to say.

Now, stretch your palm and put the center of your palm on top of the fontanel bone area. Here again, I cannot force self Realization on you. You have to ask for it. So, now stretch back your fingers, put a good pressure on the scalp and please put your head down as far as possible. Now, move the scalp seven times, clockwise, slowly saying, "Mother, please give me my self Realization". Saying seven times. Bend your heads please, bend your heads.

Now, please take down your hands. Please open your eyes. Put both the hands towards Me, like this. Now, bend your head and see for yourself with your left hand if there's a cool or a hot breeze like vibrations are coming out of your own fontanel bone area. Now don't put your hand on top of your head, but away from it. And just try to see, move your hand a little bit and see if there is a cool breeze or a hot breeze coming out of your head. If it is hot, that means that you have not yet forgiven. So again, please try to forgive, forgive and forgive.

Now, please put left hand towards Me like this. And with the right hand, please bend your head. Bending your head is important. See for yourself, if there's a cool breeze or a hot breeze coming out of your head. And now forgive. Forgiveness is very important; because this center is very constricted and if you don't forgive, the Kundalini won't rise, so please forgive.

Now, again, once more with the right hand, please bend your head and see with your left hand on the top of the fontanel bone area, if there is a cool or a hot breeze coming out of your head. Don't get upset if it is hot, it will cool down.

Now, please put both your hands towards the sky like this and push back your head. And now ask a question, any one of these questions, three times, "Mother, is this the cool breeze of the Holy Ghost"? Or, "Mother, is this the all pervading power of Divine Love"? Or, "Mother, is this the Parama Chaitanya"? Ask any one of these questions three times.

Now, take down your hands. Now, watch Me without thinking, you can watch Me without thinking. It is the first state where I said you become thoughtlessly aware. All those who have felt cool or hot breeze out of their fontanel bone area or on their finger tips or on their palms, please raise both your hands. Practically, the whole of America. My God, you represent it. May God bless you. You all have got it. It's so great. Madam, you didn't get? Don't doubt, it is there. No you will get it, ask for it, "Mother, come in my head". Just ask it, it will be there. I am at your disposal.

You feel very peaceful. But this is just the beginning, the sprouting. As I said, the connection must be properly done, connection must be established. And we have a nice center here; I don't know when they meet. We have very good Sahaja Yogis. When do they meet here? Friday. You will know everything about it, because the knowledge is like an ocean. In English language, I must have given at least four thousand lectures, only in English language, so many in others. So you can come here, listen to My lectures and become experts and enjoy. That's the message. Enjoy yourself. Nothing has to be done but to enjoy yourselves and enjoy each other.

May God bless you all.

1993-1005, You Are To Be Connected

View [online](#).

5 October 1993

You Are To Be Connected

Public Program

Toronto (Canada)

Talk Language: English | Transcript (English) – Draft

Public Program. Toronto (Canada), 5 October 1993.

[Tape began in mid-sentence] You cannot change it, you cannot transform it, you cannot conceptualize it, unfortunately, at this human state you cannot know it. Whatever today I'm going to tell you, you have to listen to it, please don't believe blindfolded. Keep your mind open as a scientist. If it is proved, then as honest people you have to believe, because it is for your benevolence, it is for the benevolence of your country, it is for the benevolence of the whole world.

So, what is the truth? The truth is that you are not this body, you are not this mind, you are not this ego and you are not these conditionings. Because you always say this is my, mine, it is my body, my conditionings, my ego. Who is this my, who is this I, who owns all these things? So the truth is you are not these things but you are the pure Spirit. The second truth is that there is an All Pervading Power of divine love which does all these miraculous things like creating these flowers, out of one seed. All the living work is done by this All Pervading Power of Divine love. In Sanskrit we call it as Paramchaitanya, Bramachitana, in the Koran it is described as Ruh. In every religion it is describe that there is the All Pervading Power of Divine Love.

We have never felt it in our human awareness. We have reached up to a point of human awareness, but still in this evolutionary process, we have to move and break through has to take place by which you get your connection with this All Pervading Power. Unless and until you are connected with this All Pervading Power, you have no relations with divine or with God Almighty. There are many people who tell Me that, Mother we pray every day, and we do this, we do that, still we are so sick, still we are so suffering; what's the problem?. I say, you are to be connected. If the telephone is not connected, what's the use of telephoning?

On the contrary, the telephone gets into jeopardy. Same see, this instrument is here it is a very good example that unless and until it is connected to the mains, it has no meaning, it has no identity, it does not know why it is there. In the same way, we have seen the science growing so much all over, such a big civilization has grown out of science. But it does not know its roots. It is amoral. Science is amoral and cannot answer many questions like: Why are we on this earth? Why we came as human beings? It cannot answer.

So we have to turn to something deeper and greater, and that state is what we call as Self Knowledge, the inner knowledge. We have not known the inner knowledge of our being. Whatever we suffer or whatever are the global problems are mostly because of something wrong with our centers, as they must have explained to you. These centers are there, they are subtle centers of energy, and when something goes wrong with them, we'll suffer physically, mentally, emotionally, and spiritually. If by any means we can put these centers right, we should feel all right. Apart from that, we should achieve the state which is of Self Realization, of self knowledge.

Is promised by many scriptures that such a time of resurrection is there, that is today, and many are to be resurrected. It's a very funny idea, which was I don't know why it was put forward in many books that at the time of resurrection, we'll all come out of our graves. I mean imagine, what is left in the graves is maybe some few bones. Is not so. It's actually at this special blossom time I call it, at this time many will be born, many, who are seekers and who want their realization. Many people will be born, again their souls will take forms. That's why we have population problems in some countries and in some countries we have minus. I mean, the population can never grow to such an extent that it will outsize this world. But despite that we are worried about population. This population is there mostly because these are very important times, and at this time people are going to

get their resurrection.

This is all promised that people will get their resurrection. In Koran they have described that Twelve Mahadhi will come and he will give realization. In the Hindu scriptures it is written, Indian scriptures, that there they will be a Kalaki who will give you realization, who will resurrect you and all kind of books there are, in the Bible also we have this. So, one has to realize that if it is such an important time, and at this time we are born, we should understand our purpose of our being here at this time. But human beings are really lost into lots of illusions, Bhranti they call it. Because that's the specialty of this times, also, that at this time, people will get into illusions and will be confused. Confusion will be there as a result of that they will start seeking. But in this confusion sometimes we completely lose our logic and we start falling into wrong things.

For example, Toronto, they were saying that, people come, Mother, just to meet You and after that they don't come. I said, "It is very surprising, they come to meet Me but they must grow, they have to grow. They have to understand what they are. They have to learn what is so important. Not only that but they have to be so mature that they can use their power to enlighten other people. Is the responsibility of every person who gets his realization to mature and to give realizations to others."

But I was told, I was surprised, that some people come here, as gurus from India or some sort of evangelist and all that and people get enamored by them. First of all you cannot pay for your evolution. You cannot. God doesn't understand money. He does not understand banking, he doesn't, you cannot pay. Anybody who takes money you should shun that person. The other day I happened to be in India, I don't know by chance, in a place of one Mr. Morari Bapu and I was amazed. He had created one Sri Rama, of seven, twelve years of age, and about seven years of Sitaji, and he was saying they are going to get married now, so you all should give the trousseau. So all the ladies, Marwadis and Gujeratis started taking out their bangles of diamonds, and this and that and gave it. I started wondering, what's the matter with these people, have they no brains, how could they give money to a man who is marrying some fake Rama and Sita?

Another time, I mean, today I have to tell you because, I was surprised that in this place which I find very evolved and intelligent, people are following such nonsense which they have stopped in other places. Then another is this TM business, the other day somebody was ask Me what about the power of mind, it is limited, and he makes one pendulum move, you see, with the mind. Are you here to move a pendulum? Is that your value? Is that what you are here on this earth? Have you no respect of your being that you go to such stupid people and listen to them, and pay it. How can it be? Just think, moving the pendulum you paid three hundred pounds. In any way you can move it. All kinds of stupid things are being done.

Now this is Mr. Satya Sai Baba recently has been completely exposed by cameras. And they saw him getting this gold chain, I have got the tape also, chain like this and moving like this. Why should God give you gold chain? Or diamonds? Is that what God wants you to have? Those who have diamonds are all godly people? How could people take to such stupid things, I can't understand. And it is still on, on and on. Must use your brains. Then somebody has a home or a havan; this is Indian nonsense. So they must give they are so ... I mean, I dedicate it to God. Now, in the name of God, this home, let's pay. Who are the people who are doing? What have they achieved? What is their private life? How do they live? What is their bona fide from where have they come, they might have come from jail? And wearing those dresses are just befooling you. Any nonsensical thing comes in if you want to accept.

Then, Sahaja Yoga is not meant for stupid and idiots, I can tell you this. It is meant for people who have some sense in their head, to understand what is the value of their life. Why are they on this earth? This is the category of people whom I call as the people who are seekers. Whom William Blake has called as the men of God, who will come on this earth, and they will become divine, and they'll make others divine. You want to be make people divine, you want to be divine; you don't want to waste your energy on such stupid things. You have done it, so many years. All kind of things you have been doing in the name of God.

Why, even Catholic Church you know that they counterfeited nine hundred, nine million dollars or something like that, counterfeited from their own Vatican bank that distributed it. Is this the job of any saintly person? They are raping women; they are doing all kind of nonsense. How can it be? There's no divinity of any kind. On the contrary, I think they are like devils. Now also in England, I was surprised, the Canon of the Protestant Church, I was born in a protestant family. I'm amazed that he says

that you have to allow extra-marital relationships, because people are not coming to church, because people must come to church and pay these priests. If they had something substantial, if they had something valuable, they wouldn't have to go to this, then they will say, now you must allow child abuse, drug addiction, everything, why not? For getting cheap popularity.

It depends on our understanding and on our seeking. What are we seeking? We are seeking our second birth, our transformation. We have to have our inner knowledge, we have to know ourselves and we have to grow into it, this is the value of your life. That's why you are born today, you might have forgotten your previous lives, your struggles, your seeking; whatever you might have forgotten, but I am telling you today, verily, verily, that you have taken birth on this earth to become the Spirit and to grow into it. As a result, what happens? When you become the Spirit, first of all, your attention gets enlightened, enlightened. In the sense that with your attention you can feel the centers of all the people, also you know about your own centers. As I told you that, most of the problems are coming from these centers. Now if you know how to correct these centers, you solve your problem and you solve the problem of others. So we say that in your awareness, which is human awareness, first of all you develop the consciousness or what we call as bodh, means on your central nervous system you can know the absolute truth.

Now supposing somebody as I said coming from India, from jail just now, he said, "Better let's go to Toronto with a funny dress, I'll say that I am such and such guru coming from Himalayas." If he thinks like that, and if he comes here, how will you make him out? How will you know whether he is a thief or not? Absolute truth. Many people who are atheists, who don't believe in God, if they ask after Realization is there God? They get the blessings of this All Pervading Power and they start feeling cool breezes in their hands. You can make out the diseases of other people on your finger tips, because your fingers are the endings of the sympathetic nervous system and they can feel what's wrong with which one. Guru Nanaka has clearly said, I have a big chapter about it, that there will be such and such time we called Spanjarao. I can't understand that, what are we seeking and what are we at?

We are seeking to be the Truth, to be re-born, to be Atmasakshatkari, to be yogis. That is, united with this All Pervading Power, not the physical yoga in which you have to stand on your head. Many people think that if you stand on your head, you will get connected to God, but there are many like that also. I mean, it is some times if you hear the way people believe in things, you sometimes feel you are in a lunatic asylum. We have to really raise ourselves and see that our purpose of life is very, very great.

This is the most historical times. At this time you are born here, you have to become the Spirit. Your attention gets enlightened by which you know on your fingers tips your own centers and the centers of others. You know the absolute truth, but, that is not the end of it, you discover your peace within yourself. If I say now, you stand in your present, you cannot. We live either in the future or in the past.

In the center, between these two, there is the present. A thought rises within us, from say from the past or from the future again goes to another thought. So we are jumping on the cusp of these thoughts, but when this happens these thoughts elongate and we are in present. That's what happens that we become thoughtlessly aware, in Sanskrit it is called Nirvichara Samadhi, thoughtlessly aware, without any difficulty, without any problem, you just become thoughtlessly aware and you become peaceful.

People talk of peace, I know, I've met many who have got awards of peace, but they are such hot tempered people, I tell you, that if you are to talk to them, keep a barge pole in between, it's terrible, how can they get peace awards, I can't understand? On what grounds they get peace awards the person who doesn't have peace within themselves? How can they have peace award? But they have, they get it, somehow or other this is modern world, you know. So the peace within is established and you watch the whole world as a drama, as a witness.

You see the whole world as just not to be involved with, supposing you are in the water, then you are afraid of the waves, but supposing you get into the boat, then you watch, and enjoy the waves. But supposing you know how to swim, then you jump in and save others, these are the two stages into which you pass. First you get your thoughtless awareness, and the second one is the stage which we call doubtless awareness. Now some people may say, how many days, how many times? Some people jump in immediately, some people takes, some time, but within one month I've seen people becoming experts, absolutely experts. So

you become your own master, and you become the complete master of the divine laws. You understand how they work, it's very simple, has to be. It is so vital today it has to be extremely simple, like breathing. If you have to breath, and go read books or pay money to some guru, how many will survive? Extremely simple, it works spontaneously, means the living process. Like one seed is put in the Mother earth it sprouts because the seed has got the sprouting power built in, and the Mother earth also has the sprouting power. So it is spontaneously, it's your own power within yourself is there built in which is awakened, and once you have mastered it you can awaken other people like one candle which is enlightened can enlighten other candles. It's like that, as simple as that.

But people can't believe anything so simple in modern times. I mean if I say you can eat your food like this, they say why not this way? All right, go ahead, nothing wrong with that, but this is a simple way. In the same way, one has to understand, that if it is within us, is our own power, and we can all get it, why not? All right, they get it, I know, in My program many will come; always I don't know why they come to My program. I don't know, maybe some sort of a thing, but, they come to My program but they don't grow; they are just the same; they don't grow because you have to come to the collective. It's not an individual happening, all right Mother am I at home, I do meditation. It won't work out. Of course you have to meditate a little bit but mostly you have come to collective. If you come to the collective it works because it is a collective happening, it is one collective organism.

For example, if My one nail is cut out and keep somewhere, it won't grow. It has to be connected with the whole body, it's logical. Absolutely try to understand it's logical; and if you think that you cannot come to the collective, only you'll come when I am coming, you will never grow, you'll never fulfill your mission, you will not know why you are here. In a humble way one should come to the collective, learn everything, it is very simple to learn.

Even children know, even children understand, they are better sometimes, because they haven't got have such conditionings, they are very simple and they know how to do it. So I would request you that after this program, when there is follow-on, I hope you will all come and grow so next time when I come I'll find all of you very much grown; not only that but all of you have given realizations to others. I know of people, one person, giving realization to twenty-two thousand people. But that's another area where it has worked. It's growing like fire, in many countries like Russia, Bulgaria, Romania, Poland, everywhere, Hungary, also in India, also it is growing very much in Europe. There are fifty-five nations altogether where Sahaja Yoga is growing.

So, if you understand the value of your life, value of this time, and what you have to achieve I am sure you'll take it up seriously and grow, that's all I want. I want you to have all the powers of the world, all the powers that are within you, must be expressed. You see My age, I'm quite an old woman, must be the oldest amongst all of you, who are sitting here, but I don't feel tired, I just enjoy. When I was leaving New York I felt sorry, little bit I felt, because there were so many Sahaja Yogis, I'm a Mother after all. But when I came here and I saw all other Sahaja Yogis here from Cincinnati and from this place, again, I felt all right. That's how life is, and I hope you all understand what I am saying about respect yourself.

May God bless you.

The last thing which is promised that you will enjoy yourself, you'll be never bored. You'll enjoy yourself and you'll enjoy everyone. Such friendship, such love, such affection, such understanding, that you cannot believe that such a race exists. I hope you all want to have your Realization, those who don't want to have, I cannot force, it cannot be forced, because you have been given your freedom and if you want to have I can of course work it out by your own powers, but those who don't want I don't want to force them, I respect your freedom. So those who do not want to have Self Realization should leave the hall and should oblige Me and others. But those who want to have should know that it takes hardly ten to fifteen minutes, such a short time, and for them I have to tell that there are three conditions. Again I would request those who don't to have should leave the hall please.

The first condition is that you have to have full faith in yourself. You have to have full confidence that you will get your Self Realization, I promise you, you all can get. Please have complete confidence in yourself.

So the second condition follows, that you should not feel guilty for anything whatsoever at this moment. Not to feel guilty, if you have done mistakes, all right, after all you are human beings you are not gods. If you have done mistakes it's all right; for these

mistakes I would say you should face them at that time and finish them. But when we people feel guilty, what they do, they take the guilt and put it here in the left side of this Vishuddhi, which is a very, very dangerous thing to do. As a result of that, you suffer physically, you might get spondylitis, you might get angina, you might get also lethargic organs; so why to have any guilt, what's the use? Like a little baby, you are looking after the guilt, which is so troublesome.

Now people do tell you that you are sinners, I know that, all kind of nonsense that way, it's not true. Who are they to judge you? You shouldn't judge yourself either. Again I say respect yourself.

This Kundalini is your Mother, your individual Mother. She knows everything about Me. She has everything recorded in Her inner coils just like a tape recorder, you can say. She knows everything and She is very anxious to give you your Realization. She is the reflection of the Primordial Mother, the Holy Ghost, and She's just waiting for this time.

So you leave it, the judgment to Her, you don't judge yourself. This is very important because if by this chakra, this chakra gets blocked, the Kundalini won't rise. Now the third very important and the simplest condition is that you should forgive everyone in general. Meaning you should not even think about that, not worth thinking. Now, what's the logic, what's the logic for it. The logic for it is this, that, if you forgive or you don't forgive, you don't do anything. What do you do if you don't forgive? Nothing, it's a myth. But when you don't forgive then, mentally you torture yourself all the time. So you are playing into wrong hands. Supposing, somebody has tortured you or troubled you or put you into difficulties, then he is enjoying himself or she is enjoying herself. While you are all the time bothering yourself with this kind of a feeling that, I hate that person, and I will do this to that person. Just forgive, just forgive.

So this mental torture will be over but the main point today is that there's a center of Agnya on the optic chiasm, which is very constricted, extremely constricted, like this, you can say, it is like this, and Kundalini won't move unless and until you forgive. But when you forgive it opens and then Kundalini will move. So all your life you have tortured yourself for somebody else and now at this great moment why do you want to lose your Self Realization? I'm telling you again and again because this is one of the worst centers people have. They just can't forgive. [Sounds like it's something], "I can't forgive" I mean what, just you have to say, "I forgive everyone" finished, that's all. At this moment you have just say, "I forgive everyone" finished. Any thought comes to you say, "I forgive." That's all, isn't it simple? So, let us have some love for ourselves and some mercy.

As a result of this you'll be surprised, many diseases have been cured, of course cancer and all kind of diseases have been cured, no doubt about it, and you don't get diseases. If you happen to get something immediately will know you are going to get it, and can cure yourself. It is that simple. It looks fantastic. I know it looks fantastic, but now supposing you take a television into a remote village and tell them, from this television you can see all kinds of films. They'll say what, this box, what are you telling us? We also think we are just a box, but once you are connected, like the television you will see how fantastic it is. You are extremely fantastic. You don't know your powers, you don't know yourself, that's the main thing, you don't know yourself, so you have to know yourself, that's all. Is said by all the saints, all the prophets, and all the incarnations that you have to know yourself.

Of course, I mean if you are trying to do Sahaja Yoga also going to somebody else, and to somebody else, then it is like you are one foot is in the mouth of the crocodile and one on the boat. It's difficult. It is better to take to crocodile and spare the boat, all right.

Now, they want that before I start it you should ask Me some questions. Will be good idea.

[Moderator]: If you have any questions for Shri Mataji ...

[Audience]: My name is Chief Agada from Nigeria, I came to Canada six years ago. My sister came four years ago, after that. The first time she came in to a country that she never knew before, having that problem, she get organized with Your organization, she was so happy that Your organization turned her life, up, up, up, that today I am proud of her. She had a dream that You're coming, that is why I brought her. I am proud You Madam, I am, sincerely proud of You. And because of that I am putting two hundred dollars cash.

[Moderator]: He wants to give You some money, Mother, he wants to give You some money.

[Shri Mataji denotes HH Shri Mataji is answering]

Shri Mataji: For what?

[Moderator]: For helping his sister.

[Mr Agada]: My sister loves You more than anybody. My sister is over there.

Shri Mataji: That's very good. May God Bless.

[Mr Agada]: And she is here. She had a dream You're coming. We just came in.

Shri Mataji: I'll have to go to Nigeria now. All right. Now, anything else?

[Mr Agada]: My question is ... what makes You so powerful? Why You are?

[Moderator]: Why are You so powerful, Mother?

Shri Mataji: Who? I? Because I am a mother.

[Mr Agada]: Can I be as powerful as You? Because I want to be the richest black man ever to live on earth.

Shri Mataji: Why not, why not, I would love for you to be as powerful as Myself, that's what Mother wants. That's My love is, you can be. This is no power. This is power of love. We have know how powerful it is. We have never used power of love. What we have used is power of hatred. This is power of love. We don't know how powerful it is, the power itself is powerful. All right, May God Bless.

[Mr Agada] Excuse me Mother, [can't You take two hundred dollars].

Shri Mataji: No, no, My child, it's all right. When I will need money I will let you know, all right.

[Mr Agada] Mother, can You do me a favor? Can You do me a favor? The only favor I want from You, can You see my sister, face to face, she is proud of You, she is proud of You, she die for You.

Shri Mataji: I am also proud of her [unclear].

[Mr. Agada]: Can You see her, this is just like You, see her.

Shri Mataji: Of course I will see her, why not?

[Mr. Agada]: O.K. Let her come up.

Shri Mataji: She can come after the program, I will see her. All right?

[Mr. Agada]: God bless You, Madam.

Shri Mataji: May God bless you.

[Moderator]: Any other questions?

[Audience]: Pardon me for asking this question, but, earlier You talked about the resurrection and You mentioned about the scriptures, where like in the Hindus scriptures they talk about the Kalki Avatar who will come for the resurrection, and for the Christians, I know they talk about the return of Christ and all the religions talk about this resurrection and the belief in the coming of the Messiah so I just want to know since You say You are going to give the resurrection to us, what is Your station?

Shri Mataji: In Russia?

[Audience]: And are You the promised Messiah then?

Shri Mataji: Are you?

Shri Mataji: I see now, I am not going to tell you anything about Myself, to be very frank. Because see Christ said He was the Son of God, and they crucified Him. I don't want to get crucified.

You have to find out, when you become the Spirit; you will know what I am. I don't want to say anything about Myself. Even Mohammed Saab did not say. He said positively I am not divine. How can it be? He just told because if you say you're divine, everybody will jump on you. That's what the human beings are like.

[Moderator]: Any other questions:

[Audience]: I have two questions, first of all I have problems, you know I'm a follower, I'm a seeker for a long time. Can I eat meat or fish? In some group meditation programs they say I cannot even eat egg, nothing. So on the other hand when you breath in and out there we kill many bacteria. Now where do we draw the line? The second question is do You believe in reincarnation or not.

Shri Mataji: First question is how to make out a person whether he is genuine or not. Simple question. Nanak Saab said Sat Guru ohi jo sahib mili he, the one who makes you meet God is the Sat Guru, not just talking. But is very meticulous way is this.

First you must meet the disciples. What do they do? How much knowledge they have of inner being? What powers have they got? Are they compassionate or aggressive people? What is their bona fides. How do they talk? First, you must see the disciples and then acceptable. It's like in the market when you go. It is a marketing. These people are marketing. So you first find out. What is this particular thing is? And is selling for so much and so much and what effect it has given others. But another very simple method is that you cannot pay for it, it's the main thing. You cannot pay for it. All right, at the most you can pay for this hall, all right. But for your own power for your evolution you cannot pay. What did we pay to become human beings? Money question doesn't arise. All these gurus and all these religions are nothing but money oriented or power oriented.

Nobody is spirit oriented; this is the best way to judge a guru. Thank God in India we have had many great Saints and they have written about it, how a false person is and how a real person is. Of course some of the gurus may not be as compassionate and loving as Myself because I am a Mother, but they are truthful people. Sometimes they used to throw stones, I know that and hit their disciples. But why go to them? You can get it yourself. So, I am your Mother, I am not your guru, I am your Mother

One more question? All right.

[Moderator confirms question from the audience: Do You believe in reincarnation?]

Shri Mataji: Ah. The second question is do You believe in reincarnation? Of course, it's no question of believing it, it's a fact. Yes

Madam?

[Audience] I'm Heather, I just can't let the men get away with this, there's all men. My question is, there's a lot of talk about having a living master, and that you can't do this stuff without a living master, I would like your opinion of that?

Shri Mataji: Why do you want to have masters? I'll make you the master.

[Audience]: I already am the master.

Shri Mataji: You will become the master. You will know everything yourself. You will become the master. There is no need to have a master. Why this slavery?

[Audience]: That's my opinion, but there's a lot of talk about you need a living master. I just wanted your opinion, thanks very much.

Shri Mataji: You know there are all kinds and so far I've met only one who is a real master, but he is a horrible fellow. He beats people and all that. I don't want you to go to him, at all. He does all kinds of horrible things which I don't like, so, I mean he is a real master, but he has not giving Realization to anybody because he says he gave it to one who became a bad boss who doesn't want to give to anyone. So he says, You are a Mother, do what you like, so that's what it is. So why should we have masters? We are all masters, you all can become masters. These are all masters, what do you think them to be? These masters who feel shy, who are humble, who don't dress up with a new kind of an expression but are just like you.

[End of Question and Answer period]

And thirdly you are to forgive everyone in general. Now I've to tell you that there is left side and right side, we have and the left side is the power of desire, the right side is the power of action. So what we do is to take our shoes out to take help from the Mother earth. Mother earth is sometimes very helpful we take our shoes out and put the feet on the Mother earth little away from each other because these are two powers. So, now we put our left hand on our lap, very comfortably, you have to be extremely comfortable, that does not mean you should be slouching. Comfortably, comfortably sit straight. I mean, now we don't have to go to Himalayas, stand on our heads you see, just be comfortable in your chairs. All right. In short, we have to be pleasantly placed towards ourselves, pleasantly placed, not to have anger or any kind of contempt or depression.

Now please put the left hand towards Me like this, and right hand we are going to use for nourishing our centers, only for tonight, just for tonight, you need not remember anything about it. Just for tonight we have to use our right hand.

So please put your left hand on your lap on the left side and please put now your right hand on your heart, inside the coat. It's all right. In the heart resides the Spirit, and if you become the Spirit you become your own guide, your own the master. So we take down our right hand the upper portion of our abdomen, upper abdomen, upper portion, we are working only on the left side, upper portion of our abdomen, and press it. This is the center of our mastery, this is created by many prophets, seers and Saints which we have to awaken. Now we take our hand down onto the lower portion of our abdomen on the left hand side. This is the center, you'll be surprised to know, is for the pure knowledge of the divine.

Of course I cannot force this knowledge on you; later on I'll tell that you have to ask for it. Now raise your right hand to the upper portion of your abdomen, this chart is showing what is to be done, then onto your heart, then onto your angle between your neck and your shoulder and turn your head to the right. Now this is center where you feel guilty as I told you and it's quite bad in this congregation so please remember not to feel guilty at all. Now, please take your right hand on top of your forehead across and put down your head slowly as far as possible. Here you have to forgive everyone in general, this we will do later on, now please take your 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 this All Pervading Divine Power just for your satisfaction push back your head.

Now stretch your palm fully, and put the centre of your palm on top of the fontanelle bone area, which is a soft bone in your childhood. Now please put down your head, please put down your head, now the important thing is to stretch back your fingers, so there is a good pressure on your scalp. Now, move your scalp seven times, slowly, clockwise. Please bend your heads, bend your heads. Push back your fingers and move it slowly. Now, that is all we have to do, altogether.

So please see that you put your both feet apart from each other and put your left hand on your lap and please put your right hand on your heart, you have to remove your glasses also because it might help. Now close your eyes, you shouldn't open your eyes 'til I tell you. Keep your eyes shut. At this center you have to ask Me a very fundamental question three times. You can call Me Mother, or you can call Me Shri Mataji. Please say three times, ask a question, Mother Am I the Spirit? Ask this question three times.

Audience begins to speak out loud, Shri Mataji indicates: Ask in your heart.

[Moderator Interjects: If ask the question just to yourself, inside, that's fine].

Now, please take down your hand in the upper portion of your abdomen on the left hand side and press it and here again you have to ask another fundamental question to Me about yourself, three times, Mother, am I my own master? Now, please take your right hand in the lower portion of your abdomen on the left hand side, here is the center of Pure Divine Knowledge, I've already told you that I cannot force on you, so please ask six times. Mother, please give me pure divine knowledge; ask six times, because this center has got six petals. As soon as you ask for the pure divine knowledge, this Kundalini, this force in the sacrum bone, 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, press it hard, and here say with full self confidence. Mother, I am my own Master, say it ten times. I have already told you in the beginning that you are not this body, this mind, this ego or conditioning but you are the pure Spirit. So raise your right hand on top of your heart and here you have to say again with full self confidence, twelve times, Mother, I am the pure Spirit. This all pervading divine power of love is the ocean of knowledge, ocean of bliss, ocean of joy. But above all, it is the ocean of forgiveness, and whatever mistakes you have committed are easily dissolved by this power of ocean of love and ocean of forgiveness. So please forgive yourself.

Raise your right hand in the corner of your neck and your shoulder, push it back your hand, as far as possible, and now turn your head to the right. Here you have to say sixteen times with full confidence, Mother, I am not guilty at all, please say it sixteen times. I have already told you that whether you forgive or don't forgive, you don't do anything. On the contrary if you don't forgive then you play into wrong hands, and at this moment you have to open your Agnya Chakra by forgiving, so please forgive everyone in general so that you don't miss your Self Realization. I have to see that you get your Realization but you have to forgive. I can't do that for you, please forgive. So now raise your, 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 your full confidence, not how many times, but from your heart. Mother, I forgive everyone. From your heart, not how many times, just put your hand on top of your forehead. Put down your head.

Still, if you feel that you cannot forgive then I cannot help you. Please forgive. Now take your right hand back, on the back side of your head, without feeling guilty, without counting your mistakes, here you have to say or you have to ask forgiveness from the All Pervading Power, by saying. Oh, Divine Power, please forgive me if I have done anything wrong, knowingly or unknowingly. Please ask forgiveness, just for your satisfaction. Please turn your head up, towards the sky. Now stretch your palm fully and put the center of your palm on top of the fontanel bone area, now please put down your head, and push back your fingers. Here you must put a proper pressure on your scalp and move it, move it slowly seven times, but here again I cannot force Self Realization on you. While moving your hand you have to ask for your Self Realization. Mother, please give me Self Realization, you have to say seven times, when you are moving your hand, seven times. Please bend your heads, bend your heads, bend your head. This is very important. Stretch back your fingers. Stretch your fingers. Please bend your head.

It's most important center is this last one, this is the actualization of your baptism. Now, please open your eyes, put back, take down your hands, and put both of them towards Me like this. Please put both the hands towards Me like this, little higher. Now, here you push your right hand towards Me and put down your head and see with your left hand if there's a cool or a hot breeze-like vibrations are coming out; breeze-like from your own head. Move your left hand. Now if you have not forgiven they will be hot, please try to forgive at this time. You shouldn't put your hand on top of your head, little away, some people get it much more further, so please move your hand and see for yourself. If you are getting any cool or a hot breeze on your head, from your head. Bend your head, it's the best, now again please try the left hand towards Me. Now bend your head nicely, and with the right hand. Now you see for yourself with the right hand, you see for yourself if there's a cool or a hot breeze coming out of your fontanelle bone area, the soft bone in your childhood. Just see if it is coming out. Raise your hand.

Now, try with right hand again. Put the right hand towards Me and put the left hand on top of your head. Now bend your head again, and please see for yourself, if there's a cool or hot breeze is coming out of your head. Now this is what is the Kundalini coming out and is connecting you to the All Pervading Power. Now, please put both hands like this, and watch Me without thinking; just see if you can do it, just put both the hands towards Me and watch Me without thinking. Now please put both hands, like this and push back your head, here you have to ask one of these questions three times:

One of these questions three times. 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, the Ruh?, and the third question is, Mother, is this the Paramchaitanya? Ask any one of these questions three times, push back your head. See upward and ask this question.

Now, please take down your hands. All those who have felt cool or hot breeze on their finger tips or on their palms, or through their fontanel bone area, through their head, please raise both your hands.

Just image, most of you have got it; why Indians haven't got it I can't understand; they must be having some gurus or something. Must be. All of them. Just imagine. May God Bless you. Now you are for the first time feeling this All Pervading Power of divine love, for the first time, but now you have to learn how to use it. You'll feel the peace and you'll feel the joy. You may feel you are on the top of the world but that's not enough. You have to grow and this connection has to be fixed.

I'm sorry some Indians didn't get, what's the matter? Normally Indians are very good at it if they come. All right we'll see then. In any case, May God Bless you all. Thank you very much. I am going tomorrow. I will be coming back again after one year. Tomorrow I'm going to Vancouver in the morning. I'm very happy to see you all getting your Realization. Now you have to grow, and those who haven't got also should go and see for themselves what's wrong. Why didn't they get their Realization? And I'm sure it will all work out, they are all experts here and it will all work out, and you will all have your Self Realization. May God bless.

[Moderator]: There are weekly meetings much like this where you can actually go and further establish and learn more about the meditation.

Shri Mataji: Hello, they want to sing a song to Me, if you don't mind if you can wait for one more song, they want to sing a song.

[Moderator]: So we are going to have one short musical piece and just to tell you a little bit about music. A lot of people, music seems to communicate with lots of people in different ways, it is very inspiring, and one of the things with the music which is produced by the Sahaja Yogis is that as they are connected, the music itself has vibrations so perhaps if they play something you can have your hands out and you may feel the cool breeze as a result of the of the music.

We find that the music is one of the easiest ways to enjoy, so we have lots of people playing music.

We are going to have one song, I'm not sure if it will be in Hindi or Marathi, and one of the things we find even the Westerns can very quickly master at least in singing in foreign languages and then we'll have an English song as well.

(Two music pieces followed.)

1993-1009, Qiyamah is the Resurrection

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Qiyamah Is The Resurrection

Public Program

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I bow to all the seekers of truth. I'm very, very happy to meet you people from Iran. Because the first country I visited was Iran at the time of Shah (King) and I found there were many people who were seeking the truth and they had freedom to do that and we had very few people because I was staying with my brother and we didn't have a program like this. But at least 20 people came to my brother's place and got their Realization.

After that, you know what happened in Iran and I lost completely contact with them. But even now there are some people who are in Iran and who have got their Realization.

So, I think Iran is a very old country of great culture and before it becomes Islamic, it had Zoroastrians living there who had great philosophy also. Then these Islamic people also took to Islam in a very serious way. I don't know but before Islam came the people used to make art with human figures and after that, they started making things of describing were there were only flowers or cubes or geometrical drawings.

It happened that I went to Shiraz and I went to Metropolis also. So all the places is full of Divine vibrations. That means there have been even before Mohammad five times Zoroaster came and then came Hazrat Mohammad who did such a lot of work for all of us. But I think there was a little problem which took place with that, people have twisted many things by which we are put into trouble for nothing at all.

Quran was not written by Mohammad Sahib, you know that. Because he did not know how to read and write. So he told about it to his friends who also did not know how to read and write. So then he the children of these, we should say his friends, they were educated and after forty years, after the death of Hazrat Mohammad Sahib, we can say, the Quran was written. At that time, before that also a big problem started. Because you are all Shias, I'm quite happy to tell you about what happened. That Abu-Bakr became the head of the Islam, Abu-Bakr and he was a fundamentalist. Actually, it was Hazrat Ali who had to become the head, Ali had to become.

But some way or other Abu-Bakr managed. He was a very ambitious man to become the head of the Islam. Is a history I'm telling you. Now when he became, he tried to argue with Hazrat Ali and he said that whatever written in the Quran is alright and he added his own things also to it. Now Hazrat Ali you know had a fight with him. I know the whole history about it, because My father translated Quran into Hindi language, So I've read Quran also, quite nicely.

Now, what happened? It's a history where the turning point took place. As you know Hazrat Ali became head but later on, he was killed and his two sons were killed. And the wife of Mohammad Sahib, Aicha, was told that: "You will go and fight against the truth and you will know it when the dogs will bark." So when she went on the other side, it's called as "Hawa" [Hadith Al Haw-ab], it happened and dogs started barking, but still, she didn't listen and she went and told the other side of the people that "whatever is Abu-Bakr is saying is all right, you listen to Abu-Bakr." So the drift started that time and as you know later on Hassan and Hussein both were killed in Karbala. That's how Shia and Sunni two party started.

I must say thank God you are Shias. Because Shias believe in many things which are the truth. One they believe that you will become a "wali" [spiritual guides, saints]. You have to become a wali. We have Hazrat Ali who was himself, according to our Sahaja Yoga, he was an Incarnation as Mohammad Sahib was. We worship Mohammad Sahib, Hazrat Ali and Fatima. For us, they are much more than you know in Quran, which later on you'll find out how they are related to India. They are very, very great souls who came on this earth and because these fanatics didn't understand them, they killed them. So then these Shias started

feeling sad and having the "matam" [mourning; acts of lamentation], you know. For that they started wearing black clothes and having matam. But the time is over now.

In that, most of the Quran was written according to Mohammad Sahib but I think something more was added by these people who read Bible. In the Quran, Christ has been praised, his mother has been praised, Moses has been praised, Abraham has been praised. And [Mohammed] said that there are- have been one lakh [a hundred thousand] walis before myself. And when he said also that: "I am the seal" it has double meaning. It doesn't mean that he was completely finished, after him nothing will happen, but it meant that he was the stamp of a Wali, He was the stamp of a prophet. But Mohammad Sahib never said that he was divine. Because he knew that if he said he was divine, they will attack him and kill him also. So he never said he was divine but not he was divine, but he was the incarnation of a Primordial master.

Now, the only thing where we have gone wrong is one place, where we talk of Qiyamah. Qiyamah is the Resurrection. Resurrection time is described according to Bible. You don't know how much bible has been ruined by John, John who is- I'm sorry not John- by Paul. Paul is the one who came into Christianity just to use a forum for himself. He was a political man and just wanted to use it. So he gave his own ideas and the most absurd idea he gave about Qiyamah was this: "That when the time of Qiyamah will come, then the bodies of the people will come out of the graves and they will get their Resurrection". This is absurd! You know very well that in the graves what is left of a human being: nothing. His soul goes away and his body is there, which decays, decays and only the bones are left. So it's absurd idea that people will come out of the graves after so many years and our forefathers also will come out of the graves, it's impossible. You see, religion is logical. It is not absurd, it is not nonsense. It is the greatest sense, but we should understand how these things have been brought in. So the idea of Qiyamah was ruined. I think by Paul first to begin with and these people must have taken from there something of that. Because it's an absurd idea.

On the contrary, as Mohammad Sahib has said, there has been one lakh of walis, means there have been incarnations before. So, the idea of Qiyamah in the Indian scriptures is much more sensible in a way. Because it says that all the souls which are dead, which are hanging in different states will take birth when the Qiyamah time will come when the last judgment will come and it's happening. That's why you see, these days, there are such nice people, there are saints, there are such beautiful people and also at the same time you find there are such horrible, cruel, immoral, all types of people are born. Some of them look like animals also, worse than animals.

So all these souls now are taking birth. And these souls are here for their Resurrection. Now, this is your Resurrection time, no doubt. This is the time when you have to be resurrected. And this Resurrection takes place luckily amass.

Here we have few Iranian sitting but in say- I went to Russia we had never less than 16 thousand people, never less, always in a big stadium. Because it is the truth you have to know. So far, if we had known the absolute truth, there would have been no quarrel, no argument, no war. Everybody will think the same way, isn't it? If it is one truth, then why you should think separately? Why should you sing separately? Everybody thinks the same way.

So this is what has to happen to us: is to know the absolute truth. To know- Please be seated now, don't disturb- To know the absolute truth what has to be done? Because at human awareness we cannot know the absolute truth, at human awareness. If we had known, there would have been no problem. Everybody thinks differently. Somebody thinks this is truth, somebody. I mean if you ask Christian, according to him, the Muslims are the worst people. If you ask the Muslims, according to him, the Christians are the worst people. If you ask the Jews, they'll say the Muslims are the worst, they all think they are the best. Is a wrong idea. Is absolutely wrong.

So to understand it fully, what we have to do is to know the absolute truth. And the source of absolute truth is your Atma, is your Spirit, is your Ruh. And that is what one has to know.

Unless and until you feel the Ruh, unless and until you are connected to Ruh, you cannot know what is the truth. It is like this. You see, this instrument [mike] which is-if it is not connected to the mains, it has no meaning, it has no identity, it doesn't work, it is useless, it won't carry my voice. In the same way Namaz [prayer] is very great. But Namaz is what? Is nothing but for your Resurrection, a kind of a movement where you should get your Resurrection.

The other day I had a Muslim gentleman who came to Me, because he had angina and all kinds of physical problems. So it was Namaz time. I said you do your Namaz now. He did his Namaz and he felt the Ruh at that time. He felt it. In the same way you have to first feel this Ruh which is around us. So what is the truth? The first truth is that you are not this body. You are not this mind. You are not these conditionings, these feelings, this ego. But what you are, you are the pure Spirit. That's the first truth. Because you say my ego, my body, my mind. Who is this mind? Who is the owner? Who is this I who call itself "my"? So this one is the Spirit which is within ourselves.

The second truth is that there is an All-pervading Power of divine love, which we call as Ruh. It's all over. Now we see these flowers. It's a miracle. It has come out of one seed. Everyone is different, every leaf is different. Every color is different. Who does all this living work? Who runs your heart? You ask a question to a doctor. He'll say: "It's autonomous system". But who is this "auto"? Who runs your heart? You have to find out who runs this heart? And then we come to the point where we say we don't know. Then if you go to the science, the science cannot answer many questions. First of all, science is amoral, there is no morality about science. It deals with matter. But when you ask a question, why are we on this earth? Science cannot answer this question.

So, we have to find out why are we on this earth? What is our purpose? Have we come here just to live, earn some money, pay some insurance and die? Is that our value? Have we got something more that we have to achieve? So, we have to find out that the purpose of our life, why we are here. Now You'll be amazed [to] understand that this all is done, as he must have told you, through a power within us. Now this power is your individual mother. Everybody has this mother and this mother is knowing everything about you. She is the power of mother. Also, Abu-Bakr didn't want to talk about women. He fought with Aicha and also later on he fought with everyone and he said that women do not count. That's how they put the women on the other side. But Mohammad sahib respected women out and out. You see, despite every effort, there is so much of truth in the Quran.

First of all, he said that a woman should be married. At that time, there were lots of war was going on, you know, as they were tribes. They even gave poison to Mohammad Sahib, horrible times! I don't know you must have a great courage to enter in to these Arabic people, because they were very, very hot tempered people. But he said one thing: so many young people are dead and with this so many young people dead, what should women do? They will become prostitutes, there will be no family life. So, doesn't matter, have five wives but marry. He didn't want women to become prostitutes. And that's why, to establish the sanctity of married life, he said: "All right" at that time "to marry five wives, you can." But there are so many rules and regulations about it. It's not compulsory, because you are a Muslim you must marry five times.

Now people have misused all these things to a very great extent. That I'll tell you in India we have a problem that women, we have a separate law for Muslims. So their men marry sometimes four times, have eight children, eight children. So many children and suddenly they say "Talaq, Talaq Talaq" [repudiation], finished! At this, three poor women, they are thrown out of the house and the "meher" [dower] is nothing. So just thrown out of the house and they are on the streets, absolutely living on the streets.

One day I was travelling, I've had gone to one place and I saw on the, our car had stopped, because of some problem. There was one tap and women were coming to fill the water, absolutely very poor, I mean in India I've never seen such poor people. Extremely poor, their children absolutely bones, in such bad conditions! And I just couldn't bear it, I mean, I felt then an ocean of compassion for them. And I asked them: "What is this? How are you like this?" Then they told Me the story: "This is what has happened and we have in no way help from anyone."

So, these nonsensical ideas have brought some much of brutality and cruelty to women also. Now, we have to understand that whatever Mohammad Sahib has done is for our good, for our benevolence. All this he told us to be moral people, because we have to be moral. If we are immoral then our humanity goes away. But he said you have to have Rahmân [feminine aspect of God: mercy], Rahîm [masculine aspect of God: compassion for the good] all the time he talked about love.

Now so far, we have used hatred in the name of God, everywhere. We have used the power of hatred. But now the time has come to use the power of love, of divine love. Because you can feel it. It's all around you and you can feel it. If this Realization takes place, you can feel it on your fingertips. This is what in the evolutionary process, now you are human beings and then just a little

jump, just a little breakthrough and you can feel it on your fingertips.

We have so many Muslims from different countries like Algeria, also from France.

As you must have heard about Rouhani Ayatollah. He was surprised the way I gave Realization to thousands of people in Paris and they were of different races, different religions and different nationality. And he was so sweet. I told him now you don't have to wear black. Those days are over. Now you have to think of Resurrection. So, he agreed and I had taken for him a white unique and white turban, so he wore it very sweetly and made me wear his turban also very sweetly. He was very very sweet and then he wants to go Algeria because there are fundamentalists who were really very cruel. So, he asked me: "Mother, what should I do?" I said: "See, now you are protected, you better go. Nothing to worry." He went there and I'm told he was very successful and he tried to control the fundamentalist and told them that the Qiyama time has come, now take to your Qiyama. That is how he solved the problem.

So now we have to live in peace. No more fighting, our lookout our children.

In the name of God, these are some people who are interested in making money or getting power and making everybody fighting. Now these Bosnia people I feel so sorry for them. One of them I met, happened to meet. So I asked him, I said: "Why are you fighting? Forget it. Now just accept whatever is there and these horrible Croatians and these Serbs are terrible people. You just now give up and don't starve and die." There are not only starving but they have nothing to eat, they are just frozen. It's worse than gas chamber. Because gas chamber in a short time, but they in fifteen, twenty days they starve and then die! Just imagine! Only because they are Muslims. They are dying.

So, the reason he gave me was very bad. Because he said now you see we are dying in the name of God and we'll be resurrected. If we are now died in the name of God, we'll be resurrected. Absurd! Of course, not.

One should not care for this land, this, that. One should care for oneself and for the well-being of your own children. This fighting, fighting going on, thank God Arafat had some sense, it's a little bit less now. But still, still I would say that people have to take to peace, understand that we have to live in complete joy and happiness.

Now this Sahaja Yoga is working in 55 nations. I've never seen these people quarrelling with each other, fighting with each other, saying bad things to each other. Of course, I mean, they pull each other's legs, you see, joke and all that, but that's different. It's lot of humour, all the time they are laughing and enjoying. When I was in Russia, they had this problem of the "coup" [coup d'etat]. And I asked them, I said: "Aren't you worried? There is a "coup" on." So they said: "No mother. We are in the kingdom of God. Why should we worry about this Russia?" It's like that. So all this is within your reach, you can get it and really this will happen. God wants you to be happy. He wants you to be in the kingdom of God. He has created you to give you all the joy and happiness. You know a father how he treats his son. Does he make him suffer? No! So God is the father of all the fathers. Why will he make you suffer? Think of that, is impossible. It's a wrong idea that for religion you have to suffer, not at all. On the contrary, be kind to yourself. You are human beings and you all can get your Realization in no time. Only thing is, it is not meant for stupid people and idiotic people. There are many idiots also.

I was surprised from Egypt we had some people - Oh, I must tell them the story! [Shri Mataji is laughing.]

They were communists and they were 8 people who came and they said: "We want to have a conference on anti-Racialism and anti-fundamentalism. And 30 persons can come, you look after our food and everything, put us up in the hotels and we'll have a conference."

But then I just thought that this will happen automatically if you become the Spirit, automatically. Because you transcend. You become a different person altogether. So, what's the use of this? I said: "All right, I'll say we'll have a conference on Self-knowledge or Self-realization or Qiyama." He- they fainted with the word Qiyama because they were communists, you see. So, I said: "All right, let us have it on self-knowledge."

So, what they told Me that if this is the subject, then only seven people will come and you have to pay for their travel also. So, I went to Budapest and asked what is this? Why do you want me to pay for your travel and only 7 people will be coming? So, you know what they said? This is the stupid part of it. They said that the idea of Self-realization is yours. So, you must pay. The first one was our idea. [Laughter].

These are Egyptians, imagine! I must say Iranians are much better. I've never seen such people. [Shri Mataji is laughing.] That: "It's your idea to have the Self-realization, do you pay for our travel?" This was too much. [Shri Mataji is laughing.] I tell them: "This is not the way, that I would like to be." You see so, I gave up. I mean, I say: "I give up. It's primitive. I mean, you have no idea at all that what religion is and what you have to have? How can you say such a thing?" I mean it is absurd. And this absurd idea they gave Me, then I gave up. I said: "Ah, finished with the Egyptian communists." I don't know from where they have learned these things that on principle, you must pay. So, this is what it is.

You can understand, I know Iranians are very wise people compare to all other Muslims. But the problem is this fundamentalism that has gone into their heads. Iran is in a very bad shape. We have in, no Iran Shipping Company. My husband was chairman of Shipping Corporation, and he used to go to Iran, come back and there's a Shipping Company working then he became Secretary General of the Maritime Organization of the UN. And that's how we came in contact with lots of Iranians and lots of people who were living there. Among all these, I think they are the first ones, because they are also very ancient, very traditional. They will be the first one to take to Resurrection, I have no doubt and it has worked.

I think I'm so happy to see you here. I was always hoping that I'll meet you and this is your own that it should happen. This is your own power, is all your own and you all should have it. There are very beautiful, nice people in Iran. I have very good experience of them.

But only maybe, by coming to this country, you might have become very materialistic. You were not so materialistic there, that much I know but I don't know because coming to this mad country, everybody becomes materialistic. It's such a materialistic country and people become very superficial. That's also true, no doubt. But even Indians have become materialistic here, you know. It's a funny country. But still you have emotions, you have feelings for your families. It's not that bad as it is with others. But I must say this country is quite mad in so many ways, you see. For example, something you will never do. I mean we Indians can never do something that they do like this lady Elizabeth Taylor getting married eight times, you see. That's alright. Then on top of that, she got married and there were people, four thousand people went to see her honey moon. She married a very young person and there were ten helicopters hovering on their head and there were people who are coming down with parachutes to take her photograph. [laughter]

I mean this kind of a madness, I tell you Iranians cannot do, we Indians cannot do, it's beyond us. I mean first of all if she has divorced eight times, nobody will go and see her. Because it is inauspicious to see such a person. So, it's such a mad place. It's alright but there are also very nice saint people, I mean here are lots of seers, American are sitting who have got Realization and they don't mind because they are the ones who told me all these things, what stupid things that they are doing here. See it happens, after Realization they start finding their own faults and they relate to Me: "Mother, we are like this, we are like this." So, you start seeing, you know, clearly.

Now, of course, I think you can ask me some questions and then we can have Realization. But this subject is very great. It's like an ocean, the knowledge is like an ocean. Now when you come in this room, when you have to put on these lights, you just have to put on a switch and all the lights come. But if I have to tell you all the history of electricity, how it came to this place and how this, that, it is a headache. So better is to put the lights on. First put the light on and in that you can know everything.

In this short time, actually this meeting was arranged very "ad hoc" [improvised] and despite that I'm so happy that you all could come and I could meet you because it was my heart's desire to meet you and it has worked out. So, at this time, I may not be able to tell you much about it. But if you have any questions you can ask now. But as they said: "First of all we must have the light."

Alright, come along.

Seeker: Just have a comment. We have all the Iranian community here would like to welcome You here and thank You really for bringing this information here. I've been studying metaphysics for seven months now, I 'm just not here by no accident, and I'm really glad to see someone here, in the Iranian community, taking a stand and coming to us with this information... Thank You very much.

Shri Mataji: May God bless you.

[Applause]

It is very promising, you see, young people saying this. I don't know how to thank you. To see young people saying these things is extremely promising. Because you know what is the condition of young people here; what's happening to them, they are going to dogs, absolutely. And young people are to be saved today, it's very important. They must have right values, right understanding. Do you know that in Sahaja Yoga people have given up overnight, overnight, they have given up drugs? Overnight alcoholism. I never say: "Don't". If I say "don't" half of the people will go. So, it's alright. I just say: "Take your Realization."

The case is like this: that supposing there is darkness and my eyes are close or maybe open but darkness and I have a snake in my hand and I am an obstinate person. Somebody tells me: "You have a snake in your hand." I'll not give up, I'll say: "There's a rope. Why do you say this just now? Till the snake bites me, I'll go on holding. So, you have to have little light. Immediately you leave that snake without anybody telling. This is what has to happen that you all should have that. And then you will realize how fantastic you are, how great you are, how glorious you are and what a great work for you to work for God! It flows through you this Ruh. Is something such a great happening, and you just become like an enlightened person. Like one candle which is enlightened can enlighten many candles, you can give Realization to so many people. Only thing, you have to little bit practice it and understand it.

You go into three stages as I told you that, first of all, you become thoughtlessly aware, you come in the present. You don't think but you are aware that you are in the present. The second state is where you are doubtlessly aware, where you have no doubts. Then you start giving Realization to people, curing people. As a result of this happening, this kundalini, your centres get corrected, they get integrated, nourished and also, they are enlightened. These are the centres which are our fundamentals and they look after our mental, physical, emotional and spiritual being. As a result, you can get cured also.

I must say that we have seen people being cured of cancer, of lunacy, epilepsy, asthma even AIDS, even AIDS. And after getting this you don't get sick and if you get sick, you know you are getting sick. It's something is the self-knowledge you get first of all you know about yourself, about your centres and also you know the centres of others. Because you develop a new dimension within you, the collective consciousness. When we say Allah-u-Akbar. Akbar the great. When you say that, you just say it with the lip. But then you become part and parcel of Akbar, you can feel others. Who is the other then? You can feel others on your fingertips. Now, if you know how to correct the centres, you can correct others and also you can correct yourself.

Now there are many doctors who are doing research on them, we have one very great doctor who has come here from London, he is looking after seven hospitals. And we have some doctors who have got their MD through Sahaja Yoga, who have shown epilepsy, asthma, all diseases, these diseases can be cured. It's all tangible. It's all tangible. It's all your own power and you become that fantastic thing. It's like a - say you take one television set to a remote village in somewhere where they have never known electricity and you tell them from this box you can see lots of films and things. They'll say: "This is just a box." That's what we think about ourselves. We are just a box. No, we are not. Once we are connected, then we are so fantastic that we start wondering how is it I never knew all these things that I have all these powers within myself. Thank you very much for saying nice thing.

Lady: Here we have five doctors, Persian doctors.

Shri Mataji: Five what?

Lady: Five doctors, Iranian doctors in the audience. We have five doctors. Iranian doctors.

Shri Mataji: What documents?

Sahaja Yogi: She said in the audience we have five doctors now here.

Shri Mataji: Here?

Sahaja Yogi: Yes, five doctors.

Lady: Today, Today. Tonight. We have five doctors here.

Seeker: God bless you. I've enjoyed your words, very nice. A question I have for you: you are talking about spiritualism and being the Spirit while alive and realizing that Spirit within you. I see more and more spiritualism spreading all over, even more than communism. It's been around for thousand of years but all of a sudden, you see more and more of it. And I think the Nas cast [?] is demanding that's why it is happening to my belief on the question. Where do you see us evolving after every one is

consciously aware of their spiritual being? And of course, we're going to be in the body as well as in Spirit, where do you see us evolving from there? I cannot get your idea for seeing what's going to happen to humanity.

Shri Mataji: Now you become the medium of God. See, you become the medium of God. His powers start flowing through you. And once you know the laws of Divine laws, then you become a saint, you become a wali, that's what it is. And once this light, when it was not enlightened, you see, it was needed the light. Once it has got the light, it is giving the light. That's what happens.

Seeker: Do we need our physical body still?

Shri Mataji: Of course! This is the body which can only reflect the Spirit. You see, the idea that in the air you will be- no, no. This body is very important and this body is needed because in the body is this mechanism and in the body only this will be reflected. So very important it is. Not only but after Realization you need it more. Now see, I am 70 years of age, Myself and still I'm going strong because this body is needed for people, I think, so it's going on and on and on. And I travel, all the time I'm travelling. That's all.

Lady: [Inaudible]

Shri Mataji: What is she saying?

Seeker: Do we have a prominent centre here?

Shri Mataji: Yes, we have. We have a very good centre in L.A., very surprisingly, and the leader of this centre is sitting there, Phill Ward- or Phill Thumbo will get up and he is the leader and he is the one who is looking after this place but I don't know the address exactly where we are. But whatever is it- haven't you given them some [leaflets]? Yes.

Sahaja Yogini: We give it.

Shri Mataji: Yes. One thing is you cannot pay for it. You cannot. It's a living process. As you do not pay to your mother earth for getting these flowers you cannot pay for it. God doesn't understand money. Please remember this. He doesn't understand money, he doesn't understand bank. So, all those people who are collecting money in the name of God and spirituality, know that they are hypocrites.

Shri Mataji: All right? Should we have Realizations? You have to ask me something?

Sahaja Yogini: I'm going to Iran to visit my parents and go back, my parents think it's too much. [Unsure]

[Indian Sahaja Yogi explains in Hindi]

Shri Mataji: You are going back?

Sahaja Yogini: Yes I am going back. I've been practicing Sahaja Yoga for two and half years, herein.

Shri Mataji: In Teheran, there are people who are doing.

[Indian Sahaja Yogi explains in Hindi]

Shri Mataji: Atcha [Hindi] In Teheran?

Sahaja Yogini: Yes in Teheran.

[Applause]

Shri Mataji: And how many people you have who are doing Sahaja Yoga in Tehran?

Sahaja Yogini: It's about eight years I'm not going there and I think You know there are waiting. But at that time, about ten, ten Yoginis and one Yogi. If I go there I want to have good news for him.

Shri Mataji: He?

[Indian Sahaja Yogi explains in Hindi]

Sahaja Yogini: Is it possible to have a proper centre in Iran and when, when will we see You in Iran?

Shri Mataji: You see, all my attention is there and all this nonsense must finish. It's in a terrible mess, Iran I know. People are in a terrible condition. They are fighting and it's terrible because now I know a first-hand news from there. We have- I told you the company is Hind-o-Iran, Shipping company is that.

It's so sad even the children are in a bad shape. All my attention is there and I'm sure within one year's time, something should happen.

[Applause]

It should happen. Everywhere something is happening. Maybe they all should understand what is Qiyamma is and give up this nonsense of fighting. Even the children, children are fighting, they are carrying pistols and all that.

[A Sahaja Yogi is giving a letter to Shri Mataji that She reads.]

Now, he asked me a very nice question, what is your religion now?

To be very frank my religion is a universal religion. This is the religion that Gandhiji, Mahatma Gandhi preached, that we not only respect but we worship. We worship Mohammad sahib, Hazrat Ali, Fatimabai, all of them, worship. Also, we worship Christ. We worship Moses, also we worship Shri Krishna and Shri Rama. Because they are all flowers of the same tree of spirituality. At different times, they came. So, what we've done? We have plucked the flowers, plucked the flowers and we are fighting with the dead flowers.

Once you get your Realization, you will know what I'm saying is absolute truth. Now can you imagine there are Jews worshipping Mohammad sahib? They are worshipping Christ. Can you believe this? Because it's a truth. When the truth is there, you know on your fingertips.

Some people don't believe in God. Just ask them the question, is there God? Three times they ask, they start getting the Ruh on their hand. That's how you can make out the truth. You were born say in a Islam religion, so you are Islam. Supposing you are born in Jew, then you would have been a Jew. It's just a chance. But once you are a Realized soul, you understand that they are all one. We are the ones who are fighting.

So, we believe in a universal pure religion, which is within ourselves. Another thing is say a Muslim, for example, I was in Riyadh with my daughter. And I was coming from Riyadh and we got into the plane, to London I was going. And I had gone off to sleep. When I woke up, I found all different people. Ladies were wearing skirts six inches, smoking. I said [to the stewardess]: "Who are these ladies?" And the men who are wearing very dandyish type. I said: "Who are these men?" They said: "They are the same." I thought the plane has landed somewhere else. "No, no they are the same." That means Muslim religion is just lip service. Nothing inside.

So, a Muslim can do any crime. A Hindu can do any crime. A Christian can do any crime. But after Realization you become really a real Muslim, you become a real Christian and real Hindu. Because you just don't do wrong things, you become righteous. It is the becoming. You become religious. We have religion, our religion is outside. Absolutely outside. But it becomes inside. Innately. So, this is a innate universal religion which is pure religion we follow and we respect every one of them.

All right? That's a good idea.

[Shri Mataji reads the letter]

"Do you believe in the Pop and Imam Khomeini?"

What does that "pop" mean? Pop?

No, not at all, they are just the same, useless people.

[Applause]

Not at all. How can I believe? There is no truth about them. If you want to know I can tell you hundred things about them. How horrible they are. Useless.

"Do you believe Imam Zaman Mehi" who is he?

Sahaja Yogi: Mehdi

Shri Mataji: Twelfth The Mehdi? Of course, You will find out who is that, All right?

"Do you Believe in Bahayi?"

No, no, no, no not at all. Bahayi is all not correct. No, he's not correct. Bahayi was not a prophet.

"Are you a new Prophet?"

Now, This I will not tell you. [Laughter]

You see, Mohammad Sahib did not tell that he was divine. Of course, that truth I cannot deny because you will know very soon that I am divine. But I will not say anything about Myself. You see Christ was the son of God, despite that they crucified him. Mohammad Sahib was a Prophet, they gave him poison. I don't want to get killed.

[Laughter]

No I don't want to tell anything about myself, all right? [Shri Mataji is laughing]

Because people are so stupid. If you tell them I'm a prophet, tomorrow they'll be there with the swords cutting my throat.

Lady: You are an angel. [Shri Mataji is laughing]

Shri Mataji: Now you have to find out. When you find out, then believe. You should not blindly believe in anything because you blindly believe in everything and what happens? Now, first get your enlightenment and then believe not before that. Nobody should believe Me blindly. It's no use.

All right?

So should we now - have you finished or you are asking some questions?

Seeker: You have been explaining to us the culture and the traditions that are important to you.

Shri Mataji: What d'you say?

Seeker: The culture and traditions that are important to you.

Shri Mataji: What?

Sahaja Yogi: Can you explain the culture and tradition which is important to you.

Shri Mataji: Culture, you see, should be natural and moral. But all the culture that we follow is according to the Ruh, the vibrations. Supposing, you see, we have stupid cultures all over, but what is good and what is bad? We cannot discriminate normally. So, on vibrations, you can ask. But automatically people become, you know, religious. I don't have to tell them. Now you know in the West Christ has said that: "Thou shalt not have adulterous eyes." what a subtle thing. Even the eyes should be without lust and greed.

But look at these Christians. All their eyes are moving like this, like that on women. So, after Sahaja Yoga, eyes become innocent. Your attention becomes also innocent. Not only that, But the attention becomes active. It's the becoming, again, again, again I'll say it's not just talking and sermon and lecture. But it is becoming of you is important. You become that. All right? You become religious.

Is there any other question or should we have our Realization?

Yes, please.

Seeker: I believe personally that there is a purpose to every thing that happens to us, not only to us, to every thing.[Inaudible]
What lesson are we to learn from what happened in India three weeks ago? 20 to 30 thousand people in [inaudible] seisme.

Shri Mataji: All right.

Seeker: What was the lesson for that?

Shri Mataji: Sit down. Now see first what I have said that we have to have the light. Then I don't have to teach you any lessons, you become your own master, your own prophet. In the light, you know everything. Of course, I mean if you ask Me I will tell you. But, you see, you become so wise yourself. Suddenly you grow.

So, I'm not going to tell you do this, do that, nothing. I just say take your Realization. That's all to begin with. And then you will know what is to be done.

I'm sorry madam I don't know any Iranian but some words I knew also I have forgotten now. [Shri Mataji is laughing]

Shri Mataji: Yes?

Lady: Do you believe in dreams and nightmares?

Shri Mataji: I don't believe in them but they are there, no doubt, yes.

Lady: Do they come true?

Shri Mataji: Not necessary. Not necessary. That different types of dreams you have and they come from different sources. This all you will know in Sahaja Yoga. All right?

Now you will have no nightmares and very few dreams after Realization.

No fear nothing, it's finished. No worry. No tension. Nothing.

So, it's your own.

Sahaja Yogi: She was asking about Karmas as if every person has it.

Shri Mataji: Karmas? All right. You see all these karmas come to us through our belief that we are doing something. All right?

Now, here is the - you see is here [on the chart] when this centre in the optic chiasma here, you see when it opens out and the kundalini passes through it, it sucks in both the things. One side is your karmas, [Shri Mataji shows the superego]

another side is your conditionings, [Shri Mataji shows the ego] Both are sucked in.

Then what happens? Then you go into akarma, means you don't think you are doing anything. It's just happening. It's happening.

You talk in third person. You don't say: "I did it." Because we believe that we did it, that's why we think we have done the karmas.

But if the "I" is no more there, then no more karmas, finished. All right?

That theory was eight thousand years back. Now today it's over.

Shri Mataji: So, should we have our Realization?

Sahaja Yogi: Yes.

Shri Mataji: Ha, yes?

Seeker: You call Bahayi [inaudible] he has an enormous Agnya.

[Indian Sahaja Yogi explains in Hindi]

Shri Mataji: Because Bahayi has not done any resurrection work. They're just making money and building big, big Bahayi temples, that's all.

Are we on this earth to build temples and mosques and this and that? We've had enough of them. What have they done? You see, we should see the work they have done. What work have they done? Nothing. Just some way or other they make money, I don't know how and they build very nice big, big temples, that's all. That's not going to achieve anything.

There is a saying that: "The one who meets you God is a real master." The rest is all nonsense. What is there in building this place or that place? You see. In India, one king built Taj Mahal. So what? We cannot call him godly person or a religious person? All right? He built a big Taj Mahal, finished. Or there's building tower of Pizza. So, what? We don't call them godly people. All right, they are building nice buildings, alright good idea. But they are not religious people.

[Shri Mataji is laughing] It's logically. Logically when you reach that point you will understand that first thing is that it has to be spiritual. And spiritual doesn't mean talk, talk, talk, talk spiritual. People talk too much. It's his talk has been too much. What have they done to human beings?

I tell you once I was travelling by plane, but two Bahayi sitting, one this side and one that side. Both were emitting such horrible heat from their body that I have to get up and go to another. And both were fighting.

You must see their disciples, you must see the people who are following that person. What sort of a life they lead? Are they moral people? Are they good people? What have they done? What have they achieved? Isn't it?

[A Sahaja Yogi is giving another letter to Shri Mataji that She reads]

Shri Mataji: Hah. First is: "Do you believe life after death?" Of course.

Of course. There is life after death. But we should worry about the present, not what will happen to us. All right? Once you get your Realization you will just play with your death. It's nothing. Just a joke. So this is it.

"Do you believe in Paradise?" Of course. You have to enter into paradise means the kingdom of God which you will enter. All right?

"Do you believe religious political mix?" No.

But once we have the people who are religiously enlightened, then the government also will be religiously enlightened automatically, isn't it? Just now this mix-up is not good.

So, "who is last prophet in the world?" That I will not tell you. Because this has created lots of problems.

"Are you vegetarian or are you eating meat?" No, I do eat meat. I cannot be vegetarian and try to understand what's the use of saving chickens? Am I going to give Realization to the chickens or to goats? This is all fad, vegetarianism, this, that. In India, we have vegetarians, such hot-tempered people they are! That though they are vegetarians, they are good for nothing, useless, absolutely, quarrelsome, fighting. You see, whatever soothes your body, you should eat. But eating is not so important after Sahaja Yoga. You eat whatever you get, you just enjoy yourself, that's all. You never get bored. It doesn't become so important. Now are there more questions?

Seeker: Yes.

[Laughter]

Seeker: This is the last one [Shri Mataji is given a paper by quite an aggressive person.]

Shri Mataji: Atcha. [All right]. Let's have it.

Seeker: The one dollar says here: "In God we trust." You see here? "In God we trust."

Shri Mataji: They all talk like that.

Seeker: This is the political dollar.

Shri Mataji: Yeah, Yeah.

Seeker: A Governmental Dollar,

Shri Mataji: Yes, I know

Seeker: It's not my dollar. It's political dollar. Called American dollar.

Shri Mataji: Yeah, Yeah, Yeah.

Seeker: All money, they have the: "In God we trust." You know. And what is your meaning-

Shri Mataji: I mean this is-

Seeker: [Inaudible]

Shri Mataji: They can write

Seeker: This is political religious and every day, meaning you remember the God, you know, and-

Shri Mataji: You'd better ask them. Why do you ask Me?

Seeker: No I ask you. This not advertising for Christian and to people always remember the God? It's here.

Shri Mataji: Yeah, must be.

Seeker: In America or in the world?

Shri Mataji: You see it is true.

Seeker: What you're telling about that?

Shri Mataji: I tell you they do it everywhere like this. "In God, we trust." All right, trust then. It's all right.

Seeker: Ok.

[Shri Mataji is laughing]

Shri Mataji: If God is one what is there to fight? You see your God is the same and their God is the same. This what they don't realize. There is no Christian God, Muslim God, Hindu God, only one God.

Seeker: Following the question before the last one, You know that "apitkin" [unsure] means you shouldn't kill animals. Is it all right?

Shri Mataji: I don't kill.

Seeker: Somebody has done it.

Shri Mataji: I don't kill. But they are killed by somebody and there is no harm. We are killing human beings, first, stop that. We are more worried about animals than about human beings. You see, I'm not going to give Realization to animals and if you eat animals, it not going to harm to them. On the contrary, in evolutionary process, they improve.

Seeker: Is it all right that because of it, they suffer pain.

Shri Mataji: It is alright?

Sahaja Yogi: The animals suffer pain when they die. [to the seeker]: You are talking about the animals, they suffer pain when you kill them.

Seeker: Yes.

Sahaja Yogi: Also the plants, I mean if you-

Shri Mataji: Actually, they don't know the pain part but, you see, they are ways by which you can reduce their pain also. The ways of reducing pain, but we need meat, it's important. You see, those people who are eating too much heat, should eat vegetarian. Because they are very aggressive people. Those who are not at all eating, like Indians you know, they don't eat. So, they should eat meat I think, meat. Because they are very weak people.

Supposing an Iranian slaps an Indian, he'll go just flat on the road.

[Laughter]

Not only that your meat but you have almonds and you have everything in your country. So, you are much healthier people, no doubt. So, if you stop eating that would be alright for you. Doesn't matter. It's a balance. We must have a balance.

[Cut in the video]

[Shri Mataji is given another letter.]

[Shri Mataji is reading the letter.]

1:07:55: No more sound on the video

Now, this is a long subject which has been asked that where does the Spirit goes and about Spirit and power of God and the body. Where does Spirit goes and all that. I have given many lectures on this subject which you can always hear, all right? And just now I've said you worry about present not the future. All right?

So that's what it is.

But this is important to know, which you will know, I have many lectures on this subject. I mean, in English language, I think 4 thousand lectures must be. And I know many other languages. So you can imagine I've been lecturing, lecturing all the time and that's what it. But it is not the lecture that is important. What is important is your Realization.

Alright now, should we have the Realization?

Audience: Yes.

Shri Mataji: Now, My question. [Laughter]

Should we have the Realization?

Audience: Yes.

Shri Mataji: Alright.

There is one thing I must tell you at the very outset that I cannot force Self-realization on you. I cannot force. It's your freedom. Whether you want it or you don't want it. If you don't want, then you should leave the hall. But if you want it you'll get it. But I cannot force. Because this power that I'm telling is the power of pure desire, this power.

Other desires, as you know in economics, are not satiable in general. This is the only desire which, of which you may not be aware, which gives you complete satisfaction. So, those who do not want, I cannot force on them. So please, those who do not want to have, should leave the hall and leave others to do it. It takes hardly ten minutes to do it.

Seeker: Thank you.

Shri Mataji: Yes, that's it.

If somebody asks questions, I know he is going to go out. That's the sign. Because they just want to have mental acrobats. And these, I'm very good at answering questions because I have been doing this for so many years now. I met all kinds of people but they are all mental acrobats. They're of no help. What you have to have is your Realization. That's the main thing.

Now, there is one small thing I have to request that you have to take out your shoes because this Mother Earth helps us a lot.

There is one simple condition. I should say that they are three conditions which are very very simple. The first one is that you have to be absolutely confident that you all will get your Realization through that. That tonight you all will get your Self-realization. Be completely confident about it. Alright, so the first condition is that. So, this condition follows that you should have no guilt of any kind in your mind just now, no guilt. I've must seen her. I must have done this. You see I drink, doesn't matter whatever you might do. To err is human, to forgive is divine. All pervading power of this divine love is the ocean of forgiveness.

and at this time, you forgive yourself, completely. Have no guilt for anything whatsoever. Means forget your past. Also, I tell you if you have guilt, what happens at the center we have on the left-hand side catches very badly. When they tell, you are the sinner, This, that. This center catches. Very bad center. And when this center catches you get a disease called angina, spondylitis and lethargic organs, it causes many problems. So, what's the use of feeling guilty. Now supposing you have done some mistake. Take it, alright. If you have done some mistake, then face it and at that point forget it. Face that, forget it. Don't keep it here. I mean I have seen people feeling guilty, I drop coffee here. So, doesn't matter. what is it if you drop coffee? For small small things, they go on worrying. I should not have done this. I should not have done this. Nothing to worry. Whatever you have done is alright and God forgives you. Believe me. He is your father. He wants you to enter into his kingdom. So, you don't have to really punish yourself and judge yourself. This kundalini will judge. She will judge you.

If some people want to come in front they can. There is room here.

You can come here. There is room for you.

Alright, so the second condition I've told you not to feel guilty about anything at this moment please. It's very important. Because this center is caught, then kundalini cannot pierce to. Then the third condition is even simpler. Is to forgive everyone. Not to think about them. Just don't think about them, in general. Now logically whether you forgive or you don't forgive what do you do? You don't do anything. But when you don't forgive then you play into wrong hands. The one who has hurt you or troubled you is happy, while you are torturing yourself. But at this moment this center here on the optic chiasma is like this and if you have to open, you have to forgive. Otherwise very constricted. If you don't forgive, kundalini will stop at this point. So please forgive everyone, don't even think about them. Because it's a headache. Just saying [UNCLEAR], finished. Just forget. Everyone. You'll feel much lighter. Just forget.

Now as you have seen here, we have two powers, left and right. The left power is the power of desire. Normal desire and kundalini is the power of pure desire. And the right one is the power of action. So, we use our left and right separately. It will hardly take 10 to 15 minutes for you to get realization, absolutely. Not more than that. It's very simple. Because I said is built in within you, it is there. alright.

So first you have to put your left hand towards me like this. you can keep it here. It is recording in any way. Alright. So, and left hand like this and the both feet away from each other. Now you have to sit comfortably, not slouchy but comfortably. You have to sit very comfortably. You don't have to go to Himalayas to stand on your head and nothing of the kind. you have to be extremely comfortable. Put the left hand like this and the right hand you have to use for nourishing your centers which is showing here, your heart first. In the heart resides the spirit, in the heart. Put it on the knee, it will be better. In the heart reside the spirit. Now please put left hand towards me and right hand inside inside the, alright.

Now we keep left hand like this which is suggestive or symbolic that we desire to have our self-realization. Only we move our right hand on the left-hand side. So now, then we take our right hand in the upper portion of abdomen on the left-hand side. Now this is the center of our mastery, mastery. It created by great prophets and great seers and saints. Also, Mohammad Sahib. It's created by them, by Ali specially. Then we take our right hand in the lower portion of our abdomen and press it hard. Lower portion of it. This is the center of pure divine knowledge. It's surprising it is here. Pure divine knowledge, which manifests on your central nervous system. By which you know that you have become divine and you can use your power. That starts manifesting. Now raise your right hand on upper portion of your abdomen. Now in the corner of your neck and shoulder and turn your head to right, tight hand, right hand. It's correct. To the right. Now I've already told you that when this center is in trouble what happens.

Now please raise your right hand on top of your forehead and bend your head as far as possible. this is the center where you have to forgive everyone in general. Full hand, full hand, across like that. Alright.

Now please take this hand at the back side of your head, here the back side hold it tight and push back your head. Here without feeling guilty, without counting your mistakes, just for your satisfaction you have to ask forgiveness from this divine power that is Ruh.

Now stretch your palm, fully. This is very important. Last center. Stretch your palm and put it on top of your fontanel bone area which was a soft bone in your childhood, please put the center of your palm. Now here you have to push back, backward your fingers, so that there is a good pressure on your skull. Now please bend your head. Now here you have to move your skull with the pressure, seven times clockwise. This is the most important center. Bend your head, bend your head. Little bit, Ha. Bend your head. Bend your head, please.

Now push back your fingers. You didn't push back. now that's all we have to do.

You have to now remember to put both feet apart and left hand like this and then you have to close your eyes. Before closing the eyes, I have to tell you that you don't have to open your eyes till I tell you.

Now put your right hand. Please close your eyes. Not very tight. Just mildly. But not open at all. Put your right hand on your heart. Now here you have to ask me a very fundamental question about yourself in your heart not loudly, you can call me mother or Shri Mataji. "Mother, am I the spirit?" You ask yourself. "Mother, am I the spirit?" three times.

Now please take down your right hand on the upper portion of your abdomen on the left-hand side and press it hard. Here you have to ask another fundamental question about yourself. Please ask three times: "Mother, am I my own master?" Ask this question three times.

Now please take your right hand in the lower portion of your abdomen on the left-hand side. Here is the center which has got six petals. I have to tell you that I cannot force divine pure knowledge on you. You have to ask for it. Please ask six times: "Mother, please give me pure divine knowledge." As soon as you ask for pure divine knowledge your kundalini starts rising. So we have to nourish higher centers with our self-confidence.

So now please put your right hand in the upper portion of your abdomen on the left-hand side. Here you have to say ten times with full confidence: "Mother, I am my own master." I've already told you that you are not this body, this mind, these conditionings, this ego but you are the pure spirit.

So now raise your right hand on your heart and here we have to say with full confidence twelve times: "Mother, I am the pure spirit." This all-pervading power, Ruh is the ocean of compassion and love, is the ocean of knowledge, is the ocean of bliss and joy. But above all it is the ocean of forgiveness and whatever mistake you commit it forgives your mistakes and completely dissolved by the power of this ocean of Love.

So please forgive yourself and raise your hand in the corner of your neck and shoulder and turn your head to the right. Here you have to say sixteen times with full confidence in yourself: "Mother, I am not guilty at all." Say please sixteen times: "Mother, I am not guilty at all."

I have already explained to you whether you forgive or you don't forgive, you don't do anything. But if you don't forgive then you make yourself miserable and play into wrong hands. This you have done already to yourself but at this moment if you don't forgive this center of Agnya will not open and the kundalini won't come up. So please, please raise your right hand on your forehead across and please put down your head and here please say from your heart, not how many times: "Mother, I forgive everyone in general." Say it from your heart. Not how many times. It's very important. If you don't say this from your heart, this won't open and you'll again miss the chance of self- realization.

Now, please take your right hand at the back side of your head. Here without feeling guilty, without counting your mistake, just for your satisfaction you have to ask for forgiveness from the divine power. So please say: "Oh all-pervading divine power or oh Ruh, please forgive me if I have done any mistake knowingly or unknowingly." Say it again from your heart. Not how many times. Please push back your head, please say it from your heart. Not how many times.

Now stretch your palm and put this center of the palm on top of the fontanel bone area and push back your fingers as far as possible. This is very important. There has to be pressure on your skull. Now you bend your head. Here again I cannot force self-realization on you. You have to ask for it. So please bend your head and move your skull seven times slowly, saying seven times: "Mother, please give me my self-realization." say it seven times.

Yes, on the head and push back your fingers. Push back and now press it hard and move it seven times.

[Shri Mataji Blowing in the Microphone]

May God bless you. Now open your eyes. Now please both your hands towards me and watch me without thinking, just try. Can you do it? Watch me without thinking. Now just put this right hand towards me like this and bend your head and with the left hand please see if there is any cool or hot breeze coming out of your fontanel bone area. Sometimes it comes very far away also. Don't put your hand on top of the head but away from it and see for yourself there is a cool or hot breeze coming out of your head. Some people get it far away as I told you. If it is hot that means you have not forgiven. So please forgive. The heat is coming up, it's alright.

Now, try with the left hand again. Put the left hand towards me and put down your head and see for yourself with the right hand and see for yourself if there is a cool or hot breeze is coming out of your fontanel bone area. Please put the right hand towards me. Bend your head and now see for yourself, if there is a cool or a hot breeze coming out of your heads. See with your left hand.

Hmm... Good. Now please both your hands towards the sky and push back your head and ask a question, anyone of these three questions. Ask anyone of them: "Mother, is this the cool breeze of the Holy Ghost?" or "Mother, is this the all-pervading power of Ruh?" Or "Mother, is this the Paramchaitanya?" ask anyone of these questions three times. Push back your heads a little bit. See upward.

Alright. Take down your hands. Feel very relaxed first of all. Now all those who have felt cool or hot breeze from their fontanel bone area or on their fingertips or on their palms, please raise both your hands.

I know, I know. All the Iranians have got it. May god bless you. May god bless you. You all have got it. Among Islam, Iranians will be the first, I knew will get it. This is Qiyamma. You ask a question: "Mother, is it Qiyamma?" just ask a question. Put your hands: "Mother, is it Qiyamma? Is it our resurrection?" just ask a question. See and there is a shine in your eyes if you see. You can see each other and now you will enjoy. It's there. Just enjoy yourself.

But now you don't have to pay at all for anything but this is the sprouting as we can call is the beginning, you've felt the Ruh. But you have to grow and for that we have a center here where they will call you for a follow on. those who didn't get also should come. All of you should come and they will see and tell you and teach you and make you experts. Some people become experts within find their styles. But some take about a month and then you start giving realization to other Iranians. You can do it. It's very simple and it is absurd, you feel free. It's not that in one lecture you say something and there is a catch nothing. don't have to pay at all. Any your problem, anyone of your problem. Physical, mental, family, social, anything, any problem. You can write to me. Alright? I'm with you. I'm your Mother. All the time and I love you very much.

May God Bless you.

Beautiful. Beautiful, He's got it. He's got very well. See this gentleman. His vibrations, is very good. You got it. I know you got it. But now don't waste it. Because you have to come to the collective. It's a collective happening. It is a collective happening. Supposing it is a nail is cut. It won't grow. You have to come. Understand. Gradually you know all about it. About me. About everything. She's got it. She's got it. Yeah yeah. Let them, let this boy. You see, see on your head. You see on their head. You see. You can see also.

AN AUDIENCE: [UNCLEAR]

Shri Mataji: it's something happening, no doubt. Isn't it? It's like the mother earth, now Alright? So, you are the seeds, so you have to sprouted, finished. No obligation, nothing. Is my job, is my job, is my love. I can't help it. Alright? May God bless you. May God bless you.

So when you come, they will tell you all about it. Gradually you have to grow into it. They will tell you all. Watch your faces have changed.

Did she feel? No that's what I know.

She's Got it. You've got it now. Alright? [UNCLEAR] thoughtless awareness. Such good vibrations Iranian have special.

So, this the real Jihad now. This the second Jihad. Is to evolve. That one Jihad is over now. This is the second Jihad. The first Jihad when Mohammad Sahib had to fight and now it Is the second Jihad when we have become one with Akbar.

May God bless you. Thank you.

1993-1010, Beyond Mind, Matter, and Ego: Experiencing the Absolute Truth

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10 October 1993

Beyond Mind, Matter, And Ego: Experiencing The Absolute Truth

Public Program

Los Angeles (United States)

Talk Language: English | Transcript (English) – Draft

[Starts at 13:45]

Sahaja Yogi: You would try?

Shri Mataji: Doctor Wells for a while.

Sahaja Yogi: All right.

Shri Mataji: I am requesting doctor Wells to- not working?

Sahaja Yogi: Yes.

Shri Mataji: I am requesting him to say a few words about Sahaja Yoga because he has done a lot in the research and he is in charge of seven hospitals in London. I hope there re some doctors here so it would be interesting for the doctors to know the value of Sahaja Yoga from the medical point of view.

Sahaja Yogi: Doctor Wells is a clinical psychologist working in London.

[Applause]

Doctor Wells: Good evening ladies and gentlemen. Actually, I am not a clinical psychologist, I am a psychiatrist. But I forgive my brother. It is not an unusual mistake.

... Thank you Shri Mataji.

[Applause]

[Shri Mataji's talk starts at 24:35]

I bow to all the Seekers of truth. The truth is that we cannot [problems in the mike] that you cannot change it. You cannot transform it and you cannot conceptualize it. Also, at this human awareness, you cannot know it. In the evolutionary process, we have come to this stage as human beings. But as we see the problems of the world, we realize that most of the problems are coming from human beings. And all these problems, if you analyse them, come from the problems of these centres which are within us, because these centres cater to your physical, mental, emotional, and spiritual being.

