

Diamonds, rubies, and emeralds, pearls all kept in a basket, like this, small, small. Like, just like chana, all over. Emeralds, pearls, diamonds. And they also have a peacock throne, which has got seven steps to go up, peacock throne, of gold absolutely. Peacock. And whatever is remaining out of that, they have made the big globe of 20 metres, like this; globe; where all is of gold.

And wherever they are snow peaks, they are shown with diamonds, snow peaks. Snow. Peaks covered with snow, shown with diamonds. They put diamonds there. And Mother earth, the rubies.

Sahaja Yogi: And rubies?

Shri Mataji: Rubies for the Mother Earth. And the green, for forest, emeralds. And blue sapphire for the earth and also pearls for the snow. You see, such big, big pearls I have seen, such big, big pearls, all from India. So many big, big diamonds like nails. One of them was taken by the English. One by the Germans. The big one is called 'Koh-i-noor'.

Sahaja Yogi: 'Koh-i-noor', yes, I know.

Shri Mataji: Cut half for the queen's head.

Still, we have so many things. In Mysore, you did not see, but there is a big elephant of gold in Mysore, and just like an elephant, in gold, in Mysore. I don't think you saw that, you went to Mysore, but you didn't see, because you were late.

There is another one in [unclear] He has got gold cutlery, crockery for 500 people. Gold, cutlery, crockery for 500 people he has got.

And nobody steals it. You can't imagine, so much wealth, you see, and even the poor people have seen them. There is no competition in India. Now see, if I give a diamond to my servant she won't wear, she wears [unclear]. It is symbolic of different jobs you do, or the status that you have. But they don't have competition, they don't have jealousies. This mangal sutra was offered. In my family, I have to wear diamonds. For my family and royal [unsure] family wear diamonds. Then, another family wears gold. Another family wears silver. Another family of brass, nobody feels competitive.

That's how we manage. No competition, no class consciousness. And everybody is respected according to age. Like, we had servants in my family, who were serving the father of my husband. So, we all had to touch his feet, my husband also had to touch his feet. Any elderly person comes in, then you have to get up and pay respect. Elderly, older than you. You are not to answer back. It's like that.

A son may be Prime Minister, he has to touch the feet of his father. When I went to see our President once, I had cured him. So, he sat on the ground, near my feet. he wouldn't sit on a chair. Because I am a Saint, you see. Even the Governors or anyone, they will not sit with me on the same level. Even one Prime Minister, when I went to see him, he sat. And my husband was working with one Prime Minister, Lal Bahadur Shastri. He used to open the door of my car.

[Laughter]

[Cut in the video]

He was sitting opposite to me. I suggested, "It's too hot". So, there was one 'sardarji [officer], who was in the Foreign Minister, he asked him to sit at my feet. And Shastriji said in Hindi language, "When they are supposed to be godly, they feel so hot". So they have that sense you see, a saint is a saint. You cannot be higher than them. Even the customs in India, if you are wearing my badge, they will never question you. In Delhi, one lady was bringing some silver. At that time, it was not allowed to bring silver in a bag. And one customs officer stopped her and asked her to open the bag. And my photograph was on the top. So he did 'namaste' [inaudible]

They all have respect. They all want to have Realisation. They are very God-fearing people. Even the Muslims are very God-fearing in India. But we also, you see, once we fall in the trap of materialism, we might also, if Sahaja yoga doesn't establish, Indians can go down also. One has to be very careful.

I am very happy I could come today and talk to you. That is why I told them, "Don't have a morning flight", have evening flight. Because I wanted to meet you.

May God bless you.

For Diwali, all people can come, if they can pay, very good, if they can't pay, it's all right.

Sahaja Yogi: If they cannot pay?

Shri Mataji: It's all right.

[Sahaja Yogis: Woah]

Shri Mataji: You can come by a boat.

Sahaja Yogi: No. [Laughter] We can go through Austria with a boat, not through the Alps.

Shri Mataji: You can go to Russia and then take this Russian flights.

Sahaja Yogi: Really? I requested it from Bogdan. And Bogdan said [unclear]

Shri Mataji: I will ask him because they are coming by bus from Russia. [Unclear conversation] Also difficult?

Sahaja Yogi: No, no, and we came to Guru Puja with two buses.

Shri Mataji: Really?

Sahaja Yogi: Yes. Through Estonia.

Shri Mataji: It was all right?

Sahaja Yogi: It was all right but the border from Lithuania to Poland is a problem. They have their mafia. Mafia is there and they have people earning salary in the queue. They go in the queue and they try to sell the [unclear] for 150 dollars. It is very rotten.

Shri Mataji: Is it in Warsaw?

Sahaja Yogi: In Lithuanian border.

Shri Mataji: But if you can go to Leningrad, you don't have to go further by boat. And then take a bus. It is much better that way. And the train is also very cheap from there to Moscow. It's a very cheap train. I think you can ask Bogdan for that. Russia, you get this visa all right, isn't it?

Sahaja Yogi: Yes, yes.

Shri Mataji: [Unclear] It all takes a lot of time.

We can arrange this with [unclear]. Lithuania, you need not. You go directly to Leningrad. It is much better. And also, what you can call, it is easier, because from Leningrad you can get a train, night, overnight train. It will take you right up to Moscow, even further up to the end of Russia. We can arrange it. But your passport number and your photograph must be sent so we can get a visa as soon as we get it. You have to pass one more country sometimes.

Czechoslovakia is all right. Yugoslavia. We will find out which one.

Sahaja Yogi: Shri Mataji, there is a seminar.

[Cut in the video]

Sahaja Yogi: Is it before?

Shri Mataji: What operation?

Sahaja Yogi: There is a cut, operation.

Sahaja Yogi: Operation.

Shri Mataji: There is a cut.

Sahaja Yogi: Inside.

Shri Mataji: Does she get constipated? Constipation does she have?

Sahaja Yogi: No, no constipation.

Shri Mataji: How can it be. You can reach with your hand there? Put your left hand. On the left side or right?

Sahaja Yogini: I don't know.

Sahaja Yogi: All the sides.

Shri Mataji: All right. Left hand towards me and right hand. Left hand towards me. Feel her chakras. Both Swadisthans.

Alganesh: Swadisthan and Mooladhara.

[Cut in the video]

Shri Mataji: Hum. Clear, she's clear. Is there pain now? Press it. No pain.

Sahaja Yogi: No pain.

Shri Mataji: Now, put your right hand towards me. Left hand [unclear] Press it. Press it.

[Cut in the video]

Shri Mataji: Those who want to see can see.

[Cut in the video]

Sahaja Yogi: Not much, Shri Mataji.

Shri Mataji: You are feeling the cool breeze in your hands now? Little lower this side. Are you feeling the cool breeze?

Sahaja Yogi: A little bit, yes.

Shri Mataji: Sushumna.

[Cut in the video]

With a candle, water, and move the hands towards the photograph. See, her cheeks have become red. She should do it three days and she will be alright.

Sahaja Yogi: Two, three days.

[Cut in the video]

Keep on meditating.

[Cut in the video]

Sahaja Yogi: They grow in summer time [unclear]. It is smelling, it has a special smell.

Shri Mataji: Hum. It is not wine.

Sahaja Yogi: No, it is Kataya. We don't know it in English. When we call ourselves kataya, it means that we are like this tree. We bend but we do not break.

Alganesh: It means that we bend but we don't break.

Sahaja Yogi: Yes, we are very much like this.

Shri Mataji: Because they are tall ...

[End of video]

1992-0816, Shri Krishna Puja: Ascending beyond the Vishuddhi, The Viraata State

View [online](#).

16 August 1992

Ascending Beyond The Vishuddhi, The Viraata State

Krishna Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

Shri Krishna puja. Ascending beyond the Vishuddhi, The Viraata State, Cabella Ligure (Italy), 16 August 1992.

Today we have decided to have the puja of Shri Krishna. We have many a times done this puja and have understood the essence of Shri Krishna's advent, which was six thousand years back. And now, what His manifestation was, what He wanted to be accomplished has to be done in this Kali Yuga. As it is, this Kali Yuga is going into a new realm of Satya Yuga, but in between there is Krita Yuga where this Brahmachaitanya, or we can say the all-pervading Power of God's love, is going to act. At this time, what is going to happen with Shri Krishna's powers - this is what we have to see.

Shri Krishna, as I told you, was the incarnation also of diplomacy. So He plays around quite a lot, and ultimately He brings forth the untruth and the falsehood; but in doing that He judges people. So it's very important that Shri Krishna's powers of His diplomacy were to be manifesting at this time, when it is the Last Judgment. So now whatever we have done wrong before, whatever karmas which have been done in ignorance maybe, or maybe deliberately, all of them will be paid back. Those punyas which you have done in previous life, this life, will be also rewarded. This is all done through Shri Krishna's principles of collectivity, where He collectively sees the situation.

For example, as I told you last time also that Columbus luckily went to America; luckily, so we were saved, otherwise we would not have been here. And then these Spanish people, bullfighters, they went and started fighting the poor, unarmed people who were just very simple owners of that land. But they went and occupied those lands, and killed every one of them. So in America you can't find anyone, no doubt, but even in South America you have to go to Colombia or to Bolivia, to great heights, to see some aboriginals there; otherwise most of them are finished.

So now in Krita Yuga all these diseases have started cropping up. But the best part is the drug addiction. These drugs are made, for your information, in Bolivia and in Colombia. You drove them down there, so now you have the drugs and very nicely you are very welcoming them. People went in Nicaragua to help them and brought back all these horrible drugs to Washington; and in every elite society they are just discussing which is the best drug, where is the sale on and where should they buy the drugs. So the all of America is now worried how much drug they can import, and kill themselves and destroy themselves. So this destruction has started from inside.

Then in addition to that, when I went there first I told them not to indulge into these Freudian practices but keep to morality, otherwise you'll have problems. So they had first AIDS, secondly now yuppie's disease, and all kinds of secret diseases they have. Among ten people there would be at least one person who is suffering from that, and among twenty people there'll be at least one person who must be suffering from schizophrenia. Because they made every person, every other country nervous, so now they are getting schizophrenia.

Like this we can see even in England. Now in England they came to India as traders, ordinary traders, and plundered us completely, no doubt, ruled us for three hundred years - as I say, it's gracious hospitality they had - and then they left us in three pieces. And now in their own country there are problems, all kinds. First of all nobody wants to call themselves as English; they all call themselves Welsh or Scots, or specially the Irish. And there is always a bomb scare in London, every time, and for our first program also there was a bomb scare. So you can imagine these English who tried to divide us are automatically divided among themselves, and now fighting each other. But there are other problems also like AIDS and immoral life, everything like that.

Same with the French. French tried to sell their wine all over, and bring their horrible bathroom culture everywhere. Now they are suffering from it. For example, most of the time they're drunk and they have lost all moorings, I mean, they have no sense left in their heads. Like a housewife could be a prostitute - allowed by law. All such things are happening. Now they are paying, and the worst that they are paying, all these countries who think no end of themselves, are recession. This is also Shri Krishna's power, because He's Kubera. He's the one who is the power of wealth. He gave lot of wealth to all these countries, and now they don't know what to do with themselves. We can see in these fifty years how many things have happened, but specially these twenty years have been really remarkable. All over the world you can find out there has been some sort of a complete change, or an exposure. Even in Italy you see every day this Vatican is here exposed, or some mafia connections are there, or this what you call, people from the government are exposed. I am doing nothing, I'm just sitting here, but it is working out that way. Since I have been here I don't know how many people have gone to jail, God knows.

(I don't know if she's not brought My throat pastilles. I had a bath early in the morning, so a little bit ... This is, Shri Krishna is trying to fill Me up!)

We Indians are also suffering, because our past deeds - like we had a caste system. So now the caste system has become the greatest headache for us in India, that's the greatest cancer for us. Like that, everywhere these twenty years or twenty-one years have been ... (... I don't know, because morning. Also reaction on Me ...) So like that in every country, you'll see gradually, every country will have to face for what it has done.

Also Shri Krishna's own style was that He can never believe in caste system. He Himself was born in a caste which is a, what you call is a milkman's caste, and then He became a king, of course; but to begin with, and He lived like an ordinary person. He used to take the cows outside, look after them and bring them home. Now if you see His life you'll find He is absolutely very human, the way He used to tease His mother, tease other ladies. All this is extremely human and childlike, and extremely sweet. But behind that also there was a great significance. For example, Shri Radha - as you know, She was Mahalakshmi - and as Mahalakshmi She used to put Her feet, take bath in the river Yamuna, and the ladies would take water from the same river, carry on their head the pitchers. Now Shri Krishna wanted to raise their kundalini, so He used to hit them from the back so that the water falls on their back, and that vibrated water would raise their kundalini. This was His childish trick, but it had a meaning.

Another one, when we see Him in ras - "ra" means energy. Radha: "ra" is "energy," "dha" means "the one who sustains it" - so it is Radhaji who had the energy. "Sa" means "with," so when they played ras, was nothing but to play with the energy. And that's how He wanted to have a collective awakening of people, of gopa and gopis, and He did it. But then He had to leave and fight this Kamsa. In His own lifetime, as a child or grown-up, He punished all kinds of devils and women devils who were like Putna, and all that. He did it, and in this Kali Yuga also He's active. We have seen how gradually He has finished so many false gurus, one by one; somebody who called himself Shri Krishna, somebody who called himself as God, something else, something else. He finished them all, exposed them nicely, and now we have very few people in the arena left for us to fight. They themselves are trembling and they are quite frightened of us, because we are standing on truth.

So now, when we have to think about Shri Krishna who is residing in our Vishuddhi Chakra. Many people have this problem of left Vishuddhi. That is because we are more sort of very social people. Now in the Western society, the social system is so rigid that anybody can collapse with that, or used to be; now better because of the, maybe the revolt, anti-culture. But otherwise if you could put one spoon from here to there, then you are finished. If you start your food with, say, not with the fish knife but with an ordinary knife, then you're finished, you are no good. And these French have made even much worse by using a big science out of alcohol. For this alcohol this is the glass, for that alcohol that is the glass, and all that. So the whole collective was made so rigid. It's much more rigid than in India. I used to think Indian collective is quite rigid because of certain conditionings we have, but after coming to the West I was surprised that it is such a conditioning in the heads of the people, that some of the conditionings you cannot remove - say from Catholic Church, you might say, or from wherever it is. But when it comes from somebody like Freud who was absolutely a devil, they just give up all these conditionings and take to that. I cannot understand any country where there is Catholic Church so predominant, they are following Freud.

So this collective rigidity, which was then because maybe Shri Rama was a very formal person, because of Him maybe the collective rigidity might have been in India. But in the West it is all mental, it's absolutely mental. If you make this kind of hair then you are all right, if you put oil then you are absolutely lunatic: all kinds of funny ideas were given, and people started doing like this. If you don't put oil at all you'll become bald. If you become bald, then they will have a business of their wigs. So the whole thing was money-oriented, and everything was made so fixed that you had to do it so that they could sell their things. England was, as you know, is tailcoat: you have to wear a tailcoat if you have to see the Queen. I don't know why you have to wear a tailcoat to see the Queen, but it's compulsory, and if you don't wear then you are not allowed. So they have to borrow these tailcoats and all that from one shop, which can be tight, which can be loose, and everybody looks like Charlie Chaplin to Me! They can't walk straight.