Of course, in the medical science, it is not mentioned. But we have plexuses, and all these plexuses that we know of, on a physical level, are acted upon by these centres. But as you know, we believe in all specialization. So, these days, they say that if you have to have a doctor for this eye, you go to one doctor. And for the another eye, to another doctor. But this is the science of totality, of the whole, where you have to trigger an energy which is lying in the sacrum bone. Just imagine! It was called sacrum by the Greeks, meaning they knew it's a sacred bone. Or why did they call it a sacred bone? This energy to pass through all these centres to integrate them to nourish them and to enlighten them, and ultimately to break through your fontanel bone area which we call as 'talū' to connect it to the All-pervading Power of Param Chaitanya. It is described as Ruha in Quran, it's described as All-pervading Power of divine love, in Torah. Also, it is described in the Bible as the Cool Breeze of the Holy Ghost, whatever you may call it.

The truth is that you are not this body, this mind, these conditionings, this ego. Because you say, "This is my ego, my conditioning, my body". So, 'my' stands for which 'I'? To whom does it belong? There must be someone. Now who runs your heart? If you ask a doctor, he'll say 'autonomous nervous system'. But who is the auto?

So, the first truth is that you are the pure Spirit, first. And the second truth is that there is an All-pervading Power of divine love,

which does all the living work. We see these beautiful flowers, it's a miracle by itself! If you see this human body- doctors must be knowing- many questions we cannot answer. For example, any foreign body which enters into the body is thrown away, it is the nature's law. But when it's the foetus, it is kept there till 9 months nicely looked after, nourished, and then at the right time, it is thrown away. How? There are many other things which I can talk to doctors, but at this moment, we have to understand that science is all right, but it cannot answer all the questions. First of all, it is amoral. Science is amoral and the second thing is that it cannot answer many questions. One of them is why are we on this Earth? I'm sorry, we are having very marathon programs. [Shri Mataji is coughing]

So, then we turn to religion, where is the answer? And then we see the chaos of the religion. In the name of God, what people are doing here? We can't understand these people who are in charge of religion, how can they be so corrupt, so money oriented? And absolutely without any morals. Any religion, it's no question of one religion or another religion. So, what we find basically, that all these religions are either they are power oriented or they are money oriented or both.

So, every intelligent man gets quite disillusioned and he doesn't know what to do. What's the use of following such a religion? It is absolutely a thing by which you become an atheist. But it is unscientific to be an atheist, when you have not found out there is God or not. If you see, you say that you are atheist, you have not been scientific. First, find out if there is God or not. If you find it, then you have to accept that there is God.

Now Sahaja Yoga is not today's discovery. It has been there for ages in our country. As there are many Indians, I would say this is your heritage and ancient science. For example, we had three types of seekings, in India. India has been really blessed by many seekers because the climate of that country is such. In their seeking, some of them followed the way of finding about matter. So, they created Vedas. Another one was 'bhakti' because they could not answer question. So, why not we worship God in any form that we feel like? But the third one was in the centre where they talked of 'atma sakshatkar', Self-realisation.

Sitaji's father, Raja Janaka, gave Realization to one gentleman called Nachiketa, after taking his test for days together. This system existed more in Maharashtra where the Nath Panthis used to give Realization. But the tradition 'parampara' was such that one Guru will give Realization to only one person. Till the time of Dnyaneshwara. His Guru was his own brother, Nivruttinath.

But Dnyaneshwara took the permission of his brother that, "At least, let me write about how this works out". Even in Gita, there's no mention of Kundalini. But he wrote Dnyaneshwari, which is, we can say, the explanation of Gita, in which in the sixth chapter, he wrote clearly about Kundalini. But people at the helm of affairs, who did not know how to awaken the Kundalini, or this power, said that this chapter is 'nishiddha' [prohibited], is not to be read. That's how the whole thing went into oblivion and nobody even tried to find out about this Kundalini awakening. But after the writing of Dnyanadeva, there was streams of saints who came, who were Realized Souls.

You heard the "Jogawa" of Namadeva. Namdev was in the 16th century [XIII]. And what he says that, "Oh Mother, give me the yoga," means the union, "with this divine Power". In every village you go, in Maharashtra, they sing it, but they don't know what it means. They are all asking for it, but they don't know what it means. And we had many, in every part of India, every province, Realized souls. Namadeva went to Punjab where Guru Nanaka very much honoured him, and he wrote about Kundalini, about awakening, about Realization, in such a big book like that, in Punjabi language.

Of course, Nanaka Sahib did a great job by taking all the poems or poetry of all the saints who were Realized souls, and put them in Granth Sahib. But all their efforts failed. Kabira says, "Kaise samjhaun, sab jag andhaa?" [How to make them understand? The whole world is blind]. Also, when they started reading Granth Sahib, like Gita they read, they read Granth Sahib, they read, they think by reading. So Kabira has said, "Padhi padhi panditha moorakh bhaye" [Reading, reading, the learned became fools]. And in the sixth century Adi Shankaracharya has said, "Mother, remove this shabda jalam [web of words]. These webs of words take me away from you". All these things were done; if you think I've done anything about it, it's this, that I worked out a system, or you can say, the permutations and combinations of these chakras in such a way that a-mass Realization can be given.

A-mass Realization. It's remarkable. First, of course, I started with one person. Then we had about 12 and now I don't know, we

have in thousands. Russia, especially, is a very sensitive country. Not only Russia, but all the Eastern Block. In all these countries, we have programs in the stadiums and never less than 16,000 people at least, never. America is very unfortunate that way. I don't know about Indians in America. But the sensitivity to spirituality has been dampened by the so-call freedom we had. And the materialism, which made us everything gross, by this materialism our sensitivity to spirituality has been dampened. Otherwise, for an Indian, his 'moksha, his atma sakshatkar' was the highest goal, for anyone.

How it was done? They used to go to gurus, this, that. But so many false gurus have come up as soon as they realized that in this Kaliyuga, there are many seekers and that they can befool them, a market is there. So, they started marketing.

We have to use our common sense. Spirituality, you can achieve through evolution which is a living process, living process of your evolution. Now how much did we pay for our evolution? Now this Mother Earth gives us all these flowers. How much do we pay her? Nothing, because it's a living process.

So, Sahaja Yoga means, 'sa' means with; 'ja' means born. It's the right to achieve this union with the Divine. It's your right. It's a fundamental right, especially for Indians, I would say, because you are from the Yoga Bhoomi. We are from the Yoga Bhoomi. And this is your fundamental right to get your Realization. But it cannot be forced. You have to choose it. You have to ask for it. You have to have pure desire to get it. This is the power of pure desire which we call as Kundalini. She is your individual mother. She knows all about you. It is all recorded, taped as if, all about you, whatever you have done, whatever your desires are, it's all being taped. And this mother of yours is anxious to give you your second birth. As in Sanskrit, you know, a Realized soul is called as 'dvijaha', born twice, and a bird is also called as 'dvijaha' meaning it's an egg first, and then a bird it becomes. In the same way, we are first human beings and then we become enlightened souls.

What doctor Wells has told you is nothing compared to what can happen to you. Because it is your own power. It's your own. And you are not aware how fantastic you are. You don't know how many powers there are within you. That's why we do not value it. For example, this instrument is made and is not connected to the mains: it has no identity, it has no meaning. It won't work, unless and until we are connected to the mains.

We have no idea, we are not aware at all as to what we are, how fantastic we could be, what we can do to ourselves and to others. It is very important for all of us to get this Self-realization, otherwise, there will be only two status of people: those who are Self-realized others who are not. And as you see, the destructive forces are working in America of yours. How many diseases you have of which we had never heard before? Every time you come, you find a new disease coming out. All these destructive forces, only on physical level, then on mental level, and then on spiritual level.

20:23

So, on one side a man is getting destroyed from within. On the other side, from within, he is going to ascend and achieve eternal life.

As a result of this happening, what you get, first you start feeling on your fingertips this All-pervading Power. For the first time, you feel it. You have never felt this All-pervading Power before. For the first time, you start feeling it. And also you start feeling this coming out of your fontanel bone area, the cool breeze of the Holy Ghost. You see, you feel it. It's an experience it is not just a lecture or a sermon. But it's an experience which you get. And once you get this experience, then you are amazed that you become absolutely peaceful within. People talk of peace, people get presents, and I've seen awards. I met them. There's no peace within, how can they spread peace if there's no peace within? So, this peace is achieved automatically within yourself. Secondly, you become a witness of the whole thing, like a drama. You're not anymore involved into your problems, and so you can solve them better. You really become very compassionate as well as very dynamic.

Now my age is now going to be 71 years of age and I travel. Like this morning, I went for 3 and a half hours onto the mountains. And I came here directly after the function we had, and I I'm all right. What helps me is that, I am just a witness. I'm just watching. Like a drama, the whole thing is happening. Thirdly, you develop the sense of Self-knowledge, means you know your own chakras. You know all your chakras. For diagnosis, you don't have to go to doctors or anybody, you immediately know that you have this chakra catching, this chakra. Even the children will tell you because you can feel them on your fingertips. 5, 6 and 7 and 5, 6 and 7, this one is for your left side, we can say, on the emotional side, and this one on the physical and the mental side.

Immediately, you can feel it.

And as soon as you feel it, if you know how to correct it, it's solved. How these problems can be corrected is very simple. If you know that, you are a master. You can cure anyone, because you also know the centres of others you can feel, you are aware. Marathi, they say 'janiva'. And in Hindi the word is 'bodha'. On your central nervous system, you can feel it. You can feel that and when you feel that, you know exactly: decoded. And even if you put 10 children and tie up their eyes, they say the same thing about a person.

One thing is, first when I came to America, I was shocked because they said, "If you don't take any money, then it is hocus focus [deceit]". And for 9 years, I didn't come. Because I thought when people think money is the only way they can judge you, then they can never understand. So, all the gurus and all these people came, made big money, befooled people, given them all kinds of problems. I don't mind if they wanted to make money after all, it's going on everywhere. But they spoiled their kundalinis. They spoiled their ascend, which was very sinful, by mesmerizing. I don't know what all they did.

As it is today, I must tell you that there are thousands and thousands of people who have already received their Realization. We are working in 55 nations. Also, in India, it is spreading like fire. Doctor has told you about uh the doctors who have done research. But I tell you, cancer has been cured with Sahaja Yoga, no doubt. Blood cancer has been cured of so many people who were told that you are going to die after 1 month. I mean, doctors are honest. They certified, "One month, you will die". But they have survived and survived, some of them are 9 years, they are perfectly all right. All kinds of psychosomatic troubles have been cured with this. Now doctors should not worry that they lose their patients, they will not. Because how many people come to Sahaja Yoga? Just see now. How many there are? So, most of them will be left to the doctor's lot. They shouldn't worry about that one. Only those who are specially blessed by wisdom will come to Sahaja Yoga.

And thus, those people who are seeking the truth will be blessed, and they will get the benefit of this. But one has to have basic wisdom. Sahaja Yoga is not meant for idiots and stupid people. I mean, you see, there are so many idiotic people in this world, such a great percentage, that we are surprised that how there are also so many destructive and horrible people. or what you call as the Qyama, in the Quran, is now.

And every type of souls are taking birth. Some of them are cruel. Some are like animals. Some are absolutely hopeless cases. Nothing can work out with them. But also, there are many, many seekers of truth and they achieve it - many!

In Nala-Damayantri kahan [story], it is written that Damayanti was separated from Nala. And one day, Nala got hold of this Kali. And he said, Now I'm going to kill you because you are such a person who puts people into 'bhranti' [illusion]. So, I'm going to kill you. He said, All right, you can kill me. But first, understand my 'mahatme', know what my importance is. My importance is that when Kaliyuga will come, all these people who are seeking me in the valleys and in the mountains, [Hindi], they will all be reborn and they will get their Realization. So, Nala said, "Then no, I will not kill you". And this is what Kaliyuga is, it's the 'ghor Kaliyuga'. Because I told you all kinds of souls are taking birth, 'ghor Kaliyuga'. And in this 'ghor Kaliyuga', this is going to work out.

I'm happy today I'm meeting so many of you here. Somehow or other, I feel this year it is reaching the message to the Indians quite a lot. Also in New York, I was surprised how they felt they should take to Sahaja Yoga.

So, I have to tell you that it will take hardly 10 minutes for you to get your Realization, not more than that. But those who do not want I cannot force on you. All such people should leave the hall. It's hardly 10 minutes, it will take. But after, like sprouting the seed, you have to look after it, at the most for a month. And you become masters. You will become masters of this art and you can do a lot. There are so many miracles of Sahaja Yoga, not only on physical level, otherwise also, on material level, financial level, all kinds that I asked Phil Ward, who was playing on the harmonium, to compile them. Because so many letters coming to me. And within one month, he told me that, 'It has piled about to my head now. How am I to select?' I said, "Forget it". Because you're are fantastic.

Supposing you take one television set in a remote village, where they have not seen electricity, and tell them you can see here

lots of films and things. They'll say, "What is this box? " You see.

We also think we are all just boxes. No! Once you are put to the mains, you'll see, because it is built in within you. It is just built in. Please understand that nothing is to be built anymore. It is already there, very well planned, in the center, as shown, is there. Only once the awakening takes place, you will feel this All-pervading Power. And all of you are going to get it, I assure you. You all are going to get it just now. But again, I would say, those who want to go, please go away. And also, I know you all have lots of questions. So many questions are there and for the last 25 years, I've been doing nothing but answering questions. I'm quite an expert. But still, I would say it's a mental acrobat. We have to go beyond mind because mental projection is limited you know that.

Even then, if you have questions, you can write to me, I'll answer them. But not important at this moment. Only have faith and self-confidence that you will all get your Realization. It's very simple and will work out.

I'm sorry for this really Indian style program we had today. It was arranged at a very late stage and we had already this big seminar there, and then we rushed through and lost our way also. I don't know what happened. And then, we reached here. But still it has worked out. We have to have some patience with ourselves also. And also respect of our Self-realization. People get their Self-realization all right, and then they feel very happy, "Oh, I'm very happy. I'm the seventh heaven this. I do it at home". It's not going to work out now. It's a collective happening, it's a collective organism which works. For example, if a nail is cut out, it will never grow. We have centres here. Of course, we don't take any money. So, we don't have Taj mahals and things to do the worship. It's simple. And if you people take some trouble for some time, you can yourself master it.

You see, here, today, they were singing Indian songs so clearly. They have composed it. They have put the tune to it, and they sing it so clearly. Even in Sanskrit, you see, they sing the song which Adi Shankaracharya has written, which we cannot sing clearly. Some change has taken place, you can see.

We have here people from all over the world today, you'll be surprised. Even from Australia, we have from Iran, from every place we have. And it is very surprisingly how they relate to each other, how they love each other, how they help each other. They go to any country, they have their brothers and sisters there. And there is no problem of lust and greed. It's not like this, somebody's wife runs away with some- never, never, never, these things never come. Their eyes have become so innocent and so simple that there is no lust and greed.

My husband used to always say that I am an 'awliya' myself. "But I can't make others", always used to say. Now he has seen. So, he said, "I give up. I am an honest man. I must accept that this is something really, you have made them into angels". That's a fact, we have people here from Japan, from Singapore, from all over, but if you see them, there's such 'bhaichara' as they say, No competition, no jealousies, nothing, pure relationship. It's the purity because they have become absolutely pure, 'khalis'. We have established the Khalistan, because we are khalis. This is what Kanak sahib has said that, Become "khalis". Whatever they have said has gone to waste now, all being twisted, I don't know, just for money and for power.

We have lots of Muslims, some are here. Yesterday, I had programs with Muslims and Jews. There were quite a lot of people again. They are all taking to it now, and understanding that there's something missing, the way we are being destroyed. And we too also, as Indians have to know, that this is our heritage.

Medical Science has come from Western life. These, this is the science of the roots, our roots! It takes no time to know it, and to understand. I also did my medicine and I used to wonder, "How will I be able to talk to doctors? " And the psychiatrist and psychologist have vanished, because they see the proof, it is tangible. We can scientifically prove that it is so. You can see with your naked eyes in some people, the rising of the power, but in very few, where there is some obstruction. Normally, it works like a jet. So, now I think you are all ready to have your socialization and we'll work it out.

[Self-realisation introduction]

Just one thing we have to do is to take out our shoes because this Mother Earth helps us a lot to take our problems to absorb them. Just take them out and you'll feel very comfortable also.

Now Dr Wells will tell you how to nourish your own centres which will be doing only tonight, that's all. But there are three conditions. The first one is that you have to be absolutely self-confident that you will all get your Self-realization tonight. You should be absolutely self-confident, that means you forget your past, that means that in no way, to condemn yourself. You should be pleasantly placed towards yourself because you are human being which is at the epitome of evolution. And it will take hardly a little journey; at the most from 3 to 4 feet, that's all.

The second condition follows that you should have no guilt at all. Indians don't have so much as the Westerners have. I don't know why, they feel guilty for everything, you know. If they put the spoon on this side, and this on that side, they feel guilty. Indians that way are better but I don't know. Maybe you might have imbibed some of the qualities of the Americans. [Laughter] If you have done any mistake, all right, face it and finish it off. But what's the use of feeling guilty and thinking have done this wrong? I know of some people who go on thinking about small things like spilling a coffee. All their lives they think, "We spill the coffee". [Laughter]

So, nothing is so serious. And this All-pervading Power is the ocean of forgiveness. And whatever wrong you have done can be easily dissolved by that ocean. So, now don't think that you are guilty by any chance.

But physically, from science point of view, it is different. But from Sahaja Yoga point of view, if you feel guilty you get the center on the left-hand side of the Vishuddhi in a jeopardy, in trouble. And once you get this center caught up, you might get spondylitis. You might get angina. Angina is because of that, angina.

Thirdly, you might get lethargic organs. It's a very serious thing. So, why to have those serious things in ourselves by feeling guilty? As the men are women also feel guilty for something very, very trivial. But what a serious thing that happens! So, please don't feel guilty at all, not at all, about anything.

Especially at this moment, when the Kundalini is rising, and you are- this center is catching. Then it won't go through this centre.

Nowadays also, people think that if they starve themselves, or if they stand on their heads, or maybe go to Himalayas, they will get Realization. No. God is your father. He is ocean of compassion, why would he like you to suffer? Think of any father who makes his child suffer? So, also, this idea of fasting and all this this suffering is all absurd. Some people talk of karmas. When this center opens, on the optic chiasma, like this, all your karmas are sucked in.

Doctor can show them, on the yellow side.

These are all your karmas your ego. And the left-side are your conditionings. They are all sucked in. So, you become 'akarmis' [without any karma].

Only the human beings think that they have done karmas. The dogs and the tigers don't think, because they are 'pashu', they are in the 'pash' [control] of God, so they don't think. We have freedom. So, we think we have done this wrong, that wrong, or our ego sometimes, "I am this, I am that". All that is sucked in by the Kundalini. I'm just removing some of your thoughts which are there. So, please don't try in any way to condemn yourself or judge yourself. Let the Kundalini judge, she knows.

And as the mother that you had gave you birth, taking all the trouble upon herself, this Kundalini doesn't trouble you at all. She very delicately, beautifully, rises and pierces through this fontanel bone area. And you get the actualization of your baptism, or your state of second birth. Actualization, again.

In Sahaja Yoga, we don't have to say, "Don't do something", as doctor has told you. You just automatically become that. Automatically, you become righteous. Nothing is to be said, "Don't do". Nothing, it just happens. For this, I have to give you a very simple example. If you have a snake in your hand, say, I'm holding a snake and I'm an obstinate person. There is darkness. Somebody says, "This is a snake". I'll say, "No, it is a rope". Till the snake bites me, I'll say, "It's a rope". But if there is little light, I'll just throw it away myself. Nobody has to tell me anything. In this way, it happens.

So, please have no guilt.

And the third condition is even simple. It's to forgive everyone, in general, without thinking of the people whom you have to forgive. Now here, people will say, "It's very difficult". Many people say. Logically, whether you forgive or don't forgive, what do you do? It's a myth. You don't do anything, it's a myth. But if you don't forgive, then you play into wrong hands. Those who try to

trouble you are happy, but you are torturing yourself. But at this moment, especially, the center of Agnya, which is like this, like a cross, is absolutely constricted. If you don't forgive, it will never open. Just to feel that, "I forgive everyone" without thinking about them, it opens. And then the Kundalini will rise. As it is, you have tortured yourself by not forgiving. And now, at this moment, please, don't miss the point. Just you have to say, "I forgive everyone", without even thinking about them, in general.

I hope I have been able to convince you logically what is important. These are the only three simple conditions. And now, we'll show you how we will nourish our centres, on the left-hand side. And then you have to close your eyes, and again we have to do the same thing, which is very simple. Again I say, it's nothing difficult.

[Self-realisation process]

So, please, understand there are two powers, left and right, so both the feet should apart from each other. And left hand should be comfortably placed on your lap. You have to sit comfortably. I told you, you don't have to go to Himalayas, here on your seat, you'll get your Realisation.

[...]

1993-1010, Shri Virata and Viratangana Puja: I have to have 16,000 children

View [online](#).

10 October 1993

I Have To Have 16,000 Children

Virata Puja

YMCA Camp Whittle, Fawnskin (United States)

Talk Language: English | Transcript (English) – VERIFIED

Shri Virata Viratangana Puja. Los Angeles (USA), 10 October 1993

Today, we are going to celebrate the puja of Virat and Viratangana.

North America and South America, as you know is Shri Krishna's centre of Vishuddhi. And it is very important to know also that all the communications, all the relationships with the whole creation has to be established through this centre of Vishuddhi. Vishuddhi, as you know is the most important centre in your ascent, in a way. Because Sahaja Yoga is not only meant for your ascent but for the ascent of the whole world, and only through Vishuddhi you can achieve it. Even if you get your Self-realization and you get all the powers, unless and until you use your Vishuddhi, it won't work out. Look at My Vishuddhi also, talking, talking everywhere, keeping communications, Vishuddhi goes out. Also, this Vishuddhi chakra being so important, it is under attack. Attack of the negative force.

Today we are going to worship Virat and Viratangana. Virat is the ultimate, the complete development of the Vishuddhi chakra is Virat. And as you know the chakra is here, here at this point (at forehead, above Bindi, at hairline). If this chakra is not alright, you are not collective. You behave in a manner that is not collective. You cannot communicate with other Sahaja yogis. You cannot be friendly, loving and one with other Sahaja yogis, unless and until this center here, Vishuddhi is alright. And it's part of the Ekadesha. Vishuddhi is the center of the Ekadesha Rudra.

So one has to understand that Virata Shakti is spread all over. We have communications, I mean, I could telephone from here to anyone, and they told me they don't charge much. You see it's something also from Shri Krishna's blessing, I think. Because you telephone from anywhere else it is very difficult, and very expensive. Also, most of the communications' vehicles like computer, like television, other things also, all those so many of them were developed in this country. So it is the subtle of that ether which communicates us to other worlds. That is one power of Virat. That he is the subtle of that.

The second power which we have of Viratangana we can say, because Virat is the kinetic force of, but the source is Viratangana, is everything that brain can do. All thinking, all creativity, all compassion, all kinds of looking after other nations. The other day somebody asked, "Why should we be policemen of the whole world?" You jolly well have to be, because you are Viratas. So you have to look after the law and order of the whole world. You have to look after all the people who are suffering in this world. You have to look after all the suppressions and the wars and the civil wars everywhere - is all your headache, because you are sitting in the land of Virata. So He's the Father. He is what you call Jehovah. He is Akhbar. So on the brain level, when Kundalini reaches and enlightens your brain, then this science that you know becomes logical, not only that but you know meta science, because the brain which was just knowing science now knows the source of science. The whole thing it can see - clearly. Like you climb up a hill or a mountain, the higher you go you can see the whole vision of the place. In the same way whatever is created out of your brain, anything, you start getting the whole vision of it what they have created. Not only that but you also see what has created that. Now they created United Nations. It had to be here - why? Why in America? Why America is so much worried about United Nations? What is its responsibility? No country will do that. It's a headache. But they'll go to Vietnam, they'll go to Korea. Now they are busy with Bosnia. Everywhere, Somalia. It's your responsibility because all these things are created by your brain.

The human brain has created different nations. So above all we realize that all these nations belong to one world. Once you rise above you see that this was created by us, by our own thinking, by our own projections we have created. So when you go above

this you start thinking of one world, because you see that it was one world. It is one world. You start seeing God has created beautiful rivers and beautiful mountains, He never divided. I mean, He wanted to create beauty for you. But then we started thinking, "This is my land, that is my land." Most of the Americans have come from outside, and the real land owners I don't know where are they hiding, I seldom see them. Now the responsibility is coming in their heads that we have taken this land and we feel that this is our land, but it belongs to the whole world. Whatever they have done now is coming back. Once you rise higher you start seeing the vision, whatever you have done through your mental projections. People don't even realize in many countries that this is one world. Mental projection is on another level is that you have created a materialistic world. With this materialistic world you have reduced everything to the level of money. Religion is money, everything is money. Nobody has any respect for anything but for money. And then material things. One starts seeing matter as a source of wealth and source of dignity and a source of great positions, powers. But when you rise higher into Virata's power you see the stupidity of materialism. What is matter after all? Matter is for making the place beautiful, giving you joy, and this matter is also for expression of your joy to others. When you give them some present, some material thing beautifully made.

Then you start thinking also how God has created this beautiful world and you start creating beautiful things in art, in music, drama, even films, everything. But at the material level and at the mental level the projection is linear, it moves like this. As a result, it falls down. So everything, the standard of our expression has fallen down. I know films in the twenties and thirties and forties from the same Hollywood were very different from what they are today. You can't even see some of them. Then in the same mental projection we see the dramas and the novels and the art, everything has come down, is deteriorated, is not at all joy giving, but it is destructive. It is destroying itself, first of all, and so it is destructive. As a result, we are moving our mind and moving on that decline also, and we also take to things which are destructive. Our standards in everything have gone down. Morality also is an innate blessings to human beings, but he starts putting it on a mental level. When you put it on the mental level people like Freud become Christ, and you start following them and you become nothing but a sex point. In every direction if you see there's a big decline and you get upset, you don't understand, how there is such a decline in human nature, how there is a decline in art, decline under treasure, decline on human relationships, in everywhere you find this decline. With money of course, certain things may appear to be smart, fast, like tennis you can say. People used to play tennis for joy, never for money. But now they play for money and after four, five days we find he has gone down, or four, five years he is finished. So the speed has come also into sports because of money. This money has been like a big load has brought down all the beautiful things in its own level. They are not the same level at which they are created. If it was on the same level, Sahaja Yoga would have worked very nicely in America. But it did not, because here is the maximum load on all our creations of our mind, of our mental projections.

Whatever direction you will see you will find there is such a decline. We know of lawyers who would be so honest and who would work out something for the person for whom they are fighting. But today you can bribe the lawyers. We know the doctors which would go all out to cure patients, they have lost their sense of ethics. Everybody has lost the sense of ethics. First is this materialism, money and above all, I think, at this time there is a big growth of people because this is a resurrection time. And many types of people are born, thousands and thousands of them are born, who might be like animals or maybe some sort of absolutely idiotic type or maybe some stupid stuff. At this time we have to do resurrection work, means what, that our Virata Shakti has to be enlightened in our brain. So, in Sahaja Yoga when you rise into Virata Shakti you go up and see all these declines, all these falling mental projections, from that height. And also you see yourself, that you had gone into all these nonsensical things. But now you feel that you have come out of it and now you have become like a lotus. Especially the ego part. Ego is extremely strong in modern times. It was never so. It is, I think, the birth of many fighting cocks has come on this earth, and also some of the jungle creatures are also reborn. Because you can't talk to them. If you say anything they just jump on you. You cannot criticize them, you cannot tell them what's wrong with you, they'll just sit on your head. If you say anything they'll start hitting you. They never want to see what's wrong with them. It's impossible to communicate to them because of their ego, and this ego has come because of certain declining nature of the modern time. For example, from childhood a mother starts scolding her child for spoiling her carpet. So carpet becomes more important. So the next day the child gets very angry, he gets the scissors and cuts the carpet to punish the mother. Then they see that the child wants money for something, and they ask him for what. "Because I have seen in the television that there is a bear which has a birth date." So a new type of devils have come up, they are entrepreneurs, and through their mental projections they take out novel ideas, see like a teddy bear which has a birth date, can you imagine, such a stupid idea. And all the children wanting to buy that. Now if one child buys another must have it.

All kinds of things these entrepreneurs do. And people start becoming slaves of them. Like in Paris they started a fashion that you'll have six inches of skirts. So all other skirts were thrown away. The six inches skirts started. Imagine in that cold, they would wear socks and six inches of skirts. Everybody looks the same. What is so beautiful about it. Whatever they want the entrepreneurs so called, they are called as artists, also as designers, but their designs are just to kill your freedom, just to make you a slave. And all kinds of monkey tricks they play, which you accept. Once you start accepting those monkey tricks, then you don't also realize that how you have become a slave, and there is no individuality about it. Hairstyle - they will start particular hair style. So everybody goes about with the same hairstyle. Or you go to a hairdresser. [Aside Hindi conversation]

Aside: Otherwise it stops when I look at it, but again it comes. That I think, the air also has got ego now. (Shri Mataji blowing into microphone) Alright, thank you very much.

So when you rise into your Virata Shakti by the enlightenment of the Kundalini, the Viratangana is the power which gives you a complete vision of the decline into which every mental projection which was idealistic, beautiful has fallen. For example, Abraham Lincoln gave a very great idealistic idea about the state, about democracy. But now many people say that it is demonocracy. Those people who were in Russia, of course they were wrong, but still they had an argument that 'we don't want to become democratic because look at America. Nothing is safe, nothing is normal, so what's the use of becoming democratic country.'

Aside: Can you hear me there? It's alright! It's alright. After all, we are on a picnic, you see. And we cannot have any problems, because I told him whatever is here is here, and whatever is not, is not here. So if you have any problem, we can't help it. (Laughter)

So you rise to that level, gradually, gradually, first, I don't know what you see, but you start seeing what's wrong with your society, what's wrong with your relationships. Ultimately, you start seeing what's wrong with you - how you are wrong. That I would say is the higher state where you reach and you start seeing "This is wrong with me". After that you start understanding that you have got powers - Viratangana's powers. You have got powers. In your brain itself you have got powers, by which you understand the Meta Science, science above science - the meta art. The vulgarity of art. Discrimination starts working, you start understanding what is really art, what is not. You start enjoying that art. And the enjoyment of Nirananda, you get it when you rise above and see the whole thing in a different perspective. First of all, you see it as a drama, as a witness. And you laugh, you see. I was telling a joke about a lady who was interviewed for doing some art with the mehndi on the hand. She's an Indian lady from India. So the interviewer asked her, "But what about the foreigners, how do they react, Americans, how do they react?" She said that they ask very funny questions. „Funny questions?“ „Yes, they ask me, “What is this?“” So I said, “This is my Suhaag (Shri Mataji pointing at Bindi), my husband's symbol, that's why I wear.” So they said, „What about extras?“ She didn't follow. „What about the extra husbands if you have?“ Now you all are laughing at it, you all Americans are laughing, but at that time point you would not have laughed, because very common.

In the same way, everyone, even India or any place where they do absurd things it becomes very obvious and you start seeing it very clearly - very, very clearly that what are we doing, it's all absurd. But this is not only on mental level, this is what I am going to tell you. It is not just you see the vision, alright, still mental level, then you understand it is wrong, still mental level. But you just don't do it! You become part and parcel of Virat. When you become part and parcel of Virat then you don't have to even think, you just see it, and you laugh at it. You just see and you know it is wrong. Is all absurdity.

We went to see one temple in India and there were some pujaris, you see, doing puja, puja. So the Indian Sahaja Yogis ran out. I said, "What happened?" "Mother, they are all hypocrites, they have horrible vibrations, how can they do puja, they have horrible - they have all bhoots." (Shri Mataji laughing) That's how we become so powerful, I would not say you are like a light, because light doesn't see the light, does it? But you see, you are light and you see light.

And the third thing that happens to you with this Viratangana - that you humble down. You humble down. You become extremely

sweet, obedient, just like children. And you don't mind anything, anything you don't mind. That is the state you achieve not as a slave, not out of domination, but it just works in you, it penetrates into your brain, you become that. I've seen people who are horrid absolutely, and after some time you can't even recognize them. How do they change? How do they get the change? What happens to them? It's the brain is enlightened, has become the light and you know you have the light. That is his doubtless awareness. You should have no doubts about yourself, that you are a Sahaja Yogi. But some people falsely have. They are bhoots, but they'll say, „No we are Sahaja Yogis.“ That's not the thing. The discretion power becomes so beautiful of the Hamsa Chakra, because they are all connected, Vishuddhi, Hamsa and Virata. They are all connected centers. It is not only that the Virata improves, but Vishuddhi improves and Hamsa. So now what happens that you jump into collectivity. Collectivity is the blessing of Viratangana. She teaches you how to love each other. She teaches you how to enjoy other Sahaja Yogis. She teaches you how to have bhakti in your heart. But that teaching is like innate. If I say She teaches, means you are the disciple and She is the teacher, no, no. You become Viratangana yourself. And the love and the affection and the understanding that you have for each other is remarkable, is very enjoyable and very beautiful. So all that happens, absolutely happens in your brain. That's how your brain, which is the one which receives all the information and creates all the information, creates all the mental projections, becomes a new vehicle to create a dimension which goes higher, not declining.

All of you are part and parcel of that, all of you are part and parcel of that, and all of you are important. All of you have to support that, all of you have to raise it. It is very important, you all should understand your own responsibility. So between South and North America we have to at least have 16,000 Sahaja Yogis. (Applause)

Krishna was very clever, He created his 16,000 powers into ladies. Then these 16,000 women were taken away by one king, and he just kept them. So Shri Krishna went and defeated that king and brought all 16,000 powers to himself, very nice. He could do all those tricks, not Me. I have to have 16,000 children, who are human beings and who get this power within them. Not like My own powers I manifest. What is the use? You can't give realizations to others, you cannot communicate towards others, you cannot do anything with them. So Shri Krishna only told Gita, finished. They were clever people, they didn't want to face the problem. (Laughter) It's very difficult. You people have a bad Vishuddhi, I get it. You people have a problem, I get it. It's just collectively to work out. To take you inside My body as a cell and to cleanse it, it's very, very difficult task, but one has to do it. One has to do it and one will do it. I'm sure one day when you all will be completely aware of Viratangana power within yourself, I don't know what will happen to this country. As it is I find it is just bubbling now, about to break. It's a big breakthrough, I find this year, among Sahaja Yogis as well as among the other people.

But there was another quality of Shri Krishna was diplomacy, is to be diplomatic. With others you have to be diplomatic. You should not just jump on them and try to oppress them, or in any way try to show that they are nowhere compared to you, no. You should say „we were like you, worse than you.“ Then people are happy. „But see now we have changed.“ Just say - somebody says that, „I was smuggling drugs“, you should say „no I was smuggling even arms, you see“. (Laughter) Then their ego will not be hurt, if their ego is not hurt then it's easy. So diplomacy also you must learn. Also Diplomacy is a mental projection at a lower level. At a higher level diplomacy is where is your charisma, where you attract people, where you capture them. How you talk to them, how you behave towards them. And also have a compassion, because you are now sitting on the Himalayas, but what about these poor people. In that way if you see the whole thing I am sure you will not feel so much that you are doing this work and that work.

Shri Krishna's whole philosophy is like this, that you should get your "Ghyana". Ghyana is Ghy means Gnostics, you have to become Gnostics means on your central nervous system you must know it. That's the first thing. The second thing was because Arjuna was so half-hearted, still he asked Him questions. So he said, "What about Karma?" Everybody talks of Karma [today]. Again diplomacy. The whole Gita is full of diplomacy and normal human beings can't understand. So he said, "Yes of course, you must do your karmas, but you have to surrender your karmas at My Lotus Feet." No, not possible. Very clever, because as long as you have, "I am doing this, I am doing that" idea, how can you put your karmas onto the feet of Shri Krishna? That means you should get your realization where you know you that you are not doing anything. When that happens that you know you are not doing anything, at that time the karma becomes Akarma. And how you talk, I've seen people raising Kundalini saying, "Mother, it doesn't rise, it doesn't work." You don't say that, "I am doing it." You just say, "It doesn't rise, it doesn't work out." - in the third person.

Another is about Bhakti, because now we have lots of these Hare Rama's, and Hare Krishna's and (unclear) spoiling their Vishuddhi. So for Bhakti He has used only one word. He says, "You give Me flowers, you give Me water, you give Me leaves, I'll take them." But while giving what does He say? "But you must do "Ananya Bhakti". "Ananya" means when there is not the other, when you become one with Me, when you are connected. On "Ananya" word He has danced the whole thing, and these stupid people don't know that they are not connected as yet and they are talking about Hare Rama, Hare Rama, Hare Rama. That's how they are not connected. They don't understand that they have to be connected. And this is the trick He has played with all the people that "All right, all right you go on saying Hare Rama, Hare Rama - we'll see." So the diplomacy part in His case because He had to bring them to the point that „No, No, this doesn't work out, No this doesn't work out.“ So then "Gyana". Now what is Gyana is they start reading books, no, no. It means 'bodh', means on your central nervous system you have to do it. So how gradually He brought them to that level. In the same way when you are dealing with others you have to work it out that way. And once you work it out that way, you can spread Sahaja Yoga much faster. You'll be a very light person, everybody will enjoy you and you will have no temper, nothing.

We get into temper because we don't know how to handle the situation. If we know how to handle the situation we'll never get angry, on the contrary use the anger of another person for your own benefit. All these things you learn through the power of Viratangana. Viratangana gives you the full detachment from every subject of worry. She sucks in all this and throws them in the air. It is Her great power that has really given you such an understanding about life, about yourself. Your own value system has changed. If you see what a change it was for you, all this transformation, everything is the power of Viratangana. And ultimately what She gives you is Nirananda. Is the joy - joy and nothing else but joy.

May God bless you!

(Shri Mataji compliments Grégoire.)

I must give full credit here to Grégoire because he came and struggled and fought, and like Arjuna you see, he felt very desperate and went away. He had to go also in any way. And suddenly as he is gone, I find here it's everything so sprouting, so well and people have started taking over the responsibility of working out Sahaja Yoga. But I still remember him at this time, because he was really very desperate and absolutely fed up with the American style of thinking. But now we'll give him a very good news that how America has improved. (Applause)

We have many Sahaja Yogis in America, who have been very dedicated despite all kinds of negative forces and everything. With all the nightmares they have gone through, they are stuck on to Sahaja Yoga and I find that their efforts are now showing results. I will not take their names because you know all of them very well, one by one. But I must say that Steven has done a great contribution. I never asked him to come to America. But he himself decided and he himself came here on his own and he has really contributed a lot to Sahaja Yoga by coming here.

May God bless you!

Of course, your leader is there and all the leaders in every place have been really working very hard and I just see how things have prospered in one year's time. It's very creditable. We never had so many people for the Puja. Now, I am quite surprised as all of you being here. Thank you very much.

1993-1011, TV Interview, Reel Women, Part 1 & 2

View [online](#).

11 October 1993

Interview

Los Angeles (United States)

Talk Language: English | Transcript (English) – Draft

TV Interview, "real women", part 1, Los Angeles (United States), October 11, 1993

Part 1

[Voice off]: Shri Mataji Nirmala Devi, the most important spiritual figure in the world today. Please join us on a special program of "Audrey Hope's real women"

Interviewer: My name is Audrey Hopes and welcome to 'Real women'. It is a great honour to be in the presence of the most important spiritual figure in the world today, Shri Mataji Nirmala Devi.

Shri Mataji is a world leader and has travelled the globe many times over to give Self Realization to thousands.

Self Realization is the pure connexion with our spiritual nature and is the only hope for a stable society. Today is that day prophesized by the saints.

Once you may have needed to travel to the Himalayas or to meditate on a mountain for twenty years, but now, through the grace of Shri Mataji, there is a simple way to achieve that connexion and that is through Sahaja Yoga. Shri Mataji founded Sahaja Yoga as a method for human beings to experience the truth within and to become your own master. Shri Mataji is a mother and a grandmother, a true role model for all human beings.

Shri Mataji was a spiritual guide for Mahatma Gandhi. She accepts no money for Realization and she says the truth cannot be paid for.

She joins us after her fourth visit to the United Nations and before her journey to Washington DC.

Shri Mataji is known all over the world. She is less known in the United States. Well, it is here, in the mist of media and its power, where she is needed the most.

Shri Mataji, we are deeply honoured to have you here, thank you.

Shri Mataji: Thank you very much.

Interviewer: I'd like to begin by speaking about Self Realization and to tell the viewers what Self Realization is.

Shri Mataji: Within yourself lies a power which is called in Sanskrit language as Kundalini, which is in the sacrum bone. That means definitely, that the Greeks knew this was a sacred bone where that power was lying. This is the power which connects you to the All-pervading Power.

Now the truth is that we are not this body, this mind, this ego, these conditionings. But you are the pure Spirit because you say: "My ego, my body", you are the pure Spirit, this is one truth about yourself. Another truth is that there is the All-pervading Power of divine love. It's called by various names. You see these beautiful flowers; it's a miracle itself. And who runs our heart? We never inquire, we don't find by doctors will tell you it's the autonomous nervous system. But who is this "auto"?

So these two things we have to realize that we are the pure Spirit and there is an All-pervading Power of divine love. Power of love, not of hatred.

Interviewer: How does one receive Self Realization? Does a person have to give up their personal life or self problems before they can attain this?

Shri Mataji: It's very simple, that within our being, a complete machinery is already made through our evolutionary process. And we have seven centres, main seven centres placed on our central nervous system, or we can call it on the parasympathetic and

ultimately, this power raises, penetrates through these six centres only, ultimately, pierces through the fontanel bone area and connects you to that All-pervading Power.

While it is travelling through these charkas or the centres or the energy centres we can call them, it nourishes them. Not only it nourishes, it integrates them and it enlightens them.

Most of the problems, global problems, are because of human beings. And most of the human problems are because of these centres. Because these centres cater to our physical, mental, emotional and spiritual needs. So once these centres are out of gear, we have all these problems whether on an individual basis or on a collective basis.

So when this connects to the All-pervading Power, then you achieve a new state of awareness. So there's a breakthrough in your evolution.

Evolution process is spontaneous. We have not paid for it, we didn't do anything, we are becoming human beings. So now, the last one, why should we pay for it? Or why should we do anything about it?

Interviewer: Does one need blind faith or can this be approached as you say, or how is it approached like a science?

Shri Mataji: It's just a living process. You try to understand this way, that this Mother earth is there. What we have to do is to put one seed in it and the seed sprouts. How? Because it is built in, in the seed to sprout and built in, in the Mother Earth to make it sprout. It's as simple as that.

Interviewer: We Americans are very into scientific proof. [Laughter]

And you describe Sahaja Yoga as an essence of all religions and not just a religion. How is Sahaja Yoga different?

Shri Mataji: "Saha" means "with". "Ja" means born. Born with you is the right to have this union, the Yoga. That is Sahaja Yoga.

By this union, you realize that all the religions were flowers born on one tree of spirituality. But we have plucked the flowers and now we are fighting with the dead flowers. If there is one God then why could we-how could we fight in the name of God?

This is the philosophy of Gandhiji also. We also followed the same philosophy not only but, as we worship all the incarnations and all the prophets and all messiahs, in the same way, he said we have to worship them. It's not just to show respect but you must worship the same way. That is Sahaj religion which encompasses all the religions and also respects because in essence all of them are the same. And if there is one singular message in all these religions is that: "Seek your Self to be born again". That's the message in all the religions.

Interviewer: So where has the religion gone wrong? We are- let's take Christianity for example.

Shri Mataji: Christianity has gone wrong at a very early stage I should say, where it was taken over by Paul. I asked my father when I first saw his name in the Bible, I said: "Who is this Mister Paul?" He said: "He is a squatter. He had nothing to do with Christ. He never met Christ. He had actually killed so many Christians, he has killed the disciple of Christ called Steven. But being a bureaucrat, he thought it was a good platform to jump onto the platform of Christianity. And he had to have help from somebody, one of the disciples. The worse disciple of Christ was Peter, so he grabbed Peter and has written the Bible".

Despite all the things they have done, that Christ told Peter that "Satan will catch hold of you" it's clearly said. Now this Mister Peter and Mister Paul put together tried to spoil all the great work of our Lord Jesus-Christ because, first of all, the worst for women. Paul hated women from his heart. And that's why even for Christ's Mother, he uses a word like "woman". To us, she is a Goddess. She is a Mahalakshmi, to Sahaja Yogis. But to him, she was just a woman. And the way he has conducted the whole thing has brought such a disaster on the women of the West. Even now, up till now, women are treated as something very low for spirituality.

But in India, a woman is the shakti, is the power. Another great mistake they have committed is in describing the Trinity. We have God the father, God the son and the third one is a Holy Ghost, is a dove. How can you have a father and a son and no mother?

But there is a Primordial Mother which was accepted by all the religions even the Jews had it. Greeks called it Athena. "Atha" in Sanskrit means "primordial". Athena. In India, this is called as Adi Shakti. In every religion, they had this Mother who was the Primordial Mother.

So he cancelled all the powers of a mother and that is how the women have a very inferiority complex, I think, or insecurity in the Western world.

Because they think we have to, all the time, be apologetical [unsure] and we should always serve the men and we should sell our

body, we should make ourselves very attractive, otherwise, we have no place! And that is how the morality of women is shattered.

Interviewer: I wanted to use a quote from that [pensée? French word?] in "Timothy 1" to really emphasise this point. It says in the Bible, "A woman should learn in quietness and full submission. I do not present a woman to teach or to have authority over a man; she must be silent. For Adam was formed first, then Eve. And Adam was not the one deceived; it was the woman who was deceived and became a sinner. [The New Testament, 1 Timothy 2:9-14]

Shri Mataji: That's also a mistake about Adam and Eve also. But that, I'll deal later on. But a simple thing is that it was a complete attack on womanhood. And that's how women have accepted- imagine such a developed country like England, was discussing till yesterday, whether a woman should preach or not.

Yes! I mean, now, with great difficulty, some people have agreed that women should preach.

I just don't understand. In India, a woman is very powerful. She doesn't care for her husband if he goes after another woman. She says: "Alright, he's sinful, let him go to Hell. I don't care." She stands on her own merit on her chastity. She doesn't bother.

Now, the whole situation is so bad, that women have to be, all the time, trying to, you see, expose their body also. I haven't seen a single film in which a man is exposed. It's always the women [who] must be exposed as if men are some Sanctum sanctorum. I feel the slavery of women is much more in the West than in India.

Interviewer: And how about the Koran? I'm speaking about the Iranians. I know you did a programme this week and it was a very important programme. And I'd like to talk about how the Iranian people have misinterpreted Mohamed and the effects on their society and the importance of their changing for women. [unsure]

Shri Mataji: Yes. Even Muhammad Sahib, you see, he respected women so much. You know, they used to have wars. They were tribes. They were tribal people. It was only Muhammad Sahib who could take birth in those horrible Arabs. And he found that so many men, young men were killed. So he said: "Alright. If there are not young men, let the old men marry, even young girl. It doesn't matter but marry. Even if they have to marry five times, marry so that they do not become prostitutes. Just to respect their chastity he prescribed this thing but it is not compulsory that you should marry five times. You see, we have horrible things in India. A man marries four times, has eight children each time because they believe that but that democracy [demography?], they'll be powerful.

Then, after some time, they divorce their wives by saying three times: "Talaq, talaq, talaq." [repudiation].

Now, these women are with so many children, are just left on the street. And if you see them you'll think that this is worse than Somalia.

He respected women! Not only, he told his wife that: "You are going to work out- Aicha" he told her: "You are going to work out something against the religion." And really it was wrong on her because his own daughter, as you know her name was Fatima, stood up and said that: "This, never Muhammad Sahib has said it." But this Abu-Bakr is a fellow who just took the platform, as it is, I should say, instead of his own son in law, Hazrat Ali, who was a great Realized soul. And he just completely changed the ideas about women which Fatima was going to tell.

So there were big wars called Karbala in which two children of Fatimabi were killed, Hazrat Ali was also killed and there two groups which were formed, one is Shia and Sunni.

But Shias also don't understand that they have to respect their women because Fatimabi herself was a, not only a saint but an incarnation. She was a Goddess.

Interviewer: How has the media affected our view of women today?

Shri Mataji: In the Western media I must say that women are used just to lure or some sort of a very low type of human beings I should say. Men are not sex points. They are the Spirit. They are reduced to this sex point by Freud. And Freud was like a Christ here once upon a time. Now of course, after so many years, I said this at least twenty years back. But now it is appearing, many- I've seen some books like "Fall of Freudian Empire" "Freudian Freud", so many books are coming now! Already all the harm has

been done! Human beings are reduced to a sex point now by media and women who are very cheap who can expose their body and can sell their chastity are regarded as great heroines. This is what? It's the situation of the media that is today.

Interviewer: I heard you have even said that Freud can only prosper in America.

Shri Mataji: Hum?

Interviewer: Freud can only prosper in America.

Shri Mataji: Yes.

Interviewer: You said that.

Shri Mataji: It's a fact.

He was born in Austria and when I talked against Freud they all clapped. They were very happy I said so because they were quite ashamed about him. But even in Austria, you find so many prostitutes on the streets, standing all the while. But here, at least, there it is, the housewives are housewives.

Here, even housewife has to dress up in such a way that she should be like a prostitute. Why should you do that? You must have your self-respect.

Interviewer: How is this special time for women?

Shri Mataji: I call it this a Blossom time because I say they are many flowers, so many some of them are on the Earth and they are to become now fruits. But it's called as Qiyamah in the Koran, meaning the Resurrection time.

Even in the Indian scriptures, we have this Resurrection time and by many astrologers, thousands of years back, it was predicted that such and such time will come. And also in the Bible, it is the Last Judgement.

There's another stupid idea which we find in Bible and also in Koran, which is very stupid, and I think also- I don't know about the Torah, but they said that there is also the same idea previously – that, at the time of Resurrection our dead bodies will come out of the graves and then they'll ascend. Now, tell Me what is left in the grave of the dead bodies? It is so absurd, it's so illogical.

Actually, in that way, I would say Indian scriptures said the correct thing that at this time of Kali Yuga all the souls which are lost, all the souls who want their Realization, all the souls who have been thinking of God and seeking God all over the world, will be reborn. That's why we have a population problem. That is why all kinds of horrible people are also born. In this time, about twenty years back, your media was much better. They didn't show such horrible scenes. I mean they must show bedroom's scenes, what is the need? Bathroom scenes. I mean, if somebody comes into your house, do you take them to your bedroom, into your bathroom or you keep them in the dining room? I mean, it's private life. They have no respect for privacy.

Now, you see, this kind of funny idea that we are going to get out of the graves and all that is still lingering in the mind of many ignorant Christians and also Muslims. One Bosnia fellow met Me, he was Muslim. I asked him: "Why were you dying there, what was the need to die?" He said: "Because if we die now in the name of God, we'll be resurrected."

[Interviewer is laughing.]

Shri Mataji: I mean it is relevant from the idea of Bible, you see? So this is what it is that these ideas are to be put right.

In the west, you see, we have Christianity, we have other religions. But, I would say that the roots of the spiritual knowledge, it's more in India. I'm myself born in a Christian religion. But the roots about it, the explanation about it, is much better discovered in India because it's an ancient country which has been all the times seeking, seeking, for thousands of years.

Now the system that is Sahaja Yoga as you mentioned is not mine. It's an ancient system. But we had this system in the Nath Panthis, they call it, that they were in the centre. And one master will have only one disciple, this was the tradition. So there were very few people who got their Realization. Shri Rama's father-in-law's guru was Ashtavakra. He has written about sahaj. But he has just described what happens when you get into the state of Spirit. This father-in-law, Janaka, gave Realization to only one person Natchiketa according to the tradition.

But, on the twelve century, there was a great poet in India, in Maharashtra, born as Gnyaneshwara, who asked his guru, his own brother that: "Let me also tell about this." He said: "All right". He permitted. So in his Gnyaneshwari which is just the explanation of Gita, he has clearly said in the sixth chapter about Kundalini, how she rises, how she gives you Realization and everything. But those people who were in charge of religion, as usual, didn't know how to do it. So what they did, they said: "This is "nisidhat" [forbid] - means, cancelled- you don't read this sixth chapter." So nobody would read that chapter. That's how it went into

background!

So I would say, after that, many great saints like Guru Nanak, Kabir, Sukarama, Ramdas, in the sixteen century, did a great work of Kundalini [inaudible]. Even in the Bible, it is: "I will appear before you as tongues of flames." "Tree of life" so many things are described!

But in the little time that they had, they could not explain so much. Now, these people have talked about Kundalini and said about it. If I have done any work, is this, that by studying through human beings, I met many people because my father was a very social man and my husband was in a position where I met many people. I studied human beings and I found out a method by which you can now give a-mass Realization.

In Russia, in Bulgaria, Romania, we always have people in the stadium, not less than sixteen thousand, and they all get their Realization! And they are very sensitive to spirituality and they stick to it. None of these false gurus could stick there.

Interviewer: Psychics, the issue of psychics, it's so popular here! And we are very-it's very dangerous. Could you explain what can happen?

Shri Mataji: Ah. Americans are very simple people I must say. First time I came for parapsychology, they took Me into a hall of parapsychology. They told Me: "You are dealing with dead spirits!" And they were very angry with Me. He says that: "You come as guest and why do crusade? [unsure]." I said: "I have to tell you the truth, I am your Mother. I'm not your guest, you didn't pay for Me. I came on my own, coming on my vehicle and going on my vehicle", while they made money out of Me. So, they don't like it. When I first came here, when I told them that: "These are all spirits and psychic things and don't do it", they didn't like it.

Interviewer: How can we know of false guru?

Shri Mataji: First of all, you cannot pay for your Self Realization! Or for any knowledge. You must value your life. If you don't value your life, then you'll go to all such stupid people and you'll waste your time. No, if you value your life, if you value your money for example, you'll first find out what it is this you are buying. First of all you must see the disciples, what are they doing, what is their style what are they gaining, what is their knowledge. First the disciples! Most of them are recluses.

Anything which is sort of fashionable, people want to do. You talk of individuality, all right? Any entrepreneur, now they just started a six inches of skirt, everybody wears six inches of skirt! Otherwise you are not "in", means in the lunatic asylum.

So like that, these people are good at big advertisement, marketing, writing books, all falsehood! You believe them because they have a knack, advertisement is the main thing which has led to this kind of things and Americans are really very sensitive to advertising. If anything is advertised, they think it's great.

Also I was surprised when I came here, they asked Me – in Boston, I remember- they asked Me: "How many Roll Royce you have?", in the television. I said: "I don't have!" They said then: "You don't make any money." "No." I said: "I don't make any money." "So there's no business." "No", I said "no". "Then we are not interested." They wouldn't have Me on the television. I mean you are so money oriented that tomorrow you'll purchase God also I think.

So, first of all, you cannot pay for it.

Second, you must see the disciples, what sort of disciples they are, what they are, how much they are talking about the knowledge. They must have the knowledge. Now you know very well, and people can find out that in Sahaja Yoga people just get Realization and start giving Realizations to others. So many diseases have been cured. It's a fact, there's a book written.

Interviewer: So we are in a new stage, a new evolution.

Shri Mataji: Of course, this is the time, if you miss it, you'll miss it for ever! Because, you see, otherwise, you see in America, people are getting destroyed from within. All kinds of diseases, psychological problems, this, that, stress, this, that, all kind of things are going on.

Now, to stop it, better ascend above all these things.

Interviewer: Shri Mataji Nirmala Devi.

Please join us for part two of this special program on "Audrey Hope's real women".

Part 2

1993-10-11 Shri Mataji, 'Reel Women' Interview, P2, Los Angeles, USA,

Interviewer – Welcome Shri Mataji!

Shri Mataji – Thank You.

Interviewer – What is human evolution? What is the next step in human evolution?

Shri Mataji – Next Step is to become the spirit which you are. You are the pure spirit, you are not this body, mind, ego, all your conditionings but you are the pure spirit and that's what you have to become. In evolutionary process, you have become a human being, in human awareness we have not been able to reach the absolute truth. If we had reached the absolute truth there would have been no problems, no quarrelling, no arguments and no wars but because we are all holding something as truth which is not absolute that's why we are fighting.

Interviewer – You describe Self-realization as a living process of the kundalini where you can feel on your central nervous system. Can you explain?

Shri Mataji – Yes. We have evolved so far through a process of evolution which is spontaneous, which is a living process and now once this evolutionary process takes place, when you become the spirit, then you achieve so many of your powers which are not yet known to you.

Interviewer – What is the cool breeze that you experience and what is the reference to the Holy Ghost?

Shri Mataji – So this done through a power which is called as kundalini in your sacrum bone which is the sacred bone. It's like any connection you have to put; supposing you have a television and if it is not connected to the mains it looks like just a box in the same way we think we are the boxes but once we are connected then we realise how many things (can) are there, which we have never knew that we owned them, we are the power of that. Actually this is your own power to begin with and the manifestation of this when it is connected to the mains to the all-pervading power of divine love then the first thing you feel is the cool breeze of the Holy Ghost coming out of your head. It is the reflection of the Holy Ghost is this kundalini or we call it as Adishakti. Then this comes out of your head you can clearly feel the cool breeze coming out of your head. Also you can feel them on your fingertips, when you feel them on your fingertips actually it is on your central nervous system you can feel those centres which are actually, are the last points of the sympathetic nervous system. So the right side you can feel the physical and the mental problems of your centres and on the left hand side you can feel the emotional problems of your centres. If this is decode properly, then you can feel your own centres so the first thing you get is self knowledge; knowledge about yourself; now many people who get diseases they don't know they have got disease they have to go through diagnosis, this that, here you don't have to do anything like that you just on fingertips you can feel it. What's wrong with you physically or mentally, emotionally or what's wrong with you spiritually because you might have gone to some false person, there must be some spiritual problem in you, everything can be verified on these fingertips. In Koran is described that's when resurrection time will come your hands will speak and they will give witness against you, its very clearly described.

Interviewer – And we are in this special time?

Shri Mataji – Yes of course, this is the special time of resurrection when you do feel that. Not only that but when this Kundalini rises then all these centres are nourished, integrated and enlightened and you get the well-being of your physical side, mental side, emotional side and spiritual side as a result you become extremely calm, peaceful, healthy. We are all the time thinking about future and past, one thought rises falls another thought rises falls, in between these thoughts there is a little space, we live in the past or the future, the little space is the present. We can't live in the present, when this kundalini rises she elongates those

thoughts and the space in between increases and you become thoughtlessly aware in Sanskrit it is called as 'Nirvichar Samadhi' that your awareness becomes thoughtlessly aware. You see everything, know everything but you are thoughtless so thus your peace is established. If there is no peace within what's use of talking about peace; having conference of peace, organisations of peace, there should be peace within. I have known people you have got peace awards, one of the most hot tempered people so how can they have peace award, I don't know they have got peace award alright so doesn't matter. Now this is what is the first achievement is that you feel thoughtlessly aware, then you can feel on your fingertips also the centres of others that means you are collectively conscious. This is second dimension in your awareness, who is the other you become part and parcel of the whole so you can feel the chakras of another person not only that but sitting down here you can feel anybody's chakras and if you know how to correct yours, you can correct yours and if you know how to correct others, you can correct that; thus you can correct all the chakras and you can solve the problems. Another thing that happens to you is that your attention becomes very pure, there is no lust and greed in your attention, it becomes innocent, you look at things innocently. In Sahaja yoga now we have so many people but I have never heard of anybody's wife running away with somebody or nothing, the flirting, all that is finished now. They are just like children, very innocent people like angels. This attention is also active, when you pay attention to (some) somebody, it acts, it works, it heals, it helps, it's remarkable because the kingdom of God is the most efficient kingdom you could think of and it is work with the all the subtle of all the elements like it has a subtle of the ether, subtle of the earth, all these things are control by this all pervading power and once you are connected with it, you know that whatever you desire, whatever you want happens. A person becomes extremely creative, I have known many artist from India who have become now world famous, have got realisation and became. They were Muslims, Hindus all kinds of people then you transcend all the limitation of this artificial life, transcend the limitation of these outside religions and your inner religion, innate religion starts manifesting by which you really become really become religious. It's not that, eh, you may be Christian, Hindu, Muslim but you can commit any sin, anybody, no you do not commit any sins anybody, you just become an angel you can call it as saint. The religion is inside which enlighten and if you are a Christian, you become real Christian; if you are Hindu, you become real Hindu and the all the system which is inside is enlightened in such way that you just don't do wrong thing. For example I have known so many people who came to me who were drug addicts and overnight, over night, after Self-realization they have given up. Alcoholism, all bad habits, all kinds of diseases are cured, even cancer, even AIDS. I must say this is not that difficult because their mentality is different but it has cured many diseases and you feel your well being when you get your Self-realization.

Interviewer – Shri Mataji, what would happen to those who don't hear the call, pay attention to these special times?

Shri Mataji – See, it is Judgement and human beings are free to judge. They want to come to reality they can come, if they don't want to come we cannot force, we cannot force. You have to respect the freedom of their choice, whatever they want to do but those you won't come – I don't know what will happen to them but they will be in the same problems that they had and as you see this world is getting destroyed from within so to get out of it is the better idea.

Interviewer – And America plays a very important role in this new time as a communicator?

Shri Mataji – Of course, this is a country of Communication. The other day somebody asked a question, Why should America be a Policemen everywhere? Jolly well it has to be because that's the character it is born. Is this centre is America and because America is not alright I have a problem. So, this is the centre is for all kinds of communications and for collectivity. Always you'll find Americans bear the collective responsibilities of the world problems, sometime they make mistakes, it's different, but by nature they have to do it, they can't help it, that is their nature.

Interviewer – It has been said that you are the Holy Ghost?

Shri Mataji – Ya.

Interviewer – Is this true?

Shri Mataji – You are in this part. I have to say that I must be something, Isn't it? After all, when I am giving realization to thousands of people I must be something and some people must have found out something. But as far as the people are

concerned I would say I've learnt a lesson because Christ who was the son of God was crucified, who said who was the son of God. Mohammad Sahab was given poison, everybody was troubled like this. Now, I don't want to get crucified, I want to do my work till I live alright so that's why I don't want to say anything, once you get your Self-realization you will find out who am I?

Interviewer – May we do that right now?

Shri Mataji – Yes why not? Why not? First you have to put your shoes away because the Mother Earth helps us a lot. Now, please put both your hands towards me like this. Left hand towards me in a very comfortable position you can put it on your lap you have to become very comfortable you don't have to go to Himalayas as we have said it, you have to become comfortable and right hand you have to give realization in a way that left hand is for your desire and right hand is for your action. In the same way your feet should be away from each other if you are sitting on the chair but if you are on the ground it's alright. Now please put your left hand towards me like this and the right hand on your heart. We have to nourish our centres only on the left hand side; in the heart resides the spirit. Now if you become the spirit, you become your own master so take down your right hand upper portion of your abdomen; here is the centre of your mastery created by all the prophets and all the incarnations. Now take your right hand in the lower portion of your abdomen on the left hand side and press it hard. This is the centre for pure divine knowledge, pure divine knowledge. This you will understand later on when you will come to our centres, they will explain to you everything and you can find out everything about this knowledge which is like an ocean. Now raise your right hand in the upper portion of your abdomen again on the left hand side. Now raise it on your heart, now you have to put your right hand in the corner of your neck and your shoulder and turn your head to your right. Now take your right hand on top of your forehead and put down your head, this is a centre where you have to forgive everyone now take your hand on the back side of your head and push back your head, here without counting your mistakes or feeling guilty you have to ask forgiveness from the all pervading divine power. Now stretch your arm, stretch your palm fully and put the centre of your palm on top of the fontanel bone area which was a soft bone in your childhood. Now please put down your head and now push back your fingers and move your scalp clockwise slowly, push back your finger so there is a good pressure on your scalp, now put down your head and now move your scalp slowly clockwise. That's all we have to do.

Now put the right hand on your heart, here in your heart you have to ask a question, a very fundamental question about yourself, you close your eyes and don't open them till I tell you, here please ask a question in your heart you can call me Mother or Shri Mataji. Mother, am I the spirit? Ask this question 3 times. If you become the spirit you become your own master, your own guru. So now take down your right hand in the upper portion of your abdomen. Keep your eyes shut and ask another fundamental question about yourself, Mother am I my own master? Ask 3 times. Now take down your right hand in the lower portion of your abdomen and press it hard, at this point you have to ask 6 times because this centre has got 6 petals. I must say I respect your freedom and the pure divine knowledge cannot be given to you by force so ask 6 times in your heart, Mother please give me pure divine knowledge – 6 times. Now raise your right hand in the upper portion of your abdomen on the left hand side. We have to open these upper centres with our self-confidence. So here you have to say with full self confidence, Mother I am my own master. Please say it 10 times – Mother, I am my own master. I've already told you that you are not this body, this mind, this ego, this conditioning but you are the pure spirit. So now raise your right hand on top of your heart and please say with full confidence. Mother, I am the pure spirit – say 10 times please – Mother 12 times, 12 times – Mother, I am the pure spirit. This all-pervading divine power is the ocean of compassion, ocean of knowledge and ocean of bliss and joy but above all it is the ocean of forgiveness and whatever mistakes you have committed can be easily forgiven by this power. So forgive yourself and raise your right hand in the corner of your neck and shoulder and turn your head to your right; this centre is really bad in America. Here you have to say with self-confidence 16 times. Mother, I am not guilty at all, please say this 16 times. I already told you whether you forgive or don't forgive, you don't do anything but if you don't forgive then you play into wrong hands all your life. While those who have troubled you are happy but you are torturing yourself. Specially at this moment it's very important that you forgive everyone in general because this centre is extremely constricted and if don't forgive it won't open and you will also miss the opportunity of your self-realization. So now take your right hand on top of your forehead across and put it down your head as far as possible. Here you have to say again from your heart not how many time, Mother, I forgive everyone in general, say it from your heart not how many time. Now you have to take your right hand on the backside of your head and push back your head as far as possible. Here you have to ask forgiveness from the divine power for your own satisfaction without feeling guilty, without counting your mistakes so please say again from your heart not how many times. Oh divine power, if I have done any mistakes

knowingly or unknowingly please forgive me, please say this from your heart, from your heart not how many time – Oh! Divine power please forgive me if I have done any mistakes knowingly or unknowingly. Now the last centre is very important. You have to stretch your palm fully and then put the centre of your palm on the top of the fontanel bone area, now bend your head as far as possible. Here again I cannot force self-realization on you, you have to ask for it. So you move your scalp, if you stretch your fingers outwards there will be nice pressure and you move your scalp 7 times clockwise saying Mother, please give me Self-realization. That's all.

Now please open your eyes, put both the hands towards me like this. Put right hand towards me and put down your head and see with the left hand if there is a cool or a hot breeze like thing coming out of your fontanel bone area – the soft bone was there in your childhood just see. Now please don't put your hand on the top of the head, away from it. Now please put both the hands towards me like this and stop thinking you can do it. You can stop your thinking. You will feel a cool or hot breeze on your hands and you feel very relax, extremely relaxed. Now those who get realization like this have to know that it is the sprouting of the seed which has to grow into a tree so you have to come to our centres, there they will give you all the necessary knowledge, all the help that is needed to make your connection perfect.

1993-1011, How are we to know who is the master and who is not?

View [online](#).

11 October 1993

How Are We To Know Who Is The Master And Who Is Not?

Public Program

Los Angeles (United States)

Talk Language: English | Transcript (English) – Draft

Public Program in Los Angeles 11-10-1993

Mother speaking in English:

I bow to all the seekers of truth. At the very outset, we have to know, that truth is what it is, we cannot change it, we cannot transform it, we cannot conceptualize it, unfortunately at this human awareness, we cannot know it also. Whatever I am going to tell you today; please do not accept it blindfolded, we have harmed ourselves very much by accepting everything blindfolded. But if it is proved, then as honest people you have to accept. The truth is, that you are not this body, this mind, this ego, these conditionings, emotions, but you are a pure spirit and the second truth is, there is a all-pervading power of divine love which is called by many names which does all the living work. For example, you see these flowers here, they are so beautiful, but it's a miracle, the way our heart runs we never ask who runs our heart, but if you ask the doctors, they will say it is autonomous nervous system, but who is this auto. We accept everything for granted. Also, if you see all the problems of this world, most of them come from human beings most of them.

So, we ask, what to do to solve these problems of human beings. All these problems come from these centres, which are placed within us, these centres, if they go into jeopardy, then we have problem of physical, mental, emotional, and spiritual type. If you can put these centres into proper shapes somehow, then human problems can be solved, your problems can be solved. As you are already told that there is a power in this triangle bone called as "Sacrum". Sacrum means sacred, that means the Greek knew about this power that existed in the triangular bone at the base of your spinal cord, which is called as Sacrum. This power is the residual power within us, it's like a premule in the seed, and when the seed is awakened, this premule rises upward against the gravity. In the same way, this power rises through six centres not the seventh one, six centres, it goes up to the fontanel bone area and pierces through this fontanel bone area, which is the soft bone, and connects you to this all-pervading power. It's a living process. It's a living evolutionary process, so far, we have become human beings, but we have to still evolve to this stage of spirit where we are connected with this all-pervading power. We have heard about it but we have never felt it before, tonight is the time when we are all going to feel it and we are going to be the spirits. This evolutionary process was already predicted long time back. I know you have been seeking, you are all seekers, I respect you for that very much and I love you.

This civilisation has grown so big, we have all kinds of things, produced through our mental projections, but they are all declining, because they are just mental projections not substantiated by truth. We do not know the absolute Truth, if we know the absolute Truth, then everybody will know the same because Truth is one. You see me sitting here all of you, its accepted, I am sitting here, so everybody sees the same truth there will be no quarrel, no fight, no war, but we have not yet known the absolute truth. This is a fact, and because of that, all these problems are there. We turn to science, science is amoral, it is with matter, I am talking of spirits, not of matter. But it cannot answer many questions like; why are we on this earth? What is the purpose of our life on this earth? It does not answer this question and that's why you are seeking, you may know, you may not know why you are seeking. You are seeking because you fall on to find out your identity, your purpose of life. Now look at this instrument, this instrument was made for a purpose, but if it is not connected to the mains, it won't work. It has no identity it has no meaning.

(You could come here, you could, you must sit somewhere, standing for a long time)

So, we try to find our identity, I have known so many facts come in and go. I have seen people doing all kinds of things to find their identity, but these are all mental projections, you have to go beyond the mind and for that, when they tell you that you carry your body from here or you get possessed, this is not true, this doesn't do any good to you. It's not benevolent nor does it transform you. But as a result of this happening, what happens not only that you can feel this all-pervading power on your

fingertips for the first time, but also, you feel the peace within you. A thought rises and falls down another thought rises and falls down, in between these thoughts, there is a little space. The thought comes from the future or from the past, we cannot be in the present. We jump on the cusp of these thoughts all the time. But, when Kundalini rises, she elongates those thoughts, there is a big space, that's the space of presence, present, and at that time you become thoughtless but completely aware, thoughtlessly aware, this is described in Sanskrit language as Nirvichar Samadhi.

The civilisation that has grown soon like a big tree must find its roots. To my mind, east and west are not two areas, but one, connected to each other; like the roots are connected to the tree. So, this knowledge, if it comes from India, you should not feel like that it's something to be shy, because this is the knowledge of the roots of the spirit, not that it is not mentioned in the bible, tree of life, "I will appear before you like tons of flames". Its mentioned in the Quran, very nicely in the Quran is described that "At the time of resurrection, your hands will speak and they will give witness against you". All these things have been already described and this is what we have to have because its promised. Of course, there are certain absurd things also which we don't understand that at the time of resurrection, the dead bodies will come out of the graves, and they will get their resurrection, what is the remains in them... of the dead bodies in the graves. It's just some bones or something the bones are not going to come out. Logically it does not fit into our minds, but it's not true, many souls will be taking birth, many souls will be taking birth in those days of their resurrection. I call it a blossom time because many flowers have to become the fruits, they call it last judgement, Qayama. There are many names for these special times of, modern times called as Kaliyuga. At this time, it is already predicted that many seekers will be born, many souls will be born and they will get their resurrection. It's already been predicted thousands of years back in India and the time has come today for you to achieve your realization. I have already told you it's a living process of evolution, now we have become human beings, what did we do about it? nothing. What? How much did we pay for it? Nothing. You can't pay for it this is one thing, today they asked me a question in television "how are we to know who is the master and who is not? It's very simple, you just go and meet their disciples and see how are they? What are they doing? What have they achieved? What is their knowledge? And the second is don't listen to anybody who takes money from you for their realization, because you can't pay. This mother earth has given us these beautiful flowers. How much do we pay to that mother earth? she doesn't understand money. In the same way, god doesn't understand money, he doesn't understand banking, he..it's a headache of human beings.

So, this is a very very simple method which works out of spontaneously, it will it was done in India by many masters but the tradition was that one master would give realization to only one disciple. Till the sixteenth twelfth century it was so, but a great poet and a great enlightened soul called Gyaneshwara, wrote the explanation of Geeta, in which the sixth chapter, he has talked about Kundalini very clearly, but the people in charge of the religion said that this chapter is condemned Nishiddh, you can't read it because you can't understand, because they didn't know how to do it you see. So very good at the helm of affairs, they all made money from the very beginning and even now they are making money you see. So we turn to religion and what do we find that they are money oriented or power oriented, and we get shocked they are not spirit oriented. After that in the sixteenth century, many great saints wrote about the Kundalini, the realization, and what happens but nobody understood it because it was in poetry and they thought that it's all some sort of a romantic song because human mind is so perverted that it cannot see things through sometimes that it is the song of the spirit. As I said the time has come to have your self-realization for which you don't have to pay, there is no effort needed much for this.

Now, what happens, is first that you get your peace within yourself, I have met many people who have got peace awards, they are heads of peace organizations but they are so hot tempered, that if you have to approach them better take a Barch pole. I wonder how did they get this award for peace, if there is no peace within what peace are you going to establish, just by having conferences and ummm..doing some lip service. Then the second thing that happens to you, which is very remarkable is that physically you get cured, you get cured definitely I must tell you that there are 3 doctors in India who have got their MD in Sahaja Yoga. They had to take only one or two subjects, so they showed Asthma, Epilepsy, Physical fitness and all that, but they have got their MD and there are many doctors now all over the world who are practising Sahaja Yoga. In Russia we have 200 doctors who are practising Sahaja Yoga, definitely it cures. I have seen people cured of cancer, of so many psychosomatic diseases which cannot be normally cured by medicines, it's a psychosomatic, because as you know that their specialization and in the medical science there is one doctor for one eye and another doctor for another eye, so how can they have psychosomatic, which is the combination of two systems. But, in Sahaja Yoga the cure is in totality, in totality, and thus people have been cured by that, but this is nothing, this is like a chocolate for a medicine, one talks that you can get cured so many people come for getting cured. They get cured but they are not good lights, they just come for getting cured, and after that they disappear.

So, the common sense is that, you should only look after the lights and repair lights which can give lights to others, but the compassion runs ahead of one's wisdom. You start curing people but it's sometimes very disappointing, the way people only are bothered about their curing which is a physical aspect. Then mentally also many people have been cured, lunatic people have been cured, schizophrenic people have been cured all kinds of mental diseases have been cured through Sahaja Yoga. It's your own power that cures, it is nobody else's power, but it is your own power, which is in the triangular bone, which cures you physically and mentally. There is also another side is the spiritual, you know you have been seeking and so many have been ruined by these false gurus, not only your purses, but also your Kundalini has been touched. I wouldn't mind the purse being touched, because these days people only believe in money somehow or the other, but they have spoiled your Kundalini also, and thus they have made money no doubt but it's a sinful thing to spoil somebodies Kundalini and that's how you have been really tempted by people who have nice gimmicks or who might be having a nice advertisement, or paying money for a big show. It's so much in the air because there's a market, so many seekers are born and all these seekers are being used for the greed and the lust of this horrible false gurus.

I came here you will be surprised in the year 1972, and that time I found that the people were extremely in a different mood of seeking, even the media was very different. I went to Boston and they asked; me television people "how many rolls Royce's you have?" I said I have no rolls Royce's, they said what is you have no rolls Royce's then what are you doing? I said I am giving self-realization, you have no business I said no, then they are not interested they said, if you have no business. That time if you do not pay them then it's a hocus pocus. All the way I came from India and for them it was hocus pocus and at least in this life of mine there is no problem because I have a bonafide. My husband is a very highly placed man, I have everything, I come from a rich family from a royal family. Why should I go all over to do this kind of work, there is no need for me, but the people who came from jail from India wore those dresses. You call them Kashaya; you call them Saffron orange; whatever it is, and people started running after them. So superficial is the sensitivity, was the sensitivity to these useless people and they followed them, paid them money, became beggars, even now there are so many.

The other day I saw this TM. I know everything about this TM people don't go near them, its marketing, in the beginning they used to sell their mantras, and for that they have three mantras "Inga Pinga Thinga". Now you tell any Indian, they will laugh and it was very sacred, they had to pass through seven rooms to see your master and he will tell in your ear's a mantra like Inga Pinga Thinga. And the meaning of the word Inga is not even Sanskrit, but Inga means the scorpion bite is Inga. Pinga means when the person gets possessed and goes round and round, and Thinga means when you show like this (thumb), and people paid 300 pounds for that, I mean British has some sense I thought, they paid 300 I don't know how many you paid, and then a gentlemen who was head of their flying squad, I mean I should was called them as academy of flight, where they were going to teach people how to move 3 feet above the ground. Actually, nobody did that, they broke their bottoms, and put cases against them and some of them got money also because they had made so much money, but what's the need. We should also understand what's the need to move at three feet, already we have jam on the road you see, we can't reach any place in time and this 3 feet height movement of human being. And nowadays, there is a lecture going on by one Dr. Deepak something Chawda or something, he has written books also and he made some, he says that we should use the power of the mind, it is just mesmerism, so the person takes a pendulum and with his power he moves the pendulum like that, I mean is it something great to move the pendulum? Are we here to move pendulums? Is that the value of our life? I can't understand how could American, I mean you are only here the refills of triple halls that they said, the people are hahaha he is moving the pendulum. Here you are moving aeroplanes, trains, you are going to the moon, and here one fellow moves the pendulum. I mean I am amazed how could we take to this kind of a non-sense, is that why you are on this earth? Does it answer that question?

Nowhere in the scripture it is written, that you move halfway on the streets or you have a pendulum to be moved, all kinds of things these people have done, so you go to religion, and what is a religion now, is nothing but power and spirit-oriented, all the religions have become , sorry power and money-oriented, not spirit oriented, not spirit-oriented at all, then you have great people like evangelist which are blatantly nonsensical. No doubt! what has happened to American brains? You know whatever you accept is accepted all over the world, this is the big problem. We had in India British living there for 300 years, we never accepted their culture, but American culture has reached there, they wear all casual dresses, they live casually just like you people, they eat hamburgers, everything is same thing. Even in Russia, people want to be casual, so this is something one has to understand is absolutely a declining, negative attack of the very very negative people, who are sinister, who are evil. They have no benevolence of ours in their heart, just they want to make money, or to achieve political powers, that's all.

Thus, we reach a point to understand what we should do? what should we have? that is self-realization, which is no lecture,

which is no course, no, it's a happening, its actualisation, it is becoming, but once you become, you are completely transformed. Not only I have seen people giving up their drugs overnight, alcoholism overnight, but the greatest thing is the so called religion which we try to follow, which is not innate for a Hindu, or a Christian, or a Muslim, anybody can commit any sin, there is no binding force of the spirit, but once you become the spirit, you just don't do wrong things, just don't do wrong things, your attention becomes so innocent. Normally, you see, I belong to another society, where so called eliteness is there, so called. You flirt, you do all kinds of things, nothing, eyes become steady, innocent and powerful, power of divine love, even a glance of such a person can solve problems. This is what we have to achieve. We are now fed up with all that, that is what happens to us that our attention becomes devoid of greed and lust. With materialism, we have got greed, materialism at its maximum is here, in America, I think. I met one man in the beginning who was a very very rich man, I remember he was supposed to be very rich, so when I got in to the car, he told me be careful my handle is another type, it moves the other way round. I said my god, please tell me how to do it, but I said why did you do it, he said I am an individual, I want to do it the way I liked, all right, but when I went into the bathroom he told me, see you put your foot in such a manner that you don't jump into the swimming pool. I said my god this is too much, he had buttons for everything, I said I will forget, I am sorry I will not go in this bathroom, I will go to my hotel, it's very complicated, but he spent his money like this, he told me my tiles are different, my this is different, but he was dressed up like anybody else, I said why you are dressed up like anybody else, you could also have some individual dress, he said "No this is the fashion". I do the fashion as far as the dress is concerned, so, in a way these entrepreneurs have made slaves out of us. If they take out a six inches of skirts all the ladies will wear six inches of skirts, when it is knowing, I will ask them how do you feel...oh...I feel heated up. This kind of mental attitude has developed through materialism. This materialism has blocked our sensitivity to spirituality. We see a person coming with a big horn and talking in a very unnatural manner, then we are very much impressed. Even in the television they will say, must make a makeup, I say don't wear makeup and all..no you have to, you have to put red light here and all that. So, artificiality has become the main theme of life and we live with artificiality.

Still, inside inside we are suffering, inside we are seeking because it is there, we cannot get over it, whatever you may try that's why people take to drinking and drugs and all that, because they are not satisfied with themselves. This is how it goes on. Now, this is the power of pure desire, as you know in economics, desires are not satiable in general, today we want to have one thing, once we get it finished, we want to have another thing, another thing, another thing.

But this is the power of pure desire, by which, you get something, you feel satisfied. You are satisfied with yourself. You enjoy yourself, you are never bored, never bored. You keep good health, I hope they have told you my age is now going to be 71 years, I am travelling, going around the whole world, nothing happens to me, except for the throat I got, because perhaps all of you have some throat trouble that's why. In the collectivity I catch, but it is so that you don't have to go to beauty parlours to become young, you become now, and your ideas change about your personality, about your role in life. You can feel I told you all the centres within yourselves, so you have self-knowledge, also you can feel the centre of others, thus you have a new dimension in your awareness, which we call as collective consciousness. In Sanskrit, it is "Samuhik Chetana", collective consciousness, so you can feel other's centres also, who is the other? You become part and parcel of the whole, the microcosm becomes the macrocosm. Like one drop falls into the ocean becomes the ocean, that is how you become a collective being. All over the world now, Sahaja Yoga is working in 55 nations, whether they are Russians, whether they are Indians, Americans, from anywhere they may be, they are Sahaja yogis, they transcend all these boundaries of their countries, of their races, of their so called religions, and they all become brothers and sisters.

Such love, such attention, and enjoyment of your virtues that when you see them, you feel this is a new race that has come up. My husband always said that I am a "Avaliya", means a great realized soul, no doubt, but I cannot make anybody else, now he sees them and he says these are angels, that's why in this Los Angeles, we should have angels, many I am sure who are seekers. I always had this faith and first time when I came to America, I came to Los Angeles, but that time I was disappointed. I hope this time, you people will all get your realization tonight and you will grow into it, you will not just treat it in a casual manner, but in a serious manner, because this is the most important time in the history of spirituality, not that you will get your realization, but you will get powers to give realization to others. You will be amazed at your powers, how many powers you have got, you are so fantastic, because you are not connected to the mains, you don't know what you are. I always give an example of a box of a television you take to a remote village with this no lights and electrical..electricity, who has never seen any electricity, and tell them that out of this box you can see many films, they will say this box? How can this box do it? In the same way, we think about us as boxes, we are not, we are fantastic and everything is built in within us.

Like a seed, when you put it in the mother earth sprout by itself, because it is built-in in the seed to sprout, and because the

mother earth has the power to sprout it. So, it's all built-in within us, only thing is now we have to do is to awaken this power of Kundalini and to open it out to that all-pervading power. It's very simple, this journey of 3 to 4 feet at the most and it takes hardly any time. No one can believe that you are so fantastic, unless and until it happens to you, you will not believe, but even after happening you should not get lost. I remember the parable of Christ, that some seeds got just sprouted and were lost. You should not be one of them, you should respect yourself, you should respect your realization and understand what powers you have. You are capable of so many things, you can cure others, you can cure yourself, always lead a very healthy life, and you create a new society, a new race of people who are realized souls, who are saints, who are angels, that's what you are here for and I would request you all to have full self-confidence about...Confidence about it. The main thing is that, inside is all the knowledge and you will know all the knowledge, everything of the inner being, we have no idea of the knowledge of the inner being. Once you know it, you will be amazed, and once you know how to use it you will be surprised. We have solved most of the problems of the society like marriages, children, and human relationships, all being solved through Sahaja Yoga, it's very simple, because once you are transformed you are the spirit, you see the truth, the same truth and that's how you solve your social problems. Immediately you start seeing the problems of your society also, and you start helping the society to improve yourself. It depends on the person who does that, for example, one person in Russia went to his place called Dariyati, it's an industrial town and he got 22,000 Sahaja yogis, 22,000 Sahaja yogis. I must say one thing, the Russians didn't have all the facilities you have as democracy thank god in a way, because with the democracy you have choices to change your handles and things like that, while their attention was localized, and they are so sensitive about spirituality none of these false gurus could prosper, your Iskcon had gone there, but they have run away I don't know why, not a single soul you see there. So, one has to understand that because of materialism, our...this spirituality has been little bit numbed.