So this kind of stupid rigidity that came into the West has really made them very nervous. People are so nervous here. If you tell some lady that "I am going to come and have food with you," she will collapse. God knows what she thinks, I mean, it is caring for the public opinion, or her own conditioning. But in an Indian, a housewife, if you tell her you are going to come, she'll be the happiest person. She'll be very happy that you are coming to her house for dinner. But here even if you say, "I would like to come and see you in the evening," they'll say, "All right, come in the pub." Because they're so nervous, they're not sure of themselves; and this has come, I think, perhaps from these norms that there have been created in the West.

In India also we had lots of these ritualism that came up very serious. Like we had people, Jainis who'd pick up their hair with their hands. They are not supposed to use any knives or any scissors or any barbers, so they were supposed to pick up their hair on their own. So from their beard, from their this thing, they would pick up all the time. That went to such a horrible conditioning that they would say that if you, even if you breathe then you can, you might consume some animals. So they would put some sort of a cloth before their mouth, and all kinds of nonsense they did.

At that time Shri Krishna came in. His own cousin was a tirthankara, you'll be surprised, Neminath. He became a tirthankara, and that made Shri Krishna think about it, that this kind of stupid ritualism that we have. Like in the morning women will get up, in their sleep they will go, put some water for tulsi, do this thing, that thing, throw water here and there. And also the untouchables and touchables; and you can't take water from this, you can't eat this, you can't move like that - all kinds of restrictions, timing, everything. This time is not good, that time is not good, this you should not do, that you should not do, to such an extent that the whole movement of our country was round these rituals.

I had nephews who used to come to Bombay for their work. Every time they went to Lucknow, they would come with shaven heads. I said, "What's the matter?"

He said, "There are many people in our family who are old, and when they die we have to shave our heads."

So every time they went there somebody died, so they came with shaven heads. Like that such horrible rituals existed, and even now in the South India there is a lot of rituals are there, terrible rituals, and they cannot get out of it, they're frightened. If they get out of it then they might be sinners, or they will go to hell. So the Indian conditioning was, as far as these rigidities were concerned for religion, to be on the right side in such a way that we should not be caught up without doing this. So early in the morning they'll get up and do the rituals, just without even thinking about what they're doing. But in the West, I mean the lifestyle is nothing but rigidity, the whole lifestyle is; there's no freedom anywhere. And all that then was rewarded by these hippies and other people, and all of them, and they fought it, and that thing went to another extremes. So from one extreme to another extreme they went.

Now, how Shri Krishna's advent changed it. When Shri Krishna came on this Earth, He said this is all a leela, it is just a play. Because you are involved into it, you cannot see the play. But if you ascend - if you are in the water you are afraid of the water, but if you get into the boat you can see the water, and if you know how to swim you can even save the people who are in the water. So He says that if you develop a witness state, sakshi swarupata, if you develop that state then you see the whole thing as

a drama. Nothing affects you. Nothing matters, you don't worry about anything, you see the problem above; you are, and you see the problem, and because you are out of it, you can solve the problem. This was His great advent, I would say, that has taught the first step towards the ascent, is that you have to become a sakshi. You have to become the witness.

Now let's see in Sahaja Yoga. In Sahaja Yoga there are different types of people come from different areas, from different cultures, because the door is open to everyone. Now if an Indian comes in, he will be all the time watchful about others, and will say that "Mother, this man is not doing this, this man is not doing that. He should have done footsoaking." He'll find faults with others, all the time saying that this man is not doing like this, and you know.

But in the West they start finding faults with themselves. And I receive letters, ten to twelve pages sometimes, confessing what wrong they have done. Who is interested to know, what wrongs you have done? I mean, if a lotus is born, nobody wants to know how many filthy things are inside the pond. You are now a lotus. But it's so common that they think we must confess, we must tell Mother what wrong we have done. Every moment you are changing, so what is there to confess? And the life is so formal, as I told you, that people suffer from guilt for anything. Apart from the influence of this Catholic Church has conditioned you so much that even if you are not a Catholic, you're a Protestant, still you have guilt, and as a guilt you develop this left Vishuddhi.

So then this left Vishuddhi is Vishnumaya - means what? Once you have this left Vishuddhi you develop all the problems of the Vishnumaya, and one of them is the heart. Because Vishnumaya is an active thing, She is like electricity; and if you have Vishnumaya problem, then you become lethargic. "Oh, I'm so guilty." You become depressed. That Vishnumaya Principle disappears from you. She's the one who's quick, fast, and She gives the light, and announces to the whole world what Shri Krishna is. While what happens with such people, Sahaja yogis who come in, who feel guilty, they say, "Mother, You know, we thought that if we do this then our ego will come up. If we do any work outside and work in some fields or in some villages, then our ego will come up. So we don't want to do it." This is absurd. It's like you give light to some light, and the light says that "I don't want to give the light, because maybe this light might develop an ego." It is absurd. But such absurd things Sahaja yogis tell Me.

For them one has to understand, to get out of this left Vishuddhi is to become absolutely dynamic in Sahaja Yoga, go all out into Sahaja Yoga. Otherwise they can't get rid of their left Vishuddhis. Left Vishuddhi is a thing that's a very depressive action on the whole being, and a person who has left Vishuddhi is always a very slow person to do anything for Sahaja Yoga. You have not been given light to hide it. Christ has said that you don't put light under the table. So you have been given light to work it out, to be dynamic, to think what to do, how to arrange, how to organize. But if you are guilty, then you will all the time say, "Oh Mother, it's very difficult, You know, this . . ." Always you'll find the other side of the whole joke, just to avoid.

Now for a Sahaja yogi is to witness himself, first of all. That is the introspection. He should see for himself, "Where was I, and I have come here." Don't indulge too much in the past, but see the distance you have crossed in such a short time. Now you have come into the Kingdom of God, you have all the powers. I don't tell lies - it's a fact.

I'll give you an example, if Wolfgang allows Me to say that. Wolfgang was with Me when we were traveling from Prague to Vienna and the plane, you see, he told Me that the plane is at ten-thirty, but it was at nine-thirty; it was a mistake. It's all right, there can be mistake, of course, that also is Shri Krishna's style. You can always do mistakes, doesn't matter. So we reached - I mean, why all these things happen, see, to create an event, a ghatna. So he was very upset about it that he told Me a wrong time, and I reached there about fifteen minutes late. And there was a ground hostess, horrible, she started shouting at Me, saying all kinds, "It's not fair, You don't know," this, that and everything. I just didn't bother about it because I knew that it was out of mistake we've done it. And they could have taken away their plane instead of shouting, but they kept the plane and shouted at Me, because she wanted to shout, you see. Then the plane was filled in with people and it would not leave, so I asked the engineers. They said, "It has been like this for the half-an-hour. We are trying to correct it. It's like this." So it's all right. He said that "We'll have to wait till we put it right."

But because she shouted at Me, Wolfgang was full of tears, you see; just look at this German having so many tears in his eyes! Then Alga was telling him that "It's all right, doesn't matter. It's not your mistake." He was feeling so sad that Mother has been insulted like this by this lady, because of my mistake - I mean, it's love.

Now the power of his love was so great. At the same moment there were so many, to about fifty people, Sahaja yogis standing on the balcony watching us. We also felt and they also felt, but they felt a tremendous cool breeze like a big blow came to them and blew upon them vibrations, and they just got enamored. And suddenly when they opened their eyes what they find, the whole sky was filled with clouds. There was not a single cloud. In one second, in one second from where the clouds came, God knows. It was all completely filled with them. Then they asked us to get out because they could not do anything. So when we came back it started raining.

When we came in, he got after that lady. He said, "Now, whom are we to shout? We can't catch our planes now." And then they announced that all the flights are cancelled. So see the power of his love for his Mother the whole sky couldn't bear it, you see, the, his eyes became the sky. And in a second they said, "Mother, we have never seen such a miracle, that there is not one single thing and the whole thing was filled with this."

So you must know your powers. That is what is - first of all witness yourself, is the introspection. See for yourself how many powers you have got. Now with your left Vishuddhi you will always conclude, "Oh, how can I have any powers? After all, I have done this, I have done that." Even if you give somebody hundred pounds and you tell him that now you go to the market, buy something, he'll say, "Oh, what's the use of this hundred pounds?" this, that. Use it! As simple as that. But then Sahaja yogis start saying that "No, no, no, no. Mother says, but how can I have? How can I have these powers, after all? It's not possible. I'm not good." Because that left Vishuddhi's all the time telling that you are good for nothing. It's like a leaking hole in your brain that takes away all the sense, and you accept it. So first thing is to introspect yourself, and see for yourself how many powers you have got.

Like in the beginning no Sahaja Yogi would give realization, in India. Nobody would even touch anyone. It so happened that My car failed and I was late two hours, luckily, and there was a big meeting and they didn't know what to do, so they started giving realization to people. And then they realized they can give realization; otherwise they would not touch anyone. Now you know that what you can do. You also know that whatever you say happens. Whatever you want you can get it. Try, try, try! But if you don't do it, then you'll be all the time half-baked. Take the experience of your powers, see how dynamic you are. Don't have formalities about it, just use it fully, and you will be amazed that you have so many powers.

Somebody told Me that "Mother, You have given a siddhi to Guido." I have given siddhi to all of you. I never discriminate; but it's only he is very brave, he's used it left and right. He uses left and right. If you do not use your siddhis, what can I do? I've given you all the siddhis, no doubt about it, so try.

Like in the beginning Baba Mama told Me that "How can I write a poem? I feel like writing but I am rather frightened, because I could not even write an essay." I used to write essay for all My brothers, you see, when they were studying. I was very good at languages. But that's what he said, and now look at him!

I told him, "You go ahead and write whatever you write."

He said, "I may write something wrong."

"It doesn't matter. Write it." In the same way, somebody wants to paint something, one should not think how they will criticize or anything - just paint. If you want to sing, just sing. If you want to do anything, any manifestation, just do it boldly. Go in a big way. You'll be amazed at yourself how you have achieved it and how you are doing it. It has worked with so many artists, you know that. That day Debu told you about himself, and in so many they can tell you that this has happened to them.

So now the first thing is to know that you have powers. Now believe in them. Have faith in yourself. If you have left Vishuddhi, this Vishnumaya won't work out. But be like Vishnumaya. Just give up this guilt. "No, I am a Sahaja yogi. I'm not an ordinary person."

People sometimes talk to Me and I say, "Do you know what you are?"

"What, Mother?"

"You are a Sahaja yogi."

"Oh, I forgot."

"Now go and do it."

And the another style of this left Vishuddhi is this, which one must understand, that it tries to give an explanation. As I told you many a time, you tell somebody that telephone to someone. First they will say, "He may not be there, Mother."

"Baba, you telephone! First find out if he may be there or may not be there."

But they would not. They would just avoid, and that is another thing. Vishnumaya never avoids, you have seen that. Once She has to shine She shines, wherever She is, whatever She is. So in the same way we have to be like that. We have to know that we are special people, we are chosen, we are angelic and that we have entered into the Kingdom of God, and it will all work out. Sahaja Yoga is not meant for useless people.

As I told you, in Marathi, Tukaram has said, "Yeddy gabalyache kam nave." It's not meant for lunatics and lousy people. It's meant for somebody who has tyala pahijet jatiche. You need people of character. I know that there cannot be many like that, but there is no place in God's realm for many people, for all these useless people. It's only for something special. These seats are reserved and you have got your realization now, somehow. So now try to understand that this Vishnumaya Principle has to be expressed and has to be shown, and you introspect yourself, "Have I done that or not?" Don't be afraid that they say that "But our ego will come up." Doesn't matter. You will also see your ego. This is the second part of Shri Krishna's play, that in this Krita Yuga you see your ego.

There was a lady who was rather not very kind to some Maharashtrian ladies. So I told her, "You have got right side." She wouldn't believe. She came to see Me in Rome, and she fell down on right side, completely. Then she realized that her right side was not all right. So to know that, whether you have a right or a left, there's a very good method, is of meditation.

Now the third situation is that you must accept whatever is wrong with you. If you do not accept, then you have not been kind to yourself. That is the central part of it, that you must accept, "Yes, this is something wrong with me. I have gone in this part I'm wrong, of my Vishuddhi, or that part I'm wrong. So now I have to improve."

Now, right Vishuddhi people will always try to correct Me. I've seen it. It's very simple for them. If I say anything, "No." First words. Different types "no's" there are. Sometimes, "No!" Sometimes it is "No, no, no, no, no, no, no, no, no, no, no, no!" They will contradict Me or try to put their own idea, and then they discover that it was wrong; they should not have said it.

Say for example, if I say, "I saw these things lying here."

They said, "No."

I said, "I saw with My own eyes and once I see something, you know, it's registered, it's there."

"No."

I say, "All right, just try to find out."

"It's there! How is it we didn't see?"

I said, "Because your 'no' was written on your eyes, I think, you couldn't see anything."

And then they'll pull their ears - that's the best. But if you see that, "This is a habit I have of saying 'no' to things." So first of all, I also test you. Supposing I say, "It is just now nine o'clock in the night", you just say "yes", let's see what happens. Try to see. You see, I test you many a times like this and then I see that some people, if I say so, "All right, if it's so, if Mother has said, it is so." And then it starts building up their faith very well. I can see they're, clearly how they are coming into the realm of real faith, and there when I say something absurd they'll just smile. They know, "It is Mother is just testing us", you see, so they just smile. They wouldn't do anything, but they'll just smile. And then if it is so and if they don't know, they'll say, "Yes, it must be. Mother must have done this or said so."

So your testing time is there. You have to test yourself. As Mohammed Sahib has said, that your hands will speak and they'll give witness against you. So, on your hands you will know. Now these hands are the blessings of Shri Krishna. They come out from the same Vishuddhi, and as you know the pelvic nerves serves it on all that. And there are two chakras of one Lalita, another Shri Chakra, all on these both sides; they also play into the hands of Shri Krishna. With these hands we can feel the vibrations. Now if your right Vishuddhi's too strong you may not feel, if your left Vishuddhi's too strong you may not feel, but that doesn't mean that you haven't got realization. You have got. You just work out your hands.

Now for working your hands, you have to see that you don't use them for useless things. That's very important, because you have special hands. These hands are the ones with which you spread the collectivity. Now for example, Italy example, this: here the people when they talk, they'll go on ... They don't know anything what they are saying, they only know their own, all their gestures, and they only can depict. For a person who doesn't know them, they'll go on like this, like this, all the time. So this should be reduced. There's no need to use your hands so much all the time, like this, like that. Little bit, but while using the hands also it should be decent, it should be regulated, it should be very indicative and useful. Just showing off your hands is not good. It is some sort of a theory came out, I was told, that you must put your gestures into your hands and speak. Is all right for people like Hitler, but not for us. For us we should be decent. We should, whenever we have to say - now for example, you want to point out something to someone, shouldn't say "do this." This is Shri Krishna's finger, you can't use it like that. Let them do, means supporting everything. This looks better.

These hands are to be used for collectivity. See, we say "namaste" when we meet others. To thousands of people we can say "namaste." But I don't like the shaking hands business because it's no good. Shaking hands doesn't create any collectivity. On the contrary, you might get all kinds of pins and needles and all kinds of problems from others. But when you talk to people also, with these hands only you can feel them; with these hands only you can care for your children; with these hands only you can suggest your softness, your sweetness, and also with the mouth - which is of course is a part of the Vishuddhi, that's different - but specially hands. Your gestures and everything should show very heartfelt emotions, and then only these gestures have some meaning.

Now in Sahaja Yoga as you know, you hold each other's hands and the vibration starts flowing among yourselves. And you can also hear the tabla on your throbbings, so that shows that they are the communication. So these hands, which are really the beginning of the collectivity - most important, I would say the most important things are the hands, which act for your collectivity. As far as you are concerned there are many other angels and other ganas who are standing behind you. They also, they extend their help to you whenever you want to communicate something, they also do your jobs very well. So whatever is expressed in your hand or through your hand, they immediately pick up.