Now, please achieve your realization, grow into it, you can. It's a very great nation, America, and it's the centre, this is the centre that's why I said my throat, when I come to America, it goes off. This is the centre of America, the North and the South America, and this centre has to be collective, it bears the responsibility of the whole body. It's the collectivity that acts through it, the centre, the other day I heard somebody asked a question "why should America be the police of the whole world? they have to be joined well, because they are Vishuddhi chakra, is the special centre which is very important. So, the awakening will take place in no time, you will feel your thoughtless awareness and your peace in no time, you relax, but you have to come to the collective. We have centres of course; we don't have Taj Mahal or something because we don't make money. It's a simple place where you have to come for your realization, and if you are realized already you have to grow, for that you have to come you don't have to pay. Normally you see, people have introductory lecture, and after introductory lecture, payment lecture starts, it's not like that, you don't have to pay in any way for this knowledge, not at all. You don't have to pay at all, it's so simple. So, later on when this is over, you enjoy you feel very happy with yourself, all these things will happen to you, but you have to come to the centre. Supposing a nail is cut out of my finger, then it will never grow, so you have to belong to the whole, it's a living organism and when you stay with it, you will grow spiritually and then you will be amazed. So many problems are solved, you become very creative, there are many many Indian musicians today, who are so well renowned, they have taken their realization, so many of them not one but so many. So many artists, painters, poems and poetry, people who have never written a single line of poetry start writing poems. You have, as I told you that your religion is so innately enlightened, that you don't do wrong things, you just do the right things. But above all, you become extremely compassionate, extremely compassionate and at the same time, extremely dynamic, life becomes an enjoyment, complete enjoyment, a person is sick somewhere, all the Sahaja Yogis from all the world, their attention goes there, it's like if my finger is hurt, the whole attention of my body goes to this, and you know the absolute truth, on your fingertips.

You see English language has certain nice things like, on your fingertips you know the Truth, now somebody comes from India or from anywhere, and you just put your hands towards that person, you will know whether he is false or not, immediately, because, if he is false, your finger will start tingling or burning, you will be amazed how it indicates on your fingertips, even the children, they are even better I should say, immediately they will say this is this, immediately they will know what is what. Your marriages improve, we have marriages, at least 100 marriages, international marriages, and seldom 1% at the most fails and they get all the, you will be surprised, children that they are born to, are all realized souls, great children, tremendous, and if you are also realized you understand that and you know how to love them and how to make them grow. So this capacity that is all dormant in you, manifests, and with that manifestation you get a new image of yourself, like in India, a realized soul is called as Dwijaha means born twice, here also they say, twice-born, but it is not a certificate, just you say I am twice-born. What is a twice-born? Like a bird is also called as Dwijaha, because it's an egg and then it becomes a bird, completely a different thing, that's what one has to, it has to happen and it is there, and you get it.

There are so many things that, in this short lecture I won't be able to tell you. In this room, there are such beautiful lights, you come here you have to just put the switch on, one switch and all are enlightened. How? Because its built in, in the same way I say it is built in within you I need not tell you the theory, history of this electricity, how it came, then how it came here, and how it was put here, it's a headache. First you have your light and in the light you see for yourself, it's like this I have a snake in my hand, its darkness I can't see and I am an obstinate egoistical person, suppose, then you tell me there is a snake in hand, I will say no it's a rope, how do you know, but it's a snake, no, till the snake bites me, I go on holding it as a rope, but if there is little light, I just throw it away. Then you don't have to tell, in the same way I don't have to tell you anything, I never said don't don't never, no ten commandments such now nothing. You just become, you just see, you become your own master. You become your own guide and you know everything by yourself, I don't have to tell you, there's no need for me to guide you, of course, if you write to me, I will guide you. When you go to these centres you will be surprised that within one month, at the most, you all will become masters of Sahaja yoga. You will be able to handle this pure divine energy, the complete knowledge will be your own, I am not telling you a story or something that is fantastic, it's the fact, so may God bless you.

We can understand that I cannot force self-realization on you, I cannot force, because I respect your freedom, the freedom is given to you, this is a question of choice, you want your realization all right, if you don't want it, I cannot give you self-realization. So, all those who don't want it, please should leave the hall, because some people are standing outside can be seated also, apart from that it is not civil to watch others when they are meditating, it will hardly take ten minutes once we start it. So, I would request again to people who don't want their realization should leave the hall and should not bother other people, will be very kind of them and civil of them.

Now, we have to take out our shoes, that's the only thing you have to do just now is to take out your shoes, because this mother earth helps us a lot, I hope you don't mind that. You have to sit very comfortably; we don't have to go to Himalayas for that. Don't have to stand on your heads, just here, on your seat, be comfortable and you will get your realization here tonight. There are three conditions which are very simple: if you understand, you can easily fulfil them, the first condition is that you have to be completely self-confident, completely self-confident, that you will get your self-realization tonight, completely self-confident, all of you. So, it follows the second condition that, please don't feel guilty at all about anything, not to feel guilty, people might have told you, you are sinners, this that they must be the sinners to say such a thing, you are human beings, and human beings only can make mistakes. You are not God, but when you do some mistakes, all right face it that moment face it off, but don't carry it on, because if you do that, the centre on the left hand side, the Vishuddhi, South America, I should say, gets into trouble. So much so that you develop spondylitis. You may develop Angina, that's the disease of the heart, you may develop also lethargic organs, all of them with this one centre going. This has three sides, the one side is the left, right and the centre, but the left side is ruined, then you develop all kinds of these diseases, also cervical cancer as they call it. So, at this moment, please, know that you are not guilty not guilty at all, because this all-pervading power of divine love is the ocean of forgiveness, and whatever mistakes you have committed it dissolves it completely.

So, just say in your heart I am not guilty at all, I am a human being, and which is a very great thing, because human beings are at the epitome of evolution, they are the ones who are going to get realization, not the chickens and the goats, you are the ones who are going to get your realization, so don't estimate yourself in such a low value. You are all going to get your realization tonight, whatever may be your race, whatever may be your religion, whatever may have you have done, you all have to get your realization tonight, it's your right, Sahaja means born with you Saha-Ja born with you is the right to have this yoga, means the union. The second one I have told you is that you should not have any guilt, because it will tie up this centre and the Kundalini won't rise. Then the last, very important, but very easy thing is to forgive everyone, without even thinking about them, just forgive everyone, now some people say it's very difficult, it's very common. Whether you forgive or don't forgive, you don't do anything, what do you do? Nothing! It's a myth, but when you don't forgive, then you play into wrong hands and torture yourself, you torture yourself all your life, but at this time specially, the centre of Agnya, which is placed on the Optic Chiasma is like this absolutely constricted, and if you don't forgive, it won't open, it won't open, it will not allow the Kundalini to penetrate, and then so far you have been torturing yourself all your life and now you will miss this great opportunity of self-realization, you don't have to think about them, just in general you have to say "I forgive all of them". This is the third condition, I hope you comply with it, but a promise also in a way that you will be the lights which will be enlightened, which will give lights to others, that you will come to the collective and you will master this art and you will give lights to others. It's a very big responsibility, because you are the first early people who will be getting this realization and you have to be the channel of this divine love, so far we only had hatred as the power, we use hatred to club people together, but this is the power of divine love, we have never used it, which is the most

powerful thing. So please, I would request you to know that if you get your self-realization tonight you will go to our centres and master this even if you don't get because of some problems, any physical, mental, emotional, maybe something, doesn't matter, you please go to our centres and get your realization, it's very simple. Gradually, as you will be growing you will be amazed, the ocean of knowledge that is before you. Also, I have given at least 4000, more than 4000 lectures, only in English language. So all that will be available to you but gradually, because books and reading, or even listening to lectures sometimes become a hindrance, reading too much makes a web of words and you just get lost, you have to go beyond that in the experience of this formless energy which is around us.

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The Feminine Power Within Us

Public Program

National Institutes of Health, Washington D.C. (United States)

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At the very outset we have to know that truth is what it is. You cannot change it, you cannot conceptualize it, and unfortunately at this human awareness you cannot know it. Another thing, whatever I'm going to tell you today, please do not accept it blind-folded. We have accepted many things blind-folded and we have suffered. But keep your mind open as scientists and if this hypothesis is proved, then you have to accept it as honest people.

First of all, I'll tell you what is the truth, you are all seekers, but you must know what is the truth you are seeking. The first truth is that you are not this body, this mind, this ego; these conditionings but you are the pure spirit. You always say this is "my" body, "my" conditionings, "my" mind, my... When you say "my", who is this "I" to which all these belong? The second truth is that there is a All Pervading Power of Divine Love; which does all the living work. You see beautiful flowers and beautiful trees, they are all miracles, but we take these miracles for granted. Who runs our heart? If you ask the Doctors, they will say its "autonomous nervous system", but who is the "auto"? Who runs our heart? Look at our eyes, which is such a wonderful camera, and this brain, which is such a perfect computer. Who has made this and who runs them? We never ask this question, we take it for granted. This is all done by this All Pervading Power of Divine Love.

We have always used the power of hatred. Any organization you find, there's some sort of a separation from the rest, describing that "we are trying to do this kind of a work, even saving the children against something". This is against nothing. In totality, you have to see this world, the whole universe and human way. About these centers and the chakras and this power below, you've been already told. This power that is in the triangular bone is in the sacrum bone, that means the Greeks knew it's a sacred bone. Greeks knew a lot of things, like they call Athena "Athea", "athea" means Primordial; they call her a Primordial Mother. In all the Scriptures, there's a mention of the Primordial Mother, and if in some of them it is not, because they just didn't want to say anything about women. This power in the triangular bone is the reflection of this Primordial Mother, which in the Christian religion they call it as Holy Ghost. They have the Father, the Son the God, and no Mother, it's the Holy Ghost, a doe. [dove?]

Its Paul's doings, I think he hated women, and he didn't want to mention any feminine divinity. That has really made I've seen in the West women very insecure. Also in such an advanced country, of course Catholics can never accept it, but even in England where there's not Catholic influence, up till now they've been struggling if the priest would be a women or not, [I mean?] its very primitive idea. But otherwise she is considered as Shakti; as the power, and this is the feminine power within us which gives us our second birth. She's your own power. She's your own individual mother, and She knows everything about you, just like a tape recorder. She knows all our past, and She is extremely anxious to give you the second birth. As when your mother gave you birth, she took all the pains upon herself, this Kundalini does that job. While some people have described that Kundalini awakening means such and such thing, and nothing of the kind. I've been doing this job for the last 23 years; I've not seen anybody getting into trouble.

I came to Washington in 1972 and there were only 4 people in the hall, I am so happy to see so many of you here. After that I didn't come I must say. Even to America I came only after 9 years, because I was so disappointed. The materialism has taken over so much that at that time people asked me very funny questions, like in Boston they were wanting to do some sort of a television show, and the first question they asked Me "How many Rolls Royce I had?" I said "I've none" so they said "what do you mean", "you are not in the business?" I said, "No there's no business, it is, but its spiritual business" then they said "we are not

interested in you, if you have no business of money, we are not interested", the television, I was so shocked. And that time I had warned about all the false people who will be coming here, and how they will cheat you, what they will do, but nobody was willing to listen to me. They said if you don't take money you are hocus pocus. It was impossible to tell them that you can't pay for your spirituality. It's a living process of your evolution, the last breakthrough and this has to be achieved not by payment, you cannot. God doesn't understand money; He doesn't understand banking or your economics, nothing of the kind, because he doesn't have these headaches. But I think they used to think God must be a person who is doing a lot of business, or something. It was impossible to tell them about it.

Now I am very happy to see, as I am seeing you here, so many seekers of truth are here to get their Realization. Sahaja Yoga, as you know means "Saha" is with, "ja" is born, born with you is the right to get this union with this All Pervading Divine Power. It is your right to get it. Every human being who is existing today has to get it. This is a special time, I call it "Blossom Time", because many flowers are there who have to become the fruits, but it is also called as "Last Judgment", it's called as "Resurrection Time", in the Koran it is called as "Qiyama", and their funny ideas. I met a Muslim from Bosnia, it so happen, I asked him "why are you killing yourself, why don't you accept whatever is available, after all, your life should be there" so he said "no, you see, if we now die in the name of resurrection, in the name of God, resurrection we'll get". I said "what is this idea?" The idea is that at the time of resurrection all those who are dead in the graves, will come out of the graves. Imagine what are the remains in the grave are, I mean should be logical, and they will get their resurrection. Even Christians believe that way; I think the Jews also believe the same way. But think that after so many years, all our forefathers who have died, dinosaurs [should it be changed for dinosaurs] and all those will be coming out of the graves with their bones, I think, and then, we'll have to give them resurrection.

That way, I think the Indian philosophy is the most sensible, and [unclear] also Chinese, that at this time, people will be born, the souls will take births, many souls will take their births at this time, and they will get their resurrection who are seeking the truth. That's why we have such a population problem now, there's such a population problem but it is to be understood in the right perspective, that this population problem has [Mother says "has", consider changing next word to "come"] coming because all kind of souls are taking birth, and that's why we have all kinds of such stupid people, idiotic people, violent people, all kinds of funny, queer people, who just don't understand how are they human beings, the way they behave. They cannot understand many things which are so natural, which are so normal, and sensible. So, all such people are born today, and we get very upset I find, in Washington specially, people are very upset, that children are killing their parents, they are using all kinds of weapons, and this and that. I'm not surprised, because if these children are born out of some sort of animal instinct, or the parents are born out of some animal instinct, it's alright, they are doing what they have been doing before, supposing a tiger is born, he has to kill human beings, but even then, all these things can be cured, all these souls can be saved, and they can all become higher people; above all these problems they can rise, through this Kundalini awakening.

Absolutely true, I tell you, because now I've faced all kind of people, all over the world, and I'm amazed, how this work is showing it's results, in these horrible times, we call modern times Kali Yuga. All these have been described already, that there will be people who will be very much under illusions. This is a special time, and this is the time because they'll get frustrated, they'll be tired, and they will take to their resurrection. It's already described. Only thing is, if I have done anything is this that, I have found out a way to give en-masse Realization. Formerly, it was one master could have only one disciple. Till the 12th Century, it was so even in India. We had [unclear: peace everywhere], Sufi's were there, so many poets I have read, American poets and English poets, they were all realized souls. But, also in India, where we call it a very Spiritual country, we had very few realized souls. One master would have one disciple, chosen for this.

Thus it continued 'til the 12th century, when a very great poet called Gyaneshwara, he started in a way writing about Gita, he requested his brother who was his guru, Avrutinath [check spelling] that please allow me to write about Kundalini because in the Gita it is not mentioned, we must write about it. So he allowed and he wrote it in the 6th chapter of that Gyaneshwari but people said, the people who were in charge of the religion that time, said "this chapter is something to be condemned", because they didn't know how to awaken the Kundalini, this has to be absolutely condemned, and nobody should read this one, nishida is the word, not so bad a word as condemned, nishid, is not to be read, thus all this knowledge of the inner being was kept in the darkness and this knowledge of the inner being, not known to us, created the problem.

The civilization that has grown so much as we see, is like a big tree, but you do not have the knowledge of your roots, if you do not have the knowledge of the roots, this civilization is going to be finished and that's exactly what is happening today. Whatever we have done so far, whatever we have achieved so far, is just a mental projection. Science is amoral, it doesn't give you answers to many questions, like a child when it is born, at a proper time, one can ask a question to a doctor "that you are not aware, are you not aware, that a foreign body was growing into this body, and a foreign body when it enters into the body immediately it is thrown out, that's the system, but is not thrown out. Today my throat it thrown out, absolutely I have been speaking every night, and the pollution; I think Washington is full of pollution, alright. So the child is borne in the system for 9 months, it is not thrown away, and thrown away at the right time, how does it happen? How is it retained and then [thrown away] after exactly after exactly 9 months. The doctor won't be able to answer you this question.

But science cannot answer you one question: Why are you on this earth? What is the purpose of your life? What is the goal of your life? We are now facing a problem that people say "we have no identity". This instrument supposing is not connected to the mains, how will it have its own identity, how will it work? What's the use without this connection? In the same way, it happens to us, when we are not connected to this power which has created us, we have no identity, we have no real purpose. We do this thing, and do that, we don't understand. We are born here, just make some money, and die. There isn't any purpose that we can see clearly. Only after this connection is established we can know what is the purpose of our life is. And the purpose of our life is to enter into the Kingdom of God. That is the purpose. We have become human beings, up to a stage and now, we have to enter into the Kingdom of God, where you know the absolute Truth, everybody knows the same truth, if God is one, then why should there be so many truths, somebody says "Capitalism is good", somebody says "Socialism is good", somebody says "Communism is good", I mean all kinds of things, and they fight, on that point. But nobody knows the absolute Truth. And once you know the absolute Truth, then there is no discussion, no argument, no fights.

We have conferences after conferences. I have known people who have got awards in Peace, I mean known very well, they're so hot tempered, I tell you, after getting the award they become even worse, if you have to talk to them, take a barge pole in between, otherwise they are [they're?] dangerous. These people are given awards; I don't know why, whatever may be the reason; what happens really is this: that there is no peace within and big discussions, big arguments, quarrels, sometimes even beatings, and what comes out of it is nothing that is really the peace. Peace is within yourself. Peace is a state in which you have peace. When you are connected to this All Pervading Power, first thing that happens that you feel a Cool Breeze on your fingertips, now the 5, 6 and 7, these are 7 centers which you can feel, and 5, 6 and 7, these 7 centers you feel, on the left side that you feel is the emotional side and the right side is the side of your physical and mental, mental meaning thinking, so we have these two sides which are enlightened, actually doctors know that these are the ending of the sympathetic nervous system, but when they are enlightened, immediately you know also what's wrong with your centers, also the Cool Breeze comes out of your fontanelle bone area, this is the actualization of your Second Birth, what you call the baptism, you can feel it, from your head it comes, you can feel it on your fingertips, you verify. It's so absolute that even children can diagnose a person, for example they say "this finger is catching", that means something wrong with the heart, you ask the person "Have you have any heart trouble?", they'll immediately ask "how do you know?" you can know it on fingertips, English language is [unclear] fingertips, we know it on our fingertips.

Thus, you know about your Chakras, your centers, and it is self-knowledge. People till they die they don't know they are going to die with cancer, or any diseases. Once this Kundalini rises, She passes through these centers which are responsible for our physical, mental, emotional and spiritual being. She corrects your physical side; She corrects your mental side.

It's a fact, I tell you, we have three doctors in Delhi University, who have got their MD in Sahaja Yoga curing incurable diseases, one of them is asthma. So you cure yourself, you do the diagnosis; you know what's the problem is, and you cure yourself. It's so simple, that it is unbelievable that how you can cure yourself like this. Most of the global problems are because of human beings, and most of the human problems are most of them, are because of these centers going into jeopardy. If you somehow other cure these centers, you can solve physical, mental, and emotional problems. Now we've seen many people who suffer from all sorts of depressions, schizophrenia, all such kinds of things. They don't have to psychiatrist, who will blame the mother or the

father, nothing of the kind. You get cured, yourself, no questions are asked, nothing of the kind, and you just get cured of these troubles because this Kundalini connects you to the mains. She on her way, nourishes these centers, integrates them, and enlightens them, this is Her job, and She does it very well, only thing you have to support her, now again I say, this is your own power and it's your own Mother.

We are all seekers, I know, they have been seekers all over, but what we have to seek is our evolution. We do not know the totality, we do not know the reality, we talk of peace, it's not there. We are all the time thinking about the future or the past. We are jumping on the cusp of the future and the past all the time. But we cannot be in the present; I say "you be in the present", you cannot. The thought rises and falls, another thought rises and falls, in between these thoughts, there is a little space, very little space, which is the present. Present is the reality but you cannot be in the present. So when this Kundalini rises She elongates those thoughts, by this the space of the present increases and you become thoughtlessly aware, thoughtlessly aware, you are aware, but no thought, that is the state where you are peaceful. At that time you are growing spiritually. With a disturbed mind you cannot, but with this peace you start growing spiritually.

The second state that you achieve is doubtless awareness. There's Sanskrit names for this, one is Nirvichara Samadhi, and the second one is called as Nirvikalpa Samadhi. In the second state, some people achieve it both the states simultaneously, but some have to little bit work it out because this connection has to fixed, sometimes it is loose with people.

So, you have this second state where you have no doubts, you know you have powers to raise the Kundalini of others, you know how to cure others, your whole value system changes, here when this Kundalini rises, into the first, through this first center, or we could call the Swadishthana, it is call the second center otherwise, you become extremely creative. I've know people who have never known how to write any one sentence in poetry, they have become poets. There are musicians who today are famous in the whole world, they are all Sahaja Yogis, they don't tell, they may not tell, but they are all blessed by their Kundalini. You become great painters and artists. And with the second center as you know that, you become righteous. We talk of religion, you may be Hindu, Muslin, Christians, anything, you can commit any sin, the religion is not within yourself, it's outside, you go to church, or you go to a temple, or anywhere, but here you don't have to go anywhere, you just become, you become a saint, you become an angel. You just don't do wrong things, and you enjoy your virtues; you enjoy them. This happens to you automatically.

I don't tell anyone "don't drink", don't nothing of the kind, it is very serious. I never tell, because if I tell half of you will go away. But only thing is that if you are enlightened then it works automatically. I'll give a simple example. I am holding supposing a snake in my hand, it's darkness, and I'm an obstinate, egotistical person, supposing; so somebody tells Me "Madam, there is a snake in your hand". I won't give up; I'll say "no, it's a rope". Till it bites me I'll not give; I'll hold on to it. But supposing there is little light, I'll immediately throw it away. No use telling anything to anyone. That has never worked. Best is put some light into them, and they themselves become alright, they become their own guide, they become their own masters, they become their own guru. You don't have to tell them anything. It just works automatically. Because once it is awakened within you, it works that way.

You have this, another center, which is extremely important, which gives you sense of security and this center when disturbed, you get all kinds of troubles and diseases and I would say that, it gives you all kind of problems. This center is nourished then you have anti-bodies awakened, who are enlightened and who fight your diseases very well you don't know how, it's a fact.

Cancer has been cured through Sahaja Yoga. All kinds of diseases have been cured by Sahaja Yoga. Naturally, you'll say, what about AIDS. AIDS also can be cured, but I must say, I don't know My experience may be wrong, but there's are only two types of AIDS patients. One are who are martyrs, you see, marching to prove that AIDS is something, I don't know what it is. And another type are people who don't want to live, they have decided to die, but we have got hold of some people who were in between and it has worked, it's very difficult area; for other diseases I can tell you any kind of a psychosomatic [unclear]. "Psycho" the left sided, the "somatic" the right sided, both works out, because it is a "psycho-somatic", doctors can't do it, never, nor a psychologist, because as you know it's a specialization, we have one doctor for one eye, and one doctor for another eye. Here we are talking of totality; there's no specialization, totality. If you cure one thing, another thing comes up. It's not like that. It's the total balance that comes into it's own shape and you don't have any problems as far as your health is concerned, of course some doctors were worried, "what will happen to our practice?"; see now, simple is "how many will come to Sahaja Yoga?".

Now in this New York City, there's so many people, the other day I saw one person driving one car; such an affluent place with so many cars, with so many people, how many are here? How many will come to Sahaja Yoga, and out of these, how many will grow? So doctors should not worry, there will be thousands and thousands left for that, so they should have no worry about it. Now, we have this center, is this the center is your America, is this center in the Universe, and whenever I come to America I get problems with this center, because of this center is the center of collectivity and the responsibility, that's why you will go to Somalia, you'll go Haiti, you'll go to Vietnam, to Korea, everywhere, they have to jolly well go. Whatever you may criticize but it is basically your responsibility; this is America.

In that way, they are very responsible I would say, but I think, because of materialism, the people have become rather superficial and coarse. The affluence has brought forth a kind of a personality which doesn't bother about spirituality, but I think this session and so many problems might awakened them, but if you see this country is destroying itself from within, how many types of diseases are cropping up here?

Every time I come a new kind of a disease is there. How many this schizophrenia I've never heard in India. We've never heard of so many things that are done in this country, it's very difficult why human beings take to destructive things for? Because the mental projection is there, with the mental projection it goes in a linear way up to a point, but it falls, because it is not substantiated with truth, it is not substantiated with morality, so it falls down, and that's why you find decline, in every sphere you'll find decline, say we had films. Well, I'm an old woman so I've seen very good films, American films were very much appreciated at time, but for the last 30 years I don't know what has happened, one by one, now you can't see them, even the language goes on "quack, quack, quack", you don't know what they are talking about.

They use to speak very good English and very beautiful films they had, suddenly, this decline started, started, and I don't know which film one should see, and they get awards for doing horrible things. This appreciation of also horrible films, also is the decline of the mind. To get out of it, one has to realize the responsibility towards yourself and towards the whole society, which is not there.

That responsibility the government has to impose, but in democracy this is your private life, do what you like. If you want to shave off yourself, you can shave off, if you want to cut your nose, you can cut it. Government is not bothered, that's your private life. But whether the private life is respected or the private parts are respected is not the point. The point is this is your private life. You do what like, if you want to go to hell, you can go. Because it is democracy. Only you have to work. That's all. It doesn't go further than that.

So this is the situation we find in democratic countries, I just wondered, what's the matter with them? Like there was some thing called Punks in England, some boys came to Me, they said "we are getting blind", I said, "Why do you put this color, is not good for your eyes", "What's wrong?", "But you will get blind", "So what's wrong", I said "what's wrong, you want to get blind?" "What's wrong?" I was surprised at their stupidity that God has given them eyes and they have no value for them.

In the same way, we have so many kinds of horrible false people coming here. Somebody says that you can move a pendulum, if you say certain mantras. People will pay any amount of money to that. Now are you here to move the pendulums? Why are you here on this earth? Or they give one stupid mantras, for that they will give any amount of money to that man. I mean even a donkey can give you a mantra, what is there to go to these people, what happens to the IQ?, why not we use that and understand what we have to achieve is the transformation within, what did you get out of it, so many people the other day, somebody was telling he's Buddhist, but also bankrupt. I said "Why?" because I have been giving money, money, money, now I am bankrupt, and a Buddhist. Shaved his head also, like Kabira, I said "by shaving your head if you go to heaven then all the sheep who are shaved every year, should go there much faster".

It's like that, it's so absurd, all the absurd, somebody says you will fly half way, three feet height you can fly, alright. So people are willing to pay £6,000; but why? There's already jams in the roads, and these three feet high people moving, what will happen?

Why do you want to fly three feet high, I can't understand? What is the common sense? Why can't we understand a simple thing that we don't need all that, and they broke their bottoms and they charged them, and now they have been refunded, some people. All kinds of absurd things are marketed in America. They are very good at marketing, I know they have employed people who are very good at marketing, I know, they should find out, and then the market in America is the best place, all of them are exported, not only from India but from all over.

In America, you have evangelist also, that's another surprise to Me, that I've seen it, one film is very nice, but I have seen one evangelist showing a 100 dollar note. "If you give this, release this", he says. So that you will get many more and he gives the story of one lady, release this, so she got all the groceries in her house, and the groceries started falling from the sky, and Americans say "ahhhh". What's wrong, how could you believe such nonsense? It's absurd I know, absolutely absurd, but people say "alright", you had these suicidal squads, all kinds of things. Even so called religions are showing their teeth to now to us, and very well. You can't believe this priests behaving like this. Is absolutely ridiculous to do such things in the name of God. It's ridiculous. They are not afraid of God, at all. They don't know what is the wrath of God is, and they are befooling people for money, because you have money, and they think money has a power, they are trying to extract money from you. For Sahaja Yoga, you cannot pay. You cannot purchase Sahaja Yoga. As I've told you already, you must know it is so invaluable that you cannot pay for it. It is to be understood, that it is not something like a shop. I belong to another society so called "elite", and the talk is about guru-shopping. Have you meet particular guru this one? No, no, why? Oh, he is cheaper now, now on sale, you can get it cheaper value. Really, it is crazy. It is something like your supermarkets, walking into the name of God.

Now, please use your IQ which you have used so much for sending from here all these things to moon, and now another one is coming out, from somewhere else, please use your brains for going inside. What's this of going to the Moon, what did you get? Such a lot of money was wasted? Why not getting inside and know yourself, what is inside, what's wrong with me? But that's not possible. For that, they won't listen. I know in America there have been so many seekers, we have had people like Abraham Lincoln, all kinds of great people have come here and we have to know our own value system. On what foundations do we stand, firmly? We talk of family, you cannot bring in family life now anymore, because you worship Freud as Jesus Christ, now you are after so many years, you are saying, "enough", he's fraudulent Freud, there's a book, then another book I've seen is the "Fall of Freud's empire" but it has gone into the brain of the people, into the families, into everywhere. You go to any Freudian, he'll tell you "something wrong with your mother" and "something relationship wrong" I mean,[this is?] absurd things they tell you, I don't know how you can believe it.

I met first time, a child about 12 years of age. His mother came and said "he's taking drugs", I felt terrible about a, 12 years' old child, taking drugs. So I just took that child hugged him and kissed him. So he said "my mother never does it to me", I said "she doesn't do to you?", "No, no she never does it to me", I asked her "will you never hug your child and kiss?", "No, because I will have guilt", I couldn't understand the philosophy at that time, a mother having a guilt if she has to hug her own child. It's all Mr. Freud, oh, very much respected, but also he prospered in America, you'll be surprised, not in his own place, Austria. When I talked against him they all clapped very happy, and they were saying that "he brought a bad name to us", but how these horrible things prosper here, we should watch out.

Now of course Freud has gone out, he's no more there, but Freudians still there, and people who believe in Freud are still there, it's gone into their brains. Now how will you create a sensible society?, only way is to get out of it, just get out of it, all these nonsensical things are there, but you have to just, somehow other get out of it and it's only possible through your awakening, through your Realization, otherwise there's no way out. But once the Americans get out of it, I can tell you, they are the best people, I trust them more than anybody else, but they have to get out of it, bit difficult, to get them to the program and make them sit throughout the lecture is also difficult. Now how many have gone out? You see, I didn't count, but this is not done anywhere else except in America. 'Cause their freedom.

In Russia you'll be amazed, they're so sensitive to spiritually, very sensitive, because they didn't have this kind of a freedom. Here the freedom is there, for everything. A rich man, I went to his house, he carried me in his car, and he had the handle in a funny way and he told Me, "if you have to open the handle, you have to turn it this way". But I said "why?" "Oh, It's my individual invention, I've done it", but anybody who doesn't know how to get out of his car will die, if something happens to him. We got into

his house, he told me "this is my bathroom, but don't put on this switch, otherwise You will just jump into the swimming pool". I said "My God! What is this suppose to be for?" "Oh, that's my invention" I said "you give me some ordinary bathroom; I don't want all this nonsense". Then he had a bed. "You can press one button, your legs will go up, your head will come up", I said "I don't know which button to press, there are very clean buttons. "You just have to touch". I said "I am not going to touch, I'll sleep on the ground, what sort of a thing is this nonsense, nothing is going to happen to me if I sleep on the ground, but supposing I touch this here, suddenly I find ... and this I find and this is how they spend their money in their free[dom]. [unclear]

I don't know, but false gurus are also very rich people and some of them had so many of Rolls Royces and this kind of, that kind of, brainless, useless people, they were, I tell you, most of them. But, it happens, I don't know what impress them, anybody from India, if he is released from a jail, he has no place in the society, he wears those orange dresses and comes straight to America. Settles in some square or somewhere and next year you see he has a big palace of his own. Whom are you helping? You have to help yourself. I am a Mother; I always ask them, "what did your guru do for you? Better look after yourself. Better know yourself. So thus you get your self-knowledge and also in the another dimension of your awareness, you develop collective consciousness. Collective consciousness is that you can feel others also on your fingertips. You can feel them very clearly, and you know what's wrong with another person, if you know how to cure that person, you can cure them. You don't have to go to the doctor; you don't have to do any diagnoses or anything. You can help that person; you can cure many people like that. There's no fees to be paid, no hospital, nothing [unclear needed?].

Now we have our Sahaja Yogis in 55 nations. You must see when they meet. They have transcended all barriers of their countries, races, everything. Such love and such affection, such oneness, it's like one organism they were, if somebody's sick, somewhere, the whole body like a body of Sahaja Yoga worried about them. "They'll write to me, telephone to me, Mother please look after that person, he's sick". So many relationships of this kind I've seen. We have always used as I said, the power of hatred, but this power of love, which is pure love, absolutely pure, you'll be surprised there are people who are very beautiful, handsome all kind of things are there; but I have never seen anybody flirting, they don't flirt, I have not seen them any man running away with somebody's wife, I mean you come home and find your wife has gone away with somebody else, it's never like that, this idea doesn't come into their head, because their attention has become pure, attention has become innocent, it is without any lust and greed, is such a beautiful thing to happen that your attention also become extremely active. After some time, you just pay attention to someone and you are in communication with that person, immediately if he's sick, if he's in trouble, you see, it so miraculous and the government of God, is so efficient, so quick, it is really worth knowing yourself, because you are fantastic, you are extremely beautiful inside.

You are so extraordinary that you do not know, you cannot be aware of it, unless and until you are connected to the mains; you don't know what you are. It's like this; if you take a small television box to some remote place in a village, they'll say "what is this box?" say "oh, you'll see lots of films in it". They'll say, "How can that believe this, this is a box?" that is how we think of ourselves, we are a box. But, once this box is connected to the mains, you'll see, what this box is, because it is all built-in in you, like you take one seed and sprout it in the Mother Earth. You don't do anything, what do you? Nothing. Because in the seed it is built-in that it should sprout and the Mother Earth also has quality to sprout. It's spontaneous. Sahaj. That explains everything. This happens, Sahaj. You cannot manipulate it, or do anything about it, just works out, effortlessly, absolutely beautiful and this happening is so simple and so easy, that you'll be amazed how you get it.

Now, I have to tell you that we'll have this session today, by which you all will get your Realization. I promise you, I promise you. It will hardly take 10 minutes once you close your eyes and take your Realization. For that, only there are three conditions, very simple.

The first condition is that you should be fully self-confident that you'll get your Self-Realization, fully self-confident; all of you. Whatever may the problem, whatever may be the past, whatever [unclear] so the second condition comes out of this. That you are not to feel guilty at all. If you have committed mistakes, it's alright, you are human beings and you are not God. Don't judge yourself, and if some mistake has been committed, cure it at that moment or try to face it, what you do is to when you commit some mistakes you carry that guilt and put it here in the left Vishuddhi, it is a very dangerous thinking. I know people go on worrying: "Oh, God, that day, I split some coffee" so it doesn't matter, that fellow must have cleaned his clothes, it's alright, it

doesn't matter, he'll go on thinking about it all his life "I've split the coffee, he split the coffee".

Our norms are so, so funny, so funny are our norms, we have made them and we go on worrying about them. So first of all you should know you are not guilty at all about anything, if you feel guilty what happens? You develop a disease called angina, which is a very serious disease of the heart. It's a fashion also, to feel guilty, it's a fashion you know, if it becomes fashion you can't help it. Anything can be a fashion. They are individual as far as their bathrooms are concerned, but as far as dress is concerned and fashion is concerned, you can't understand them. They'll playing into the entrepreneurs. Like an entrepreneur says, "alright, six inches of skirts", in the winter of Switzerland, you'll find ladies with six inches of skirts, and then they get varicose veins, because that's the fashion. In that you don't have individuality, because the entrepreneurs have bombarded you with their advertisements and everything, they're all inside you head . But this becomes also a fashion as I said, to feel guilty.

English language itself is full of "sorry, sorry, sorry". We never use to say that, you know. On the phone we use to say, I mean, I'm an old woman, at that time when we rang, "I beg your pardon", finished, instead of all the time saying "sorry, sorry", for what? In the way, you see, this all feeling of feeling sorry or depressed is very, very wrong.

What you have to do is to face your mistakes and forget it. Otherwise you develop angina, spondylitis and lethargic organs. So what's the use of developing this, also arthritis, so what you are doing is to feel guilty and create a problem for yourself. It's a myth, to feel guilty is a myth, so please don't feel the guilty, forget the past, in short you have to be pleasantly placed towards yourself, because you are human beings, you are at the epitome of evolution.

I cannot give Realization to chicken and to goats. Only human beings can be given Realization. Now the third condition is even simpler, is that you have to forgive everyone in general, don't have to think about people whom you are to forgive. No. Please don't remember whom you are to forgive, it's a headache. Now, logically whether you forgive or don't forgive, what do you do? Nothing! But when you don't forgive, then you play into wrong hands. See logically, the person who has troubled you or may be hurt you or whatever it is, is nicely enjoying himself, and you are sitting down here and hating him and doing all kind of cures, all this, and what you are doing is torturing yourself, for nothing at all. That's why I said, that don't even think about them. The worse part is that at this time, this center if it is because of guilt, has become constricted, the Kundalini won't rise, if you do not accept that you are not guilty, it won't rise. Then this center which is on the optic chasma, if you don't forgive it is constricted like that, it won't open. The Kundalini won't rise. All your life you have tortured yourself, for not forgiving. And now again at this important moment your Kundalini won't rise, you'll miss the great opportunity of getting your Realization, so please forgive all of them, I request again and again, because I've seen in the West people take time to forgive, they say "we can't when we want", I am just to say you are [have?] to forgive everyone, that's all.

So, we have to be pleasantly placed towards ourselves and respect ourselves, because we are human beings. We are not animals, above that, we are seekers of truth. These are the three conditions and another thing I must confess, that I cannot force Self Realization on you, you have to ask for it. You have to desire it, because this is the power of Pure Desire. All other desires are impure, that's why they are not satiable in general, but this is the Pure Desire you have of which you may be aware or not, after getting this, the complete satisfaction of your being is manifested. So many things happen I must tell you, you drop down at least your 20 years of age. I'm 71 years of age, and every night I am having a program, here, there, there, there, traveling, it's alright. In the same way you also become very dynamic and also very compassionate. Discretion, everything comes to you so beautifully, you really become so wise that you understand, you understand yourself and you try to correct yourself.

So now, we'll take about, as I told you, a little time for that, first we'll have to take out our shoes, because this Mother Earth is very helpful in sucking out our problems. Again, I cannot force, so those who don't want to have [their Self Realization] should leave the hall. Just take out your shoes so the Mother Earth is touched by your feet. You can push back your shoes, I think.

Now, whatever we are doing now is only for tonight you don't have to repeat. Just for tonight. After that, it will happen I know you all are going to get Realization. Who didn't want it have already gone, so it's alright, all the people who are going to get it are here. After this, only thing I have to say that you have to grow. You'll feel very nice after this, you'll feel "I'm in the seventh heaven" and all that. But still, like a sprouted seed, you'll be left behind. If you have to grow, you have to attend our centers which are very

humble and simple centers, like a nail, if it is cut out of your body, it will not grow at all, by any chance. So please remember that after this it's a promise to Me also, you will all attend to the follow and then go to our centers where they will tell you all about it, now, in English language, at least minimum, I have given at least 4,000 lectures, minimum. In other languages, so many. So you will be able to see the knowledge, the ocean of knowledge that is within you, and they will tell you all about it, everything, again I have to tell you, you don't have to pay anything, but you have to pay attention to your Self Realization and some respect to yourself. Please respect yourself, that's the only thing I have to request you.

Now, we'll tell you how you are going to nourish your own centers tonight. First of all, understand that left side is the power of desire; right side is the power of action. So please put your left hand towards Me, be comfortable, don't strain yourself, on your left lap, please put your left hand and put both the feet apart from each other because these are two powers, that means symbolically you are desirers of Self Realization. You have to be comfortable. But that doesn't mean slouch, little straight, you don't have to go to Himalayas and stand on your head for nothing at all, on your seat you will get your Realization. That's my promise and your promise should be that "Mother, we'll grow", grow into spirituality and try to save others, that would be very gratifying for Me.

Now with the right hand we are to nourish our centers. So please put your right hand on your heart, inside the coat would be better. Sweater is alright, sweater is alright, but coat [unclear] whatever you can do easily. Here resides the Spirit. Now, if you become the Spirit, in the light of the Spirit, you become your own guide, your own master. Please Madam, do it, or you can go, you can't sit like that, alright please, it is not civil to do that, if you don't want to do it you can go. What's that? So why are you here? Alright. Please do it, I'm not going to kill you, please. It's helpful. So you become your own master.

Please take your right hand, in the upper portion of your abdomen, on the left hand side. This is the center of your mastery, created by great prophets and great seers. You take your hand now in the lower portion of your abdomen on the left hand side; this is the center of Pure Divine Knowledge. H yow, that we'll tell you later on, but it is. We are working only on the left hand side. Now raise your right hand in the upper portion of your abdomen. Then on your heart, then in the corner of your neck and shoulder and turn your head to your right. I've already told you about this center. Now, please take your right hand on top of your forehead, across, and please put down your head, bend your head downward, this is the center where you have to forgive everyone in general without thinking about anyone, now, take back your right hand on the back side of your head, and push back your head as far as possible. Now, please stretch your hand, stretch your palm for this last center. And push the center of your palm on top of your fontanelle bone area and push back your fingers, please put down your head and move your scalp with pressure on it, seven times, clockwise, now push back your fingers, push back, with a pressure, please bend your heads, please bend your head, push back your fingers, and move it seven times clockwise, clockwise. That's all we'll have to do, that's all we'll have to do.

Now, put your both the feet apart from each other, put your left hand on your lap, right hand on your heart, you can remove your spectacles, because now you'll have to close your eyes and don't open them until I tell you. Please don't open them til I tell you. You can take out your spectacles; it might help your eyesight also.

Now, here in the heart resides the Spirit. So you ask Me a very fundamental question about yourself, in your heart you have to ask, you may call me Mother or Shri Mataji, whatever you like. "Mother, am I the Spirit?", ask this question three times, "Mother am I the Spirit?" ask this question three times. Now, if you become the Spirit, you become your own master. So please take your right hand, on the upper portion of your abdomen on the left hand side and press it hard. Here you have to ask another fundamental question about yourself three times. "Mother, am I my own master?" ask this question three times.

Now please take your hand in the lower portion of your abdomen on the left hand side and press it hard. This center has got six petals so you have to ask six times, I cannot I'm sorry, I cannot force Pure Divine Knowledge on you. You have to ask for it. So please ask six times "Mother, please give me Pure Divine Knowledge". As soon as you ask for Pure Divine Knowledge, this Kundalini starts rising. So we have to enrich higher centers with our self confidence. Now raise your right hand in the upper portion of your abdomen on the left hand side and press it. Here you have to say with full confidence, ten times, "Mother, I am my own master", I've already told you that you are not this body, you are not this mind, but you are the pure Spirit. So please raise your right hand on top of your heart and here you have to say with full confidence in yourself, "Mother, I am the pure Spirit". This

All Pervading Power is the Ocean of Compassion, is the Ocean of Knowledge, is the Ocean of Bliss and Joy but above all it is the Ocean of Forgiveness, and whatever mistakes you might have committed, it can be dissolved by the power of this Ocean of Forgiveness, so please forgive yourself and raise your right hand in the corner of your neck and shoulder and turn your head to your right...

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Why Are We On This Earth?

Public Program

Philadelphia (United States)

Talk Language: English | Transcript (English) – Draft

Public Program, Philadelphia (USA), 15 October 1993.

I bow to all the seekers of Truth. This song that you are listening to has been written by a poet called Namadeva, about sixteenth century, and what he's singing there is, "Oh, Mother, give me my yoga." Yoga means the union with the Divine.

I said I bow to you all because you're seekers of Truth. At the very outset, one has to know that Truth is what it is. You cannot change it. You cannot transform it. You cannot conceptualize it. And, unfortunately, at this human awareness, you cannot know it, whatever you may try.

If once we humbly understand this, that we can go up to our mental projections and not beyond that, Truth has to be known on your central nervous system. In the evolutionary process, whatever we have known, we have known it on our central nervous system. For example, if you bring a dog or a horse and he sees this beautiful hall, he won't understand. If you take him through a dirty lane, he won't understand. He can just pass through. But, while we human beings have developed a kind of a sensitivity, sensitivity to so many things. Also, we should have developed sensitivity to spirituality, but sometimes we miss the point.

Now, whatever I am going to tell should be taken as a hypothesis, but you should have an open mind of a scientist. If it is true, you should accept it, if you are honest and, one must know that it is for the benevolence. Your benevolence as well as the benevolence of your country and the benevolence of the whole world. But, to understand this, I have to tell you it's not meant for idiots and stupid people. You have to have some amount of I.Q. to understand that we have to achieve our selfhood, our spirit hood.

What's the matter with both of you? Why are you laughing? Will you please go out. There's nothing to laugh. Will you please behave yourself.

So one has to understand that evolutionary process is absolutely free, without any effort and you can't pay for your evolution. It is spontaneous. Like you have this Mother Earth and you put the seed in it, then it sprouts by itself. What do you do? Nothing. It is spontaneous and that's what exactly happens to you, that spontaneously you achieve that state of the spirit.

When we say, "This is my body. This is my mind. This is my ego. These are my conditionings," we're all the time saying "my," but who is this "I" to whom all these things belong? We have never questioned this. This "I" is the spirit.

So the first truth is that you are the pure spirit. And the second truth is that there is all pervading power of Divine Love which does all living work. For example, these beautiful flowers. We take them for granted. Who runs our heart? We never ask this question. If you ask a doctor, he'll say, "It's an autonomous nervous system." Who is this auto? If you ask them, they won't be able to answer.

So science cannot answer many questions and one of them is that "Why are we on this Earth? What is the purpose of our life? What is the goal of our life? What is our identity? This question is not asked and, if asked, they cannot answer. They cannot answer this simple question, "Why are we on this Earth?" But one has to know that we are on this Earth to become the Spirit, to enter into the Kingdom of God. This is our purpose. That's why we are here, and then to be the instruments of that Divine Power,

which is all-pervading.

This Divine Power has been described in many ways. Patanjali has called it as Ritambhara PrAgnya. In the Bible it is called as the Cool Breeze of the Holy Ghost. Also it is called as the All Pervading Power of Divine Love. In the Quran it is called as Ruh. In the Indian scriptures it is called as Paramchaitanya.

The civilization in the West has grown very big. It's like a big tree outgrown its size, but we must find out our roots. I do not make difference between East and West. So we must find out our roots, whether it comes from East or from West. The knowledge today I'm going to tell you about is the knowledge of our roots. We [Mother says "we", but for clarity sake perhaps should be replaced by "you"] have been already told about the centers and about this power that is called as Kundalini.

This power is placed in the triangular bone which is called as sacrum, which means Greeks knew about this centre. They very well knew about it, that's why they called it sacred, sacrum. In many countries there has been a manifestation that they know about this particular power. I happened to go to Colombia where I collected an authentic antique copy of the antique necklace. The necklace had at its bottom a Kundalini and even the earrings had the Kundalini, but, surprisingly, it was from the Indians of America, found here with the Indians of America, though it is now kept in the museum in Colombia. It was in America that people knew about Kundalini, definitely, absolutely in three and a half coil they had done this pattern very well. Is very surprising that it was done even before Columbus came here.

So this knowledge was known to people, I think, all over the world, but then gradually it subsided. Especially in India, till the twelfth century, it was kept as a tradition just to give realization to one person, one guru and one realization. There was not a sort of a mass realization, or anything, and they didn't even talk about it. They kept a secret. But in the twelfth century [ie 1200s] one great poet called Gyaneshwara, he wrote in his book, "Gyaneshwari," sixth chapter about Kundalini. He took the permission of his guru and he wrote it, but still they denounced it and they said that this is something not to be read because they didn't know how to do it. They didn't know how to raise the Kundalini. They didn't know how to give realization. So the people who were at the helm of affairs said, they denounced it, "Don't read this chapter."

Then in the sixteenth century we had many poets in India who have written about it, Guru Nanaka, Kabira, Ramadasa, so many of them have written about this Kundalini awakening. Many then tantricas came up who'd write to misuse the word and misused the whole thing and deceived people by telling them false things.

There are so many false people who came to your country and I feel ashamed about them, those who came in this country, but also you people are to be blamed in a way, because you should have used some discretion. When I came first, you'll be surprised in '72, they asked Me funny questions. In Boston, I was there for an interview with the television and they asked Me, not on the television, but before that, how many Rolls Royces you have?" I said, "I've no Rolls Royce." So they said, "Are you not in the business?" I said, "This is no business. This is something else." So they said, "We don't believe in a person who has no business and we'll not give you any chance on the television." People were so materialistic and they said, "You are not taking any money, so it must be something hocus pocus." So superficial they were. I was very disappointed and I said, "I'll never come to this country" and I didn't come for nine years, till some people who were here who got interests and they told Me, "Mother, better come now. Is going to be better than what you found it in 1972." So I came here.

So one has to understand that it's a living process and you cannot pay for it. There's no guarantee. There's no guarantee, but if you desire all of you can get your realization without any difficulty. It's a very simple thing that happens to you. When this Kundalini passes through these six centers, it nourishes it, it integrates it. Also it enlightens them. By that, our physical, mental, and emotional, spiritual problems are solved. Most of the global problems are because of human beings, and most of the human problems are because of these chakras or these centers within us.

So, if you can cure these centers, you can definitely cure human beings physically, mentally, emotionally and also spiritually. But then it is connected. The yoga takes place with this all pervading power and the light of the spirit shines in your attention. Then so many things happen that you are amazed how fantastic you are. These are all your dormant powers, will start manifesting.

One thing one should know that there cannot be any gimmick about Truth. There cannot be any sort of a false pretenses about it. It has to be straight forward and simple, but I have known people who have been doing all kinds of things, like people paid three hundred pounds for a mantra. I mean, this, in India, nobody would do, but thank God we are not so rich to waste our money. Three hundred pounds for a mantra, you don't need any guru for that, a donkey can do it also. And then, after that, somebody says you can raise yourself from the grounds and about three feet you can fly. Already there's jam on the roads. Why do you want to have such people flying at three feet? They'll be hitting all the cars, I think. But people paid six thousand pounds for such a nonsense. They broke their bottoms and had all kinds of problems and they have been to Me with epilepsy. So all such stupid things people have done without even thinking.

Now there's a new thing they have started, showing a pendulum can move with your mind power. It's nothing but mesmerism, simple. But we have to know [what is] what is our value. What are we here for? What, are we here just to move pendulums or to fly in the air? Why are we here? That's why at the very outset I said that Sahaja Yoga is not meant for idiotic or stupid people. It's a complete logical thing which is tangible. You can find out. For example, I said that physically you are cured.

Yes, of course, there are three doctors, one of them is here, who got his M.D. [Doctor of Medicine] in Sahaja Yoga, which showed you can cure incurable diseases like asthma, epilepsy and also physical fitness. Three doctors got this. And there are many doctors who are doing this research all over the world. You'll be surprised that in Russia there are two thousand doctors who are practicing Sahaja Yoga. I must say, for your information, Russians are tremendously sensitive to spirituality. They threw out all false gurus, everything. I don't know, maybe our freedom has lead us into a mess like this. Freedom without discretion can be very dangerous. That may be the reason we are now finding lost, as far as our society is concerned, as far as our children are concerned. In every way, we are confused.

But there's a way out from all this which is very simple and the way out is that your Kundalini is to be awakened. That's very simple, I told you, because it is built in. It's your own power that is going to work it out. No obligation. There's no commitment, nothing. As far as you are a human being, that is sufficient because you are at the epitome of evolution. We do not know our value. We don't even think why God made us human beings. We just accept ourselves as human beings, but there are so many problems and so many confusions that we don't understand what's going on.

One of the reasons is that we do not know the absolute Truth. Somebody says this is right, another says that is right. Somebody says this is right and they're fighting. They believe in it. They believe that this is right, that is right and they fight. All kinds of wrong ideas have been managed to exploit us, to befool us and to lead us into the path of destruction. We are getting destroyed from within, if you see. All kinds of diseases, unknown diseases are coming up. Our children are getting ruined. Families are getting ruined. What is the reason for this decline? Within these thirty, forty years only such a decline has come. What is the reason? The reason is, one of them is that our indiscrete freedom. And a second one, I think, is materialism.

As I told you, they asked Me for a Rolls Royce because they can't understand anything without money. This is the most absurd thing that they believe that spirituality also can be bought with money. You can purchase your guru. You can retain him. You cannot.

So what happens to you when you get your realization is first you feel a Cool Breeze on your fingertips. Also you feel a Cool Breeze coming out of your fontanelle bone area, which is the actualization of your baptism. It's actualization. And Sahaja Yoga is becoming, it is not just a lecture or explanation or a sermon. It is becoming. Means you become something that is already described that you are to be born again. Now, if you just certify yourself as born again, you are not. It's just a false certificate. If you are born again, you have certain powers and you become a saint. You have to be a saint if you are born again. You become a Sufi, but if that doesn't happen to you, you cannot just certify yourself as born again. Any certificate are like this. It's just a brand. For example, it might be a Hindu, Muslim, Christian; any one can commit any sin. It's just a brand. It's nothing inside.

So what happens to you that you become a righteous person, you become you can't do wrong things. You cannot do things

which are irreligious. You just don't do it. You don't get tempted to do anything. On the contrary, you enjoy your virtues. Your attention becomes absolutely innocent, without any lust and greed. And such a person, even a glance of such a person can bring peace.

The source of all this is this All Pervading Power of Divine Love. So you are connected with that power. Once you are connected with that power, it starts flowing through and when it starts flowing through you, you can feel it. Then it makes you grow. As a result, you know the Absolute Truth on your fingertips. Even children can know the Absolute Truth on their fingertips. There are people who don't believe in God. They come to Me. I say, "All right, ask the question, 'Is there God?' three times" and they get the Cool Breeze. Then I'll [say] "Just say, 'There is God.'" Then they get a tremendous stream of Cool Breeze. Thus, you can make out also your own centers, what's wrong with your own centers. Is there any problem in your centre? Immediately you can find out on the fingertips.

Many people who are about to go for a heart attack or for some sort of a serious cancer, do not know they have. But a Sahaja Yogi will immediately know that on his centre is catching and immediately he knows also how to correct it. So you can have self-knowledge about your own centers and you understand.

Today only, one gentleman came and told Me, "Mother, my Agnya is catching. Means that I'm egotistical." Nobody would say that, "I'm egoistical," but he just came and told Me, "Mother, my Agnya's catching. Please correct me." That means yourself knows that this is happening within yourself and you know how to correct yourself, so you become the doctor, you become diagnosis and you become the medicine. It sounds very fantastic, but it's a fact.

Then the second thing happens to you that you get the knowledge about other's centers also. You know about others. Sitting down here you can find out what are the centers of any person. Immediately you can find out. Once you find out the centers, if you know how to correct them, you can correct also others. So who is the other? The microcosm becomes the macrocosm.

Then we have another problem always that we live in the future or in the past, never in the present. If I say come to your present, you cannot come. It's very difficult for you to come to your present. So what's the reason is that we are thinking of the future and the past. One thought rises and falls down. Another thought rises and falls down. In between these thoughts there is this vilumba [check spelling], is what we call the present. When the Kundalini rises, she elongates the thoughts and this space increases and you become thoughtlessly aware, thoughtlessly aware. You become, again I say you become. There are no thoughts, but you are absolutely aware which is also described by Jung that after realization you become thoughtlessly aware.

That is the time you are absolutely at peace with yourself and with everything else. That's the time you are peaceful in the real sense of the word. I've seen people getting many awards, peace awards, of peace conferences and all that. I know them, but, surprisingly, they're extremely hot tempered and if you have to talk to them, also you have to take a barge pole in between because they have such a temper. I don't know how they got these peace awards and things like that, but you find them all around, such people who have got peace award without any peace within.

So you have to have your peace within yourself and this you achieve through thoughtless awareness. Then another thing happens to you that you become the witness, the witness of the whole drama. Say, if you are in the water and there are waves, you're afraid of it. But supposing you get into the boat, then you watch these very carefully you can watch them. Also, you can enjoy them. But supposing you know how to swim, then you can jump and save many people.

So like this, into two stages, you rise. The first one, when you rise into the boat when you are thoughtlessly aware and the second stage, which we call is a doubtless awareness, which is called as Sanskrit language it is called as Nirvikalpa samadhi, the first one as Nirvichar samadhi and the second one as Nirvikalpa samadhi where you have no doubts about yourself. You know that. You know all your inner knowledge. You know about your inner being and you know about the inner beings of others.

This knowledge we have to know and it takes hardly any time for you to know, hardly I would say, even one month is sufficient. But what I've seen that people have to be deep to go into it. Normally, once they get realization, they feel extremely relaxed,

peaceful, then finished. But it's like a seed being sprouted. It has to grow into a tree. They get lost first some disease they have is cured, then they come out with another disease second year I come back. So one has to be determined about it in the beginning. Then you cannot leave it because you enjoy it so much. You know that you are now in the Kingdom of God.

When I was in Russia there was this coupe going on. I asked the Russians, I said, "Aren't you... [Interruption in recording]

The another thing that happens to you, that you jump into the Ocean of Joy. So far we have never known Joy. We have happiness and unhappiness. Whatever pampers our ego, we'll feel happy or which gives us some emotional satisfaction, we'll feel happy and then we feel unhappy. So we jump from one to another. But with this, we are in the Ocean of Joy.

Now we'll [should be changed to "you'll] be surprised that Sahaja Yoga is working in fifty-five nations. I'm sorry, to Philadelphia I have come for the first time. I wanted to come, but I was so disappointed when I came here in '72. We are only four people for the program. Such a big hall and four people sitting there, so I said, "Better not go to Philadelphia. May be the same style." And these out of these four people, the other day one gentleman came and told Me that, "You cure my father's eyesight in 1972." I said, "Maybe, I don't remember all that," but he was one of them who came.

So you can imagine how now the awareness for spirituality is growing. You see so many people now. So many people that I'm amazed Myself this year what has happened suddenly that where only we were getting only four or seven people, suddenly we have so many people. While they use to go to all kinds of false gurus, pay them money and get injured or get into recluseness or all kinds of things would happen to them. But this time I was surprised, all over America there's a kind of an awakening and people are becoming more alert about it.

All these things happen to you for which you don't have to pay. For all the knowledge, you don't have to pay. You have just attend our collectivity, means we have our centers, so please come to our centers and where they will give you all the knowledge about it. You can master it, maximum, within one month's time. You just become masters.

Now you may say, "Mother, it is very fantastic to hear about ourselves, but you don't know how fantastic you are. Like you take a small little box of a television to some remote village. All the people will say, "What is this? It is just a box?" Why, you tell them that there is going to be you can easily see lots of films in it. They won't believe. Once it is connected only that they'll be amazed at the television, the way it is showing all kinds of things because it is built-in and also it is built-in in you. All this is there which is within you, which you can easily verify it. It's absolutely tangible and then you know the value of your life and then you know the purpose of your life.

This is what it is. In this short time, I don't know how much I can tell you about it. Now, you have here beautiful lights and beautifully they're lit up. You have to use only one switch. It all comes up. If I have to tell you the history of electricity, how it came to this country, then to your city and all that, it would be very boring. But if it is built-in, why not have the light?

So, I would say that you should have the light and you should know what you are. First you get that light and then we will see about the rest of the knowledge. That you can easily get when you go to our centers and they will give you. I have to confess that we don't take any money, so we do not have elaborate places like Taj Mahal to have our programs. It's simple abodes and in simple places you have to come with a simple mind to achieve your spiritual life.

That's what it is today. I do not know that what it is to, that we are now in the blossom time, as I call it, because many flowers are born and they are to become the fruits. This is the resurrection time, which is described in all the scriptures. But it's not like this, the way they had described us, something wrong with them, that all the dead bodies who are in the graves will come out of the graves. I mean, how much is left out of them, God knows. Must be some bones or maybe some skulls there. So they'll come out of the graves and they will get their resurrection. This is a very wrong idea.

Once I happened to meet a fellow, a Muslim from Bosnia and he told Me "I want to die for my religion, for God's sake." I said, "But why? Who told you to die?" He said, "Now, if I die in the name of God, I'll be resurrected." I said, "It's all wrong. That's not the way it

is going to work out. Resurrection is going to work out this way. That at this time, all these souls will take their birth. All these souls will take their birth and they will be resurrected as human beings they'll have to come." That's why we find all kinds of funny people these days, all kinds of cruel, criminal, all kinds of idiotic, stupid, I mean very queer, weird funny ideas which find such, such a variety of people and such a tremendous population that we should understand they have to have their chance of resurrection. But how many will come? That's the point. How many are going to come?

Now, see, in your Philadelphia there are so many people. How many are here and how many are going to get realization and how many are going to settle down? Depends on their wisdom and depends on their understanding of spirituality. If they don't have, you cannot force on them. You cannot force Self Realization on them. Never. It has to be accepted. In their own freedom, they have to ask for it. It cannot be forced. This power that you see is a power of pure desire. If you don't have pure desire, it won't rise, all other desires are such that they're never satiable in general, so this desire that you have within. You may be aware of it or you may not be, but it is there and once it is awakened, such a satisfaction settles in you. You are very satisfied with yourself and life becomes so beautiful. And the friendship [and the] because I heard this is a brotherly and a sisterly place. I was very happy to hear that. That is what exactly Sahaja Yoga is, such love.

Now I told you there are fifty five nations which are following Sahaja Yoga, but when you see one Sahaja Yogis meeting another one, I mean, you really feel, "What is this? How it is happening? How they are achieving it?" It's not easy to understand such love, such pure love. We never had any case of flirting or any case of any woman running away with some another husband or something. It's never seen that. They're so innocent and so simple. Just like children they become and the way they behave towards each other is beautiful to see. This is a new race of angels. My husband always said that, "I know You are an angel. You are something great. But I don't think you can make others." He was sure about it. Now he says that "I have to believe" and I have to say, yes, it is so because if you have to be honest, you see those things. You all can become [unclear: that]. Just have self-confidence about it, that you all can become that, all these powers are within you and that nobody can take away these powers from you.

Now, I don't know, I find people who like to ask Me questions. I don't mind answering any number of questions, but I must tell you for the last twenty-three years I have been doing this job. I know how to answer all questions. I am quite an expert. But it's a mental acrobat. What's the use? It's a mental acrobat. If you ask Me questions, I'll answer, no doubt. I'm quite good at it. But the best thing is first to get the light. After getting the light, then you see for yourself and understand that it is all there. But if you want, should we ask them to ask questions? It's better. About fifteen minutes are still there.

Shri Mataji: Yes, please.

[Man asks: "Did you advocate meditation?"]

Shri Mataji: No, please be seated. It's very good question. You see, meditation cannot be done. You are in meditation. When you are thoughtlessly aware, you are in meditation, otherwise we say we are doing meditation. You can't do it. You have to go beyond the mind, then you are in a meditative condition. So, there is meditation, but where you have to become thoughtlessly aware.

[A man asks a question.] [A yogi speaks to Shri Mataji in Hindi.]

Shri Mataji: Oh, very good. What a nice question. That's a seeker. That's a seeker.
Yes, Sir.

[A man asks a question and a yogi explains; "He's talking about the channel of desire. Channel of desire. Go ahead."]

[The man continues his questions.]

[Yogi: "He wants to know about the different types of desires, the desires that relate -"]

Shri Mataji: The different types of

[Yogi continues: "- the worldly desires and the spiritual desires, how would you differentiate?"]

{The man continues to speak.}

[Yogi: "He's mixed up."]

Shri Mataji: All right.

[The same man asks, "And how is this related to bhakti?"]

[Yogi: "He's asking about the relationship of desires to bhakti."]

Desires to -?

[Yogi: "Bhakti."]

Shri Mataji: All right. Please be seated.

Shri Mataji: So I'll answer your first question, the second question first bhakti. We are doing bhakti now, of God. Without connection, what is the bhakti? It's like a telephone. Without connection, you're telephoning to God, He doesn't listen to you. Many people come to Me. They say, "Mother, I have done so much bhakti of Shri Krishna, but my throat is bad and I've got cancer of the throat. If you say Shri Krishna looks after the throat, why is it?" Because you're not yet connected. If you're not connected, what's the use of doing bhakti. Simple thing, extremely simple.

Shri Mataji: What was the first question?

[Yogi: "The different types of desires, the worldly desires and the spiritual desires."]

Shri Mataji: All right. Now people are saying that you must give up this, you must give up that. There's nothing to be given up. If you give up, still you'll stick on to that. I've known people who are very much stuck, but they think they have given up. Like, I'll tell you, some people came to see Me. They wanted to use our ships for some purpose and they said that "We have", they came in an ascetic dress and they said, "Mother, you are suppose to be a holy person, but you are sitting in all luxury and all this. How are you a holy person? We have given up our houses. We have given up our cars, given up this, given up that." I said, "All right, in this house or anything which is with Me is equal to the dust particle of God Almighty, of His Feet. You can pick up anything, but should be equal." They started looking around. They have not given up anything. They have given up stones. A detachment develops within yourself.

I don't know if you have heard the story of Raja Janaka, whose guru was Ashtavakra. Raja Janaka was the father-in-law of Shri Ram. This Raja Janaka was a king and all the saints use to bow to him, so one fellow asked his guru, "Why is it you bow to this king? He is a king and what is so great?" He said, "He's the only one who can give realization and he's so high."

So he sent one of his disciples, his name was Nachiketa, to Raja Janaka. Raja Janaka told him, "No, you can ask anything, but I'll not give you self realization." He said, "No, Sir, I must have it. But I want to know about myself." So he said, "All right." So first he took him with himself to have a bath in the river. I mean many tests he took, but lastly. And there he was having his bath while people came and told that "Sir", he was meditating. He was in thoughtless awareness, just enjoying himself. And they came and told that "Your palace is on fire." Still he was meditating. Then they came and told him that "Now all the family is running away from the palace." Still he was meditating. Then they said, "The fire is coming here and will burn everything that you have." Now

this fellow ran out and he clutched his clothes because he thought, "This will be all burned." But he was still meditating. And then when he opened his eyes, he saw nothing has happened. "I know nothing has happened. And it's nothing important to me."

So the detachment is within. It's not without. You don't have to announce it. It is within. It's something that you do everything. As I knew, I am a grandmother, I'm a mother, I'm a wife. My husband was holding a very big position, all that. I did everything, but there's a kind of a detachment about it and this detachment can only be possible if you develop your spiritual powers. When your spirit shines, you see everything is useless and fruitless, but by giving up things, by renouncing things, you're just pampering your ego by saying, "I have given up this. I have given up that."

The other day I met a Buddhist who was a seeker. He was all shaved off. His hair was shaved off. And he said, "Mother, I am not only shaved off, but I am now a bankrupt." I said, "Why?" "Because I was giving all my money, everything to this Buddhist organization and now I'm bankrupt and I don't know what to do with myself." I said "how can you pay"? God doesn't understand money. No." He doesn't understand banking. It's your headache. You have made money. You have made banks. You have made these houses. What is there if you give up or don't give up? What difference does it make? It's your doing. All right?

So the detachment must come from within and that is so automatic. It's a state which we have to achieve in our evolution.

[Shri Mataji speaks to a Yogi in Hindi. Another question is asked by a man in the audience. It concerns his wife and a mantra she was given by a false guru. The wife also gets burning sensations on her fingertips...The question is translated to Shri Mataji.]

Shri Mataji: If she's saying mantras, she should not say. You see, mantras, please be seated, I'll tell you. Mantras are, there's a science about it. You must know what centre is out of gear, which mantra to be said for which center. It is not at random like you take out the whole Pandora box and start taking all the medicines. No. You must know everything and if her fingers are burning it's not a very good sign and I wish she would had come here, I would have seen to her. But where is the [Interruption in recording]

Shri Mataji: Is it on the left hand or right hand? [The man answers.]

[Yogi: "...she's asking was the burning on the left hand or the right hand?]

[Man: "I don't know. I cannot -"]

[Yogi: "He doesn't know" and speaks in Hindi.]

Shri Mataji: You see, I don't want to say anything, but something wrong with the guru himself, I think. I'm sorry.

[Shri Mataji speaks in Hindi.]

Shri Mataji: Yes?

[A woman asks a question.]

[Shri Mataji speaks in Hindi.]

[Yogi: "...She's praying for his enlightenment and vision...."]

Shri Mataji: All right, very good idea, but I have so many children here. Alright? Good.

[Man: "Would you further explain this thoughtless awareness and is it the same as mindful awareness of the Buddhist philosophy?]

[Yogi: "The difference between thoughtless awareness and mindful awareness."]

Shri Mataji: It's the same, but you see, Buddhism is very confused as every religion has been, very much confused and so I do not know what they are thinking about it, but it's the same thing. Is the same thing as thoughtless awareness, should be the same thing and also many things Buddha has said have been misused and have been, I should say, quite twisted also. So to understand Buddhism, you take to Sahaja Yoga first. Once you get your realizations, Sir, you'll understand Buddhism much better in the sense that it should not be Buddhism, but it is Buddha's Bodha. "Bodha" means to know on your central nervous system. You become a Buddha, yourself. You become, yourself, an enlightened person. Alright?

Now, what's it?

[A man asks, "Could you please say what the dangers are associated with Kundalini meditation."]

[Yogi: "He's asking about any dangers of Kundalini meditation."]

Shri Mataji: No, no, No, no. Not at all, not at all; She's your mother. She's your individual mother, who gives you your second birth. She knows everything about you. She has recorded everything and she does it very gently. See, when you were born, your mother took all the pains upon herself, isn't it? And in the same way, this Kundalini does the job. But people are frightened because perhaps maybe they don't want, it's an evil force I think, those who are frightened against Kundalini because they don't know how to do it or maybe they don't want people to achieve their realization. I can't understand.

Those people, as I was telling you today, in the sixteen century Guru Nanaka, then Kabira, and all these others, Ramadasa, Tukarama, all of them, nobody has said it's dangerous. On the contrary, Ramadasa was asked, "How much time does it take for Kundalini to rise?" He used the word in Sanskrit, "Takshana, that's the moment, that moment," he said. "Takshana, that moment." So, But," he said, "there's a condition. The one who wants should be anxious to have it and the one who gives should be an authority, not an authority from some university or anything, but authority in spirituality."

Yes.

[A man asks a question concerning the position a person must be in order to get Kundalini awakening.]

Shri Mataji: What is it?

[The question is repeated to Shri Mataji by a yogi.]

Shri Mataji: No, you see, it is all right. You can do it, but why do all that? You have to be comfortably sitting in your chair and you'll get your Realization. You don't have to go to Himalayas to stand on your head. Just simple way.

Yes, sir.

[Another man asks, "What does the process entail?" which is repeated to Shri Mataji in Hindi.]

Shri Mataji: It's Sahaj. It's spontaneous. Is like any living process. Alright?

[A man asks, "Why is there so much heartache and grief when you fall in love?"]

[Yogi says, "He says, 'When we fall in love, why is there so much heartache and grief?'"]

Shri Mataji: Because you fall.

Shri Mataji: You should rise.

What's another? Behind that. Somebody else

[A man asks, "What happens after death?"]

[Yogi: "Life after death he is asking."]

Shri Mataji: Yes, that is all right. You see, I must have given lots of lectures on that point also. You'd be amazed. I must have spoken I don't know how many times, but at least there are four thousand tapes of Mine and this subject also I have dealt with, but what I'm saying today is let us be in the present. Why worry about the death? All right?

Is there anybody else? Yes, please.

[A man asks, "What is the connection between sex and Kundalini and would you say something about AIDS?"]

Shri Mataji: Now, here you see this red chakra is the Mooladhara chakra, is the first chakra, is of our innocence. Our innocence is never lost. We may do anything what we like. It is covered like a sky can be covered with lots of clouds. Kundalini is placed above, you see. So it has nothing to do with sex because this is the last centre, the seventh center or the first center, whatever you may call it, is the centre of excretion, of sex and everything. It has nothing to do with sex. On the contrary, you become innocent like a child. When the Kundalini is rising, all these actions of excretion stop completely and all the force of our innocence helps the Kundalini to rise. It has no relationship at all, at that time.

But I don't say there's something wrong in all these things, but there has to be some sanctity about it, should be some sense. People become extremely sensible after marriage, even about sex life.

AIDS have been cured with Sahaja Yoga, no doubt, no doubt. But the patients of AIDS are of two categories I've seen. One who think they are martyrs, they have achieved a great, you see, some sort of a big country or some sort of a thing like that. They feel very enthusiastic about it. And the another kind are the ones who don't want to live, absolutely, just they don't want to live. So there are two types of people who suffer from AIDS mostly. Very few you find they are in between. So we got rid [clarify: change to "cured"] of five of them, somehow, in Australia. Out of them, one was a married couple who got all right and one fellow who got all right this is nine years back, he's still all right. But two of them, again went to some funny habits or I don't know what they did. The father of one of them told Me that, "Mother, You just forgive them." And I don't know what happened. They again got back their AIDS.

So it's a very difficult area in which one has to work because they cannot be convinced that they can be cured and some of them think that, "What's wrong?" You see, this is the greatest mantra of the West, "What's wrong?" You tell them anything. "What's wrong?" These punks were putting some sort of horrible colors or they are becoming blind. I told them, "Why do you put these horrible colors on your head because you are becoming blind?" "What's wrong?" I said, "You'll become blind." He said, "What's wrong?" I mean, I just don't know how to answer these people. Very queer, isn't it? They are bent upon destroying themselves. They like to destroy. You see, the people just want to destroy themselves. I don't know from where this idea of destruction has come. Instead of constructing yourself, enjoying life, anything, looking to higher goals, they always see to something filthy, dirty, something that is absolutely inhuman, subhuman. I don't know how these tendencies have grown.

Cancer, of course, many types of cancers have been cured. We have blood cancer. Some of them were told that you'll die within one month's time because doctors are now honest and they give a certificate you are going to die after one month. This happened about with one gentleman at least eight or nine years back. He's still all right and there are three of them like that who are perfectly all right. There's so many who have been cured, so many. So this cure takes place, but also if you see, if God has any common sense, why should he cure people who are not going to give light? Most of them they want to get cured and get lost. They are cured to give light to others. We don't repair lamps which are not going to give light. But in compassion, I think God

does that.

[A man starts to ask a question.]

Yogi: "He wants to get realization."

Shri Mataji: All right. Now, there's somebody else. Now, one more. Now, one more question. Now...

[A woman asks a question.]

[Yogi: "She is asking about the psychic phenomenon, one thing. And she says when she is in nature, she is more at peace with herself, her relationship."]

Shri Mataji: That's, you see, nothing so great. If you are in nature, anybody can feel peaceful. Or it's like when you have everything fine, you enjoy it, isn't it? But when you are in Philadelphia, you should feel peaceful. Or in New York. It's also more difficult.

[A woman asks: "When the Kundalini arises is it in a state which stays with you all the time.]

[The yogi repeats the question to Shri Mataji in Hindi.]

Shri Mataji: That's a good question. You see, it is like a connection as I said. Some people, once they get connection, they are connected and they grow faster and faster. But some people have a loose connection also. So is best is to get your connection done properly. From that distance, all right.

[A woman asks a question.]

[Yogi asks the woman, "What's the difference between ...?"]

[The woman continues.]

[Yogi: "Who are Hare Krishna? Oh here, Sahaja Yoga and Hare Krishna."]

Shri Mataji: Tremendous.

Shri Mataji: You see, in India everybody says to each other, when they wish, "Hare Krishna" or "Hare Ram." Are they all going to go to God? Just understand, these are words. Get out of the webs of words. Shabtah ja alam (check spelling) Get out of the webs of words. All right? Also, get out of books. Too much reading books, also makes you mad. I tell you, it's really true. Kabira has said Pari, pari pandita mura ... ? [check spelling], means "By reading too much, even the learned became stupid."

Shri Mataji: Now, one.

[A woman asks, "How do you know if your center is blocked?"]

Shri Mataji: What's it?

[Yogi: "How do you know if your center is blocked?"]

Shri Mataji: I or you?

[Yogi: "No, you. She."]

Shri Mataji: You will know on your fingertips. Alright? In English language there are certain things very good "on your fingertips." But also English language is little limited for spirituality because spirit is "Atma," is the Spirit I am talking about. "spirit" is a dead spirit, dead body. It is also alcohol, you see. Out of these three, I am talking about which spirit people ask Me. So but fingertips you know.

[A woman asks a question.]

[Yogi repeats the question in Hindi. "The number one chakra is weak."]

Shri Mataji: It's a little private question. I'll answer you privately. Alright?
Who else is there?

[Yogi: "Yes, go ahead and ask."]

Shri Mataji: Now, so many are there still.

[A man say: "If you, yourself, have a question, what question would you hope somebody would ask you that nobody ever asks you?"]

[Yogi repeats the question in Hindi. "He says, if you had a question that nobody else had asked you, what would be that question?"]

Shri Mataji: I didn't follow

[Yogi to man: "What are you trying to...?"]

[The man says, "I can ask a different way."]

[Yogi: "Yes."]

[The man asks, "If you are in the light, what question do you think the light..."]

[Yogi: "He's saying, 'If you're in the light, what question would the light have?'"]

Shri Mataji: Light has no question. It has to give light. How can it have question? You are already enlightened, so better give light to others. Yes, please?

[A man asks a question.]

[Yogi repeats the question: "How can we improve our psychic or spiritual experience?"]

Shri Mataji: That's what I'm saying. That's what I'm saying. First you get your realization and then you have to go to our centers and you'll be amazed. We have many here who are realized souls. They look like you, but you can see the glow on their faces.

You see, now this Marathi song is such a difficult one, even a Sanskrit song. How can these people from America sing it? Just tell Me. Yes, sir?

[A man asks a question.]

[Yogi: "Shri Mataji, is the spiritual heart and the physical heart the same?"]

Shri Mataji: Yes. In the physical heart resides the spiritual heart.

Shri Mataji: Now, I think we have had too many. You want to ask?

[Yogi: "Do you have a question?"]

Shri Mataji: She has already asked. Now, who else has not asked, can ask.
Please.

[A woman asks a question.]

[Yogi: "What is the soul?"]

Shri Mataji: That also is another big question for which I have a big tape which you can go through and see for yourself. It will take another lecture, all right
who else?

[A man asks a question.]

[Yogi repeats the question in Hindi.]

Cataract ne. One person has been, but, you see, this cataract is something dead. If anything that's dead, we cannot do it because it's dead. But anything that is living and in a jeopardy can be cured. All right?

One [unclear killed], but he was a child. He was a child. Madame, you've asked a question, all right. Now what's that? There.

[A man starts to ask a question.]

Shri Mataji: No, no, no. Not you. She's there at the side.

[A woman asks a question concerning mental disorder.]

[Yogi repeats the question in Hindi.]

Ah, of course, of course, of course. Schizophrenia, all kinds, epilepsy, lunacy, yes, of course. Depression. Of course. Yes, yes, yes. Works out, works out.

[A man starts to ask a question.]

Shri Mataji: You've asked a question already.

[A man asks a question.]

[Yogi: "Person who have birth defects, who don't have complete bodies, can they become whole?"]

Shri Mataji: Yes, some can be. Not all. But it's not important, you see. It's not a hospital. I'm just a, it's not a hospital. With your

own power, you cure yourself. The main attention should be on the spirit, not on the body so much. Some people have definitely have been cured. His sister-in-law was spastic. She got cured, but some are not because they just don't do it. They don't follow it and what important thing is that don't put your attention to the physical side [unclear: so much?], or to the mental side. Just now, we have to achieve our spiritual goal. Yes, please?

[A man asks a question.]

[Yogi: "He's asking a lot of questions are relating to suffering and then he's asking about Jesus, how He suffered and rose again from the dead."]

Shri Mataji: Sufferings are because of ignorance. That's all I'll say in a small sentence. All right? And if you want to get out of it, you get the knowledge. Knowledge on your central nervous system.

[Yogi: "Shall we have the realization now?"]

Shri Mataji: Now, I think we should stop it because you have asked too many questions and I've answered them. Actually, you see, as I told you, it's a mental acrobat and I can answer most of the questions very well, but it is of no use as far as Sahaja Yoga is concerned. Mostly I've seen people who ask too many questions walk off. They just come here to ask questions and then just walk off.

So, again, I request you to put your attention on yourself and on your own spirit and on your own benevolence. Now don't think of anything else. You might have read a lot, you might have known a lot and it's all right. You are worried about the whole world. It doesn't matter. Now, please this is a time, you give some time to yourself and you worry about yourself. So now we can have our Realization.

Those who don't want to have Realization should leave the hall because it's civil. Others who want to have, please be seated. You're welcome and I'm sure it will all work out.

Another request is that you have to take out your shoes for a short time because this Mother Earth helps us a lot.

Now, whatever we are going to do it, that is for only tonight. You don't have to repeat it again, so there's no need to write, there's nothing to worry, just you have to see that it works out.

Only thing, I have to make a humble request that during meditation don't walk out or don't disturb.

As you know, there are two powers, one on the left and the right, two sympathetic nervous systems. So we put both our feet apart from each other, left and right. Left is the power of desire.

Please be seated. Will you please be seated? No, you have to sit down, please. [Shri Mataji speaks in Hindi.] All right.

Left hand towards Me on your lap. I've again said that you have to be comfortable, but you should not slouch. You have to be comfortable. Please put left hand towards Me. If anything tight on your stomach [Shri Mataji speaks in Hindi.].

If you don't want to attend you can go out.

Now, you have your left hand towards Me, which is symbolic that you want to have, or you desire to have, your Self Realization. That you have to keep all the time like that. If you have anything tight here or tight here, little bit loosen it. If you are comfortable, it is all right, if you are comfortable. Main thing is you should not be uncomfortable with anything.

Now, we use this right hand for action, means nourishing our centers. We have to nourish our centers ourselves. So now, put

your right hand on your heart. You can put it under the coat; need not be under the sweater, but under the coat. Now, in the heart, just now keep your eyes open so you can see what you have to do. In the heart resides the spirit. Now, if you become the spirit, in the light of the spirit, you are your own guide, you are your own master, so take your right hand on the left hand side of your abdomen on the upper portion, we are only working on the left hand side. This is the centre of your mastery created by the great prophets.

Now take your hand in the lower portion of your abdomen on the left hand side. This is the center of Pure Divine Knowledge. Surprisingly, it is here, pure, divine knowledge.

Then raise your hand again on top of your abdomen, the upper portion on the left hand side and press it hard.

Now raise your hand again on the heart.

Now put your hand in the corner of your neck and your shoulder and turn your head to your right. This center goes into jeopardy when you feel guilty. I'll tell about this later on.

Now raise your hand on your forehead across and put down your head. This is the center for forgiving everyone, even without thinking about them.

Now take your right hand on the backside of your head. Push back your head and here you have to ask forgiveness from the Divine Power for your own satisfaction.

Now the last centre is, stretch your palm and put the center of your palm on top of your fontanelle bone area which was a soft bone in your childhood and put down your head. Here push back your fingers this is very important so there's a good pressure on your scalp.

Now, please put down your head and move your scalp seven times; clockwise slowly. Please put down your heads. Put down your heads. Can do it better. Put down your heads and push back your fingers, very important it is. Push back. Now, put down your head and push back your fingers so there's a good pressure on your scalp. That's all we have to do.

Now, there are three conditions which I'll tell you, which are very simple ones. The first condition is that you all have to be absolutely confident that you'll all get your Self Realization. Please take down your hands. You all have to be absolutely confident that you will get your Self Realization tonight. That means that you're not to feel guilty at all. That means forget your past. Whatever wrong you have done, whatever mistakes you have committed will be dissolved by this power of Divine Love because it is the ocean of forgiveness. So you have to forgive yourself and you don't know when you feel guilty what happens. If you have committed mistakes, it's all right. After all, you are human beings, you are not gods. You face the mistakes, finished of them. But what you do, you carry that here onto this centre here. Thus, you get spondylitis, cervical cancer, angina or lethargic organs.

So what's the use of carrying this with you all the time? For something that happened long time back you are carrying still. Please know you are not guilty at all. At this moment you are not guilty at all. I assure you are not guilty. Let the Kundalini judge you. You don't judge yourself. Alright.

The second condition is that you have to forgive everyone without even thinking about it. You have to forgive everyone. Now, many people say it's difficult to forgive. Whether you forgive or you don't forgive, you don't do anything. What do you do if you don't forgive? But when you don't forgive, then you play into wrong hands and you torture yourself, while the person who has troubled you or hurt you is happy. But you are torturing yourself all your life.

Now, at this moment, this centre is very important because if it is not all right the Kundalini won't rise. And also the centre between the optic chiasm, which is like this, is absolutely constricted. It won't open, but when you forgive, it opens. So, as it is, you have tortured yourself all your life by not forgiving and at this important moment you lose the chance of your Self

Realization.

So, just forgive everything, everybody, everything, even without thinking about them. We can say forgive them in general. Alright.

In short, you have to be pleasantly placed towards yourself. Because you are human beings, you are at the epitome of evolution. You don't know what you are. So please don't condemn yourself. Don't, in any way, get angry with yourself. It's a very simple thing that will happen to you and you'll be amazed at your own greatness.

So now, please put your left hand on your left lap and also both the feet away from each other.

Now, please put the right hand on your heart and now close your eyes. You can take out your spectacles also because your eyesight might improve. Now please put your right hand on your heart.

Here you have to ask in your heart a question which is very fundamental. You can call Me "Mother" or you can call Me "Shri Mataji." Please ask three times, "Mother, am I the Spirit?" Ask this question, "Mother, am I the spirit?" three times. I have told you when you become the Spirit you become your guide, your master.

So now, please take your right hand to the upper portion of your abdomen and press it hard. Here, you have to say, again three times, ask a question which is very fundamental, "Mother, am I my own master?" Ask this question three times.

Now please take your right hand in the lower portion of your abdomen. Here the center has got six petals, so you have to ask six times. I must say, I cannot force pure, divine knowledge on you. You have to ask for it. So please ask six times, "Mother, please give me Pure Divine Knowledge", in your heart, everything to be asked in your heart, "Mother, please give me Pure Divine Knowledge"

Now, as soon as you ask for Pure Divine Knowledge, the Kundalini starts rising. So we have to nourish the higher centers with our full self-confidence, so now raise your right hand to the upper portion of your abdomen, on the left hand side and here you have to say with full self-confidence, "Mother, I am my own master", say ten times "Mother, I am my own master".

I've already told you that are not this body, this mind, this ego, this conditionings but you are the pure Spirit, so please raise your right hand on top of your heart and here you have to say 12 times, with full confidence, "Mother, I am the pure Spirit".

Do not say any mantras or anything and don't try to concentrate, just leave your attention free, the Kundalini will push it, so you just have to put no efforts about it. This All Pervading Power is the ocean of compassion, is the ocean of knowledge, is the ocean of bliss and joy and above all is the ocean of forgiveness, so whatever mistakes you might have committed are easily dissolved into this power of ocean of forgiveness, so please forgive yourself, and raise your hand in the corner of your neck and shoulder and turn your head to the right.

This is the center which is very bad today, I think that you feel guilty, so please say with full confidence "Mother, I am not guilty at all", please say it with full confidence, sixteen times you have to say, I've already told you logically, wherever you forgive or you don't forgive, you don't do anything. But if you don't forgive then you play into wrong hands, especially at this moment, you have to forgive because the center of Agnya is very constricted and won't open and your Kundalini won't raise, so it is very important now that you have to forgive, so raise your right hand on top of your forehead across, and please put down your head, here you have to say from your heart, not how many times "Mother, I forgive everyone in general", don't think about it, just say it, please put down your head.

Now, please take your right hand to the backside of your head, and push back your head, here, without feeling guilty, without counting your mistake, just for your satisfaction have to say "Oh, Divine Power, please forgive me if I have done any mistakes knowingly or unknowingly", "Oh, Divine Power, please forgive me if I have done any mistakes knowingly or unknowingly", say it from your heart, not how many times. Please say it from your heart. Now, please stretch your palm on your right hand and put the

center of your palm on the fontanelle bone area, which was the soft bone in your childhood. Now, this is important that you push back your fingers, so there's a good pressure on your scalp, now please put down your head, here again I cannot force Sahaja Yoga on you, I cannot force Self Realization on you, so please move your scalp seven times, clockwise, saying "Mother, please give me my self Realization".

Now, please take down your hand, open your eyes, wear your glasses. Put both your hands towards me, like this, little higher. Now, watch Me, without thinking, just watch Me without thinking.

Now, put this right hand towards Me, like this, bend your head, and see with your left hand if there's a Cool Breeze coming out of your fontanelle bone area, please bend your head; or maybe hot, please see that there's a cool or hot breeze coming out of your fontanelle bone area, please don't put your hand on top of your head, but away from it, and now see for yourself if there is a cool or hot breeze coming from your head.

Now, put your left hand towards Me, like this, and again bend your head, and see with your right hand now if there is a cool or hot breeze coming out of your head, sometimes it comes very far, some times closer. If it is hot, means your have not forgiven or your are still feeling guilty, so please do it. All the heat is coming out. Now see for yourself.

Alright, now right hand towards Me, now and with the left hand you'll see for the last time, put down your head properly, and see properly if there is a cool or hot breeze coming out of the your fontanelle bone area. Now please put both the hands towards the sky, and push back your head, here you have to ask any of these three questions, three times, "Mother, is this the Cool Breeze of the Holy Ghost?", or "Mother, is this the All Pervading Power of God's Love, the Ruh?" or "is it the Paramchaitanya?", just ask any one of these questions three times. Now, please put down your hands. All those who have felt cool or hot breeze on their fingertips or palms, or in their hands or out of their fontanelle bone area, please raise both your hands.

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Energy Centers Are Our Foundation

Public Program

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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 transform it, and you cannot conceptualize it. Unfortunately at this human level with your awareness, you also cannot know it. There's something more has to happen to us to know the truth. In the evolutionary process, we have come to this stage where we are human beings, and whatever we have got in our evolutionary process, we can know it on our central nervous system.

For example, this beautiful hall, when we are here, we can understand the beauty but a dog or a horse, cannot. A dog and a horse can always pass through a dirty lane, but human beings cannot. Thus, we have to understand that there are many things we have come to know through our central nervous system in our evolutionary process.

You've been already told about this subtle system that exists within you. Whatever I am going to tell you today, please do not take it for granted, nor you should believe me blindfolded. We have already done these things, and we have suffered. But if it can be proved, then as honest people, you have to accept it because it is for the benevolence of your being, for the benevolence of your country, and for the benevolence of the whole world.

It is to be accepted, that though the civilization has grown so big, this big tree has grown, but we do not know our roots. We have no knowledge of our inner being and this big tree cannot sustain unless and until we know about our roots.

I do not think about East and West. It's like a tree and its roots are just the same. In the same way if this knowledge has to come from the East, we should not shirk it, and we should not say, "Because it is coming from the East, so we are going to be suspicious about it." There has been, I know, many people from India, lots of false people who came to this country. Also you have lots of false people in this country, and many other countries who are trying to extract money from you.

Even when you turn to religion, you find that they are either money oriented or power oriented. None of them are spirit oriented. But also it depends on us, to find out what is the truth and the person who is trying to tell us about the truth, how far truthful he is, how much right he has got to say that.

It is very easy to deceive people in a country like America, because materialism has taken over, with materialism we become superficial and our depths are lost. Anybody who comes with some sort of a gimmick, we fall a prey for that and we accept all these things even without thinking. Today I'm here to tell you that one thing is for definite, that for your evolutionary process you cannot pay. How much did we pay for becoming human beings? And how much are we going to pay for this new breakthrough? Now, the truth is that you are not this body, this mind, this ego, or these conditionings; but you are the pure Spirit. You always say this is my body, my ego, my conditionings, my feelings, my emotions. Who is this "my", who is the one that owns all these things? That is the one, is the Spirit.

Another thing we have to understand that, the truth is that there is an All Pervading Power of Divine Love. We see these beautiful flowers and such beautiful trees all over, we take them for granted. It's a miracle, it's really a miracle that a seed can produce such beautiful flowers or such great trees, or we take them for granted. If we ask a question, "Who runs our heart?" The doctors would say it is the autonomous nervous system, but if you ask them, "Who is this auto?" they can't answer. Look at our eyes, it's a

beautiful camera, who has made this, this brain of ours, is the best computer that you could think of, who has done this job? Is this All Pervading Power which has given us evolution, and that today we are here as human beings.

Now there's a little breakthrough, little journey for us to have the new breakthrough, where you are going to be connected to that All Pervading Power of Divine Love. Without that, we have no meaning, we have no identity. Like this instrument [pointing to microphone] if it is not connected to the mains, it has no meaning. You won't hear Me, in the same way, unless and until this connection is established, this yoga is established, we have no meaning, no identity and we run here and there to find our identity.

These are special times, like I call them "Blossom Times". Because many seekers of truth have come on this earth at this special time, like flowers and they are to now to become fruits. But it is also called as a Resurrection Time, as the Last Judgment or as Qiyamat in the Koran. Now, the idea of resurrection is rather absurd, that it is said that our dead bodies from the graves will come out and they will all be resurrected. It's absurd, because for so many years people have been kept there in the graves and there's nothing left there, there's, but just some bones might be there and you can't give resurrection to bones. But the Indian idea about it is correct, that, in those days, at the last judgment or we can call it as the resurrection time, that time, many people will take their birth, their souls will take their birth and will come on this earth, and they will be resurrected.

We find today there are so many people born and we are worried about the population. But these are all the souls who are taking birth and they are to be resurrected. This has been predicted in many books in Indian scriptures and also in Indian philosophy. These people will be born to get their Realization and also to be judged. That's why we sometimes these days find horrible things happening, horrible type of people we can't understand how could such human beings exist?

After all, they behave worse than animals, and it is impossible to understand how even small children, how even people who are talking about religion and God are becoming so stupid and so filthy, that it's not possible by any imagination that human beings would go to that level. I might be the oldest woman here, I don't know, but I think when I was born and for quite some time there were very nice people. But after some time this decline started and it's so fast moving that people don't even feel the impact of this decline, which is really shocking.

So now, by talking about it, by having lectures, by having seminars, by doing this, it's not going to work out. You have to transform human beings. Most of the global problems are because of human beings. We have to admit, humbly. Now, these global problems are depending on human beings and the problems of human beings are because of these centers. When these centers are out of gear, because they are our foundations, we suffer physically, mentally, emotionally and spiritually. So, our main concern should be to get to these centers and find out, how we can correct them and how we can have the correction of our being. As I told you they are responsible for our physical, mental, emotional and spiritual being.

When this Kundalini rises She passes through these centers and She corrects all these centers not only that She integrates them and ultimately She breaks through this fontanelle bone area. Now, first thing you feel is this all Pervading Power of Divine Love, which is like a cool breeze, we say Cool Breeze of the Holy Ghost. This is the reflection of the Holy Ghost that you see, is your own Mother. Now I don't know why Mr. Paul didn't want any mention of the women in the Bible, and he didn't even mention the Primordial Mother, though he talks of the Father, God Almighty, His Son, and no Mother, it's a Holy Ghost, or a doe. What about the Mother?

In every country, in the ancient times, like Greece has Athena, Ath means Primordial, Primordial Mother, China, any country you go to, they all believed in the Primordial Mother. But in the Bible they have removed that. Even in Judaism there is the mention not only mention but quite a description of the Primordial Mother. Now, after that, even the Islamic thing, we see that Mohammed Sahib did respect, very much Mother Mary, but in the Bible there is no respect for Mother Mary. This is one thing I find in the Western society that women are really very insecure.

This insecurity is so much, you see so evident, because every woman has to be like an actress all the time trying to pamper the man's ego, all the time struggling to be attractive and all those things. In that, how far they have gone I don't know. But you are

the power; the women are the power, the potential power behind the man. If once that is accepted I tell you lots of problems can be solved. Women will be respected and this struggle will be finished. It's a fact. Even in England, supposed to be such an advanced country, they were finding it difficult to appoint a woman as a priest. It's so primitive I think. In India, always they think a woman is a Shakti; this difference has brought quite a lot of problems for our ladies in the West.

Now, you have to understand that in the realm of God, there is no difference between a woman and man, they're on the same level, and they all have the same rights to achieve their spiritual ascent. It's the wrong idea to put down 70% of population into jeopardy while the 30% are something highly placed. I've seen your films and things. Of course modern films sometimes and I'm shocked that only always they should try to show the women as nude. Men never become nude as if they are sanctum sanctorum or something like that, On the contrary a woman needs her chastity, her power is in her chastity. I'm sorry I have to say these things might be now out of date maybe in this country, but I am your Mother, and I have to tell you the truth.

This Kundalini is your Mother, your individual Mother, and She is waiting for a chance to give you your second birth. You are to be born again, but born again is not a brand, that I'm "born again." It is something that happens, it's an actualization of happening that takes place by which you become a realized soul, become a saint.

It's a very different thing from branding yourself that, "I'm a Christian, I'm a Hindu or a Moslem." Anybody who is a Hindu, Christian, Moslem, can commit any sin. If these religions are complete, then why is it happening? I believe they are complete, why is it happening, because the human being has not got that yet, that power to sustain it.

The reason is once he is absolutely one with this All Pervading Power, then he has not only the power, but he becomes righteous. He becomes a real person, it's a something like in the darkness or in the ignorance we are afraid to do many things, and we do many things thinking that nobody will find it out. Actually there, whatever is outside is inside and a person becomes so transformed he becomes absolutely fearless.

You have seen the example of Christ. Christ had nothing to do with Mary Magdalene, nothing to do. It's a different character, this is a different character.

There are many people who are waiting outside, and these people are getting up and walking out. I just, have some patience, this is, I can't understand, really. I think those who are to go out, can go now, and don't disturb later on. There should be certain amount of depth. I am telling you of something which is so important to you and to everyone. You have no idea what you are missing. So those who have to go could go out; but don't disturb otherwise, it's not proper, it's not civil. Half of the people are waiting outside because they have no room.

So now, at this time, at this juncture, when we call it the Modern Times, according to Sanskrit description it is the worst time, what we call is the Kali Yuga, where it is the worst time, all kinds of illusions will be there. People will be living in all kinds of illusions; they will suffer and all kinds of horrible things they will try to do; which you would never expect them to do. It is a description which is so precise. So many details are there, in that, that you are amazed to see how it was seen long, long time before that such a time will come. But the beauty of this is one; that at this time only people who are seeking the Truth, who are seeking God will find and that's what it is today; we have to have our Self Realization.

The Spirit which is within you is a collective being and once you are awakened into the light of Spirit, you become a collective being. That means, on your finger tips you can feel the centers of others also as you can feel yourself. By knowing yourself you know the self knowledge, the inner self knowledge and by knowing others you are in collective consciousness.

Now if you know how to correct these centers, then you solve the problem for yourself, but also you can correct the centers of others. You can even raise this Kundalini, you can give awakening, and I know of people, one person, in Russia in Togliatti, gave Realization to 22,000 people.

But Russians are very different, I must say. They didn't have this kind of a freedom and so they were very introspective, very

introspective. While we used our freedom for something not so important, not so useful. As I was telling you that, last time when I came, first time, I stayed with a man who was very rich person, very, very rich and he told Me that when I got into his car, that his handle of his car is made in such a way that, it opens the other way around. I said, "But why?" he said "It is my individualism, my own creation, it's my." I said, "This is wrong, because supposing somebody gets into your car and he does not know to open, he will die, you see, so why make such a thing?"

Then, when I went into his house, he told Me about his bathroom, he said, "Be careful if you press one button, You will jump into the swimming pool", I said "Why?" He said, "You see, it is my genius, you see, which has worked this, see now." I said, "But I don't want to jump into your swimming pool, you give Me a simple, very simple bathroom, you see, I am used to a simple bathroom." Then he tells that, "This is my bed, you press this button, your head will come up, you press your feet, your feet will come up." I said, "I can put My feet and head up Myself; it's absurd. I mean, supposing I touch some button and I suddenly find standing on My head?" So this is not the way. I said, "I'd better sleep on the grounds, this is safer".

So this is how I thought this man spent his money, and his energy, and his all education. Everything he had different. The tiles are different, this is different, that is different. And the dress he was wearing like anybody else. I said, "What dress are wearing?" He said, "This is the fashion." Like a fashion starts say, in Paris. 6 inches of skirts. So in the cold of Switzerland also, ladies are wearing 6 inches of skirts. I mean, use your brains. I don't know; these entrepreneurs have blinded you so much with their bombardment of advertisement and all that. That it's impossible to get of out of it; even small children. The other day I met a child and he said, "If you are going to America then you get me a teddy bear with a birth date." I said, "With a birth date?", "Yes".

So anything they start nonsensical works out; these entrepreneurs have really enslaved our brains and whatever they put up in the market, they know they have money, they can put more big business out of it; advertise. So people go in for that, and now I am happy to see that many are getting exposed; but they are like mushrooms, again some of them after will come up and bring some new ideas and new ventures.

For us it is to understand what is good for us and what is not. Mostly nowadays, it is happening that the things that we see is very dangerous because most of them are destructive. We are getting destroyed from within. The reason is first, we have no knowledge of inner being. We don't know ourselves. We have to find out ourselves. Christ has clearly said, "Know thyself." Every scripture has said, "Know thyself." Of course, in the Indian language, that is Sanskrit, is called a person who is enlightened as he is a "dvija" means is twice born, a bird is also called as "dvija" means first he's born like an egg, and then he becomes a bird, in the same way first we are born as human beings and then we become enlightened people.

Now, this enlightened business has been very much here in the shops I think, quite a marketing has been done, and they are very good marketeers, I can tell you, they are so good at it that really, anybody could be befooled by their tricks and gimmicks. So I am not surprised at that; but what I am surprised at that how people believe all these gimmicks.

First of all, how can you pay for your evolution? That's first thing I tell you, secondly you should find out what are the disciples doing, what sort of a life they are leading, how much knowledge they have, what do they talk about, what sort of a life they lead? Without that, without using any discretion if you jump, then look, there is a market of it; and people are really doing guru shopping. I told about this when I came in the year 1972 in America. In New York we had a program and we had also in New Jersey. There were hardly ten to twenty people and Washington we had only four. The other day, in Washington, somebody told Me of course now it's all full, he told Me that I had cured his father, out of the four he was one of them.

But now at least, please try to understand, that your value system is to be raised higher and try to understand that you are not so cheap, you are not so useless. You are human beings; you are at the epitome of evolution. So value yourself, understand how important you are.

Unless and until you understand this, I don't think we can have any transformation, because for a human being he is just nothing, mostly. Like if you take say a small box of television in a remote corner, where they have never even seen electricity, and tell them, "You will see some nice films in it," they'll say, "What, this box, how can it show any films?" In the same way we think we

are boxes. We have no value for ourselves, even when we are seeking, we don't know what we are seeking, and that's the reason so many I know, so many good seekers have been misled and have suffered and have become recluses or have died and are suffering from all kinds of diseases.

This is one of the reasons one has to understand why we have been in a wrong line and we have to now correct ourselves.

I know some people may not like if I tell them that it was Freud. Freud, now of course they are writing about him, "Fraudulent Freud", and also I have read another book, is the "Fall of Freudian Empire", and all that. Now, when he has already ruined people by his ideas. He was worshipped like Jesus Christ; I couldn't believe. When I came here in '72 there was a lady who came to see Me with a little child of twelve years. Very sweet child; and she told Me this boy has taken drugs. I said, "Drugs, this little thing?" I couldn't bare, I just took the child, put to My heart, and I said, "My child, why are you taking drugs?", I kissed him, he looked at Me like this, he said, "My mother never does this to me." I asked the mother, "Why don't you do it?" She said, "I will have guilt." First I could not understand, what is the guilt is. I mean, even in India, I mean a big boy will come and hug his mother and kiss her. How these ideas have been put into our heads, and we are trying to do things, which, which cannot be explained why they are doing all these things? But when I read Freud, I understood, that this man has put very false ideas and now of course there must be some people who must be doing psychiatry, and all that, and blaming all the parents for all the wrongs you are doing, as suggested by Freud, and some people may not like it, but I must tell you that it's a wrong thing to do.

You must understand that he has talked of things which are very unnatural, which are absurd, which are absolutely have no substance in it. Such a man was accepted, but he was more accepted here than in Austria from where he came. When I told them about it, they all clapped and they were very happy that I was criticizing him. But not in America; they are some sort of wedded to him. So again I have to tell you, that you have to understand that this kind of nonsensical ideas if people put it, you should first judge them and find out how these ideas have settled down in the society.

I'm really concerned about Americans, really concerned, because what I feel that there are beautiful seekers here, so many seekers of truth are in America, and they are nowhere so many and how much they have been misled by this kind of a Freud business or another is some sort of a cult, or some sort of a evangelist or some sort of a nonsense, they're all being entangled as if some sort of an attack of the evil forces on them.

Our children, I feel, I'm surprised how the children are going into this kind of a turmoil. They are to be saved; our progeny has to be saved. We talk of having a good family. You can't. You can't, unless and until you get out of it, completely, because the society is such, the whole ideas are such that you can't get out of it, there's such conditioning. So the best way is to get your Self Realization.

On this map you can see, one side is your conditioning, and on the other side is your ego. Both these things are like this, touching on your brain, when this Agnya chakra, which is on the optic chasma, gets awakened by the Kundalini, these two pouches are just sucked in, and you really become a real free person. It's a fact that people have given up drugs, alcoholism, all kinds of destructive habits, all kinds; I don't want to tell them, because half of you might leave. So I don't want to tell you what habits that they have given up, but they become so pure; so beautiful, so angelic.

I can understand Indians because their culture is such that they are really frightened to do anything wrong, but in a culture where there is , freedom, do what you like, what's wrong, you ask anyone, "Why are you putting this red stuff on your head?", it's very bad for your eyes, those punks, they'll say, "What's wrong?", but it spoil your eyes, so what's wrong? This kind of a very arrogant freedom which doesn'tt give any clue to our benevolence, we have to look after ourselves, we have to know what we are, and we have to understand that we have to play a very big role, very big role, especially Americans, have to play a very big role.

The other day some question was asked, "Why should Americans be policeman everywhere?" They have to be jolly well, because they are placed in this center here, in the Vishuddhi, this is the center for collectivity, this center, is for collectivity, for responsibility, for communication. This center is very important and if you are born in America you have to be responsible for the whole world; whether you like it or not.

The defects of this center causes many diseases also, but also it makes a person a very artificial. He says something does a lip service, but nothing from the heart, no sincerity inside, just outside he says and just gets lost with it. As a human being, we cannot be insincere, we cannot. But after Realization you cannot, because you become a sincere person, you become, just can't help it. You become very honest, you become fearless; above all your attention becomes very pure without any lust and greed.

I have not seen, now we have 55 nations who are following Sahaja Yoga, I have not seen anybody flirting or anything. We have never had any case where a man has ran away with somebody's wife or anything, nothing of the kind, they're very pure people; such purity. It happens because of your attention, but this attention becomes so active and so powerful that if you pay attention to someone, this innocent attention can correct that person, can also emit peace and joy.

We are thinking, a thought comes up and goes down, again a thought comes up and goes down, we are jumping on the cusp of these thoughts, which are coming from the future and the past, but we cannot be in the present, if I say, "You be in the present," you cannot.

So what happens when this Kundalini rises, these thoughts elongate, and the space between the two also increases and you become absolutely peaceful, no thought, thoughtlessly aware, Nirvichara Samadhi, thoughtlessly aware. Then, you watch, now this is a beautiful carpet, I watch this in thoughtlessly aware state. Then I don't want worry about it, supposing it is mine, I'll be worried somebody will be spoiling it, and I'll have insure it and all that. Suppose it belongs to somebody else, then, I will think how much it must have cost; I should have one, and all that. But in case when I am in thoughtless awareness I just look at it, and the joy of it's creation, itself, in a formless form just starts pouring down My head and soothes Me and absolutely relaxes. It happens like that, so one reaches that state we call as thoughtless awareness. This thoughtless awareness state is the state where you are at peace with yourself and with everyone; actually that is the state of your peace.

Even so, we have seen in the world there are people who have got how many awards and things, and peace conferences, this, that. Now I've met those people, somehow it happened, my luck was such that I met such people and I found them to be extremely hot tempered people. I mean, if you have to meet them, better take a barge pole sort of people, and they have got all these awards, and we are very much enamored, oh, they have got peace awards. It has no meaning, because they have no peace within themselves.

If you don't have peace within yourself, how can you give peace to others? You have to have that peace within yourself. You are the source of that peace and you are the source of that joy, but you haven't yet reached that state, which is within you. All these powers are within you, is your own; this Kundalini power is also your own; and that whatever is going to happen is going to be a light by which you will see the knowledge yourself.

So it has to work out in such a manner that you should be empowered, you should have the power, you should know what's wrong and what's right, I don't have to tell you. I give a simple example, that if there is a snake in my hand, and I'm obstinate, and very egoistical, and somebody says that, "There's a snake in your hand, it's darkness," and I'll say, "No, it's not a snake, it's a rope," till the snake bites me, I'll be going, I'll be saying, "No, this is not a snake." But if there is little light, then immediately I leave it, nobody has to tell it, because I'll see it.

In the same way, when this enlightenment takes place, you see yourself, what is destructive to you and what is constructive, you see for yourself, and immediately you do it, whatever is needed to be done. It's very surprising, how it works out so spontaneously. I've seen overnight people changing like that, overnight.

There was lady who came, I didn't know, they said, "Mother, she's a prostitute." I said, "Let her be, let her sit down." As soon as she got her Realization, she started crying. She came to Me, "Mother, said I am very sinful". Forget it, past is over. Finished; doesn't exist now any more. Now you have become, like a lotus out of the pond; you are so beautiful, forget it. That's how it works out. So in this short time I don't think I can tell you a lot about yourself, first you should get your light. Like this room has

got so many lights, and when you come in you just have to put on the switch and you get the light. In the same way, you are all built in with this power. I don't have to do anything, it's all built in, very beautifully and it works in no time.

Only thing you must have determination to grow, many diseases have been cured, I know, there have been cured. There are three doctors who have got MD in Delhi University and also we have so many people here who have been cured with Sahaja Yoga, cancer, all kinds of diseases have been cured with this.

Now, in this short time I would just say that as the light is easy to put on, it's very easy to give you Realization. But if I have to tell you about the history of this electricity, how it was brought here, and how it was put here, you'd be all bored stiff and it's good for nothing. So best thing is you get all your enlightenment and then we can know everything about ourselves. It's so beautiful, you don't know how fantastic you are, you have no ideas, because you have no idea of your inner powers and of your inner self which is sustaining your life, which is your being.

But one thing I have to tell you, in modern times, it's a collective happening. Like the whole body, if anything happens to it, the whole body jumps, put attention to that part. But if a nail is cut out, it doesn't grow. In the same way, you have to please come to our centers and learn everything about it and grow into it. At the most, will take a month, at the most, to master it. Some of them get it without any difficulty, the second state also they get it, which we call as the Nirvikalpa Samadhi, where there's no doubt.

You are absolutely empowered, you can give Realization to anybody, you can cure any person, you know each and everything. That state you can achieve within month's time because the time has come and you are special people who are seekers. William Blake has said that at that this time, people of God will be born, and they will know about the Divine, and they will make also others Divine, that's the stage. It may appear to you something very out of the blue, but it's not.

Now, New York, I've been here before, I've told you, but in other countries, it is spreading like fire. Because I think they didn't have so much of freedom, and so much of indiscreet permission to do whatever they liked. So they are understanding the wisdom behind it. It's so important, and they're working it out. I'm sure the people in New York also will try to understand how important you are and that you should not only get your Realization but you must grow into it and become great Sahaja Yogis.

It will hardly take about 10-15 minutes for you to get your Realization. It doesn't take much time but in any way I don't mind for 15 minutes if you have some questions to ask Me. But ask questions which are relevant and sensible, only about 10-15 minutes because if you go on answering, there's no end to it. Moreover I have been doing this kind of work for the last 24 years and I'm now quite an expert in answering questions. Whatever questions you may ask I'll be able to answer, but I tell you it's a mental acrobat, that's all, and it is of no use because it doesn't guarantee your Realization. So if you have really, genuinely any problem, please ask Me a question, it's all right, because you have freedom to ask...Yes Please?

[Audience]: Summary of Question [unclear]: Is it possible to remain enlightened in a stressful environment?

Shri Mataji: When I told you that you reach the state of your peace, actually you become a witness. You become the witness of the whole drama. See the whole thing as a drama. It's like this, when you are standing in the water, say in the sea water and there are waves coming up, you are frightened of the waves. But supposing you are put in the boat, then you enjoy the waves, all right. But supposing you become an expert swimmer, you can jump down and save people. It's really like that happens, you never develop the stress or anything. Now as you know I am a very old woman, and I'm traveling all the time, but I never feel the stress I don't know what sort of a thing it is. I'm asking people what happens when you get stress, what is it? I just can't understand because a hole is made, I would say, the whole stress and all this passes out.

[Audience]: Question unclear, moderator confirms to Shri Mataji

Shri Mataji: Of course, of course, it's true. That's true. Moderator confirms: "She wants to be helped with her medical problems." Yes, yes, you will be, definitely, 100%, you'll have to come to our centers, and they will tell you. It's very simple. They will tell what is to be done and you can be cured, all right?

[Audience]: Moderator confirms: she wanted to be helped with her medical problems.

Shri Mataji: She wanted to be helped in her personal medical problem. So I told her she has to come to our center where they'll tell you how you can cure yourself, and actually with Kundalini awakening itself you get cured, but if there is something left out, they will clear it out for you, it's not difficult.

[Audience]: I have two small children, and I'm running a home, and I have a lot of anger towards men, my husband, and I find it is really interfering in keeping the family balance, and the things that you mentioned earlier are things that are causing this anger and I want to be able to move on.

Shri Mataji: No, no, no need. Sit down. You see, anger comes from our liver. See, our liver is heated up, then we get very angry. Also, with your husband also; he must be an angry person also. But, you see with this, what happens your liver gets cured. You cool down, you become a peaceful personality, your husband becomes a peaceful personality. Now, every year we have at least about say 90 marriages, minimum of 90 marriages, international, and out of that 1 percent also will say, fail, sometimes, and they have such beautiful children. So, it's something wrong with us, that's why we get angry, and once this works out, you're so peaceful, that you really start enjoying each other.

Now, your wife and your husband, they are here for enjoying each other isn't it? Not for fighting, quarrelling, or anything; they are here just to enjoy. After Sahaja Yoga I've seen, I've really seen Sahaja Yogis how gentle they are with each other, how kind, how concerned, how sweet. It's really, the real romance you see after; you see them in Sahaja Yoga. So for all of you I would say, it's a very beautiful family life you can lead, but one has to understand that there's something wrong with us also and we need a transformation.

[Audience]: Question unclear. Moderator confirms: He wants to know how spirituality and reality go together, because he has to make money, has to pay his bills, etc.

Shri Mataji: Of course, you will pay your money better. Yes, you see, because, your attention becomes very penetrating. Your intelligence sharpens, your creativity increases, you are so relaxed. I mean from every side you become a very, very superior person. I've seen now, in London see there are so many people who are going out of jobs but not a single Sahaja Yogi is out of job. Suddenly, and also, if you may understand, blessings of God; it's so blissful. Things work out so fast that you are amazed how it works out.

Only the other day we had a problem with our old leader who was getting old and I had to appoint somebody else as the leader in Los Angeles. And he said, "Mother, I'm in Hawaii how will I manage?" "It's all right." Next day he got a very big call from a very big company to join them in LA, now it's miracle. There are many miracles, so many miracles have happened that they write to Me, and I told somebody that, "You'd better compile them, it's too many." So they started compiling, after a month he telephoned that, "They all have reached above my head, on both the sides, now tell me, what should I do?" I said, "Now, cancel it. Let it be." What to do?

So you don't know how miraculous it is, to be in the Kingdom of God. It is such a blessing, from every angle.

Shri Mataji: Please get up and say I can't hear.

Moderator: Explains question to Shri Mataji

Shri Mataji: I said which scripture has written that? Which one have you read?

Moderator: Which scripture?

Shri Mataji: It's not true. It's not so. No none of them; none of them; they cannot write such absurd things. I'll you what, in our country we had a system of giving Realization, since long, from ancient times, and Sahaja Yoga, I would say if I've done anything, is that it's an en masse Realization system I have found out. But there were natha panthis who used to do this job all over of the world. For example, Raja Janaka had a guru called Ashtvakra and if you read his Gita, you'll find how clearly he's describe about Sahaja Yoga. But that time it was only one disciple and one guru, that was the parampara or that was the tradition.

But in the 12th century Ganeswara asked his guru who was his brother, [unclear: Avrutinath.] He asked him that you just allow me to write about this Kundalini." Because he wrote Ganeshwari and in Ganeshwari he wanted to write about this Kundalini, just to little talk about this secret power within us. His guru allowed him and then he wrote it. But in the 16th century, 16th century, we got lots of gurus; we can say poets they were, who have been doing this kind of work. The guru of Shivaji was Ramadasa. They asked Ramadasa how much time it will take for the Kundalini to rise. So he said, "Tat kshana", that moment. But the person who has to have it has to have that earnest desire and the one who has to do it has to have the authority." Now, this person, I mean if you want to have a guru, you can call Me "Guru", because Mother is the greatest guru, isn't it? But Mother is a very soft Guru also, that's the trouble, that's why people don't accept Mother as the Guru, but if you know your first guru is your Mother.

[Audience]: Question unclear. (About homosexuality and morality)

Shri Mataji: I mean this question I'm not going to touch. You see, because they are very sensitive on this point. It's a fact. I had warned them. You see sometimes it shocks people if I talk about morality, they don't like it, so best is you have your light, and you will know what is morality, what is immorality. Better is that you have your light and your enlightenment. That's the main point is, "If you have your enlightenment then you yourself will know what is good and what is bad." Moreover I would say whatever has happened, has happened. Forget it. Whatever you have done, just forget it. Even if you have been to false gurus or anything, just forget it. Yes?

[Audience]: Question unclear.

Shri Mataji: It's good. I'm very happy you don't know. You see, see this gentleman, you know if you know, Adishankaracharya has called it Shabta jalam means these are webs of words and they just get lost. You see some escape they find, if you have a book then you find an escape, I'm here to give you Self Realization, better take it. So it's good you don't know, I'm very happy, the less you know the better.

[Audience]: Question unclear.

Shri Mataji: It's true; you see that is the trouble. This is the main trouble. You know, every year I've been coming to New York. We never had more than 200 people, no. I don't know, there are so many people on the street, you can't even walk. But they won't come. You see, it is a judgment of yourself. You judge yourself, if you want to come, and enter into the Kingdom of God, that is open for you, but if you don't want to come, nobody is going to force you, your freedom is respected; ... so many hands.

[Audience]: [moderator confirms] She's been enlightened, she'd like to make a transformation, how do we do it?

Shri Mataji: That's very good question. Very good, I'm very happy to see that you are wanting it, May God bless you. We'll do that. Sit down. Now...

Shri Mataji: Is correct: the question you are asking is correct, by God's grace I come from a rich family; Myself, all right, My husband is extremely generous, in the beginning I use to spend all My money coming here, reserving all, and all that, but now, we have so many Sahaja Yogis and they feel ashamed that I should pay for this hall and everything so they pay for it. But only we take money from Sahaja Yogis who have been in Sahaja Yoga for four years. They collect, I don't know, I never touch money, they collect and do it, because they think that America must be saved. They work it out. It's not too much money; you see. Actually, I

come once in a year, now this hall doesn't cost so much, and some of them have given us free halls; luckily they think that we are making no profit so they give us free halls also. [consider not including the colored statement]

[Audience]: Moderator confirmed in Hindi.

Shri Mataji: I know, that question is there. You are a seeker, I must say, but I will tell you, that even in New York or any city, once you get your Realization, you can settle down. Nothing matters, it's all right. I am practically traveling every day, last night I was in Philadelphia, before that I was in Washington, I travelled in the night, came here, that also I did, but I don't travel, I'm just there.

[Audience]: Moderator confirms: the people in this hall are real seekers, when they leave they will be enlightened.

Shri Mataji: Of course, of course, I'll tell you, "Sahaj", "Saha" means with "ja" is born, is the right to have this union. It's your right, everybody has this right, but how many are going to exercise, that I can't say. Now, let us see this lady.

[Moderator]: I think we'll us make it the last question, a lot of people want to have [unclear].

[Audience]: Moderator confirms question to Shri Mataji

Shri Mataji: Aw, you must have heard that radio program. That gentleman seems to be a fundamentalist to Me. He didn't want to listen to anything. You see, what they were telling, that once you are in Sahaja Yoga, you realize that all the essences of all the religions are the same, right?, and that all these prophets and all these incarnations are real, and that in Sahaja Yoga we worship all of them. We are not tolerant, we have to get rid of fundamentalism, we have to get rid of racialism, so you transcend all these nonsensical ideas.

He is, I don't know, he started giving a big lecture, I can't understand him, because there was no need to give such a big lecture as if he was trying to save some people, so the affirmation are so many, just now you'll have one, right? You see, the actualization is the working of it, first time you'll feel this All Pervading Power. But he did not even talk to Me. I think he got nervous, first question he asks Me, "What is My background?" Why a background, I am sitting before you?, and I said also that the people who are spiritual they have no backgrounds, they are that. What was the background of Christ, what was the background of Mohammed Sahib? He didn't even know how to read and write, Christ never went into any university, though I did, but I mean that's no background for spirituality; it's very different.

[Audience]: question unclear. Moderator confirms: She is very happy that You came here today for program; she said she heard You say that You have been working for 24 years, and she can see from Your face that You don't have any stress or any problems; she wants to know if You have any disappointments in life?

Shri Mataji: I'll answer her. She wants to know if I've had any disappointments. I mean, I have no appointments and disappointments. You take everything in a stride. Everything in a stride. Now if there are four people, all right, work on four people. See, you just take it in a stride, you don't start judging or you don't start because, when you fix your attention to something, it should be like this, then you are disappointed; all right?

Moderator: I think we should have a Realization; a lot of people are impatient.

Shri Mataji: Now, you see those who have asked questions should not ask again, because they are all anxious to have their Realization. All right, one more question, now, lady here, come along.

[Audience]: Who is Babaji?

Shri Mataji: You see, now, don't bring their names, it's controversial. What has he done for you? First, finished. What has he done for you? What have you got? A somebody was saying that you can move a pendulum, but paid 445 pounds for that, imagine, now

are we here to move pendulums or to fly about 3 feet height, see already there's jam on the roads, see all such stupid things and silly things, they sell mantras for 300 pounds, an ina, pinga, tingas sort of mantras they give you, they have taken such advantage of your ignorance, all these big, big names means nothing. What have they achieved? What powers you've got? That's what I've said, when you talk of any guru you should go and find out what powers he has given you, anyone, or just making money. You have to become your own guru, that's what I'm saying.

What does a mother want, that her children should have all her powers, everything, that's her greatest achievement, isn't it?

So now again, I have to again tell you, that if you want to go out, please go, but when we are going to meditate, you should not disturb.

Secondly, as I told you, I cannot force Sahaja Yoga on you, I cannot. I cannot put enlightenment on you. No, mostly the Indians will go away, that's one thing, let them go away; the reason is [Shri Mataji speaks in Hindi].

I think you can all sit now, they've all gone away. Actually Hindustani [foreign language statement Hindi] not disappointed, no, no, I was just telling them, this is your heritage, you see that's what is what I was trying to explain to them, this is your heritage, take to it, I'm telling Indians here because they have come here and also lost little bit, so I'm just telling them, this is your heritage, this is the greatest thing you have got to give to others, that's what I was explaining to them. I didn't want them to feel embarrassed, that is why I spoke in Hindi language. It's all right.

You see in India, Sahaja Yoga is growing very fast, very fast. Of course, I am not surprised, because they know all about it. But in Russia, in Russia we have to always book a stadium and never less than 16,000 people and so many waiting outside. Here also some of them I've met Russians, they're very different people and I am surprised because I am not the One who made any big advertisement there, or anything, and thousands came. Just seeing My photograph, such sensitivity to spirituality, such sensitivity to spirituality. And all other these gurus they've thrown away even [such unclear] people have been thrown away from them. This time I didn't see even one. They are very discreet; very discreet. But it's all just a little film of ignorance, and it works.

I would say when Americans get their Realization, they are tremendous, very tremendous people, no doubt; but they should get and they should ask for it, this is the difference, all right.

So the first request is to please take out your shoes if possible; that helps a lot. I think if you sit on these benches would be better, or whenever, you have to sit down, you shouldn't stand, somehow you should all get seated, you have to be comfortable, you don't have to go to Himalayas and stand on your head. Just you'll get it here. I just say I've done the cooking and if you are hungry, you'll eat the food, that's all.

There are three conditions, which are very simple.

The first one is that you all have to be very confident that you'll get your Realization; all of you. Absolutely be confident, don't have any doubts about it. You all are going to get your Realization. The second condition follows from the first: that you should not feel at this moment you are guilty for anything. You are human beings and it's only human beings who commit mistakes; to err is human. Even when you've committed mistakes, you should have just faced them that time. But people go on carrying those mistakes all their lives as guilt and that is placed here. It's a fashion also, to feel guilty, I think, must be a fashion, because for small, small things they'll feel guilty. If they put spoon this way or that way also they feel guilty. Let the Kundalini judge you; you don't judge yourself at all.

As a result, when you put this guilt it goes into this center on the left hand side. We call it left Vishuddhi and you can get say spondylitis, could be angina, which is a heart trouble, or cervical cancer or also lethargic organs; so it's a very important thing at this moment; please don't feel guilty, whatever has happened has happened. Forget the past; just don't feel guilty at all. Those people who tell you, "You are sinners," forget them, something wrong with them that they feel that way. In short, you have to be pleasantly placed towards yourself; don't condemn yourself, don't just now start counting your mistakes or anything.

Because this All Pervading Power is the ocean of forgiveness, and whatever mistakes you might have committed, this ocean of forgiveness can dissolve everything. So, please do not feel guilty, is very important, also if this chakra is constricted, Kundalini won't pass through. So you'll miss the chance of your Self Realization. Now, the third condition is even simpler, that you have to forgive everyone even without thinking about them, in general.

How many would say that's very difficult. Now, logically, whether you forgive or you don't forgive, you don't do anything, you don't do anything. But you live with that myth, and when you don't forgive you play into wrong hands. Those who have troubled you or hurt you are happy people, definitely, while you are torturing yourself, but at this moment specially. This center, here, on the optic chasma is like this; absolutely constricted if you don't forgive, it won't open and the Kundalini won't pass, it's very important for you now to forgive everyone, also don't think about them because it's a headache. Just say in general, "I forgive everyone." You'll feel lighter, half of the stress will go away if you say, "I forgive everyone."

Now, you have been told that there's a left and right, two sides. The left side is for our desire and the right side is for our action. So please put your both the feet apart from each other, here, comfortably. Now, you have to put the left hand on your left lap, like this. This is suggesting that you want to have, you desire to have, your Self Realization.

With the right hand we nourish our centers, on the left hand side, but this has to be done only tonight, this is not repeated again so you don't try to remember it or write it down, please pay more attention to this happening.

Everybody should be seated, will be better. Everyone should be seated. First we'll show you how you are going to nourish your own centers. Please put your right hand on your heart. This is the center where resides the Spirit, I've told you that if you become the Spirit; you become your own master, your own guide, your own master. So now take your right hand in the upper portion of your abdomen on the left hand side and press it hard, this is the center of your mastery, created by all the prophets and all the saints.

Please keep your eyes open and see what he's showing you how to do it. Now, please put your right hand in the lower portion of your abdomen on the left hand side; those who are sitting on the ground need not worry about their legs; just sit on the ground is the best, all right.

Now, this is the center is for Pure Divine Knowledge. Now raise your right hand in the upper portion of your abdomen, on the left hand side. Now on your heart, and now in the corner of your neck and shoulder, and turn your head to your right.

I've already told you about this center what happens when you feel guilty. Now raise your right hand on top your forehead across and please put down your head as far as possible. This is the center where you will have to forgive everyone in general.

Now please take your right hand on the backside of your head, and push back your head. Here without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask forgiveness from the All Pervading Divine Power.

Now, the last center is very important, stretch your palm, right hand palm, you stretch it fully. Put the center of your palm on top of the fontanelle bone area, which was the soft bone in your childhood, called as talavir. Now push back your fingers as far as possible, push back your fingers, now please put down your head, please put down, push back your fingers, because it will have a good pressure on your scalp.

Now move your scalp slowly, seven times clockwise. Push back the fingers, like that, backwards. Now put it on the soft bone here. Now, put down your head, and move it seven times. Please put down your heads, yes, and now, move it. Push back your fingers, important is to push back your fingers, so there is a good pressure, now move it, seven times, clockwise. Now, everyone has to do it. Please, everyone do it.

Now, we'll have to close your eyes when I tell you, before that please see that your feet are apart from each other and that your left hand is on your lap. You can take out your glasses; it also helps your eyesight, sometimes.

Now, please put your right hand on your heart, please close your eyes and don't open them till I tell you. Here you have to ask a very fundamental question about yourself, to Me, you can call Me "Mother" or you can call Me "Shri Mataji," please ask three times, in your heart, not loudly, "Mother, am I the Spirit?" Ask this question, "Mother, am I the Spirit?"

I've told you that if you become the Spirit, in the light of the Spirit, you become a master; of yourself.

So now, please take your right hand in the upper portion of your abdomen on the left hand side, and press it. Here you ask another fundamental question to Me, about yourself, please ask three times, "Mother, am I my own Master?" Ask Me a question. Now take your hand, right hand, on the lower portion of your abdomen on the left hand side, and press it hard. This center has got six petals, so you have to ask six times. I am sorry I cannot force Pure Divine Knowledge on you, you have to ask for it, it manifest on your central nervous system. So please ask six times, "Mother, please give me Pure Divine Knowledge," in a humble way, you have to ask, "Mother, please give me Pure Divine Knowledge." Six times. As soon as you ask for Pure Divine Knowledge, the Kundalini starts moving upward, so we have to nourish our higher centers with our full self confidence.

So please raise your right hand in the upper portion of your abdomen on the left hand side. Here you have to say ten times, with full confidence, "Mother, I am my own master," please say that, ten times. I've already told you that you are not this mind, this body, this ego, this conditionings, this feelings, but you are the pure Spirit. So now, raise your right hand on your heart, and please say with full confidence, "Mother, I am the pure Spirit," twelve times, "Mother, I am the pure Spirit" say it twelve times.

This All Pervading Power is the ocean of compassion, is the ocean of knowledge, is the ocean of bliss and joy, but above all, it is the ocean of forgiveness, and whatever mistakes you have committed, can be easily dissolved by the power of this ocean of forgiveness, so please forgive yourself, and raise your hand in the corner of your neck and your shoulder, and turn your head to your right This is the worst center here tonight, I find people really are unnecessarily feeling guilty. Please say now, sixteen times with full confidence from your heart, sixteen times, please say, "Mother, I am not guilty at all."

I have already explained to you logically, whether you forgive or you don't forgive you don't do anything whatsoever, actually when you don't forgive, then you suffer and torture yourself, play into wrong hands. At this moment it is very important that you should forgive, because this center of Agnya is extremely constricted, and unless and until you forgive you cannot allow the Kundalini to pass, because this will not open.

So please try to forgive everyone, don't think about them, but just forgive everybody in general. So now, raise your right hand, on your forehead across, please put down your head, here say from your heart, not how many times, but your from heart, "Mother, I forgive everyone in general." Don't think about them.

Now, please take your right hand on the backside of your head. Push back your head. Here, without feeling guilty, without counting your mistakes, just for your satisfaction, you have to say, "Oh Divine Power, if I have done anything wrong, knowingly or unknowingly, please forgive me."

Now, the last center, please stretch your palms, and put the center of your palm on top of the fontanelle bone area, which was a soft bone in your childhood. Now stretch back your fingers, that's important and put down your head. Here again, I cannot force Self Realization on you because I respect your freedom, so move your scalp seven times, clockwise, saying seven times, "Mother, please give me my Self Realization."

SHRI MATAJI BLOWS INTO THE MICROPHONE

Now, take down your hand, open your eyes, you can wear your glasses. Now please put both your hands towards Me like this.

1993-1024, 9th Day of Navaratri, Reintrospect Yourself

View [online](#).

24 October 1993

Navaratri Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Navaratri Puja. Cabella (Italy), 24 October 1993.

Today we have gathered here to do the puja of the Devi. The Devi has many forms, but is the embodiment of the Shakti. Adi Shakti gives Shakti to all these embodiments and so there are many Goddesses we have.

At different times they came on this Earth and did all that was necessary for the ascent of people who were seekers. Especially the one we know of, Jagadamba, the Durga. She was trying to protect all the seekers of Truth and to destroy all evil forces, because without the ascent of human beings they do not know the Truth, and that's why whatever they try to do is a mental projection, and this mental projection, if it is not substantiated by Truth, by dharma, it declines. In Sanskrit they call it glani. When this glani takes place, then incarnations are born - to solve the problem.

In all incarnation of the Goddess there have been very much incarnated the satanic forces, they had incarnated, and She had to fight with them and destroy them. But this destruction was not for the destruction's sake that the evil forces are to be destroyed, but evil forces always try to put down the seekers, put down the Saints, try to harm them, sometimes even destroy [them]. All these destructive forces do not come at the same time, normally. At different times, is easy to handle.

But the aim of the incarnation is to save, to protect the people who are seekers because they are the most important people in the realm of spirituality. All others are nothing but dust, good for nothing, useless. If they are not seeking the Truth, in the eyes of God they are just useless lives that have come and will be finished. They have no value and they have no dignity, they have no understanding of anything.

So in the judgement of the Divine Love we have two types of people: one who are Seekers of Truth and the another who are not. They may be good people, they may be nice people, they [may] be doing a lot of good work, social work, this work, missionary work, every sort of work they might be doing, but if they are not seeking the Truth, then they do not come to that category where God has to incarnate. So try to understand the preciousness, the importance of seekers. And that's what you have been - seeking. Very few persons. If you take the percentage of seekers, is very, very wee bit. But it's very important because, say a...one little part of gold is much more valuable than mounds of steel. In the same way a seeker is much more valuable in the growth of spirituality. The whole universe was created, whole atmosphere was built, all the evolution took place for what? That human beings should know the Truth.

But in the modern atmosphere is a very big curse, I think the greatest evil than all the Shumba, Nishumbas and all that, the worst of all is materialism because materialism makes you gross. In your seeking also when you are rising, subtly that materialism catches you. I've been noticing this! When people come to Sahaja Yoga alright, they are going deep into themselves, they are understanding what I am saying, all the inner knowledge they want to know, what is called as Atma gyan. Atma gyan means two things: the knowledge about the Spirit and knowledge about yourself. All this they find out and they know what it is.

This state is the state for which people have been doing all kinds of things, going to the Himalayas, meditating in the cold without much clothes on them, living in the caves with some fruits. All kinds of tapasyas they would do because the seeking was so deep, so urgent and they could not get out of that force of seeking. But in the modern times, materialism retards that hankering, that dedication. It's maddening for people when they are seekers.

I've seen, before coming to Sahaja Yoga, people spend [a] lot of money, go to various places, go to Himalayas, go to Nepal, go to Japan, all over the places they are moving. But after coming to Sahaja Yoga, after they have become the Spirit, for the growth of your new awareness, the progress is retarded. Also one should understand that after so much of running about [when] you find something so precious, so you settle down with it, and you feel very satisfied about it. That part is alright. But what later on? Your growth should not stop and that stops, because, because of one of the main reasons is materialism. Because of materialism your faith in yourself is also less.

Now as you have seen that the Gods pray to the Goddess and She came and killed all the negative forces. The reason was the earnest desire of the Gods compelled Her to take incarnation. Such sincere desire to ascend that they could not get sometimes food even water and they worked so hard for their ascent which was disturbed by negative forces. So their call was so from the heart, so desperate and genuine and sincere that the Goddess had to take birth on this Earth to save them, to protect them, to look after them.

But as it is we see, once you have reached a destination, you feel, "Now better settle down." Now, what do we settle down with? If, after getting realisation, you are complete, you are in Totality, you are absolutely one with Reality, there is nothing to be done - you become a saint. And a saint does not need any advertisement, does not need anything. His message spreads, people see him and know he is a great saint.

So many Saints did not even leave their houses. A very common saying in India: your 'takiya' you should not leave, that, the pillow on which you are resting, you should not leave. That was a criteria of a Guru. Those who have to seek should come to the Guru's and climb up at least six, seven miles up, and then the Guru doesn't meet anyone. He may slap you, he may hit you, he may drop you from that high mountain. He'll take your test by so many ways, ultimately he may select one person to give Realisation. So this hankering, this desperate effort was all the time there.

Now, so we come to Sahaja Yoga in these modern times. Sometimes I feel that, not only Sahaja Yoga is very easy, also it is extremely pampering. You know that you have got Realisation, you all know that you are better than others, that you have got rid of so many problems and that now you have become master of your own. Then the responsibility that you have towards yourself and to your fellow men reduces because you feel very satisfied with yourself.

The other day some sahaja yogini rang Me up. I mean they ring Me up for everything. She said that "I went to the doctor and he put radiation and they found I was pregnant, so what should I do about the baby?" For such a small thing they will ask Me. "What should be the name our son? What is this, what is that?" I mean I have to do much more work than any priest has to. Little, little things they are worried about. Alright, that part is alright, that I have to tell you what is to be done at such a point or what should we do. If they miss the train, they will telephone Me, "Mother we have missed the train, now what to do?" So I have to tell them, "Alright, give them a bandhan." That also I have to tell them. Or supposing their father is sick, he has a heart trouble, then they'll telephone to Me "My father is sick, he has a heart trouble, he's not a sahaja yogi, what can you do about it?" So Mother has to put attention to his father who is not a sahaja yogi. Small, small things they write to Me, such small things that you can't imagine how they do not understand what I am here for? Still I've never said that this is a stupid thing to ask Me, you should not waste My time. Never.

But it's to be seen now, that if you do not value yourself as realised souls, you cannot value My time also, or what is Myself. This incarnation can be wasted completely because of this materialistic attitude. In this modern times, I don't know what's gone wrong with human beings because the most important thing in your life is to ascend and to grow. Take a big vision of the whole thing - why this Universe was created, why you were created as human beings, what was the need to do all these things, for what is it done. If you have a very big vision of the whole thing, then try to locate your position, "Where am I?" And then, how the Divine has selected me and now I have become a sahaja yogi. So now, 'What is my responsibility?' - that, one has to see.

But on the contrary, I've seen people who are saying "I have a transfer." So they'll telephone and ask "Mother, should we take our chair or not?" That shows that they have no value about themselves and no value about Me. Both ways. Because they ask in

such small things, such silly things, that it is impossible to understand how could sahaja yogis ask such questions.

In the perspective we can see, of the Goddess, She comes on this Earth in different forms, at different times, to save the seekers of Truth and to work out the ascent of the seekers of Truth. Can you imagine! A very big difference in the incarnation of the Goddess before Kali Yuga. While now, it's a very different thing, that you have come on this Earth to become the sahaja yogis. You have to have a body, a mind, feelings, everything, which is just charged with spirituality, charged with your spirituality. Should be normally. Because how many years in the past you have been seeking God? Then, that you came here, what a coincidence! Then what is it? When you have such a great advantage that you have come to Sahaja Yoga because of your seeking, and now you have found the satisfaction out of it, what is the responsibility that you have? That the incarnation itself has come on this Earth, not only to protect you, to nourish you and to kill the demons - no! She has come on this Earth to tell you about everything that is subtler inside and to tell you what should be your relationship should be outside as well as inside.

You were never connected with Truth, you were never connected with this All-pervading Power, you were never connected with God Almighty. So one has to understand that what a great thing has happened, that out of Me only, this Kundalini has come out and She has touched these higher centres. How? This was not done before, no, they were just protected, they were just looked after. Nowhere it is written that the Goddess has given realisation to people, nowhere! She is responsible, She can give. One of Her names is that, I mean, not one but at least ten names are: that She gives you your nirvana, that She gives you your Freedom, that She introduces you to liberty. All these things are written but what's happening now is that people have not yet been able to grasp the value of their life in the modern time.

See the way people ask questions, see the way people, the enquiry is on, the way people are worried. "Now my child is big, what should I do?" "What should you do? Child is big, put him to school, do what you like!" "Mother, will you please tell where to put the child?" Then you put the child - "Have you seen the school Mother?" "No I haven't!" "Then you go and inspect the school"!! Imagine Kali Mata doing that! She would have given two nice tight slaps, I tell you [for] anybody who would have said that. What do you make out of it? But to that detailed extent a Motherhood has to work out. You wouldn't do that for your own child, I know. But when it comes to children what are they doing? Still materialistic.

Today especially it's a very great day of Dashera we call it. This is the day when, as you know, Ravana was burned. Effigies of Ravana are burnt all over the place. When Shri Rama came this was done. His victory. But in His victory, it was not that He made sahaja yogis or He gave realisation - No! His victory was that He killed Ravana. That was done that time for today's preparation, for today's happenings. It was done long time back that these days will come when people will have a proper value system of the victory of Shri Rama. But it doesn't happen, it doesn't happen, because this incarnation of Mataji Nirmala Devi is very different, is very illusive - Mahamaya. So you are left to yourself, do what you like. Whatever you like you can do it!

So they will ask Me "Mother, we have a problem," I said "What?" "We don't know which kind of chairs we should buy?" For every small thing they will refer to Mother, but for important things never. Sort of a funny use of the whole thing, has started. [That] which is so great, so important, is used for something absolutely nonsensical.

So see the difference between the incarnations. One incarnation comes on this Earth to save the people, to bring them out of the mire of Maya. But another incarnation which has come is not only just to talk about it, but to give you your Realisation and then to look after your small, small things.

So when this lady telephoned and asked Me "What should I do? Please Mother cure me." It's a very different attitude between the bhaktas of those days and the bhaktas of today. There is a very big difference! I said "You never asked Me when you did all that! Doesn't matter. Now whatever you have done its better I see the child, look after the child put the child right, everything, but you come along." But then I realised ki (that) this women is so attached to her child. And I telephoned to the leader and he said "It's terrible attachment. It's a terrible attachment to the child!"

So now from one nonsense to another nonsense! This incarnation has such a variety of jobs to be done. I mean, even the 64 kalas, the 64 expertise of Shri Ganesha is not sufficient to solve this. Why is it so complicated? After giving Self-realisation it

should be a straight forward march towards your goal and towards your growth. But why is it that such a complicated nonsense is all the time bothering you? What do you want now? We should ask, "What do you want?" "I want a child." After Sahaja Yoga you should not want anything. Why do you want to have a child there are so many children. You can look after them. "I want" goes away, should go away from your mind that, "I want this and I want that."

This wanting is over now. What you wanted your Self-realisation. After that, what has happened is now, what I want is more important. I mean, [what] I want that you should become really detached from materialism. That doesn't mean that you should become like 'hare rama hare krishna' [people], no, no no! They are not detached. They're very much attached people. But detachment is a state where nothing can bind you, nothing is important, most important thing is your spiritual ascent. Nothing can attract you more than this purpose. This is what exactly is wanted today, that sahaja yogis should understand.

Compared to sahaja yogis, what people have gone through, I mean, when I read it, really I feel terrible. Here everything is convenience, convenient - come along enjoy nice food, nice company, it's a festival going on! Everything is properly done. And if something is missing I'll be the one who will tell the organisers "What is this? You should have done this, you should have done that."

Now we come to a point where we have to understand what do we want. What's the use of killing Shumba Nishumbas? What's the use of killing this Catholic Church? What's the use? Because you are static, you are glued in one place, no progress. So what's the use of doing all these things all the time and destroying all that negativity? What is the purpose? It's too arbitrary everybody says, "Mother, You have given them permission, You have given them license, so now they are doing the way they are." The other one girl came to me, her child was very sick, I asked her "Do you Meditate?" She kept quiet. I said "I can make out that you don't meditate because I know what it is. That you don't even meditate!"

So today's main thing is this, is a Dashera day, when the people go cross the boundaries of their villages and bring gold for the parents. That's the story it is, like that. Now what you have to do is to cross the limits of this materialism, this nonsensical 'dwarfy' force that is working on you, and you have to transcend and bring what I said gold, that is untarnishable thing, from the borders of Sahaja Yoga.

How many of you really are in the field of work? How many of you are telling about this to people? What are you doing about it? Why I'm talking to you and not to Indians this way [is] because their attitude is different, their attitude is not materialistic, it's spiritual. They want their spiritual ascent for which they suffer a lot, they'd go out of the way to do things just to get to that state where they could be easily surrendered. This surrender state has to come.

For example, you have a problem say, you have no holidays and you want to come for puja - say for example. I'm just giving an example. Now if you want to come to puja, you just come. Not only you'll get a job, but you might get promotion. But you have no faith in your ascent, you have no faith that you are the chosen one. This is what is missing because of materialism.

Recently in America, we have a very great sahaja yogi - Dave Dunphy. I told him "Dave you better take over as a leader for America, because this gentleman is not alright and you better take over". Immediately he said "Alright Mother." Now he lives in Honolulu. Our programs and everything are done through LA - Los Angeles and it was, it looked quite strange that I should ask him to come down and work there.

Now, where are we? We are the people who have been blessed with all the powers. You have been blessed. But we don't want to practice, we don't want to find out what powers we have. Worried about our own children, worried about what sari we are going to wear, or worried about who is the leader and what should we do about the leadership. All these things are not going to help us. You're not here for that! Try to understand. You are here for becoming the Spirit and then to spread the light of the Spirit. Nothing [else] matters!

Once you start doing that, you'll be amazed the faith works. It's not blind faith, it's not blind faith. You don't have to tell Me even, it just works. It's a matter of few days, you might get many results of what you have been hankering after. I don't say material,

superficial things, you might get [those]. But the question remains. Somebody, say, wants to dedicate his life, so-called, for Sahaja Yoga, then what do you do? What do you do if you dedicate? First thing is your faith. You must know how is your faith into anything. You really believe in it or you do not? If you do believe in it, what have you done about it?

So at this stage you have to introspect. What are you doing? What are we to do? How far do we have to go? It's a very, very important time and you are extremely important souls here sitting down, but, if you don't value your own systems and your Self, why should God worry about you? Why should God try to give you ideas? Why should He try to take any interest even in you, persons of that kind?

So now, I have to just tell you that, on this day of this puja, it's such a combination that it's the Dashera, I am here and also you can call it the last day of the Devi Puja. We have to see within ourselves, introspect "What have I done for Sahaja Yoga? Except for looking after my children, cooking for the husband, that's all?" Men can also think the same way - "What have we done? What have we done for Sahaja Yoga?" Just "I want to meet politicians, just I want to meet this person, I want to meet that person." For what? They should come and meet you! But your faith in yourself is very weak. I think that's the main reason for all this fall, is faith in yourself. This faith is such a thing that you know it is so.

You have seen My photographs, you are convinced about it. There's nothing to be convinced! But this faith is not one with your heart. It is not just with your being, it's outside. "Alright Mother will do that, Mother will solve this, Mother will do this."

But whole thing is now to Me it looks like that, I have to compulsorily tell you to do some sort of a tapasya. You ask somebody, "Do you meditate?" "No, Mother." Very plainly! "No Mother we don't". "So what are you doing here?" "There's some pain in my knees, so I have come to you," Alright! "But I don't meditate - I am very honest, I don't meditate. I just have pain in the knees, please cure it, I don't meditate."

How many of you really meditate every night? Guido said that, "Mother, if You tell like this, they'll say, 'All right, in the night we'll do but not in the morning because Mother has said do in the night.'"

There's no earnestness, there's no...expected any kind of an enthusiasm about it. "Alright, if not today, we'll see tomorrow! Mother says like that, it's not necessary, it's not important, it's alright!" So you satisfy yourself! But who is the loser? Not Me, I don't need Sahaja Yoga. Do I. I'm doing all the tapasya for your Sahaja Yoga. What about you people doing some tapasya about it?

So now what I'm trying to say [is] that, you have got your Realisation, now you have reached that great state of understanding, also of the inner knowledge and also about your connection with the Spirit and with the God Almighty. All this you know now, many things you know! Despite that it is not yet what it should be from your heart, from your earnest desire.

It doesn't help, at all, anyone, to deceive oneself - never! So I am not saying something for x, y, z. I am saying for all of you. Don't try to cheat yourself. You are here with such a great purpose, this purpose is collective and is the freedom of our minds from all these nonsensical destructive forces and then to spread it all over, talk about it.

My own conviction is this, that, something has to happen to sahaja yogis to realise how important it is to work out something that is within us, which is potential, which is just about to bubble out. It's this responsibility, whether you are a Jew, a Christian or anything makes no difference it is all outside.

But what you have to do, that you have come into a new realm of awareness, into a new realm of a higher life where you know all your inner Self, you know all about what is good and what is not. Everything, after knowing all this, also, if you do not grow, then who will you blame?

So now we come to a point to understand the importance of this Kali Yuga, where your Mother is here to help you and also to look after you very tenderly, sweetly to tell you everything. Actually I cannot get angry with anyone for more than one minute. So to explain to you sweetly what you should have done and which you can do and which you have to do. All these things I would

have really, would have been telling you, all the time, I have been bringing you round very sweetly and explaining to you and telling you that this is your own power which is within you and which you have to look after and raise it, and also you have got so many books or ways of understanding that.

But this inner knowledge which you have is something like this, that, I have an inner knowledge about, say, how to build these things, but I don't do it. It's as simple as that. I just don't do it! I have the inner knowledge, alright! I am a Ph.D. but I'm mad - its like that!

So many people are mentally very well equipped in Sahaja Yoga, I know, but as far as the following of Sahaja Yoga is concerned, they are not. So I am warning you now! It's like Christ has said, "Some seeds which are sprouted fell on the street and dried out and died." Now the judgement is going on all the time. When I'm talking to you, it's all the judgement is going on. So every night you have to meditate and you have to then think about what have you done tonight, today, the whole day, what have we achieved?

But so calculating they are! "Supposing that I go there at 5 o'clock then I have to be back at 7 otherwise I will miss the point. I'll not see this person, that person." So, everything works like that - with the time, with the importance of nonsensical things. But what has to work is your faith that, "I am going to do things which are truthful, which are sensible, down to earth and I am going to keep myself absolutely extremely free and I'm going to look after, not only my inner being but the inner beings of others."

Today's special puja is really of, more of right side I would say, Dashera is a right side puja because you worship Shri Rama and his bow and everything. But think of this incarnation. Fouteen years He went to jail. For a particular reason He went there. I mean, if somebody has go even for one year its an headache. Its not a jail but its we can call a, in forest that He went it was like a jail to Him. He was a king's son with no place to live, to sleep. Everywhere He went He had to built his own little hut. So He went there. So He had to do that! Why did He do it? Because He had faith in Himself. He is Shri Rama and He has to jolly well do these things. He had faith in himself and He had faith in God Almighty that whatever He's doing, He's doing as a will of God. And that is what I have to do - finished!

"I don't care whether I have to face Ravana or I have to face this or that. I don't care! I am a sahaja yogi, I don't care. My job is to spread Sahaja Yoga, alright. My job is to cleanse myself up and know myself! This is my work, my job and this is what I have to do. I'm not bothered if I get admission in the school or not. I'm not bothered if somebody has to go by plane so he gets the ticket or not." You just won't believe that you show your faith in yourself, you'll get the admission, you'll get the ticket.

Whatever you want is there. Its all there. You don't have to strive for it, you don't have to bother for it, it's just there. It is, I mean, all My life it has been happening. Of course, My faith is like, solid like Gibraltar, I mean, no question, because I know what I am and I know what I am supposed to do. So for Me I have no problem. I have all the faith and I know everyone and I can say that I can make out a flying bird. [I] may not show that. Sometimes I may say "Alright, this is good, this, that." But I know for definite what I am and what I have to do! In the same way you have to know about yourself because it is a different category of people you are.

You are not the ones who need protection from God, who need protection from the Mother- no! You have to give protections to others. You see, you have to give light to others, you have to show them the path. So you are here for that purpose, not for getting a house or what you call income tax concession. You are not for that. All that nonsense you forget. Jolly well, they'll have to give you concession! I live like that, absolutely.

I'm not bothered when I am traveling whether there's a ticket or not. Whether there is a seat or not. I'm not bothered, I'm not bothered at all. Alright, I'm traveling, I don't even think I'm traveling. I just think that I am there, that's all. So many things I say which look so bombastic and look so ego-oriented. Like I said that this Catholic Church is about to finish. I said that...if it was somebody else they'll say "Perhaps...maybe..."

Now, so one has to change one's own language, the style, and our understanding should be that we are a rough people. We are

rough as far as ourselves are concerned, with others we are kind, tender and sweet. But as far as we are concerned we are rough!

Once it happened [that] we had a transfer, and we went into a house, very big house though, but there was nothing to sleep upon. There was one bed quite small one, my husband was sleeping [on it]. He just can't do like that it. I said "Alright, take a challenge!" I slept on the ground. Next day, I had pain in the body. I told my body "Behave yourself! Must learn how to sleep on stones also." And for one month I was sleeping on the ground, still.

So you have to be harsh with your body, you have to be harsh with your mind which gives you ideas of materialism or of retarding your progress in spirituality. Now, escapes and escapes they find out.

Ultimately you come to the last point where you do not think about say material life and you don't think of mental life or so-called these spiritual lives or anything. But you think that it's alright, you are free from it and now you have become a very, very free person and you can do what you like. Supposing you reach a state like that, then you just sit down, "Oh, I've reached that state, finished." But how are we to believe? What's the proof that you have reached that state? You must show! It doesn't show! But they say "Ahh! we are Mother."

There is a myth also in Sahaja Yoga, that senior. "He is a very senior sahaja yogi." I mean I don't understand, what is this? How can there be seniority in Sahaja Yoga? Cannot be seniority, no question! Somebody, say, enters into the sea, some are there for ages standing near the edge of the sea holding on to the earth because they are afraid to swim, and some people who have come only yesterday might be jumping and going ahead and enjoying the sea. So how is it he's the senior? We do not have this seniority business in Sahaja Yoga! There is no seniority. Then also there is also another myth, maybe this is an excuse, I don't know what to say, but it is a very common thing to say that "He's a senior sahaja yogi" or "He's after all, he's a senior sahaja yogi." [I] Can't understand - It's like saying, "This donkey is senior, another donkey is not."

Then another thing that we suffer from very much, very common (laughing), is this, that "Mother said so." Anybody will say "Oh yeah, Mother said to me, She called me and she said it." What did she say "Oh! You are a very great sahaja yogi, you are this, you are that you are the other."

Now there are two possibilities. One, I might have said it just to befool him - I am Mahamaya - or maybe I must have said all this just to see that, pamper his ego so he gets to Sahaja Yoga and does something substantial than to eat my head. So "Mother said so. Such a great sahaja yogi, I'm such and such!" Very bombastic words! Very bombastic language he would use. Then people [say] "Ahh! what a sahaja yogi!"

So the judgement (laughing) of a sahaja yogi doesn't come from what he claims but what he achieves. I've seen some sahaja yogis are extremely arrogant, also. Extremely arrogant. Think no end of themselves. All that is there. So many sahaja yogis I have seen of that kind, that, they are very very arrogant and that they try to make a big show out of what great people they are - Humpty Dumpties as they call it. Alright, but what [about] a sahaja yogi, who is not like that, what is his style is? He'll just watch, he'll witness the whole thing, just enjoy and laugh at what is happening. "What is this man talking like this. What's the sense of he is talking like this." A person who is a sahaja yogi, is a gem, a gem, and gem for which you take him to anywhere, to any place, people will say "He's a gem."

My own style is this, that when I see a person or a sahaja yogi anywhere, first thing I go inside Myself -first thing, I don't know if you can do that but I can. And then I see that person in a very different perspective and understand. Because all these powers are with you also. It is not My powers only, you all have these powers, but only difference between you and Me is that I have all faith in Myself and you have no faith in yourself.

So we are at a crossing roads where we have to understand who will go higher and who will go lower. We have to find out who is the one who is going to achieve something, and where am I compared to that person? It's said that you have to suffer, you have to do this and you have to do that - nothing of the kind, by God's grace, nothing of that kind.

So, now, what is it? What will happen to a sahaja yogi? How will you know who is a sahaja yogi? How will you know who is just putting a lip service? Only way is that you evolve, you become like a mirror and you see for yourself what sort of a person he is, and also you see yourself, what you are.

Today's lecture is more sort of is actually, absolutely inspired lecture! And it is the one that should tell you that - all that we have done today is this - to understand our own values, about our own life. We should understand why are we on this Earth, what is our purpose and what we have to achieve.

You see this...I give you My all blessings from My heart and I want you to accept My blessings to be the great lights of God's desire.

Try to understand what important time you are born and that you have become such good, beautiful people of God.

May God bless you!

1993-1111, Evening eve of Diwali, Second day of Diwali, Announcement of Marriages

View [online](#).

11 November 1993

Evening Program

Moscow (Russia)

Talk Language: English | Transcript (English) – Draft

Talk Before Diwali, Announcement of Marriages

I've come here to wish you a very Happy Diwali. See, actually this is celebrated always with the family and see, My family is so big. So, I've come here to celebrate this Diwali with you. They told Me it's going to be very cold here but in this cold see the warmth that you have shown - warmth of love. It is such a fortunate thing for Me to be with you at this time because you are passing through a crisis. You all should support democracy. I'm not a politician but I know for one thing: that if I have to come here it has to be democratic country. But don't think that wherever there is democracy there is all peace and joy and happiness. It's full of violence, all kinds of immorality, diseases.

Today, according to the calendar, is the day when a devil called Narakasura was killed by the Goddess. And that's why we have to know that what is Narakasura in these modern times. It's the devil that takes you to hell because he is the king of devils who reside in hell. So, we have to understand what takes us to hell. Everything that is destructive is responsible for our decline. Anything that goes against our awareness is responsible for our destruction. There's a special blessing of this puja will be that you will all become prosperous. Prosperity has to be balanced otherwise you will become like other western countries, like America which is on the way of its destruction. In Sahaja Yoga, as you know, morality is the most important thing.

Now the first day was yesterday was the day where a celebration of the family is performed. All the newly married couples and all the old couples, they all meet and celebrate their weddings. And also they buy some sort of utensils for the household, for the family. As you know that in Sahaja Yoga, family is very, very important. We don't believe actually in divorces, but in case if it is absolutely impossible then they are allowed to divorce. But out of, say, hundred marriages, one or two are like that every year. So today we are going to announce the marriages of the people for this Diwali puja. And you have all the freedom to say no if you don't like the partner. For three days - now because tonight, tomorrow, day after - you try to decide.

Also, we had a problem in selection because very few men had applied. Ladies were three times more. So, also the boys were of a very young age while the girls were of a much older age. Now, you will be happy to know that all over the world: America, France, Italy, Australia, anywhere - even India, they all want the Russians, Bulgarians, Romanians. I mean, all the Eastern Bloc and Russians, Hungaria, everything, Czechoslovakia. They think that you are very great, devoted Sahaja Yogis and of a very high quality. And, they have had very good experiences of some Eastern Bloc people and Russians who have gone to America and other places. So, we have decided to keep the younger people still in waiting - maybe next year - because all other people want you to go to their country. So, you see, we had to request the people who are choosing that keep the young people for next year because otherwise there may be not sufficient people.

Especially this year America came out with new colors. I mean, I was surprised that people were standing outside the hall so many of them they couldn't get places. So we were surprised how they have joined us now. Even France, even Germany, even Italy, even Austria - everywhere. It is such a big upsurge or awakening of people that next year we'll have lots of brides and bridegrooms from outside. So they think you have very large heart and that you are very, very highly developed personalities. So, the younger people should not feel disappointed. We have got their forms intact.

I think today we are going to have a very long program from you all, and I want to enjoy all that. So the announcement we'd like to do now or afterwards?

[Entertainment program begins]

1993-1112, Diwali Puja: Lakshmi Principle

View [online](#).

12 November 1993

Lakshmi Principle

Diwali Puja

Moscow (Russia)

Talk Language: English | Transcript (English) – Draft

Diwali Puja. Moscow (Russia), 12 November 1993.

It is so very gratifying to see so many people from all over the world have come to Russia to worship the Goddess Lakshmi. When you cannot explain everything intellectually then you take course to arts to express yourself; and then you take to symbols to express what you cannot say verbally or cannot express rationally. This is what an artist does, also a poet does that he extends his imagination to such an extent that he creates a symbol. But this mind is limited and it can only go up to a point and when it is not substantiated by truth and reality, after some time it falls. The whole linear movement falls down and there is a decline. That is what we find in every area today specially that everything which was sublime has declined. This decline takes place and people start accepting it. But after Self Realization when you have become the Spirit, your imagination touches the reality. Then the symbols which were perverted, which was misrepresented, drop out. And you touch the reality of the symbols. This is exactly what has happened everywhere. For example, we had in India the Goddess of wealth as Lakshmi, and this symbol of Lakshmi was described by saints and seers in reality. But later on people did not understand the symbol and the reality behind it. And they thought that the symbol of Lakshmi is money, is wealth, gold, silver, diamonds, riches. And they started worshipping money. That is how the symbol of wealth, Goddess the Lakshmi, was perverted.

People don't understand that when they have money why they start doing wrong things. Even in India nowadays people are so perverted that if you give hundred rupees to a poor man, he will go to a pub. He will only think of self-indulgence, and not of others, not his family, not his children, not his country, but himself. But the symbol of Lakshmi is very different. Firstly the one who has Lakshmi has to be a mother, like a mother, must have the love of a mother who loves her children. She has to be a woman and woman stands for something very sublime. Mother is the source of all the energies but she has patience, and she has love, compassion. So a man who has money cannot be happy unless and until he is compassionate. He uses this money for giving it to others. But what has happened today in the countries which are supposed to be affluent?

They have gone all out to destroy themselves with the money that they have. Also they have used money to express their anger, and their lust, their greed. Also they have wasted their money in trying to show off that they are something very individualistic. Like in America, went there and I met a very rich man. And when I got to his car, he told Me that, "My handles of the door open the other way around."

So I said, "Why? What is the use of this kind of a thing? Anybody can get locked up in your car."

So he said, "It is my individuality, is my genius, you see, which has created this something not so common."

And then I went into his house, he told, "You be careful this bathroom is very special." And then he said, "If you press this button you will just jump into the swimming pool."

I said, "I don't want to go into this bathroom."

And then he took Me to his bed and he said, "This bed is special if you press this button your legs will go up, if you press this button your head will go up."

I said, "I don't want to do these acrobats the whole night, I'll sleep on the ground." [Applause]

So now the Eastern block people sometimes think that Americans, or the Europeans, or the people who are so called affluent are very happy people. They are not because they have no wisdom. They go on wasting money like this, they are bankrupt, good for nothing. One day they'll be moving in a Rolls-Royce, tomorrow they'll be on the street begging. Because there is no Lakshmi in them, it's just money. So the symbol of Lakshmi you should try to understand is very important. Because, if the Lakshmi resides in your Nabhi, and if She is satisfied, then only the Mahalakshmi principle rises means then you start seeing beyond. Now these people had so much money that they didn't know what to do and they thought now this not sufficient, we have to seek further. Then they took to drugs and all kinds of things. If you find anybody in England or America, any place with torn clothes, know that he is a rich man. This is the condition of perversion where everything is perverted.

Now the Lakshmi principle is like this, that as I said, She is a Mother. In two hands She has got pink lotuses. Now the pink lotus means a flower which is come out of the pond and allows even a thorny insect to come inside it. That means a rich man, or a man with Lakshmi, must have a house, or a whole household, or a estate which is very beautiful like the lotus, pink in color, means in white, welcoming everyone, all kinds of guests. Now this insect with all the thorns in it comes in and sleeps on the corona of that lotus very beautifully and in the night the lotus covers it, so it doesn't feel the cold. So the man with the money, or man with the wealth, is not a Lakshmi Pati, he is not the one who has the blessings of the Lakshmi. But the man with wisdom and who has money we can call has got the blessings of the Lakshmi. So like the lotus is so hospitable, so anxious to get guests in his own being and to look after. In the same way a person who has money, who is supposed to be blessed by Lakshmi should be the same hospitable, of the same hospitable personality.

But the surprising thing is all those nations today who look to be affluent have been parasites. They looted all the countries. They formed empires. Like in India now as you know we had for three hundred years the English, the British three hundred years as our guests. Without any visa, without any immigration they came. But now if an Indian has to go to England is impossible situation. And those who go there also are treated not on the same level as they treat their own people.

Same with America. Thank God Columbus was coming to India and I think Shri Hanumana took him down to America, thank God. [Applause] Otherwise all the Indians would have been finished and I would not have been here. They killed all the Indians there, all the Indians and took away all their lands, all their lands. And now they are supposed to be rich. And the sins they have committed have to come back on them, isn't it. And you can't go to America easily as if that is their own land. All of them do not belong to that land.

Then we can see about the people who think they are higher races because they can make more money. I mean they have killed people in gas chambers, did all kinds of things. How are they higher race, I can't understand. Is that the sign of being higher? For us if Christ is the symbol of higher personality then what were His qualities? He was the noblest man you could think of, the greatest personality as far as morals are concerned and such forgiveness, such magnanimity, such glory. He would, was the One who was blessed with Lakshmi. He was a satisfied soul. He would not do anything wrong, whatever money you might give Him. Nobody could purchase Him.

So after coming to Sahaja Yoga is important to know that you are blessed by Lakshmi. With the one hand She gives, She gives to others that is Her nature, to give. Like if one door is open the air won't come in. But if you open the other door then only it will circulate. So to be satisfied is one of the qualities of a Sahaja Yogi. Some of them do ask for money miracles. That's not the way your attitude should be. You are now the Spirits. And the Spirit doesn't care for the comfort of body, mind, but for the comfort of the Spirit. Many of you have become Spirits, no doubt. But you are not aware, some of you, of your own status. You have to be aware about it. With the other hand She gives protection. Protection to all those who worship Her. All those who work for Her. So anybody who has money has to give protection to people who are employed by him or working for him.

We have now transcended into an area where you have no fundamentalism in your head. But you worship all the great incarnations, all the great seers and all the prophets.

Most of them did not have any money, but they were blessed by Lakshmi because they were satisfied soul. So this is the quality of a Lakshmi that She should satisfy. You know that in economics desires are not satiable in general. So what is the desire which is satiable is the pure desire, which is the Kundalini. When you are absolutely satisfied and you know that there is no sense in hankering after money, power and all nonsensical things, then the Mahalakshmi principle is awakened within you. And this Mahalakshmi principle gives you seeking. Then you become a special category of people whom William Blake has described as men of God. Then you don't have these conditionings of your childhood, of your nationality, of your so-called outside religion, no conditioning. But you rise higher and you become the Spirit.

That is the time when you understand the Lakshmi principle within you. The Lakshmi principle is that you enjoy doing for others. In collective consciousness you want to do for others. If you are still worried about yourself only, about your own comfort, about your own earnings, about your own glory, then you go into imbalance. Lakshmi is standing on a lotus, completely balanced. Moreover She doesn't assert, just standing on a lotus She doesn't assert Her power, that She is money or She is the Goddess of money. She is absolutely contented with Herself. If you are not contented that means you don't know yourself. You are yet a half baked Sahaja Yogi. A Sahaja Yogi is a person who is absolutely contented within himself. Because his self, his Spirit is the source of all the absolute knowledge. Is the source of enlightenment for your attention. And is the source of joy. Joy is not happiness and unhappiness, which depends on ego, but it is absolute. So such fun after Realization you feel that you don't care for money you don't care for anything. If you have it, well and good, if you don't have it, well and good. You are completely detached.

Lastly, I'll tell you a story of Raja Janaka who was the father of Shri Sita, who was the wife of Shri Rama. He must have existed six thousand years back and He was a king. So He had to wear all the ornaments, and all the dresses that a king had to wear. But all the saints of those days used to touch His feet. So one disciple of one guru said, "Why do you touch His feet after all He lives like a king, and dresses up like a king?"

So he said, "You have no idea as to what He is. If He has mercy on you He might give you Self Realization."

So this disciple Nachiketa went to the king and said that, "Sir, I have come to get my Self Realization."

He said, "I'm sorry, I can't give you Self Realization, I am sorry. You can take all my property, everything, but I cannot give you Self Realization. Because yet you haven't got that personality."

So Nachiketa was disappointed and he said, "All right, Sir, I'll wait till you are ready to test me and see if I could get Realization."

So He said, "All right, let's go and have a bath in the river."

When they were having a bath, the people from the palace came and told Him, the king, that, "Sir, your palace is on fire."

Still He was meditating. Then again they came and said, "Now all the people are running away from there, all your relations, all your family."

Still they were meditating, He was meditating, and this Nachiketa was looking at Him. Then they said, "All the fire is coming here, now all your clothes will be burnt."

Still He was meditating. But Nachiketa ran out and he picked up His clothes. Then he realized how detached this man is about His money, about His wealth, about His family. And look at me, I'm worried about these small things like this. He has to dress up like that because He is a king. So he surrendered himself to Him and he got his Realization.

In those days it was very difficult to get Self Realization, even to give Self Realization. But these are special time, the blossom

time. They call it the Last Judgment, you can call it the Resurrection Time, you can call it the Qiyamah, as they call it in Koran. It is said that people will come out of their graves and will get their resurrection. I mean what is left to the graves is nothing but a few stones and a few bones. No. All these souls which are dead will take their birth, take human body and take their Realization in these special times. This is a sensible thing to say and is also happening. So now you have got your Realization because of your good deeds you did in last previous lives, as we say purva punyas [MEANS past good deeds]. But you must respect It and you must understand what you have got is so great.

You have to know you are the Spirit now. You are special people. You are going to solve the problems of your country, of your community, of your society, of your families. You'll be solving the problem of the whole world. You are the one who are going to bring peace on this earth. You are the one who are going to create a new world of beautiful divine people. So have faith in yourself. This faith works very fast. Because not a false faith, is a fact. And grow in Sahaja Yoga. Don't be a dwarf. I am happy to see the collectivity now in the Eastern block and also Russia, other countries which are here today. So now you are asking for the blessings of the Lakshmi. So the first thing you should ask is the satisfaction. Then the generosity. A person who has the blessings of Lakshmi cannot be miserly, cannot be. He is, he is a diseased person. Trying to save money here, trying to save money there. This doesn't exist in the mind of a person who is evolved. I am very happy I could come to Russia and that at this juncture will be able to create the atmosphere which is very good for your country. And all other people who have come from other countries also will carry this atmosphere to their own countries.

Now you know that you have no karmas left. It's all finished. And now you are beautiful, new people. The blossoming time has brought you as fruits now. So don't pay attention to yourself, to your maladies, to your troubles. And things will improve, things will improve, things will improve definitely. Somebody was telling Me they have got pain in the knee. I just felt I get so many times pain in the knee. I have pain here, because I absorb from you. But I never think about it. I never bother. Because I see My body, all right. Like this machine if it is spoiled, we should cure it, finished. But all the time if you are thinking, "This is paining here, this is wrong, I haven't got money, I've got to do this business, that business", finished! So now we have to rise into the realm of super-consciousness. I can go on speaking about everything which is so sublime, so beautiful. There are many lectures which I have given. But lectures are nothing but words. These are the web of words. So you must get out of it. You have to go beyond the mind. That's what is My own vision. And so many have fulfilled it. I am always yours whenever you want. Whenever you want Me to come I will come. That My love is more than My own will. But you also must love yourself and love your Self-realization.

May God bless you.

There is one thing we have to know that in the Nabhi resides the Lakshmi, and you have reached the state where She is a reality within you. She is not a symbol anymore. So today after the puja this Lakshmi principles must be awakened within you and should spread all its light in the Nabhi centre.

May God bless you.

[Puja begins and Shri Mataji says:]

All have become Nirvicharya. So first of all we say Shri Ganesha. He's the symbol, for you is the reality of innocence, of purity, of wisdom. So He was the One first created before the whole universe was created.

So first we'll worship Shri Ganesha. The children will do that worship, because they are the symbol of that innocence.

[PUJA CONTINUES AND SHRI MATAJI DOES NOT ADDRESS THE YOGIS ANY MORE.]

1993-1114, Weddings

View [online](#).