As you know that Vishuddhi has sixteen petals, and all ear, nose, throat, eyes, all are guided by this. Also the sub-plexus of this Vishuddhi is this one, is the Hamsa Chakra. So we have these eyes to see, eyes to communicate. The pure eyes communicate

pure love, purity. With the pure eyes you can cleanse people, with the pure eyes you can help others, you can bring peace. The purification of the eyes takes place through your Vishuddhi and Agnya. Here both things have to work out. The nose is very important. Nose has to be pure, in the sense that you should be able to discard whatever is smelling badly, and you should be able to accept whatever is fragrant. It's very important, because nose is the speciality of Shri Krishna, I would say, in the sense that He's the Kubera, and the Kubera has given the nose to the Goddess. Some people have a bad habit of moving their nose just to show disapproval or something like this, they go on doing like that. This is very wrong, because then you are insulting yourself, you're insulting your Kubera power. So you have to keep your nose in a dignified manner. It should be a dignified nose. It should not be used for doing something which is undignified, or which expresses contempt.

Then your teeth are very important. You have thirty-two teeth, see, sixteen of Krishna's powers divided in two, you can say thirty-two. These are your teeth on both the sides. The right side is on top and the left down below. That is one thing we neglect very much in the West, I must say. In India it is not. It is very much we neglect, and that's what we have to look after. The reason for neglect is that, I would say, is laziness, must be the laziness, but at least twice or thrice you must brush your teeth. Is important, that I need not say, but more important is to change the brush. Also you have to use butter, or salt and oil to rub your gums. If you rub your gums properly, you will never have problems with your teeth and your gums. Moreover, every time in the evening you must again brush your teeth. I've seen many people who come to Me in the evening in the program, such a horrible smell from their mouth comes out. It is not that it's a disease but it is, only thing is that they have not cleansed their teeth. Also there are people who will not even brush their teeth, and start eating breakfast. I don't know, it was another theory started, I think, that you can eat your food without brushing. Teeth are very important, and one must look after them. On the teeth it depends all the qualities of your Vishuddhi. So one has to look after the teeth in a proper way, and should never clench and never show temper with the teeth. It's a very bad habit. Also here is a gesture I have seen that if they don't like something, they just go on like this. It's a very wrong thing. One should avoid that kind of a gesture, and it's very dangerous for your teeth. So today's lecture is more sort of medical, I must say.

A person who is spiritually endowed has an expression which can never be aggressive. He may not be good-looking, may not be very, a sort of a attractive personality, but the expression on the face is absolutely saintly. That is also the blessings of Shri Krishna. I have seen people after one year of realization, and I was surprised how their faces were changed, that I could not recognize them who they were. The whole thing becomes absolutely mild, soft, peaceful and very joyous. All the qualities of Shri Krishna can be expressed on your face. You can be sometimes mischievous to look at. So many expressions there are which come on the face, and give you a very sweet feeling.

But some people have a habit of looking in the mirror all the time, which is very wrong, because it gives you a kind of a funny ego. Is better to look at Shri Krishna's photograph than to look at your own faces, so that your face will become like that of Shri Krishna; instead of you start looking in the mirror all the time. What will become of you, God knows, because maybe if you go to your past, God knows what you'll become. So also I'm thankful to psychiatrists that they don't like narcissism. But it's very dangerous to all the time watch your face in the mirror, very dangerous. It creates a very funny personality, that you start telling yourself, "Oh, I'm Napoleon." So you become Napoleon, and start behaving like Napoleon. Next day you find one Napoleon walks out of the bathroom!

So one has to be careful not to pay so much attention and importance to your own self, but to your Self which is within, which is your Spirit. And if you look after that side, then all these things will happen in such a beautiful manner. Also the hair are looked after by Shri Krishna. Now you see, you know that He's very fond of anything that is like butter, so you have to put either butter or oil or something in your hair. If you don't put it you'll become bald. What can - I mean it is after all a karma phala. If you don't put oil, you'll become bald. So you have to put oil, and oil was put always before in the West. I see all these old films and all that, they're all oiled people. But now of course, if you don't want to put oil in the daytime you can wash it off, but at least once a week you must oil your head.

Shri Krishna's star is Saturn, Shani. They say that if He gets after somebody, then nobody can be saved. If Shri Krishna gets after someone, then nobody can be saved. In the same way, if Saturn gets after someone then that person is finished, so we say it's for sometimes, it is seven years He's after you, or sometimes two-and-a-half years after you. So this Saturn of Shri Krishna is a,

it's a quality within us that, supposing if somebody troubles us or does something, we don't have to do anything. Now this Shri Krishna policy, this, we can say, the Shri Krishna's nature will work it out. It will inform this all-pervading Power, and through that this man or this woman, or this party or this organization which is trying to trouble us will be hounded, while we'll be just sitting doing nothing. They'll be just hounded till they jump in the sea. Automatically it will happen. But you have to know that you have the powers of Shri Krishna by which, if He gets after someone, then nobody can save them. He's the last one who plays around, but He doesn't forgive. He doesn't believe in forgiveness. He says, "Now, you had enough of it." He gives a big, big long rope to hang yourself, but He never forgives. One thing for definite, He never forgives. As you must have seen in Mahabharata His own judgment of things, you see, He doesn't forgive. He says, "You have to pay. You have to pay for it." Except when, when you transcend. If you become a Sahaja yogi, if you have transcended Vishuddhi, then He cannot do anything like that to you. But if you have not, if there's no ascent you cannot be saved, you cannot be saved from Him.

They say once Mohammed Gajani [Ghazni] came to loot our country - I mean, it's a story about the village folk. And there he's looted Somnath, a big temple of ours, which had lots of gold, jewellery, everything in it. So these brahmins were, you see, taking money from all these people and looting them, and putting them in the temple and using them, and the rest of the people were very poor. So it was sort of a reaction in them, and the story they tell like this: so this Mohammed Gajani [Ghazni] looted Somnath, is the temple of Mahadeva. Now Mahadeva never needs any ornaments or anything, but they had put this there. So Hanumana saw that Mahadeva got out of the temple and was running, so Hanumana ran after Him. Then at one point Mahadeva sat down, and Hanumana came.

He said, "You are the God of Gods. Why are You running? What are You afraid of?"

He said, "You don't know this Mohammed Gajani?" [Ghazni]

He said, "No I don't know."

"All right, hide behind a tree."

They hid behind a tree. So this Mohammed Gajani [Ghazni] came and sat down - this is the folklore I'm telling, folk people tell - sat down under that tree. And [Mahadeva] turning to Shri Krishna [Hanumana?], He said, "This horrible thing, if He gets after someone, who can be saved? Under My nose these brahmins were making money and all that, putting it in Somnath temple, which was not to be done. I couldn't do anything, so He came, and with this fellow after Me I cannot be saved either, so I am running away from the temple." So this is the story given by the villagers, but which shows that if Shri Krishna is after somebody, then nobody can save that person, he has to run away; because He has so many tricks and so many styles that you can't get out of it. He'll use His brains in so many manners, and that He'll put that person right who is trying to trouble you.

So you must have complete faith in the powers of Shri Krishna which is within yourself, which is being aware now. And also if you have ascended fully out of this, then He will not trouble; but if you have left Vishuddhi He will trouble you, definitely. If you have left Vishuddhi Shri Krishna will definitely trouble you, and be careful. So get rid of your left Vishuddhis now. That's very important. Because then Shri Krishna will take your test and will make you so miserable that you will not know why. "Mother, You see, I did this, I did this puja, I did this till, let's see now, this is the situation in my family. This is what happened."

"All right, are you a Catholic?"

"Yes."

"Feel guilty?"

"Yes."

"So have it."

What can I do? Shri Krishna cannot be controlled by anyone. He does whatever He thinks proper and He is meant to really punish much more than the Mother, I can tell you. They say that She's Adi Rudra, Adi Saumya: She's the one who's very hard and also very, very soft, but up to a point. He is not. Nothing can convince Him. Once you get into His control, that He'll see to it that you are put right, left, right, any way He'll make you all right. So one thing is there, that you should be sure that you should have your Vishuddhis all right, first of all, and also get Shri Krishna manifesting on others. You don't have to do anything. He'll look after you, everything, and work it out. But left Vishuddhi is a disease of the West. I also feel so much from you all that I sometimes feel like running away to India, because in India nobody feels guilty. They don't believe in feeling guilty. "What is there? We have not murdered anyone. Why should we feel guilty?" Here it is a disease with everyone, "I feel guilty." I don't know who has introduced this idea, maybe this Catholic Church, but carried too far.

So then we come to the Virata's point, is here. Before that we have to cross the Hamsa; without that you cannot reach the Virat point. So Hamsa is as you know very well, is the discretion, divine discretion, which must be within you. Once you develop that, then you don't commit mistakes. You never commit mistakes - mistakes in the sense you don't do things which are again pushed back on you, or for which you have to pay. It's just a very straightforward life. "It's so? It's so." With this discretion, absolutely you have a complete understanding as to what has to be done and what not to be done. And if that is established, a discretion is established. In many Sahaja yogis, I must say, discretion has come even with their left Vishuddhi. Even if they have left Vishuddhi they have this discretion, they know what is right and what is wrong. With that divine discretion, the first thing that happens is that people get impressed by you. It's real collectivity, it impresses the collectivity. A person who has divine discretion, people immediately see the wisdom of that person and think, "See now, this man, how could he be? He's so young, how could he be? He's such a child, how could he be?"

So this divine discretion which is the, here, Hamsa Chakra's speciality, when it starts manifesting then automatically you impress, automatically you impress the collectivity. This is a very important point one has to know. While introspecting yourself, you just see if you have developed this quality of divine discretion or not. For example, there are many I have seen when they come to the program, they come and tell Me, "Mother, some Sahaja Yogi told me that, 'You have a bhoot.' Have I got a bhoot in me?"

I said, "Not at all. How can there be any bhoot in you?" He may be having, but the divine discretion is not to tell him just now, but to remove it.

So divine discretion gives you a complete understanding what is the way to handle another personality, what is the way to handle a collective, how to talk to others, how to impress on them the right things. It's a very, very expansive manifestation in so many directions. If you have no divine discretion, you'll start speaking what you should not speak, you'll start saying at a time when you should not say. I mean, you'll have no sense at all of any direction. So to have divine discretion is very important, for which as you know, Hamsa Chakra physically as well mentally and also spiritually must be kept all right. In My Hamsa's - we had one puja where I talked about it.

The last is the Virat: that is the state you have to reach. Is the Virat is here in front [just above the Agnya], as you know. And I was surprised when I went to Nepal, which is a temple of Shiva there: despite they were worshipping Shiva they were putting all the kumkum here. So I thought that they don't know why they are putting, because even if you worship Shiva you must also worship here, the Virata. They don't put it here [at Agnya], [but] here [just above the Agnya]. Because they're absolutely hundred percent only Shiva worshippers, so why should they put it here [above the Agnya]? Because somebody who knows, who was gnostic, has told them that this is the place of Virat.

Once you get into Virata, then all your ideas of separating or differentiating goes away. You do not have any more ideas of races left, of nationality, of your city, of your village or anything. At that stage you don't belong to any place. You belong to every place, and you don't belong to every place. Such a situation comes in when you don't hanker after any particular food, you don't like any particular type of people, you can adjust yourself into any circumstances, into any families, into any kind of people. You can live

with drunkards. I mean I have lived with drunkards - "lived" means I have shaken hands at least with so many of them. You can be with any kind of person. Nothing bothers you because you are in the Virata state; because everything is absorbed by the Virat, and you do not feel anything. Whatever sort of person may be, you do not feel it. The Virat has to suffer, not you, and that is what is the best state where I want all of you to reach, and to become absolutely free. Nothing can impress you, nothing can influence you, nothing can dissuade you, but you stand on your self-esteem and understanding about yourself, that you're a Sahaja Yogi and that you are connected with this power, and you are a citizen of Kingdom of God.

At the Virata state there's no doubt left about it, no doubt, because you become part and parcel of the whole, absolutely, and you can affect anywhere. If this finger is hurt, then this finger can feel it. In the same way such a person is felt everywhere, and not only that, but that person can be effective everywhere. For that state of reaching to Virat, one should try to slowly, gradually, "Ya neti neti vachanaih nirgama avochu" say. You have to go on saying, "This is not my sister. This is not my brother. They are all my brothers. They're all my sisters. I love them the same as my sisters and my brothers. This is not my family. The whole Sahaja Yoga is my family." The whole attention should move like that. "This is not only mine, it is everybody's. It belongs to everyone. Everybody has a right." That sort of a thing, when it starts growing from individual, what we call is the "vestiti tu sumestiti" in Sanskrit, they say "vestiti tu sumestiti", from individual to collective. And such a personality then is the most effective one for any kind of collective work.

I think for today it's quite sufficient for you to know about Vishuddhi Chakra. I mean, I have talked about it thousands and thousands of times, and now this is one of the sides which I wanted to say, because I find that still there are people who do not understand that they have to rise above Vishuddhi. Otherwise, if they do not ascend over Vishuddhi they can never be proper Sahaja yogis, they'll be always half-baked. So we must try to rise above the Vishuddhi, the discretion part. Then at that point we can never doubt Sahaja Yoga, can never doubt, and that's how the doubtless awareness can come to us.

May God bless you.

All right. Shri Krishna Puja is very small that way, not such a long thing.

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24 August 1992

One Has To Rise Above Your Physical, Emotional And Mental Side

Public Program

University of Geneva, Geneva (Switzerland)

Talk Language: English | Transcript (English) – VERIFIED

Shri Mataji: It's all right, it's ? I don't need, I don't need. It's all right.

Shri Mataji: You can ask them, all of them, to sit; I think there are chairs here and there. Standing, what you can see here also? On the, on the? They can come on the stage. It's a big stage, you know. They can come here, on the stage. Please come.

I bow to all the seekers of truth. At the very outset, at the very outset, we have to know that truth is what it is. We cannot think about it, we cannot read about it and we cannot conceptualize it. And also unfortunately at this human awareness we cannot feel it; we cannot know it. One has to rise above your physical, emotional and mental side. We have reached a stage of this human awareness through our evolution, but we do not know the absolute truth. This is the reason why there are so many theories coming up, so many dogmas, and there are fights, wars, all kinds of problems in this world.

Thanks to Mr. Gorbachev that the political wars may not take place. But fundamentalism is the biggest problem today. And we do not know how they work out their fundamentalism on our minds. It is very important now to understand because this is going to be the greatest problem for us and for our children. To get over the fundamentalism, the only way is your ascent. Then you will realise that all these great incarnations and these prophets all were born on the same tree of spirituality. They were born at different times but teaching the same principles of a universal religion. But the fundamentalists do not like to have, accept, the religion which is one in the whole world, which is a religion which is innate, which is within us. You may be a Christian, Hindu, Muslim, anything; you can commit any sin. What have people achieved by following a particular religion, I don't understand.

Let us take the case of Christianity. I was Myself born in the Christian religion and I was surprised to see Mr. Paul in the Bible. He was not the apostle of Christ. He had nothing to do with Christ and he is occupying such an important position. He had killed a disciple of Christ stealing and also he was epileptic. We can show that epilepsy comes only through possessions. But when he saw such a good platform for him, he decided to use it for his own fame. So he wanted to find out somebody who would be weak enough to join him in doing all kinds of wrong things. The weakest disciple of Christ was Peter. Christ had told him that a Satan will take over, and it did happen that this Paul took over him. And he made such an ado out of him, saying that Christ gave him the keys to build the church. He made a big ado out of him to say that the Christ told Peter that, "You build your church and I give you the key." Now see the logic: how can Christ ask the weakest disciple whom he had said that Satan will take over, appoint him as the head of a church? Between these two persons, they decided to re-edit Bible. Of course, they had done lot of wrong but despite that there are lots of truths also in the Bible. They opposed matters for Immaculate Conception.

Thomas had to run away to India because he could not bear it. He wrote his treatise and put them in Cairo which are now found out, and you'll be surprised to see that Bible that he had written is very, very different. He has talked about the Primordial Mother. Also he has talked about Sahaja Yoga in a way that this has to be a spontaneous experience. Then poor John, he wouldn't write the treatise. So they made somebody else to write. They made somebody else write, but also there is lot of truth in what he has written.

So now when these fundamentalists say that there is no place for women, they are absolutely wrong. In the Bible they showed no respect for Mary, for Mother Mary. She was born Madonna, by the religions which were before that, like pagan religions. They, too, were describing a Goddess, and that is why they called Her Madonna. And She was a Goddess, much higher than all these popes put together. But it was denied. They had God the Father and God the Son. No Mother. They couldn't accept a feminine,

who could be a divine personality, who could be God.

Another nonsense they wrote was about, was the original sin. Christ went to attend a wedding, in that short period. Was he there to support a original sin? And He did not make the wine; he touched the water and it became grape juice. It can be done. And you know very well that wine means it has to ferment and rot for some time. A very great poet and a great divine personality in London, who was very well-regarded as a mad person in those days, is William Blake. He said, "A priest has cursed me on my fontanel."

Same about Hindu scriptures. In the Hindu scriptures it is described that everybody has the Spirit in their heart. If everybody has the Spirit, how can you have caste system? Even Shri Krishna has said very clearly that this, they write it, did that, you see, it's such a, that it is prenatal, the caste is prenatal, means you are born with the caste. How can it be? Because the one who wrote "Gita" himself was an illegitimate child of a fisherwoman. She was not a Brahmin. He was not a Brahmin. Same with "Ramayana". Rama's episode was written by Valmiki, who was another dacoit who became a good man, transformed himself and wrote "Ramayana". He was a dacoit. So, even Koran was not written by Mohamed Sahib. For forty years it was remembered by his friends in their brains and afterwards they couldn't, again, they couldn't put it down because they did not know how to write. So they told their children to write it down, after forty years. Still Mohammed Sahib was a great incarnation.

They all have talked of second birth, of Self-Realisation. When Christ has said, "You have to be born again," clearly He said it. So some people take a brand, "We are born again", "We are Christians", "We are Hindus". It's just a brand. It has nothing to do with that.

In Sanskrit, there is a word for "twice born"; is 'dvijaha', means "twice born". A bird is called dvijaha, also a person who is a realised soul, because bird is born as an egg, then it becomes a bird; actually becomes a bird. Also a human being is born with a limited awareness. Then he becomes unlimited. That is the second birth. But you are satisfied with some kind of a brand on your heads. Go ahead. That is not going to give you peace, contentment and the joy of the Divine. One has to achieve that state of Self-Realisation.

Sahaja Yoga is a very simple method of attaining that state, by which you become the Spirit. Before realisation, your Spirit is a witness of your behaviour. And after realisation, then your Spirit comes into, manifests into your attention. When it manifests in your attention, then your attention itself becomes active. For example, a person who is a realised soul, his eyes become pure and innocent. Christ has said, "Thou shall not have adulterous eyes." It's very difficult to find a Christian with a, not adulterous eyes, it's difficult. So, these eyes which are all the time filled with lust and greed, suddenly quieten and they become pure, innocent and powerful. This is the Power of divine love. When such a person even glances at someone, he can raise the Kundalini of that person. He can give satisfaction to that person. He can give the meaning of life to that person.

So the truth is, you are not this body, this mind, these thoughts, these emotions, these conditionings, but you are pure Spirit. And another truth is that there is an All-pervading Power of divine love, which does all divine work, all living work. See now we have beautiful flowers here. We take them for granted. It's a miracle. We don't even think. Look at our eyes. What a camera! Look at our brain. What a computer! But we just take it for granted. For us these are not miracles. Who does this work? Doctors say that our heart is run by autonomous nervous system. Who is this auto? Who is the one who does all this living work? All genes, who produces? There must be some power. After realisation, the Kundalini connects you to that power. Like this instrument, if it is not connected to the mains, has no meaning. We have no meaning unless and until we feel that All-pervading Power.

It is not a mental thing, but it's a happening and it is also becoming. And that becoming, if takes place, then you all have the power to raise the Kundalini, to cure the people, to do so many things, that I think I cannot describe in this short lecture. Those people who have now ascended have solved all their problems. We have three doctors in India who have got MD showing how some of the incurable diseases are cured by them. Sahaja Yoga definitely can cure cancer and many other diseases which cannot be cured. You'll know on your fingertips all the problems that you have in your centres. All the world problems are because of human beings, and all the human problems are because of these centres. If you can know, if you can find out how to cure these centres, you have solved your problem and you can solve the problem of others. Sometimes it acts very fast. I've seen

people getting rid of their drugs and other habits overnight, overnight. And for all this we don't have to pay. You can't pay it. God doesn't send money to Swiss Bank. He doesn't know banks. You don't have to pay for it because it is a living process. How much do we pay to Mother Earth for creating these flowers? It is built-in, in Her nature, built-in in the seeds that you get the results. Why all the religions have failed? Because they became money-orientated or power-orientated. They were never, never spirit-orientated. With this kind of an approach, how can you reach the state of Spirit? You may have money, you may mint money, you may counterfeit money, but you cannot counterfeit the Spirit.

So the interest of people who are thinking that there must be something beyond is to seek the truth. There are many seekers of truth; in Russia especially I was surprised, thousands. They know their main problem is now because they have now no faith in communism. So they think they will fall into fundamentalism. And also many communist Arabs have approached Me that, "Now we have lost faith in communism and we don't want to fall into fundamentalism to fight with this Saddam Hussein."

We have had the freedom, so-called, in the democracies. Freedom without wisdom is very dangerous. I've met a lady in a very elite personality, in one of the parties, and I asked her, "Why are you now taking to drugs?" So she said that, "It is new. That is why I am taking drugs and I'm free to take it." Same with Freud; people took to Freud headlong. He was the greatest fraud ever born. There's an organization called ADFI, which is a fundamentalist organization, that is, they are Catholic Church, but they consult Freudian, what you call, psychologist – is Freudian. And the Freudian believe in freedom which is anti-Christ.

So what a contradiction it is. Where there is Christianity they accepted Freud, and it became way of life. It became the style of life and it has created such a malignant effect on the culture. I've never ever thought. There is a very nice book, after so many years, that has come out about fraudulent Freud. Can you believe that this kind of a theory that he started and had psychoanalyses has no scientific bases at all? He himself was a possessed man and he was possessed by someone that he had relations with his own mother. One gentleman said, 'Thank God that he did not come to India. Otherwise we would have made pieces out of his body and thrown him in the sea.' How dare he say about the holy relationships between the son and the mother? There is no wisdom in this kind of nonsense, that we accept everything that comes. It is complete slavery. Like in Paris they have six inches now of skirts. So in the cold weather also they're wearing six inches of skirts to get varicose veins. You can't get long skirts, even in winter. They say you are Turkish if you wear long skirts, can you imagine? All kinds of nonsense that starts, people just accept it.

Perhaps daily I think too much of television and bombardment on our heads. Our heads are becoming absolutely empty. Not only in this, but also in so many respects our freedom has been ruined our society. Also I think the effect of Hollywood.

Translator: Hollywood?

Shri Mataji: I mean, they're all right for acting, but as far as brains are concerned, they are stupid people. Ninety-year-old people going for a dance from Hollywood, shake dance. They're already shaking.

Even art, so vulgar, because they have no artistic talent, so vulgar. In Russia I met so many foreigners who came from Europe to see Rembrandt, because there are twenty-six Rembrandts in the Hermitage, twenty-six. Just to see Rembrandt which is bigger. Even today Mona Lisa is so popular. But what about these modern artists who are doing all vulgarity? Where will it take you tomorrow?

So one has to understand that there's something we are missing even in our own personality. How could we accept all this nonsense, all these? The only way we can now really have our wisdom is by ascent. We can get out of all kinds of ignorance only by our ascent. Firstly, you know absolute truth. Now here there are many Sahaja Yogis. You ask them about one person, what is he suffering from, they'll all say the same thing, same thing. No question of dispute or argument. They have been all, in these, all these problems, but they have become like angels. It's not Me; it's they. Their own power has made them. All of you have this dignity and this innocence in you, absolutely intact.

If you are really seeking the truth from your heart you will find it. It is not a sermon, it is not a lecture but it is a promise to you,

that today you will find it. Then you just jump into the ocean of joy. You become extremely dynamic and extremely compassionate and very powerful. Now I am seventy years of age and I am travelling every day. So that's what happens. You feel that you have now no problems, no worries, nothing. And you start looking after others. It's like one candle can enlighten another candle. You can enlighten thousands of them.

I'll say that Geneva is like the sternum bone where the centre heart is, where the immunity system is built in and where there are all the anti-bodies created. Surprisingly, from Geneva people have gone even to South America, like Argentina, Peru, Colombia, Brazil, from Geneva. Even to Russia and to all the places, people have come from Geneva. They got their realisation here and they went. They were mostly foreigners. Swiss were less, I must say also. But now I see lots of Swiss and I hope they will understand their responsibility living in Geneva and it will work out.

In this little time I can't tell you everything about Sahaja Yoga. Only in English language I must be having about four to five thousand tapes. I've not yet written any book because book means again you become book-worm.

So, one has to just get the enlightenment. See these lights on top of your head: you have to just switch on. One switch and they all come, because it is all built in. But if I have to tell you everything about electricity, how it has come till you are, it will be very boring. So the best thing is to ask for your enlightenment. I said "ask" because I cannot cross over your freedom of choice, because I respect your freedom. If you have to have the ultimate freedom about everything, then your human freedom has to be respected. So it will take about ten to fifteen minutes for you to get your Self-Realisation, but after that you must remember that this is a collective happening. That means it's like you become part and parcel of the whole. The microcosm becomes the macrocosm. You have to come to the collective and work it out, your connection, in such a way that it is established. And then you'll be amazed how many things you know and how deeply you can understand this subtle subject.

At the very outset I have to tell you that those who do not want to have their Self-Realisation should please leave this hall and not to disturb others. I was told that there are some people who came outside just to disturb our way. They can take a hall and talk. We don't do that. We don't go to this cheap type of obstructions. This is, this is hooliganism. If you want to talk about yourself or to propagate your ideas, you can take a hall and do it and see how many people come. But what's the use of coming like football hooligans and disturbing people who want to have their realisation? So those who want to have their Self-Realisation should be here, because I respect your freedom. But during the time of realisation, please don't disturb others. And all of you have to do this process. At least you will yourself nourish your own centres. You have to nourish your own centres and that can be done very easily.

The difference between Russians and Europeans is so great that I am really shocked at that. I mean, they would not have those gurus. They would not have these fake gurus? None of them. No guru and they, you will be surprised that they have never heard My name, nothing, first time I went to Leningrad. And the hall was for four thousand; it was all full and outside there were five thousand waiting. And they all got realisation. But the outside ones still sitting out. I said, they said, "What about us, Mother?" I said, "All right, come tomorrow in the morning and we'll have it in the grounds here." And those five thousand sitting outside and four thousand sitting inside, all of them came with more. And they all sat on the ground and got their realisation and they are all there. I was quite surprised because I said, "How is it you have accepted Me so fast?" They said, "We have, we have sensitivity to spirituality." Also, they're very introspective, very introspective. And in Russia also there is freedom, but it is not a lifestyle. Freedom is allowed, but it is not a lifestyle at all. The whole of Eastern bloc and Russia, you won't believe, the people are so sensitive. In one small place called Togliatti there are twenty-two thousand Sahaja Yogis practicing. I've been only there thrice and Geneva, I don't know, sixteen times I must have been or maybe more. A day may come that this Eastern bloc will take over. It looks like that. They have a very good divine discretion. It's very remarkable.

All right. So now, first, I must tell you there are three conditions. First is that you all should be confident that you will all get your Self-Realisation and that too, tonight. Now do not have any melancholic ideas about yourself. Now do not feel guilty. This is a Catholic Church blessings, that you feel guilty. Nobody has to feel guilty just now, because this All-pervading Power is the ocean of forgiveness. Whatever mistakes you might have committed can be easily dissolved by this ocean. Do you know, when you feel guilty the centre here on the left side catches and you get diseases like angina, spondylitis and also lethargic organs. Also

Kundalini won't rise because the chakra will become completely constricted. To feel guilty, it's just mental. When you think you have committed mistake just face it and finish down. Don't put it here. Also is a fashion to indulge or to enjoy, indulge into sort of a tragedy or what you call the Greek tragedy. Now we are entering into the Kingdom of God. So please I request you not to feel guilty at all. After all, you are human beings; you are not gods. If you have done mistakes, it's all right. So just forgive yourself, and have full confidence in yourself.

The third condition is even simpler, that you have to forgive each and every person, without thinking about them, in general. Actually, logically whether you forgive or don't forgive, you don't do anything. But when you don't forgive, then you play into wrong hands. You torture yourself for nothing at all. Those who have troubled you are very happy and you are torturing yourself uselessly]. Logically it is nonsense. It is just a mental, mental thing we are torturing. And also don't think about them; it's a headache. Moreover, if you do not forgive, this centre of the optic chiasma is like that, on the optic chiasma in the brain, is like this, is very constricted, very constricted. But when you forgive it opens like this, opens like this, and also you will feel very light, when you forgive all of them. If this centre doesn't open the Kundalini will not piece through the fontanel. As soon as She pierces through this Agnya Chakra, then you become thoughtlessly aware. And then the air comes out of your head and you can feel the cool breeze of the Holy Ghost coming. Because Holy Ghost is not a dogma; it's a Primordial Mother, and She's reflected in us as Kundalini. Is the pure desire, which once awakened, you become one with this All-pervading Power. This Kundalini is your individual, your own Mother. She knows everything about you and She is very anxious to give you realisation.

So these are three conditions. If you follow, then it will take hardly any time for you to get realisation, and your life-long search will be over. You have to have pure desire. It is not meant for arrogant people but for humble people. Christ has said that earth will be owned by the people who are humble in heart.

All right. So now we have to take out our shoes. It helps a lot. This Mother Earth helps us a lot. Now you have to be comfortable. Don't have to go to Himalayas, don't have to fast, don't have to do anything. It's just within you.

Now we have, I don't know if you have been told that we have three, three channels, right and left. The left channel is the one that is the power of desire, of ordinary desire, and the right one is the power of action. So our left and right foot we keep apart from each other. We sit comfortably, straight, neither slouching on behind. Put your left hand towards Me; that symbolically means that you want to have realisation. Please put your left hand left hand towards Me like this, comfortably on your lap. If you like you can put it on these benches or you can, on the bench is all right. And the right hand is to be used for nourishing your centres.

First we put our right hand on the heart, because in the heart is reflected God Almighty as Spirit . If you become the Spirit you become your own guide, your own master, your own guru. So now we put our hand, we work only on the left hand side on the upper portion of our abdominal on the left hand side. This is the centre of your mastery. Now you move your right hand in the lower portion of your abdomen on the left hand side. This is the centre of divine knowledge, of pure knowledge.