14 November 1993

Wedding

Moscow (Russia)

Talk Language: English | Transcript (English) – Draft

Weddings in Moscow (Russia). 14 November 1993.

[Applause] Thank you very much. [Applause] I don't know how to thank you, Sir, for saying such beautiful things. [Applause] We have some scientists with us but they were never very sure that scientists will ever think of Sahaja Yoga. One scientist started writing a book for the science with the quantum theory and everything. So he said without transformation the scientist will not understand Sahaja Yoga. Just on a mundane level as human beings they cannot crossover, to crossover the mind. After meeting him now I feel so confident. A gentleman of his caliber, if he can understand Sahaja Yoga and also understands the necessity of transformation, I think My job is done now. Because scientists are like Gods in every country. Especially in developing countries, they are regarded as the last word. But the way he has understood Sahaja Yoga and the necessity to have Sahaja Yoga for the betterment of the world is so remarkable, so joy giving. I have no words, you see, to tell you how I feel now.

Of course, we have very highly placed people who have accepted Sahaja Yoga. But no scientists of this caliber, and this will really give us such a help that I cannot explain. Especially people think that those who are not scientists are scatterbrains. And in India some people said that this is all blind faith. There's nothing like Kundalini, there's nothing like transformation. And, they threw stones at us and hurt many Sahaja Yogis. Now, we can present him before them - now see - who is a real scientist. Because he has an open mind - that's the sign of a scientist. And this is how our problems are going to be solved because of you. [Applause] I'm going to announce about it openly in India that scientist of such a caliber has understood Sahaja Yoga. [Applause]

I feel it's a Divine miracle. Absolutely. Because they are never convinced about anything. Such close minds.

[It seems that Russian scientist is saying, "It's true, it's true. Very difficult."]

But now the picture has changed. The color has changed, everything is so much better. I would request you next time when I come here please arrange My meeting with the scientist, and also I will get the Sahaja Yogis who are scientists from all over. We have the power of love. It is not electromagnetic and it is. It has all the powers in it. And this power of love has never been used before. It was always in imbalance. But now the power of hatred is finished. [Applause] And the Divine power of love will rule the whole world. Only thing, you all must meditate and grow. You are My channels. I cannot do it Myself alone. [Applause] When they will see your beautiful life and your characters, your personalities, all the others will be enamored and surprised. This is how Sahaja Yoga will spread. Not by lecturing, sermoning - not that. But by your personality.

I bless you all who are married today especially. Please remember that these marriages are to be respected. Absolutely you must understand your responsibility. For the whole society you are the people who can transform. So, I bless you from My heart and assure you, you will get many Realized children who will give you lot of love, and when they will grow you will know what saints they are. Give them a peaceful, blissful, joyous home and respect them.

May God bless you.

1993-1129, Public Program: Paise Ka Mul Nahin

View [online](#).

29 November 1993

Public Program

Gurgaon (India)

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

1993-1129 Public Program, Paise Ka Mul Nahin [There is no value for money], Gurgaon, India

I feel so overwhelmed. You have decorated so beautifully. You have done such a lot of work. Don't know how much money you may have spent – A Mother gets only such thoughts. And I think, within one year how so much of change has come about in Gurgaon? And people got awakened that we should attain the truth. Everyone wants to attain the truth. Everyone thinks that we should attain truth. Because without the truth, there is no meaning of this life. In the darkness whatever we search or see, in that we go into illusions. This is the specialty of Kaliyuga. In Kaliyuga, people go into illusion. They are unable to have faith in anything. Because weird people, taking the name of God, talk of great things, talk of spirituality and put people in wrong belief.

So what is the truth? How do we know the truth? But those who are searching, they get hurt. Those who are searching from their heart, having a lot of faith, they get entangled in wrong path.

That's why I said that in Haryana we should definitely start. Because people here are simple. It's possible that here also they must've got entangled with gurus. Where there is simplicity, there gurus definitely go. They are not gurus, they are agurus [false gurus]. Some of them are bad rakshasas. They call themselves gurus and do all such work that they take as much as possible from you and spoil your Kundalini. You get completely lost. You cannot even understand what is wrong and what is right.

There was one person, by saying some mantras, he used to give diamond, pearl etc., sometimes gold chains to people. Now people believed that probably they will also get diamond chain or get something that is very precious. People used get strayed, keep their photos in the house, do a lot of things regarding them. But all this miracles was done by cheating you, which we call mesmerism. Like that he used to mesmerize people. After mesmerizing them, whatever people see, they don't really see, whatever they are supposed to understand, they don't understand. After that he used to give whoever he wanted to, whatever he wanted to give. To very rich people he used to give diamond, emerald, etc. etc.

I said, "You people should think if they can give like that, then let them make our country prosperous". Or you should also think that why are they giving it to you, you have everything, they should give it to your driver. But these words were not heeded by anyone. In the end there was a very big program where they put 4 cameras. One on top and one lower. Now camera cannot be mesmerized. People can be mesmerized but the camera clicked the photos. Everything was recorded and everywhere it was printed, 'who is this maharaj? And how he is doing tricks and mesmerizing people'.

Like this many types of people cheat in many ways. When they have accumulated enough wealth, they open a University or build something else, start a school for kids. Build something or the other and people get carried away.

Among all these things, you should remember one thing, always, as a Mother I am telling you – you should see what did you get from this? What did you achieve from this? Whatever was gained was by the gurus. But what did you achieve? Many people are there. Some say, 'they got peace', some say 'they got comfort' – nothing like that.

People will be in such false hood. In reality you should get the Power. In you the Power should be awakened. And the dormant Power within you should be awakened and start working. It should work for you. Whatever you had, those things disappeared and you did not achieve anything. And whatever you got was insignificant. You can get that in the market. For that what is the need to do service of such gurus, keep their photo and put 'bindi' [round red color mark on the forehead]? They don't have any

value.

People get carried away in false hood and the reason for that is Kaliyuga. In Kaliyuga many such people have taken birth, who in the name of God and in the name of dharma [righteousness], they make up different stories and say that they are doing great work.

Here they have told you how the chakras are placed within us. What is their state? How Kundalini is awakened and how our chakras are influenced by it. And other than that how light comes in them. Our attention becomes enlightened and in that we see what all wrong we are doing. We become our own guru and we start seeing ourselves and our movements. We understand everything that we were doing this and it is taking us to our destruction, it will destroy us.

This we understand ourselves because of Kundalini awakening the Light of your Spirit comes in your attention. With that you are able to see. Now all of you are sitting here and if there is no light and if there is darkness, then you will not come to know each other also. When you walk you will bump into this person, bump into that person. Or you may start fighting. Or may trample a child.

Human being is lost in darkness of ignorance in this Kaliyuga. The main reason of losing it is that till now whatever method was followed, some people came up and started doing everything according to them and the same came to us, was imbibed by us in our culture.

Now everyone says, "It wasn't so during our time, now we don't know how this is happening?" "In our time these things were not there", because during that time the things that were told, people had fear of God. They had not achieved the truth but they feared God. They used to think our forefathers have told that 'such a thing is wrong, it is a sin so we should not do it'.

Now that fear went away because now people are questioning whether God is there or not. Do we trust in God or not? And in place of God such agurus [false gurus] have come. Such bad people, don't know what to say. So because of their tampering the entire atmosphere changed, we also changed. Such wrong thing started happening that should not have happened.

Human beings are mostly restricted to themselves. In their own selfishness think about themselves and he does not look towards the God. Because when you go to the Temple, go to Church, go to Mosque, wherever you go its only money. Nothing happens without money. No one understands that you need not pay in Sahaja Yoga, no one understands.

Now such beautiful flowers are here. We have purchased them, alright by paying the gardener. But did you pay Mother Earth any money? The One Who has done the work, you did not give any money. Because She doesn't understand money. She doesn't know what money is. She has no value for the money- that money is something big and She needs to get it. She is happy that 'In Me there is Power because of which I can transform a seed into a beautiful tree. So why not do it?' This action of transformation according to Her is the gift of wealth.

In the same way, you will find that Sahaja Yoga is a living process, living process. How does it happen? Someone will ask, "If you sow a seed, how does the plant grow from that?" There is no answer. In the seed there is something and in the Earth also there is something, cause of which this takes place. All these bindings have been made by God since the beginning. That is the reason the nature does so much of such work that we cannot understand. Like a flower plant will grow only to a certain height. If it's a mango tree it will grow only to a fixed height. Apples don't grow on mango tree. The Power which sets these boundaries is called as Paramachaitanya. That many people..

Today is Nanak Sahib's Centenary. I bow to Him and tell you. He told so many times that this is a living process. Why do you go to the jungle? Where do you go? Achieve the God who is sitting in your heart. He himself said, "Sahaja Samadhi lao". Samadhi meaning the way our awareness is it is Sahaja – simple. It does not mean do that, do this. You don't have to do anything, it happens by itself. And today is a great day. It is said this place was called 'Gurugram' and we had to come here on Nanak Sahib's Centenary. It is a very big coincidence.

Now the gurus have come to such a state - where were they [earlier Gurus] and where are these people [gurus nowadays]? You should use your mind and think the people who gave away Jesus Christ for money. Had he accumulated any wealth? These people accumulate wealth. They make a big castle and don't know what all business they do? This business of accumulating money, no Godly person will do that – He doesn't understand. Like how the Mother Earth is – He has a large heart and only knows how to give.

If you understand this way, because they told Me last year that many people had gurus who were very influential. Whatever advertisements we had put up, they tore them up. Even the photographs that were put up, everything were torn. I said, "Its alright, we'll see next year".

Now you need to open your eyes. Kabir Dasji has said, ""Kaise samjhaun, sab jag andhaa?". [how to make them understand, the whole world is blind?]. Saying that he lost and gave up. All of them lost. That time the situation was not that they understood all this - that first the truth must be attained. There were few people at that time. Very few people and their state was such that like Namdev from Maharashtra and one thing significant was that even His servant, she was also a saint. He then came to Punjab, Guru Nanak Sahib recognized Him. Because only those who have achieved something can only recognize. Those who have received God's blessings, those who are Self Realized, only they can recognize another Self Realized.

Namdev once went to a village. There was one potter; while coming here I saw many potters so I remembered him - a person named Gora potter was there. He was also a saint. So when He [Namdev] saw Him standing there, He went and saw that He was breaking the clay with His feet. As soon as He [Namdev] saw Him, Namdev stood astonished. Standing there he said in Marathi, "Nirguna cha beti alo saguna". Meaning I had come to see the Nirgun [Formless] – to see the light spread all over, to see the Chaitanya, but He is standing in person [Form] here. That kind of recognition – only a saint can recognize a saint. One who is non saintly cannot recognize. Saying such a big thing to someone that I am seeing everything in person. This He said and you can see how Nanak Saab made Him [Namdev] stay with Him [Nanak Saab] with a lot of respect.

Then He learnt Punjabi and there is such a big book He has written in Punjabi. Namdev, Namdev was from Maharashtra but He wrote such a big book and described what 'Nirakaar' [Formless] is.

At that time Nanak Saab told Him don't speak of 'Sakaar' [Form], speak of 'Nirakaar' [Formless]. Because once you talk about 'Sakaar' [Form] then people go on doing puja of idols and this and that. Even He didn't speak of 'Sakaar' [Form]. If you talk about flowers – people get stuck with flowers. Then don't talk of flowers, talk of honey – you have to attain honey. When they talk of honey, they get stuck with honey. You should have sweetness, by which you reach the essence of honey. Everyone has told this.

I am not telling you something new. There were Tukaram, Ramdas, Adi Shankaracharya or whoever who were great saints. In the 12th Century even Gyaneshwarji, He also told that without Self Realization you cannot achieve the knowledge. Even in Gita, they told that you first obtain the knowledge. Now when they said, "Get the knowledge", people started reading and writing. Reading and writing [studies] anyone can do. By that one does not become knowledgeable.

Sometimes, I have seen that those people who are learned are so egoistical, so aggressive and think highly of themselves. That's why Kabir Dasji said, "Padhi padhi panditha moorakh bhaye" [reading and reading, the learned became fools]. After studying, they start feeling that 'we are great learned'. Like 'we have written the Gita' 'we know all about Ramayan', 'we know Koran'.

In that like how a person gets intoxicated, the person can't even see, 'what I am thinking is knowledge – is not real knowledge'. Because knowledge is such that we come to know on our nerves. We should get the knowledge on our central nervous system.

Like there is a difference between human being and animals – many things human beings know, but the animals don't know. He comes to know through his central nervous system. He knows through the nerves on his hands

[palm]

. This is knowledge, this is awakening. This word even Budha used – bodh. Bodh meaning that within us, how our body is made of. Like this is our head and the brain is in it and other things, in all that you should have the knowledge.

Now you are sitting here, the lights are on. Now all of you are seeing and all of you know that the lights are on. No one can doubt this because you are seeing it with your eyes. It comes from our central nervous system. In the same way knowledge is something you feel within yourself. It is not through your intelligence. Not through your emotions. 'I am all the time devoted to God. I only keep singing devotional songs' etc. etc. There is no meaning to all this. All this is a drama.

That's why as a Mother I tell you, 'stay away from drama'. To achieve the truth most important thing is that you first know yourself that why you came on Earth? Science can give the answer to a lot of things – people think like that – its wrong. It cannot answer a lot of things. Most importantly it cannot answer, 'why you have come on this Earth?' 'what is the meaning of you being here?' In this we should pay attention and see what have we understood about ourselves. We haven't understood.

We say, "We are intelligent, our brains think". Or we say, "This is ours. This is my eyes, my hand". But who is this 'I'? That we have not understood – who is this 'I'? Knowing this is Self-Realization. To know that you cannot do it through your brain. 'It can be understood through your brains' – it is not so. You should feel it in your nervous system. That which you can understand this way [through your nervous system], in the real knowledge. This was told by Krishna to Arjun first. When Arjun asked a question, then He said, "Alright, you do your duty and leave everything to God" – it is not possible.

Krishna, you can say was Diplomatic. He said that human brains are upside-down. By telling them simple things, nothing will enter their brains. So He twisted it and told, "You surrender all your work to God". So now if there is a murderer also then He'll say, "Yes I have surrendered to Krishna". Someone does something bad and says, "I have surrendered to Krishna". Krishna knew that these people will understand that there is something in it. It is only possible when you become Self-Realized. When you become Self-Realized then it does not occur to you that I am doing this or doing that. It's happening, everything is happening by itself.

If a Sahaja Yogi is raising someone's Kundalini and I ask what is happening? "It is not raising, It is not coming down. It is not happening for this person". He will not say, "I am not doing" – will not talk like that. This is a big question that is happens by itself and human becomes effortless. Its just that Sahaja Yoga is your own. 'Sa' meaning 'with you' and 'Ja' meaning born. This is your right. It is your right that you receive it.

In Urdu many people call dharma as 'haq'. It means dharma is your 'haq' [right] – to attain dharma. Not talk of dharma. They may be a Christian, a Muslim, a Sikh or any religion – a Hindu, all talk a lot of dharma. But all bad things, anyone can do. Its not that if a person is Hindu, he can't do it or if he is a Muslim he can't do it – everyone can do bad things. It means that there is no dharma in that. Just by belonging to a religion people don't become dharmic. Dharma should be awakened from within, this is the only Dharma and it is your right. Awakening Dharma within you is your right. Once this is awakened – I don't refuse anyone from doing anything.

Like you understand, once you awaken your Kundalini, then in that light you will set yourself right – no need to tell anything. Whatever is wrong automatically drops off and the good things remain. So many blessings you get. Many people used to write to Me, "Mother this miracle happened with us, that miracle happened", so on and so forth we got a lot of letters. I told someone, "You take these letters and whatever feel, you tell more people to write about the miracles that happened to them". In one month he called Me, "Mother the letters have reached this high [Mother raising both Her hands]. Now you tell Me in this which should we print?" I said, "Son, I don't have the time, whichever you think is good you print". He says, "Every one of them is fantastic".

What you call miracle like that many miracles can happen in your life. Those miracles are such that no one can explain how it happened, what happened. Later we understand that we have entered the Kingdom of God. And the Kingdom of God is not like

Government of India, not even England Government. Kingdom of God is very effective. The minute you think of something, immediately it is attended to. It is amazing. The court of Paramachaitanya is such that it is made in such a way that anyone says anything and it takes place. Slowly, slowly everything happens that you will say that we had never even thought it will happen like this, how did it happen?

All these things I am telling you, you should not believe Me. Because then it will be blind faith. There's no room for blind faith. I am telling you all this so that you understand what you need to achieve. That thing is your own and your right that you be in the Kingdom of God. You be under His ruling. You become its citizen, then you'll see how you are taken care of. For this to happen its important that first your Kundalini should be awakened.

So what is the truth is that you are not all this body, mind, soul etc., but you yourself are the pure Spirit. This is the truth. Till now what you were saying as 'mine', 'mine' will become 'I'. The other truth is that the God's Powers that is spread all over which is the Paramachaitanya which does the living work. That same Power, when our relation is built with That, when we achieve It, It flows through us all the time and like how this connection is there [pointing to the mike], similar connection Kundalini will make with the Paramachaitanya.

Now if you try to understand this with your intellect and think, "How is it possible? Mother, people have told the awakening of Kundalini is very difficult". Then some say, "Mother, from Kundalini awakening lot of heat is generated." Nothing like that happens. This has not happened till now. It is just that we are Sahaji and Kundalini awakens. If the Kundalini awakens, there has to be some specialty. If It awakens then there is some specialty and you have been born in such a time.

This is special blooming time which we call as blossom time. During this time such people have taken birth that they are very eager to know God. Very enthusiastically, very diligently, they desire 'we should achieve Truth'. But they get trapped in false hood because this is Kaliyug. They got lost in the darkness of Kaliyug. No matter what happens if they are seekers, then it is their right that they achieve it and they should get it.

For this how much money can you pay? To Earth you give money, you give anything, does She understand? Does She have that sense? What money will you give Her? And for this work how much effort will you put? If everything is built within you, everything is ready within you - like: just understand this candle is already made and if you have to light it what effort you need to put? Get a lighted candle near it, it will light up. It is very straight forward. There is no give and take in this. The most important thing is that one should love everyone. No one talks of love. Just pure love, pure love. This pure love is so sweet in you, it does such tricks that you will be surprised that what miracle has taken place in Sahaja Yoga. There is no working of your mind. Its beyond your mind, beyond your psyche, it is a state.

In this two states are achieved. First state is that which we call as 'nirvichar samadhi' [thoughtless awareness]. In that state, in the state of thoughtless awareness – you become thoughtless. One thought rises and stops, second thought rises and stops. We are either in the past or future. Whatever has happened in the past, we think of that or we think of future. We keep going back and forth. But we don't think that this time i.e. the present, are not able to stay there. In this time we are unable to stay. We are not able to be in the present.

Because of Kundalini awakening this thought which rises and falls and again raises and falls, they become separate. And the place in-between these thoughts called as 'vilamb'[gap], there your attention stays. There is no thought. But you are completely aware and attentive. Like this you attain 'Nirvichar Samadhi' [thoughtless awareness]. Samadhi meaning - 'dhi' comes from 'budhi' [mind], 'sama' meaning joined [one with]. It is state beyond thought. But understand mind becomes one. Your awareness becomes one.

So first, 'Nirvichar Samadhi' is attained. After that, after thoughtless awareness, you attain doubtless awareness. For many both take place at the same time.

In 'Nirvikalpa' [doubtless], there is no doubt. When you use this Power, you will be surprised that the Kundalini of people are

awakened by your hands. Now are able to cure people, you can feel others chakras. Because you are awakened in collective consciousness, there is no other. You become the part and parcel of one body. That's why you are feeling, you are understanding the problems of others, you feel on your fingers. When you work in that collective consciousness, when you are collectively conscious then you attain the other state which is called 'Nirvikalpa Samadhi'. 'Nirvikalpa' meaning where no doubt remains. Then you understand that you have achieved the truth.

To tell this it feels extraordinary. First people don't say such things, tell such things. Your awareness is transformed or you get a new dimension that you become collective and know everyone, understand everyone. You know about everyone's chakras. You may not say but you will understand. Just understand because of these chakras whatever is bad, whatever is wrong within us, all that is because of these chakras.

Physical, psychological, materialistic and worldly things whatever is there, other than that spiritual, whatever is wrong is because of problems in these chakras. Once we learn to set right the chakras and learn about them, we can become alright and we can also set right the chakras of other people. All these Powers are within you, is placed. You just have to achieve them.

Just one thing is important that for this transformation, you have to have a pure desire from within. All other desires which are fulfilled don't give satisfaction. This is the pure desire that we should be connected to the Paramchaitanya. If you have this pure desire in you then this work will take place easily. And the other thing you need to understand is that you should be devoted to yourself. You should have faith in yourself.

We are humans. Above all animals, above everything. These are flowers alright, they are fragrant but we are above them. We are humans. If we don't respect ourselves, if we don't understand ourselves, think ourselves to be sinners always. This is a different way, 'you are sinners, give this much money, your sins can be washed away'. Many people do such wrong things. All this is very wrong. Or 'do fasting', 'do this rituals', 'do those rituals'. They drive women so crazy so that I see and get surprised that why women listen to them. It should be understood that, first you understand that you are human beings. And within all of you there is Kundalini and She can be awakened. She is your Mother. She is the individual Mother of each one of you. She knows everything about you and She is eager to give you rebirth.

It's not because I am saying so, it is the truth. You first respect yourself. Don't think of yourself as any sinner or sorrowful or wrong doer. It is very necessary to say that whatever is created in this world, above everything is the human and Indian are even higher. You don't know that, this is a holy place. This is a sacred land, lot of auspicious deeds have been done here, many good deeds. After going out I understand that such holy people live here that they already know about sin and holiness. But they don't realize that how fortunate we are and because of this holiness how we will be benefited. So many holy people have come today to achieve the Yoga. So don't have any thoughts about yourself, like having doubts, "How can I achieve, I have done this, I have don't that?"

First of all, you need to understand that this Paramachaitanya is the ocean of forgiveness. First of all. And you cannot commit any such mistakes that it cannot be forgiven. It wants that all of you achieve the Paramachaitanya and whatever has been told till now – 'you should be reborn', 'you should get your Realization'. This is the special time to fulfil all that and at this time you are born in India. It is a very big thing. Understand this and know that you completely deserve the awakening of your Kundalini.

Still there is one more thing that I will tell you that when you come in Sahaja Yoga, like how the seed sprouts and even when the plant grows, still you have to nourish it. That's why it should not happen that you people come to listen to My lecture get your Realization and you will feel that you are swimming in joy, you will feel like that and then the Kundalini will work on each and every chakra of yours. It is necessary for you that there are centres here. Good thing that best people are running the centres here and they are helping. So you should go to such centres because this work is collective work. The work of collective awareness is collective. If you talk of the entire Universe then, then all Sahaja Yogis are part and parcel of the same body. If anyone is in problem then all countries will come to know about it. If anyone experiences some problem, everyone will rush – 'how do we help them?' every time. Such relationship, such love you don't get to see anywhere.

I saw that when I went to Russia, there some 7-8 thousand people came. In many countries – those who don't even know the language – such love, such lovely talks. Looking at that a Mother's heart is very enamored. How all people had come, no conflict, nothing. Yes there is lot of happiness and fun. They are smiling always, having fun, pulling each other's legs all that. But such love, such caring, such togetherness.

They are all like that in the hangar, nothing, no requirements of any type. Everyone is enjoying. This kind of a [form?] is prepared. This [form?] we can say is Sahaja Dharm. You can recognize them immediately, their speech, how they behave, how they speak, everything about them.

I want that all of you who are from Gurgaon, yesterday I made a mistake, I thought I have gone to Gurgaon. They said Gurgaon people are very sweet, many nice people were sitting. So I said, "This is only Gurgaon". Then I came to know Gurgaon is another place and its name was Gurugram. I said 'you people are very sweet like guru', so I told them only, "You are from Gurgaon".

Whatever it is, today is very auspicious. On this day these people - saints have given so much of blood, said so many things, talked so much, worked so hard. But we are unable to move on that path because we are not yet capable. Because in us we still don't have the light. In the light you will see that you will float in the ocean of joy. Today Mother just told you, I usually don't tell so in the beginning but don't know why today because of Gurunankji's centenary; from the heart, whatever He has told, whatever Kabir Dasji also has told about the future all that will happen and there is no doubt in that.

So all those who want Realization, you are most welcome to sit here. But those who don't want, one should not force them. Because God has given you your freedom whether you want to go to hell or you want to go to heaven, God has left that to you. That's why no one can force you. Those who want to get their Realization please be seated and those who don't want please leave, it will be a big help. I will definitely tell you that how much ever speech one gives, do anything, it doesn't make a difference.

Awakening happens so quickly in India that even I Myself am surprised. Outside, My hands start paining cause of hard work. Need to work on each and every one, do that and this. And here you people are worshipers and you achieve so well that I get surprised. Yesterday in Gurugram they said that 100% all people were awakened. It's amazing. After it takes place it should not be that you are shaky. You should establish yourself. The power to establish is less in Indians but more in foreigners. Foreigners establish themselves because they understand that they have got such a thing that they cannot get anywhere. They toil a lot. But for Indians – today here, then tomorrow one more guru baba and so on. They go guru shopping.

For this you should have a lot of faith, towards one self, faith towards oneself. This is our Self Realization which we have to grow. That's why I tell you again and again have faith towards oneself. With that faith you establish. First know yourself then others.

Now don't try to understand Me, it's very difficult. First you understand yourself and with that you establish yourself. Establish that truth within. Then you will understand what you are. I am telling you, 'you are dignified', I will prove it. But later don't become shaky, but be firm.

It's told that wherever you get some water, you have to dig a well there. What is the use of digging at 10 places? But this is the habit of Indians that till they don't go to ten places, till they don't get cheated at ten places, till then they cannot establish. But I wish that first all of you establish then live your life in comfort and joy.

What is the benefit of this? I don't have the time to tell but you yourself come to know and tell Me that 'Mother we got benefited like this, benefited like that'. This is very joy giving.

This means all of you want that you should get your Realization. Alright. Indians don't have to do a lot of work, this is a big blessing for you people.

Keep your hands like this [Shri Mataji opening both Her palm]. Just keep it like this. Now close your eyes. If you wish you can

remove the spectacles also. Because your eyesight also become alright with this. Close your eyes.

[Shri Mataji blows Chaitanya]. Now open your eyes. Keep this hand [left] towards Me. And placing this hand on top of your head, right hand place it above your head like this; above the fontanel bone area and check if cool or hot air is coming out. At first it can be hot also. Move your hand and check - right hand, right hand, keep it above not touching. Keep the hand slightly above, then you can make out. Hmm

Now place your right hand towards Me and feel with your left hand. Bend your head, bend your head. Move it [hand] and feel. For some it can be felt much above the head and for some closer to the head. First bend your head.

Now left hand, place your left hand towards Me. And right hand [Shri Mataji moves the right hand above the head]. Now place both your hands towards the sky. Tilt your head backwards and ask the question, "Mother is this Paramachaitanya?" Ask the question three times. Ask in your heart, "Mother is this Paramachaitanya?"

Please ask the question, "Mother is this the Paramachaitanya?" three times. Now bring your hands down. In everyone's hands or fingers or on the fontanel bone area cool or hot, any type of air they are feeling – all those people, please raise your hands.

All of you got your Realization, all of you. You got your Realization. I bow to all the Realized persons. First you were seekers now you are saints. My salute and many blessings.

I only wish that you take this further and by spreading you grow into a large trees that many other people also are awakened.

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2 December 1993

Public Program

Noida (India)

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My salutations to all you seekers of truth.I heard that from Noida to its north,east, west and everywhere, a wave of Sahaja has spread.

It is very incredible that people living in this area are very internal in search of truth, this I didn't know and didn't expect it either.

But today when I saw the whole community, I was really surprised. There are so many lovers, who want to get their Self - Realisation and want to attain the knowledge that is inside them.

The reason for surprise is that earlier whatever religious systems were there in this place ,all of them became opposite to each other and when we used to live and roam around Meerut, the simplicity of the people was visible.

But I had never seen such an inner desire for God. And today looking at you people, it seems like a miracle to me.

That the land which you consider to be fertile and so many trees grow there, then this must be called especially the miracle of a Sahaja.

This way we have worked very hard in Maharashtra, worked for years. The saints and sages poured blood there.

Many things about Sahaja Yoga that you are hearing today,have been written before as well. But this kind of work has not been done there,such deep work has not been done there.

This deep work had to be done only in this place, around Noida. I don't understand how all this happened.

And seeing all this I become overwhelmed.My heart is filled with emotion. I don't understand what to say and what not to say.

[Shri Mataji takes some water.]

Whether you know it or not, every human being is in search of happiness. He lives with whatever gives him happiness.

But in the condition in which man is ,he cannot attain happiness. When his ego or self - respect becomes happy in some way, then the man becomes happy.He finds comfort.

And when his ego gets hurt ,that also gives him pain.So man lives in the shadow of happiness and sorrow,day and night.

Hope today,despair tomorrow.

But there is no expression of joy in him.The happiness and sadness he gets from his ego,he also gets from his sanskars [values].

Like we have some sanskars,some good sanskar and when we want to go into some bad sanskars,then it hurts.Or when we see

someone who has bad sanskars, we feel sad.

And when we see someone who has such good sanskars, how great a man is, we feel happy after seeing him.

So the human soul wanders in the movement of happiness and sorrow. Happiness can only be achieved when you are connected to the conscious creation of all animate and inanimate objects spread around you.

Patanjali [sage] has called it Ritambhara Pragya [wisdom-bearing knowledge], by giving it a big name. But it is the same thing which we call Brahmachaitanya.

This chaitanya of Brahma which is spread all around, is a very huge truth. And today you are seeing this creation of flowers, all these beautiful things that you are seeing, all these are the work of the same consciousness.

Every living activity is done by this Brahmachaitanya and knowingly or unknowingly man also desires to unite with that same Brahmachaitanya through yoga.

But sometimes he does not realize this.

The other truth is that man is today sitting in the troubles of happiness and sorrow.

And the one who is suffering from all his physical, mental and intellectual spiritual things and believes that all these are his things, he is actually a pure soul.

These are just titles and when he becomes a pure soul, only then the light of bliss starts coming in him. Now happiness also has different forms.

There is a joy which a person will feel and when he meets everyone, he will see that so many people are good and I am also one of them and so much change is taking place in me, then he will feel blissful on seeing that change but he will assess it or understand it with his intellect only.

His work will be based on intellect only, he will see that wow, what wonderful people are being prepared.

See, Sahaja is spreading in such a big country and I am also a Sahaja Yogi.

A joy will descend from that but one has to climb higher than that. There are many such paths of joy.

The person who is miserly at first will enjoy satisfying people with the wealth he has, making people happy, feeding people.

In this way, we have started experiencing a different kind of joy.

Earlier, when you used to go to the market, you used to buy something for yourself. Now you think that this thing will be good for them. You buy that thing for them.

Then you start thinking that all the inanimate objects in the world, matter, material things, have only one use, that is to express your love in them. To give that thing to people.

This is Premananda [bliss of love], the joy that comes from loving others is Premananda and this is nirvyaya [genuine], there is no expectation in this, that what should the one whom we have loved do with us, what good should he do with us or what has he done to us, this thought does not even come.

Whatever has happened has happened, whatever has to be done has been done and we are enjoying it.

After that, a new dimension comes in many artists and they think about how to make such paintings, which makes the Sahaji happy.

The people of Sahaja will become happy and those paintings must be such that chaitanya [consciousness] should flow from them. If chaitanya does not flow from it, there will be no happiness.

Then if any artist makes such a picture from which chaitanya is flowing, then he sits in that blissful state.

He is not worried about how much hard work I did, what I did, what thing I picked up, what thing I put in it, how many rupees I spent, none.

He feels that at least such a thing has been made from which waves of chaitanya are coming.

So after looking at that mirror he feels that I have also become something. The things made by my hands, chaitanya comes from them.

Even today there are such great artists whose paintings emanate waves of chaitanya. And they create such a beautiful environment.

But you cannot know this information unless you have chaitanya in your hands and in such new dimensions every artist takes on a new role and even those who are not artists.

I have heard many people who have never written a poem, let alone any prose poetry. They start writing poems and they write very good and deep poems in such rhyme and songs, that they themselves are surprised that they never wrote it and they never knew who wrote it, became such a beautiful thing.

And in his song, just like people were singing here. Dancing with so much joy, because the conscious power of chaitanya inside him is giving you joy and you were immersed in the joy of such art and you also knew that you are giving joy to everyone.

Chaitanya is flowing inside everyone. Chaitanya can flow from inside every art. Although the one who makes it, runs it, says it, sings it, is a human being, but waves of chaitanya emerge from within him as if someone is playing a flute.

We have seen a very big demonstration of all these things in Sahaja Yoga. Everywhere, not only in India, but also outside, everywhere art has blossomed.

Many artists who came to play in front of us are famous artists in the world today and many artists, especially in the abroad, are not so much in music, but are earning a lot of name in art and paintings. In this way, man is getting new joy in everything.

Thirdly, many people are active, remain busy at work. Those people work but it is a lot of trouble, it is labour, they think what is this.

When did they leave their job and we sat comfortably and there was so much trouble. I saw this after Sahaja Yoga.

Just yesterday a gentleman was telling me that till three o'clock in the night they were making flags and gates. They were putting up arches.

I said you people have been putting up arches for so many days, don't you get tired?

They said, no Mother we were enjoying so much, we were enjoying a lot and with that joy we all were working.

And what joy we all had together it felt as if Goddess's night vigil was going on and god knows for how many days they toiled, how many gates they put up.

You people have done so much decoration, I think that all this too is an expression of love. The love that you people have, is hidden in all these things, laughing and being happy.

You should again say this, the joy of karm [work], the karm that you have done, because you do not even feel that you are doing work.

You feel that no, we are having fun, this is happening, that is happening. You start enjoying everything. Not only this, you will enjoy your own work too, you will enjoy everything and then there is a collective joy.

In this collective joy, you have done with the group whether it is singing and playing, erecting a pandal, putting up posters, who knows what all.

You enjoy any of these things because this too is a great collective joy. Collective joy is a very high thing, there is no jealousy among each other, there is no jealousy and whoever does more work, then there is a lot of pride and great respect for him.

There is another joy apart from this joy, in which you are overwhelmed with respect and devotion in your heart.

This also awakens a new dimension of devotion within you. There were many people who did not even believe in God. But today in Sahaja they dance like mad people, no one can stop them.

They get up and start dancing. I asked him, why did you start dancing? I can't stop myself, Mother, the whole body starts dancing from within. So whatever the joy of dance is, that kind of joy starts coming.

They do not care whether they know how to dance or not, just the whole body gets swayed by joy and everyone starts dancing in the same movement.

But there is no pomp with this, all the work is done with simplicity. There is no complaint of any kind in him and everyone laughs and jokes with each other with love.

I am amazed to see that, look, this person who did not speak at all yesterday, is a very demure person.

Today I don't know how he is joking with each other, laughing very loudly, speaking openly. The heart opens up completely. It opens up in such a way that even you cannot understand.

One day a gentleman came to meet me in America, he said, Mother, I don't know what you have done to me, I asked why?

He said I used to hate my uncle so much that I would get angry just by seeing his face, but today when I met him I immediately hugged him.

He started looking at me, what happened, has he gone mad?

I don't know where the hatred went and the anger that was there.

I don't know where it remained and I hugged him tightly.

Now he said, I liked it when I said this, he said, are you well? He said, why?

You have never done this to me, then tears started flowing from that uncle's eyes, tears started flowing.

He said, "What a miracle this is, how did you develop so much love for me?"

He said, all those things which were anger towards you, which seemed like hatred towards you, just went away on their own. I don't know, now I have become something else.

In this way, there are such beautiful shades in the transformation of a human being but still, they do not fit in the mind.

Man evaluates it with intellect and thinks that yesterday I was like this, how have I become like this today.

Oh brother, how did this miracle happen? These were my problems and I got rid of them.

Now He is the Paramchaitanya. You come to his court and he does all his work flawlessly.

And how he handles it, just keep watching. People always keep writing to me, Mother, this miracle happened, that miracle happened, they write about so many miracles.

So I asked someone to write down what miracles he is talking about. Let's publish a book.

In one month, he had enough files on both sides of his head.

He said, "Mother, which thing should I print from this, please take it out and tell me."

I said, "I don't have time to take it out."

And then I have seen many people have a lot of desire to write, to think, to pay attention to this matter.

In this way, I have written a small book on Sahaja Yoga, but many people have written books on Sahaja Yoga, whoever could write, wrote.

Those who never wrote anything, they are also writing a lot and they have written very good books.

I have never seen them, but when I saw them, they have written such good books on this matter.

You are putting all these new streams of thoughts in front of such a person, due to which a person starts thinking what this man is talking about.

Till today no one has answered the questions inside you. No one has told you which chakras are there inside you and which deities are seated on those chakras and what work they do and what powers you can attain after your awakening, till today no one has told, how is this man describing these inner powers.

He himself feels it, he himself has found it and he writes it. Now whether people believe him or not, he does not care

And most of all, his fear itself vanishes.

It becomes very difficult for him to fear anything. He does not fear anyone. He is not afraid of anyone.

Whatever he has to do, he does it by clearly saying it in front of everyone. He is not afraid.

He does not think of anyone that if I say this, what will he do and if I do that, what will he do. In the same way, he is like a lion, a king in the jungle. Similarly, in this Kali Yuga, there is a delusion of a great warrior. Be it a man or a woman.

I have seen that such displays of bravery come from within them that we never thought that this person would say or do something.

Many people who did not speak on stage. I said, come on, stand up and speak, I started.

He said, Mother, I don't know how I was speaking, I didn't know I kept on speaking, I didn't know what I was saying.

Oh brother you spoke very well, I don't know Mother I was just speaking.

In this way many things happen suddenly because the light of the soul comes inside us. In the light of the soul we recognize each other. We know the importance of each other.

And then the way we behave with one another, love overflows. So love is truth and truth is love.

When you know the truth, then you also know that you love the entire creation and the entire world.

You get only love and only love. And even if somebody troubles you or harasses you, then it is not something for you to worry about, you leave it to Paramchaitanya to take care of it.

In this way, solutions to all things find themselves and you are freed from the cycle of happiness and sorrow.

The thing which used to make you sad, now makes you laugh. What stupidity this is, look at their stupidity.

I have even seen that if someone is a Christian and he joins Sahaja, he sees the foolishness of Christians and if someone is a Hindu and he joins Sahaja, he sees the foolishness of Hindus. Similarly with Muslims, similarly with everyone.

When they start seeing the evils of their caste brothers, they become ready and try to remove these evils.

So a social joy starts coming in, family joy also comes when your wife is also a Sahaja Yogi, children are also Sahaja Yogis and you are also a Sahaja Yogi, then everyone sitting together does not talk about anything, they only talk about Sahaja Yoga.

I said, why are you talking so much about Sahaja Yoga?

They said, mother nothing gets finished, I don't know what we keep doing about Sahaja Yoga, nothing gets finished and we don't talk about anything.

In this way a new human is being prepared today. This should be known, I have nothing to do with this.

I would say that everyone worked in their respective times, according to the time. Whatever the saints had to say, they did it, whatever work the incarnations had to do, they did it.

All the great prophets who have been there, they all worked according to their respective times, the work had to be done at that time.

Today, the second task which has been given to me is that everyone's Kundalini should be awakened.

I am not doing it. Even thinking that I am doing it is also wrong. Your Kundalini gets awakened when you come in front of me.

I never feel that I awaken the Kundalini. It happens because there is definitely something due to which your Kundalini gets awakened in front of me, it gets awakened in front of a photo as well.

How does this happen? What is all this? You people do not even think about it.

Then you become absorbed in it and the other bliss, which is a very big bliss which should be called Nirananda [free from attachment] comes inside you when you do not think about it at all, remain in bliss, there is no thinking, no contemplation, then your Kundalini gets awakened.

It is completely done. When you are sitting in bliss, then you become completely complete. And attaining perfection here is the beginning of Nirvana [Liberation].

Now many people have created their own imaginations of Nirvana in their own way. Nirvana means that you become completely lost in yourself, that itself is Nirvana.

No one can explain it because this is a state in which you reach, such a great state where for you everything is you, the whole universe is you, the whole world is you and you are contained in everything, this is such a state to attain it, you don't have to stand on your head, you don't need to do any other mantras or penance, nothing.

Once this awakening happens on its own, then just like a tree grows on its own, this state comes in the same way.

Today I want to say that you should just remember that while this state is coming, many obstacles can come in the way.

A Chinese person named Lao-tse became a great poet but he was a great monk and a great preacher, he started a religion named Tao, which means Tao.

Now he has given a description of the Yangtze river. I also went to see that river, its scene really changes every two to three minutes

And such beautiful trees and such beautiful mountains that the Chinese people use in their paintings, all the inspiration for it comes from there.

I remained sitting next to him for the entire twenty four hours.

His saying is that when you are travelling in this river, there are many whirlpools in it and there are many round places in it, from where you will have to take a detour because the land is rocky there.

All this will have to be done carefully, and then after that, here and there are so many beautiful scenes, so many beautiful trees are planted, seeing them, your mind will be tempted there, you will feel like getting down or you will think of getting it, so you do not have to look there, you should keep going straight.

When the sea comes closer, the river will grow on its own and its banks will move away automatically and your river will again

merge into the sea.

And in reality, it happens in our life also in the case of Kundalini. When the Kundalini starts ascending, then there are obstructions in it.

There can be obstructions in the work force and also in the work system, that is, in the way of working, like if a person is doing a work, it is possible that while doing that work, some chakra inside him may get obstructed, that is why it is necessary to meditate in Sahaja Yoga.

For that, it is not necessary that you sit for hours to meditate. Not like this, suppose at 10 o'clock in the evening, before sleeping, if you meditate for 10 minutes at the most and in the morning before going out, you can move forward with complete peace.

But first, we should see what defect we have. There are many defects in us and which defect among them is it due to which we are not able to ascend, due to which we are not able to achieve.

This should be seen as completely peaceful. There is no need to hate ourselves, there is no need to blame ourselves.

You should understand that if our saree gets stained, then it is okay.

We can see this stain. Now we have to clean it. No one thinks that if there is a stain, we are very bad, nothing, it is an external thing, so whatever defects are there, they all fall off automatically.

If you look at them that this is not me, this is something else and in this way these defects get destroyed, then you become completely pure.

You become a pure soul and you have to achieve this state and then you achieve bliss. Every different experience of this bliss keeps coming, but it does not affect the intellect.

It becomes a state. Where a person remains in bliss and watches everything. It is like a drama which is called a Witness.

Seeing everything as a witness. Hey, this is happening, it is okay, that is happening, it is okay. He does not get disturbed by anything.

The language of Sthitpragya [steady wisdom] that Shri Krishna has spoken is of such a person and he first said to attain knowledge.

Attaining knowledge does not mean that you read books but it means that you should have an understanding of every nerve inside you, this central nervous system.

You should know about it like an animal. It does not have the thought of filth, man has the thought of filth. Now if man says that I am an animal then it is wrong and animal says that I am a human then that is also not the point, what is the difference, many subtle feelings have come in the central nervous system of man, many which are not there in the animal.

Now what can be the higher progress than this. The higher progress will be that the difference between you and a dog is that you know filth.

Similarly the subtle progress is that you know that this is a sin. This is evil. It is not to be done. The things which are taking you towards destruction are wrong.

Because your status has become higher. You have reached a great status from which these sensations have come inside you.

This is wrong. This is asahaja - leave it. It goes away on its own. It cannot be left by the intellect, this is the difference.

Nirananda cannot be left by the intellect. It is dependent on Niranand only. Nirananda is the only refuge.

There is no bliss in it - leave it, there is no vibration - leave it. We don't need that thing which does not have vibration.

This thing starts coming inside you because it does not have that bliss.

That is why you never accept that thing and do not believe in it either.

For this, there is no need to go to any big university or read big Vedas or this and that.

This is a state of man. We did not become human by reading Vedas or Bible.

The inner nature, which should be called the natural state of a human being, which is within us, can only be that high state naturally.

No support is needed for it, no imposition is needed. You can reach it directly and you can attain it and this is your right.

Every sadhak [seeker] has this right and this is the time for its fulfillment and all of you should attain it and after attaining it know what you are.

Then you will understand how glorious you are. How powerful you are and how much you have been loved and the biggest thing you will know is what is the only truth?

The only truth is the absolute truth which is called the only truth, till today people have made their own version of it, then you will know.

You can know on your fingers what the truth is, that which brings chaitanya is the truth.

The rest is all truth and after all these things are attained, gradually you start believing in yourself and you also start believing in this chaitanya and in this way your life reaches another level.

I think many people will reach this stage in this Kali Yuga. I did not expect this much earlier.

But now I think that another world is being created and when man reaches that other world then your society will prosper.

Your home will prosper. Your country will prosper and the welfare of the whole world lies in this. It is a special time and a special task.

All of you should join this. Everyone should join this. Keep adding as many people as you can and all their questions will be solved.

Not only this, they will understand. What do we have to become in this form of human beings?

What do we have to achieve? What is the meaning of our life? Science cannot answer this.

You will get this answer, when you will know the aim of your work. Then you will see that you will be overwhelmed with joy.

Seeing this in Noida, I really think that among the miracles of Sahaja, this is also a very big miracle.

Going to the village and giving the truth to all the people there.

This is also a very big task and this task is happening so easily.

It is happening with so much love. This is a big thing.

[Shri Mataji : What's this sound?]

Now whatever is there, today I have to say this much that all of you should have faith in yourself.

You should not think about yourself in any way that hey, what am I? I am a sinner. I did this or that because day and night everyone keeps telling you that you are very bad.

You are like this, you are like that. Do not think about all this.

You have to think that I am a human and I am in a very high state.

Now I have to go to an even higher state.

This is a matter of great pride about you that you are a human and you can give awakening only to humans. You cannot give it to animals.

The second thing is that this sama[Atmosphere] is such. You were born in this sama.

That too in this land of yoga, in this Bharatvarsh where many sages and saints have done a lot of penance, so you will get it very easily and after getting it, you have to think that this is a collective work.

Until collective work is not done in you, until you come in collectiveness, you will not grow, there will be no progress in you in any way.

You will remain at the bottom of the world, so think in your mind whether a seed should be thrown away after sprouting or it can be transformed into a tree.

If it can be made into a big tree, then why not and easily. Easily, do not waste any money on it. Do not run headlong for it, just come in collectiveness, like if one of our nails falls after being cut, will it grow, unless it is connected to the body, it cannot grow.

Similarly, this is a collective living institution and you should come in collectiveness in it.

See from that, your diseases, your troubles, your problems, all will go away. There is no doubt in this.

Just have faith in yourself and know that today all of you are going to get Self- Realization. First you will feel awakened and cool air will start coming from your talu[Fontanel bone area].

First of all, there will be awakening and cold air will start coming from your talu . Some people may feel hot air, it doesn't matter.

And for the first time, such cold air waves will come in your hands which is this Paramchaitanya.

You will be surprised how we got it, but there is only one thing in this that I cannot force it.

It cannot be forced. If you do not want it, then it is better for you to leave and those who need it and want it wholeheartedly, the whole universe is ready for them.

The universe of consciousness is ready to help you cross it.

You people are very easy. It is very difficult in a foreign land, but here people cross it very easily.

There is no question about them.

[Shri Mataji takes some water.]

So if any of you wants to go out, if anyone wants to go, then go.

It will take a maximum of 5 to 10 minutes. Just 5 to 10 minutes, all of you should have faith that all of you can have Self-Realization.

Forget your past, your bygone days completely and there is no next day, right now you have to come to the present.

So please forget it. Don't think about it, don't chant any mantra, don't say anything and don't even stop your thoughts, Kundalini will do the whole work on its own.

She is your mother. Everyone has a different mother and she knows everything about you from your previous birth to your present state.

So don't look for any faults in yourself in any way. Don't look at your bad qualities and have complete faith and trust in yourself and achieve Self-Realization

Everyone is wishing that .

[Shri Mataji : I will not be able to drink so hot, let it be, it is not necessary.]

All of you please come, it will be good if you sit. Sit anywhere, front or back.

Please be seated.

Sit down, sit anywhere, it doesn't matter, it doesn't make any difference.

Now put both your hands towards me like this and close your eyes. Take off your glasses too.

Do not open your eyes until I tell you to. Raise both your hands up towards me like this.

[Shri Mataji : Blowing on the mic.]

Now open your eyes.

Please open your eyes.

Now extend your left hand towards us and place your right hand on the head, not touching, not touching, keep it above and now bend your neck down.

Now see from your talu ,the talu where in childhood there was a very soft bone which was called Talu.

Place your hand on it and see if any cold or hot breeze is coming out .

Please see if there is a hot or a cool breeze coming out of your fontanel bone area.

Now put the other hand towards me and bend your neck again.

Please put your heads down.

And see if a cold breeze is coming out of your talu or not, or a hot breeze is also coming.

If a hot breeze is coming, then you say ,Mother I have forgiven everyone, then a cold breeze will start coming from there.

Bend your neck, keep a little distance, huh. Ok one more time turn your left hand towards me and see with your right hand whether any cool or hot breeze is coming from your talu or not.

Maybe some will feel it very close, some will feel it far away.

Please do it with your left hand towards Me and right on top of your fontanel bone area and see if there is a cool or hot breeze coming out of that area.

Some people feel it quite close and some people feel it quite far away, so you can move your hand, see for yourself, and bend your heads.

Look with your head bent, look with your head bent.

Now turn both your hands towards the sky and turn your head back.

Please put up both your hands and look up first.

Now ask one question : Mother, Is this Paramchaitanya? Is this cool breeze is Paramchaitanya?

Now please ask the question : Mother, Is this the cool breeze of the Holy Ghost?

Now take your hands down. All have crossed.

Now whoever felt cold or hot breeze in their fingers or hands or palate, all of them raise their hands.

All those who felt the cool breeze, please. Look, tell me.

My salutations to all of you Sadhus [Saints].

Infinite blessings. All of you have crossed over.

It's amazing. But you have found this supreme power, you have touched it, you have seen it for the first time.

Now respect it and know it. See, these people have fled from so many countries to your country because they consider this to be a holy land and also want to elevate their level of Self-Realization.

So you too should understand this thing and understand its importance.

I hope all of you, by joining the collective, will make full progress

And I will come back after a year and then I will see how many trees have grown here.

My infinite blessings to all.

1993-1203, Why Materialism Leads to Chaos and Destruction

View [online](#).

3 December 1993

Why Materialism Leads To Chaos And Destruction

Public Program

Kidwai Nagar, New Delhi (India)

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

Shri Mataji: [In Hindi]: My greetings to all the seekers of Truth! I've been told like this, that first speak in English and then speak in Hindi. Do you all agree with this?

[English part; From 13:59 to 38:30]

I bow to all the seekers of truth. At the very outset, we have to know what is the truth and what are we seeking why this seeking has started in these recent years. We have science by which we have overgrown outwardly. We have different devices by which our life has become more comfortable, maybe. But science cannot answer many questions. But science cannot answer many questions. And one of the questions it cannot answer, is, "Why are we here on this Earth?" Also science is amoral. It does not give you any line of action that will benefit you and that will nourish you. Of course, there's nothing against science as such, but it is very incomplete and takes people into imbalances.

There are so many defects which I I'm not going to describe today. But main thing is that it does not give you the idea of reality. It does not give you the totality. Also, it does not give you any ascent in your spiritual life.

So much in the West, also in India, not to that extent but, yes quite a lot, we have progressed in science in every way. What do we find? There's a decline in the character of human beings, in the society, families are breaking, children are going astray. Everywhere we find there's such a decline in the quality of life. And sometimes we cannot also say that these things are done even by human beings. It's impossible to explain why people have fallen to such a low level of existence and think that is the best life. They have lost all the capacity to feel that we are going very fast towards our complete destruction. In the West, I think, the destruction is working out from within. And this destruction is not even felt. On the contrary, people think they are martyrs if they are getting destroyed.

So, the seeking has started. The human beings are now faced with the problem as to, "Why are we on this Earth? Are we here just to get into this rat, or this rat race? Or are we here just to ensure our lives and ultimately die? Is that the aim of our life? Is that the value of our life?"

In the West, I must say there have been very few talks about the inner life, about the inner self. And even in India, there has been so much of work done. But after the British, when they went away, we suddenly took also, especially our intellectuals have become very westernized. They cannot think that India had anything sensible with it that they could talk about And about anybody they write, left and right, and try to spread, in a way, that Western ideas of modernism.

This modernism, if it had brought any kind of good results, one would have accepted. Sitting down here, in India, we don't know what they are up to, in what conditions they are, how terribly disturbed they are, what problems they are facing, we have no idea. We have only one problem is of poverty. Also, when we start copying them, we will have the same problems coming into us.

So, it is important that also the West must understand that they must see that this great tree they have produced of modern civilization, must have its root somewhere. And where are those roots? And without the nourishment from the roots, how are they going to prosper? How are they going to live? How are they to exist? How are they going to enjoy their life?

The roots are in this country. This is a great country of yoga. It's vibrated with the All-pervading Power of divine love, though we Indians are not yet aware of it that to be born in this country itself is a great boon. Neither they are aware as to what work has been done by the great saints in this country, and how much they have worked hard that one day this country should spread

spirituality all over the world. Without that, you are still not complete.

We are human beings. We have reached the state of human awareness. But we do not know what is the absolute truth. We are living very, very relatively. Some people think this kind of government is good, somebody thinks that kind of government is good, somebody thinks that economics should be like that, another thinks like that, and there's all the time discussions, arguments and fighting going on. Ultimately, we end up in wars. This relative life that we have, doesn't give us any clear-cut idea as to what is the absolute. Unless and until we find that absoluteness, we cannot understand the truth. So, those who are seeking truth have to strive to know the absolute.

At this human awareness, the problem is that we are either involved with our body, mind, also so-called spirituality. Emotions, all these are just appendages, you can say, appendages for your being. We say, "This is my body, this is my body, this is my mind, this is my mind, this is my emotions, this is my house, this is my wife". Who is this mind? Who is the one who owns it? The one who owns it is the Spirit, is the Spirit in your heart, the Spirit which has not yet come into your attention. The light of the Spirit has not yet come into your attention, that's why you think you are this body, you are this mind. You are not. You are the pure Spirit. You are, whether you know it or not.

Also, there another thing one has to know, that there is the All-pervading Power of divine love which does all this living work of producing these beautiful flowers, running our heart, looking after our digestion. Every sort of a living work is done by this All-pervading Power of divine love, in Sanskrit, we call it Brahma Chaitanya, whatever you may call it. In the Bible, it is called as the cool breeze of the Holy Ghost. It is the power of the Holy Ghost. Also in Quran, it is called as Ruh. In the religions where they have talked about Nirakar, about Formless, they have talked about it. So, this All-pervading Power of Param Chaitanya exist and we have to get united with that. That is the real yoga. Standing on your head and doing acrobats is not yoga. Or reading books and doing mental acrobats, is also not yoga. What is important is that you have to grow above your mental capacity. All the Western world is full of mental projections. And these mental projections are linear in their nature. They go up to a point, but they are not substantiated by truth. So, they decline and they fall. So, we have now decline in all our standards.

Say, now, we cannot have people like Mozart, Bach, Strauss, we cannot have. We cannot have people like Leonardo De Vinci or anyone of those great artists. Because we have lost our capacity even as a human being and we are trying to do something which has no even the power of humanity. Thus this decline is so obvious and evident in every walk of life. Everywhere you see, even in India, you see that very much so.

We cannot blame anybody for that because, so far, we have not found the absolute truth. Unless and until we have found out the absolute truth, how can we know what is the right thing to do? Now whatever I'm telling you, you need not believe me because blind faith has never helped us. But whatever I'm telling you, you can take it as a hypothesis. And if it works, then you have to accept as Divine laws. And if it works in such a way that you obviously see it is working, that you can work it out, then of course you should not deny it.

I think there are many people who are talking about it all over the world. Except in India, the intellectuals have become really, I don't know deaf and [to] doubt. But otherwise, in other countries, I've seen everywhere, you'll find at least three to four people, who are genuinely interested in knowing the absolute truth.

Especially Russia and these Eastern block people, I was amazed to see how they are so much interested to know what is the truth is. They had never known God. They have never known Divine. They have never known anything about it. Kundalini, of course, is very far away from them. But the way they took to Sahaja Yoga surprises me. In some villages, we have about 30,000 Sahaja Yogis. It's very remarkable how these people didn't take to materialism so much as they have taken in the West. And they know very well now that matter doesn't give you joy, it doesn't give you happiness, it doesn't give you fulfilment. There's something beyond this matter, beyond this mind that we have to achieve.

And that is what is Sahaja Yoga. Sahaja Yoga is where- 'saha' means 'with'; 'ja' is born. With you is born the right, the fundamental right, you have to achieve this yoga, means the union with the Divine. All the saints of this country have spoken about it. While even, many people in England, as you know that, there have been William Blake. Now if you read William Blake, English used to think he was a mad poet. He's not. He was the seer. And he talked about it. In every country, you will find somebody who has

been speaking about this higher life and these inner value systems.

For Sahaja Yoga, you don't have to argue, think or put in any effort. Nowadays I found that the Buddhism is very popular in in the West. Because it appeals to their brains, it goes into their brains and they can think about it and argue about it. Nothing wrong with Buddhism. But as far as Buddha is concerned, he was all right. That was the time when he had to do this 'tapasya' as you call it, the whole penance. But these times are over. At that time, even Christ had to do also, and at that time Mahavira also, had to do it. Those were the times. But today's times are different. These are special times, I call them 'Blossom time'. And this is the time where many flowers have come up. These are seekers of ancient time, who were seeking the truth. And today, in these modern times, which we call as Kali Yuga, they are born to get the reward of their seeking. They may be Indians, they may be Germans, they may be English, they may be anyone. They have to get this reward for their seeking, what they have been doing, and the time has come today. When I say that, people think I'm being very assertive. But it's a fact. The truth is that today is the time for them to get the reward of their seeking.

They have already told you about the Kundalini and the inner mechanism. Even to know about that is just mental. Even to listen to my lecture is also mental. You have to go beyond your mind. So, there is something that has to happen. And that happening is nothing but the awakening of the Kundalini, which is really the pure desire in your mind. Because with other desires, you never feel satisfied. Unless and until you become the Spirit, you will never be satisfied, you'll never be happy. Especially the ones who are seekers today. Of course, there are many who are seeking in money, materialism, or maybe in power. But they are not satisfied people, they have not achieved anything. They don't know the goal of their life. They are just moving with the winds the way wind moves them. So, to get to understand what is the purpose of your being a Spirit, is that: this is, in a very simple manner I would say, that to enter into the kingdom of God. It's not the kingdom of America or Kingdom of India, or anything like that, but is the kingdom of God. It's all for your welcome. And as I said, as seekers you are all respected, and you all have to get it.

The problems with us are many, but I can put them in two category is one is our ego and another our conditionings. These two things bind our life, we live in the past and the future but we cannot stand in the present. But when this happening takes place, then you are surprised that the thoughts that were coming from the past and future just stop and you are thoughtlessly aware. It's the first situation, first stage, first state, where you are thoughtlessly aware. This lasts for short time, that's why Patanjali had called it 'Savichara', means with thoughts, awareness with thoughts. But in Sahaja Yoga, I've seen this can be achieved very easily through certain time, you give to your meditation. And only in the present, which is the reality, you grow. And thus, you grow and grow and reach a state which we call as 'doubtless awareness' which means also in Sanskrit, it is called is 'Nirvikalpa samadhi'. This is a stage which has to be achieved in Sahaja Yoga.

Now some people want to know, "We want to have God's Realization". I mean, all funny ideas! So many books are there, then they read them and then come, "Mother, we want God's Realisation". Means what? What does it mean God's Realisation? I can't explain.

But what happens, that your central nervous system itself gets enlightened by this happening, and the light of the Spirit is felt by your central nervous system, as in our evolution we have so many other capacities compared to animals, that are all felt on our central nervous system. In the same way, our central nervous system itself gets enlightened, which is in Sanskrit language is used as 'vida' with from where the word 'veda' has come, 'vida'. It is to feel on your central nervous system. Another is 'bodha'. 'Bodha' is to feel on your central nervous system. These things you can easily feel on your central nervous system: your fingers get enlightened and you start feeling on your fingertips the All-pervading Power of Divine love. You can feel it like cool breeze on your fingertips. They get enlightened. For the first time, you feel there is a Power around you.

Then when you grow, as I said, you start becoming collectively conscious. Collectively conscious. Not that you get self-knowledge, that you know about your own centres, but you become collectively conscious, meaning that you can feel others, their centres. The whole of problems in this world are from human beings, most of them. They all come from these centres. And if these centres are being, somehow, are cured, then we are all right. And if we can help others to cure their centres, what will happen? A new race of enlightened people will be established. This is the time of Last Judgment. This is the time of Last Judgment where people have to judge themselves. If they want to go to Hell is quite easy. And if they want to go to heaven,

that's also quite easy. But the choice is yours, nobody can force a human being to choose. That's his freedom, that's her freedom, because freedom has been granted and cannot be taken away.

So, now for you, it is important to decide today, tonight, whether you want to have your Self-realization or not. I cannot force on it, I cannot. I respect your freedom, I cannot force. So, you have to decide. But remember that you are a human being and you are at the epitome of evolution. You are the glorious one. Your glory you don't know. You don't know how many powers you have. Unless and until you get your Realization, you will not know.

For example, this instrument, if it is not connected to the mains, it has no identity, it has no meaning, it has no use. In the same way, your situation is, and once you get this Realization, then absolutely it's a different world into which you enter.

I have to tell you, we have here- I don't know they say, there are people from 60 nations. But whatever it is, if you see them, you'll be very happy. Everybody describes them as angels. They don't fight, they don't quarrel, there's no argument nothing. They enjoy each other, they love each other. Apart from that, of course, they are enjoying each other, but also, they pull each other's legs, that I know, and sometimes make fun. But that's how they live. There is no malice, there's no hatred, there's no jealousy, nothing. Nobody's bothered about these useless things. So, this is what has to happen. And for that, this is the country where you have already so many blessings of Divinity that you can easily get it on this soil which is so auspicious.

[End of the English part]

[Translation from Hindi]

I have to tell you this, that you are all searching for the truth. Others are not even searching. Other people just like that go to temple because they should go, they go to the mosque because they should go, go to the gurdwara because they should go. They don't know why they are going. They tell me that as we live in the society Mother! so we have no choice we have to go to these religious places. But by going there, what are you achieving, that one has to see. In fact, you have lost something and the thing that you have lost is, like we say in the words of Guru Nanaka that, why do you go to the forest in search of God? The one who already exists everywhere and also resides inside you (,)

But people will do all sorts of things and second thing is that, I have also been to Gurudwara many times, I used to see that continuous recitation of the Holy Book is on and everyone is just repeating. What a great thing he (Nanak Saheb) has done for us! Such a great book, how great is Granth Sahib and they are simply just reading the lines. That's why Kabira said that by reading more the learned becomes foolish () what is written inside it? That is to be understood. Nanaka has said that without knowing the self the illusions cannot be removed ()

The same is the condition of Hindus. Where it is said in the Vedas, Puranas the holy books also Krishna has said that there is only one Spirit inside everyone, then how can you create caste and creed? Why did you create caste and creed? Now you all are seeing the results of that. Still, the caste system is so much prevalent and it's so much there that one cannot understand. Now just see, who was the person who wrote Ramayana? Valmiki! a dacoit, and that also a fisherman. Shri Rama searched for him and asked him to write Ramayana. He could not find anyone else. How could he not find a pure person and chose a dacoit?

And who wrote Geeta? The one who wrote Geeta who was he? An illegitimate child of a tribal woman. He wrote it. Tell me now what does it show? He (Shri Rama) ate leftover berries of Shabri. Why did he do all this? What was the need for him to do all this, all this drama? To show that the person who has the essence of a saint, who has achieved the principle of Brahma the God is the real saint. But who knows the God in today's time? I can't see anyone like that.

So, from where was this casteism created? Somebody was labeled as 'shudra' means person of lower caste, somebody was labeled this, somebody that. The caste system by birth was made later! It's unbearable to see the irony in the Hindu religion and we are still doing everything according to the Hindu religion, we think we are doing a very great religious work.

There is no dearth of insidious people. In every street, there are insidious people and 'taantriks' (people who practice witchcraft and black magic) so many are available in your Delhi itself. So many people are also bowing at their feet. So much has been

written about this, that who is the real guru. Nanak Sahab has written a whole chapter about it. Who is the real guru? The one who takes your money? Tell me! Does God understand money? Human beings have created their own swamp. Does God understand money, understand the bank? They are selling God. They are selling religion. Talking very big, telling lies, that we will show that, we will do this, that we will do that!! They tell to people, that see your father's treasure is wrought underground there! And your enmity is with them! All talk of creating conflicts! You should see his (false guru's) own life, that what kind of a life he has! What kind of a life does he himself has? Is there any purity, any love, any understanding, any greatness, any sacrifice in his own life? Nothing at all! And they are posing themselves as great saints!! They collect crores of rupees! This is the condition of the understanding of our Indians! Wherever everyone goes they too follow!!

Like there are old stories. Out of them, there is one in which, a father says that Look son! Wherever all people go, you also go there! He said, OK! He stood at the crossroad and started thinking about where the people are going. Everyone was heading towards the burial site and like a fool, he went after them!! The wisdom which an Indian has got, is found in very few people, very clear-headed, sharp-witted, wise, they have everything, still stupidity, they do such silly things that one cannot understand!

But those who were real insidious people here, one or two are still left, rest have all gone abroad. It's good because they are after money. We were saved because we don't have so much money. It's the grace of God because the kind of people I see there (abroad) they are falling on the road at the feet of such negative people. Such is their condition and they (false gurus) have made their brains hellish! There is one gentleman who tells, that they win the hearts of the people and control them. They take a pendulum in hand and move it. They make a person stand and say, look I am moving his pendulum and everybody is very overwhelmed!! Poor things they had never seen such a thing before! Have we taken birth to move the pendulum? Is there nothing else to do?

There is another gentleman who states that you rise three feet high!! Just see! Very big big officers here are his disciples!! What will we do by riding three feet high? Just now there was a traffic jam on the way and if these three footed people would have gone there what would have happened? Already there is a traffic jam on the road! Such silly things! How people accept them and give thousands of rupees to them?

In our country it's different and there it's different. They understand that these poor people here don't know anything. Whatever you will say is okay, whatever you tell is fine for them. But you people are aware, you people know that this is filth, this is sin, this is misconduct! Those poor people (in foreign countries) don't know this. So, those people have become so higher and we people still don't think that we have to achieve something great! After all, why we have come into this world? Have we come here to just ruin our life?

Now all this knowledge of Sahaj which I am telling, you will see it is not my knowledge. From ancient times, this knowledge has been in this country and is prevalent. Kabir Das has talked about Ida, Pingla and Sushumna channels (, ,) clearly and he talked of heart and Sahasrara () but nobody understands him. I'm surprised, in Bihar where he has done so much work, there people call tobacco as 'Surati'. We address Kundalini also as 'Surati', (). See how they have changed the meaning!! Some people are very smart in making fun of things and like fools, we agree with what they say.

This country is so great and how much is it's the greatness, this you will only understand when you'll take to Sahaja Yoga. When these foreigner Sahaja yogis come to this country, immediately after getting down from the aeroplane they bow and kiss the mother Earth, because they experience vibrations, they know vibrations and they know that vibrations are flowing from this land. And you people also must not have done less good deeds that you are born in this land. This is also a work of great virtuous deeds. Because of these saintly deeds, you are sitting here.

Now, many people also ask questions, then mother what about our poverty? True! From where does poverty come? first, we have to think about it! Selfishness! It comes from selfishness! But when a person becomes selfless and when he comes in collective so the organized form that it will have can definitely remove poverty completely.

Now, what should I tell you, that in Sahaj yoga diseases get cured without paying a single pie? Starting from cancer all kinds of diseases have been cured. Yesterday, you must have seen that there was a lady who could not see from her eyes, she said to me, Mother! I have come from very far to see you, and I cannot see anything. So, I put a candle before her and after sometimes she started saying mother I can see everything! I didn't do anything! I didn't do anything, her own Kundalini was awakened and she got light in her optic lobe here and she started seeing!!

There was a girl who was dumb. She could not speak. They brought her to me. I only said Shri Krishna's mantra in her ears and because of that mantra, she started speaking. She addressed me as Maa! and she started speaking. Now, this is not a miracle for me, it's not a miracle! It's a miracle for you! It's not a miracle because when the Kundalini rises it passes through six centers, and while passing through these six centers it completely enlightens them and fills them with her energy.

Due to the problems in these chakras, you remain sick, you have problems and when this Kundalini rises then there's nothing left to say, everything just gets alright! All the problems get solved and in this manner, thousands of people got cured.

If there is somebody who plays tricks and comes for realization, he doesn't get cured, don't know why, Kundalini knows everything. She is your mother. Everyone has a different mother. It's like a tape recording, she knows everything about you, and if there is humility in you the Kundalini does all your work. So many people have got cured with Sahaj yoga, that's a fact, but one should not come to Sahaj yoga for getting cured. Come to get your realization. Soon after getting your realization your diseases will also get cured. Various types of diseases have got cured. Those who were not having children got children. there are many incurable diseases, such diseases also got cured with Sahaja yoga.

Now our country is of farmers so, I told everyone that do Sahaj yoga, use vibrated water for farming, come to Sahaj yoga by which your yield can increase up to ten times. But people do not listen. Many Agriculture University people also did big research and the news spread everywhere that such a thing can happen. Even from Austria a very famous Mr. Hameed, Dr. Hameed has come for this. He was an advisor in UNO. He also did experiments and explained to everyone but don't know what's the matter that this doesn't go into the heads of people, As if their brains are not alright. Try to do farming this way and see for yourself. If you see ten farms and one farm is full of greenery then understand for sure that this is a farm of some Sahaj yogi.

In everything, also we have seen, in animal husbandry. We did experiments and were told that one cow gives up to ten litres of milk. Surprisingly, it's about our Indian cow and even the seeds which they use are not the seeds brought from the shops or anywhere but commonly used seeds, so much was produced from that seed, but nobody is ready to listen.

In this India, if you call a newspaperman, they only notice that there was a carpet spread out at your place, there was a lamp was illuminated at your place. There is nothing beyond that. They don't see anything beyond that. They don't hear anything, they don't write anything instead they write some silly things which has no meaning. We have brought such a great thing before you, at least listen to something. but they are not ready to listen to anything. Don't know what kind of brain people have here!

Just opposite of that, if you see in Russia, there is very old, the oldest academy of Saint Petersburg (inaudible) they gave me such a big title that I was amazed I said I haven't even done graduation in science or arts. So, they said those who discover, who search, they never go to any university. We have given this to ten people including Einstien! I said Einstein also!! They said you have done a bigger discovery than Einstein! and I was so embarrassed coming on stage that I haven't done anything so great! This is in our country from ancient times. This is our heritage of our country. From where to where, how many years back, thirteen thousand years back Markendya has talked about it in the Sanskrit language.

This is definite that earlier one guru use to give it to one disciple. Like King Janaka gave it to one person called Nachiketa. This is the tradition. But in the twelfth century, Gyaneshwara took permission from his brother who was his Guru as well, that ' Please allow me to at least write about it! This much permission I need!' and when he wrote about it, in his book Gyaneshwari in the sixth chapter he has described beautifully that due to this Kundalini only we achieve our enlightenment. He has stated it very clearly. So, at that time the religious heads said that it is all nonsense. This is forbidden, so nobody should read it, leave it and it was cut

there and nowadays also we have people like that who are supposed to be in charge of religion and they think they are very intelligent.

And because it was cut (inaudible) but still one guru had only one disciple. great saints from the Naath sect did this work. Three types of work were done. One work was regarding the holy books called Vedas, then on vedant, and then related to devotion. But main work was actually done by naathpanthi (naath were the saints) who have written a great deal about Kundalini awakening.

Nanak Sahab also knew about this. He knew it very well. There was Naamdev who was a trailer. In India tailor is not considered somebody very great. Just an ordinary tailor. His maid was also very great Janabai. He went to meet one potter. His name was Gora Kumhar (potter). This potter was breaking mud with his feet. On seeing him, Naamdeva just stood transfixed. They were excellent people, excellent people. And what did he say? He said in Marathi, I came to see the formless, but you are in form. Who can say such a thing? How nice words he said, unlike other people? Normally if Indians meet each other, if they don't use abusive words one should feel how auspicious, no quarreling!. But what does one saint says to another saint on seeing him? What does he say?' That you are the formless standing in a form.

Then Naamdeva went to Punjab. In Punjab, Nanak saheb recognized his greatness that how great his personality he is. Guru Nanak asked Naamdeva to learn the Punjabi language and write in the Punjabi language and he wrote such a big book in the Punjabi language out of which some content is included in Guru Granth Sahib also. Now this recognition, this understanding can come only to Saints. Only saints can have this vision, this subtle vision about other saints.

After coming to Sahaj yoga so much transformation comes into people, but I won't mention a lot of things, because half of you will leave. But I'll tell that people give up alcohol. All great people said, don't drink! During the time of Mohammad Saheb, he said don't drink alcohol but cigarette smoking continued. Then Nanak Saheb told people not to smoke cigarettes. But whatever these great people say doesn't come into practice.

If you go to London they will show what great pubs. They have pubs in their homes. Even English doesn't do that. They also put the alcohol inside the cupboards but the Indian, they put it right in front showing their pub, if you visit them. This situation that has come because it has become very difficult for people to follow whatever they (Guru Nanak and other great people) said. Some do it, some do it secretly, some do it half and some do it fully because they do not have that power that capability (to give up alcohol and smoking), but in Sahaja Yoga you become capable.

Try to understand it in this manner. There is a snake in my hand and I am a very stubborn woman and you say that, You are very stubborn! then I will never agree. And whatever polite ways you may try and say there is a snake in your hand, please leave it! I'll say, no this is incorrect! This is a rope. I am sitting in darkness, and I am stubbornly insisting that this is a rope, this is a rope. Ultimately when the snake will bite, then only I will know it's a snake. But if you get a little light you leave it immediately. Immediately those things are dropped. Similarly whatever things that have settled inside to destroy us, they drop out completely. Human beings get completely purified.

Yes, I'll tell you one more thing! (Unclear) is a very famous shehnai player. You all know Ustad Bismillah Khan Saheb! He had once come to our programme. He started watching that all the Sahaj yogis are sitting together. So, he said, Mother! You have made them pure (khaalis)! They all have been purified! Yes! I said, they have become pure (). Then I said, what Khalistaan they are making? He also asked me. I said you go and ask them, why ask me? Whose Khalistaan you are making? Khalistaan means Nirmal, pure! When you will be pure, that's what he (Guru Nanak) has said, that you should be pure. He has worked very hard on the Sikh community.

The same is about Muslims. Muslims were told that an arrangement of a great revolution called Kiyama has been done. When Kiyama will come, your hands will speak and will give witness against you. It was clearly stated. What happened to that?

Lord Christ has said something very marvellous, 'Thou shalt not have adulterous eyes'. What a great thing he said! And show me out of them how many have clean and pure eyes. Such people cannot be found! The reason is that they don't think it's wrong.

The reason is that, that power is not inside. When that power comes in you you become fearless and sing () the praise of the formless God fearlessly.

All around in this country, if you see, don't know how many (great people and saints) have done such important work! We should not follow the ways and attitude of the foreigners they have at present and also we should not run with the so-called great progress they have done. Go and see what is their condition! Actually, we should do progress in spirituality. We can achieve a great deal in this way and the whole world will fall at your feet (unclear) But we don't know that there is such a big source within us.

Now I tell you, you all have come here. I know today you all will get your realization. No doubt about it. But even if one - eight of you people are abroad, it's extremely difficult for me to give realization. But after joining us, after getting realization, they grow so much that I am unable to understand. On the other hand Indians, today they listen to Shri Mataji's lecture, tomorrow they will listen to some other person's lecture and the day after will listen to lectures of some third person, then they will offer arti at some other place, there is no conflict with anyone!!

In this country where there was, there is so much depth and we have had such great people in this country, in such a nation don't know why people have lost their depth? This must be understood that whatever problems, dilemma, and troubles we have will all drop out.

One gentleman was telling me that we had too many troubles, so many problems, but they have all fled on their own. Troubles are in trouble now!! Now, we don't have any problems. So, I asked, how did this happen? He said this is what I am unable to understand and have come to ask you! I said there is no need to ask me. In such a world of joy, I have to take all of you. In such a world of love, I have to take all of you, where this love is so selfless, that you have no complaints of any kind with anyone. Nirvajya meaning where we don't ask for any interest, anything in return, we just want to love others.

Now see they (foreigners) asked me, Mother please tell us what does Indians like? We will bring it! I said, bring in a small quantity! Now they have brought it on my head please distribute them! I said, oh what should I distribute? You have brought so much stuff don't know what all items!

And they have put so much attention as to what they should get. They said, good needles are not available here! so they brought needles! Good scissors are not available so they brought scissors! Just see so much attention, thoughtfulness, so much love, and in actual around four to five hundred people will be going for a tour. Now here where they are putting up they are living very comfortably, although they live in such good houses they have cars, they have everything. If you ask they say wow! Such great joy! In India, there is so much joy! Now see what is the reason? They want the joy of the Spirit and not of the body. While Indians will say we want an attached bathroom. They (foreigners) will not say like this.

Indians are even more wonderful. We have made an ashram for them in Ganpati pule. So, Indians say we want western bathrooms. And they (foreigners) say we want Indian bathrooms. They are very clean. Now see, how has it happened? How did these people change? How their thinking has changed? How they have started to understand everything? Because of love! And the Sahaja yogis here are also very sweet. Very nice! Just think if Indian becomes absolutely honest. Have you heard anywhere? Absolutely! 100%. And they all think it's my money! No dear! It's Mother's money! Normally we are capable of stealing even our own mother's money! But no, they are so honest! Then also they don't tell lies!

One gentleman's said mother I use to think that I am a lion because I use to carry a gun with me! But now I have actually become a Lion, I don't need a gun, I don't need anything. This is how people have changed. They have become so sweet because you all are actually sweet, very sweet but you have forgotten that as there is no self-knowledge. But now you can get it, knowledge about your inner self, which is called knowledge about the self, now you can know everything about yourself. And for this you can not pay, the first thing is this.

Indians don't even understand this. One day somebody came and give me a twenty five paisa coin. I said I don't take money. He

said so take one rupee. They are not able to understand that any person can do such work free of cost. But how much money you will pay for this? It has no monetary value. You cannot pay money for this! It's not that I gave a lecture for free today and later I demand money! Not at all! You must understand that is the play of Chaitanya the divine power. And in this play of Chaitanya money is not used.

No one can be a bigger thief than the person, who demands money from you in the name of God. He has no fear of God. It's okay like they have decorated such a nice tent here, money came for it, make all the arrangements properly, but you cannot pay for self-realization. What is this money? But one gets the blessings of Goddess Laxmi as well. So many told me that Mother! Soon after coming to Sahaja yoga, we were blessed by Lakshmi. But this is an attraction. One has to go much further than this. And by going further you achieve the joy in the light of the spirit and in that joy itself all the knowledge appears right before you because it's all inside you. The only thing it has to be awakened.

We have no (shop?) and no give and take in this. It's your right. I am giving it. It's your right and you achieve it! There is no need to be grateful for that but you must understand what have you achieved! () My sadguru my master has given me something valuable and I am not even a Guru, I am just a Mother! I did not even give. You have achieved whatever is your belonging. But do not leave such a valuable thing on the street, also do not reduce its importance. It's very important. By this, all your problems will get sorted out. This is being said by a mother! After all, some attractive incentives have to be offered then only people are entrapped!

But actually, the fact is son, that without achieving this the peace is not going to establish within you! I tell this to everyone, that without this nobody can be peaceful inside. And this is the future of this country there are going to be numerous Sahaj yogis, a great many Sahaja yogis. And then see! Many people ask me Mother what is the future of our country? I tell them, it's very bright! After getting your self-realization today, you all should work hard to establish it! Sometimes the connection becomes loose so correct it, for which there are meditation centres.

And the second thing you should understand that this is a collective arrangement, it's a collective arrangement! It's not something that you sit at home and do Sahaja Yoga. That also you have to do but you have to meet everyone. It's like one nail is cut it doesn't grow. If you become part and parcel of this one body which is vibrated by this organized collective consciousness, then you do not face any problems or troubles. You will be amazed at how people will help you. If somebody gets sick here then people from Germany come running. If you just inform this is the problem, they'll say that person is their Mother, we have informed him, he knows how to do, he will come. The whole world is with you. You have your real relatives in this world.

I'll say that Saint Gyneshwara has predicted that such a time is going to come, when such people will come, and such & such work will be done. In Guru Granth Saheb also there is a beautiful description regarding this. Everywhere this has been described. You all should understand and believe that this time has come, and you are one of those people who can take advantage of it!

Eternal blessings to all!

...Leave it! Let her go back I think. Better go outside a little bit otherwise she may get another attack. Slowly, slowly! She will be alright. Should not disturb everyone. Just as she is your daughter, she is my daughter as well. Now now don't worry!

I have to tell everyone, that whatever problems whosoever has, write them now in the letter and give to me please that we have this trouble, that problem and later you come into the temple. We have our centers at different places, and all of them (Sahaja yogis) can cure you. There is no such issue. So, you all get cured and people do get cured, but if you don't come, then how will it happen? Now at present, I am doing different work here.

Sit down! Doesn't matter! I too feel bad! What to do? But all these troubles can finish. I am telling you all these can be over just put little effort. This disease can also be cured very easily, very easily! If the mother practices Sahaja yoga properly she herself can cure her. If the relatives practice Sahaja yoga then it's very beneficial.

So, I'll say again that those who want to achieve self-realization should stay and those who don't want may please go! It's just a matter of ten minutes! No time is required for Indians! If All of you please sit down, it will be a great favor to me. As I said on this Mother Earth, my India is the greatest of all and so many of you are sitting here! So have faith!

Now, everyone has to put their hands towards me, up like this by raising! Not too high! Normally what you can tolerate, keep your hands that way! Not like this, like this! As I have told you, these fingers five, and these two here are seven chakras! And these seven chakras on the left and right have to be awakened. Through these evocations will go then the Kundalini will rise, through these. It's totally scientific. Doctors also accept the sympathetic system. They also accept, but they don't know the way it has to be used, that what is to be done further! Alright? And take out your spectacles, it will be better, because it's good for the eyes as well!

Now close your eyes! And till I say don't open your eyes! Don't say any mantras, do not try to stop your thoughts or to anything else Kundalini will manage everything itself, therefore sit comfortably! Totally comfortable and keep faith inside that today itself you will achieve your self-realization, today! In a humble manner, this is a pure desire and you ask for it in your heart, that Mother please give me self realization! (Unclear) Because your desire should be expressed that we want that we should get self-realization!

Now, don't open your eyes! Please close your eyes and don't open till I say! Remove your spectacles! Please raise the volume of this (microphone)!

Please open your eyes slowly! Now, put your left hand towards me. Bend your head and by right hand see if there is any cool or warm breeze coming out of your fontanelle bone area, which is a soft bone in your head is called Talu or Fontanelle bone. Check there if a cool breeze is coming from there! A warm breeze can also come! If you are getting warm breeze then say in your heart that, Mother! I have forgiven everyone all together! It's very easy to say, that mother I have forgiven everyone all together! Then heat will all go out! Bend your head! Bend your head! Not on your head but slightly above your head! Now, put your right hand towards me and again bend your head! And now see by left hand! Some people get it very close, some get it very far! Some get subtle and some get from very strong. In the manner, this breeze comes! You see if it is a cool or warm breeze!

Bend your head and do not doubt in any way! Now, left hand towards me! Again bend your head and see with your right hand if there are is a hot or cool breeze there! If it is hot then you have to say in your heart mother I forgive everyone! Don't doubt yourself and don't think that you are a great sinner! Forget all these things now, because this paramchaitnya, the divine power is the ocean of forgiveness! You can not commit any mistake which can not dissolve in it! It is the ocean of compassion, the ocean of knowledge, but above all, it is the ocean of forgiveness!

Now, raise both your hands and look towards the sky! And ask a question, Mother is this the paramchaitnya? This is the first time you are experiencing it! Mother is this the cool breeze of the Holy Ghost? Or mother is this the divine power of love? Just put your heads upwards! Just feel on your hands or fingers! Now put down your hands! Again please put your hands towards me (unclear) the state of thoughtless awareness. Don't think! Just don't think!

Now those are feeling cool or warm breeze in their hands, or on fingers, or on top of their fontanelle bone area, cool or hot breeze, all such people raise both your hands! Just see, just see, see how many saints!

My loving greetings to all of you!!

1993-1204, Sitar and Qawwali Concert, Evening Program, Eve of Shri Ganesha Puja

View [online](#).

4 December 1993

Evening Program

New Delhi (India)

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

1993-12-04 Sitar Concert - Debu Chaudhuri, New Delhi, India,

Shri Mataji: They are all Sahaja Yogis ...

You can see that Music is something like[unclear 00:54]. It transcends all barriers, all conditionings, all these egos...And you feel that oneness. In the way the people from all over the country on Cabella of all the caste community creed and religions, and you know how to appreciate it. Not only by the musicians but also by the audience...But the musicians appreciated the audience they say they have never seen such good accord & such enjoyment. Especially Prateek one of them there, who was so many happy he has said I am feeling free, and extremely happy in this atmosphere...Ok ..And he was really very great [unclear 01:56/just play well]. And he really plays very well ...

Please tell the raga which you are playing to them as well (in Hindi to artists).

[Shri Mataji enjoys the music and at last, appreciates the music]

Sir C.P - Done amazing! Wah Wah!