All right. Again we take our right hand in the upper portion of our abdomen. Then we take our right hand to our heart. Now in the corner of our neck and shoulder, as I told you, and we turn our head to our right. Now we take our hand on top of our forehead across like this and put down our head. Put it down. This is the centre to forgive everyone. We do it later fully. Just now I will tell you how to do it. Then we take our right hand on the back side of the head and push back our head as far as possible. This is the centre where, without feeling guilty, without counting mistakes, just for your satisfaction, you have to ask for forgiveness from the Divine Power.

Now stretch your hand fully, all of you. Please do it. Why don't you do it? Stretch your hand. Put the centre of your palm on top of the fontanel bone area. Right hand, right hand, not left, right one. Now push back your fingers, nicely. And please put down your head. Now here you have to move the scalp with the pressure, clockwise, slowly, seven times. Please move it. Push back your fingers; push back. Put down your head; put down your head. Seven times, move it, one, two, like that. Not the hand, as the scalp, more. That's all you have to do.

Now we have to close our eyes, and please don't open them till I tell you. You can take out your spectacles. Now, please put your

left hand towards Me and both the feet apart from each other. And now put right hand on your heart and please close your eyes. Here, I've already told you, resides the Spirit. You can call Me Mother, or you can call Me Shri Mataji, and ask Me a very fundamental question about yourself, three times. So ask a question, "Mother, am I the Spirit?" Ask three times this question, in your heart.

I've told you that when you become the Spirit, you become your own master. So now, please take your right hand in the upper portion of your abdominal on the left hand side and press it. Here again you have to ask a question three times, in your heart, "Mother, am I my own master?"

Now I cannot force pure knowledge on you. You have to ask for it, because I respect your freedom. Now please take your right hand in the lower portion of your abdominal and push it, put your fingers inside. Here you have to say six times, because this centre has got six petals, "Mother, please give me pure divine knowledge." As soon as you ask for pure knowledge, the Kundalini starts rising upward.

So we have to nourish our upper centres with our full 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 confidence, ten times, "Mother, I am my own master."

I've already told you that the truth is, 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 with full confidence, please say, twelve times, "Mother, I am the pure Spirit."

This All-pervading Power is the ocean of compassion, love and blessings, it is the ocean of knowledge and joy, but above all it is the ocean of forgiveness. So whatever mistakes you might have committed, it can be easily dissolved in this power of, ocean of forgiveness. So forgive yourself and raise your right hand to the corner of your neck and turn your head to your right. Here you have to say sixteen times with full confidence, "Mother, I am not guilty at all."

I have already told you 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. So now please raise your right hand on your forehead across and put down your head. Here you have to say from your heart, not how many times, "Mother, I forgive everyone in general." If you don't say and if you don't forgive, then this centre won't open. The Kundalini won't enter into your brain.

Now take your right hand on the back side of your head and 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 any mistakes, please forgive me." Say it from your heart, not how many times.

Now take your right hand and stretch it and put the centre of your right hand, right palm, on top of your fontanel bone area. Now put down your head. Please put down your head. Push back your fingers, very, very important. Now move your hands seven times, clockwise, but here again I cannot cross over your freedom. You have to ask for your Self-Realisation. So while moving your hand please say seven times, "Mother, please give me Self-Realisation." [Mother blows seven times into the microphone].

Now please take down your hands. Now put your right hand and left hand, like this, towards Me. Open your eyes and now put your right hand and left hand like this and watch Me without thinking. Like this, not like this, like this, not like this, this way. Now please put down your head and see with your left hand if there is a cool or a hot breeze, like waves, coming out of your fontanel bone area, and right hand towards Me. And also the right hand towards Me. Now please put the left hand towards Me. And now bend your head again and see with your right hand. Sometimes you get quite close to your head and sometimes far away.

If it is hot coming out, that means, if it is coming out hot, that means you have not yet forgiven. So please forgive. Now again, once more, right hand towards Me and bend your head and see for yourself with left hand. Bend your head is important. Now, good, now please put both your hands towards the sky, push back your head and please ask a question, any one of these questions, three times, any one, "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?" Any one of these you can ask, three times.

Now bring down your hands, just put like that. All those who have felt cool breeze on their fingers or hot breeze on their fingers or on their palm or through the fontanel bone area, please raise both your hands. That's Geneva. I bow to you. Your saintly life has started. Please come to the collective and know all about it. I will come after one year now. But I'm sure you will all grow like big trees of spirituality. You don't have to pay for anything, whatsoever, but you have to respect your Self-Realisation.

May God Bless you! It's your own. May God Bless you all!

[Mother speaks aside: So many people, I must say....already eleven o' clock...There were so many, I can't still imagine].

If you have any questions, you can write down the questions and bring it to the collective. But please go to the collective, I am telling you. Otherwise you will lose your vibrations. You'll lose this feeling. This is the first time you have felt this All-pervading Power.

1992-0826, Advice given by Shri Mataji on Indian Spices and Ingredients

View [online](#).

26 August 1992

Talk to Sahaja Yogis

Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

Advice given by Shri Mataji on Indian Spices and Ingredients,

At breakfast on August 26, 1992, Shri Mataji us with these instructions on the use of some Indian spices and ingredients.

Coriander

Cumin (jira)

Turmeric (haldi)

Ginger

Garlic

Silver Leaf

Cardamon (seeds)

White cheese

Yellow cheese

Rotten cheese

Yogurt

Basil(tulsi)

Pepper

Garam Masala

Chili

Onion

Lemon

Dried fish, Sardines

Manjeny flowers

Oli, fat

Tomatoes

Others comments

1- Coriander:

Seeds: teeth, liver.

Leaves: act as a regulator of body fragrance.

2-Cumin:

Teeth, liver (jira, coriander and ajwain prevent gases)

3-Tumeric:

Skin, liver

4- Ginger:

Liver

5- Garlic:

High blood pressure, heart problems

(garlic came from ambrosia: therefore it is good for the heart. On the other hand, it's a perfect horror to bhoots and the like.)

6- Silver Leaf:

(Shri Mataji gave us cardamon seeds, each rolled in silver leaf. Immediately the whole right half of our bodies colled down)

7- Cardamon seeds:

Extremely cooling (the shell should not be eaten)

Used a lot in combination with other hot species to give balance: like garam masala, curry, or with black tea (chai) etc.

8- White cheese:

(Fresh cheese like mozzarella, cottage cheese, panir, etc.)

Very good and light.

It would be better for the liver if we could get used to these instead of our yellow cheeses.

(At that point Shri Mataji gave a bandhan that cheese like mozzarella be produced and brought to market in Austria, Germany and others countries. This is because, in most of European countries, we get only expensive imported Italian white cheese).

9- Yellow cheese:

(Cheese like Emmenthal, gouda, Chester, etc but without fungus) alright, but take care with the liver.

10- Rotten cheese:

(Things like camembert, gorgonzola, Roquefort, quargel, etc. all types of cheese smelly cheese)

An absolute no. Very bad for liver and mooladhara.

11- Yogurt:

In the West it's too sour, it's to quote Shri Mataji, "dangerous for vishuddhi" yogurt may be condensed a bit by gently boiled it. Then it should be beaten with some sugar in the blender. (stirring by hands does not fully dissolve the sugar).

12- Basil:

Vishuddhi (it is a universal plant, used all over the world. Shri Krishna likes a lot.)

Roll a black pepper seed into fresh basil and take once a day, and you won't catch a cold.

13- Pepper:

Gives heat

14- Garam masala:

Gives heat (garam=hot)

Garam masala is a mixture of more than a dozen spices.

15- Chili:

Vitamin C, a remedy for constipation.

16- Onion:

Vitamin A, heart.

17- Lemon:

Vitamin C.

18- Dried fish:

Remedy for constipation. (but be careful with the liver).

19- Manjery flowers:

Very cooling, like Kailash Jivan.

20- Oil, fat:

(use pure vegetable oil or ghee) To be used sparingly. For cooking, ghee is best.

21- Tomatoes:

Ok, but not for elderly people, as the seeds can help the production of stones.

Other comments:

In summer cook more sour, tart food (e.g. food with gravy sauces); use green masala which is a mixture of fresh green coriander, mint, green chillies, garlic and ginger.

Another method says heat kills heat. We can see that in all hot areas the people use lot more chillies and hot spices, they increase perspiration and help to cool. Despite the heat, these people generally have better liver than Westerners. Shri Mataji went on wondering how it is that we are so weak on the liver. She mentioned that we consume most things from tins these days, nothing fresh. These processed foods (tinned or frozen) are disadvantage compared to what is used in an Indian kitchen. Deep frozen foods are all right, but fresh foods are to be preferred.

1992-0830, Shri Ganesha Puja: Genetics of Wisdom

View [online](#).

30 August 1992

Genetics Of Wisdom

Ganesha Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Shri Ganesha Puja. Cabella (Italy), 30 August 1992.

Last time you had asked Me for Gurupada, and you should know that the essence of guru is Shri Ganesha, the innocence.

You must be knowing the story of a very devoted wife, faithful wife, of a sati. Her name was Anasuya, and she was so religious and so dedicated that they say that the wives of all the gods – Brahma, Vishnu, Mahesha – got very jealous of her. So they told their husbands that, “You must go and test her, if she’s really a woman with chastity or not.” So all of them came down as sadhus, dressed up like sanyasis. And she said she wanted to serve them, give them something. They said, “No, we want to have food.” She said, “All right, come and sit down.” She cooked food for them. So they said, “No, we will not have the food unless and until you take out all your clothes. We’ll only have the food if you take out all your clothes.” She said, “Is it so?” They said, “Yes.” So she made them into little, little children, three little children, and then she became nude, because the innocent doesn’t understand anything about it. And then she joined them together, their three innocents were joined together, and they got their Gurupada. That’s how the Adi Guru was created.

So the first thing is that if you want your Gurupad, you have to be innocent. “Innocent” is a very vague term, very vague, and it’s difficult to really understand what is innocent. But what is the nature of innocence? That we can understand from Shri Ganesha’s innocence. First of all, He’s endowed with wisdom, and He puts wisdom into us. It’s a nice thing now in modern times we have discovered genetics, and genetics determine our behaviour and our races. It is He who puts genetics in us. He selects and puts it within us, our genetics, and when He puts wisdom in us, then we are wise.

There is definitely a genetic of wisdom which is lacking, as we can see very clearly, in many races. They have no wisdom. They do things without wisdom. They do things just for their destruction, destroying their society. They may call themselves the highest society, highest races, whatever it is – you may brand yourself with anything – but you can see from their behaviour that they have no wisdom at all. So He’s the one who puts that wisdom in us.

In some people who are not yet evolved – certain races are not yet evolved to that extent – this wisdom is lacking. Apart from that, this wisdom gives us the sense of freedom. So we keep aloof from all kinds of intoxicants, all kinds of bad habits. We don’t like to look at nudity. It can never become the lifestyle of people who have wisdom. Never. We don’t indulge into extramarital nonsense. Whatever is absolutely in the centre, which is dharmic, we accept.

So we can see that the seed of wisdom put into us makes us dharmic people when we grow, automatically. We are automatically dharmic. We don’t kill others, we don’t aggress others, we don’t torture others. We do not occupy anybody else’s land or house or take away anything, another’s property, or another’s things. This wisdom comes to you through Shri Ganesh. In short, He makes you absolutely ready for Self-Realization.

It is He only, ultimately, who looks after us at the time of our nirvana, at the time of our realization, because He stops all other activities of excretion when you are ascending into a new realm. You have seen, I’m sitting here for nine hours, ten hours. Once I sat down for eighteen hours together, didn’t go at all, even to the bathroom. Because it is He who stops all these activities—even when Kundalini is rising it stops.

So this wisdom is innate. It just happens that when the Kundalini is rising, He becomes manifested in us – I should say, He makes us like a child. And that's what Christ has said, that you have to be like children if you have to enter into the Kingdom of God. You become the child, at that time you become a child. And with the Kundalini rising, that wisdom then comes into your brain, because He's sitting on the Kundalini itself. He's the power in the Kundalini. He gives wisdom in the brain.

Once you get that wisdom, you drop out all bad habits. All your attachments which are wrong, all adharmic things that you do, everything drops out. He changes, your genetics are changed. The genetics of Sahaja Yogis are that all of them will be the same. About the same, I would say. And the genetics of other people would be different. Maybe Indians might have closer to it, because Indians normally are very wise people. They won't—I mean, I would say if you see the superiority of races from wisdom point of view, Indians are very wise—they just won't do some nonsensical things at all. No question.

Even the children I have seen, children from the West when they go to India –they went for this school – they are doing all kinds of destructive things to themselves. Nobody could understand. Once they jumped into a dirty pond: they got malaria. Then they ran out of the house, of the school, and came out and went to the roads, went to the shops. So they put a gate. When they put the gate, the newspaper is criticizing us. There's no sense in it; every school has a gate. So all these unwise, stupid things they do because they lack wisdom.

A child who has wisdom is extremely cautious, he understands the importance of his life. He respects his parents, he respects everything – automatically. You don't have to tell them. Automatically they know what dharma is, you don't have to tell them.

That wisdom, this great deity of Ganesha gives you. He took His form as Jesus Christ. And you all accepted Him as the Lord, which is true also. But because your Ganesh principle was not so much developed in these Western countries, people took to stupid things. This pornography and this kind of an interest in nude women shows that there is no wisdom in them, there is no Ganesha in them. Though they follow Christ, it's just a lip service going to the church.

I don't know if the church also has any Ganesha in them. They have no Ganesha. The way they lead their life, nobody can say they have any sense of holiness and auspiciousness. As soon as you get wisdom, you understand holiness and auspiciousness. Before that, you just call "holy father," and holy father is doing all kinds of things which can create holes in the organization—who takes money, bribes, creates bombs, has women, I mean everything; how can he be holy?

So this wisdom part is so important, and that's what we should ask Ganesha: to make us like children. Children basically have wisdom, but not all the children. This is the thing, is that children in which Shri Ganesha has activated, has put this genetic of wisdom, it is there. This is one of the greatest things we have to think about: is it wise, it is sane? It's not to be logically; logically if you believe in something, then you can go wrong because there's no strength from within. But innately if it becomes that, you won't do it at any cost.

Now you know yourself, all the Sahaja Yogis are so different: they behave differently, they stand differently, they talk differently, they think differently. Everything is different. Suddenly they have become like that. And you can't understand, how is it we have become like this? They were drinking, they were smoking, drug-taking, everything they did. But how is it that suddenly you changed? Because Shri Ganesha has put this wisdom in you.

Now if you see His character, it's very interesting to watch. He's a child, and He's entirely dedicated to His Mother. He doesn't know any other god, anything else—complete dedication. But is it so with us? There also sometimes I find some of the Sahaja Yogis are lacking. They lack sincerity, loyalties. And I'm shocked sometimes at the periphery they are like that. That means they have to ascend still.

People who have worked with Me, I have always tried to pay them sufficiently. There's no need to pay, because after all I have done so much for your building, your body; why should I pay you? But I always pay sumptuously, I look after them, give them . . . My loyalties to you and love cannot be challenged. But I find them being very selfish sometimes, extremely selfish. They'll do half

the work and run away, sometimes they are . . . their problems, their own problems are much more important. Or they just try to find some excuse.

So many Sahaja Yogis are also like that. They are not sincere. Sahaja Yoga has given them so much. We have to always find out: are we sincere to Sahaja Yoga? What are we doing for Sahaja Yoga? What have we achieved and what are we doing? On the contrary, they become liabilities on Sahaja Yoga. Ganesha is never a liability on His Mother.

For example, someone becomes sick. All right, Sahaja Yoga can help you – may be, may not be; may be cured, may not be cured. If they are not cured, then they will say that, “See now, I was not cured. I’m going to leave Sahaja Yoga.” Then one has to say, “Please leave.” With the slightest thing they go off, not understanding what is important. Then they are liabilities. Like, somebody gets married, comes here: “I don’t like this wife.” Now do what you like, the wife sits on My head, and the husband also. All kinds of liabilities come in: “My husband doesn’t do Sahaja Yoga, what should I do?” You solve the problem with your husband. You solve the problem with your children. You have the power to do it; have patience, work it out. They’ll put us into cases – this, that. It is only Sahaja Yogis who can harm Sahaja Yoga, can you believe that? Nobody else can touch it. Unless and until a Sahaja Yogi misbehaves, nobody can touch Sahaja Yoga.

So we have many cases like that. I mean, they have seen My photographs, they have seen miraculous photographs, they have had realization, everything happened to them, they have been so many times helped. But suddenly they say, “I want to leave Sahaja Yoga.” “Very good,” I say. “Those who have to leave should leave immediately.” As it is, there’s very little space left in the heaven, and no place for such half-hearted people. If they have to leave, they should leave.

You have to have Ganesha as your ideal. It should not be that: “I worship Ganesha,” that way you were worshipping Christ, you were worshipping this, worshipping that. But what has come inside you, is the point: Have you got Shri Ganesha within you? Are you following Shri Ganesha with the same devotion, dedication?

But you are made after the pattern of Shri Ganesh. Shri Ganesha was made with immaculate conception. You are also made the same way. Your Kundalini was raised, was given you the realization, and you got your second birth, and now you are Sahaja Yogis. All these things have happened to you without having a father. If I had not told you that you have a Father, you would never have known.

Like, other gurus, you see, they don’t want to give credit to anyone. So this actually has happened with you, you are being made in the same manner as Shri Ganesh. Of course you must be having something, you know, otherwise I could not have made. That’s also true. Supposing the Kundalini was missing, now what could I have done? If not missing, if it was absolutely crooked; if not crooked, supposing there were some chakras which were horribly damaged.

So, you were also people just ready to have your realization, that you were seeking it truly, that you had the pure desire to become Sahaja Yogis, no doubt. Still, when the growth is taking place, you must watch. You must see how much sincerity we are giving, with what dedication we are working out. Now, we have people who must have gone for postering somewhere, some places – not now, it’s a long time back – so they charged Me for their coffee also. I said, “All right.” Thank God they were not smoking, otherwise they would have charged Me.

So from that level, now we are very much changed, and some of them have become perfect Sahaja Yogis. But still we have people on the periphery, and they get nervous at the smallest thing. Yesterday there was a storm. [There] has to be a storm. You don’t know, when Christ was carrying His disciples, there was a very big storm. And then He stopped it. Yesterday when you started singing the songs, then only the storm stopped, just to prove that these songs have such power. If such things don’t happen, how will you know that these songs have the power? You think you are just singing just because you are singing. No. It has a power, these are mantras, these are all awakened songs. And then it stopped. They were saying, “Should we say mantras?” I said, “No, nothing.” I didn’t say things, what you have to do. Suddenly they thought of singing, and then it worked out. Because every time if I have to suggest, then when will you use your power? All such incidents take place. Now it was Shri Ganesha’s special trick.

He's the real judge for you. You must know because you have seen in the Sistine Chapel: He is standing there and moving you left and right. So there is a testing point also. In Sahaja Yoga the door is open, this way. But there's a bigger door on the back side to throw out people. And the judgment is not done by Me so much as by this Ganesha. He judges you, and then you are thrown out. Then to come back is very difficult. Even if you come back, you are suspicious of yourself, and others are also suspicious of you.

So you see, what you have to understand is that this is a judgment point. Introspect yourself, find out: Am I wise? If I'm doing this, am I doing wise things? Is it wise for me to do? Is it all right for me as a Sahaja Yogi to do it? Should I do it or not? At every point you should see. I mean, you know that I don't want any money, and I don't want any presents – I've said a hundred times, but they won't listen. Now they are saying that "Mother if you stop giving us presents, we'll stop." I said, "You stop first, then I'll stop."

But despite all this quarrel and fight, there's one thing definitely: there's love, and you want to express it. But love here is not attached; it's detached love, where it flows to its greatest extent, takes all the responsibility. There are people who go on criticizing other Sahaja Yogis. I have seen this, it's very common. That's a sign of a very low type of a Sahaja Yogi, because he doesn't see what's wrong with him. He's trying to criticize others. Does he see what is wrong with him?

There are other kinds of Sahaja Yogis who do not realize that they are like ganas. They are like ganas, and imagine the ganas, how quick they are. The Ganesha is creating those ganas, and they are in the sternum bones first, and then they go all over the body. As soon as this Centre Heart, the Mother's place, starts little bit vibrating, they get alerted. So we have to be alert. It's very important that we have to be alert. For about twelve years of your age these ganas stay there in the sternum bone, and then they go to the whole body, because they are matured enough. They are kept there till they are completely matured, to fight the enemies. And they know what kind of enemies they have. They know everything: what kind of fighting is needed, what kind of opposition is there. They will just select and they will appoint themselves: who should fight whom, who should do this. But they just don't sit all the time in the Mother's house.

So, we have to go to the people. We have to go into the Virata's body. We have to move out, we have to go all out. Without having any fear, you have to fight them. Not to sit at home crying like a baby; now you are all grown-up people. So this is what is written in the Buddha's future life, that He becomes Matreya, means He has three Mothers in Him: Ma treya. But also that He goes all out in the society, He goes out everywhere, and He changes people.

When you asked for Gurupada, you don't know, you were in trouble. Guru doesn't sit at home. He has to go all out, meet all kinds of people, tell them about Sahaja Yoga. Not to be afraid. You have to live in the society, you don't have to have an exclusive society where we enjoy bhajans and things; that's over now. I mean, of course we'll always have bhajans, it doesn't mean that. But you have to go beyond.

Not only to be involved only in your own problems, which are being now solved – so only in Sahaja Yoga, but Sahaja Yogis – but you have to go all out, meet other people, tell them about Sahaja Yoga. The best is to wear badges so people ask, "Who is this?" Then you can talk to them, your friends, your society. You don't have to give up anything. Don't have to give up anything. You are detached, you just go and see for yourself: this is wrong.

Like yesterday they showed all kinds of things, also disco dance they showed. You should go to the disco and give them the pamphlets, show them [and ask], "What are you doing, are you mad?" Or do this kind of a disco more there so they'll say, "What's wrong with them?" Then you say, "We are copying you." That will put them down. You see a lady who is, say, smoking and this and that, standing with a pose, go and stand before her with a pose and smoking like this. She'll stop it. So by copying them, one way, showing them what they are. Another [way]: writing. You must have writing. It's very important to write and answer.

I must tell that there's a very nice article which has come now with Me, and the English Sahaja Yogis should take it from Me and answer the gentleman. It's very important. It's in My room, I'll give it to them. You must know what's happening all

around—what's happening in Bosnia, what's happening in Italy, what's happening here. You should read newspapers. You can see television also, now, when you are matured. Otherwise if you see television, you'll go mad like other television people are. So what's the use of seeing the television? But if you see the television with a detached mind, you'll immediately get the point where you have to hit. Otherwise you are sitting in the house nicely covered up: "Mother, Mother, Mother, Mother, Mother." That's not so.

Ganesha gives powers to these ganas, and they fight. That's why He's called as Ganapati. If you want to call Me Ganapati, then you have to be like ganas, you have to be like ganas, who go all out, and work it out in so many ways. There are so many tricks which you can play on these people and try to bring them to Sahaja Yoga. And with you is this all-pervading Power. You should not shun them. For example, the laws of your countries are so horrible. Some of the laws are so horrible, the peculiar type. You should write. There's no equity, there's no sense in so many laws that you have, which are money-oriented. Say, in France they have very, very funny laws. And they never maintain the law, they don't believe in it. There are no morals, there are no laws. You write to them. You must go and see newspaper people, tell them about it.

Try to now assert yourself. Unless and until you do that, nobody is going to get to Sahaja Yoga. You might get very great people out of that. You can invite some people, you can call them. The modus operandi of these gurus I have seen. They write very nice letters to all these big, big johnnies, as soon as they go to some house. Then they seek an interview, go and see that person, talk to him. They carry, you see, a sort of a – a kind of a negotiations, you can call it, or some sort of a panel will go and see them. It's all that level. And then they show them books: "See now this is happening, why don't you take to it? We don't want money," this thing, that thing.

You might get lots of people. But you have to invite them, because unless and until you invite them, they'll not come to you. So you have to invite them, and you have to tell them that, "We want to meet you. This is it." Out of at least hundred, if not, at least twenty will reply. They would like to meet you. You should say, "We found out this, we found out that."

So now today as Ganesha's ganas, you have to do this special work, is to understand now you are matured enough, you have to go in the society. Now if you get upset: "Mother, I went there and this happened and that happened," it doesn't matter. You are not going to be crucified, you are not going to be murdered. And do you know there's all the time My protection on you? If you want, you can see a photograph we have, with him, you can see that. Complete protection. It follows you. You have seen light on your heads. You are the marked people, who are already sitting in the Kingdom of God. Why should you be afraid? Why should you not meet people?

Then also I said, "Make some music." Like yesterday's [music], I liked the way they were singing. At least, you see, whatever they were singing, it may not be pop music sort or something, but it was clear. The message should be clear—you can use pop style, doesn't matter—but the message should be clear, it should not be – I can never understand what they are singing. So every word should be clear-cut.

We can go all out to have real publicity, but for that we need people who are really matured enough. Otherwise, with the slightest provocation they get upset, start fighting—finished. Also we should not say that, "You are intellectual, you cannot understand." You say: "You can, mentally also you can understand, we can explain to you." Prepare yourself. We can even have some sort of seminars or classes where we can discuss about these things. In the pujas you can have some sort of a – morning time is always free – some sort of a seminar or a discussion, or they call it a brain trust or whatever it is. And there you can discuss things: how we can proceed, what we can do.

Now the time has come. It's over now, all this preparation is over, you are prepared for it. Now you have to go all out, tell people. You know these people from this Brahma Kumari what they tell: "Now the doomsday has come. You are all going to be doomed" – openly – "and so that you give us money, you'll be saved." So now you have to say that, "This is the last judgment. You take your realization, otherwise you'll be doomed." Unless and until you take your realization, without your ascent you cannot get out of your genetic problems. All these genetic problems can be only solved if you get your realization.

So you have to tell others, "Get out of your personal problems." "Mother, my wife has no children"—it doesn't matter. There are so many children in this world, you are doing a good work by not having a child. And if you want to have a child, you can adopt a child. Then: "My child is like this, my child is like that, my child." So much attachment to children, I've never seen. Before marriage, if they have children, I've seen people treat them better. But if they are married, they kill their children. So many people kill their children, abuse their children, do all kinds of things. But once they are Sahaja Yogis, from this end to that end they just get glued to their children.

So there should be a detached attitude towards everything. And no attachments. Then only you'll be free. But that doesn't mean that you are not doing your duty, your nourishment that is needed. You have to give love to everyone, you have to care for everyone, but you shouldn't get attached. I have seen people, they get attached even to Sahaja Yogis. One Sahaja Yogi misbehaved and went out of Sahaja Yoga, and ten Sahaja Yogis went away with him. They are not attached to Me but to that stupid Sahaja Yogi. He went to Nepal, he learnt some avidya, he came back, and they went away with him. That shows you have not developed your personality. How dare anybody influence you and say that, "Get out of Sahaja Yoga." If you have a matured personality and responsibility, you will say: "I have to do Sahaja Yoga work. That's the main thing I have to do."

You must know that though you look like ordinary people, but God has chosen you. If any one of you does not do Sahaja Yoga work, who will be blamed? In every aspect of life, one should understand. You see, I don't say that you give Me money or anything. I don't want anything from you; as it is, you know how much I am spending. But definitely if money is needed somewhere, you must go all out to help with money also. People will spend money on, say, races or spend money on some sort of a pub. All that money is saved now, you don't have to go to a pub, nothing. So if money is needed, you have to spend.

Then another thing is, people just start asking: "Why is it so expensive? Why this, why that?" In Sahaja Yoga, everybody knows accounts. Everybody has accounts, there's nothing secret – where money goes, what we are using it for. How do you have this tent? How do you have this land? How do you have Daglio? Just think. And nobody thinks like that: from where does Mother get money to do all these things? I don't need such a big castle, do I? For what? I've already bought another house in London from My own money. Why? It's—already you have spent so much money for this Shudy Camp—it's giving no money at all.

Well, I don't need Sahaja Yoga, it is you people who need it. And if you start saving money on that also, then I don't know what to say to you. It doesn't mean like in the church they say you must give money and all that, but your dedication. If you have the dedication, then you will yourself think: "That is my responsibility." On the contrary, you'll say, "Oh, you need money? All right." Now a school has to be built. Who has built Vashi? Who has built this Ganapatipule? Who has built such a big ashram now you'll see in Delhi? Who has donated money for Sahaja Yoga so far? You all have prospered in life, you all have got sufficient money, but what are you doing? So, in this aspect, you have to see that you do your level best for Sahaja Yoga.

Another side is your creativity. There have been very great artists who came out of Sahaja Yoga. If they have to give any present, they'll give the smallest possible, the cheapest possible. The most expensive one they keep with themselves and sell it. If they could give even one piece like that, we can sell it in the market, just for Sahaja Yoga. But they'll give something very cheapish which cannot be used. It's just adding up to My personal archives. But if they give something sensible, it can be sold. Then musicians who go abroad, they can give their programs and things and can make some money. And also, if it is needed, that money can be used.

Do you know, I just asked once, that: collect some money for India project. One year, in Sahasrara. You must know that there were only five thousand pounds collected. And I was so ashamed that they are still there as it is, in the bank. How can you send five thousand to India? What will they think of you? Even the school is for you, it is for your children, not for Indian children. But still it will be built by Indians, I know that – or by Me.

Thus, we should realize that if we are wasting some money somewhere, we can utilize some money for Sahaja Yoga. We should have some money for our organization. Otherwise, this is how whatever we save on food or anything, that's a very little amount. But still we are managing. Every guru takes money outside first, and then: come to the puja. Outside. And that, too, a real

sumptuous one [puja]. I don't need any money. Even your puja money, everything, you know it goes into silver, because you cannot have puja with plastics.

So to understand this, you have to have auspiciousness, holiness. Now, you call Me "Holy Mother," but are you respectful like that? Do you know what I am? Ganesha knew. Once, His Father said that, "Whosoever goes round the Mother Earth first, I'll give that person a present." So another brother, Kartikeya, He had a nice vahana – a nice vehicle – who was a peacock, while Ganesha had just a little rat, a mouse. He could never have competed with Him. So He said, "Who is greater than My Mother? She is the greatest of all. What is this Mother Earth or anyone? She can create so many Mother Earths like that." So He just went round Her and He got the prize. And this Kartikeya was still flying. So that is what it is, to understand the auspiciousness.