Shri Mataji: what a passion? (Shri Mataji gave the presents to them)

Now you people also open your hands ...And then see (Shri Mataji gave a lot of blessings to them)...Today people were joyous in their extremes...

Sahaj Yogi: I must confess, that whatever we have played, Its not us(who have played) but it is the Mother (who has played ...)
(Then JAyakara)

Why I am saying that ...We played in Siri Fort ...Sadha didi was also there ...Sadha didi has felt on yesterday that I was playing yesterday in a [unclear 1:16:13] I am sure she watched for me that I, was playing one-tenth of this performance and my greatest inspiration, of course, Mataji is there, and my greatest admirer in the world is our Papaji. He always encourages and gives us the moral value wherever I go to the world I mention him ...He always tells me the music at its best.[unclear 1:16:58]But Mataji knows that we love and respect her...

About my son, I think I should n't have[1:17:28unclear]

I was in America and I could n't go to Cabela so [unclear 1:17:46]and when I met Shri Mataji accidentally in Newyork, ...[unclear 1:18:01]

1993-1205, Shri Ganesha Puja: He is the manifestation of the invisible Param Chaitanya

View [online](#).

5 December 1993

Ganesha Puja

New Delhi (India)

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

Shri Ganesha Puja. Delhi (India), 5 December 1993.

[Translation from Hindi to English]

Today we are going to perform Puja to Shri Ganesha. We are starting the tour, and it is important to begin it with a Puja to Shri Ganesha. Especially in Delhi, Ganesha Puja is very necessary. Though we know very little about Shri Ganesha, in Maharashtra there are eight Ganeshas (Ashta Vinayaka), and there is Maha Ganesha in Ganapatiphule. And that is why they worship Shri Ganesha a lot. But what is his essential existence; and who exactly is Shri Ganesha – very few people know this.

Now, whatever I am going to tell you about Shri Ganesha, being Sahaja Yogis, you will understand. But other people cannot understand. The rest of the world, especially intellectuals who claim to be wise and intelligent, can perceive Sahaja Yoga, but the fact that the Gods and Goddesses are involved in actualising Sahaja Yoga, they are not prepared to accept. Even they cannot comprehend Param Chaitanya; and try to explain it by calling it Cosmic Energy. But whether they understand this or not; whether they accept this or not; in the beginning, even before this world came into existence, Paramatma (the God Almighty) and Adi Shakti felt that first, purity and auspiciousness should be established. If holiness is put into the creation first, and it spreads all over the Cosmos, then only Chaitanya (vibrations) will start to flow. For example, if Chaitanya spreads all over the creation, it will become effective only if there is holiness and purity within yourself. If you are not holy and pure, if your thoughts are not chaste and clean; or you are only superficial and without depth, you cannot get absorbed or immersed into Sahaja Yoga. This subtlety that you have acquired in Sahaja Yoga, has been achieved for you by Shri Ganesha.

Shri Ganesha is the embodiment of the existing reality of Param Chaitanya; or Shri Ganesha is the manifestation of the invisible Param Chaitanya. And He establishes this perception on every chakra. Unless and until (Nirmalta), immaculateness, exists in every chakra, only holiness shines from every chakra; rising of the Kundalini is highly improbable. Even if She rises, She keeps falling each time. The relationship between Kundalini and Shri Ganesha is that of Mother and Child.

You already know the story, that when Shri Parvati was getting ready for Her bath, the fragrant paste that She rubbed off Her body, which of course was full of vibrations; She used it to form Shri Ganesha. And She made him sit outside Her bathing chamber. One important point should be noted, that in the making of Shri Ganesha, Shri Shiva had no part at all. God Almighty had no hand in this. Adi Shakti, and Adi Shakti alone, created Shri Ganesha.

In the same way, when the announcement of the birth of Jesus Christ was made to Mary by the Angel Gabriel, She was a virgin maid. For a virgin to become with child is not considered a holy state by our society.

So this most holy and auspicious child, Shri Ganesha, was created by Shri Parvati in the absence of Shri Shiva. In the identical state of pure virginity, the most chaste Jesus Christ was created. This fact is easily understood and accepted by Indians. But in other countries they are unable to understand and accept, because they bring the Divine down to the human level. They cannot rise above this. And that is why they cannot accept this ultimate reality of Immaculate Conception. They are still ensnared in this controversy, and their attention is immersed in this.

Now you are Sahaja Yogis and you have witnessed innumerable miracles of vibrations (Chaitanya). This has had its effect on all of you, and your vision of the Creation has changed. And when you look at the state of the world you realise that it is all a Maya

(illusion), and there is definitely a world of truth beyond this. Only Sahaja Yogis can experience this. They can understand that the manner in which Shri Ganesha manifested or was created, is verily the truth.

In Greece there is Athena, (Ath means Primordial), who is the incarnation of Adi Shakti. When I went to Persepolis to see the Temple of Athena, they showed me a place outside the temple, where they said, there resides a "Child God". Most surprising! They are not aware who this Child God is. This was due to the invasion by many outsiders who came and ruined their heritage. That is the reason they don't believe this, nor do they put their attention on it. Fortunately this did not happen in India, and our heritage is still alive and intact.

There is another place called Delphi in Greece, where they showed us a flat round rock, and told us this is the Nabhi. A lot of vibrations were flowing out of that stone. And when I turned around to see where the vibrations were coming from, there was a Ganesha sitting there, made of stone. Sadly they do not know what Ganesha is. I was amazed to see this. It was a Swayambhu! (produced by Mother Earth), and so full of vibrations. But in the absence of Sahaja Yoga it becomes difficult to talk about Shri Ganesha.

But the people who came later, and who were honestly seeking dharma and desiring that it should be established in the world, had their attention mainly on dharma (customs or laws regarded as duty in religion), and were strict about virtues, righteousness, and ways to improve and correct the people. For example, Moses gave them the Ten Commandments so that people could prepare and improve themselves. Even in our country we had great gurus, like Guru Nanak, who worked hard towards establishing Dharma in the people. They did this by giving them good morals and balanced principles conforming to the standards of righteous behaviour, so that when faced with right and wrong, they could make the right choice.

Shri Ganesha works in a different way. Shri Ganesha uses His own Shakti (energy) to purify. His biggest strength is his innocence. His head, being that of an animal shows that unlike human beings, there is no ego or superego in it. And he is a child. And His incarnation is Jesus Christ or Issa Masih. We have subjected this divine fact to scientific scrutiny, to find proof.

As I have said before, Shri Ganesha is a Shakti, and whether you look at Him in the subtle, or in the gross, He looks like Shri Ganesha. And if we have within us innocence, humility, chastity and simplicity, then in this state of Nirmal (pure) grace, Shri Ganesha awakens inside. Without the presence of Shri Ganesha, Kundalini cannot rise. Because Kundalini is Gauri, and only Shri Ganesha can be with Her at all times to guard and protect Her. Not only this, but as Kundalini rises above one Chakra, He augments (closes) and prevents Kundalini from slipping down.

Now this Shri Ganesha is within us, seated on the Mooladhara Chakra. In this itself people have made mistakes. The supposition that Mooladhara Chakra is inside the triangular bone is a major mistake. Inside the Mooladhar (triangular bone) only Kundalini resides. And below this Mooladhar, is the Mooladhara Chakra. And on this Mooladhara Chakra, presides Shri Ganesha. And what his functions are, you are well aware. You must have seen some of My photographs where Shri Ganesha is standing behind Me, or even Shri Ganesha in front of Me. In the same way other deities have also been seen in some of My photographs. The Shri Ganesha Shakti, which is of pure holiness, is recognised by everyone in this country as a beautiful quality that we should all possess. This is not so in other parts of the world. They are called mlechh, which means, tendency to immorality. Shri Ganesha is Nirmal, pure. All Indians have a desire to possess this quality of Nirmalta (purity). And even if they do not, at least they make an outward show of being pure. The advantage of this pretence is, that at least it is hidden and does not infect others in the society. But in other countries they feel proud to openly profess immorality, as if they are responding to some call for participation and thus supporting a big cause. To accept wrong things as good, and to feel that we are undertaking some great adventure, and be fully absorbed in it, according to us is considered stupidity.

If you go to America, you will not find Shri Ganesha. Does not exist in anyone. Means that innocent wisdom does not exist. And now when the immoral and indecent lifestyles are showing their destructive consequences, they are saying that they should become sinless and clean. They speak like that, but it is not having any effect now. Without Sahaja Yoga they cannot change.

But you people have this treasure – wealth. Of course here also there are some people who have taken to the wrong path, and do

evil and wicked deeds, sometimes openly and brazenly. We know fully well that society will not support or appreciate us, and might even ostracise us. You will find this kind of permissive lifestyle among those who have lived abroad and returned to the home country. They behave in a very immoral way, and take pride in their newfound freedom of expression, as if they are a special category of people.

The strength of a pure person is his innocence. Means there is no sin or evil whatsoever within him. He is a perfectly clean and pure person. Jesus Christ had said that “when the time comes for our resurrection you will become innocent like children.” At that time Shri Ganesha stops all his other functions, and fills you with innocence and purity, which helps you to get your realisation.

When you speak to a self-certified intelligent man, he just cannot understand why Shri Ganesha is such an important deity for us. The way to explain this is, that until you become subtle, you will not be able to recognise that all these deities exist within you.

Shri Ganesha has four arms. I had mentioned that the Carbon Atom also has four valencies. It also has four arms. In nirakar, (subtle, formless state) when you look at Him from the left side, you see Him in the form of a Swastika. I had told them to photograph a carbon atom, and to take the photo from four angles. The left side showed the Swastika. When we look at it from the right side, He shows up as Omkara — many omkaras — as many omkaras as there are carbon atoms, will be seen. If you look at it from the underside towards the top, then the Greek letters Alpha and Omega, threaded into one integrated form which are used as symbols, become visible. Jesus Christ had said, “I am the Alpha, and I am the Omega”. Alpha means the beginning, and Omega means the end. How is it that these two symbols mentioned by Christ, can clearly be seen in the carbon atom!

When I said this, scientists in foreign countries immediately started researching, and found out that this was a fact. They saw that when they took photos of the carbon atom from three different angles, they got exactly these three forms. From this it is clear that Jesus Christ became the Alpha and the Omega, and Shri Ganesha the Swastika and the Omkara. So, it has been conclusively proved that Jesus Christ and Shri Ganesha are the same.

Even Hitler used the Swastika. He was probably told about it by the Dalai Lama and was advised to use the Swastika. If Swastika is formed correctly, whose movement is towards the right side, that Swastika is (pragati sheel) means constructive. It manifests innocence. But if the Swastika takes a left sided motion, means if it is reversed, then it can herald the destruction of a person. He can get all kinds of illness, especially incurable diseases. For example, yesterday a man came,, whose muscles in the body had become lax, loose, and inert. Myelitis they call it, and a whole lot of other names. In this illness, a man's muscles lose their elasticity and become loose and lax, and he can never be cured. Slowly his muscles become weaker and weaker. This happens when we act in opposition or against Shri Ganesha's qualities. Hitler was afflicted with this same disease. Hitler, in an effort to make use of Shri Ganesha's powers, made a Swastika. He made a stencil of it. As long as the stencil was turned in the right direction they got success in their activities. But they turned the stencil in the reverse, and started using it to make reverse Swastikas. It was the use of this reversed Swastika that caused Hitler to lose the war. This is the significant importance of the Swastika. A lot of people did not know the significance of the Swastika, and they felt that if Hitler used it, anyone can use it. After all Shri Ganesha is innocent. But He also shows His powerful effect.

I had warned the people in Pune, three or four times, to have respect and awe for Shri Ganesha; and in His presence, do only auspicious deeds, as He does not like dirty, obscene acts. There is a Ganesha festival which is celebrated all over Maharashtra for ten days. This was suggested by Mr. Tilak, that Shri Ganesha should be worshipped in this way. In Pune I was shocked to see that after completing the aarti on the final day, and while they were going in procession to immerse Shri Ganesha, they were singing all kinds of immoral and offensive songs; and doing dirty dancing in front of Shri Ganesha. Even the women were dressed immodestly in revealing clothes, with no sense of shame. And most of them were smoking tobacco and drunk on alcohol. I told them to stop all this at once, and behave with respect and reverence towards Shri Ganesha. He is a blazing and lustrous God, and one should be cautious how you behave in His presence. I had even warned them in many lectures that Shri Ganesha is a distillation of the Earth Element; and if they disrespected Him in this way, they will bring down the wrath of Mother Earth, in the form of an earthquake. And that is exactly what happened. When they returned after the immersion, in an intoxicated condition, before they realised what was happening, the earthquake struck, and there was destruction and devastation

everywhere.

We see this irresponsible and sinful behaviour happening regularly in the West and they feel there is nothing wrong in it. If we try to advise or correct them they reply, "What's wrong!" And now all the worst diseases have erupted there, including the dreaded Aids. Thousands are getting destroyed from within. In these countries the power of destruction is acting from inside. Sitting here we can understand the seriousness. I had warned that by the age of 35 the people of America will become old and senile. There is a disease called Schizophrenia in which a person becomes like mad – he gets hallucinations, abnormalities of thought, and a distorted perception of reality; and other innumerable diseases we have not even heard of.

In our country we have worms, and insects, and mosquitos; and all variety of pollution. BUT the people are clean. Ofcourse in these modern times one does not know what sins people are indulging into. This can be termed as – going against the principles of Shri Ganesha is the same as committing sins against the Mother or going against the Holy and Virtuous Power of the Mother.

In the West a certain Mr. Freud rose up and pronounced that it was not necessary to respect the relationship between mother and son, as sacred and holy. Observing purity and chastity in relationships with the mother is all a myth, and nothing will happen. As such there is no need to maintain pure and holy relations with the mother. They accepted Freud instead of Jesus Christ, and worshipped him. He of course suffered and died a horrible death from cancer.

We should worship and respect Shri Ganesha. All psychosomatic diseases (means incurable diseases which doctors cannot handle, they can only cure physical or somatic ailments), can be cured if Shri Ganesha is awakened and fully manifesting within us. Those who are not Sahaja Yogis cannot accept this fact. They feel that these people are worshipping an elephant, and this doesn't seem right. But that is a symbol; and symbols are created when a concept cannot be described in words, nor can it be understood. That is why symbols are created. They also say that this is a contrived, fictitious notion, and we have succumbed to believing in a myth. But in Sahaja Yoga it has been proved that this symbol is a reality and He does exist. He who was only a symbol, has come before you in a form that is perceivable through your senses, and it has become apparent that he does exist.

How far can a person's intelligence go? It has its limitations. And it cannot comprehend some of the mysteries that have been written a long time ago. Now, those who have difficulties in accepting these facts, should close their eyes, go within themselves, and admit that with this human awareness I am not going to be able to go into this area and fathom this mystery. And if I desire to comprehend it, I have to go beyond, into some other, higher realm.

For this reason I felt that for the people of Delhi a Ganesha Puja is very necessary. The relationship between Shri Ganesha and Shri Gauri is eternal. And until and unless this Shri Ganesh principle is established in Delhi, there can be no solution, particularly to the political problems of this country. For this we need people who are holy and pure, and who are innocent like children. Some may say, "How can people with childlike innocence undertake administration. Lots of people can say this. But where can we find such innocent people. And if and when they do come into the field of administration, Shri Ganesha, who is of course already the giver of intelligence, will give a new dimension and transform this intelligence into Sat Asat Vivek Buddhi. He also confers wisdom, reasoning, discretion, discrimination, judicious prudence, and Divine principles.

What is Sat Asat Vivek Buddhi? This is His blessing, that a person who gets this gift will always choose the truth and will stand by it with his heart, soul, and life breath.

This thing called sin, or acts of immoral indulgence, is the main reason why people want to amass money. Because money is required to pay for indulgence into bad habits like wine, women, gambling, and an indolent and wasteful lifestyle. But if you are a devotee of Shri Ganesha you will never become greedy, dissatisfied, and dishonest.

When Jesus Christ incarnated, as you know in the brain, in the Agnya Chakra, He opened two windows, one in front and one at the back. From the window in the front, we can see. It controls the movement of the eyes. The person who does not worship Shri Ganesha, his eyes are not still. They are constantly moving about. Jesus Christ said something that was more subtle than what Adi Guru Moses said. Moses gave the Ten Commandments, that you should not kill, you shall not steal, you should not covet

another man's wife, and so on...

But not Christ. He commanded that "Thou shalt not have adulterous eyes". That means that your eyes should not have lust, infatuation, spiritual ignorance and delusion, in which you have excessive desire to possess whatever you see. The eyes should be absolutely pure. Just imagine, if you go to countries in the West, you will not find many people with pure eyes. Most of them have eyes that are moving from one side to another. This definitely has an effect on the attention.

The eyes move about for so many reasons. For instance, some people who are walking on the road, will look at every advertisement. And if they have missed any, they will turn around to look. Some men will look at every woman; and some women will look at every man. Or some have the notion that they are famous or special and look around to see how many people are admiring them. Or maybe, there is a deeper reason. Then there are those who, whatever they see, they want in their homes, and start searching. Worse are those who steal whatever they like to have; and get some sort of satisfaction out of it.

So, good behaviour and moral ethics, is a gift of Shri Ganesha's power within us. Because He has blessed us with Sat Asat Vivek Buddhi, which is Divine Discretion. In Sanskrit there is a couplet – "The Swan is white, and the Crane is also white. How can you distinguish between them?"

If you mix milk and water, and place it before the Swan, it will extract, and drink only the milk from the mixture. But the Crane will drink everything.

This Divine Discretion manifests in the Hamsa Chakra, which is placed between the eyebrows, and is actually bestowed on us by Shri Ganesha. After coming into Sahaja Yoga, this power of Divine Discretion is established within us by itself. And this happens because the light of Shri Ganesha, who is the embodiment of the Spirit, starts manifesting within us. And in that light we can clearly discriminate between right and wrong, and avoid all that is bad.

Now we see Shri Ganesha being worshipped with conch, and bells and lamps; but there is no good effect on those who are doing it. The reason is that we have to worship the Shri Ganesha within ourselves. Inside. Means, the purity and innocence that are his gifts should be established and should shine within us. Now we can ask, "Shri Mataji, how to do this?" All you have to do is meditate on this. By meditation and introspection, all the inner cleansing happens by itself. This works on a level which is beyond human comprehension and understanding.

Cleansing the Left Side, pleases Shri Ganesha. You can say that there are two kinds of sin. One is sin against the Mother, and one is sin against the Father. Indians fall into the second category. They always feel that money is very important. So they start accumulating money by cheating, and other dishonest means. They do not realise that our Father is God Almighty, and who can have more wealth than Him. He can support all of us very well. So why should we misappropriate other people's money by unfair means. This tendency to cheat and steal comes from a sense of insecurity. But when the blessings of Shri Ganesha flow, our attention does not go towards this amassing and hoarding.

The sins against the Mother are more serious and offensive. We must understand that this sin destroys us from the inside. All the left sided diseases attack us, and later psychosomatic illnesses. All the incurable diseases that are appearing in modern times, are the direct result of actions against the Ganesh Tattwa (principle).

If you are a Sahaja Yogi, then you must meditate every day. First from the left side, and then meditate on the right side, and then on both sides. Diseases of the left side can be cured by using the light element – candle or lamp. Because the light is Shri Ganesha's element. Removing darkness is his configuration.

Shri Ganesha's power also looks after the intake of food and drink; its digestion, and its excretion from the body. We pay so much attention to outside cleansing, bathing and washing. But more than this we should pay attention to the cleansing of all the dirt and filth within our being. Inside us. We must look at ourselves in the mirror and ask, "What am I doing!" We should respectfully invite Shri Ganesha – "Please come inside us and be seated on Your Throne, not only on Mooladhara, but on every

Chakra in my body.” His kingdom extends right up to Agnya. That is why Christ said – “I am the path and I am the gate.” This may have been translated in different ways, but at no time did He say that “I am the destination”. Being the Spirit He could have been the destination, but He left that to Adi Shakti. That She would manage the destination.

In every Scripture that you read, in all of them you will find that they have emphasised the importance of purity and holiness. The same purity and chastity are the powers of Shri Ganesha. But when human beings do not honour their own purity and that of Shri Ganesha, and don't observe the (maryadas) boundaries and decorum; then they get into trouble, because Shri Ganesha abandons them and moves out of their lives. And when He leaves, all His powers also leave, and then we have to face all the diseases and dangers of life alone.

Sahaja Yogis must worship and honour Shri Ganesha. And they should be aware of His presence always. Whenever negative thoughts attack us, His purity and holiness cleanses and neutralises it. With this cleansing, and with His help you can reach the destination of which you are all dreaming.

So, Shri Ganesha exists. Those who went around, saw Him by their sympathetic activity going round inside the Chakra, and mistook this for Kundalini. And this caused a lot of confusion, which the Tantriks used in a wrong way. So, this treasure which is in our safekeeping, which is our heritage, this purity and holiness, is a very precious thing. We must take care of it. Marriage is the bandhan of that purity.

All those who tried to protect dharma, like the Ten Gurus whom we recognise, created an awareness about the holiness of marriages. For example, Mohammed Sahib. Many people question as to why he permitted marrying more than once. This is due to (samayachar), conditions prevailing at a particular time. During the war, most of the young men were killed, and the women had no means of support at all, as there were no jobs where they could work and earn for the family. Job opportunities for women were just not available. What could they do. Marriage was a state in which they could get support and protection. So, Mohammed Sahib sanctioned multiple marriages, so that the chastity and dignity of those women could be ensured, and thus also saved them from going on a wrong path to earn money.

To understand this, we can also say that “Why did Shri Krishna have 16000 wives”. Some people keep saying He had 16000 wives, and also 5 more. Now, He was a man, and men get the blame and stigma. I am a mother, and I can have many children, but no one can point a finger at Me. And He was a man. If He kept 16000 women with Him, (who were actually His Shaktis), people would definitely cast aspersions. These 16000 powers of His, and these 5 Elements, had to be by His side, so He thought, best is to marry them. Then no one will be able to have any objections. At any age, and in any situation, men will always be judged and blamed, so He thought the best solution would be to marry them all and look after them. These were His Powers, whom He married. There is a need to understand these things in the right perspective.

These incarnations, who are the manifestation of God Almighty, acted in ways that seemed strange and contrary to the norms of society. But why did they do this. Because they are incarnations. They are partial manifestations of the Divine. Whatever they do is not wrong or sinful. Within them Shri Ganesha is in a fully awakened state. So, we should understand that just doing pujas to Shri Ganesha is not enough. To sing His praises and qualities is not enough. Even giving lectures about him is not enough. He is to be fully awakened and manifesting within us. This awakening within all of you has already happened. But sometimes I feel it is a bit wobbly, and as soon as it becomes wobbly, the attention also starts wavering. And, for Sahaja Yogis who become like this, we say that they are half baked Sahaja Yogis. They are still on the fence and have not entered Sahaja Yoga.

So, it is our responsibility to preserve this virtuous character which is within us, and not fritter it away by bad attention and unsteady eyes, and indecent exhibition. All this is very wrong and harmful. And this makes the attention crazy and insane. And in this state the attention can go anywhere unchecked. The result can be very dangerous and harmful. So, it is very important for every Sahaja Yogi to recognise and worship Shri Ganesha from the heart.

His praises have been sung in many forms. Even Mohammed Sahib sang the praises of Jesus Christ as Issa Masih, because he knew He was (Nishkalank) spotless and unblemished. We should also strive to become like this. That we will keep ourselves

clean and pure, and spotless. But when doing this we should not use our intelligence, because then it will appear like a very difficult task. Actually it is very simple. Just relax. Leave everything. Just tell yourself, your attention, not to focus on wrong things. If you make a firm resolution that we are not going to do any wrong and sinful deeds, anything that is dirty and filthy; then no power on earth can shake you from this resolve. That is why I tell you the easiest way is to become innocent like children. Their way of showing love. Their innocence, their simplicity.

I am seeing now, in the outside countries, there is an attack on the innocence of children. I really don't know what horrible things they are doing to destroy the innocence of the children. This means there is some very big negative force which is at work to destroy everything that is pure and innocent. And that is why we people in India should be wary and alert that this negativity does not creep into this country.

We have a very beautiful culture and moral discipline, and our children grow firmly into this foundation. But it is your responsibility to be cautious and alert about yourselves and your children. Parents have to advise and guide the children that these are wrong things, and you must not do them. These are bad, and in Sahaja Yoga we do not do such things. There is no harm in saying this. The modern belief is that too many restrictions deprive the children of freedom; and in foreign countries children are free to do as they like.

Then why were children not born like fruits, hanging from trees? Why were we given the responsibility of giving them birth. What is your duty towards them. What do you have to do. You have to tell the children that I will not support you and pay for your bad habits and wrong behaviour; and you must live within the boundaries of good conduct. If we do not do this, our society will become just like the outside countries. We have not adopted some of their useful and progressive ideas; but all the bad habits and morally destructive lifestyle, we have quickly copied.

I hope all of you will understand how important the function of Shri Ganesha is for all of us in our lives. Because He is the one who gives you the (Jagruti), spiritual awakening, and cleanses your chakras and makes them pure. He puts light into the chakras' awareness, and always turns your attention towards the light. You have to make this a part of your being and make a firm resolve that we will never insult Shri Ganesha at any time in our lives.

I hope that after this Ganesha Puja all of you who are in Delhi, will establish a new Dharma. The new Dharma is (Shubh) auspiciousness. This auspiciousness should evolve and become so powerful that a single glance of yours can transform and correct another person. Just one glance is enough. And that glance is "Kataksh, Kataksh Nirikshan" means like a flash of Divine supervision cum correcting light. Your memory improves; all left sided problems get cured, and all this happens when you awaken the Shri Ganesha power within you. This is not an outside happening. It is inside.

May all of you receive this blessing. May His light enlighten you, and in this entire creation may there be an awareness of His power and energy; and may people recognise and accept Him. This is My blessing to all of you.

Just talking about Shri Ganesha has taken Me into meditation. The attention has been completely pulled inwards. Look at these children who are playing here. The attention is automatically drawn towards them. In the same way the attention is drawn inside towards Shri Ganesha. This fondness is felt because He Himself is so lovable. I trust all of you will also feel this loving fondness, which is His gift of innocence and purity.

Eternal Blessings to all of you.

1993-1208, Public Program: Parmatma ki Science

View [online](#).

8 December 1993

Public Program

Kurushetra (India)

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

PARMATAMA KI SCIENCE-PUBLIC PROGRAMME KURUKSHETRA: DEC 8, 1993

[Translation from Hindi to English]

Sahaja yogi (Anchor): My first request to you that we will run the programme as long as you wish. if you say half an hour it will be half an hour. if you wish for one hour, it will be one hour or afterwards. While Shri Mataji tells about Sahaja Yoga, if it's continuity breaks, she does not like it.

The second request is for the brothers who have come to listen only, should sit with love. And people who have come as spectator only. Then its of no use. They will disturb others also. They are requested to go out. They may listen from outside. But, if they are standing inside the pandal, then they are requested to sit down.

All my foreign brothers and sisters, I would like to explain little constraints in Kurukshetra. But straight away, I beg your pardon for two small mistakes that young boys did here. One- by mistake they issued some vouchers for which I am very sorry because this was a mistake. These boys, young boys who are managing the program here, are very young. Below 24 years of age. It was the duty of the Yamunanagar and Karnal Sahaj Yogis to come and help them here but for some reason they had to go to Hathini Kund, and they could not come here. I am sure that you will excuse us for this small mistake. And I am also very sorry for the chilies in the food and I promise to you that the green chilies, the box of green chilies and red chilies have already been thrown in the dustbin by me personally. And I am sure that you will excuse me for this. And next meal would be much better than the first one. I am sure that you will excuse me for this. Thank you very much.

(Arrival of Shri Mataji)

Sahaja Yogi anchor- Shri Mataji! On behalf of the brothers and sisters present here, and your children, remembering you day and night From the sixty countries. They love you, you are (not clear). Whatever they are, very pure at heart. Shri Mataji! Since last two years, these thousands flowers, in front of you, are being collected and now being conferred at your lotus feet.

On behalf of all Sahaji brothers and sisters, I request you to tell us about the Sahaja Yoga and give us self-realisation. (applause)

(Hindi Bhajan)

We request you Mother to grant us love (2)

We are the children of Sahajayoga

Compassionate mother is giver of comfort(2)

Give us comfort Mother Nirmal

Whole country is praising Mother (2)

We are the children of Sahaja Yoga(2)

Mother Nirmal! You are the giver of knowledge (2)

Mother! Please grant us pure knowledge

We get up daily to sing in your praise (2)

We are the Children of Sahaja Yoga (2)

We request you mother to grant us love (2)

We are the children of Sahaja Yoga (2)

give us place at your lotus feet Mother (3)

Raise Kundalini Mother

We are water, you are sandal wood (2)

We are children of Sahajayoga (2)

We request you mother to grant us love (2)

We are children of Sahaja Yoga

Give us place at Sahasrara Mother (2)

We love Nirmal religion (dharma)

You are Eternal (Nitya) Mother, eternal truth

We are children of Sahaja yoga

We request you mother to grant us love (2)

We are children of Sahaja yoga (3)

Shri Mataji- This is my body, these are my emotions, this is my mind, this is my hand, this is my head. Saying 'my-my', who am I? This only is truth. And second truth I am going to tell you. I am watching these beautiful flowers lying here and I am admiring its glory. After looking at the beauty of these flowers, this question should always come in mind that how these flowers came so simply from this Earth? Who created them? Our heart pulsates by itself. Doctors say that it is an autonomous nervous system. It is self- propelled. What is 'self' here? We have never learnt about 'self' till now. But the power that runs this 'self', runs this universe in active or inactive form. Which is formless, universal, and known as 'Paramchaitanya'. We have never learned about this power till now. Learning about this power and being one with it, is Sahaja Yoga. 'Saha' means with you and 'ja' means born. This right of yours is born with you. It is the right of every human being that he should receive (feel) this all-pervading power, be one with it. This is yoga. This is the goal of human life. Till the time, it does not happens, you will never get solutions, whatever you do.

Sometimes human think, "if I get money or political power, then I will be satisfied." Never! Solution of satisfaction is lying within your soul. This ocean of joy flows from there only. Your soul was watching all your activities as witness till now. You have not got the light of your soul within your attention till now. That is the reason we were ignorant. That is why we were blind. That is the reason Kabirdas said, "how to explain? Whole world is blind". Saints had faced this problem. But now the time has come when we can achieve that insight. It is very simple now. It is possible in a very simple way (Sahaja way). People have worked on Kundalini since beginning of the creation. Now what I am doing or saying is not a new thing. The only difference in present time is that it can be done collectively. But previously among Natpanthis (a community in India) , one Guru use to have only one disciple (who was taught about the Kundalini). And this was not told to anyone else. In twelfth century, Saint Gyaneshwar had taken permission from his Guru, "please allow me to write about it. What is wrong in writing?" Then he wrote in the sixth chapter of his book titled 'Gyaneshwari' about the Kundalini. But all the leaders of religion of that time, were not at all aware about Kundalini. So they refused to accept it and banned it's discussions.

Then, you all know that there were many saints born in sixteenth century. Many saints were born in Maharashtra itself. Many real gurus like Guru Nanak were born in our Indian soil. Our Indian soil is fertile soil (from spiritual point of view). And Kurukshetra is the first word of Gita. This is the place where Shri Krishna had come and this is the place where war between Dharma and Adharma took place. Dharma won the battle. But slowly everything was forgotten in our country. We kept forgetting everything till now. And we have reached so far that what all we had earned in the past is not at all visible. It is still there. You all don't know how strong Param Chaitanya here is? I felt very happy when I was informed about the program at Kurukshetra. I know that this part of the Earth is emitting lot of vibrations. You all don't know the fact that if you are born in India, it is a great virtue. Virtues of your earlier births have given you a chance to be born in India. And you will actually feel it right now.

You were told about the Sahaja Yoga. The power called Kundalini is inside you. When this power awakens, it pierces six chakras, six not seven. After piercing six chakras, it reaches Brahmarandhra. and there it pierces your vertex and becomes one with the power that is present all around. It is known as yoga. Thing to understand here is that we all know that if we sow a seed on this mother Earth, then it automatically germinates. How it grows? Because that seed has the power and mother Earth also has the power and she awakens it. Shri Ramdas Swami who was guru of Shivaji, was asked by someone that how much time does it take to awaken the Kundalini. He answered 'within a second'. Only eligible receiver and giver are required.

I see that everywhere in India, people are religious. We cannot understand by sitting here that how bad internal condition of the people outside India is. They are empty inside. I cannot explain their poor condition in this small talk. Those poor people are very pathetic because there is no Dharma in their culture itself. No thought of God is left. No fear of God is left. They do whatever they like because they think they are free (swatantra) to do anything. Meaning of Swatantra is Swa and Tantra. Swa means one's own soul, tantra means system. Knowing the system of one's own soul is known as Swatantrata that is freedom. Till the time you are not aware of the system of your own soul, you are not free.

So, the reason of joy today is the arrival of so many people in Kurukshetra for Sahaja Yoga. I had thought that sometime I will have to go to Haryana. And this event took place. It is a blessing for me because attention goes again and again on a particular thing or place, till the time you work for it or get it settled accordingly. There was feeling that this state (Haryana) is still left. I need to look into it. I need to go there. It worked out today. This is the reason of joy.

There is no mind game in it. No need to think the reason behind it. Kundalini is your own mother. Everybody has his own mother. It is your individual mother. And it knows everything about you. She knows about your earlier births. She knows what you are. She knows your problems and mistakes also. And she is very eager about your rebirth (self-realisation). I do not have any personal gain in it. I am like a light which can lit another light. You will also be able to do this once you become a light. You also will be able to do the work of realising or lighting others.

You have this power. You have got many powers. You are not aware of the things you can do.

First of all, Kundalini awakening can improve your physical problems. It is true that with Sahaja Yoga, all kind of diseases can be

cured. No one can guess about it or no one else can say this.

Second thing is psychological problems and it can lead you to mental diseases. They can be cured through Sahaja Yoga.

Thirdly, diseases which are known as psychosomatic because they cause mental and physical both problems. They also can be cured through Sahaja Yoga. There is no doubt about it that they can be cured and they should be cured.

Because we think that whatever questions, problems, doubts exist in this world is mainly because of human being. And whatever problems are there in human beings are because of their chakra. If your chakras get cleared and cured then your questions can surely be solved.

But, if you get collective consciousness after awakening. I mean if you feel others chakras also, then you can cure people all over the world sitting here itself.

First you have to find out your own problems, you can cure it. Then you find out other people's problems and can cure them.

Muhammad Sahib has said that when Kiyama will come. It is written in Kuran, Bible and other holy books. They have written that the time of resurrection will come. It is written in Guru Granth Sahib also that resurrection time will come. There is no holy book exist which said that time of your resurrection will not come.

The time will come which will take you to the state of deliverance. That time has arrived now. This work is being done at this time, because it has to be done at this time only. All the works are being accomplished on its time only.

The time of Shri Krishna was different. Time of saints was different. Time of Christ was different and today's time is this. At this time your deliverance is very necessary. Muhammad Sahib has said it clearly that at the time of resurrection your hands will speak. Your hands will witness against you. I mean will know on your fingertips that which chakra of the other person is in bad condition. Which of your chakras are not well.

Such a wonderful thing he told. And you can understand your own defects. Your hand will speak against you. Now time has come to fulfill whatever they told you.

Lets talk about Science. I have heard that there are many people sitting here who are highly educated and good in science. Firstly there is no place of morality in Science. There is no thought of moral values in Science.

Secondly, things that relate with Science are very destructive. It should be called very superficial. For example electricity has come because of Science. So what? People lived without electricity also. This is not the last thing. Since the arrival of Science, people became very restless. In the places where Science has reached to very high level, they are at the verge of destruction due to restlessness.

We have done the mistake of running behind one thing only. Now if you think of Science keep your mind open. There is Science of God beyond Science. Science is something that keeps changing. Today somebody may certify some hypothesis correct and later he or somebody else may deny it. Science may change but Science of God does not change at all. When government of God gets activated, it is perfect. We should go in the kingdom of God.

At present, you are sitting within a very small ambit. You have many questions in front of you. Once this ambit gets broken and mix with higher ambit. Which is known as True Court (Sachein Darabar). Then you will wonder that how glorious and important powers you have. And how important you yourself is. Once you realise what all powers you have inside then you will understand that you are not a common person. You are human. And being human you have full right to get your self-realisation. But, people all over the world will keep saying that you are a sinner this and that. But people who are saying this are sinner themselves. You are human beings not God. Human being can make mistakes. If it is God then I would have said something but you are humans.

Making mistakes is the nature of humans. The all pervading power (Param Chaitanya), I am talking about, is ocean of forgiveness. What mistake you can make which cannot be dissolved completely. You cannot commit any such mistake. Whatever sins or mistakes you have inside that can be destroyed completely. People who wonder how can they get self-realisation as they are not worth due to mistakes, they had committed. Stop thinking all this. It is very wrong perception that humans think themselves as lower due to the mistakes he has done in the past. Whatever mistake done should be rectified and ignored.

Second problem of humans is lack of forgiveness. He cannot forgive. Whether you forgive or not, cannot do anything. What can you do? But if you do not forgive then you get into wrong hands. Because you will keep thinking about the person whom you have not forgiven and trouble yourself. You are not able to do anything. So its better to forgive and leave it in the hands of God. People find it very difficult. But what is difficult here. You are holding something false, Leave it.

You will be surprised that all the things that are disastrous for you gets destroyed themselves in Sahaja Yoga. If I say you should leave this and that then half of the people will get up and go away. I don't ask you to leave anything. When you will enlighten within, you will leave yourself. For example I am holding a snake in the darkness, you will tell me that it's a snake. But I will say "No! It's a cord. Understand. I will keep holding it till it bites me. But if I get even little light there, I will immediately leave it.

In the same way, all the wrong you have inside will be removed automatically. So many foreigners are sitting here. Many of them were addicted to drug. Too much drugs. They left taking drugs in one night. Because we are not capable of leaving anything. We don't have power. But all the problems get over automatically. All problems get problem themselves and run away automatically.

It happens because you transformed as a complete capable spirit. And you are in relation with Chaitanya who does every work, who knows everything and thinks about everyone. See this rose grows from the rose plant only and rose plant grows till a particular height only. And mango tree grows till a particular height. And you also grow till a particular height.

Who does all these works? Chaitanya, who is capable of doing such complicated and intelligent work, when flows from you and guides you then you become your own Guru. Gurus only have made their place within us. But they are not awakened till now. When they get awakened then only you will know that how much blessings they bestowed on us. These are the real Gurus. Full of vibrations.

Once Saint Namdev went to meet Gora Kumhar (Kumhar means potterman). Namdev was a tailor and Gora was a potter man. They never went to any university or college. They were not able to read and write. Portman was crushing the soil at that time. As soon as Namdev reached there and saw him, he spoke spontaneously in Marathi which means "I came here to see the formless God, but God is within you in physical form."

No human can understand other human in this way until he is not a saint. When Namdev went to Panjab, Guru Nanak Sahib understood who he is, though he was a tailor. And he understood his maid Janabai also. Guru Nanak told him to learn Panjabi Language and write in Panjabi. He wrote such a big book. Guru Granth Sahib also has many of his poems in Panjabi language.

This kind of understanding and internal desire to make people aware of the truth is quality of a saint. They had put all their efforts and powers to work for truth in Indian soil. In the same way lot of work has been done in other parts of the world. I believe England also had a great poet called William Blake. He opened the truth to the people. Everywhere such great poets were born who reached the state where truth and reality can be understood. They wrote clearly what to achieve.

But humans are influenced by materialism. He is slowly decaying due to this. When we look at our children we get worried. When we look at the world we start worrying. It's reason is that we have not yet understood our spirit till now. Once you will know the nature of your spirit, all your problems and worries will be solved.

I want to tell you that there is a big unemployment problem in England. But not a single Sahajayogi is unemployed there.

Everyone's problem can be managed easily. But people don't understand. Solution need to be established within human being. You see that so many desires are existing in this world. One desire fulfills, second starts, then third. Whatever desire gets fulfilled, his soul will never get peace.

But one desire that is known as true desire or pure desire, whether you know or not, exists within you. It resides within you. This is your Kundalini. It is the power of pure desire.

Now you can know about Kundalini, your inner self and your Chakras easily. Nothing is hidden now. Anytime you have any doubt in mind, ask me immediately. All these things shall be opened in front of you.

First you should be awakened. Secondly, this work, as he told you, is going on in 60-62 countries. All this work is a collective organization and lively too. It is as lively as our body. It is a lively organization.

Your brothers and sisters are sitting in the whole world. But they all are realised and awakened. If one of our nails breaks, it can not grow. But if you become part of collective you will realise that you are diving in the ocean of joy.

There are so many people came from all over the world. Many of them are Indian also. I have never seen them fighting or abusing each other. So much love. They don't even know the language of each other. Now I am speaking in Hindi language. I told them to excuse me because I am speaking in Hindi language. They speak English or many other language. They said language does not matter, "we enjoy meditation". I asked them, 'why'? They replied "we become thoughtless".

So, your first stage is thoughtlessness. You are in present when you are thoughtless. Normally you are either in future or in the past. You get their thoughts only. But the moment Kundalini gets awakened, you get stable at the point between these two thoughts, where present exists.

In this thoughtlessness, you are completely aware. At that moment you grow spiritually. So, you have to do meditation. You get into meditation. While meditating you become thoughtless. At that moment you will feel peace.

People search for peace in the whole world. They say need peace, need peace. And so many people got award for peace. But how can one give peace who has no peace inside. You achieve the state of peace inside you.

Many things you can get in this way. You can understand the truth. You are enlighten with light of truth. You will be surprised to know that this truth is love of God.

This is the utter truth that God loves you very much. When we become aware of this truth then we be delighted with joy.

Our soul is called Satchidananda (truth, consciousness and joy). I hope you all will achieve this state today. And we will again establish rule of dharma in Kurukshetra. No one can become religious by doing religious rituals mechanically.

Hindu, Muslim, Sikh or Christian or follower of any other religion can do any kind of sin but not a Sahaja Yogi. Because Dharma is awakened inside him. Internal religion should be awakened. It is awakened by the awakening of the Kundalini.

I am hoping that after today's awakening you all please come in the collectivity. And learn everything about the Sahaja Yoga. Firstly, you will learn about it with your mind. But after that you will reach the state of Nirvikalpa. First you will reach the state of thoughtless (Nirvichaar) Samadhi. Then you will reach the state of Nirvikalpa Samadhi.

After reaching this state you can give realisation to thousands of people. You can cure them and get solutions. Try to understand that by the time earthen lamp is not lit, it always eager to get enlightened. Even if it gets enlightened, may shake by the wind or something. But slowly it gets a state where it's thread keeps burning.

In the same way, this instrument (our body) is of no use and value till the time connection is not established with the main (God). Similar state is with humans. When he gets connected and become one with all pervading power surrounding him. When his all powers become one with the powers of the Almighty. And when he gets completely connected with Param Chaitanya, then this thing starts flowing from his hands. Then he becomes very powerful. This was called 'Khalis' (Pure) by Guru Nanak. Khalistan is made by us. Where pure people can live. How people who are not pure, can make Khalistan.

Similarly, may people have described it in different ways. Now, the time has come that you all get this meditative state. I wish to tell you one small thing that have respect towards yourself. I am sure that you all can get self-realisation. I can not work if you don't believe yourself.

Second thing is, that no one can force you. You have got the freedom to go towards hell or heaven. No one can force you and no work can be done forcefully. For example you can't forcefully tell a seed to get sprouted. In the same way your freedom is fully respected here. And you also respect it. And understand that you can be this respectful personality. It's very easy. Believe within yourself.

People who don't wish to get self-realisation. Who do not want to get awakened. They can leave now. And those who wish to get self-realisation, are being requested to sit. It is matter of ten minutes. Indians get self-realisation very quickly. I feel that they're standing exactly at the shore of ocean and suddenly start floating in ocean of joy. Indian soil is very powerful. When these people (foreigners) come to India, they kiss it's soil at the airport. They say, "Mother! We are able to see Chaitanya here. And we don't know where we are".

The day this will happen we will reach at the religion that is above all the religions. Where we will not have any dirt within us. We will not have any doubt inside us. All these misunderstandings are created by us. And we will immediately be one. Be part of the collective and will be related to the whole world.

(Shri Mataji speaking in English)

It's very kind of you to come all the way here. Sorry I am speaking the language which so many of you don't know. Hindi language. But, there is no language for love. No need to have any language for love. Only love has vibrations that's what I hope you are all enjoy here. There are so many brothers and sisters putting down here anxious to have self-realisation. By your good wishes, I am sure that It will work out. May God bless you.

(Shri Mataji speaking in Hindi language)

Now put your both hands towards me like this. Because these five, six, and seven points are at the end of the sympathetic nervous system. This seven and this seven. These seven from left and seven from right get combined to make Chakra in this way. When you are putting your hand towards me then you have opened your chakra in this way. Put little bit down. All of you. Raise your hand like this. Not very high. Which you can tolerate. All of you. Everyone do it please.

We are sitting in the Kurukshetra, so it seems very easy. Now you all close your eyes. Everybody close your eyes. It's better to remove your spectacles because it improves your eyesight also. Please close your eyes. Close your eyes son! Close your eyes. And remove your spectacles also if needed. (Shri Mataji blows seven times) Now don't doubt about yourself. Please open your eyes.

Now, keep your left hand towards me. Bent your neck towards me. And see that if there is cool or hot breeze coming from your head. Fontanel bone area, left hand towards me. Bent your neck. Right hand. Bent your head and check with your right hand that hot Or cool breeze coming from your fontanel bone area. Check with your right hand. Please bent your heads. I think everybody has to forgive. Please forgive. Forgive everyone. Hot breeze is coming due to this only. Forgive everyone. Please put your right

hand towards me. Bent your neck. Check with your left hand whether hot or cold breeze is coming from your fontanel bone area? Don't keep your hand on the head. Keep it above the head. Move your hand little bit. Sometimes it comes from near or sometimes it comes from far. It may be cool or hot breeze. If it is hot don't feel scared. Hot breeze will keep coming until you don't forgive. Your anger will completely pacify by forgiving.

Now left hand. Keep your left hand towards me and check with your right hand. Please put your left hand towards me and keep your right hand on top of your head. Check whether hot or cool breeze is coming. Please bend your heads. Now put your both hands towards sky. And turn your head backwards. I mean look at the sky. Please put your hands up and bend your heads backward please. Look at the sky. Now ask a question in your mind. Three times. "Mother! Is this the breeze of the Param Chaitanya? Is it power of Param Chaitanya? Is this all pervading power of divine love?" Ask three times. Ask three times.

Now put your hands down. Now see there is no breeze around. It's only coming from your hands and head. Now see. Don't doubt. Now, whoever is feeling cool breeze from hands, or fingers or fontanel bone area,, raise your both the hands. When people have gone to wrong gurus, they don't get the self-realisation. But most of the people get it. My unending blessings to all. Some times it happens that some people who have gone to wrong gurus or not sound in health, or some other reason, don't get their self-realisation. All such people should come to collectivity.

Now, people who have not felt cool or hot breeze in hand, or fingers or head, raise your hands. (Pause) now is it felt? Now see. Those who are feeling now, keep your hands down. It will come don't doubt. Very small number of people are there who have not felt it. But don't worry. Now you come this side, these foreigners will make you feel the vibrations.

They (Shri Mataji laughing) don't know anything about religion. People did not even heard about God in Russia. People appear more than ten times comparing here in the programs conducted there. And they get their self-realisation. Now this will be nice if they give you self-realisation and after that you go and give them self-realisation.

People who have really not felt. Should come they will help you and work on you. By the time some songs can be played. Come come, this is something that can be availed should be availed. Who are organising the work? foreigners can come and give them realisation. All of you come here and sit in a line. Everyone should get self-realisation. Definitely should get it. (Calling) come come wow.

You sit here. Sit here, sit here. Now, you are sitting here with authority (to get self-realisation) (volunteers trying to settle down seekers, Shri Mataji laughingly telling to volunteers) ask them to go back. Sit-sit everybody will get.

(Music started) (singer asks permission to sing from Sri Mataji)

Hindi Bhajan-

"My mind is coloured in the colour of the Mother(4)

I am always engrossed in the rhythm of the Mother(2)

My mind...

Mother's love is shadowed upon us

My mind is coloured in the colour of the mother

Mother

Temple of my mind is enlightened with light (2)

Power is awakened in the name of the Mother (2)

We have shadow of the Mother's love (2)

My mind is coloured in the colour of the mother (2)

I am engrossed in mother's rhythm (2)

Nectar is flowing from my hands (2)

Mother has given support to the falling people (2)

Whole life is flowing in bliss (niranand) (2)

My mind is coloured in the colour of the mother(2)

I am engrossed in the mother's rhythm (2)

My mind...

Pot of my life is filled with nectar

Since I got ocean of Mother's love(4)

We have been purified by the sight of the mother

My mind is coloured in the colour of the mother (2)

I am engrossed in the rhythm of the mother (2)

Another Hindi Bhajan

People think that I am mad but I am your fan mother (2)

I came wearing red stola which is your symbol mother

People think... ..

Fulfill my heartiest desire mother

I am thirsty for your sight

We pray for your victory Nirmala Maa (jai ho) (2)

People... .

I come... ..

Neither I have money mother

Nor I have any resource(2)

Mother you are maker of my destiny

We pray for your victory Goddess Mother

I came wearing.... ..

I left the whole world

And arrived at your door Mother(4)

I surrender my whole life to you mother

(Not clear)

Enlighten the whole world Mother

You are the lamp Mother

People think...

I came wearing... (4)

(Shri Mataji talking to people in background)

(Another Hindi Bhajan)

Mother is lover of devotion (bhaktipriya), Mother is desireless (Nishkama), she is beyond Gunas and sins

We hail Nirmal, the creator of whole Universe

We hail Mahalakshmi, Mahasaraswati, Mahakali

We hail Adishakti Shri Mataji Shri Nirmala Devi

Say Jai of Adi Shakti Shri Mataji Shri Nirmala Devi

Jai to Mahalakshmi, Jai to Mahasaraswati Jai to Mahakali

Mother is Nishkala (indivisible-complete), Mother is Nirmala (pure)

Shri Mataji is continuous

Hail (Jai to) Shri Adishakti Shri Mataji Shri Nirmala Devi

We hail Malakshmi, Mahasaraswati Mahakali

Mother is untouched by various karma(Nirlepa),

Mother is Unstained by any limitations whatsoever (Niranjana)

We Hail... . .

Mother is Supreme creator of illusion and confusion (Mahamaya)

Mother is the mother of whole Universe

Mother is creator of auspiciousness

Mother takes away sorrows

Hail mother who holds the Universe.

Hail the giver of self realisation spontaneously

Hail Mahalkshmi, Mahasaraswati, Mahakali

Hail Adi Shakti...

1993-1210, Talk Before Evening Program: Enjoy the bliss of God eve of Shri Krishna Puja

View [online](#).

10 December 1993

Talk to Sahaja Yogis

Yamunanagar (India)

Talk Language: English | Transcript (English) – VERIFIED

"Enjoy The Bliss Of God", India Tour 1993, Yamuna Nagar, India

I am sure you are all enjoying the cold of this place! You are not missing your country at all!

I think you all have been enjoying the food. In Delhi I was enquiring and I was happy to know that you all were happy with the food and all the arrangements there. (applause)

For the second part, it's going to be not so cold. But in Dehradun maybe, it may be colder. Let's see. So you can see this country has a varied type of climate, varied type of people, different languages. So many things are here and so many people have been accepted in this country: so many different cultures, so many different languages. But one thing is common is that they are dharmic people, they know what dharma is.

I always praised you in Hindi language, that you didn't know so many things about dharma, but the way you have taken to Sahaj is very remarkable, is very, very remarkable, and cannot be really explained. Because Sahaj dharma, in a way, was known to Indians better. But the way you have taken to it and so deep you have gone into it, they themselves are surprised, "Mother, how it has been achieved?" I have only one explanation to give: that in last life you have done lots of good things, many good things, and that's why all those punyas that you have earned, you are cashing that in. Otherwise there's no explanation. I never had such expectations myself.

So it is a miracle as people say. For Indians it's a miracle, the way you have taken to Sahaj life, the way you sing songs, the way you enjoy everything, and the way you are Sahaja Yogis. It's a miracle. And this miracle when they see it, then they feel that, "Why shouldn't we do this? Why shouldn't we get this? Why can't we have this? After all we have known about Sahaj, about Self-realisation so, after all, what wrong have we done that we should not get this?" It's nothing but that they have taken everything for granted, I think. While for you it's a new thing and so you have created this miracle.

This time I am really thankful to people, all those who have come. But it's going to be a really interested tour, extremely interesting; not too expensive.

But in the beginning I was surprised that there was no money in the bank, and I had to take away CP's money to come here. I went twice to London. On that point I have to request you that, next time I hope you won't put me into trouble. Of course you don't want me to be in trouble, but in this matter people are rather lethargic. And last minute decisions are not going to help us.

So in the beginning of the tour I am just telling you that, next time please see that money is sent in advance, telegraphically. This time it has made me a little inconvenienced, and so I have to make a request to you that don't blame anyone, neither blame yourself, but remember that you are to be responsible. You have to be responsible now. You've got all the powers, everything. Now you have been given, also, a beautiful throne in the Kingdom of God. But now we have to be responsible.

You are very deep people no doubt, very deep, and you have really taken Sahaj in such a big way; but when you will be responsible, then you will really realise what powers you have, what you can do and what you have achieved. So you have to be responsible and involved in Sahaja Yoga. You should not be on the periphery: you are involved. You should see to it that this is done, that is done.

As you know, these people have been working for the last 3, 4 months to achieve all this. So [when the] only thing is to send money it's not much great trouble I think. That could be done in time. And I am sorry I had to say this, because we were about to cancel the tour, but it's worked out. And it's a very simple thing to do. You don't have to organise anything else but just to organise the money.

Another point [that] one has to understand is that Sahaja Yoga is nothing but joy. You have to just enjoy. You have to enjoy the bliss of God. And if you have complete faith in that bliss you can achieve so many results. I have seen it now with people who have faith, who just pray to me and they achieve it, something so unbelievable.

So this faith has to be fully conferred on you. During this tour, of course I can't say but, maybe, some people are there grudging for this and grudging for that - maybe. Or maybe that they are saying that, "This is not good. We could have had that, we could have had that."

Now you have come to India, not because I was born in India, but [because] India is the Yoga Bhoomi. Those people who went to America from Australia have gained nothing! On the contrary I heard that, in Australia, now they are not so collective. In the ashram, they have so many ashrams, but everybody has a separate room, they have separate televisions, VCRs, and also they cook separately. Because it is cheap to be in the ashram, that's why they are in the ashram. So I have already told Stephen [Taylor] very clearly, that unless and until they move into one collectivity I am not going to come to Australia.

What is the use of going to America? Still I don't understand it. It's no way a Yoga Bhoomi, it's a horrible place. Maybe the materialism of America has touched them and within one year's time they have changed themselves so much. It was very sad to hear, because Australia has shown such progress and we have such a nice leader like Stephen Taylor. Of course, there was some sort of misunderstanding, but for small, small things, if you can write to me [then] for such big things you should have written to me, I always feel.

So when you go back to Australia, those who are here have to tell people that, "Why didn't you write and ask Mother whether they could go to America?" It's one of the worst places you can go! It's hell! And all the Sahaja Yogis from America want to run away; while we should not have gone there. Whatever is good for us, that we should do. What will help us we should do, because now we are responsible, not [only] for ourselves, our countries, but for the whole universe! You have been chosen to do such things which are in your power, which you can do very well, you understand everything. I expect all that from you: such beautiful things. If there's a light and it's lost into some wilderness, what's the use? It has to be there where it has to work out.

So this thing should be treated, this tour, as a pilgrimage, pilgrimage to enjoy, pilgrimage to understand what Divine love is. Pilgrimage also to enjoy the nature. It's all such beautiful things [that] you can only enjoy if you know that they are Divine.

So many places where you went to they had lots of vibrations. I am sure all of you must have enjoyed them. I am also sure you must have enjoyed the people: they are very simple people and good hearted; dharmic. Though you are great Sahaja Yogis, I must say. And they are also very great Sahaja Yogis. So you have brothers and sisters in this place, so many of them, all over, and they are so happy to receive you. What they told us [is that] they feel so enamoured that they can serve these great Sahaja Yogis, such great saints who have to come to our country. I am very happy to hear that.

So what one has to pick up in this country is wisdom: wisdom that we have to grow in Sahaja Yoga. There's no other way out. That's how we are going to grow and we are going to save this world. This is our job. And because you are all capable I am requesting you to introspect yourself, enjoy yourself, and all the time strive to find out how you can help people, how you can help this world. We are not secluded people. We are not exclusive. But we are here to grow ourselves and then to give shade to so many, like a big tree. I hope you'll enjoy yourself and you will really create a new world for me. I am hoping to see that in this lifetime of mine and I know you can fulfil my desires.

Thank you very much. Thank you.

Now, I never eat food, you know, before a music programme, but today I have eaten because I thought you also won't eat! So those who have eaten the food can sit here, those who have not can go down, get their food and come down and eat here, it's all right. It's a very jolly well party here, going on. No restrictions, nothing! You can walk about, go and get your food, have your food here. And also you can again go back and get it. No musicians will feel bad about it. All right?

I think you should keep your heads covered, that's better.

1993-1211, Shri Krishna Puja: River Yamuna and Shri Krishna's life

View [online](#).

11 December 1993

River Yamuna And Shri Krishnas Life

Krishna Puja

Yamunanagar (India)

Talk Language: English | Transcript (English) – Draft

Shri Krishna puja. Yamuna Nagar (India), 11 December 1993.

Today we are going to have the puja of Shri Krishna.

In Shri Krishna's life the river Yamuna has played a very great role. Yamuna River is a very deep river and the water has a blue colour, which they say Shri Krishna also had. While the River Ganges flows faster and much shallower than this. Next year, maybe, we might go to Allahabad, might be able to see the two rivers meet.

The whole of Haryana has been a very, very historical, mythological place. You must have known about it that Pandavas and Khauravas fought in Kurukshetra and also, all this area has been used, since long, for meditation. Markandeya, whose name you have heard many a times, meditated in this area. First he was in Maharashtra, where you have seen the Saptashringi and, after that, he came down here and meditated and wrote his treatises. Everywhere you find a place of a pir [saint]. Also they are realised souls who have been respected till today.

To begin with, we have to say that this is the area of great spirituality, because Shri Krishna lived here. And in those days there were no cars, not this transport, so He has vibrated all this land so beautifully. Very fond of playing near the river Yamuna. Of course, His childhood was not spent here, but later on, when He became the king, He used to visit this place many a times.

We have to understand His character in a very special way. First we had the incarnation of Shri Rama. The Vishnu, as you know, took the birth of Shri Ram. But Shri Rama forgot His divinity. He was made to forget His divinity and He lived like an ordinary person, became a king, like Socrates has described -The Benevolent King. And He had to also sacrifice his wife. That's very symbolic, no doubt. The other part of North India, we'll be able to see His vibrated areas, where He moved, but Maharashtra He went without shoes, walked and walked and walked. Thus this whole country is really vibrated by great saints and by great incarnations.

Shri Krishna's one side was that He was that He was like a child and He wanted to create an atmosphere of mirth, of joy, because at the time of Shri Rama, after Him, the religion was taken very seriously and people started doing very serious type of religion. The same incarnation again reappeared - Shri Krishna - and Shri Krishna wanted to show that spirituality is not serious (5.15), it's leela, it's a game that you have to play and in His lifetime He showed [that]. People don't understand Him at all because from Shri Rama's concept they cannot condescend to come down to the - sometimes - to the level of Shri Krishna, which was, I think, was much higher because He had to show that all this, all this world is just a joke, is maya and, beyond that, is Joy.

His whole style was very interesting. That time they couldn't have such beautiful pendals, they couldn't have so many disciples, so He tried on his own style and his style was - when He was a child there were many milkmaids, whom they call gopis. They would be taking their bath in the River Yamuna, not here. He would just break their water pitcher and the water would flow on their back. This Yamuna River was vibrated by Radhaji. Ra - dha. 'Ra' means energy. „Dha“ means the one who sustains. Ra - dha. Ra - dha. And He didn't know how to tell them about Kundalini, so He used to throw stones, small stones at those pitchers and the water would flow down their backbone, thus giving them the blessings of the Kundalini. His style was extremely, extremely simple, playful, mirthful and nobody understood why He was doing all these things. Also, when He was a very small child there were ladies who were taking baths, so He was trying to raise their kundalini and He hid their clothes. He vibrated them.

So, many people don't understand. A little child is so innocent. And He was teasing them and tried to show that life is nothing but joy. And he then, he gave them those clothes.

Later on He grew up, then He became the king of Dwarika. In our country there are many westernized intellectuals and they try to say that there were two Shri Krishnas. I mean, they want to analyze everything without understanding spirituality, what is the subtle thing behind it. There was - He had sixteen thousand wives, as they say. They were His powers. You see, for men - I am a Mother. I can have thousands of children, boys, girls, men, women. Nobody can say anything about My Character. But for men, it is very difficult. So he got all His Powers born as women, who were married to some king - not married, actually He had abducted those women and put them in jail. So He saved them from there, brought them out and married them. Now the - if you see, the accent is on marriage. He married them. These were his sixteen thousand powers. As you know, He is sixteen petals and one thousand of the Sahasrara, sixteen thousand powers, which He married. Then He had five wives, for which people also have objection. Only Krishna can do like that. Five wives are the five elements. The essence of them, the essence of them, the causal of them came as his wives and He married them. But He was such a detached soul.

There's lot of stories about His detachment. There was one great rishi, [??] a saint, a sage, who had arrived on the other side of the River Yamuna. This was in Dwarika. And there was no Yamuna River, but there was also - there was [??]. And they wanted to go and serve the sage, so when they went near the river, they found that the river was all flooded. So they went back to Shri Krishna and said, „See, we are going to worship this sage and the river is all flooded.“ So He said, „All right, you go and tell the river the truth. By that truth it will go down. What's the truth? That Shri Krishna is a Brahmacharya, is a celibate person.“ He had five wives. They said, „How can we say this?“ „This is the truth,“ He said. „You go and tell him. Tell the river, and river will understand the truth, the power of truth will put down the floods.“ So they went and they said that, „Shri Krishna is a Brahmacharya.“ And the river went down and they were surprised. „How it can happen. This fellow is our husband and how can He say that He's a Brahmacharya. So they served the sage, served him well, gave Him food, looked after him and when they came back there, they again saw the river was in floods. So they were quite worried how to cross the river now. So then went back to the sage and informed the sage and informed the sage that, see, we have to go back and there's the river is in [??] and we don't know how to cross over. He said, „It's very easy. If you want to go, it's very easy.“ They said, „How?“ „How did you come?“ They said, „Krishna told us like this to tell that ... I am celibate and the River, she is - Yamuna is also a celibate river.“ So the river went down. „All right, then you go and tell the river now that I didn't eat any food. Nothing I ate. I'm just fasting.“ They said, „This fellow ate like a glutton and telling us a lie like this. And how are we to believe this man? So they went to the river and to the river they said that „This sage didn't eat any food. He's on a fast and please go down.“ And the river went down. So they were surprised, „how this fellow has eaten everything and, despite that, when we told such a big lie, this river has listened to this lie.“ So they crossed over. The point is, those people who are at that level, even when they eat, they don't eat. Even they are married, they are celibate. It's a state. It's a state in which you are completely detached. Absolutely detached. You don't feel the attachment of the work you are doing or the life you are leading. I cannot say how one should become detached. Of course, with the Kundalini working out and you meditating, all that and fixing the Kundalini properly, it will work out. You'll be amazed how you'll become detached about things and how you can manage things without feeling that you are doing it, how you can work out so many things without feeling even tired. It's a state and that is the state one has to achieve.

Now for that, whether you are at that stage or not, first thing you must notice, how many times I use the word „I,“ „me.“ „How many times I said, ŚI saw this, I enjoyed this, I this, I that“ or „This is my child, this is my house“ - something like that.

When you start using „I“ too much, then you are not detached. Try to introspect. „How many times I say, ŚI have got this work to be done, I've got to do this, I must furnish this, I must achieve this, this is the goal of my life?“ These are all words of illusion. Once you get detached, it's a state again, I say. I wouldn't say that by standing on your head you'll get detached or anything like that. It's a state into which one has to grow.

So Shri Krishna's message all his life was complete detachment. Even when He went with Arjuna for a war, He said, „I will be just the driver of your chariot, but I will not raise any weapons, I will not fight. I will be just your charioteer and if you agree to that

condition, I'll be there." Actually, when Arjuna had a question, „How can I kill? These are my relations. These are my gurus. These are my close people, my friends. How can I kill them?" And he became very depressed. When he became depressed Krishna said that, „Do you know that they're already dead? Anything that is born has to die. So you have to kill them." Now people can say that Krishna was preaching violence. No, not that, but what He said that those people, who are adharmis, who have no sense of dharma, who have been so cruel, who have been very much against the tradition of dharma, they have to be killed. Whether you kill them or not, they're already dead because they have committed so many sins, they're already dead. So you should not think that you are killing. But it's a Divine which is going to kill them, so-called killing. And so the war started.

In the Gita also, people have very less understanding as to what He wanted to communicate. The first thing - I mean the war is on and He's talking about philosophy, can you imagine the detachment of a person. The first thing He told him, that you should take to ghyana [???]. „Ghyana" means bhod [knowledge]. Bhod, as you know, is only possible through enlightenment. So He said you should take to ghyana, to bhod, which is enlightenment. But people don't understand ghyana. They think that by reading books, by reading all kinds of - there are so many criticisms of Gita, reading, all that, or understanding [???]. There are many in this country who are giving lectures on Shri Krishna. In their own lives, they are horrible.

So, He first - He told the best thing to be done, that is the only thing to be done. He was a - not a businessman. The businessman will tell you first something which is not so good, then better, better, better [???]. But He said, outright, that that is the one by which you become Sthita Pragnya [???] - means Sahaj Yogi. He said clearly. But Arjuna said then, „If it is so, why do you want to me to go on war, to do this karma?" That is also very much misunderstood. Only after realization, you can understand what He meant by doing karma. He has said it very clearly. That you do your work, karmas, your whatever you have to do, your action and put it at My Lotus Feet," which is an impossible situation, as long as you have the sense that you are doing something, [???] that due to ego, you might call it, as long as you have this feeling within you or maybe when there is still that "I" is existing within you, you may think that, „I'm putting it at the Lotus Feet of God," but you don't. Because Shri Krishna knew after Arjuna asked the question, that human nature is not straight forward, they won't understand in a straightforward way, so He was diplomatically, He told them, „All right, put everything at My Feet which you cannot do." So people tried that. Ages they have tried and they have found out, it doesn't work out that way. „Whatever we do, we feel responsible for it. So why should we think that we are putting at the Lotus Feet of Shri Krishna?" For example, some people who were murderers, they would say, „All right, we have murdered, all right, but we have put it at the Lotus Feet of God." This kind of a delusion happened. I mean there were horrible people in this country who used to kill travellers in the name of Goddess. All these misunderstandings, we [???] them, they started doing it.

So He said that, „Your karmas should be at My Lotus Feet." It's only possible after your realization, when you really feel that you're not doing anything. We ask a Sahaja Yogi to give realization to somebody. He tells Me, „It's not going. It's not working." He talks like a third person. He becomes a third person. He never thinks that he is doing it. He is raising the kundalini himself with his own hand. He doesn't say, „I am doing it" or he'll just say, „It doesn't work out, Mother. Doesn't work out." „What's the matter?" He would just say, „This chakra is there. This problem is there," but he would never say that, „I am doing it."

So this karma, this action becomes akarma, means non-action. Though you're acting, doing everything, still you don't feel you are doing any. That's why he said - "Normally, people wouldn't take to Self-realisation, so better to give them this condition that whatever you do you put at the Lotus Feet of God."

Then He asked about bhakti. So for bhakti, He said, „All right." Very clever. You know, I am not that clever as He was. I am telling you everything straightforward. Because He knew that human beings are too clever and if they had to be convinced, they cannot be convinced just by telling them straightforward things. So He says, „All right, whatever flower, water, fruit you give it to me, I'll accept." That's the bhakti part. But, this is now the trick, the bhakti is to be done when there is not the other - ananya. 'Ananya' means 'there's nobody else. You and Me'. That means you should be connected to Me, then only you can do bhakti, but nobody understands, nobody understands the meaning of the word ananya or they don't want to understand. Ananya means 'where there's not the other', means you are a self-realised soul! That's the bhakti I will accept.

When I get these Hari Rama people suffering from all kinds of troubles and they say, „Mother, how is it we are suffering from Shri Krishna's troubles?" So I tell them you have no connection with Shri Krishna. You're not connected. Supposing this is not

connected. This won't work. And there's a protocol. Shri Krishna is an incarnation. Even if you have to meet the chief minister here and you go on calling his name, you'll be arrested. But He's almighty. How can you take His Name so cheaply, as if He belongs to you or He's in your pocket? So there's a protocol. But they were told that you must take the name of Shri Krishna or of Shri Ram or the name of God. You must pray that you should not forget God. That's the reason. But it's not the way. Like mad, people are going on with it. That's how the Kundalini gets spoilt. I've seen they have Vishuddhi problems and they never feel in their hands anything. They'll go on telling you, „Mother, we don't feel anything, this, that.“ They're Shri Krishna bhaktas. So their bhakti is also wrong. But Shri Krishna, whatever He's told, you have to understand it, written in small lines, what He's trying to say. His mischiefs, his childlike pranks He used to play. All were so sweet and beautiful, you create a feeling for the innocence, respect. I mean, an Indian if He sees a child, he develops a kind of a feeling which [???]. Is a feeling of great love and affection and protection for children. But in the west, I am surprised the way they are under attack, children are so much under attack. I don't know why are they are doing it. There's no feeling of vatsalya [???] at all. It's something so cruel. I don't know if they're possessed or there's kind of an influence of their previous lives or what it is. It's very common with them, the way they attack the innocence, small children. Impossible to understand how can human beings do that.

So Shri Krishna's child-like behaviour, so beautiful, that that makes you feel that love and affection, protection for the little child... [interruption in recording]

...and she thought I might forget, you see. Shri Krishna had a sister, as you know, Vishnumaya and She's the electricity. We have seen in Cabella, in Canada the miracles of Vishnumaya. When I went to Canada, it was said by the aboriginal people, that when the Holy Mother will come the whole sky will become with lightning and the lightening started. Next day, even before it was daytime I saw the sky red like this, completely red. So many people saw. But there were sixteen thousand lightnings, sixteen thousand lightnings in the newspaper appeared It was going on - dum, dum, dum, the whole night. Then I said, now I'll go and sit in the bathroom so it will stop now. And then it stopped. Otherwise, going on like that. So this electricity.... [interruption in recording]

Now there's another thing where how He was connected with the Pandavas. Draupadi was also his sister. So Vishnumaya was born as Draupadi. Also His Mother was there, Yeshoda, and when Radhaji was the Mahalakshmi, Mother Mary, and She gave birth to Shri Ganesha, that was Lord Jesus Christ. In India nobody would doubt the Immaculate Conception, nobody would doubt. But for others it is too much to believe in the Immaculate Conception or they are all arguing and saying all kinds of nonsensical things. Because Ganesha was created like that and also Christ could be created like that. [???] Agnya.

So Radha, She was Mother Mary and it is surprising, if you read the Devi Mahatmaya, in that, it's clearly written who was Christ, that He was the support. He was Mahavishnu. He was the support. That's the Mooladhara. He was the Support of the Universe. All these were all related people, but we are stupidly fighting because we do not have the Knowledge of Reality.

So Radhaji wanted to give him the name Irashoda [???]. So He called Him Jesu, in Hebrew it is Jesu, also in India, Yashoda is called just as Jashoda [???]. Many people call it Jesu. That's how He became Jesus. You can verify what I'm saying on your vibrations.

So they are all related to each other. And latest thing is they are Divine People. We cannot understand them, we cannot analyze them, we cannot pass remarks about them. Is a sign of human arrogance. Because his knowledge is so limited and, with that limited knowledge, he wants to talk about Divinity which is beyond the brains, beyond human intelligence. So only thing we can do is to be humble and to be surrendered. That's how Islam came, which means surrender. Where are they surrendering, God knows? Or Christians, where are they following Christ. Hindus, Where are they following the principle that everybody has the spirit in their heart? How can you have caste system if everybody has the spirit? Now, thank God, so many people in the whole world have become Sahaja Yogis. We are transcended all these artificial barriers in our divine life. How can Divine divide people? Some higher, some lower, cannot be. Only thing is, you have to achieve that state in which you see the whole world as a drama, as Shri Krishna has said and you are the witness, the sakshi of all that. I had to tell all the story about Shri Krishna because this

River Yamuna reminds Me of all those beautiful things He did and also I was happy yesterday, the way you're dancing, the way you're enjoying, which is very, very significant. And the one's who did this before, were not saints. They were ordinary people whom Shri Krishna wanted to hold hand. They're called raas. „Ra“ means energy. „Sa“ means with. They all were holding hands, so with the energy of Radhaji everybody was getting enlightened. All these things, as in all religions, have lost their own meaning, have lost their own form and they have become very corrupt. This is because it's a mental attitude. If you have a mental attitude, it has it's own limitations and, after some time, there's always a decline of all these mental adventures that you take because there's no strength of truth in it. That's how you find decline in arts, in music in everything, there's a decline coming. But now you people have found the Truth, so please try and understand that the Truth is the one which is eternal and the Truth is Love. Truth is Divine Love and this Divine Love has no consequences. It doesn't blame anything, doesn't want anything, just wants to love. And when you see this All-Pervading Power being kind - everybody here has had some sort of a miracle and most of them have told Me so many miracles that „Mother, this happened, that happened, that happened. It's all done by this All-Pervading Power of Divine Love. And also to convince you it is doing so many things interesting of showing different types of my photographs, this and that, but the best was this time in Navaratri. I mean, my photograph I saw a background which was rather very different, like something round was there and there was a curtain and somebody peeking through that, like the sun peeping out. But when I went to Moscow, I was surprised the whole scene was behind Me there. So it was before it was even made or conceived. It was seen there in Navaratri Puja. That means all these things also that you are conceiving are suggested by the Divine. Otherwise, how can it be possible that one month before we got that kind of a photograph, which I was wondering, how can that be behind Me? And that was there when we went to Moscow everybody saw this. It's very surprising.

So all kinds of tricks He's playing. Even when I'm not there, He shows that I'm there and it's working out in so many ways that one has to understand that what we think is miracle is a play of this All-Pervading Power.

I hope you have enjoyed your stay here and we have still a big tour to go on. I hope more people are coming now, so you are all comfortable here. After realization, actually I have seen people don't care for physical comforts. They just care for the comforts of the spirit. People are very deep and you have met the people of India. They're also very deep people, very good humble people. We are all part and parcel of One Body and that's what one has to remember. I hope you're all right, all of you and tomorrow, you don't know, it's a very, very cold place they say. Let's see. As the sun has come here, maybe the same sun will help us there.

May God bless you.

1993-1212, Public Program Galat Guru evam paise ka chakkar

View [online](#).

12 December 1993

Public Program

Dehradun (India)

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

Public Program Galat Guru evam paise ka chakkar, Dehradun (India)

Date: 12 December 1993

Place: Dehradun, (India)

Type: Public Program

Speech language: English, Hindi

Sahaja Yogis in background in chorus are saying 'Shri Mataji ki Jai'.

Sahaja Yogi announcing in background: Now Sri Arun Goyal will offer garlands to Her Holiness Shri Mataji on behalf of all the Sahaja Yogis of the world. (Claps in the background).

Shri Mataji talking in Hindi in background: The light is so bright that it is not clearly seen. 01.06 secs (Youtube) Have you brought the water?

[English translation from Hindi]

If all of you sit down, it will be very nice.

I bow down to all the seekers of truth. In this world we seek happiness, we seek joy and we do not know what the source of joy is. The truth is that this body, wisdom, ego, feelings and sacraments, are not all these titles. We are pure form of spirit. This is one truth, and the other truth is like what you see here is the decoration of beautiful flowers, I don't know how many you have kept. These flowers are also a miracle that one seed you sow in this Earth such beautiful varieties of flowers bloom. We consider it as a miracle. If you ask the Doctor that 'who works on our heart', then he will say 'it is an autonomous nervous system', 'self-driven.' But what is this self-driven force? They cannot answer this question. You can go to a certain extent in science and that too on root things which have already been there. Whatever they discover has already been made, that they can. But science has its own limitations, and the bigger limitation it has is that they have not received only the truth and on this account, science to a certain extent is searching for it; then the second discovery will be made, then the third discovery of it and then they will disprove the first discovery, then they will disprove the second discovery.

Other that this the biggest thing is that in Science there is no provision for morality, there is no thought about morality, it is immoral. So those people who rely only on science, as long as they do not know their spirit, the progress that they have made, and the huge form like a tree that is standing, till the time they do not search for its roots, it is possible that all of these will be in vain, will get destroyed and this type of doubt is being experienced by many people. The root of this may be found in India, In India, for many thousands of years, people have reflected on their spirit and many ideologies have emerged. Finally they understood that to attain the spirit is the main aim of the human life and as long as this is not achieved, we will not have any satisfaction, there will be no happiness. So the God Almighty's the conscious creation that this is spread in all the four directions which does all the work and which we take for granted, this creation of joy is the love of God. In this era of Science, to even talk

about the God Almighty is considered as bad. But whether you believe it or not, God Almighty is there, and he only protects this world. He is the creator and all the beautiful living work is done by the God Almighty. His powers which we call as the God Almighty's conscious energy ('chaitanya') is known as 'Brahma Chaitanya'.

Till now you have not experienced all this, you still don't know about it. Now the time has come when you all are able to know about it. In this, there is nothing special done by me. It is a matter of timely occurrence. Whatever work had to be done at those times were done by incarnations and in a similar manner many hermits ('Sadhus'), saints ('Sanths') also have done it. But today, the time has come that at this time you get 'Sahaja Yoga'. 'Saha' means 'with you' and 'Ja' means 'born', 'Yoga' means connecting with the God Almighty's Brahma Shakti, becoming one with it and this is everyone's right. This is your right which can be obtained easily because you are a human being and being a human being, you are superior to all other creations in the world like beast, animals, birds and any other creations. You are superior to all of them and you have got this greatness. Now you have to just travel a little more and you will obtain it thereafter. But India which is the land of yoga, we think that there is no other land of yoga, better than India.

We first learnt many things from British people which we should not have learnt. Today seeing their present condition in their countries, I stay in their countries, I feel surprised that these people had led such magnificence and force in our country, they are such lost ('gaye gujre') people. You may be surprised that in countries like England, in a week, in the city of London alone, parents kill their two children. You have not yet been affected by the filth of that country till now, it is your good luck. But in these countries there is nothing like a Mother or a Sister, there is no morality, and they are going towards total destruction in a hurried manner. It is said that in America, in the last ten years, sixty five percent (65%) of the people have been affected with various dirty diseases.

Everyone is becoming hollow due to consumption of drugs and if Indians have been spared it is because of their faith within, their humility towards God and their innate sense of righteousness to discriminate that this is wrong and this is right. They (the foreigners) don't know what is right and what is wrong, in spite of this I am surprised looking at them, the dirt in which they were stuck, I do not know from there how they stood up and today, they are glowing like beautiful lotus flower. It is a very surprising thing and Indians get stuck a lot. I need to tell this to you clearly. Now I had gone to 'Kurukshetra', for the first time I had gone there. I thought that 'Kurukshetra' being the place of Sri Krishna, being the place of 'Pandavas' and here a big battle was fought, a lot of cleanliness must be there. From the whole program some 50 people came out, they were telling that 'Mataji, what can we tell you. We have been going to false Gurus and we have caught up from them, and we are worried on account of that. How can we get vibrations now?' I said you should keep on trying. A young person who had wrinkles all over his face as if from drinking alcohol was stricken, came sat down and said 'Mother I have been going for the past 14 years to this 'Radhaswami' (a false guru) and now my state is that my hands are constantly shivering.' I said 'Brother why were you going there?' He said he have him names, 5 names were given to him and he started shivering on account of that. I asked 'If your Guru can not give you even good health, then what is the necessity of going to such gurus?' He said 'I have given a lot of money to him, and I have been looted.' I asked him, 'How did you give the money?' he said, 'There were number of big donation boxes (seva peti) kept and I put money in them.' And the guru doesn't say anything. But in this matter, people forget all Englishness, educated people, politicians, leaders, big-big surprisingly government officers go there and after being duped, they come to me. For about 14 - 15 years till they do not suffer, they do not get freed. Again somebody comes, again somebody, they are all ignorant people, they were badly affected, after seeing it, I was surprised. I asked 'What were you doing?' I was doing Siddhi Yoga.' I asked 'What is it?' I knew it, but I wanted him to explain. He said 'I was told that you need to stand in 3 feet water, you will remediate and then you can walk at 3 feet'. I said what was the necessity? Already there are so many motors (cars), what is the need to roam at 3 feet?

Now in America, a person named I will tell his name, Praveen, I think it was Mehta (surname), no (it was) Chopra, Chopra. He was telling me 'See the strength of the mind, it is such that, see this man is standing here, he has been given a pendulum. I will by the power of my mind, will move his pendulum.' I asked, 'Have you come to the world only for moving the pendulum? Is this what your duty is that you just go on moving the pendulum?' There are thousands of people following this person and Indians. I understand Americans are foolish in all this, but I don't understand why Indians want to move the pendulum?

We all know that people indulge in black magic and other things to lure and mesmerise people, everybody knows about this. Now

even after knowing about all this, we Indians keep coming into this web of these Gurus, I am not able to understand this till date. All the great hermits have said, Nanak Sahib has written one whole chapter, that how to find a real Guru. This problem is there in Dehradun also, because I could understand as soon as I came here that, oh God. So much negativity will come that tomorrow where your children will go, where will you go, what will be your situation, how will your business run? You do not think anything about all this. You are just after these tantrics. As a Mother, I get scared. You all are such good people, you are born in this country as a result of your good karmas of the previous birth. And now when you are seeking, you are going to such evil people about whom you don't know anything. That is the reason I saw a dirty person like Rajneesh thrive in this Kurukshetra, who was such a horrible person, who did not have any morals, I know how he died. He himself died of AIDS. People run after such dirty people. This is something that one needs to understand.

There have been real Gurus, like Gurunanak Sahib, he preached so many good things, and that no one paid attention at all. And there have been so many good gurus like Kabir. Even in Maharashtra, such good gurus, such great gurus, such eminent Gurus were there, you did not listen to any of them at all and you roam around such waste people who take money from you. Can you purchase God Almighty? Only on account of such things, I get frightened sometimes that India is in trouble. When such big people run after famous people (Gurus), who are famous, what will happen to this country and will this country be free of poverty? Where there is black magic, there will definitely be poverty. Now people have developed drinking habits, it is still better than this (black magic and false gurus). You can easily get rid of this habit.

In Sahaja Yoga when you will achieve your spirit, you will understand how great you are, how glorious you are, you are of such high calibre. You did not know till now what you are. Now imagine you are taking a television to a jungle and you tell the people that inside this box, in this box they get to see miracles, and you can show movies in that. They will ask what sort of box have you brought and how can it be possible in the box? And as soon as the box gets connected with mains, they are able to see all the miracle in that. Similarly, when you get connected with the all-pervading power ('Parama Chaitanya'), then you will be able to see as to what a great person ('Kamaal') you are, how much of power you have, and this happens in Sahaja manner. So many people of Radha Swami have issues with their heart. He himself died of heart attack and many of his followers die (of heart attack) as well. I want to say this very clearly. You should find out how many of their people dies of heart attack. Somebody should at least find this out. Many people went there with blind faith, because (thinking) that it is a very big organisation. So, I asked, 'In that organisation what, how much money you got from that organisation? Why are you fighting for that organisation? What did you get?' So the first thing is that you should think that any person who talks about a Guru, so Shri Nanak Sahab had told very-very clearly 'Guru is one who shows the God Almighty to you. You should meet the God Almighty.' Means the one who helps you to meet the God Almighty is a Guru. Do not call anybody else a Guru. He had said this very-very clearly. But, it is surprising that these people earn a lot of money and based on the money, do not know how, they buy people. Like the newspaper (press) people, they have bought them. And also in the newspaper people, they do not have any kind of thought, no kindness, that they are damaging so many people. At least right something which is true. When they come to us, they will write that the carpet was laid, this was there, and that was there. But the carpet is mine, if I have a carpet, I will spread it. So what have I taken from you? And the one who gives money, he will be praised. People who bow down to money, this money which has put many countries into such trouble of recession that they are unable to stand up again.

Can this money affair ever give happiness? It can never give. Can it give pleasure? For money there are fights, squabbles, this and that. It is a wrong perception that by collecting money we will become happier. I have never seen anyone (becoming happier). But in something that you will get everything, why don't we want to attain that spirit? Every type of blessing, all types (of blessings), you cannot count it all. When this can be received by everyone, why should you not believe in it and achieve it? And the biggest thing that I see is that the sensitivity that should be there towards God Almighty, which should be there towards spirituality has reduced a lot. Humans do not have the sensitivity, they cannot feel it that who is a fraudster and who is not a fraudster. They cannot understand. This is also a very surprising thing. Everything we have here about religion, God is there. Now see Russia, whoever has come. Where nobody talked about God Almighty also, honestly I am telling you, where there is no righteousness, where they have got nothing to do with anything, it is surprising there, I do not understand how, that they drove away all the Gurus from there, nobody could remain there, and for me they had arranged for a programme in a village where there were about 20 to 22 thousand Sahaja Yogis. How was this possible? Because there is no trouble of money, there is no materialism. They did not have time to think about all this.