Though, I must say, I'm a Mahamaya. No doubt, it's not easy—you will never know Me fully. Never. That should not be, because then you won't sit here, you'll all run away. But despite that, try to understand. As Ganesha has understood His Mother, you have to understand. That extent is rather difficult, but still try: that this is the Power sitting before you. How we behave, how we talk, how we take decisions, what we do, is all wrong. If this doesn't penetrate into your brains, that means Kundalini has not come there.

People could not raise even one Kundalini, one person's Kundalini. Even this artist who came, she said, "How can it be possible? I'm not so – I've done nothing. I'm not a person who is a saint. How can I get realization?" She was telling Me like this, "How can it be, Mother?" But you all got it, no doubt. None of you have doubts about it. And not only that it's happening through Me, but you also can do it now. Who can do this kind of a thing, in the history of spirituality? But I keep a kind of an image of Myself: I joke, I make fun, I do everything just like a normal mother. But that should not give you liberties. That should not. Some people have written very rude letters to Me. I must tell you: be careful. You can't write rude letters to Me. Better not. When you suffer then you'll say, "Mother, this has happened, that has happened." You have no business to write rude letters to Me. And though I read them, and I forgive. No doubt. Because you are ignorant. But you must have knowledge, you must understand this, that: to whom are you writing and what you are writing.

This side is, of course, we have to see that Shri Ganesha has also a parasha in his hand. He is one of the most strict deities. Very strict. Others may hesitate a little bit, but He cannot tolerate. That's why Christ has said that "I will tolerate anything against Me, but nothing against the Holy Ghost." Clearly He has warned – clearly – because He has a parasha in His hand. And people get punished, no doubt. So this is another thing one has to understand, that Shri Ganesha has this parasha. And you too all have this parasha in your hand, which you don't know. Anybody who will try to trouble you will be in trouble. But what is missing is the faith. Not blind, but enlightened faith. If you have enlightened faith, then it works.

There's one gentleman working in London airport. He's an Indian, but I think he was looked after by some Western foreigner people. Very good man. So he cannot come to the programs, he is very busy and all that, he cannot. But if I am in the airport, he knows I am there. Some people tried to trouble him. So he said, "Don't trouble me. My Mother is very strong, you know. Don't trouble me." They wouldn't listen, three of them. And the three of them the next day lost their jobs. He said, "Why?" They said, "We don't know. The boss told us, 'You get out of the jobs.' We don't know how we lost our jobs." And still today they haven't got jobs. He said, "I had told you." They said, "Who is your Mother? Let us meet Her also. You see, this is what has happened to us, sorry we did this to you." But nothing works out now.

So you must have full faith in Sahaja Yoga, in Me, and in yourself. Those who do not have faith in themselves, how can they have faith in others? This is another one thing you must understand: that you have tremendous powers. Tremendous powers, if you have faith. You'll just pray, "Mother, I want this gentleman to be cured, or this lady to be cured." It will be cured; you don't have to even touch that person. But your faith.

Like yesterday they brought one lady. I was very busy, I was talking, doing this—these are only two, three days when I have to really work very hard with all the problems, and I couldn't see her. I said, "Why don't you go and cure? You can cure." Why should any Sahaja Yogi suffer from anything when there are other Sahaja Yogis? Why should I cure anymore? You all just put your hands and see if you can cure or not.

Even your prayers are so powerful, you have no idea. Just pray. You have got the parasha in your hand, and nobody can harm you. And you have got the hand that can bless others. You have got that. You start your generosity and see: the Lakshmi will flow. But if you are not generous, calculating each and every pai – finished. Why should you? The Lakshmi will serve you. Know your powers, as Shri Ganesha knew it very well. He never bothered. Even with an elephant head, He managed so many things. With human heads you should manage much better. Or do you need elephant heads?

Then another thing He has, is that He's a satisfied person. Extremely satisfied. And what He eats is a modaka—they have given [this to] Me just now here—is the modaka He eats. So that means that He eats something which is substantial, which has got all these dry fruits and everything in it, that's what He eats. And that is one capacity He has, to eat. Because you can please Him by giving Him things. But Mine is just the other way round: I can't eat much, and you want to give Me. I don't know, He has taken all My capacity to eat, I think. But He can eat well.

And whatever you eat, if you think of Him: "Shri Ganesha, I offer you this food also," you'll never find dearth of food at all, never. Anything you want. Like the other day, it was very hot. They said, "Mother, cool it down." I said, "All right." As soon as it cooled down, left to the right Shri Ganesha comes up. So He came with full force. He cooled it down, and rained and rained and rained, brought water also, because there was no water in these streams—you had to do your footsoaking, so water came also. And what a testing! In one thing, how much happened. He tested you, He saw you, nothing happened. Even a little tent was not blown off. It was all fun.

This is what it is, that you are also a testing ground for others. Immediately you will know what sort of a man it is. You are so powerful. Use your powers. Use your powers. But what happens if your attention is on other things, it's not pure. The attention is on others. Keep attention on Shri Ganesh, keep attention on Me. Everything will work out. Why should you work when He is there to work out everything for you, His ganas are there to work out for you? So put your attention in such a way that you know you are alert – daksha – you are alert, you know where your attention is going. And then you see the attention, how it works.

I never expected that I'll mature you so fast, but you have matured. But unless and until you know yourself fully, what you have got, how am I to give you certificate? Even if I give certificate, you won't believe. Like they say you have graduated. Now you are not only graduated, but you are masters. Otherwise I would never have told you to ask for Gurupada. You are praveenas now. "Praveen" means a master. Use your mastery. But still you are sitting at home, this, that: "My father is sick." Go and treat him – you are a master. Like Shri Ganesha, such a little thing like that is the master, you are also masters. The ladies also should know they are also masters. Instead of getting involved into smaller things and brickbats and all that, rise!

Another great quality of Him is that He uses His teeth to write. Teeth come to you from Shri Krishna—wisdom of Shri Krishna which becomes the Virat, the brain. So He uses the teeth to write. He wrote Mahabharata with His teeth. So it is said that you must use your brain with the enlightenment of Shri Krishna, and write, write, and write, and produce it into books. All these gurus have been successful because they created books. And these books were read by people and they were so much impressed, because anything black and white becomes something great.

You can also make nice dramas, as you have made. You can approach the televisions and things, that: "We have a nice drama for children." Now think about going in to people. Live in the society, live with them, deliver to them what you have got. It's your duty. It's not only that, but it is also a special privilege to you.

I mean, for today, as it is we had to delay, and I've tried to give you some points about Shri Ganesh. I think even if you give Me a hundred lectures I cannot finish it, it's so great. It's like an ocean to Me. So I hope you will understand the essential, the fundamental principles of Shri Ganesha, and what innocence is. The first is wisdom.

May God bless you all.

1992-0908, Unless and until you have the actualisation of this experience, you cannot become divine

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8 September 1992

Unless And Until You Have The Actualisation Of This Experience, You Cannot Become Divine

Public Program

Terrace on the Park, New York (United States)

Talk Language: English | Transcript (English) – Draft

Public Program

[note = There are 5 audio tracks out of which 4&5 is realisation which is excluded from transcription here, (SR part on Video)]

Track 1

Shri Mataji: At the very outset we have to know that truth is what it is. We cannot change it, we cannot transform it, we cannot describe it, but, truth is that you have to feel this all pervading power of divine love on your central nervous system. Another truth is, fundamental one, that you are not this body, this mind, these emotions, this ego, these conditionings, but, you are pure spirit. This is what you have to become. You have to get to your selfhood. Just giving sermons and lectures or talking about it, it is not going to work out. It is the actualisation which is important. Unless and until you have the actualisation of this experience, you cannot become divine. The divinity within you is absolutely there intact. Nothing can disturb it because it is eternal. But it has been through our thinking, may be be our ignorance, call it anything, is covered as the sun can be covered with clouds. It is all there. But you are here, you are here as seekers and I respect you and I bow to you because you are seekers, seekers of truth. What do you have to find? You have to become the spirit. This is the most important point we have missed in our seeking.

I know in this New York when I first came, I was really surprised that such advertisement and such falsehood and so much money was going on in the name of God. And people are so naive, so simple, and so faithful that they accepted all these false people from India, who came from everywhere. But one has to know that God doesn't understand money, you cannot purchase it. We live with money, we deal with money, but not God. The divine does not know your banks, your affluence and recession, doesn't know. So first of all we have to respect ourselves as seekers. This is where I think we have failed. We are not ???. Sometimes we lack that dignity of a seeker. Of course, some of them have gone to any extent of torture, I know that. But some of them have been very frivolous about it. Like you have shopping here, massive store, this store, that store, so they are going from one place to another to another to another. And I was stunned the way people liked all these showmanship. That time I did tell them that don't take to unnatural life and I told them that you will develop a disease like AIDS. About 10 years back I told them you will develop a disease, ??? but they don't like it. You have to pamper their ego to say that no, no, you are great you are already there in the heavens, you are already twice born. It's not so. I can't tell lies. But this is what has filed us, all these ???. Though I must say American are excellent people, very knowledgeable. So before you go to any guru, you should first find out the disciples, their lifestyle, how are they, what are they doing. Now most of them are exposed, of course now. But still new people are coming up. And so blatantly they are telling things that I don't know what happens to our intelligence that we can't find out that they are just marketing it. How can you market God? Its turning away from, all these, now people may take to fundamentalism. Is true. Because they have to have faith in something. So they take to fundamentalism. But just look at these religions also, what they have done in the name of God. Christ has said, you will be calling me calling me Christ Christ, I wouldn't recognize you. So with all these kind of people coming up, though I have been telling them by names, I described them by names, I told people who were they before and what are they now and how are they going to get at it. But they would not listen to me. It's impossible to understand how such intelligent people like Americans can get so mesmerised and so very easily. And bombardment of these advertisement, advertisement, really.

First I refused to have any posters put in America. I thought if there are seekers they will come. But doesn't work out that way, doesn't work out that way. And so now before I tell you about it, I have to tell you one thing that you have to be serious about it. You must respect yourself. Not only that human beings but you are seekers of truth. You have been seeking in your last lives and

now where there is chance for you to get it, at this time you should be serious; and not treat as another show going on. This they asked me permission to show this, I said alright do it. I mean if that is going to help you. But why should you even believe that? Why should you also believe me? At least you must know that I want you to know yourself. And if you don't know yourself, you should have no faith in me. But you have to come forward. When I started my work in England, you the English are known for their snobbishness, they are snobbish, but their scholarship nobody can match. That's another thing with their snobbishness, they are scholars. And there suddenly it clicked with them and they came along. So there is one thing we have to remember, Christ has said it that the meek in heart will inherit the earth. We have to be humble about it, that we have not known so far and that we have to know. That's all. You don't have to surrender your money to me, surrender these ?? Only things is that we have not known so far, I have been a seeker, I have been running all over the places, I haven't found it and let me now find it, for final.

9.50

So in us lies this kundalini in the triangular bone (at the base of spine). It's a very ancient knowledge. It's not nothing new as such. But in those days the tradition was to have only one disciple and one master. We had people who were devotional, we had people who were doing research sort of thing and we can say they were, with vedas, they were trying to find out how to master the material life or you can say the five elements. But we have people in our country since long who wanted that we should know ourselves, self knowledge, self realisation - 'atmasakshatkar'. If this knowledge comes to you from India, what's the harm? After all the whole scientific knowledge has come to us from the West. And also Christ was also not born in England. Anywhere we get the knowledge we should respect it. The reason is we were so busy in the West, developing ourselves outside that we didn't try to find out our roots; and this is the knowledge of the roots. All this knowledge can be yours, you can't pay for it. That's one thing please remember. It's so invaluable. All this knowledge can be yours and you could master it, you all can become masters; but for that you have to have a quality. It is not meant for stupid, idiots and lousy people. And also for shifty people. You have to be solid sahaja yogis for that only thing what is needed is pure desire to become the spirit, the pure desire. Because this kundalini is the power of pure desire. You know the law of economics is that 'no want is satiable' in the sense that in general wants are not satiable. Today you want to have this, tomorrow you want to have that, then that, it goes on moving from one to another. So whatever desires we have are all mundane. But the pure desire if you are aware of it or not is to know yourself. Without knowing yourself you cannot know the divine, you cannot know almighty. No use talking about God, giving big big lectures and sermons and this and that. It's all a yarn out the heads of the people that is coming out. It has no substance in it. First of all we have to know ourselves. Get ourselves, then only we will know what is the truth or what is not. I don't know what Gregoire has told you about kundalini. But when it rises, it is spontaneous. No we should understand what is spontaneous. We have flowers here, we see them so beautiful they are. They come from this mother earth. How? Isn't it a miracle? Look at our eyes, which is a camera, and the brain is a computer; how did we get all these things? We take everything for granted. Who does all this living work? We never ever think. And Science cannot answer.

Science has its own limitations. It cannot say why are you here and what is your purpose of life? It cannot, it cannot answer this. Unless and until you get this answer you will be restless, you will be nervous, you will be upset, you will be insecure till you find out the answer why are we here. So these miracles take place spontaneously because the seed has the built in quality to sprout and the mother earth has the built in quality to sprout it. It just works out. We can say that mother earth is a living thing. Seed is also potentially living. Whatever it is, the most important thing is you born in those special days when you have to get what you have been seeking. So when this kundalini rises, whatever may be your genetics, whatever may be your race, your this and that, all the problems that come out of conditioning and your ego and your enterprises into various aspects of life, whatever it has been, there is one thing for sure that everything can change with your ascent because spirit is a universal being. It cannot be conditioned and you will jump into a new awareness which we call as collective consciousness, about which (Carl) Jung has written. But Jung knew little bit about it, not the full of it. He has written about the collective consciousness means you start feeling others on your being. You will be surprised in Quran, Mohammad Sahab has said that at the time of Qiyama, means resurrection, your hands will speak. But who is bothered to see about the Qiyama. They are just fighting. All these religions have become money oriented or power oriented. None of them are spirit oriented. Whatever they may say about themselves. And they don't know how to retain their existence. So they are trying all kinds of things. Whatever is false has to be destroyed. That time has come.

So now, when this ascent takes place, first thing that happens to you that you become collectively conscious. Means on central nervous system you can feel the centres of others. Your own centres and the centres of others. This is the beginning of it. But that doesn't mean spiritually you are fully evolved. First state of evolution takes place when you cross over on this centre, optic chiasma, where you become thoughtlessly aware 'nirvichar samadhi'. Thoughtlessly aware. It has to happen. For eg. We live all the time in the past or in future and our mind is all the time jumping on the cusps of these thoughts. Sometimes these thoughts could be very trouble some. But when kundalini rises she pushes these thoughts on one side and in between there is a little space or vilamba in sanskrit, it's a pause where there is the present. So in the present you don't think. And unless and until you are in the present, you cannot grow spiritually. And if I say you stand in the present, you cannot. As the result of this first establishment of your state you become extremely kind, peaceful, relaxed, and atleast drop 20 years of your age (looks youger). All your wrinkles drop, all your twitching and nervousness drops out. You become extremely calm. Like if you are on the periphery of the wheel, moving, moving, moving, but the axis of the wheel is quiet. Has to be. It can't move. If it start moving, cart will never move, the car will never move. So you jump on the axis of your being. From there you see everything. You become the witness. Like when you are watching some drama, suddenly you see Napoleon, you think you are also Napoleon. You see you also get into that mode.

20.05

But when the drama is over, what do you find? It was drama, it's over! In the same way all this becomes like a drama and you become the witness of that. Moreover, all those problems which were troubling you, you can see them now. Like in water you are afraid getting drowned. But, supposingly you get up somehow or the other into a boat, you can watch these waves. But, if you become a swimmer, you can save so many.