The opposite is with America. Now they have got money, so what should they do with it? Where to invest, what to do? Now one gentleman had gone to America. I am telling you so that you are not going to go there, even if you go there it is a wasteful place. He was a very rich person. He told me 'Mother, please come home.' He insisted a lot, so I agreed and I went. He started saying 'I have got a lot of money. I have got this made, that made. He showed me all that. He said when you go to bathroom, please take care. I asked why? He said that there is a button which if you press will take you straight to the swimming pool. I said that is a bit too much, I said I do not want to use this kind of a bathroom. I want only something which is simple, I am a rural person. I do not want this. Another thing he invested money in about which he said was a cot, 'If you want your legs will go up, head will go up.' I asked, why, does your body not move? Why do you want such things which will make your head and leg up and down? I said I will sleep on the floor. I do not want this. This type of people invest money on all such things. Foolish, they are great fools, what to say about their foolishness? Very advanced fools. You must have heard of Elizabeth Taylor who got married 8 times. I would not like to see the face of such a woman. There were about 4 to 5 thousand people who reached there and her, they went there to see because she was going on her honeymoon to see that. She had married some poor labourer who was younger to her by 20 years. It was a very big work that she had done.. wah.. wah... wah.. So everyone reached there around 3 to 4 thousand people. And to see at the top there were 10 Helicopters roaming about, and there were people with camera coming down using a parachute. Some fell on trees, some fell on people. You will not see even 4 such fools in our place here. This much common sense we have. Common sense is a lot, but we should keep it and there is no need to learn from others. There, all the Gurus have made so much of money that don't ask. You ask any of them, some are having 10 Crores and some have 50 crores, they have so much money. And when they died, they suffered a lot while dying. And now all their wrong doings are coming to light. Those who donated money to them, they are lying on the streets. Their children poor thing have been removed from their schools, they have nothing to eat, nothing to drink. Indian people who are there have so smart that they can fool others.

And in our country there have been so many great people. Each one excelled, whose name to take and what to say. In 1942, I have also worked a lot, and till we got independence, we kept on fighting. And I saw everyone in my family, everybody at that time was like that. And today they are not there to see what we have done in our independence. This is connected with everything, our social life connected with that, our political life connected with that and is connected with all things. Because whatever questions are there in the World, whatever sufferings are there and all the calamities that are there, they are mainly due the people. Because if the people are alright there will be no questions, and if they get to know the one and only truth, then why will they fight? So where will be the question of a debate, argument? When everyone is seeing the same thing, now I am sitting before you, everyone is seeing it. Now will anybody fight that Mother is not there here. So when everybody is seeing the same thing with their eyes everybody with their eyes, then who will fight? But if you are seeing with your eyes one thing here and the other thing there and the third thing elsewhere, (and) start fighting. So till the time it doesn't happen till then our fighting, squabbling will not leave us. The wars will not leave us, there will be talks about peace. I know many people who have got the peace awards, they are so hot tempered and they are such people with whom you should talk from a distance, don't know when they will pounce upon you and catch you. It is just a thing to say that they have received the peace awards. One who does not have peace in their hearts, love in their hearts, how can that person take peace awards? But the most important thing to understand is that we are not yet capable. Many people want that this is wrong to say and should not be done, but they are unable to come out of it, because they do not have that power to stand with. Now the foreigners who are sitting here, it is good that they don't understand our language, more than half of them were such who were badly alcoholic and used to take drugs, rich people. Whatever are the characteristic of the rich, they had. But one night, one night after getting their realisation, their lives changed. One of the examples to give is that we are a stubborn person and we have a snake in our hand and there is darkness and we think that it is a rope. And if you say to them that this is a snake and not a rope, they will not leave it, till the time it does not bite. But even if some light comes within us we will leave it immediately. This is how everything drops off, even problems drop off. All the miseries in the world. I have told you just now is because of human being and whatever questions that humans have or the difficulties they have is on account of their chakra position.

We have said everything about Chakras, and you will be able to get this complete knowledge of the inside. I hope that you all get your self-realisation today. But you should get the full knowledge from this, and if any of your connections are loose, that should also get alright. That is the reason you should be in the collective. Now you will say I stay at home, how I can go there, it is a very

small centre, then it is done. Now like if a nail gets cut, then that will not grow. Similarly if you are doing Sahaja Yoga sitting at home only, there will be no further progress in your ascent, there will be no growth. Hence it is required that you very humbly, go to any of our centres. But there also you do not have to give any money. The whole knowledge is yours which you will get. It is your own power that gets awakened what is there. What is there for me to give and take, nothing! If one light is lightened it can lighten many lamps. What is the favour the lamp has given in this? Now all you people are ready, you are seekers, it is your right to achieve it and it is very important that it should happen for you.

And it could be some people from Kurukshetra, if they have not got their realisation tonight, can go to the centres and I say that there is no one who should not get it. All of you can get your self-realisation. I would say it is like a garden ('Phoolwari'), now the spring has come, it is blossom time. I had never expected that thousands and thousands of people this would work out. And this has been happening for eternity, it is not anything new. But in the past only one Guru used to give it to only one student. Now in Sahaja Yoga, thousands of people are getting their Realisation collectively. But, how many of them will settle down is to be seen. Like Jesus Christ said that some seeds that sprouted, but they fell in the sand, and some other seeds dried on the mountains and were finished, but some seeds fell on fertile soil and became trees. Here you have a number of forests, there are some very big trees and everything is there. I will now request you to become big trees of Sahaja Yoga and enlighten a number of people. Many people have the desire and have been meditating, need to get them on the right track and get them to know the reality, and fill them with it. I am having a lot of hope in this country, if Sahaja Yoga spreads here, all the questions will drop off. Everything, including the question of money will also drop off.

In London there is so much of unemployment that don't ask, but there is no Sahaja Yogi there who does not have a job. Whoever comes to Sahaja Yoga gets a job, because the government of the all-pervading power is very tremendous. If you come into the Kingdom of God then each and every thing of yours will be taken care of so beautifully. Even the smallest of things are made so well that one would wonder how these things have been made. People who come to Dehradun say that the people here are quite I have a thing to say about the people here that they are quite English and that is the reason they cannot come to Sahaja Yoga. Now when they have come in England, why the Englishmen here have not come? Now many big people are here is what I think, is what I feel. So many big people are here you see, how many big people are sitting here, then why will you not come? From inside the heart, you are Indians. It is a matter of great respect, the time has come, and now in this time the work should be done. There is no hoarding of the brain here. You have to go beyond the brain, beyond the wisdom. If you ask why like this, like that, there is no answer for that. Now you tell me how this flower has been made? It is a life action, how will you explain this? Many Doctors can also be shown how many diseases can be cured with Sahaja Yoga. Many, your leader also knows about it. He was suffering from Blood cancer he has become alright. I have not done it. In a similar manner, your mental condition will be alright, your physical condition will be alright, social, political and more than anything else, the spiritual, from which the source of happiness and love, compassion, affection, compassion for all, it flows, it is joy giving. Then it gives so much happiness to people. He will become very beautiful from within because you can consider him to be like an angel. All of you are capable of it and today you will attain it.

Please excuse me, this time I have come for one day only. Next time I will definitely come for you more number of days. Because last time, I was here for 3 days, but during all those days only sick people kept coming, no normal person came. I was wondering whether any person other than a sick person stays here or not. For 3 days they only had for sickness, cure this illness, cure that illness and after that they do not come in Sahaja. Now it is that there should be common sense as well that those lamps which will not lit at all, what is the use of curing them? Only those lamps which can be lit should only be cured. I wish, today I am seeing a lot of healthy people here and I am very happy that you people should achieve this and then if you people ask me what to do now, I will say now just enjoy yourselves. That is all. But you have to meditate for some time with which you will grow and what you need to do in meditation these people will tell you. As such I have given a thousands of lectures in Hindi and other languages, you will get the tapes off all those lectures. But first of all, you have to get settled. So the first state that you achieve is called 'Nirvichar', 'Thoughtless Awareness', which means you will not have any thoughts, you will be in the present. And the second stage is called as 'Nirvikalpa' in which you do not have any options, you know that you have the right to be self-realised, you have achieved it. Now both these states come for some people together, this is a result of their depth, depends on the good deeds of the past.

But with trying, everybody gets the state of 'Nirvikalpa' and after that you see how it progresses. What all should I say about what all can happen and what all has happened? You might have heard of Amjad Ali Khan. He could not play his instrument properly before. Now you see how much famous he is. There is another person with him S Sinha (name is not very clear) who had a similar condition. Many are there, be it Hindus or Muslims many people have achieved this. Sufis have obtained it and in this manner, everybody has understood that we people who feel that we are different from each other, now realise that we are part and parcel of the same God Almighty. That is the reason that whatever new feelings that are coming within you, the new dimension that comes up is called as collective consciousness, meaning you can also know others and their chakras. You can feel your own vibrations on your fingers and also that of others. If you know how to clear your chakras and of others then you can help everyone. And to do that you do not have to have a lot of time. In a short time you can become your own Guru. You will realise which is good and which is bad, I do not have to tell you anything. I do not have to talk on any wasteful things. If you talk anything wasteful, more than half the people will get up and go in today's times. That is the reason that you achieve the awakening of the Kundalini and later see what you are. Then you will experience so much of reverence, so much pride and so much respect comes for yourself that a person will not go on the wrong path.

There is one more thing in this that you cannot force this on anybody, no force. Because God Almighty has given a lot of freedom. You can go either to hell or heaven, this is dependent on you. That I cannot give. That is the reason, there can be no forcing of any kind on this. Whosoever men or women do not want their self-realisation can please go away. They can please go from here and they need not sit and watch others. They may please go and it be of great help to us. I do not have to put a lot of effort with all of you, you will be surprised to know that. The only thing is that all of you should sit down.

Now put both your hands towards me like this together drawn like this. I hope you are not wearing any shoes on your legs. Please remove your shoes. Keep both your hands straight towards me. Because these are the 5 chakras, 6 and 7 (Shri Mataji is pointing towards the fingers and the palm). This is sympathetic and para sympathetic on both the sides. And in this you need to achieve this, so keep both your hands like this (palm facing upwards). Now what you will feel, one is that from the top of your head at the fontanel bone area you will feel a cool or hot breeze. Kabirdas has said: 'Shunya shikhar para anhad baje' which means 'At the Summit of Aloneness the Un-struck Anahad Sound Reverberates.' Here wherever the kundalini throbs, the pulsation you feel on the top of the head and after it opens up you get cool-cool breeze. Sometimes it is hot as well. If you forgive everyone with your full heart then everything will be alright. If you forgive or not, you don't do anything, but when you don't forgive, then you start playing into negativity's hands. You are troubling yourself from which you will get pain very easily. So you forgive everyone together. And the second is that I said that you should keep reverence towards yourself and love, and no one should not think that I am a big sinner, I have done this sin. Whoever tells you that, are themselves big sinners! You are humans, humans will only make mistakes, you are not God. But this all-pervading power is the ocean of knowledge, is the ocean of love, but more than anything is the ocean of forgiveness. Hence, if you have done any mistake, he will forgive it. Nothing will stop in front of this ocean. Hence you should not belittle yourself in any way and you should forgive everyone.

Now put both your hands together in the way I have shown you, drawn like this. You should have faith in yourself, this is the biggest thing. People do not have faith in themselves, so keep faith in yourself. On now keep your eyes closed.

Shri Mataji is speaking in English: Please close your eyes. Please close your eyes. Put your hands towards me like this. Please close your eyes.

Shri Mataji is speaking in Hindi: Now bow down your head. Now please open your eyes.

Shri Mataji is speaking in English: Please open your eyes.

Shri Mataji is speaking in Hindi: Please open your eyes. Now keep the right hand towards me.

Shri Mataji is speaking in English: Please put your hand towards me.

Shri Mataji is speaking in Hindi: And bow your head and on the top of the fontanel bone area, top means it is called as slightly above the head ('vishwadanti'), over the top. Keep your left hand over the top of the fontanel bone area. Your head should be bowed down.

Shri Mataji is speaking in English: Please put your right hand towards me and your left hand on top of the fontanel bone area.

Shri Mataji is speaking in Hindi: And see that from within, from within your head, any cold or hot breeze is coming out or not.

Shri Mataji is speaking in English: Please see that whether a hot or a cold breeze like energy is coming out of your fontanel bone area.

Shri Mataji is speaking in Hindi: Bend your heads, heads.

Shri Mataji is speaking in English: Please bend your heads, bend your heads. It is better to bend your heads.

Shri Mataji is speaking in Hindi: Now put the left hand towards me. If you have gone to Gurus, there is nothing to worry, you all will also be cured. Do not worry at all. Keep your left hand towards me. Bow your heads and check with your right hand if from the fontanel bone area, again, now that area is called as 'taalu' if any cool breeze is coming or not.

Shri Mataji is speaking in English: Please put the left hand towards me and with your right hand please see that there is a cool or a hot breeze coming out of your head. Please don't put your hand on the top of your head, but away from it.

Shri Mataji is speaking in Hindi: Now again keep your right hand towards me and the last time bow your head on the fontanel bone area and check if any cool or hot breeze is coming out from your head only. For some it comes very near to the head for some others it comes far away from the head. Now rotate your hands and try moving your hands up and down. Yes. Now both your hands as shown in the picture, keep your hands towards the sky and pushing your head towards the back look towards the sky and ask the question 'Mother is this the Brahma Chaitanya?

Shri Mataji is speaking in English: Please put both your hands towards the sky and your head also towards the sky. Now ask the question 'Mother is this the all-pervading power of divine love? Ask this question. Three times.

Shri Mataji is speaking in Hindi: Ask 3 times.

Shri Mataji is speaking in English: Ask 3 times.

Shri Mataji is speaking in Hindi: Now keep your hands down.

Shri Mataji is speaking in English: Please put your hands like this.

Shri Mataji is speaking in Hindi: Now look at me and don't just think anything. As you look at me don't think.

Shri Mataji is speaking in English: Please don't think.

Shri Mataji is speaking in Hindi: Some of you must be getting from below the palm, they could move the vibrations upwards like shown by Shri Mataji.

Shri Mataji is speaking in English: Those who are getting below, put it up. It will come up like that.

Shri Mataji is speaking in Hindi: Now whoever felt in the hand or the fingers or from the fontanel bone area cold or hot vibrations,

all such people should put their hands up. Wow. The people who are sitting on the chairs didn't get it or what. Wow.. The whole Dehradun, my namaskars to all of you and eternal blessings of your Mother. Now you should increase this, increase this and now use it for the benefit of others as well. You are all very big people those of you who have come here. It is because you all have lots of responsibilities and you have got this, this is also your earned blessings. You have to increase this and have to give it to others. Hence come in the collective, enjoy the collectivity with all. My eternal blessings to you all.

Sahaja Yogis in background in chorus are saying 'Bolo Shri Adi Shakti Mataji Shri Nirmala Devi ki Jai' 'Jai' 'Jai' 'Jai' 'Ki Jai' 'Ki Jai' 'Ki Jai'

'Bolo Shri Adi Shakti Mataji Shri Nirmala Devi ki Jai'

'Bolo Shri Adi Shakti Mataji Shri Nirmala Devi ki Jai' 'Shri Nirmala Devi ki Jai'.

End of talk in Hindi

End of talk

[Second version of Hindi translation]

Galat guru evam paise ka chakkar!

False guru and running after money!

Sahaji: I would request Shri Arun Goyal to offer garland to Her Holiness Shri Mataji on behalf of all the Sahaj Yogis of the world.

Shri Mataji: It will be nice if you all people will sit. I bow to all the seekers of truth. We search for peace and happiness in this world but do not know where is the source of that happiness. Truth is that we are not this body, intelligence, ego, values, etc. We are pure spirit. This is one truth. And another truth is like you are seeing such beautiful flower decoration over here, you have put so many flowers over here. These flowers are also a miracle, that you sow one seed on this earth and so many beautiful colorful flowers grow. We see it as a miracle. When we ask doctors who are making our heart work, they call it the autonomous nervous system. It is auto. But who this auto is, they can't explain it. With science, you can go to a limit. The research on materialistic things and explain it. But science has its limitations. And the biggest limitation of science is that they have not achieved absolute truth. Because of this science keeps on searching, brings one theory, then another theory, then third theory, and then they discard the first theory. Then they will discard the second theory.

Apart from that science does not think about morals. No thought about the morals. So the people who depend only on science, till they will not find the absolute truth, look at their spirit, those who have developed so much, those who are standing like a huge tree, till they will not find the roots, all of this will get destroyed. Everything will be destroyed. Many people are predicting this. Its roots are in your India. In India, people are researching spirit for thousands of years. Many theories came about it. But in the end, they understood that the ultimate aim of human beings is to be one with the spirit. Till we do not achieve this we cannot get any kind of satisfaction or happiness. So the vibrations of god which give us happiness and which we accept are the love of God. In times of science talking about god itself is difficult. But whether you believe it or not, God is there. He only protects the world, he has created it and it is him who does all the live processes around us. It is his powers which we know as Brahmachaitanya.

Till now you have not known or experienced it. But today the time has come when you can know it. There is no specialty of mine in this. It is a matter of time. At right time many incarnations, saints, and various visionaries have done their work. But today the time has come when you all are Sahaja Yoga. Sah means with you and Ja means born. Yoga means to integrate with the vibrations of god. And it is right of all you. It is your right that you get this because you are human beings. And Humans are the highest amongst all the beings in this world. You talk about animals, birds, or anything else, you are the highest and you have achieved this greatness. Now you have to travel a small distance and then you can achieve it. But India is such a big yoga land,

we didn't have to learn anything from Britishers but we have learned a lot from them. Now I see their condition, I think these people used to live in our country with such high status, they forced themselves on us, not their condition is so bad.

In a country like England you will be surprised to know that in one week, in a city like London, parents kill two children. Their dirt has not reached you but you shall understand there, there are no values, no recognition of mother or sister, they are moving forward towards doomsday. It has been estimated that in the next ten years 65% of people in America will suffer from dirty diseases. Everyone is becoming hollow from the inside. If we want to save Indians, then we will have to protect the faith, politeness, and dharma inside them. They should know what is right and what is wrong. People in other countries don't know what is right and what is wrong. Still, I am surprised to see that the dirt in which they were stuck, they have stood up and bloomed like a lotus. It is a surprise. And an Indian is stuck.

I will tell you something. I went to Kurukshetra. I went there the first time. I thought it is a place of Lord Krishna, here a great battle of dharma was fought, here there will be cleanliness. But in the entire program around fifty people came out and told me that Mataji we went to the wrong gurus and caught from there. We are stressed because of that. Now how will we get vibrations? I said that you should try. One young man had a lot of wrinkles on his entire face. As if tired of drinking alcohol. He came there and sat and said that mother since last fourteen years I am going to Radhaswami, and he has brought me in this condition that now my hands shiver. I asked why you used to go? He said he gave me his name. He just gave him his name and he is shivering. If your guru cannot even give you good health then what is the point of going to such gurus. I gave him a lot of money. I am destroyed. I asked him how did you give money? He said there are big boxes in which we have to put. Guru doesn't speak anything.

In such cases, people forget the entire western culture well educated people, politicians, leaders, and surprisingly government servants also go there. They get beaten over there and then come to me. For fourteen fifteen years, till they do not get beaten, they do not get freed from there.

Then some others came, people following TM, they were in very bad condition. I was surprised to see them. I asked them what they used to do? They said we did Siddhi yoga. What is that? I knew about it. Poor people. They said that the guru committed that you will rise for three feet and till three feet you can walk. What is the need for it? You have enough motor cars, why do you need to move at these three feet.

In America, there is a person, Praveen Mehta, or I think Chopra, who said that mental strength is so powerful that I have given a pendulum in his hand and I will bring back the pendulum with my mental strength. I said have you come in this world to move the pendulum. Is this only your skills to move the pendulum? Thousands of people follow him. And even Indians. Americans are fools I understand but I don't understand why Indians want to move pendulums. We all know that people use black magic to attract others, mesmerize others. We all know this. Despite knowing all this why do Indians fall into this trap? In the trap of false gurus, I don't understand. And it is told by many saints. Nanak Sahab has given one complete chapter about how to recognize the guru. There are a lot of negativities in Dehradun. I recognized it the moment I came here. Oh my god. If negativity will be so much then tomorrow where will your kids go, what will happen to you, how your business will work? You people don't think about anything? You are running behind a black magician. As a mother, I feel anxious. You people are so nice. Because of so many good deeds of the past, you are born in this country. And now when you are searching, you go to such cunning people about whom you don't know anything.

I have seen a person like Rajneesh prospering in this Kurukshetra. He was such a bad person. He did not have any values. I know how he died. He was suffering from aids. People run after such bad people. It is something to be understood. The gurus who came, like guru Nanak Sahab, he has told so many things, you don't listen to them. And there are so many other gurus like Kabir, In Maharashtra also there are so many great gurus, you don't listen to any of them. And you run behind these useless people who take money from you. Can you buy god? I feel so anxious because of this, that all this will take India towards doom.

When big people run behind the popular person, who is popular, then what will happen to this country? How poverty will go from here? Wherever there is black magic, their poverty will come.

Now people have started drinking alcohol. It is better than false gurus. You can get rid of that. In Sahaja yoga when you will witness your spirit, you will realize how great, valuable, and the moral person you are. Right now you don't know who you are. Just imagine you take television in a jungle. And tell them that it is a magic box and you can see movies on it. They will say what kind of box you have brought and how is it possible. The moment it is connected to the mains you see how amazing it is. In the same way, when you get connected to param Chaitanya, you realize how amazing you are. You will see how many powers you have. And you get all this in Sahaj. But the problem is that you want to go to such a place where you lose everything, where you lose your health. At Radhaswami so many people got trouble in their hearts. He died of a heart attack and his followers also die of heart attacks. First, find out how many of his followers have died due to heart attacks. Someone first finds out. You go there in blind faith. They say it is a big organization. So I asked who are you in that organization? Why are you fighting on their behalf? What did you get from there?

The first thing you should think about is that a person who talks about the guru, Nanak Sahab has said it clearly, Guru is a person who connects you with the divine. (Guru wahi jo sahib milai.) A person who makes you meet the god is the only guru, no one else. But, surprisingly, these people earn money and based on money, I don't know how they but people. Like they buy a newspaper. And people printing the newspaper do not have any shame or compassion that these people are cheating so many people, they should print some truth about them.

And when they come to me, they will write that there was carpet spread and all such things. Is this my carpet? If I have carpet and I have spread it, so what I have taken yours? And someone who will give them money will write all the good things about them. This money has put other countries in such a recession that they cannot get up now. Can this money give you happiness or joy? You will fight for money. This is a very big misconception that if we get the money we will become happy. I haven't seen anyone. But the spirit which can give you everything, why not attain it. All kinds of blessings cannot be counted. When you get all this then why not accept it.

But I have seen that sensitivity that should be there towards god or spirituality has decreased a lot. There is no sensitivity in human beings. He cannot feel anything that who is a fraud and who is not. He cannot understand. This is something amazing. We have so many religions and gods. Look at Russia, people have come here also. Where no one has ever taken the name of God, where there is no religion, they are not concerned about anything, they have done an amazing job. They have sent off all the fraud gurus from their country, but for me, in every village, there are 20 to 22 thousand Sahaj yogis. How does this happen? Because they do not run after money or materialism. They don't have time for all this. And America is just the opposite. They have money. Now they keep thinking about where to invest it. One person went to America, I am telling you this because you people will not go, even if you go it is not a good place.

He was a very rich person. He said mother come to my house. He insisted so I went. Then he showed me that I have made this, that, and I have a lot of money. He said go carefully in the bathroom. There is a button which pressed, can directly take you inside the swimming pool. I said I am from a village I want to go to a simple bathroom. Then he said that this bed has buttons that will raise your legs or head. I asked why your body does not move or what? Why do you want this kind of bed? I will sleep on the floor; I don't need this bed. People who spend their money like this are stupid. They are very advanced in stupidity.

You must have learned about Elizabeth Taylor. She had done eight marriages. We would not have looked at the face of such a woman. 4000 to 5000 people reached there to see her as she was going on her honeymoon. She married a labor who was twenty years younger than her. She did a wonderful job. So three to four thousand people went there. And around ten helicopters were circling on the top and people were landing by parachutes with cameras in their hands. They were falling on trees or other people. We will not find four such stupid people in our country. We have that much wisdom. Even they have brains but they do not use their wisdom. These gurus have made a lot of money. Someone has ten crores, some have 50 crores. And how did they die if we ask then we will see they have suffered a lot while dying. Their secrets of fraud are out. People who have given them money are on road. Their children are thrown out of school. They don't have money to eat. Indians have that many brains whom to make their gurus. And in this country, we have so many great people. There are many great people. Whose name should I take

and who's not. In 1942 I have also done a lot of work. We fought till we got independence. And every one of that time was like that only.

And today they are not here to see what we have made out of our freedom. It is related to everything. With our social and political life. It is related to everything. Because all the problems and questions of the world are due to human beings. If human beings are alright then there will be no question at all. And if he finds the absolute truth then what will be the reason for argument or fight. When everyone is looking at one thing. Now I am sitting in front of you, then you all are seeing it. Who will fight that no mother is not here? When all are seeing one thing with one eye then who will fight. But with your eyes, you are seeing one thing over here, one thing there, then a fight will happen. It won't happen till realization does not take place. The wars will not get over. They will talk about peace. I know people who have got a peace award but they have so much temper that the moment you will say something to them they will attack you. It is just to say that they have got a peace award. People who do not have peace or love in their hearts, will they have peace.

But one of the most important things which we need to understand is that we are not capable. Many people think that they come out of it, but they are not able to come out of it. Because they do not have that power by which they stand on their own feet. Many foreigners over here, thank god they do not understand our language, they used to drink a lot of alcohol and take drugs. Many rich people. They had symptoms of all the rich people. But in one night, after getting their realization they changed. They were so stubborn. It can be explained by an example, that if there is darkness and you have a snake in your hand, you think it is a rope. I tell you it is a snake but you will not leave it till it will bite us. But the moment we get a little bit of light inside us, we will leave it immediately. In the same way, we can leave everything, all the problems will also leave. All the problems in this world are due to human beings and all the problems of human beings are due to its chakras.

You have been told about your chakras. And by these, you can get internal knowledge. I just hope you all get self-realization. All of you should get its knowledge, if some connections are lost it will get repaired. You need to become collective. Now you will say I live in y house, how should I go, there is a small center, then nothing will work. Like if a nail is cut, it won't grow big. In the same way, if you are doing Sahaj Yoga only in your house then you cannot progress. There will be no growth. So you need to become humble and go to your nearest center. But there also you don't need to give any money. All the knowledge is yours, you just need to attain it. It is your power that will get awakened. What I have to take in it. If one lamp lights, you can light many other lamps from it. That one lamp is not doing any favor. You people are ready now. You are seekers and it is your right to attain it. You need to happen.

There are people from Kurukshetra, if you will not attain it tonight, you can go to the center. And I say no one cannot attain it. Everyone can get self-realization. It is a blossom time. And earlier gurus also used to give it to their followers. But one guru used to give to one disciple, but now in Sahaja Yoga thousands of people are getting their self-realization. Now we have to see how many of these people establish themselves. As Jesus had said, some seeds have sprouted but they fell on the sand, some dried on the mountains while some fell on fertile land and became tress. Here you have your forest and there are beautiful trees over here. I would like you, people, to help thousands of people. Many people have a pure desire, have worked for that, put them on the right path and show them a reality. I have a lot of expectations from this country, if Sahaja yoga spreads over here then all the questions will be solved at once. Even the problem of money will also be solved. In London, there is so much unemployment but there is no Sahaja yogi who does not have a job. Anyone who comes in Sahaja yoga gets a job. Because the government of these vibrations is just awesome, they will make everything associated with your so beautiful, even small things also workout so beautifully, you will say how it happened.

About Dehradun, people say that people over here are quite British, they will not be able to establish themselves in Sahaja Yoga. But when Britishers in England have come to Sahaja Yoga then why the people over here will not be able to come. People say all men over here are high profile. Many high-profile men have come and they are sitting here. So why you people will not come, heart, you are Indian. It is a time of great pride, the time has come when you have to achieve it. You cannot do it by a lot of analysis. If you will say how this happened or that happened, there is no answer to that. If you say how this flower is made, can you tell how it is made? It is a live process, how will you explain.

Many doctors know that by Sahaj yoga many diseases get cured. Your leader over here had blood cancer, he got cured. I didn't do it. In the same way, your mental condition stabilizes. Your intellectual condition improves, social, professional and the most important spiritual condition improves. It is the source of joy. You get love, compassion, empathy for all, it flows from you and you enjoy it so much. A person becomes so satisfied. He just becomes a messenger of God. All of you are capable of it and you all deserve it.

Forgive me I have come for only one day this time. But next time I will come for a longer time. Last time I was here for three days, but all three days people came to get their diseases cured. They didn't come for anything else. Not a single seeker came. I thought only sick people live here. And then they don't establish in Sahaja Yoga. Now you should have common sense also. The lamps which will not light, what's the point in repairing them. We should repair the lamps which will light. Today I am seeing many healthy people over here, so I am happy. Now what should they do after getting it, I would say just have fun.

You should do meditation for some time every day. What to do in meditation, people over here can tell you. I have given thousands of lectures in Hindi and other languages. The first stage which you should achieve is thoughtless awareness. You become thoughtless, you don't have any thoughts. And the second stage is absolute awareness where you don't have any option. Wherever you go you deserve self-realization. At the time, some people due to their depth or good deeds of past, get both the conditions together at once. But by trying, anyone can get it. And see what happens after that. What shall I tell you, what can happen and what has happened? You must have heard the name of Amjad Ali Khan, he didn't use to play music nicely earlier, but now he is so popular. [name unclear] also was the same. There are many people, Hindus, Muslims, Sufis everyone has attained it. In this way, they have understood that we people think we are different but we are part of the same god.

So the new dimension which you get is collective consciousness. In this way, you will know about the chakras of yourself as well as others. If you can heal your chakras and chakras of others, then you can help everyone. And you don't take a lot of time for that. In a small time, you will become your guru and realize what is good and bad. I don't say no to anything to anyone. The moment I will say no people will go. Who will listen in today's world? So you should awaken your kundalini and see how it is happening. Then you get so much pride and belief in yourself, that no one goes on the wrong path. One more thing is there in it, there can be no force in it. No one can force you. God has given you the freedom that you either go in heaven or hell. That I cannot take. There can be no force of any type in this. The ladies and gentlemen who do not want self-realization please go from here. They do not need to sit here and watch others. Just leave from here, that will be a big favor to me. Surprisingly, I don't need to work very hard with you people. You just sit down.

Just keep your hands in front of me. Hope you are not wearing your shoes. Remove your shoes. Keep your hands straight in front of me. The five chakras, sixth and seventh are the endings of sympathy. And you have to attain in this. So keep your hand like this. Now, what will you feel? One is that you will feel a cool or warm breeze from your fontanelle bone. Kabeerdasji has said "shunya shikhar par anahad baje". First, the kundalini knocks over here so you feel the pulsation and after that, once the Sahasrara is open you feel the cool breeze. Sometimes you feel a warm breeze also. But if you forgive everyone with your heart then everything is sorted out. Whether you forgive or not, you do not do anything, but when you do not forgive you play in the wrong hands. You are harassing yourself, the other person is having fun. So you forgive everyone.

The second thing is to have faith and love for yourself. Don't think I am a sinner and I have done a lot of sins. Don't think that. You are a human being. Humans do mistakes, you are not a god. This divine cool breeze is an ocean of knowledge, an ocean of love but the biggest of all it is an ocean of forgiveness. So whatever mistake you do, just forgive yourself. Nobody will be left. Don't pull yourself down in front of this ocean. And forgive others also.

People should have faith in themselves. This is very important. People should have faith in themselves. Now you people close your eyes. Please close your eyes. Put your hands towards me like this and please close your eyes.

Now bow down your heads. [Shri Mataji giving realization] Now please open your eyes. Now keep your right hand towards me. Bow down your head, and put your left hand two to three inches above your head. Please put your right hand towards me and

your left hand on top of the fontanelle bone area. Please see if hot or cold breeze-like energy is coming from your fontanelle bone area. Please bend your heads. It is better to bend your head. Now put your left hand towards me. If you have been to gurus, even then there is no problem. It will be alright. Keep your left hands towards me. Now see from your right hand that from the fontanelle bone hot or cool breeze is coming or not. Keep your right hand two inches away from your head and see. Now again put your right hand towards me and see from your left hand. Some people get it near, some people can feel the breeze to a distance. Move your hands and feel. Not put both your hands and head towards the sky and ask the question, mother! Is this all-pervading power of divine love? Ask it three times. Now bring down your hands keep them like this. Look at me without any thoughts. Those who are feeling the breeze beneath the palms can pull it up like this.

Now all those who have felt the hot or cool breeze in their hands or fontanelle bone, please raise their hands. Great! People sitting on the chairs did not feel it? Great! Entire Dehradun. Now you people spread it. You are great people who have come here. You have a lot of responsibilities. It is the wealth you have earned. So come in collective and enjoy it in collective. May God bless you all. Adi shakti mataji Shri Nirmala devi ki jai.

1993-1218, Shri Ganesha Puja: All people are one

View [online](#).

18 December 1993

All People Are One

Ganesha Puja

Birthplace - Shrine Chhindwara, Chhindwara (India)

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

Shri Ganesha Puja. Chhindwara (India), 18 December 1993.

English Talk

I'm sorry I was delayed. We're supposed to see the collector and the thaisindar [tax officer?] as they call him. They have done so much for us, so much they have organized, all the way in the - officially they have done so well that I had to wait for them to thank them very much. I think it's not very much hot for you. See the wind is blowing, can you imagine and, if you see, there's no leaves - leaves are not moving. (Applause.)

You always used to go and sit in the sun, so now here it is. You better have some of it.

I hope you all enjoyed your stay in Jabalpur and the visit to Jabalpur. It was quite interesting. Some people have not yet arrived. I'm sorry to say they haven't been able to arrive from Bombay. I think they are more Bombayites, not from the foreign countries, but otherwise I think all of you are here.

It's very unusual thing to happen like this, you see. This - My father built this house about eighty years back. He was very imaginative and fond of guests, so he also put up guest bedrooms and guest bathrooms, such, and it was a hill station. Now, of course, because of crowdedness, very cold and hill station, so people used to come. His friends used to come from Nagpur, so he had made arrangements for them. There were no hotels or anything, so they used to have [arrangements]. And people of this place are extremely hospitable, very hospitable.

So, it was his idea that he should have a house here where his guests would be. His brother had a big house, but it was joined and he couldn't receive his guests, so he thought it's better to build the house here. And behind was a huge, big compound bigger than this, which I've seen. I was only four years of age when we went away from here, but I remember each and every thing about this house and everything about Chhindwara. You know, My memory is unusually very, very sharp. I mean, I remember even My birth, is to that extent. (Mother laughs - applause.)

But I never knew that there will be so many saints coming to visit this place of My birth. I never expected that there would be so many people who will take to Sahaja Yoga in My lifetime because when I was born, I found people were so blind. I thought, "How will I talk about Sahaja Yoga? What will I do? How will it work out?" It's very difficult. My father knew about My Mission and he told Me that, "You'd better find out a way by which you can give realization en masse" - that was important - "because even if you give realization, one person is of no use. Also you should not write anything because You don't create another Bible, Gita, Koran because books also bind them. So best thing is that You should take to search of human beings, why they can't get their en masse realization, because now You have come for that purpose." Somehow I worked it out and really it was surprising. I was really, was not thinking to open Sahasrara, but I was literally forced into it and it worked out.

It's working out. You can see all of you are here. It's very amazing thing that can happen to someone like this that in the lifetime only you have come here to see this birthplace of Mine. It was such, such vibrations that My Sahasrara became completely jammed with vibrations. It's so cold inside and outside was so hot, that I didn't know what was happening.

So I'm happy all of you could come and see this place. And a very humble house it was, but in those days it was the most, I mean, well planned house as such and was very much appreciated by people. And after that four years I was here and then we went to Nagpur because we had -My father had a big practice in Nagpur. He had to go many times down, so they thought it is better to go. There also he had many houses and Babamama is going to take you round to see those houses. He says he'll find out time to see wherever I have lived. But Nagpur also is very vibrated place. You can feel it. People are very quiet. It's a very quiet place.

So this is a very novel thing. I don't think it was happening in the lifetime of any one of the incarnations who came on this Earth. Even for Rama's janmabhumi [birthplace] they are fighting even today. So you can imagine. Thank God we have got this place in a way. It's not yet ours, but in a way we are there and maybe with your good wishes we'll own it very soon.

Today's puja I thought was best to have Shri Ganesha Puja in a short way because the first puja here and I was born here, so is better that we should have a Ganesha Puja. It would be a nice thing to start with. And we have a doctor here. They are all Sahaja Yogis and they are going to help us to do the curing. Actually, I always thought which is the place where people will get cured, so now we'll send all of them here to get cured.

It was a jungle here. All around was jungles, hills, but I think all that's finished and broken now. And we used to get tigers and things. A little far away from here is a place called Tamia where they could see tigers, but now they are there, no doubt, but they are saying that nobody's now going that side. They all go to some reserve places which you have seen yourself, also Kanha Kisli.

I hope you enjoyed. How did you enjoy Kanha Kisli? (Applause.) And the River Narmada I was told also you enjoyed very much. I'm happy this has happened. It was a little circuitous and quite different from all the tours we have had so far but I am happy you all have enjoyed it.

I have said so many things about Shri Ganesh, I don't know what to say now, anymore. But all of you have seen that place. Now see this breeze is coming from where? I don't know. You are sending breeze to Me, instead of I doing it.

(End of English portion of talk.)

Translation from Hindi

I am very happy to see all the people of this place, and also from all parts of the country. I am also happy that in My lifetime, this birthplace of Mine is being given so much importance. I am also happy that people from outside India, from 60 countries, have come to Chhindwara.

Now, this Chhindwara of yours, is going to become a Heritage Site (Kshetra Sthan), and many more people will come here to visit, and to stay here. These are all now saints. They have become like saints, and their way of living has also become like sages and saints. They can live anywhere, they can sleep anywhere, they can eat anything, without any complaints. Whereas in their countries they live a lifestyle of comfort and luxury. But they have no demands here. They are happy in any situation. In the same way a lot of yogis have come from different cities of India. They have come from Madras, some have come from Hyderabad. Vishakapatnam is so far away, but from there also they have come. They have come from Mumbai, from Pune, and of course, from Delhi. Lots of yogis have come from Delhi, from Lucknow; from every possible place. Even from Punjab people have come. In this way, from this country also, people have come from many places, and they have all gathered here to perform a Puja.

It is a very good thing if all the people of this country become united. There is a lot of fighting and misunderstanding going on between all of them. With this kind of collective gathering, we can have an end to all conflicts. And it is very necessary for this to happen. When you recognise your inner Dharma (religion) then you realise that all people are one.

Here there is no Mutt (monastery), or like all the big gurus, organised establishments. We do not have all these trappings. Nor do we have any organisation with priests, and heads, or anything. Everything happens by itself in a very simple way. In this whole

country, if we can have a situation where everybody becomes a saint, then there will be no problem of any kind. All the problems and troubles of our country will dissolve and disappear.

These people have no problems. All their difficulties about jobs, money, health – both physical and mental, have all been removed. And they are endowed with so many blessings, that they are wondering, how did all this come about. There is nothing amazing; because the time has come for this to happen to everyone. It has to happen in Chhindwara, and it has to happen in every other place also. And it should be beneficial to everyone.

We have started a Center over here. The people of Chhindwara should definitely come to this center, and become a part of the center; and they will find that it is not difficult to get their self realization. It can happen in one moment. All that was said by Kabir and Nanaka, all what was said by Christ and Mohammed Sahib, that will get actualized. Because the time has come, and everyone should take advantage of the present times. Especially since My birthplace is here. So for you this is a special place.

I can only see vibrations, Chaitanya, all around. The whole firmament (sky) is covered with Chaitanya. You must try to understand this great happening, and accept it. There is no consideration of birth, caste or clan, or creed. Everyone is entitled to receive the joy of this blessing.

My blessings to all of you.

1993-1220, Weddings Announcements

View [online](#).

20 December 1993

Talk to Sahaja Yogis

Pune (India)

Talk Language: English | Transcript (English) – Draft

Transcription of Wedding announcement program; 1993-1220, Pune, India

(...) are unidentified words.

Live music playing in the presence of H.H. Shree Mataji.

24:47 Crowd clapping..

25:30 H.H. Shree Mataji speaks;

25: 27 " Welcome to India. "

25:37 "And welcome to Pratishtan"

26:13 " I hope you enjoyed your sleep"

26:15 Crowd clapping.

26:28 "....., Gujrat because Shri Krishna was the ruler or the king of that place. While the Gujratis are not in Sahaja Yoga."

26: 43 "And I was happy to know there was 1000 people for the program and the program was quite successful but somehow rather gujratis are not so much in Sahaja Yoga and there have been calamities there."

27:03 "So I thought if you all saints go there, it might help them their evolution."

27:22 "Actually I wanted you to sit in the hall so that it would be cooler than this place but they said we have made this for you. I hope you are comfortable."

27:57 " Our trains are so much funny also. They take so much time. Sometimes they are 16 hours late. You had lots of problems because it was your own train but still because of traffic on the way."

28:19 "On the whole, (Mother speaks Hindi or marathi and is asking for something.)

28:50 "So the Pune people are going to give you a treat and the cooks have been there for the whole night working very hard, I don't know. Only always be careful about water, I've told you, you shouldn't take water anywhere. Any liquid of that kind. Try to be careful. Those days are gone that everybody who came to India used to have a liver trouble. I think they are better now, they are immuned. Or perhaps their livers are better."

29:35 "Only another request is that, you should not form groups. Group forming is responsible for all our You should not form a group that..."

30:42 "I'm sorry I can't speak that loudly]."

30:50 Shree Mataji asks something in Hindi or Marathi..

31:28 "Our boys are very tall.

31:34 So those boys who are above 6:2 or 6:3 or ... also are willing to marry short ladies,

who are 5 or little above 5 or less than 5. Then we can organise. It is very what to do."

32:01 "But it doesn't matter in Sahaja Yoga isn't it?.... Doesn't matter."

32:14 "So we were thinking of announcing certain marriages that we thought because height also I thought is important in a way but see my husband is so tall, I am not so tall."

32:33 "But in my own times I was a tall person tall girl. But he was so exceptionally tall that they said has to marry any dutch girl or maybe from America. Which he was quite frightened of at that time. He said it doesn't matter I ... anything. I would not marry outside India. Now it's different. Because Sahaja Yoga is different."

33:05 "So those boys who have such heights. We are sorry, we couldn't arrange their marriages. Neither the girls who are very short. Mostly the girls who are shorter Indian I think mostly, and the Western girls who are there are, I would say, age wise, are very much more. So I don't know what to do. It's a big..."

33:38 "Despite everything, they've worked hard and we'll do it tomorrow and the day after tomorrow for two days but you can have a look at it you see."

33:53 Shree Mataji talks to someone.

34:17 "Even the small things work you know."

34:20 Croud laughs.

34:34 Calling of names of matched couples starts.

47:49 "Now, Antonio tells me that the tall boys are quite willing to marry shorter girls.

47:59 The reason is, they are all very young, 23, 24 but very tall. And girls of that age group are all short but he said they are very happy and they felt that I am so concerned about the heights you see. You can ... the height by heels also sometimes ! "

48:18 Croud laughs.

49:05 Sir CP talks

53:31 End

1993-1223, Evening Program, Blake and other seers

View [online](#).

23 December 1993

Evening Program Christmas Puja

Ganapatipule (India)

Talk Language: English | Transcript (English) – Draft

VIDEO

Sahaja Yogi: Shri Mataji, I have a small Vishudhi catch, you have to excuse my voice, it seems to be going around I think.
This is Jerusalem chapter 4:

I see thy Form, O lovely, mild Jerusalem! Wing'd with Six Wings
In the opacous Bosom of the Sleeper, lovely, threefold
In Head and Heart and Reins, three Universes of love and beauty.
Thy forehead bright, Holiness to the Lord! with gates of pearl
Reflects Eternity beneath thy azure wings of feathery down,
Ribb'd, delicate, and cloth'd with feather'd gold and azure and purple,
From thy white shoulders shadowing purity in holiness;
Thence, feather'd with soft crimson of the ruby, bright as fire,
Spreading into the azure wings which, like a canopy,
Bends over thy immortal Head in which Eternity dwells.
Albion! beloved Land, I see thy mountains and thy hills
And valleys, and thy pleasant Cities, Holiness to the Lord!
I see the Spectres of thy Dead, O Emanation of Albion!
Thy Bosom white, translucent, cover'd with immortal gems,
A sublime ornament not obscuring the outlines of beauty,
Terrible to behold, for thy extreme beauty and perfection:
Twelfefold here all the Tribes of Israel I behold
Upon the Holy Land: I see the River of Life and Tree of Life;
I see the New Jerusalem descending out of Heaven
Between thy Wings of gold and silver, feather'd immortal,
Clear as the rainbow, as the cloud of the Sun's tabernacle.
Thy Reins cover'd with Wings translucent, sometimes covering
And sometimes spread abroad, reveal the flames of holiness
Which like a robe covers, and like a Veil of Seraphim
In flaming fire unceasing burns from Eternity to Eternity.
[Applause]

This next, short poem, is from Milton book, the second. It's a paragraph that is wonderful I really quite love it. I think it really describes all of us with Shri Mataji.

[The prophetic books of William Blake, Milton.djvu/75]

And thus the Seven Angels instructed him & thus they converse:
We are not Individuals but States: Combinations of Individuals.
We were Angels of the Divine Presence: & were Druids in Annandale,
Compell'd to combine into Form by Satan, the Spectre of Albion,
Who made himself a God & destroyed the Human Form Divine.

But the Divine Humanity & Mercy gave us a Human Form,
15Because we were combin'd in Freedom & holy Brotherhood:
[Applause]

Second last one that I'd like to do is called the land of dreams. I think we're here.

(The Land of Dreams, William Blake)

Awake, awake my little Boy!
Thou wast thy Mother's only joy:
Why dost thou weep in thy gentle sleep?
Awake! thy Father does thee keep.

"O, what land is the Land of Dreams?
What are its mountains, and what are its streams?
O Father, I saw my Mother there,
Among the lilies by waters fair.

Among the lambs clothed in white
She walked with her Thomas in sweet delight.
I wept for joy, like a dove I mourn -O when shall I return again?"

Dear child, I also by pleasant streams
Have wandered all night in the Land of Dreams;
But though calm and warm the waters wide,
I could not get to the other side.

"Father, O Father, what do we here,
In this land of unbelief and fear?
The Land of Dreams is better far
Above the light of the Morning Star."
[Applause]

[The Crystal] Cabinet (By William Blake)

The Maiden caught me in the wild,
Where I was dancing merrily;
She put me into her Cabinet,
And lock'd me up with a golden key.

This cabinet is form'd of gold
And pearl and crystal shining bright,
And within it opens into a world
And a little lovely moony night.

Another England there I saw
Another London with its Tower,
Another Thames and other hills,
And another pleasant Surrey bower.

Another Maiden like herself,
Translucent, lovely, shining clear,
[...]
I bent to kiss the lovely Maid,
And found a threefold kiss return'd.

I strove to seize the inmost form
With ardor fierce and hands of flame,
But burst the Crystal Cabinet,
And [I] like a weeping Babe became

A weeping Babe upon the wild,
And weeping Woman pale reclin'd,
And in the outward air again,
I fill'd with woes the passing wind.
Jai Shri Mataji.
[Applause]

'What the Sahaja Yogis do not like'. That is the first song he will render now before you.
[Simple is singing.]
[Cut in the video]

AUDIO

It was such a pleasure and enjoyment to hear beautiful songs, full of devotion, by all kinds of people from all kinds of languages. All of them, though they sang in different languages, we all felt the beautiful vibrations of their heart. I always said that we should venture into all kinds of types of music, and I have told people that you must start using also Western music as a medium, to express your joy in Sahaja Yoga. If you have to reach the people, the best way is to have music as the medium. Because it reaches the heart. And that's what [why] I was very happy that today they produced very beautiful songs, not in Indian languages but in other languages. So, we should give them a hand for that.
[Applause]

It's already described by Rabindranath Tagore, that such a group of people, such an assemblage of people from all over the world will come and sing the praise of the Mother on the shore of Bharat. And that's what you can see how this great seer has seen the vision of this great day. Also William Blake is another great seer, who could see so many things which are unimaginable. He wrote about a house that we bought in Kensington, near Kensington. And he said, "It is on a brook". So, we dug deep down and to our amazement we found that it had no foundation. The whole foundation was on the two banks of the brook. And down below was nothing but sand.
He described so many things about the first ashram we had, that it would be a bombed place it will have a big gap in the wall, quite a lot of details. And the foundations will be laid there. We didn't know about this. After the foundations were laid and all that in that part, we saw how in details he talked about it.

So, these are all great visionaries. Also, C.S. Lewis has described our procession in such details! They were great seers. They are poets and when the poetry in its imagination reaches the reality, it can do so many things unbelievable, that it exposes the future of the people who are seekers, about countries, all kinds of things, they have described in such details. One thing, in Sahaja Yoga, is that people are really becoming poetic. Even when they speak, I find this poetry which is the sign that you are becoming subtler and subtler. And this subtlety in your expression, in your talking, in your appreciation makes you much higher than the rest of the world.

Today's program was another great enjoyable because we have a new party from a place where I was telling that you must have some poets and musicians in Haryana. Haryana is regarded as a very [Applause]

Gross place and also, the people. are regarded as extremely blunt sometimes and could be very harsh. But what I found in Haryana, that deep down, there is river Yamuna flowing.

On the shore of Yamuna, so many poets were born, and how many people have written poetry, whether they were in Kashmir or in South, anywhere. So, this river has an immense capacity to create beautiful music and beautiful poetry. The whole place is so beautiful, where we were in Yamuna Nagar, that even an ordinary person, who doesn't know much of poetry, may start composing poetry.

But I said, "You must get some good musicians". Really, we see now there's a group which has been formed. It has come up. Last year, I said it. This year, there was a big group of these people from Haryana, playing so well that you enjoyed and danced all. So, things are working out in such a beautiful manner in a very subtle manner, where it was not expected. There we find such a beautiful source of poetry and such a beautiful rendering of that music. All this is just an expression of the Divine power working through us. It is working in many ways. And when I find you so happy and joyous just forgetting everything, dancing together, singing together, even without understanding the meaning of the words. The way you are appreciating shows we are all universally connected with each other.

Then our hearts are open. Now nobody thinks of competitions surprisingly. Today they were all singing, adjusting themselves. Nobody felt in any way small, because somebody sang only 2 songs, somebody sang 3 songs. Nobody. And they were all joining. If somebody is singing they will join. And if that person stops now, the others will join, and he will, when start singing, another new person, the first person will start singing with him, with the same enthusiasm.

So, sort of, such oneness is there. Otherwise, you find among musicians, there's cut throat competition; terrible things are happening. Say, we don't feel that way. We all think we should all sing and dance Whoever is singing is all right. There's no identification with your countries or with your own training or your music or your own poetry even. That is the one is the sign that we have really come up to a very subtle state of mind where we are really universal.

It's very nice to see so many people over here who are Sahaja Yogis. Really, I can't believe it. It is never thought by me, that in my lifetime, I'll be able to see all of you. But it has worked, you are all here, But it has worked, you are all here, and each one of you can bring in at least thousand people to Sahaja Yoga.

Just thinking all these [applause]

Of course, it's true that you cannot force but what is going to work out is your own character, your own behaviour, your own personality. When people will see you, they will jump at you. They'll think, "What s of these angels are? How are they so angelic?" And the reward will be tremendous. So, what we need is ,of course, meditation and little introspection. But in meditation, you'll clear out even without introspection. Meditation is very important. I'm happy they have a program of meditation in the morning, and more importance now is paid to meditation. And I was- they suggested that if you sleep early, then we can get up for the meditation in the morning time. It's a good idea that we should finish our programs early. And confine it to some time. But meditation you must do. And this collective meditation is going to help you very much. It's already predicted can you imagine? It is already predicted.

So, this is all working out with the help of Param Chaitanya which is around here. It's so beautiful that atmosphere is so filled with vibrations.

So, all of you should meditate in the morning time not half asleep: wash your faces and then sit down. And do it with complete surrender and devotion. It is a kind of respect you must pay to your meditation: you have to sit properly, to wash your face, it's a thing that you are now assuming your positions in the kingdom of God.

[11:27:29

Hindi part

to

14:57:26]

I'm just telling them you have to meditate and you are here only for meditation actually. And this music and all that should lead you to meditation. When you are getting into meditation, always try to be in thoughtless awareness. You must establish that thoughtless awareness. That's very important. Because in that condition, all your ego, conditionings, this, that, all these thoughts will stop. And that, you will establish yourself in the present, and you'll grow. So, all of you should do it and is the best by which on your nerves, you see, this new dimension will grow. This new dimension of your spiritual powers will grow. So, meditation is the most important thing for a Sahaja Yogi to grow, to become what you are, really, in reality and the totality. It's so much of, within you, so much; all has to be brought in and has to be given to others.

None of the saints ever went to any university or college or anything. But the way they have written poems and things are so beautiful. The way they have expressed about God. Dnyaneswara never went to any school or college. But at the age of 23, he got into samadhi. And in that short period he has created such beautiful books! I use it as a very soothing medicine, whenever I find that I have to read something that will really sooth me, I read him. So, all that he has written is nothing but about the experience the 'bodh'. And so beautifully he has written. He has brought the whole thing to a level of a very high, highly evolved personality. So, in that way, you all can do it. You all can do it. Only thing is that please put your attention to meditation in the morning. All of you can achieve a very great height. I know you are all capable of that.

All this you have got, because of your previous lives' 'punyas'. And also this life's 'punyas', and your seeking. But furthermore, it's important that you all should meditate. I hope all of you will be enjoying your meditation every morning. May God bless you.

[Sahaja Yogis say: Bole Shri Mataji Nirmala Devi Ki Jai!]

So, tomorrow we'll have other music like Noida and from Delhi. All kinds of music we can have. And also Babamama is arriving, I hope so.

1993-1224, Evening Program and Talk About Marriages, Eve of Christmas Puja

View [online](#).

24 December 1993

Evening Program Christmas Puja

Ganapatipule (India)

Talk Language: English | Transcript (English) – Draft

I was very happy to learn that this morning the meditation was done very well collectively. My attention was there on you. We are now going to announce the marriages, the remaining ones today. Before that, I've to say the same thing which I've said many times, that there is no compulsion for anyone, not at all, to marry a particular person who we have suggested. If you want, you can say no, completely, or you can say "Mother, change it". Whatever you say we'll try to do. We have big problems of heights, of education, of culture, and some people say: "We don't want to marry indians", or "we don't want to marry a foreigner", like that.

Whatever it was, we have tried to comply with your desires. But of course we could not get all of you married because there were no proper matches for you, but in any case I'm sure by tomorrow we might be able to organize many more. So there is no compulsion about it, absolutely not, till the end. Till the marriages are being performed you have every right to say no, so I don't want you to get married now and later on create problems. Whatever it is, if you think I have done anything for you, or Sahaja Yoga has done for you, then please don't trouble us by thinking about it later on that "We don't want to marry, we didn't like, it was like that", which is more with the western people, I must say. Moreover in India if you marry some indian girls, you see it's very difficult to neutralize such marriages because the whole society will get after Sahaja Yoga, they'll get after My life.

They have done so many thing like that, and for somebody who just gets kind of a king in the head and he decides that I will not marry this girl. This is the girl, he's with us, he knows us very well, and then suddenly after getting married he says: "No, no, no, no. I'm in love with somebody else", or something like that nonsensical. It's very difficult for indians to understand this kind of character. So first, you fully understand, know the person. There are still three, four days, meet the person. If you don't want to marry that person, please, please cancel the marriage. We have seen the vibrations, and we have seen other things also, superficial things like height and education. But it sometimes it happens that it doesn't match because of maybe the age or because of maybe education, so we have adjusted so many cases like that.

I must say it's all open. You are not to accept anything again and again, I'll tell you, and make later on somebody miserable, and hurt the person's feelings, or trouble Me. At least you should not trouble Me, that's all I want. You are all welcome to say no. I'm not going to feel bad, at all. It's perfectly alright, you are being honest. But not at the last minute you start cancelling when the girl is standing with the garland in her hands. [Laughs] Ah, they have done it, even after marriages they have done it. I need not tell this to indians because they understand this. Marriage in Sahaja Yoga is not a joke. You are very, very fortunate that these marriages are taking place in My presence in Sahaja Yoga. You must have done lots of punyas to have this marriage. Apart from that, the children you'll get, and the whole blessings you'll get will be very unique and you'll be surprised you'll always feel what Mother has done for you.

Then even after marriage, some people try to torture the wife or the wife tortures the husband. This is not Sahaj. In the Sahaj state one should not torture anybody else who is a Sahaja Yogi. You are not allowed to say even a harsh word to somebody who is a Sahaja Yogi. Somebody who calls Me Mother, and later on tries to trouble Me, nothing happens to him, it goes on troubling, troubling, nothing will happen, but if he is not a sahaja yogui, immediately this Chaitanya punishes. So I keep the maryadas of My love. In the same way, try to understand it's a very holy thing you are doing, and don't go about misbehaving in a manner that all the deities will be angry with you. You can never rise. But if you don't like something, please tell Me. That's much better because, see, there are so many conditionings you have got.

We also have done it in a great hurry the whole thing, so maybe, I don't say that we could not have made mistakes. Could have been made some mistakes, in any case take a very, very relaxed attitude towards it. This is now what you'll hear, the names of

the people who are remaining, most of them we have announced, some who were left behind we are telling. Unfortunately always the women are more than men. I find it difficult, so one should not feel disappointed. I'm sure it will work out later on.

May God bless you.

1993-1225, Christmas Puja: Rationality can never make you understand Divinity

View [online](#).

25 December 1993

Rationality Can Never Make You Understand Divinity

Christmas Puja

Ganapatipule (India)

Talk Language: English | Transcript (English) - Reviewed

Today we are going to celebrate the Birth of Christ. At a very crucial time we are doing that, because there are some anti-Christ who have become in charge of the Christian religion and are talking against the birth of Christ.

They have no authority, they are not realized souls, they have no idea of the Divine, nothing, and they are saying that it is all falsehood that She was not a virgin and that Christ was not born that way. Who told them? Did Gabriel come and told them? What right they have got to talk these things?

So because they are anti-Christ now they have become in charge of Christianity. Even Pope is like that. So in Satya Yuga they will be all exposed, have to be exposed. But some people who are here, can write to this man to ask, "What is your authority to say? Have you felt the all-pervading power of God's love? Have you any divinity in you to challenge Christ like that?"

There must be some incarnations of Paul, perhaps. They cannot understand Divine. They don't know what Divine can do. They have no idea, at all, how miraculous it is. You all have felt the blessings of the Divine. You all know that it is a miracle. Every time there's a miracle produced.

I will narrate one simple example. In the Navaratri Puja we had some photographs. And behind the photograph some sort of a scene came which I was wondering what is this is supposed to be. The scene was that the Surya was moving a curtain.

Eyes of the, there were eyes for the Surya, mouth, nose and He was smiling and moving a curtain like that. I said, "What is this? What this is indicative in the Navaratri Puja?" But when I went to Moscow, I was surprised, that they had painted the background just like this. Exactly like this there was the background.

So Navaratri Puja, which took at least one and a half month before, the Paramchaitanya painted there. It's very remarkable, how things work out miraculously. And there are thousand and one miracles we can talk about. When we were in the airplane, going to Moscow they said the temperature is minus twenty. We got down, they said it is minus fifteen.

Next morning, they said it is coming down very fast, is touching about minus twelve. And after one day they said it is minus four. But next day it was plus ten. I mean as the time passes, it has to be cooler and cooler. This time My husband was going to Moscow. He said, "It's very cold there now, minus twenty". He sent word that... I said, "Don't worry, it will put it right".

He said when he arrived it was only minus two. So all these things show that all the elements are helping us. All the other problems, minor, big, anything, get solved, in no time. You are sometimes amazed how things are done. So then they question, "Then why Christ had to be crucified? Why could You not save Him from crucifixion?"

He was crucified because that was to be done in His case, that He had to pass through the Agnya, He had to establish Himself in Agnya, and the cross, He had to pass through that.

So the message of His Life is never the cross, but the message is His Resurrection. He resurrected – that was one of the things He did very great – so that now you can be resurrected also. In every incarnation, in the evolution, every incarnation did something very, very unique. At the end of it, Christ, did the Resurrection part. And He did it because He had to die, otherwise

how can you resurrect yourself?

So there are lots of things which look mythical, which are not. Tomorrow they'll say that Christ never resurrected Himself. And actually He died later on in Kashmir. There's a proof of it. But still the people don't want to believe, and they just wanted to spread Christianity, because they know that if you have majority of people then they can rule.

The same trick now is tried by politicians. But this kind of a majority is not going to bring any solace or any benevolence for people. Christ's Mother Herself has been challenged by this man and said all kinds of nonsense about Her.

On the contrary Mohammad Sahib in Quran says, "nobody should challenge the chastity of the Holy Mother, of Christ's Mother". He has respected, while there is no respect shown to Mother Mary in the Bible, no respect.

She's called "a woman". Because of Paul who was a horrible anti-Christ who came over, who took over Christianity, tried to spread Christianity and with that what he wanted, to put his own importance. And he used Peter who was the worst possible disciple of Christ, whom Christ has told that, "Satan will take you over".

So now, they are telling people that, "It's impossible, how can it be that Christ was born to a virgin?" We Indians worship Shri Ganesh. Shri Ganesh is the same as Christ, and we believe that the Mother Herself created the Child without this, as a Virgin, as a Gauri. Not only believe but we, it's our faith.

While the faith in the West is all rationality. They go on thinking like that and they go on producing yarn of falsehood. What was the need for newspapers to publish this nonsense of this [Archbishop of] Durham fellow?

And then he was honored, honored by the archbishop of Canterbury, who is another anti-Christ. He honored him and just after that, that church where he was honored, was completely burned by Vishnumaya.

She was looming round it for one hour and then She burn it completely. Only the lower portion was left because there were also very beautiful paintings, maybe. Now the stupid fools are saying that, "it is God's grace on us that they saved us, from this Vishnumaya, the lower portion of it". But way did it burn?

So you have to understand that rationality can never make you understand Divinity, can never. It is so limited, so conditioned, full of ego. How can the rationality tell you what is the truth about Christ's life?

But we have proof also, scientifically. So you must be knowing that I told them that if you see from right to the left you see a swastika. Because of carbon, the way it is made. If you see the carbon atom, you see a swastika from left to right. We have made a big model out of it.

And then you put it in other way, means you see it from left to the right, then you see Omkara, no doubt. And then you see from down below, you see Alpha and Omega. Christ has said it that, "I am the Alpha and the Omega". At that time I didn't know if these symbols were there or not.

Whatever it is, He did say, "I am the Alpha and the Omega". Also it has another meaning that "I am the beginning, I am the end". But Alpha and Omega the way He said it, you can see it clearly, symbolically, clearly, if you see it from down upward.

So, the Omkara on one side, swastika on another side join together when they ascend and incarnate, they become Alpha and Omega. But all these doesn't go into the heads of these anti-Christ. They are all anti-Christ. And they cannot understand what Divinity can do.

You got your Realization, your second birth, just sitting here. How did you manage? How did you get your second birth? And the way these people talk is definitely for their doom, for their complete destruction. It's too much of daring, as you know that Shri

Ganesha is a very powerful deity, same Christ. He has said, "If you say anything against the Holy Ghost, I will not tolerate". And I also, against Christ I will not tolerate, a word even. Only on that point I'll have to see to it, that all these horrible people, should be destroyed completely.

On this occasion of His birthday we have to realize that Christ was born from same things as Shri Ganesh. So He was wisdom, source of wisdom. He said few things because they didn't allow him to live long, at the most three of, three and a half years He could lecture to people.

But whatever He said is so truthful, so correct and so wise. Of course they might have tried to dabble with that but still lots of truths are left in the Bible, no doubt about it. And His lifetime He spent in just telling them what is the truth is. He is the first one who talked so clearly about God.

On His level we have three other people, in the area of tapa which is here. One is Buddha, another is Mahavira. Now, both Buddha and Mahavira were born at a time when they saw that ritualism is taking place the reality. So they said, "We'll not talk of God, Anishwarad. We'll not talk of God".

First we'll only talk about the Chaitanya. That everybody did. Even the Guru of Janaka, who was Ashtavakra, only talked about the vibrations. Even Nanaka did that. When Namadeva went down to Punjab, He told him, "Don't talk about God, don't talk about Hari, better talk about Paramachaitanya, first of all", because one can reach only Paramachaitanya to begin with and then they will say, "Where is God after all"?

But it's only Christ who talked about God at that time when it was more, that they didn't want to talk about God Almighty. He was a daring person, where never afraid of anything, no doubt. But His childhood has not been described anywhere, which is very sad. We have got the beautiful description of Shri Krishna's childhood and also Shri Rama's childhood.

Except that once He was in argument with some Pharisees, and how clever He was, and they were all flabbergasted at His discussion. That's all, nothing more. But later on, though they had shown no regard for Mary, the people couldn't help it. They said, "There has to be some Devi, some Goddess. How can Christ take birth from Her?" So they named Her Madonna, and that's how this Mother Mary was called as Madonna, means maiden, means virgin. And this Madonna was then started occupying the place of churches everywhere, and people regarded Her as a, as a Goddess.

It is the people who said, not in the Bible, not in the Christianity but the people start calling Her, Madonna, and from that Madonna level that people starting seeing the Mother and the motherhood. She was Mahalakshmi, we know that very well and we worship Her as Mahalakshmi. She was Radha. Radha also had a Son and He was like an egg and a half of the egg was Christ and half of the egg was Shri Ganesh. But when this Child was born He started crying for His Father. Father was Shri Krishna. It's in the... if you read Devi Mahatmyam it is there. So always He puts His hands like this, towards His Father.

So one is, as you know, is Shri Krishna's finger, another is Vishnu's. And She was Radha. Ra means energy, dha means the one who has sustained the energy. And She is the One, who called Him Jesus. Actually in the Hebrew it is Yesu and also in the – thank God I read Bible in Marathi, which was directly translated from Hebrew – Yesu is the name.

Yesu is the name of the Mother of Christ, Mother of Shri Krishna. Yesu, means as you call Her, Jesu or Yesu from Jesoda or Yeshoda. From that She called Him, and Christ word comes from Krishna. So She call Him Christ and Yesu or Jesus. We too call Yeshoda sometimes Jesu or Yesu.

So She called Him by that name and that is how She put the link for us to understand how close He was to Shri Krishna. Shri Krishna came only, incarnated only in India, because He would have been too lenient person to be incarnated in America. As it is they have no limitations, they have no maryadas, they have no idea of dharma, they are very great adharmis.

So only a person like Christ who is absolutely pure, wise, and does not believe in the leela part of Shri Krishna. Is Shri Krishna

said that is this all leela to overcome the strictness of Shri Rama. But Christ did not say so and despite that, all over wherever Christianity is practiced, they think it's all leela, adharma is leela, whatever wrong we do is leela, after all, all innocent. It's surprising. Their logic is so funny I've never been able to understand their logic. All self-destructive, nonsensical logic they have.

So, for us Indians, we should know that we have full idea of dharma. We know what is wrong and what is good. But more credit I would give to Christians, who are from such countries where they have no idea of Kundalini, have come up so much and have become such great Sahaja Yogis.

Now is the blessing of God, because they were genuine, they were sincere. It is Christ who brought them to Sahaja Yoga. Without Him it would not have been possible. Here Shri Ganesha is just a symbol, sort of a thing. He resides in the stones. But there He incarnated and He told people what is dharma is, which they are supposed to follow, but they never follow. They never follow. They are extremely money-oriented people. Is very surprising what things they have done in the name of God.

The most symbolic thing is His birth. He was born in a manger, just imagine, in a manger, full of straws assembled together this child was born, where there were other animals used to be. See the way this great incarnation took birth. He was not king, he was not a big rich man, He was born as a very poor person and in a place which is something very much below the human standard. This message is, that you don't need palaces, you don't need huge places to be born, you can be born anywhere, if you are a pure Spirit, if you are Christ. Such a great personality was born like that.

Now the other way round people go. They are extremely money oriented, very materialistic. I mean to such a limit that you can't understand what are they up to. They are destroying themselves with whatever money they have made, they have no sense, they have no proportion.

This is what is happening in the West, and we are trying to follow them also. We are trying to follow their destructive methods and we are trying to think that we are very advanced. Advanced towards doom, that's what they are. We have to be very careful with our children, with our relations, that we don't go to their dirty things and take to their dirty ways, which they have created in the name of God, in the name of God.

Now this group that we have here, is quite a large group, and we are Sahaja Yogis, we are all blessed people, we know what is Divinity is and we know what Christ is. Whether you are born Hindu or anything, makes no difference, because Christ is universal. He's the support of universe, that's what is written in Devi Mahatmyam ki ("that" in Hindi) He will be the support of the universe.

So, one has to understand that we should never ridicule anybody, if he is following Christ and that we should worship Him with the same affection, with the same devotion, with the same surrendering, as we worship Shri Ganesh. Because I don't think Christians have any faith about Christ, no faith.

They are, "We believe in Christ, we believe in Christ. You cure my father, do this, do that". But a Sahaja Yogi's faith works. Your faith is enlightened faith and it works. But you must have faith in yourself, in Sahaja Yoga, and in the life you are leading. Unless and until this happens to you, you shouldn't call yourself a Sahaja Yogi. I see, still there are people on the periphery.

Then you don't know what to do about it, you don't understand in a mental way, but you just float into the immense love of God and you want to give this love to others. But still, materialism becomes subtler with some people. They are still materialistic. They are materialistic in the sense, they still think of earning in a bad way some money or something. Maybe, but that is not so common.

But I feel they are now suddenly started getting attached to their children. This attachment is very wrong. You see, children belong to Sahaja Yoga. You have no right on them. Because they straight away wanted children to come back home and not to come to Ganapatipule. Mean they are children of Sahaja Yoga.

They have to come to Ganapatipule, no question. But they wanted to take away their children directly. Everything is there, directly

done. Is not, children are not here for that. They are here to grow in Sahaja Yoga. If you don't want your children to grow in Sahaja Yoga, better take them away. But this is not the way to behave arbitrarily, to take the children away from the school, when everybody is coming to Ganapatipule. And I'm sure children don't like it. They would love to be here.

So, the materialism in the sense of children, also saving money part is working out. And this is, something shows the materialism, which Christ never, never clung to. He never wanted it. This one we have to understand. To pay respect to Christ, the best thing is to get out of this materialistic ideas.

All right, you have materialistic ideas as far as I don't say that you don't go to Himalayas, I don't say that you go to, you, you practice asceticism, I don't say take away, give up your children, like Buddha did. Nothing of the kind. But your detachment should work. There's a, say a bird is there, flying over the ocean of water. It will never drink the water of the ocean, because it is saltish.

You are there, you are in this world, but you must develop your detachment. In the beginning it was all right, "my father is sick", "my mother is sick", "my child is like this", all this nonsense was all right. But not now. Now the speed of Sahaja Yoga is very fast and those will be left behind, will be left behind. So be careful. Do not get entangled into these materialistic ideas. And for Indians especially, they don't like to stay in ashrams. Indians want to have their homes, so they can dominate their wives, have their special type of food, this, that, and work out all their ugly tastes all the time.

I would say that's must be the reason people must have said that Indians must fast, to get rid of their tongue's desires. They will even when fast think about food, what's the use? Christ fasted for forty days and Satan asked Him that "You should give up Your fast and do this and do that". He never listened.

So, materialism works out in two types. First of all, in the West now is the materialism is "my house", "my wife", "my children", this that. And in the East is, "what sort of a food I eat", "what sort of a house I should have", "what sort of a family I should have?" All these things are still lingering.

As your ascent has become subtler they are also becoming subtler and subtler. And they are holding you back. There are all kinds of things. For example, I know of Sahaja Yogis, who want to make business out of Sahaja Yoga, there are. Like these people here, outside, they want to sell their things to us and to make money out of this.

There was a demand that there were no saris. I said, "All right, take saris. But you are not to buy from outside". Also they will go to some shop here, and have something to drink, or something to eat, and then suffer from something. What is the need?

Can you not control your thirst? Can you not control your appetite? It's very easy. Did He not do it? Christ did it. You have come here to worship Him. Try to control these things are very important, and once it happens, it doesn't matter if you get food, doesn't matter, if you don't get some good place to live in. You can live anywhere, anywhere.

As far as I am concerned, you know that very well. I have no demands. I have, I mean My body doesn't demand anything. Is such a good body. Never demands. And that's why I have seen, that I never feel tired. I am here with you and in the same way I am anywhere.

If you make Me sleep here I can sleep the whole night. My body never says anything. On the contrary I've seen the experience is very different. Once I travelled by train, I think from Pune to Hyderabad or something, and the train – I was on the wheel – and the thing was jumping, jumping, jumping all the time.

I slept off and what I was thinking, I was feeling, that I am going from one star to another star, moving from the whole universe. I never felt the jump, I felt the other way round, that the whole thing is going, the body is moving from this star to that star, from there to there. I mean somebody would be absolutely angry for a thing like that. On the contrary, I was enjoying, nice jumping from here to there to go into this star and to that star and moving from one place to another. It was very interesting.

So, the reaction is very different. Reaction is different. If there is say a crisis, suddenly I become thoughtless, completely thoughtless. And a kind of a tremendous peace starts pouring out of it. If there is a crisis. And this is what you all can achieve very simply, if you get detached. See, I have children, I have grandchildren.

I never telephone to them. I'm not bothered. If they telephone, well and good. I never telephone to my husband also. I always think that it's a waste of time of telephoning here and telephoning... I've got all telephones within Myself. I know everybody is all right so why to telephone to them.

But unless and until you develop that kind of status it won't [work]. Then another thing I've noticed about Sahaja Yogis that they become suddenly very violent and there are reports that some people were hit. That's not being a Sahaja Yogi at all. I've never raise My hand against even My own children.

Is not allowed. Nobody has to raise the hand or touch somebody's body to be violent. It's absolutely, such a person will fall very deep down, into Sahaja Yoga, without doing anything. You are not to get angry, you are not to shout. Nothing of the kind is going to help you.

You have to be absolutely peaceful, calm, compassionate. If there is a wrong type of a man, just tell Me, I'll manage. You don't have to handle such situations and misbehave, because you are still attached, and that attachment will pull you down. So be careful, not to be angry. Look at Christ! He was angry with the people who were selling things near the church – you know, that time it was not the church, but they called it a tabernacle. And He was very angry, that in the temple of God, these people are selling things outside, and He took a big hunter and hit them hard. But He was Christ.

But at the same time, when He was crucified, He said, "Oh God, My Father, please forgive them, because they don't know what they are doing". This is what is, one has to understand from Him. His character, how forgiving, how loving He was.

How He looked after the people, how He helped people for their emancipation. In those days of complete chaos and anarchy, He stood up and talked about truth and about such things like Spirit, like ascent. I mean, they were all blind people. They didn't know what it was He was talking about.

And He talked about it. There is lot of myths that exist in the Bible, and one of them is that when the Resurrection time will come your bodies will come out of your graves. It is not only with Christianity, but also with the Muslims and also for the Jews.

Now think of it, after so many years, what remains in the, in the graves? Few bones. And these few bones if they come out, how can you give them Realization? Think of it. It's a big myth. One should understand, logically is not proper.

So what is the thing is, I must say, Nal Damyanti Aakhayan in Indian philosophy they have given a clear-cut idea, that when this Kali Yuga will come, so many great seekers who are seeking God in the hills and dales, mountains, will be born again and they will be given their Self Realization.

Their Kundalini will be awakened. This is what is said and that seems to be a very logical thing, because we are doing that. And today's population growth is also because so many have taken birth. I don't know how many will get their Self Realization; how many they are going to get it. But those who have got it have to establish themselves, establish themselves. And there also I find there's some sort of a very subtle type of attachment with people.

So for the time being I feel that you should all surrender yourself to the qualities of Christ, which are immense qualities. And the greatest is that He cannot tolerate anything against the Holy Ghost.

That is the only time He is going to come out and work it. I tell you, if you are a Sahaja Yogi and if you misbehave, He allows you

to some extent. But there's one fellow in America wanted to talk to Me on the telephone and discuss about Sahaja Yoga, but he found Me a bit too much for him, perhaps, and he started talking to Sahaja Yogis and he wouldn't, he didn't talk to Me.

And everybody was very angry. I said, "Forget it". The other day I received a message that he was doing a program same type and he collapsed, because he got paralysis. So he is not a Sahaja Yogi. I am not responsible. But if somebody calls Me a Mother then the Paramchaitanya respects that way.

And you have no business to hit anybody or to talk to anyone rudely, in any manner, those who are Sahaja Yogis. Of course if you want to tell somebody off there are ways how this should be done, like a Sahaja Yoga way and not like the violent things. It's very, very wrong and I'm very upset to hear that people suddenly become violent, even now in Sahaja Yoga.

This comes from liver, I know. You can go in for your liver treatment, improve yourself, but don't think that you can get away with it. You cannot. Is better such people fast for two days and punish themselves. Temper is the worst thing and Shri Krishna has told that temper is the worst from where everything starts. So we must control our temper and understand that Christ was the embodiment of forgiveness, Embodiment.

We are worshiping Him today. How He forgave people? Those who crucified were not the Jews actually. They were the Romans. The Roman authorities crucified Him. But Paul decided that we should try to condemn the Jews, "So the Jews have done it". Jews have not done it. And they condemned Jews forever. With this kind of a attitude people hated Jews, and they troubled them and they were tortured. Then Jews also had a reaction. They are equally the same.

So is not the Jews, because is never done that you ask a multitude, a magistrate asks the multitude, whether you should crucify a thief or this man. It's never done. They have to take their own decisions. This is never done. So this is just to bring a curse on the Jews. This Paul has done the greatest harm.

But now, thank God, may we have many Jews and we have also a center in Israel, is working out all over. We have lots of people from Iran who have come to America, who are also Jews and who are also Muslims, they all have taken to Sahaja Yoga. So it is something that's happening and also the Sufi people from Turkey I hear, are joining us and also Sufi people from India, we'll be able to get them.

So thus it will work out and it will work out for everybody's good. But first of all we should understand how Christ was and how His life was and how He loved the world. He came on this earth to be crucified. He knew He was to be crucified and He did it. The way they have given His picture is not correct. He was a very healthy, hefty, tall person. He had to carry that cross. Those people who paint Him, like a Tb patient, should know that they if they have to carry the cross, can they do it?

So all sorts of things they have done to harm His personality, to assassinate His character. But you being Sahaja Yogis should know about Him, and must have full respect, full faith in Him. And He is your eldest brother.

As Shri Ganesha is, He incarnates as your elder brother. He's there to look after you in every trouble, in every kind of a turmoil. He is going to help us in every way, all the time, and only way is to surrender, to forgive. That is the quality of Christ we have to imbibe.

May God bless you all!

And those who have not done Puja.

...married last year. Seven western ladies who were married last year one from America, one from Europe one from Australia, one from South America and one from Africa. [Ha, le kin] seven from India. And seven married [Hindi or Marathi] [Hindi or Marathi] Those who have not done. Those who have not done the Puja before. [Hindi or Marathi] 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.

1993-1225, Evening Program, after Christmas puja talk, tribute to Kabira

View [online](#).

25 December 1993

Evening Program

Ganapatipule (India)

Talk Language: English | Transcript (English) – Draft

Musical Program after Christmas puja, Ganapatipule (India), December 25rd, 1993

Three extracts put together: Pandit Arun Apte. Pandit Subramanian. Qawwali.

PANDIT ARUN APTE sings with the group NIRMAL SANGEET SARITA

[At 04:23]

Babamama: Now a favourite of Shri Mataji. It's a song sung in the drama, Marathi drama. It's in two moods, in fact, brought out in two different ragas. And you can see the difference in the way of rendering, in the way of singing, and also in the tempo.

Shri Mataji: It's a description of a seeker, that's why I love it. And he says that it's a – I don't know- [Marathi]

Babamama: Beetle.

Shri Mataji: The beetle. The black beetle, he is singing and singing all the time and he is just enjoying his own music and he's searching the honey 'makaranda'. So, he's searching the honey and then he gets into the lotus to get the honey. And there the Lotus closes him down completely. Still, he is singing and enjoying that lotus, honey, like that. He's like a seeker, you know, he is lost. But the whole thing is full of alliteration, 'dunde, mande, lai', that, you see. So, you like it that way also. And it is a description of seekers.

May God bless you.

Babamama: It's this description of you Sahaja Yogis.

Shri Mataji: Before Realization.

Babamama: Before Realization.

Those who are seeking, those. And those who were trying to find the honey, now they have found the honey.

Shri Mataji: And they are lost.

[Music]

[Applause]

Babamama: It was a little meek, meek clap. I think a bigger hand is needed.

I think a standing ovation is better.

Wow.

[21:15- Shri Mataji starts to pay the musicians.]

PANDIT SUBRAMANIAM sings with the group NIRMAL SANGEET SARITA

[Music]

[Applause]

QAWWALI

[Music]

[Applause]

[35:42- Shri Mataji is speaking.]

Shri Mataji: You all have to retire. We all have to thank these great musicians, who are Sahaja Yogis and have rendered such a musical atmosphere tonight. [Applause]

All the songs are beautifully sung and has very deep meanings. The last one is about Kabira. And Kabira says that, "My beloved went away and I did not cry". Here, the beloved is the life that, when he died, his life went away he did not cry. "But just I was standing in the corner and accepted it". Then also, "If you don't believe, ask my friend. She will tell you that I had covered myself with a sheet and was lying on the bed. I did not fight". That's a sign of a Sahaja Yogi. He doesn't fight for life, which is very nice. The third one is, this body which is- he calls it [unclear] is where you enjoy life, has got 10 doors. Actually, normally they say nine doors, but the 10th is the Sahasrara. Ten doors and I don't know by which window she went away. Means, Sahasrara opened and he went away. It's very, absolutely sahad song. It's that when you die also, you are in sahad, you are not bothered about anything you just accept the death without fighting.

The last one is, he addresses himself as if he's the daughter of Kabira, Kamala. And she says, this daughter says, "What's the use of such a marriage?" when she's married to life. "Better not to be married " means, not to be born. That must be Kabira specifism, that must have come, the way he must have been frustrated with all the nonsensical people he was facing. But our situation is very different. We are here to complete his work.

It is first time I've sat so long after puja. It's difficult but somehow, it has- I think you have sucked in the vibrations and I'm feeling much lighter. Normally, I don't feel that way. So, I thank you very much for that.

[Applause]

Tomorrow, they want to distribute presents, morning about 11:00 to the Indians. For me, it's all right. But I don't know about you people. You might be sleeping. So, let us see for Indians we are going to distribute all the presents. I hope all the presents that were to be distributed to the foreigners have been done, I hope so. There should be no misunderstanding about it. So, may God bless you all.

Babamama: We, all the musicians, are also very grateful to Shri Mataji for all the patience she has shown, the kindness she has shown, and for all the guidance she has been giving to us and inspiration. Jai Shri Mataji.

[End of video]

1993-1227, Evening Program and Talk to Sahaja Yogis: Taking care of children

View [online](#).

27 December 1993

Evening Program Weddings

Ganapatipule (India)

Talk Language: English | Transcript (English) – VERIFIED

"Taking care of children", India Tour, Ganapatipule (India), 27 December 1993.

Today I am feeling rather sad [that] had to say something, hard things yesterday and you know [a] mother is like that (Mother is referring to a lecture in Marathi the previous day). You have to correct your children, you have to tell them something, but you don't like it and you have to really put up yourself to that point, that you can say something to your children. And the effect was good they said, but I didn't want them to cry or weep. I want them to be corrected, to understand the responsibility that they have.

We have to understand that we have a responsibility towards Sahaja Yoga; and that is, if you understand the first responsibility, is that you have to be very good Sahaja Yogis to begin with; that's the greatest.

I have seen some very little girls also are very show-offs: they'll be the first to sit further, they'll be attracting my attention, doing these things. So they have to be told to behave themselves. There are so many things like that which are to be told to your children also. Like today so many leaders came and they also told me what is happening in India now, specially in Maharashtra - but I think it is all over - that they are taking to Western life, sitting before the mirror, all the time dressing up, thinking about their beauty, this, that. I mean, it was never done before. And the mothers allow them to do because they don't want to face them. And then they see bad pictures and bad films and things like that, and then they have a bad effect of these bad films and they try to follow: at the age of sixteen years they want to fall in love or something like that.

All this nonsense is coming, I know that this filmmaking is a very dangerous thing these days. They are making all kinds of films to show that a sixteen year old girl and an eighteen year old boy run away from the house because they are 'in love'. And what do they understand of it? No maturity of any kind to have a good married life.

But for a born-realised children it is different. They are very different. Because I have seen the reaction of my own grandchildren, how they react. So, like one of them said to me, "Can you imagine grandma that in our gardens, one young man running, another young woman running after him, dancing in the garden and kissing. Is it possible? The stupid things they do in the films!" They make fun of all these things. The youngest one, he came once to Cabella and there was some film made, of one actress, 'Mandakini' or something. She's a Muslim lady, but she calls herself 'Mandakini'. "Never see her films!" he says, "very bad, very bad!" I said, "What happened?" "Do you know what she did? She went into the River Ganges with very thin clothes and she came out and she insulted all of us. We don't see her film." I said, "Really? But must be, I said, the director." "Yes, that horrible Raj Kapoor, he's the worst. Thank God he's dead now." Imagine!

Even when they were young their reactions were like this. Even I have seen my elder one. She was engaged. She was thinking she'll select her own. She wanted to marry somebody and she only stuck onto one fellow to see him, but to the end she was saying, "I don't want to get engaged till I see this man thoroughly. I have not seen him." I mean she never gave in fully. So I was we are never bothered about it. Whenever they are they behave in such a manner. Like another one in Delhi I asked her, "Why do you wear these khadi clothes all the time? Can't you wear something better? What will people think, that we don't give you any money?" She said, "No, it's better. Nobody looks at you. It's a very good idea."

So this is a sign of a really born-realised. I have studied all of them, my grandson and three children. There's no question. They are so moral, so moral! And we never told them these things. We never told them that, "This is good," or, "that good," or, "you should not do this." They, themselves [understand]. Then my sister's grandson the other day we met, he's only a five year old boy,

born-realised. So in Sahaja Yoga we don't eat paan, so my sister, another sister, he calls as all of us as 'grandmas', she ate the paan. He just started fighting, "Why do you eat paan? Dirty thing. Throw away! I will have nothing to do. I am kutti with you!" Means I am now finished with it. Five year old! He protested. And then he suddenly started crying. I said, "Why are you crying now?" "All of them are eating paan. They are all bad people. I don't want to have them here!" I mean in the marriage, they were eating paan! So, he said he made everybody throw away their paan! So I told him, "There are people who don't eat paan, don't take cigarettes and don't drink and they are with us. They are called Sahaja Yogis." "I am a Sahaja Yogi!" he said. "I am a Sahaja Yogi! Well, why do you tolerate, grandma, all these people? Tell them off! They have no business to eat paan." I was surprised [at] a five year old child. Maybe, you might say, it's my relationship or my blood in them or whatever it is. They are really remarkably moral people, remarkably, for their age. Also they are moral not only for themselves, but also their friends and everyone, extremely moral.

They don't like people sitting before the mirror for hours together, never. They said, "They must be bhoots." "We had a lady who was working in our house." She said, "She doesn't clean my bathroom, she's just looking at the mirror and looking at herself!" I said, "Isn't she frightened of herself?" All kinds of things!

They make such fun of all the films, such films you see. They have seen once there was one film which my daughters had seen five times, making fun of the whole thing. You know, they really make fun of all that. So once my husband had to see that film with other relations in Calcutta. He came back. He said, "Never see that film again! Never send those children to that film!" They had already seen it five times! But such a reaction, you know. They never take to modern ideas [like] answering back to parents and, "I'll do what I like!" Why? Why don't they do it? And to me they are absolutely subservient. If I am having the bath, they'll put on the radio. If I come out, they are sitting there with a towel and powder for my feet. All the time they are worried about me, why? Not about their parents, so much as they are worried about me. This is because they are born realised and the children who are not, these are half-way children, they are like that: they get impressed by this Western thing and all that. So the parents should see and tell them, "What is this nonsense?"

So many things I can tell you about them. I have been studying them and I was worried that if these children were not born in my family, what would have happened to them? They don't like to hear any funny songs - nothing. Once, early in the morning, my daughter was playing some ghazals. so she got up and came in the room. She said, "What's this going on, early in the morning, crying, crying? What is this?" So I said, "This is ghazal." "What a puzzle, early in the morning, to make everyone weep!" You see, these Lucknow people and all those are very ghazalias: only in the mind. They never love their wives, never do anything for them, but they are romantic type. And these girls know about it. "And we Lucknowas. We don't want to marry these! They're just romancing in their heads and they don't love their wives and the wives also don't love."

So this is what it is. I mean, they are so mature. These two were studying in Patna and they had only one chappal (sandal) left with them, which was half broken. So I told, "All right, come along with me to Delhi. I'll buy good chappals for you." I took them there. They wouldn't buy another one. "One chappal is only. One chappal and one chappal." I said, "Why you have come all the way just to buy only one chappal?" "Yes, when this will break we will buy another one." And the clothes? Nothing! I forced on them their clothes. They wouldn't take it. They said, "No, no, no, no! There's no need to spend. Why do you want to spend? Already we have got so much loan on our head, of our parents. And why do you want to spend more money?" Even grandson. He said, "My school is so bad! All the girls want to talk to me." And now he's head of the class, school also. They're so wise, so sensible. And it's an example, before you to see that your children don't take to stupid things of so called romance and all that. They don't believe in all that.

Today I have to tell you because I have got reports of some girls who have been misbehaving, sitting before the [mirror]. Why? Why so much? And I don't know, I can't face mirror for more than for two minutes at the most. Not because I think I have something wrong with me, but the vibrations start hitting me! I don't know how I look or what. Why should you worry so much? We should be confident, have self-respect. All is accepted, dirty, filthy, from the West. And in Sanskrit, as you know I have told you, they were called as mlecchas. Mleccha: mala-iccha. They want all dirt and filth, that's what. Iccha is the desire; and they take to it. Even in the Muslim culture that is there, that's why in Lucknow and all that, I used to get suffocated the way people were romantic. No sense of proportion.

But, thank God now, Lucknow has changed so much. I am really amazed how these people just looking at women: every woman they must see, turn their head at every woman. I mean, their necks might break one day.

But in the West, I have seen, all women look at the men! First I didn't understand what is going on. All the time like this, like this, like this. And then they end up in a lunatic asylum. What will happen otherwise also? We are Sahaja Yogis. We have our own traditions. We are people of very high families. Why should we take to these dirty things?

So I would request you to tell your children not to be impressed by this dirty, horrible culture that has evolved. It was not so bad in the West. I tell you, it was not. It is now ruined; the whole place They have no idea as to how filthy it has become.

If you are real Sahaja Yogis, you will be very quiet, unassuming, dignified, mature, as well as you will be very moral. You have to be very [moral]. And you should only like people who are moral. This is not to be taught, but to be shown to the children, how you yourself live. If the mother is all the time busy with her beauty and this and that, the child also takes it. All this filth and dirt should not settle down, at least in Sahaja Yoga.

This is what today I wanted to tell you: [about] these people, really I got worried. They have no sense of music. They don't understand music. They have no sense of Sahaja Yoga, nothing. They are supposed to be your children! Tomorrow the same children will definitely cleanse the whole world, but what is your attention is? You are giving money to them to do what they like. You are not putting your any attention. Parents are there to correct their children. They have to. And if they argue, give them two tight slaps and they will be all right. In the West, also, the children are horrible, absolutely horrible children. They'll go on asking you questions, "Why? Why?" Once I was travelling with a child like that and the mother said, "What to do with this child?" I said, "You ask him: 'Yesterday what I answered, do you remember that? Tell me what I answered you!' " Since that day he stopped [asking] 'why'.

Children shouldn't talk so much. They have no understanding of anything, still little babies. How are they to talk, as if they are wisdom personified? This is all Western new method of educating their children. "Let them be what they want, they are free. So what?" With this method, no artist has been produced, no musician has been produced, no composer has been produced. The whole quality has gone down. First you need some discipline in life to become something.

But also it's very money-oriented in the West, that if the boy has to clean the car, you pay him £2. No Sahaja Yogi should do that. He has to do that. He sits in the car, so why shouldn't he clean it? He should feel, "This is my responsibility." And a very big problem you will face if your children turn out to be such horrible ones. Of course, I am trying to make a school here for the Sahaj children, but the parents should not spoil them. Same with the western people. Now they have got their children, they are so attached to their children. They think it is their own property, they can do what they like with them. We made the school. We paid for the school. We collected everything, did all that. They are very nicely coming here to take away their children to their own countries. They cannot think even that they are Sahaja Yogis [and] they have to be in Ganapatipule [even] if you are not. They are not going to be like you that, for some time, take all advantage of Sahaja Yoga and then just become the same stupid fools.

So they decided to take away their children, this, that. I told Yogi, "Why are you sending the children [home]?" He said, "The parents are..." Who are the parents? Who are the parents?

So this idea should not be there. Children are to be involved in the main stream. They should be in the main stream. They should be here. Otherwise, we have nothing to do with you and your children. Get out! Now, I have to take a strong view of the whole thing. I find, specially in Australia, they are becoming extremely secluded people. Some of them are having, in the ashram, their own rooms, their own television, their own this thing, their own cooking. This own business has to go away. Throw away all such people from the ashrams. I am surprised at Australians! They got out of the jail and again want to go into the same jail.

Next time all the children have to come to Ganapatipule; next time, and nobody has to [say], "We have booked their seats. We

have done that." I told them, "Put them into trouble. Tell them we can't send the children. Let them pay for that then they will understand."

Now the last, and not the least, is the way still we are attached to money. Sahaja Yoga is free, agreed. Your Realisation is free. But this time, can you believe, [on] the sixteenth of November, I telephoned from Russia to find out how much money was collected and there was very little money there. And such a big programme, such a difficult programme and such an expensive programme we had done. At the right time they let me down! So I had to borrow money to have this programme. Can you believe it?

They don't feel responsible that they're troubling Mother like this! I was not sure how many are coming, how many are not coming. First they said only two hundred coming, then three hundred are coming, then I heard there were six hundred! Have you got a big bank account here that you can just do what you like?

So they are not responsible. Next time if you do not pay money till the end of October, you are out of the tour! Anywhere! I cannot go on borrowing money like this every time. And then I have to return that money to my husband. It's a fact! Everybody knows. [In] money matters, also, we have not yet been able to be real Sahaja Yogis.

Now, this Shyamji, has bought these saris on a little concession and he thought that he will sell those and whatever concession he gets it, he will give to Sahaja Yoga. He's a very honest man. But because some saris were a little less in price they were not [sold by] Sahaj Yogis, nothing, and they were artificial saris, people went and bought saris from him. And none of them bought saris from Shyamji. They are very vain type. Whatever is the little profit that he will have, he gives it to me. We have so much extra expenses. You have no idea!

Same about presents. The money, you people, you gave me about the presents, also, is so delayed. Just now we have taken thirty-five thousand pounds, extra, for the musicians, which is not yet paid back. Here are [the] people, you can ask them, they are dealing in the bank. I have paid for this Chindwada house, four lakhs of rupees already, not a single pie (1/192 rupee) has been given so far, paid for. We have to do so many things. But so many Sahaja Yogis there are. I tell them all, "Don't give me any presents. I don't want any presents from you." But you must pay for all these expenses which are incurred. Today is the first day I am talking about it, because this time you really put me out completely. Absolutely, I was. I didn't know what will I do. I never borrow money. Partly I got from Italy and partly I borrowed: Partly, quite a lot.

After all, everything needs money, you must understand. So, you see, next time if you do all these things I'll cancel the tours. Please, by the end of October, remember all your money should be there. It's not proper to say all these things to you, I know, but you should also know what trouble I am going through. For doing what? For your Realisation, for your tours, for your everything. I don't need Sahaja Yoga do I?

Also, the last thing is this, as I have said, money is needed just now, but maybe, might be, something might [be] worked out when you won't need so much money; may. It will only work out if you people are sincere.

So many things are to be done here, also. Of course, I have given a lot of money here. In these four years, I have been able to save a lot of money, I must say; compared to previous years when you people were managing the money. Since then I have saved. Because money doesn't have legs to walk out! If you don't spend, it is there!

"My children, my wife, my house, my everything." What about "my Sahaj Yoga"?

It's your responsibility now: you need it, your family needs it, your country needs it. Everybody needs it. So it is your responsibility. Please understand that you have got Sahaja Yoga because you are special people. But the speciality is that you are responsible for the whole world. Spreading Sahaja Yoga is all right, but to be responsible.

On the whole, of course, it has been really a very good working out, I agree, but still these are things that are missing which must

be somehow or other corrected: by the leaders, by the world leaders, and coordinated. It should be done.

After all, you know my age now. You don't want to trouble me. This is the only kindness I need: not to go on postponing things, not to go on being irresponsible, that's all! I have been telling you for the last fifteen years [that] I don't want any presents! For presents, for saris, everybody's anxious. Now this time every country wanted to give me [a] sari. Just imagine! I don't need that. I don't know what I will do with it. But full attention to yourself and to the collective work and to the global work. If I stop this work, it's very easy, but you don't want that.

Even few are coming, whatever it is. Definitely you tell me [that] so many are coming - finished! It's hardly two, three years more, at the most it will continue. It cannot go on forever. We'll have to think of something else.

And my own style is that, whatever you give for my pujas, I keep it for Sahaja Yoga only: for the buying of silver, this, that. So much of silver I have given, so much gold that is here is my own. Everything, most of the ornaments are my own. Now what else I should do? Not that I want anything from you, but you should be responsible and understand. All of you should, please. If you can really think that this is so important.

Twelve disciples of Christ worked out Christianity - only twelve. And they were fishermen: how they did it!

All right, so everybody is telling me that, "Mother you must talk to them and tell them about it." So I have told you. I have done my job. Now it is for you to think what is good and what should be done.

Sahaja Yoga is your own: is for your children, is for your family, is for the country, not only [that, but] for the whole world, where you live. You are such a great people who are realised-souls. Where are the realised-souls here?

So have self-esteem, then you will feel responsible, you know, "I am responsible."

Thank you very much.

May God bless you.

1993-1228, Weddings and Advice to Brides and Grooms

View [online](#).

28 December 1993

Wedding

Ganapatipule (India)

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

Advice to Brides and Bridegrooms in Ganapatipule (India). 28 December 1993.

Advice to Bridegrooms

This time we have the maximum number of people who are getting married. Still I don't know the final number.

At the last moment some people come to me that I should tie their dhotis. Different thing in Sahaja Yoga doesn't matter. Whatever it is, There is one thing I would first again ask. Those who don't want to get married with the people whom we have selected and you accepted should immediately tell me today. Now there's still time. If you have any doubts, any one.

The purpose of these marriages is this, that we should have international understanding about human beings that after coming to Sahaja Yoga we transcend all the barriers, all the barriers of race, religion, ?? and nationality. We have to create this homogenous world and make it peaceful by removing this disease of national identification or racial identification. We are all created by God Almighty. Our differences are only skin deep. Culturally we are different little bit here and there but basically in ourselves we are all spiritual. And the religion that you have is innate built in within us which is an part and parcel of us.

By these marriages we want to achieve a very happy and a very enjoyable married life. In the marriage one has to know, nobody should dominate anyone... that's a wrong idea. But we have two wheels of the chariot, one is big and one is small, then the chariot will never move forward, it will go round and round. Both are equally the same, equal sized, but they are not similar. The left cannot be the right and the right cannot be the left. So men and women have to be men and women in Sahaja Yoga. They cannot be unisex people. They cannot be. That's very important. The man has to protect the wife, love her, give her all the security that is needed. And woman has to nourish the husband and give him all the love and affection she has.

So here we are on the threshold of entering into a new life where you have a companion of your own. She will be your wife. Not because only she is in Sahaja Yoga that you have married her but she's your own. So try to prove it to her that you love her very much and that she is your wife and you have all that is yours is for her. This is very important in the very beginning of it.

Now there's another thing I have found out in my experience sometimes that they get married, I don't know what happens, they are swayed into it and they get married. And after they go back to their own country they start saying "Mother we know we cannot manage, we have to work it out. This, that" Marriages are now worked out. Spontaneously it happens.

But in India you see we are all the time prepared for a good married life. The wife is told, the husband is told all the time. So normally when they get married they think this is what it is for us. They don't have love affairs before hand; they don't have friends and things.

But even if you had your past, now it's finished. You don't discuss, don't tell, don't talk about it, do your best. That's absolutely wrong because the past doesn't exist, what exists is the present. So enjoy the present, forget it, forgive yourself. Many people also have this big problem that they cannot forget their past and go on telling their wives that I was like this. There is no need to confess anything. They think it is honest. There is no question of honesty or dishonesty at that time is but to enjoy full joyous mood of marriage. That's in the head. Otherwise what's the use of marrying and then telling stories.

Or some people have very bad habit of telling him how bad the mother was, the father was or may be that how miserable he is or how he has gone through struggle... there's no need to talk of this. At this moment you are married, she is your wife, and you have to express all your love and all your attention to her so she feels secure and happy. This point please try to note. Nothing has to be talked about your past.

Then we are Sahaja Yogis. I have seen some Sahaja Yogis, very great Sahaja Yogis who are married, very very ordinary men, very ordinary, ordinary looking superficially. Or can say some of them could be called as ugly. Some girls are like that, some men are like that. I mean from these norms that you have about beauty and all this nonsense. But when you see a person full of vibrations, she gives you such tranquility, such joy.

Don't disturb it by having your pre-married ideas about your wife you see. The reality is this is your wife and you are her husband. Take the reality into consideration. Not some imaginary image you have about your wife. Your wife is before you, she's your wife. What's the use of having imaginary ideas you will never enjoy your married life, I mean if you have imagination, then you should not even marry: marry your imagination is a better way. Why to ruin somebody's life, why to make somebody miserable? They are all intelligent and good Sahaja yoginis. We have seen to it they are all very good Sahaja Yoginis.

But once you try to misbehave with your wife or try to create problems for us, naturally we don't want you any more in Sahaja Yoga, because it is getting too much and you know as it is not easy to marry you, to get your visas, to take you down there its quite a lot of work one has to go into it.

So now don't think that you have been forced into any marriage, you have been asked into any marriage, please. If you give up this kind of an imaginary ideas about this marriage, again and again I am telling to you today now and this time also, this present moment, all those who feel that way should immediately tell me, I will be extremely happy.

There is another third thing that I have seen about the western people is that they are literally frightened of marriage, literally frightened.

First is they may live with a woman for 10 days or 20 days or 10 years, but as soon as they get married they go for a divorce, very funny(?). For this I think the law is responsible, because the women think they will get money out of their husbands may be or the husbands think that they will get money out of their wives. In Sahaja Yoga if you want to take the divorce later on, which I don't like at all. We have only 1 % divorces, then I would not allow you to extract money from the other, never, and nor the girl should extract money from you.

Last but not the least is important that, once you are married, now the girls may not be able to go immediately from their various places because of visa problems, but don't give them money to be sent to their families, that is not allowed in Sahaja Yoga. The girl should not send their money to their parents that's not allowed and trouble the husband for that. Sometimes if you want to send is alright, but there should not be regular remittance all the time and this is sometimes comes to my notice which I do not want to encourage. As far as that part is concerned you should not give any money for sending it to the relations of your wife otherwise it will become a money oriented marriage and people would marry because they can extract some money from it.

All these things should be kept in to it, that we are now married, we are stupid if we want to have a divorce, stupid. and I don't like divorce at all. Though I allow because sometimes I find horrible things happening. But rarely I would allow anybody to have a divorce, rarely, so this idea should be given up and one should not be selfish...

But from the very beginning if you try to be very kind and nice, I am sure things will work out. We have to prove to the world that marriage is a divine institution and by this divine institution if you have been put together it's also a divine plan. And through this divine plan many things are going to work out. So those who are getting married today are helping Sahaja Yoga very much.

I have already told you there are many saints who want to be married. And nowadays that you see this world full of horrible people. We need so many saints to be born and so the saints will be born in case you have good married time, happy married life and enjoyable life.

I think all this lecturing is of no use unless and until you start enjoying your married life. There are such sweet things I need not tell you. I was surprised that there is no book in English language which describes the romance after marriage, I was surprised, no book, can you imagine? and in India you won't find any books which describe the romance before the marriage.

Nowadays they have started doing some sort of stupid things but normally no question. So now it is for you, enjoy your married life much more than you have enjoyed your childhood, your youth or any other times in college, schools, anywhere.

So be prepared. Make yourself friendly, ??open it, open your heart. Don't try to find faults in your wife. I mean some things she doesn't know, some things you don't know. Doesn't matter. All the time trying to find faults makes you faulty. Don't find faults.

If you see somebody doing something wrong, suppose if you find that person is trying to do something. All right, you just do it

your self or don't tell. Gradually she will learn from you what is the right way is. And one should make fun of these moments, for example I don't know how to do any banking, write a cheque. I am very bad at many things you see, can't even open a television, I can't even the air conditioner. So many things I just can't do. Doesn't matter. My husband also equally the same. So we enjoy each other.

All part and parcel of Sahaja Yoga. One unit here, one unit there, one unit there. But they are in the same ocean of spirituality. So any Sahaja Yogi who comes to your house or any one, especially Indian women you will find, they will look after the guests very well.

And then there is some sort of a thing called jealousy comes out... it's very absurd. Indian women will not have anybody else as their husbands but their own. It is then worked out. So don't have these funny ideas that she is very friendly, she is looking after other people, this and that. This kind of a nonsense should not be there. In Sahaja Yoga we don't have those things, we have become very pure, their eyes are pure. So don't have any doubts about your wives. Same with the wives I will tell you. This will make your life very much more happier and confident. If you have any problem you can always write to me directly, need not even. tell through your leaders you can directly write to me if you really have problem. But I think you are all intelligent people, you should be able to sort out everything.

Advice to Brides

Now I have been already with your fiancés and I talked to them. I have praised you a lot.

Now first thing we have to know that this marriage ceremony that we have organised with a purpose.

The first purpose is that regard marriage is very essential for Sahaja Yoga. If somebody doesn't want to marry, we say alright you get out of Sahaja Yoga. It's alright. Now why marriage is important, because a marriage is like a big Yagnya, it's like a big Tapasya, you can call it, or it's a great experience. How to achieve balance, how to become a witness and how to become a spirit. It's very important.

Now the first and foremost thing we have to know (is) that he is your husband and nobody else is your husband. Nobody is more important than he is. See men are very easy to be controlled. If you can make them feel they are the most important people for you, then you can manage them very well.

But the first foremost ambition should be or the idea should be that I will make my married life extremely happy. Because if the married life is happy you will be happy.

Now men have a habit of sometimes losing temper. Doesn't matter that's their habit. So you shouldn't immediately become the same type. But you can little bit in a womanly way try to put your sweet device of smiling it or laughing it out or little bit [showing you nice?] somehow. But not to make it serious. It's very important.

So how to handle the men. Especially your husbands is an art and that art you will achieve gradually when you start seeing. But if you start finding faults with the men and start saying you can't do this, you can't do this, you don't know how to drive or how to do this, or this things. Then you are finished. You must say you are the best driver. You are the best. That's the way you have to deal with him. But not that you are fooling them. Because you say this because you love. And love is the basis between you and him. Nothing else. Not Money. Not what you have got for him or he has brought for you. Nothing of that.

All these things are not materialistic. They have nothing to do with matter.

Love is something which you can express also through matter, sometimes by giving some nice presents or nice food or something. But the most important thing is your heart. You should not cheat. In anyway you should not be hypocritical, and you should not try to do something that is not pure.

So in Sahaja Yoga, the purpose of these marriages is to have you connected internationally. So you all transcend all the barriers of your nationality, the barriers of our racialism, barriers of caste, barriers of so much materialism.

So you should not compare your husband with anyone. He is Your husband and you shouldn't expect too much from him. He's not given me this, he has not done that for me, he's like this. This is not necessary. You must always think what I have done for him.

Also what's wrong with me? Now some people, especially in the west it's very common, that after marriage they think that they have to work out marriages, no working out. You see like they think that as you work out your kitchen or work out your things. It's not like this. Spontaneously between the two human beings who are realised souls. It is not that you are working out anything, but spontaneously you are going to enjoy, spontaneously.

Now if you become extremely critical and try to show you are very brilliant and this. It's not going to work. To be humble. Keep quiet. Those who are really intelligent always keep quiet and watch things. But those who are not, are bumptious. The more you are in Sahaja Yoga, the more you will be respected by him and by everybody. Apart from that, there are so many saints who want to be born. Once you have very happy married life among yourselves, those saints will be born to you, and it will be such a blessing and joy for you. So try to understand not to boss your husband or try to put him right or do things and in a very.

I have seen some ladies who are extremely tense, very tense type. They can never give joy. They are themselves not in joy, how can they give joy, are themselves not in joy. So the tension should not be there. At all of any kind. Be relaxed. You are the other side of Sahaja Yoga, which gives peace, joy, nourishment and also complete tranquillity. In the family you are responsible for tranquillity. Even if husband is angry, children are fighting, if the mother is tranquil, you can control all the situation. So the situation has to be controlled in a way that you make life happy for everyone.

Sometimes women feel very angry when I tell them that first feed your children, your husband and then you eat yourself. Because that is the job of a woman. Like a man should go, earn living, do what he wants to do, job and all that. But the woman has to really look after the husband, look after the family, look after everything. Also you will find our Indian husbands not so good, as far as gardening is concerned, or you can say, they don't know how to mend anything like cars or your plumbing, they don't know. So doesn't matter, take it easy. Gradually they will pick up and they'll learn and they'll do it. But don't become impatient with them. Just make fun of it, you see, just make fun. That the best way to manage it and that don't expect too much, that they will do this nicely.

Sometimes they cannot clean the utensils properly, they don't know how to do it. So all right. Just make fun of it and just enjoy it because they have [unclear]. You see in England or America I have seen anywhere, they have no servants at all. While we have servants here so all these boys are spoiled by the servants. So they are absolutely good for nothing as far as these things are concerned. But if you just try to teach them and help them, they will definitely go all out to do it. So the only thing you have to do is to love them with a clear heart. And all the time forgive and let them know that that she is the only one I have in the whole world apart from the Holy Mother.

Of course, I'm not against divorce, but I'm not for it. In the sense that I don't like people when they divorce. But when things are impossible and difficult and one has to go in for such a thing, doesn't matter. Sometimes one has to do it. But it should be very rare. One should not think of a divorce at all. People think of divorce in the west mostly because of the laws, because the wife gets the money or the husband gets the money. But in SahajaYoga if you are marrying, all these things even if you are divorced, I will not support.

Moreover, another thing is that the wives should not take money from the husband and send it to her relations. Never. It's a very very wrong thing, is to support your family through the money of their husband Absolutely not allowed. That should not be done. They..., you should not put the pressure of your family on your husband. You see there has to be a clear cut understanding for all of you. That you will not take you must keep your self respect. Don't ask for anything. If he gives you anything [unclear] well and good. But don't ask, don't demand. That means you are not a Sahaja Yogi. If you are a satisfied soul why should you ask for anything? Or somebody gets something, she has got this, she has ...Nothing of that kind. You be satisfied and this is how some girls nag the husbands very much.

Most important thing is that you should not talk about your past, at all. Because past is finished. Now you are Sahaja Yogis. You are all realised souls. So you don't have to say a word about your past. Even if husband starts talking you just stop, and tell him we are to live in the present. Don't tell us about your past. I don't know why people think that they will look more attractive if they talk about all the past nonsense they did. Or say that my mother was so bad. All psychological nonsense. Not to put your parents into jeopardy by saying that they are very bad, they are no good. This, that.. Just forget the past and live in the present because in

the present resides the reality and the reality is the ocean of joy.

You should not nag him for anything. Supposing he didn't like something, you shouldn't do it. Whatever he doesn't like, small things, you know like, I was married in a family which was culturally very different, very different. And they don't wear flowers. You see, and in India all the married ladies, I mean down south, I'm saying in my community, all wear garlands around their buns and [unclear]. Always wear. My husband said no better not do it. Because you know here in our community only the bad women wear that to attract man. Since that day I have never worn it. Doesn't matter, not important.

So, also you must understand now you have to take to the style of life of your husband. He is fond of entertaining, look after that. Women should be entertaining, they should look after. They should not mind if somebody comes to stay with them or lives with them. They should not try to show. On the contrary they should be happy they are able to look after someone who is a Sahaja Yogi. So, for the Sahaja Yogis, you must keep always your heart open, your house open.

There are so many things which I would like to tell you but in this short time, I have to just say that it is the responsibility of the women to make their marriages happy. Depends on their intelligence and on their dedication to Sahaja Yoga. It's your responsibility. And if you see in a wider sense the responsibility of making a good society is that of a woman. Even if she has to suffer she can. She is like this mother Earth. She can suffer anything She never feels she suffers. She is so great. You are Shaktis. So as Shaktis if you have to suffer, you don't mind. And what you have to feel is that we are responsible for making our Sahaja Yoga society a perfect society. That's our responsibility. All your greed, all your ambitions, everything should be directed towards making a very very happy married life.

I wish, I wish all, all of you, a very happy and prosperous married life.

1993-1229, Sufi Qawwalis

View [online](#).

29 December 1993

Evening Program Weddings

Ganapatipule (India)

Talk Language: English | Transcript (English) – Draft

This is a very...

I should say, what

It is very symbolic song, written by Amīr Khusrau, which I heard (read) it a long time back.

And it is very beautiful, and it says that:

I have lost myself, by just looking at you.

And it is very beautiful song,

And it is a song, Which is being sung for years together.

But people don't understand the meaning.

It looks romantic, but it means the, what should we say, the sufi style of saying things, the way they love God and that they love divinity.

Very beautiful.

1993-1231, Shri Mahalakshmi Puja: The pangs of materialism

View [online](#).

31 December 1993

Mahalakshmi Puja

Kalwa (India)

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

[Translated from Hindi]

In today's world we are facing so many difficulties and while facing all these difficulties, we are thinking that one day all the human race will disappear. It will not. And to think like that is quite normal as we are facing natural calamities all around. In Maharashtra, there was a very big earthquake and people were so afraid of that. Since last three years, I was telling them why they are drinking alcohol in front of Shri Ganesha, dancing dirty, misbehaving, etc. Shri Ganesha is very wrathful. I do not know why He tolerated this for three years. I told them very clearly that if you go on like this, you would face earthquake in Maharashtra. However, nobody listened to me and carried on with their misbehavior in front of Lord Ganesha. Alcohol is available everywhere in Maharashtra.

Now, I see that there are two types of people in Maharashtra, one is alcoholic (mlechas) and other are pure and clean like Sahaj community. If you want to save your children and to give them good environment, then try to bring them in Sahaj culture and to accept it yourself. I am receiving everyday ten to fifteen letters from Sahaja Yogis how their difficulties disappeared, their children are behaving good, were saved from accidents, etc. So, I think that the benefits of Sahaja Yoga must reach to others also who are not Sahaja Yogis.

Nowadays, many kind of people come to Sahaja Yoga, who have created so many problems in Sahaja Yoga, so we have to tell them slowly to go away from Sahaja Yoga. Sahaja Yoga is not an organization, here we have created community of "devdoot" (people of God) but if you are not going to give up your old habits and conditionings and behave the same way as non Sahaja Yogis, then people won't believe in Sahaja Yoga. Nowadays, the most dangerous thing is materialism, which is coming from western culture and spreading all over. If you see the people from west, they are stupid and funny and all the time busy making money and money only. When we were young, the wealthy people used to utilize their money for social work, for the masses, to build temples, schools, universities, etc.

Today we will have Shri Mahalakshmi Puja in this factory. People do not know how to do Puja of Shri Lakshmi. So, when we desire Lakshmi, we have to know about Her. First of all I want to tell you about the form of Lakshmi. She is wearing either pink saree or white saree. Pink means love and white means desireless. Mostly she is shown in pink saree but sometimes in white, too. Pink color means love, so only the person who loves others deserves to have Lakshmi. In all the others who get it, it becomes a-Lakshmi. She is holding lotus flowers, which are also pink, and the specialty of these lotus flowers is that even an ugly beetle, which has thorns, can reside in this lotus flower. So every wealthy person must have this quality of Shri Lakshmi.

I have seen this quality in Rajesh Shah. I told him, "There are 400-500 Sahaja Yogis here and so many of them want to stay few more days, so please send them to Vashi". But he said that there is no problem if they want to stay here. He can arrange the things for them. This is the quality of a "Lakshmi-pati" and this is the way one has to utilize the money. This is the first quality of a Lakshmi-pati, that he is very generous and he welcomes people, offering his hospitality. He has a heart like an ocean. Only then Shri Lakshmi resides there, otherwise She leaves. If the person is so miser, he will lose the money anyway. I have seen that in the money scams. Most of the investors are very miser and they lost their money.

Second thing is, if a miser person becomes rich he will be more and more miserly and go on gathering money. After his death the children will fight for his money; or if a father is miser then his children will spend money like anything on stupid things. So, this is the problem if you don't have quality of Shri Lakshmi, She goes away from you.

If you give money to an alcoholic person, he will spend the money on drinking alcohol and nothing else. He will never think to do something good with that money, like helping others, etc. He won't. He will use the money only on a wrong purpose. The reason it is that Lakshmi is Mahamaya. So the person without Lakshmi-tattwa will go on a wrong way. The quality of Lakshmi is to donate. However, while donating, one has to be very careful. If you donate to a false guru, he will spoil another ten people. So please be careful when you donate money. If someone donates money to "Hare Rama Hare Krishna" they will spoil another ten people with those money. So one must know for what is donating the money. Even for these earthquake's survivors people have donated so much money, but later on they found that the money those people haven't got the money but they disappeared with the intermediaries.

Another quality of Lakshmi is that She is giving "Ashray" (shelter). It means that you have to care for the people who work for you, at home, at farm, at factory, etc., you have to treat them as human beings, with respect. "Ashray" means not only pay them but also respect them, treat them nicely. My husband, Sir C.P., was president of Shipping Corporation and once he had problems with Union of Labor of West Bengal. So he invited them for a lunch at home in Mumbai and after having the lunch cooked by Me, suddenly their attitude was changed. They were so kind and polite and the problems were solved. After that, they invited Me for the inauguration of their office building. It is because they felt the love. They felt they were treated very well and with respect.

But in case of Maharashtrian people it is different. Once I went to a Maharashtrian's shop to buy "chandery" (saree) and he just replied "No I don't have" and asked Me to go away. Then I went to a Sindhi's shop and he welcomed Me so nicely and sweetly, offered me chai, etc. I asked him about chanderi. He did not have. But he showed Me many other types. I bought them and left the shop. And if there is a Marvadi person, he won't allow you to leave his shop without buying anything. They are very good in business. So in business you have to be very sweet, gentle, loving, respectful with others. Otherwise how will the business go on?

In Lucknow, there is a Halwa shop (sweet's shop) named "Ram Bharase". Once I went to buy some sweets for my daughter. The owner welcomed Me nicely, lovingly, offered Me to taste many kinds of sweets. Instead of buying few sweets, I bought 14 kg of sweets. I told him that my daughter is going by plane, so she can't carry 14 kg of sweets, but he was so nice with us, very loving, and finally I bought so much. So the quality of Shri Lakshmi is love and sweetness. If there is no love, She goes away. There are some wealthy husband who treat their wives very badly, miserly, and suddenly they find themselves in business crises and they lose money. So one must understand the importance of "Lakshmi-tattwa". It's not materialism, it is love. Materialist people earn money for themselves only. They have their own life-style. Like I heard that women are spending hours together in front of the mirror, to look more and more beautiful. They do not want to have children as they won't have time to go to beauty parlors and to buy jewelry. To buy jewelry is o.k. as you can use them in difficult times.

In India, to have children is more important for women than anything else. But in western countries, the mentality is very different and difficult. In some countries, they are making life insurance for children and parents are killing their own children to get the money from insurance. This is totally against "Lakshmi-tattwa". In India, there is another extreme; whatever they are doing is for their children, like making money, ministers are involved in corruption, etc. Better is to love them, that is good. So "Lakshmi-tattwa" is love and materialism is destroying the love. In the west, husband and wife, both are thinking how to each other's money? Nobody is thinking of love and care. It is only about money. They are very much money-oriented people. Before getting married, they will think what they will get out of that marriage or what they will get if they have children and so on.

So the love is very important to destroy the materialism. People are coming to offer Me sarees and many other things. If I refuse them they will start crying. So I have to accept their gifts. My house is already full of gifts and now I am not accepting anymore. Like all the flower arrangements, pendal decorations, etc. are not necessary, but they did it to express their love for Me. In any festival they are doing so many things to express their love. When I was in Poland to purchase gifts for Sahaja Yogis, Polish people said that I am a very generous and noble person. It means that "Dan" (to give) is very important. I have seen this kind of people in India.

There was a very rich man, his name was Lakshmi-Narayan and he had a daughter. Many men were planning to marry his

daughter just for the sake of his money. But he told them that he donated all his money to schools, colleges and to universities, so he doesn't have any money left. So all of them ran away. Even he told them that is not going to marry his daughter with a person who is interested in his money. So, this is how the materialism is destroying us. When you have excess money, the materialism enters into your brain and destroys you.

When I went to America, one gentleman invited Me to visit his house. Then he said that I should be careful when I go to bathroom as there are so many switches and pressing the wrong button may send Me directly to swimming pool. So I said to give Me a simple one. Then in the bedroom also the same thing, pressing the wrong button can turn My head and legs upside down. So I said that I can sleep on the ground. He said that he has spent a lot of money to have this arrangement. I thanked him very much and left the house. This is how people spend their money on stupid things, having no wisdom of Lakshmi-tattwa.

Sharat Chandra Chatterjee (a Bengali well-known author), in one of his stories wrote about a group of boys collecting funds for a library. So they crossed river Ganges and went to a wealthy person and told him about their project. He said that he needed to think about. Suddenly a widow came and asked him to return the 500 rupees that her husband gave him ten or twelve years before. She was in need and she wanted them back. Immediately he asked his accountant to look into this matter, to check the records of twelve years before. They found out that the widow was telling truth. He returned the whole amount of money, with interest, to that widow.

The boys were watching everything and when their turn came to ask for funds, they received just a very small amount (like 25 paise), from the wealthy man. However, they understood everything. The rich man could have refused to return the money to the woman as she did not have any legal document but he gave her all the money with interest. And this is the quality of Lakshmi-tattwa. I am also like him. If I have to return money to someone, I am thinking all the time about it and returning them as soon as possible. This is what every Sahaja Yogi should do if he takes money from someone.

I will tell you about My father that every Sunday he used to donate blankets to needy people. But few of them used to come for two or three times to receive these things. So others told Him about it, and He said, "I am not the one who is donating, God is the one who is donating. I am just standing in between God and them. So it is not my concern, if they are coming again and again". This how one has to be. Donate the things without ego.

Even doors and windows of our house used to be open all the time. Anybody could come in anytime. Even a thief could come in. Once we found out that our gramophone was stolen. My father was very sad because the thief has taken only the gramophone but no records. So he was concerned that the thief must be fond of music but he will not have any records to listen. So My mother asked, "What shall we do now? Should we publish in the newspapers that the one who has stolen the gramophone, should come and take records too?" But My father insisted that we should give him the disks also if he comes again.

So I have seen such kind of people having great quality of Lakshmi-tattwa. My father was never bothered about the money. Once, Shri Vallabh Patel asked him to apply for the election of Parliament of India but he refused any publicity because of money shortage. It was necessary to have 3,000 Rs for publicity and this and that. He said, "I am not going to spend any single rupee. People know me very well; they know about my social work. So if they want to vote me, they will vote me even without publicity. Why should the one who fought for freedom of India, spend any money on publicity? And he got elected as a member of Parliament. This is the truth and the truth is Lakshmi-tattwa. When Lakshmi-tattwa will be established in our country, we'll have no problems.

In this case I found Russians are very dignified. One Russian girl of 18 years came to India to learn music. I told her that I will marry her with an Indian boy, so it will be easier for her to live and learn music. She refused to have any conveniences, like marriage. She said she would stay in India only if she gets scholarship otherwise she would go back to Russia. "Music is like 'Aradhana' (tapasya) for me and I don't like to have any conveniences for it. I was surprised of such a reply from a young girl. So where from did they get this Lakshmi-tattwa? It is because there is no materialism in Russia. Even their government wanted to give them possession of apartments but they refused to have any kind of possessions.

So, thinking that "this is mine" is materialism. Russians are not bothered of anything. I asked them about political changes, coup d'état, the happenings in Russia. They said they don't care, that they are in Sahaja Yoga, in the Kingdom of God and they are fine. Because of communism 70% of population is not materialistic. I have a very small house there and they are getting up early morning, at 5 a clock in such a cold weather, and they are coming there with their own food to plant flowers and trees. They told Me, "This materialism is destroying us". They are very happy and satisfied, even if they have only four sarees. It is enough for them. Once, they wanted to offer Me a saree, so I said that I have so many sarees so it is not necessary. But they insisted to accept a saree from them. Very loving people. This kind of people still exist in this materialistic world. In America, because of materialistic society, family are destroyed and many diseases like AIDS are spreading up. I am going to write down in my book.

Sahaja Yogis must feel the satisfaction, it is very important. You must feel that whatever you got it is enough. In Sahaja Yoga you will get everything you need, but if you are not happy and satisfied then what is the use? So, we must understand the Lakshmi-tattwa. One more thing is that Shri Lakshmi sits on a lotus flower. That means She is not putting pressure on others. In this society the rich people behave as if they are great and special people, showing attitudes and so on. They will show off anywhere they go saying, "I have this and that, I am such a such person", without having any shame. Specially government officers and their wives are even more than that. Even a simple fourth class worker's wife behaves as she is something great. They are so proud and egoistic. Longtime back only fourth class government servant used to take bribe, but nowadays big officers like district collector are involved in corruption charges. They are asking certain amount of money, otherwise they do not sign the papers.

This is the situation and it is very bad, because money become like God for human beings. By hook or crook one has to make money, doesn't matter how he does it. So, I want to say that if money has becomes everything then they can sell their wives and children too. In western countries women are ready for prostitution to earn money. Without any hesitation or shame they are ready for it, either it is a wife or a daughter. In London I saw on television that sixteen years old girl used to go in night clubs and dance naked to earn money and her parents said that they have no objection for that. If parents are not responsible for morality then who else is responsible for that? Government is not involved in it. They are interested in votes only, not in morality. So many bad things are allowed. Government is interested in taxes, not in morality. In England the most beautiful house in the countryside is the pub. Americans are coming to England to visit pubs. An American lady asked me to visit a pub and I asked her what is so special about it? She told me that one man died there and they kept his body there for 5 to 6 month. So the whole pub was stinking, spiders and cockroaches were everywhere. They removed his body but the whole pub is still stinking very badly. And it is the most expensive pub. This is the situation there, it's very bad.

Her elder sister told me that she has two children and she has given them freedom to drink alcohol (wine). After one year I heard that on their birthday party they were all drunk and somehow the house caught fire and they were found dead. In India no one will go to a pub like this, which is stinking of dead body, with spiders, etc. This is the situation and I just don't understand it. And to visit a pub like that you have to make a reservation, you can't go inside without reservation.

One day one person died, and I refused to go to funeral as not having black clothes. There they told C.P. that they don't cry one's death but they drink alcohol. Sir C.P. is not drinking, so he refused it. I mean they are drinking on happy and sad occasions too. On funeral, on Christmas, on birthday, on any kind of occasion, they are just drinking alcohol. Even in the cemetery, they were just talking about lunch and champagne. Sir C.P. told them he was not feeling well and left the place. He came back home, took a bath and only after that He felt better. Very rich people were present on that funeral, and lunch was arranged in a very expensive restaurant and all of them were enjoying lunch on such a sad occasion without shame. This is madness, there is no love for each other, no dharma, it is all because of materialism. Nowadays, even in India, wealthy persons follow this kind of life.

So, we Sahaja Yogis have this responsibility to spread Sahaja Yoga. Nowadays, this young generation is going to disco-bar, wearing funny clothes, piercings, long hair and boys even are wearing bangles like girls. So, if there is no nobility and gentlemanship (Sabhyata), then there is no Lakshmi-tattwa. The greatest jewelry of mankind is Sabhyata. It is very important. Our Indian culture is based on Sabhyata, it is established within us. In western society they don't have Sabhyata. They will do anything without any shame or fear that you will be shocked. Such shameless people. Women are smoking and drinking and if

women are like this then what to say about men? Women are the power of the society, so if they are shameless then what to do?

So, we Sahaja Yogis have to spread Sahaja Yoga everywhere. Sahaja Yogis have to be very careful. In Ganapatipule, when marriages were announced, these couples (from western countries) went to the beach and to the garden and started romancing without any shame. So in Lakshmi-tattwa, if there is no "Lajja" (shame) then it's of no use to have money. They behave as animals. So Sahaja Yogis have to be very careful about their behavior.

Western people think that Indians are lucky that they are born in India. They are expecting lot of things from Indians. But if Indians start behaving like them, then I don't know what to do. Like Indian Sahaja Yogis charging more money to the westerners, stealing from them, etc., it is not good and it's very low level. Indians must show the greatness of Indian culture through their behaviour.

In My house in Maharashtra, we have women as servants and they have never stolen anything from us. They are very poor people but for them honesty is very important. These days in Maharashtra people started drinking alcohol. It's something I have never seen before. Since I came back from England I noticed this alcohol drinking and especially in the villages it is worst than ever. They are falling down like insects or bed bugs. They have become drunkards.

So, you Sahaja Yogis have to stop them from the consumption of alcohol. Form an organization and ask government to ban the alcohol consumption. In factories, if workers are paid well they start drinking alcohol. So don't pay salaries to workers who are drinking alcohol. Pay their salaries to their wives as their wives are very much in trouble because of their bad habit. So Maharashtrians must stop the consumption of alcohol. I have seen in other states of India, like U.P., Bihar, etc, they are not consuming alcohol like Maharashtrians. Maharashtrians have gone away from their dharma. I have seen many wealthy people in Noida, Gaziabad, Faridabad, but they are not consuming alcohol.

Once, in Shere (a village very close to Pune) they decide to have my procession. In the beginning I refused but later I said "O.k., let's do it". After the procession, we came back and our car was having a problem. So I said to call the organizers to tell them the problem. So Sahaja Yogis went to his house and they saw that all 20 to 25 people were lying down because of excessive consumption of alcohol. This is the situation in Maharashtra. How can I spread Sahaja Yoga there? So then I decided to go to the North of India to spread Sahaja Yoga. Here in Maharashtra the situation is not good. People are drinking alcohol; after that they start fighting and beating each other. It is very bad. So if anyone comes in front of Shri Ganesha consuming alcohol, beat him nicely. It is your right to do it.

One more thing is "chewing of tobacco" which is very much against Lakshmi-tattwa. Shri Krishna doesn't like tobacco and by chewing it you are destroying your Vishuddhi chakra. One can get throat cancer doing that. I couldn't understand why these poor villagers in Maharashtra have cancer. Now I know, it is because of tobacco. And they are chewing tobacco they even when they go to Pandharpur (place of Shri Krishna temple or Shri Vitthal temple). If not tobacco, they will smoke "bidi" (cigarette made in the villages). To get rid of all these bad habits give them Realization, especially to women in the villages. There is a place called Narayangaon where all Sahaja Yogis are women. So, form an organization of women and tell them about Sahaja Yoga.

So, all these things are against Lakshmi-tattwa. There is a saying that "when the bottle of alcohol comes in, Lakshmi goes out". Because of this many families are destroyed. To have a good Lakshmi-tattwa, one must have purity of soul and behavior. Even in case of Shri Ganesha, if Shri Ganesha principle is not good one cannot do anything over there. So the Maharashtrians, who are worshipping Shri Ganesha, don't know what kind of a character one must have to worship Shri Ganesha? They don't know the wrath of Shri Ganesha. He will punish you like anything.

We have to worship Shri Lakshmi with full devotion and purity. So when we worship Shri Lakshmi, we have to worship Shri Ganesha first. Because without Him we can't worship Shri Lakshmi. So one must understand that without having a moral and pure character, you are going to be destroyed. Either you or your children.

Today I told you many things about Lakshmi-tattwa. So, one must understand that it doesn't matter how much wealthy you are, because if there is no Lakshmi-tattwa, that family will be destroyed in the next 30 or 40 years. I have said it in Hindi so that you understand the importance of Lakshmi-tattwa.

May God bless you

[English - not talk just explanation]

I told them only the pangs of materialism, how you people are suffering, and how everything is saleable, everything becomes saleable, chastity is salable, goodness is saleable, everything is saleable. Then, what happens is that you just have the money – so called – for a very short time. And actually people are bankrupt, health wise, mentally, they are really bankrupt.

So, this materialism is to be understood in the Lakshmi principle, which is that you should have love. Lakshmi is the personification of love. She wears always a pink sari. Pink is the representative of Her loving character. So if you can turn everything to love, materialism will be finished because they are on opposite direction.

That's what I've tried to explain to them by many references here and there, how you can overcome materialism.

I wish somebody could translate this and give it to the people so they can understand. But I think with vibrations it will work out better.

May God bless you.

1994-0101, Ardha Matra Volume 2 Interview

View [online](#).

1 January 1994

Interview

New Delhi (India)

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

Ardha Matra Volume 2 Interview Translation from Hindi

Reporter: Through Kundalini awakening we can achieve our Self-realization. In various ancient scriptures too, it has been described. The founder of Sahaja Yoga, Shri Mataji Nirmala Devi has given experience of self-realization through Kundalini awakening, to hundreds of thousands of people throughout the world. Sahaja yoga is gaining popularity in more than seven countries as of today. Ardha Matra had an exclusive meeting with Shri Mataji about the Kundalini power and Sahaja yoga. We are presenting excerpts from the same interview...

Reporter: In Ramayana TV serial, we watched Sage Valmiki giving knowledge of Kundalini power to princes Luv and Kush. Kindly tell us in details about this happening and Kundalini power.

Shri Mataji: Kundalini power does reside within us. If Valmiki told about this, then it must be true because he was a great man. He knew that no matter how much knowledge one attains but until unless self-realisation is achieved, one remains incomplete. Now about this power... in our country many people knew about this for ages and they were called Gurus..masters [sadguru]. These people had attained this knowledge through very hard penance. A power names as Kundalini resides in our triangular bone. And we call it Kundalini because it's sits in the shape of three and a half coil. It is very surprising it that even Greeks knew about this. Because the triangular bone where Kundalini resides, they call it "Sacrum" (means sacred) bone. It means there is this sacred bone within us. Not sure, if many of these things they adopted from us or they attained this knowledge themselves in Sahaja way. In our country, experimentations to achieve self-realisation have been going on for ages. In Maharashtra (India) there have been people belonging to Nath sect like Machinder Nath, Gorakh Nath etc. these people were all into this.

On the other hand, we were into Vedas. Studying Vedas makes one "Vid". It means to know ultimate knowledge [param gyan], on your central nervous system. One has to be "Vid". It is mention in very first Shloka that if one does not attain state of "Vid", studying Vedas is of no use. There was another path called Bhakti Marg [path of devoutness], through which people used to try to please many deities through their devotion [bhakti].

But amongst all these, the middle path was that of Sahaja Kundalini Awakening and people of Nath sect [Nath panthi] used to follow this. All this knowledge is scripted in Sanskrit language and all discussions were also done in same language. On this matter, in 12th century Gyaneshwar Ji requested his elder brother (who happened to be his Guru too) for his permission to write about this power within us in his book "Gyaneshwari", the power which gives us our self-realization. As nobody had clearly documented this before. When his Guru granted permission, he narrated about Kundalini very clearly in sixth chapter of his book.

Despite of this clear narration, later on when so called guards of religions laid their hands on this book they realized that Kundalini awakening is beyond their capability, so they prohibited this sixth chapter. This resulted in decline in awareness about Kundalini. Afterwards in 16th century there have been many saints in Maharashtra like Shri Ramdas Ji, who was the Guru of Shivaji Maharaj. Someone questioned him how Kundalini awakens? On this his response was, "It happens Spontaneously. But there has to be a deserving receiver [disciple] and an able granter [guru]"

On the same lines, Namdev ji also narrated about Kundalini in his scripts. Likewise, many saints have talked about Kundalini.

But later many people termed it as nonsense, a thing of illusion and as there is nothing like Kundalini in reality. Even today,

people talk like this. Because, nowadays we are so much under influence of western countries that we want to learn and adopt things from them only.

Reporter: What is actual meaning of Yoga?

Shri Mataji: Kundalini awakening happens in Sahaja way. It's just like a seed which has potential to grow into thousands of trees. When a seed is sowed in earth, it germinates in Sahaja way. Likewise, all these powers are there within us in potential state, which if awakened a human can become very powerful. When Kundalini awakens, it passes through 6 chakras, not 7. First chakra is placed under the Kundalini, which protects it and looks after it's purity. A man who has lived a saintly life and even when his past life has been saintly, such a person's Kundalini awakens very quickly. And after awakening she attains union with all pervading power of Chaitanya. This is called Yoga. Anything else, like bending your body, doing acrobat is not Yoga.

Actually, it is the only spiritual yoga through which your Kundalini attains union with all pervading divine power [brahma shakti]. When this happens, first of all, one becomes thoughtless. You are completely aware but thoughtless. When we have thoughts, we are either in past or future, and not in present. On Kundalini awakening, the thoughts which come from past or future are completely stopped or vanish. And the time elapsed between two thoughts [vilamba] stretches and there we witness state of present. We are fully aware but still thoughtless and in this state only, we achieve our spiritual ascent. But this (awakening) has to happen within you. No use of going places, studying and attaining stuff all that. Nothing helps... Kundalini awakening is an event such that this power rises above from within your triangular bone, pierces through six plexuses (chakras) and comes out from brahma randhra (hole in fontanelle bone). Until this event takes place within you, sometimes it's fruitless to talk about Dharma [Religion]. Because talks may perhaps make you a good human being but one cannot get self-realization. Unless self-realization is achieved, all powers within us cannot be expressed. Understand that it is final and ultimate goal of our evolution. When Kundalini is awakened, it pierces the Brahma Randhra [hole in fontanelle bone] but post this connection, the Yoga has to be established. Not for too long but meditation for a short while has to be practiced every day. In olden days, tradition of one Master - one disciple was common, when they use to grant realization to one disciple only. So, there were very few realized people and if someone talked about Kundalini, would be perceived as crazy. Like Kabirdas ji has mentioned in his poetry.. "How do I explain, as this whole world is blind?"

Reporter: What is the difference between Sahaja Yoga and other Yogic practices?

Shri Mataji: You may call it modern Sahaja yoga. Its uniqueness is that we can give realization to enmass, in thousands together. In country like Russia, in a single village there are up to 21-22 thousand Sahaja Yogis. Because they are not so materialistic like us. They are very wise people. 70% of them are very wise, rest 30% may be after petty things like us. But 70% are wise and have good understanding. Now sure, how they have such a discrimination that they did not let anyone else establish other than me, rest all were turned back. Not sure how they understand that I am working so honestly. Here in Maharashtra (India) also a lot of things happened, many Gurus arrived on this land, taught people but don't know why situation is so deteriorated here. Here seeking has declined in people and they are more inclined towards modernization. But I am surprised and I had never thought that in North India people will grasp Sahaja yoga so well. But it's spreading like fire and people are receiving it and getting established well. So, it is such a thing that you don't have to talk about this, it is an event. e.g. if you sow a seed in ground, it will germinate itself. For this, you don't have to do any acrobat. Because there is a binding force in both the seed and the earth and when these bindings work together it just happens. It's a living process. As we are at final stage of evolution, thousands of people can experience it.

Though blossom days have arrived and these are such times that many flowers are here who have potential to become fruits but there are many others around too, who would not at all accept it, would not even try to get it. As last judgement time has come. It's your wish to attain the Truth or leave it.

Human beings can achieve a lot from this. First achievement is that we can feel this all-pervading power [param chaitanya] on your fingers and very soothing, settle cool (not very cold) breeze flows from your fontanelle bone area. Adi Shankracharya called it "Salilam Salilam...". The vibrations that flow through your hands, he called it "Spand". On your palm there are 7 sympathetic

nerve endings. These are all 7 plexuses [chakras] on palm, through them you know which of your plexuses [chakras] have problem. You will know it on fingers. You will also know problems of others too because you are enlightened in collective consciousness. You enter into a new dimension through which a collective consciousness is awakened within you. You can feel chakras of another person too. So now you know about your own as well other's Chakras. If you also learn how to correct chakras, you can correct your own chakras and help others too. This is called Shuddha Vidhya (pure knowledge).

Second power that awakens with you is, you can also give self-realization to others. You can also raise other's Kundalini. You can correct their physical, mental, intellectual and spiritual conditions too. Like this, we can help anyone whoever comes to Sahaja Yoga and wants to get self-realization. That's how whole society can be reformed, not only this our country can be reformed, even whole world can be reformed.

Another big change that happens is sense of Righteousness [Dharma] is awakened within us, it's within and not without. For example, any Hindi, Muslim or Christian can commit any sin or do wrong deeds, his religion has no binding upon him. But it's such a thing that once Dharma is awakened within, you can not commit anything illicit. Compassion, mercy etc. are awakened within you and despite this you become extremely energetic and dynamic. Whatever you keep doing, you won't feel tired. You do your work in very loving and peaceful way. With this, you attain peace with you, become absolutely peaceful. A person who has very angry temperament becomes absolutely calm. Because whatever angularities you have within, become alright. All deformities within us are due to problems in plexuses [Chakras] and once these Chakras become alright, they get alright. I have seen many people have established big organizations of peace, got big awards etc. What peace they can give to others when they don't have it in their heart itself? So, people become absolutely peaceful within. This work is going on in 7 countries. Thousands of people get together, but never ever there is any tussle. All live-in harmony together. Yes, sometimes they do tease each other but jokingly, in a friendly manner. You would not have seen such friendships otherwise. Whether this person is from Russia, England, Japan or anywhere they build a collective love amongst themselves. Because of this when true Religion [Dharma] is awakened within, they understand that all religions are one, understand totality of all religions. You don't criticize any religion and worship all Dharma Pravartaka [who propagated religions].

Reporter: Shri Mataji, is it true that with Sahaja Yoga once can get rid of all many physical and mental disorders?

Shri Mataji: Due to problems in Chakras, whatever Physical ailments are there e.g. Psychosomatic diseases, Cancers etc. which cannot be cured by Doctors are cured by Sahaja Yoga, there is no doubt in that. But first you must come in search of Truth not that you walk-in for treatment of all diseases. Seekers of Truth get rid of all diseases and they can help others too, but first of all one must seek. You can understand that God almighty has most wisdom, common sense. He sees that those, who are of no use and won't give light to others even if put alright, why to treat such lamps. However even such lamps get alright... He wants to fix lamps which get enlightened and give light to others too, benefit others. That's how Sahaja Yoga is going to spread.

Sahaja means Sah (with you) + Ja (born). It's such a Sahaja Vishawa (Global) Religion. When you achieve it, all petty things in our lives like Shad-Ripus i.e. six Demons within us [Kama - Lust, Krodha - Anger, Lobha- Greed, Mada - Arrogance, Moha - Attachment, Matsarya - Jealousy], just disappear somewhere. What you achieve is only Absolute Truth. If ten people are there, they will say the same thing. e.g. if you ask them what problem a particular person has? All will have the same answer. Diagnosis is also done. Everyone knows the single Truth, so there is no question of argument, automatically everyone arrives at same opinion.

Sahaja Yoga is a great blessing. Because once you in shelter of Param Chaitanya, you are already in the court of God almighty. His government is very efficient and alert. On every step, you will see so many blessings from him that you would be surprised how all this is happening. Everyone sends letters to me asking mother, kindly tell how it has happened, this miracle has happened, that problem is solved. I amuse that you don't even know where you are sitting.

So the horizon we are living on, is all illusion [maya] and we must step into to the depth of reality. Once we get there, we feel that everything is happening itself and we are not doing anything, we witness everything happening right before you then what's the need of putting in your efforts? And besides your attention becomes absolutely pure. As we saw that some boys especially from

foreign countries they used to complain of wobbling eyes all the time and were tired of this, it would wander around on sight of a woman or anything around. I said it's okay, doesn't matter. After realization, I asked them to keep eyes on mother earth for some time. They started walking with their head down, by practicing it regularly their eyes have become so pure now, absolutely innocent. So, attention becomes absolutely pure, and not just pure it becomes such that if even it goes to someone slightly for a moment [kataksha], that person is endowed with his benevolence. If he goes to a house, peace gets established there. Wherever he stands brings peace. His sight becomes so powerful and pure, as he is full of selfless love.

So, this attention acts wherever it reaches. If you want to know about someone, you would know through your vibrations. There is another Ether even more settler, that's one which communicates all this. All these powers are there and all around us are supreme powers too. For example, if you see these beautiful flowers, you don't even realize that it's such a big miracle. Nobody thinks about it but it's a living process. Just like this we have our heart. Nobody thinks about it as well that how it's functioning. If you ask Doctors, they say it's autonomous. Who is Auto? Science does not have answer for many things. Above all, science cannot explain why have to come in this world. You have come to enter into kingdom of almighty, enjoy and do benevolence of whole world. When they realize this, they keep engaged selflessly for no money. As you know we don't change any money. Such a big work is going on and I don't even have a secretary but everyone is my secretary. They do this work with full dedication, enjoy only this and keep talking about the same and nothing else. How to do good to others, how to solve other's problems.

Third and highest of all thing is that you are drowned into bliss [ananda]. Happiness and sorrow are merely two sides of our ego, just like a coin has two sides. When your ego gets very elated, you are happy and if its gets pricked a bit you become sad. But in Sahaja state you become blissful [anandamay]. There is no duality in bliss, you just keep watching everything and enjoy it. Means that you achieve state of witness. You look at everything like a drama. That's how all kind of tensions and stress etc. of these days just disappear. Jokingly, I tell them that now you all got a hole on your heads and these problems will stream out of you through this [laughs].

What must be understood is that all this is within us, it's just right time, everything is going to work out in these times, you don't have to pay for this, but still people visit all those mischievous Gurus. Now what to do, no one can change their minds. So, one must understand what do we have to achieve? We have to achieve our complete maturity. And for this you don't have to do anything or give anything. Only you have to give time, very little time.

But when you step down in this, you find it to be ocean of knowledge, love and compassion and above of all its ocean of forgiveness. Whatever mistakes one might have committed prior to realization, everything has to be forgotten in Sahaja Yoga, no need to feel guilty and you just forgive everyone. That's all. This works out so quickly even for thousands of people that it just surprise everyone how it's happening for so many together. They say that recently about One Hundred Thousand people came in Pune and everyone raised their hands to confirm that they felt it. But how many continue and grow in this, is the shortcoming.

Reporter: Shri Mataji, in every public program you give experience of Kundalini awakening to thousands. Can you give same experience through this program to our viewers too?

Shri Mataji: Not a problem. We did it in Hong Kong. We visited Hong Kong and there a TV Anchor who organized it, and many people sent letters afterwards. But nobody brought them together as collective. But now there in Hong Kong all of them have got together. So definitely it is possible.

Reporter: So, can this be done now?

Shri Mataji: Now? (Smiles...) Ok so whoever is watching it now, please take off your shoes and spectacles. Shoes have to be removed because this earth element absorbs all our problems, deformities.

1994-0101, Evening Program

View [online](#).

1 January 1994

Cultural Event Concert

Kalwa (India)

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

1970-01-01 Talk English Marathi Hindi DP Opt HD, 33'

[Unclear] [Translation : You didn't recognize him, I did. Please have a seat. Ashish, call his wife.]

[Unclear/ Shri Mataji asks to give saree in Marathi language]. . . .
. . . . [Translation: Give vibrated water in it. Please do wear it. They are very nice children. Wow wow wow what to say.]

Please be seated.

It was really such a unique day and such a performance. Words really are not sufficient to describe our joy but as you are seeing today about anand vihari I saw all of you becoming ananda viharis absolutely. Now we have before us such a great artist. His name is, you know Ustad Amjad Ali Khan Sahab but have you seen the word ali there? Perhaps you do not know that we worship Ali and Fatima Bi in a puja. There's a regular puja for them because to us they are Brahamadeva itself and that's why you will find among these Shia people who have got such a talent of expression. In the Quran, I am sorry to say that Mohammed Sahib was tortured so much and also later on as you know Hassan and Hussein were killed in Karbella. They had no time to talk about the universal nature. But such a great book is this Quran. We have written now some sort of a commentary on that and it's obvious that he was the incarnation of the primordial master though he was so humble he was so much worried that he should not be called as divine because people will again start doing all kinds of ritualism. But now you can see specially on tabla. Left side of a musulman is always very strong. . . . [Translation: It is a well known fact] . This is the blessing of that great incarnation of Ali. Brahamadeva incarated only twice. One was Ali who was not understood even by the followers, Mohammad Sahab. It's always so. But we know who he is and we worship him. . . .
. [Translation : We regularly have His pooja here. It is one of the poojas done.] and by taking his name we have cured many diabetic patients. But before that we have to be connected with that divine power.

Now I see two great saints sitting next to Amjad Ali Sahab. They are really saints, born realised. You can see that. Otherwise at this young age they cannot be so deft. They cannot be you see. Such understanding, rapport and deftness from last life. Might be they might have been with Tansen or someone I don't know but really they are prodigies. And such prodigies are now born to great artists is also the blessing of the Divine I think. You choose your parents no doubt. But they should be born to such great artist itself, it shows their own choice, and they are saints. I am happy they have come to Maharashtra because you know Maharashtrians are absolutely drowned into music.

We had saints and saints and musician saints, all kinds of things but we had no saints yet who had playing sarod. So such beautiful things you see nowadays happening in this world that these great people are taking birth in the families of great artists because they know the value of this art. Of this great classical music art. You also now realise. I know because now you are realised souls and you understand it and you don't like cheap type music. But see their dignity, their style and everything. Of course I always felt Amjad Ali was like my son. Always. He is Khan Sahab, he is a big man I know but I always felt that kind of a feeling for him because he has that humility. With all that art, with all that creativity he is so humble. He is not at all conscious of his own achievements at all. I give really a great credit to him and to his two children also. You know how difficult it is for me to be your mother and your guru. It is a very difficult situation. In the same way a father being your guru is very difficult, especially

for such a music which requires complete [Hindi word meaning “the practice of penance”], complete dedication and complete respect of your guru. When he is your father it’s very difficult. I don’t know how things are being managed by these children and how they have imbibed these things and such respect for their father. Because they see what art he has. I feel a great vision is before Me of this great music and through music you have seen the chaitanya, the vibrations are carried everywhere. So how far can you think of the dimensions in which all this beautiful divine music will spread. I invite also Ustad Amjad Ali Khan Sahab to my house in Cabella.

I am not such a rich person. I won’t be able to really give you support the way I would like to support all the artists. By all the audience, I always say they have got the blessings of the Saraswati but you must look after their Lakshmi side. But I am not so well off I should say. Whatever is possible I would try to look after specially..

Ustad Amjad Ali Khan: [Unclear/we need your blessings, your love].

Shri Mataji : . . . [Please do come. It’s your own home. Get children also.] With what meditative mood he was singing, just think and he put you into meditation. Of course yaman raga is a very simple, beautiful raga. The way he played and his children. I must say this I’ve never heard such yaman raga [Hindi] before. Never heard. I must confess. I am the oldest woman here. I have heard all kinds of people all my life but never such good yaman raga I have heard. It’s such a you see trigun [Hindi for “The three dimensions.”] because it was not jugalbandi [Hindi for duet] but three persons trigunamika was playing. With such poise, such dignity, such beauty. You all have enjoyed. I don’t know how to thank Amjad Ali Sahab for coming himself and bringing his children to give us this joy. Also the raga darbari [unclear] which you all appreciate very much and enjoy. But I think you really got lost with him completely. It was very meditative, very, very meditative and I think all your thoughts had stopped completely. You had reached a state of nirvichara. I also was in another world of music. Then the khamaj and the bhajan which was the favourite song of Mahatma Gandhi. Unfortunately Mahatma Gandhi never knew how to play any sarod nor he knew how to sing.

You know I have been with him as a child for years together. But such an interesting person he was that he could immediately make out if somebody was making any mistakes in the tala or in the swaras. Surprisingly he never knew Indian music but he had that spirit within him. Immediately he used to say this is wrong and he respected music very much. Very much he respected music and in his music he – you know that very well that his [Hindi word “list of hymns”] was selected by me quite a lot, especially the first prayer service. He used to ask though he was a realised soul he used people who were of very mundane type, very ordinary materialistic people for the freedom of this country. I don’t know he was like some sort of a [Hindi word similar to “The Philosopher’s Stone”] as they say who just touches something becomes gold. He was that kind of a leader who gave us such a great idea of [Hindi for “all religions equal”] . But more than that is in Sahaja Yoga.

We do not feel that all dharma’s are equal but we worship all of them. . . [We worship all] All of them because they were all great people born on the tree of life as beautiful flowers. Now you pluck them and the dead flowers will fight. But they worked only for divinity and spirituality and nothing else. How could they work for anything else? But we have as human beings always tried to make a mess of everything. But Sahaja Yoga – all the Sahaja Yogis worship them and this is the difference. Just feeling the same way about say Hindu, Muslims and all that is different from to worship Mohammed Sahib as well as Shri Rama or Shri Krishna. It’s much deeper because we know they are all one. They said the same thing. They never wanted to create problems like this and in the music you find you forget all your differences, your so-called bands, your countries, nations. Now you won’t believe there are 55 nations sitting before you. Fifty five nations. We have Muslims from Iran, from Algeria, from Tunisia. Also there are so many of them who are now absolutely achieved a state of Sufi. We respect and worship all the great saints. In India also we had a very big movement I should say of the great saints . As You know that was another realised soul Chishti where they sing] in the qawallis [Urdu word meaning carols]. They never – how could Mohammad Sahab say that you should not have music how is it possible? How can it be? It’s absolutely wrong, impossible there’s not much of a difference between [Hindi “Vaishnavajana”] and the sufis. They are just the same. How could he say such a thing and how could Christ say that you can have wine? All this is some sort of a manipulation I think. Is impossible. Music is divine. Of course cheap type music would be very different. But without music how are you going to worship God? How are you going to feel Him? Only at the time of meditation you can be silent. But this music that you have

heard today has shown you how we were all tied in one sutra [Hindi ""], into one beautiful feeling of one-ness.

So many countries are here. They have never learnt any classical music. They don't know any ragas. They don't know any talas. Nothing. But the way they appreciate you'll be surprised, it's only because now they have become the spirit. . They are now.

[Translation: And music has a great role in spiritual life, that's why I want to support it as much as possible, encourage it, promote it, promote it as much as I can. Because I have to do another big heavy work that to give unity to many people with the power of that God. But this also became a musical medium and when there are people like Amjad Ali and rhythmic people like Safad Hussain then nothing will be difficult.]

artist

[Translation:I see every time that I don't know from where they get these new chorus, they have never repeated them every time. Everything is so beautiful, so divine and so blissful that it cannot be described, but in our Sahaja Yoga, every yogi has a lot of reverence for all of you artists and looks at you all with great love and respect. The reason for this is not because it is because of me, it is also because we know that by singing his songs, our inner powers become divine.]

genetics

[Translation:The light [Aura/divine light] of these people has changed, I can say that their genetics have changed and you artists have a big hand in whatever has happened, whatever has happened. That's why I thank you very much for this.]

Want to say something? [unclear] . [They have got caps from somewhere to please you.]

You are not supposed to wear topis in front of such great artists. . [Please remove] [Unclear]

Sahaja Yogi: Shri Mataji it's very difficult to use words after music and it's very difficult to use words after you have spoken. We heard many performances of great musicians but as soon as these great artists came in we felt that we would be in your at home with someone who would play with the strings of our heart and that's what happened. We were I don't know where Shri Mataji. Certainly in joy. We were feeling the closeness. We were proud of him as if we were his children or his family.

Sahaja Yogi: This is strange to have such a feeling for someone one has never met. We all see so very much and enjoy the joyful and buoyant performance of the tabla player who was sending notes of merriness and joy and we were very impressed by the children of the great artist. Shri Mataji, on behalf of all the Sahajis of all the world I would like also to thank Rajesha who has provided us the opportunity to see you so pleased Shri Mataji, because this is what we have enjoyed. In so many words, thank you very much for an exceptional evening. Thank you.

Shri Mataji : Something small from you all [Unclear].

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[Translation: These people have made some arrangements for you. Consider it a small thing, whatever was possible by working together. Now for ten days, every night let one artist come. Please do come. You have to come to Kabela and there is such a place at the very top that you just keep on singing or playing while sitting there. Very beautiful place. Very quiet place. You have come, have you seen our place above? Come and stay in peace, it is your mother's house, get your children]

Amjad Ali Khan : [Unclear]

Shri Mataji : . ? . .

[Yes. Please. We have asked her for a special thing, please do wear this saree. You have changed so much. Very pleased.]

Amjad Ali Khan's Wife: , I would like to say a few words. On behalf of Mataji when Pragya Srivastav rang us up she wrote a formal letter and since I deal with Khan Sahab's correspondence I just said in a normal way I started writing since Mataji said about Lakshmi and Saraswati. I have to mention this to you. I wrote that Lakshmi part of it. Then she wrote saying Mataji is going to be here and this is a [Hindi: sanstha]. I said you asked me that's why I wrote. I didn't say you have to do anything for us. We just need your blessings and I humbly requested to Pragya ji and told her I'll be very happy. We both will be really honoured and blessed if Mataji bless the children. So this is the first time we plan to bring mainly because of You Mataji

Shri Mataji : May God Bless

Amjad Ali Khan's Wife: the children and fourteen years ago when I was with Khan Sahab. Marrying a handsome man and marrying an artist who is loved by all was a very difficult job for me to face the world and I did not know marrying a musician where I ended up. And I was very disturbed when I went to Mataji and I literally started crying. She took me to a room and sat with Her. She blessed me. Ever since then I don't think I have ever looked back with Her blessings.

Amjad Ali Khan: And she has cooled down since then.

Amjad Ali Khan's Wife: Art and culture I think without the love of people, the listeners and of course the blessings of people like Mataji and God it cannot be music. So I think with all Your blessings and all your blessings Mataji may it flourish more and more.

Shri Mataji: May God bless you. May God bless you. [Unclear] .[Unclear]

. . MD . . Dr Rai
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[Translation: Please take this vibrated water. Keep increasing it. 3 Doctors have got MD in Sahaja Yoga. They have treated diseases. Dr Rai is here. He has written a book. He is sitting here. It tastes like wine sometimes (Referring to the vibrated water) Doesn't matter.]

Shri Mataji: This is what happened when Christ vibrated the water it tasted like grape juice. But they said it was wine. But this is the word used in Hebrew – wine for a grape juice. How can you make wine in one minute instantaneously? It has to ferment. It has to rot. It has to become absolutely rotten, otherwise it's not wine. So this is such a misunderstanding. That's why Mohammed Sahab had to say it again and again. . . .
. [Nanak Sahab also said the same. It is not a good thing]

Amjad Ali Khan : Mataji, . [Mohammad Sahib was very fond of listening to Azan.]

Shri Mataji: ? [of what?]

Amjad Ali Khan : . [Azan.]]

Shri Mataji: . [Yes]

Amjad Ali Khan : . [He used to give Azaan in such a tone.]

Shri Mataji: , ? . .

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. . . . You must explain to
them. . ?

[Translation: Do you know what Namaz is? Awakening of Kundalini. Our mantra here is Allah Ho Akbar. Throat will not heal without it. You should understand where Mohammad Sahab is and where all the people are and how are they related and we are unnecessarily getting worried. Now these people have sat on it, haven't they? It is something to be understood. And you guys can understand first because you guys are artists. You must explain to them. You guys go someday. You live in Delhi don't you?]

, Dr tangible . .
" " central path "
" , .

[Translation: Yes, Dr sir, you go sometime and explain what it is. You will know it so deeply and in reality that it is tangible. you can feel. Now he said, "Vaishnav jan to tene kahiye". Now all these are Vaishnavas because they all have risen from the central path. All of them are Vaishnavas. And "Jo pir parai jaane re" Now these people don't know about " peer parayi" not by their mind, on the their fingers.]

diagnosis doctor
. realized soul absolute truth

[Translation: All the diagnosis is done on the fingers. There is no need to go to the doctor for this. Everything can be told on the fingers which chakra has been caught. Whose has not been caught. Who is a realized soul and who is not. Can't cheat because they have reached the place where there is absolute truth, now no one can cheat them.]

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[Translation: And in this situation, I want the Muslims of our country to come. Firstly, I feel like crying sometimes seeing that they have been in a lot of trouble in poverty for so many years. Somehow they did not get the place which they should have got. There are so many artists whom I know who are very upset.]

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[Translation: The reason for this is that all the time they kept on saying you are separate. You someone else, you someone else. That's why there are so many problems and poverty is so much that I can't see. There are so many big artists, so many big artists and very poor. When there is understanding then there will be understanding. That we all are one for what to fight for. So you understand Sahaj.]

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[Translation: Everything will be fun as soon as you understand Sahaj, because the same Mohammad Saheb also said that you have to be a "Wali". All of them are sitting in front of you. And you have also become one now. You also have coolness in your hands. See, ask the children. Do your hands like this, son. Look, do both hands like this. Both hands like this.]

. . . ? . . .
. ? . . .
. . .

[Translation: Towards me. Keep hands like this. Both hands. Is it getting cold? Isn't it? They are born reslized. You see, you also are feeling it. For you it was coming earlier also. They are very strong. And here also it is coming out of the head. Coldness is coming out of the head. That's what it's called. This is the "Rooh". This is called "Chaitanya". Whether you call it "Rooh" or "Chaitanya", it is the same thing.]

So now he is in our family.

. , . [Translation: You will find relatives in every country. In every country, wherever you reach.]

Amjad Ali Khan : . . [Translation: Mataji Gulzar saheb has also become in your family. Gulzar sahib has also come.]

Shri Mataji: . ? . . conference
youth , . .
. .

[Translation: Gulzar saheb forgot me. I have met you, do you remember? I had come with Shastriji. You had a youth conference, Meena Kumari ji was there, Dilip Kumar was there. Everyone, you also came there. Gulzar sahab is an amazing artist. He writes so well? This is what I asked, is this the same Gulzar sahib?]

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[Translation: I have met you before, you might have forgotten me. I do not forget after meeting someone once. You are very worthy of it. There is a lot of art in Gulzar sahab, there is a lot of art. See, you will shine as soon as you get it. Stay happy. Thank you very much. Will you guys go back to Mumbai?]

Amjad Ali Khan : . [Yes]

Shri Mataji: ? ? [Unclear] . [Unclear]

[Translation: When are you going back? Did you eat or not? I also do not eat food until someone has a program.]

1994-0115, It is question of you feeling it yourself experiencing it yourself

View [online](#).

15 January 1994

It Is Question Of You Feeling It Yourself Experiencing It Yourself

Public Program

National College Grounds, Bengaluru (India)

Talk Language: English | Transcript (English) – Draft

Public Program, 1994-0115, India

At the very outset we have to know that truth is what it is, you cannot change it, you cannot transform it, you cannot describe it, unfortunately at this human [UNCLEAR] which is human awareness you cannot know it. [UNCLEAR] process [UNCLEAR] because if you have known the absolute truth there would have been no quarrels no fighting no [UNCLEAR] no arguments no war. But we don't know [UNCLEAR] and absolute truth that only we know through the last breakthrough of our evolutionary process this you have to understand. Of course I was told in Bangalore people are very ritualistic and they believe in the rituals. All these rituals are for what, why are we [UNCLEAR] going to temples going to [UNCLEAR] going to mosque and you just see, there must be some purpose but it is like the steps of this hall but if you have to come in the hall you have to give up the steps now that's enough and sufficient in you last lives that's why you are here. Now a special time I will call it as a blossom time is this modern times which is "ghor kalayuga" agree... And at these modern times we see such a decline into everything and we are surprised how such a [UNCLEAR] has come. All our advancement so far has been either we are [UNCLEAR] call it something very blindly or else its just a mental [UNCLEAR]. Human mind has all variations and when these mental projections are carried to far and they are not substantiated by reality it starts falling down and that's how we find [UNCLEAR] from reality from goodness and righteousness we start wondering why this happens. So now the time has come for people to know the absolute truth... the truth. Now what is the truth? I must tell you whatever I am going to tell you you need not accept [UNCLEAR]. But you have to keep your mind open like a scientist... absolutely an open mind, and what I say is proved that has honesty [UNCLEAR] because this is the solution for yourself for your benevolence, for the benevolence of your family, benevolence of your city, benevolence of the country and benevolence of the whole world at large.

The truth is that you are not this body this mind all of you know this but i will tell you again truth is that you are not this body this mind this conditioning this ego these emotions but you are pure spirit. And the second truth is that there is a all-pervading power of divine love which is awake in subtle energy which is doing all the living work.

So the first truth is that you are the pure spirit and the second truth is that there is a all-pervading power of divine love, truth is love and love is truth. This you see the beautiful flowers here and Bangalore is known as the city of flowers, we take them for granted, we don't even see how miraculous it is that they have come out of one seed such different varieties of [UNCLEAR] we just take them for granted. We see our heart running, who runs our heart? If you ask the Doctors they will say this is the autonomous nervous system but who is the auto, who is the driving force behind, we take all these things for granted and that is why we do not want to go in to the such find out who does all this living work, there are so many things I can tell you which nobody can explain through science, who does this? The one who does all these is this all-pervading power of divine love which we call as Brahma Chaitanya, Quran it is called as [UNCLEAR]. In every religion it is described and that you have to seek the union with that and this union is the real Yoga the Spiritual Yoga where you are connected to this all-pervading power

We are ancient people, specially in this aspect of spiritual life we have really done lot of research because you don't know our country is so beautiful, forget the politics otherwise, it's a beautiful country because say if I am in London if I have to get ready it takes at least half an hour to get ready to face the horrible climate and the horrible rain of [UNCLEAR]. And the way the people are, they have no sense at all of what is purity, no sense. These people were once called as a [UNCLEAR] Shalivahana one of them met Christ in Kashmir, and he asked what's your name. Christ said my name is Esa, I come from a country where all are [UNCLEAR] so I have come here. So Shalivahana said you see why don't you go back and improve their [UNCLEAR] what are you

going to do here and when he went back he was crucified [UNCLEAR], no sense of purity believe I have been there as you know we are operating in sixty countries or so they have no sense of purity of course they are not ritualistic also, they are not blind like us, but at least whatever blindly we believe in is something which keeps us clean inside and that is why in this country people knew about Kundalini since long. I don't know if you have read about Markendeya who [UNCLEAR] once about fourteen thousand years back in history and he has talked about Kundalini. Then we have [UNCLEAR] who were like [UNCLEAR] ghorknath ancient they have talked of Kundalini there where the ones who healed, used a separate or different type of a medicine which they called as Sahaj [UNCLEAR]. While we have other type of search like the Vedas even with Veda... Veda means to know on your central nervous system bodh also means to know on your central nervous system because whatever we know in evolutionary process we feel it on our central nervous system.

So in this country Kundalini yoga was a great research work done, I have not done nothing special, I must tell you it's all from our heritage. Only thing if I have done anything is this that I found out a method by which a mass realization can be given, a mass, but that's nothing great I think because if you know the permutations and combinations of our various Chakras and why people suffer from it that's very easy to achieve that thing. That's why people think it's very easy, Sahaj means easy "Saha" means born "Ja" means with is this right to get this... to get this. It's your right to get it, specially in this because I can tell you that we believe in the clean life, we believe it, people may do wrong they may go astray but they know in their heart's apart that they are doing wrong. Even you see young people, very young people these days, in India also they need to horrible things, but when come to me I ask them they said we know but we have to do it out of fashion we have to do it out of compulsion and once you start [UNCLEAR], it's very surprising that they know but in other places if you ask any English man or American or Russian, anyone, why you take drugs, he said why, who are you to ask me, what's wrong. They say what's wrong, they don't know it is wrong, even that we need to tell they do not know and what are [UNCLEAR] I don't understand.

Because it is Indian we like everything foreign, so because it is Indian we have so far neglected such a beautiful thing what we call as self-realization, this will not only solve your problem as i told you but the whole world will come to you for this, they do they are coming, when they come to this country they will be surprised they kiss the slab... they kiss the slab and [UNCLEAR], it is very surprising that western people were never known to know Kundalini who don't know it, Russians specially you don't know how [UNCLEAR] they have just so much in to it why we Indians don't. We are so much used to kind of say for example today my lecture is there there is just another surrender lecture... guru shopping going on. Nobody understands what a great treasure we have in this country and how much we can achieve by establishing this self-realization. If every... the first question is financial for Indians always they are becoming now little materialistic i must say, but even that problem is gone with Kundalini, you will be surprised in a country like [UNCLEAR] we have so many unemployed, not one single Sahaja Yogis is unemployed because your attention becomes so sharp that whole system becomes so silent and so peaceful, all the natures are used that you just become very dynamic at the same time extremely compassionate. I myself I am surprised that the change that we see, overnight people have given drugs, for you Bangalore I am told [UNCLEAR] with drugs, it's very important for parents to bring children in Sahaja Yoga, overnight they have given up alcohol, drugs. There was a person who was known to be a rogue, they said he is a thief, he is this and that and so many [UNCLEAR] I don't know the story about it, and this fellow is now a saint, just like one week. It's all your own power, Kundalini is your own power she is your own mother, everybody likes this mother, individual mother, and this power is anxious to give you your second birth. I don't do anything it's just you can call me a catalyst or I don't know what you should call it but if you are enlightened person you can enlighten another person, once you get your enlightenment then you can enlighten other people. First we had only one person one family who was enlightened and today we have so many Sahaja Yogis, I am moving all over the world and I come only once a year but just see how they are achieving. So your own powers get enlightenment, so what happens I must tell you because this one lecturer, I am trying to tell you explain to you what happens to you.

The first thing that happens is that you feel the Chaitanya on your fingertips as cool breeze, Adi Shankaracharya has called it "salilam salilam" by saying Shivoham you don't [UNCLEAR] but might become when you [UNCLEAR]. Just by reading books, just by saying mantras nothing can happen. It's the question of becoming, unless and until you are enlightened whatever you may try, Kabira has said [UNCLEAR] how come by reading people become [UNCLEAR]. I have met many they are supposed to be great masters... this... that. You talk to them they just start reciting everything nothing inside...all outside [UNCLEAR]. So the first thing you feel is the cool breeze as it... Christians would put it cool breeze of the holy ghost as in the Bible is explained. So this "salilam