The second state where it breaks through from your fontanelle bone area, this is the actualisation of baptism. Not that some priest put water on your head and say 'now you are baptised'. William Blake has said 'a priest cursed me on my fontanelle'; and people call him mad. You see if every body is mad, a sane person also looks like mad then. And this is what we should not accept. And then you can feel a cool breeze coming out of your own fontanelle bone area. You start doubting, is there a aircondition in my head or what, how it's coming out? But first mostly it is hot, then it goes down. The reason is all the heat of the body. But with some cancer patients I have seen even in London the room can get heated up. But when this kundalini rises she nourishes these centres on the left and the right side. You have the sympathetic nervous system which we use, left and right side, they join together and a centre is form, like this. When you start using the energy, what happens there is constriction of these and sometimes it breaks. When it breaks there is no connection with the whole. That's how you develop all these incurable diseases, specially cancer. You will be happy to know even blood cancer has been cured through Sahaja yoga. We don't want to advertise too much because all the blood cancer (patients) will be coming on our heads. What we want sane, good, healthy people first become doctors and then they can cure others. There are three doctors in delhi university where they have got their MD in Sahaja yoga. We have one here now. On their thesis on Sahaja yoga, how they have cured incurable diseases. I think asthma and epilepsies, things like that. I mean India is very sensitive to spirituality, I must say. We have lots of hypocrites, lots of wrong people also, but on the whole our life style is very steady. We would have never accepted this Freud in India. I told somebody what Freud was saying about the mother. And the fellow said, 'really he said so'? I said, yes he did. If he would have come to India we would have chopped him off and threw him in the sea. But here we accepted this horrible devil of a Freud. And now after so many years they are talking against him. It is also I must say the suppression of the catholic church may be, that is the original sin. I mean, imagine Christ attended a wedding, was he trying to encourage a original sin? There is no logic in this. All this yarn has come out of Paul's mind and he used this Peter the weakest disciple of Christ, to completely destroy the work of Christ. This yarn which came out thier heads that it's a original sin, i mean so we are all sinners (according to them). So these special people who are supposed to be the in charge of affairs are not sinners (?) They can take money from us. But why take money from sinners? We must use our logic when we follow something. What has it given to us? Its not only Christianity, Hinduism same thing I tell you. Horrible. Krishna has said that spirit is in every one. How can they have caste sytem then? And who wrote Gita, Vyasa, who was illegitimate child of a fisher woman. But in the Gita they have changed it and put it that your caste is pre-nate. It is absolutely a very superficial garment people are wearing as religion which has no connection with them. So first we have to become alert and see for ourselves and introspect, what religion are we following, what do we believe in, what

we have accepted, how far it is correct? So, when the kundalini is out and this connection is established, even for a short time, you can feel on your finger tips the all pervading power of divine love. If I talk of God in these modern times because science and dollar has become our God, people don't like it. But I can talk of divinity. You can then feel that there is this divine power which is doing all this living work. Now imagine you become one with that divine power, then what happens? What is this divine power made of? It has all the vital power, what you call as prana, it has all the mental powers, is called as manasa, and it has all the redeeming power in it. All the knowledge is within us and the whole knowledge starts manifesting itself. We have no idea what we are. Just see this instrument (mike) is made, and it is not put to mains (power connection), it has no meaning. It has to be put to the mains. In the same way once we are connected with this power, we become one with the divine. Or, we can say that we enter into the kingdom of God. Even when they enter, they don't believe in them. They will say take your seat now this is a throne for you, still a person looks around. See because if he is begging on street and if you make him a King suddenly, he can't believe it you see. He sits on the throne and he is asking (begging). It happens. Doesn't matter. But gradually you realise that you are extremely powerful, you are extremely dynamic and at the same time you are extremely compassionate. So we have never used the power of love. Always the power of hatred has been used by human beings. It comes from animals I think. Not from the divine. So, in the nature of spirit, when the spirit starts manifesting in your attention, first as I told you, you can feel the centres of others and your centres very clearly. And all of them feel the same. You take 5 children who are realised souls, tie (on) their eyes and ask them, 'What is this man suffering from?' They will raise the same finger, all of them. And you ask that person 'have you got a heart trouble?'. Yes, how do you know? This finger (little). It is meta science I am talking to you about, that you become the science itself. You don't have to go for your diagnosis somewhere. Some people die only in diagnosis, leave alone the further treatment. You can diagnose others, you can diagnose yourself and you know what is wrong within. If you know how to correct our self, you are alright. All the world problems comes from human beings. Must admit. And all the human problems come from their centres. And if you can put these centres alright, you can solve your problem without paying any money, without having any discussions, and arguments, and fightings, and wars; nothing. Because you become a universal being, your universal religion come up. I am surprised, Dalai Lama who is begging all over. Specially in America, lot of money, that's all they do; has developed such wrinkles all over his face, begging. He told that we can't have a universal religion because we are all different people. They are now against having a universal religion. But actually all these religions outside which create such barriers between human beings cannot be religion.

Within us then rises that universal religion which integrates all the religion and all the beautiful principles of ?? religion. Mahatma Gandhi believed in that and so many people do believe, because he was realised soul. These religions came as beautiful flowers on the tree of spirituality and people have plucked them and now they are marketing those dead flowers and fighting. So you understand all these religions come out of one tree of spirituality. And you see the beauty of it; and also you see the nonsense that people have done in the name of God. Now the first thing you know is the absolute truth about everything. You just put your hands (palms upwards as if asking). Those who don't believe in God can ask 'is there God?' If you are realised soul, vibrations will start cool vibrations in the hand, moving. Supposing a crook is there sitting like a big acetic and you ask 'is he a real guru?' Your hand will burn. Not only, sometimes, you might get blister from some of them. So you know the absolute truth. And if everyone knows the same absolute truth then how can there be quarrel, how can there be fight? We have, I don't know, thousands of people who have got realisation; but about 3000 people come to India for seminar we have; and I am amazed they are from all communities, all races, from all over the world, they never quarrel, no fight, no violence, nothing. They meet each other, no brother can meet like that. No sex problems, like this man running after that woman, that married woman is running after (that man), nothing of the kind. This all. They become pure people, pure. Really they become angels I tell you. They have lived in the same society, enjoying the same nonsense, but suddenly they enjoy their virtues and shy like angels. You all can become angels. This is one thing I promise. But you must know that you can become and you must respect yourself. Whatever may be your birth, your creed, your nation, anything, makes no difference. These are different varieties that God has created to create beauty. That's all. But every human being can get his selfrealisation because it is inevitable and end of evolution. This is the last breakthrough you have to have.

In the beginning American discarded me because I was not charging any money. I couldn't understand that. I didn't know how to talk to them. But I hope, its better, the situation is better now. The second very important thing about the spirit is that it brings light in your life, that you see things you are not upset, you don't get into tensions. Apart from your physical, mental, emotional problems are solved, your spiritual problems are solved. You become like a saint or become a saint. That's what happens. It's

unbelievable, its so fantastic. But you are fantastic. Supposing I take a little, a television to some remote village and tell them that you can see some films in this, they will say 'ohh, oh this box?' We also think we are just boxes, but if you put if you put to the mains we can see what fantasy is and you will be really amazed at yourself. All this otential qualities are expressed because of the light of the spirit within you. Not that, you get back your innocence, but you get back all your powers. In the sense that you can give realisation to others. If there is an enlightened candle it can enlighten another candle. But those who think that now supposing this candle is not enlightened and it thinks that I can get enlightened by myself, it cannot. That's another ego.

An enlightened person can only enlighten another person and when another person is enlightened he can enlighten another person.

This is another ego which is killing us. This is a wrong idea.

And above all you jump into the ocean of joy. You should understand what joy is. Joy is not duality like happiness and unhappiness. If our ego is pampered you are happy, If it is disturbed we are unhappy. But joy is a state which is singular, which is absolute. It cannot be described, it can be enjoyed. And such a person becomes such a source of peace and simplicity, innocence and love, that you are amazed. Now on the material side also I should tell you that first of all that your creativity starts manifesting. 38.35

I know some people who were Chartered Accountants have become great poets. Imagine a Chartered Accountant dealing with accounts becoming poets. Musician, very great musicians, those who you know, are Sahaja yogis from India. Amjad Ali you must be knowing, ??, Debut Chaudhary, they are all Sahaja yogis. Then because you get wisdom within you, you have right choices and you are blessed by the divine. Your material problems are solved. In England, you will be surprised, we have the highest record of unemployment but not single sahaja yogis are unemployed; its impossible to find. Your wasteful habits are dropped out. So many drug addicts, overnight they have given up drugs. I never tell them don't do. I never tell them don't do this. Otherwise, half of them will walk out. Just it happens. Because if you are holding on to a snake, somebody ?? it's a snake, they will not like it. Bring the light, immediately they will drop out the snake. So all self destructive things that we have acquired, just drops out and we become extremely constructive. Aesthetically we become very rich and we understand that righteousness is the only way we can live happily. We just become righteous. Christ has said 'Thou shall not have adulterous eyes'; what a subtle thing he has said. Even the eyes should not have any lust and greed. Actually thats what happens. And these innocent eyes are so powerful, that even a glance can do a lot. This mastery I don't want to tell you too much because you wouldn't be able to bear it; what mastery you can reach. But, the greatest thing that happens to you that by knowing yourself you are absolutely confident of yourself but you do not agress anyone and do not take anybody's aggression. You develop such a personality that no body can aggress you. Neither you aggress anyone. And if anybody aggresses you, you take it just as a joke. You don't take it seriously. This kind of personality is within you which is trying to manifest. Some people who never used to sing started singing so beautifully. Can you imagine these English who stayed in India for 300 years, didn't know how to say one sentence of Hindi language. Its impossible. Now they are singing sanskrit songs. Can't understand ?? very beautifully. If you just close the door don't see them, you wouldn't believe. Even the Indians can't sing the way they are singing. Because you have become universal, you start understanding. The whole alertness helps you because one has to understand that there is divine power which is working it out everything. Whatever you saw in this ?? is the work of divine power. And you feel amazed that at every step how they help you. How you get rid of your diseases. In Sahaja yoga no body gets sick. Very rarely. Even if they start getting sick, they know why this is happening, they can correct themselves. On the agricultural side we have experimented, if you give vibrated water or if a sahaja yogi does the cultivation, sometimes this yield could be 10 times more than normal and with non-hybrid seeds. Even with animals, with animal husbandry, so many professors have experimented. Except for this country everyone has taken Sahaja yoga very seriously. Scientists, doctors; in London there are 7 doctors who are doing recording of so many people have been cured of so many diseases. 43.42

Track 2

There are scientists in Switzerland who have found out so many things. All this happens just because you yourself have the power to do it. This science is not conclusive. Today you find out something to bake your cake easily, then you do something

how to shave fast, then something else, something else, but nothing about yourself. Goes on like that. You go to moon, you go to this place, you go there, what you get? Why not go to yourself? If all these things are contained many more, why not allow our spirituality to come up. Ofcourse you don't have to give money, but, you have to give some time. Because the whole thing is now working on a collective basis not on individual basis. If you say alright, I am doing myself meditation, mother has told ?? I am doing at home, it wouldn't work out. You have to be in the collective. Say a nail is cut out of the finger it wouldn't grow. So you have to belong the whole body. Once you become collective you will never leave it, because its so enjoyable. Such pure joy. Example, first when I went to Russia, there were 25 Germans who came to help me. I was really touched. I asked them 'how is it you all have come'? So they said mother 'don't you think we bear responsibility for what our forefathers have done.' with the tears in their eyes. If you see these Germans, they are the gentlest people you could think of, very gentle. This is time for us to change. It's all working out. Russia is of course as he said. India I need not tell you because India is tremendous. Also I think so many Arabic countries will now jump into it because they are fedup with fundamentalism. Russia may be one day a very very great country because they are very solid people, very introspective, very satisfied. There are 30% who are just minial workers and things, they will ask you for American gene or something like that, but 70% are, every third person is a doctor of this and doctor of that. 200 scientists invited me to address them and they said 'Mother don't tell us about science - we know, tell us about divine science. Which absolutely conclusive, not only that but which is absolutely absolute. You cannot imporve on it. It's so efficient, it's so definite, so meticulous and its so beautiful. It's all there. There are so many other things that you can discover and I leave it to you. Now to get to it.

Track 3

because Sahaja yogis are now here are fed up. They say that 100 will come to our program and 2 will stay then 1 will stick. I can't believe it that Americans can't take things seriously. Can't believe it, where people like Abraham Lincoln, great people who gave democracy to whole world and there is so much for you to give. You will be held responsible in a way because you are here, I have told you the truth, and if you do not get to it, it's your responsibility. I cannot force on you, its your freedom. If you don't want to have it, how can I force? It cannot be forced. I have seen all the gurus, they will write letters to all the people inviting them, all those who have money and all – please come to uor program. They have delegations to meet them. No, its for seekers. Not for the rich or the poor or politicians, for bureaucrats, for anything, or for any successful musicians; its meant only for seekers. If you are true seeker you should get it. It's your right to get it. Sahaja- 'saha' means with you, 'ja' is born, this right to get this yoga-union with the divine. I am happy to see so many Indians here. It is there heritage. But I think dollar system might have little bit clouded their eyes. This is their heritage. And they should take to it. But it is the right of every human being to have it. 300 years of British rule in India has changed our country a lot. We lost all our old knowledge which is 1000s and 1000s of years old. Markandeya (sage) wrote about it this 14000 years back. Then Adi Shankaracharya in 6th century, 12th century Gyaneshwara, then Nanaka. Guru Nanaka has so clearly said it. Where are they? I hope in this visit of mine in New York many of you will take to it seriously. I must tell you now I am 70 years of age, I don't know, every day I am travelling. I don't know how long will I continue in my life time I would like New York people settle down nicely in Sahaja Yoga.

May God bless you all.

1992-0910, Public Program

View [online](#).

10 September 1992

Public Program

Eden Park Seasongood Pavilion, Cincinnati (United States)

Talk Language: English | Transcript (English) – NEEDED

1992-0913, Hamsa Chakra Puja

View [online](#).

13 September 1992

Hamsa Chakra Puja

Vancouver (Canada)

Talk Language: English | Transcript (English) – VERIFIED

Hamsa Chakra Puja, Vancouver (Canada), 13 September 1992.

Today we are going to worship the Hamsa Chakra. So far we have been always worshipping a Deity and this is the second time you are worshipping this centre of Hamsa. Now this chakra is, it is, you know, placed between the two eyebrows and two eyes represent the left and the right side. So this centre is very much guided by our eyes, by our ears, by our nose, tongue, teeth, throat. Is a very important centre because the Vishuddhi, which has to look after sixteen petals, which, sixteen petals, which look after all these ear, nose, throat, different, different organs within us, also it has to communicate with the Viraat. So it has to pass through this centre of Hamsa Chakra.

Hamsa Chakra is the very pivotal centre, which expresses auspiciousness in our awareness. That means, if this centre is alert and awakened, then we immediately know what is auspicious and what is not auspicious, or we can call it, we get the Divine Discretion.

I think it is a part of the genetics that people have discretion between good and bad, destructive and constructive. It is basically, has to be there, but we can easily spoil it by all these organs which are collecting the conditionings and the ego from outside. That's why this centre is very vulnerable. Other centres are not so much connected outside as this centre is connected, and receives all the information from, all these organs.

For example, the eyes, now, we have. Eyes are very important because, they say it, this is the window of the Spirit. And you have seen that when Kundalini rises, and Spirit starts shining, there is a dilatation of the pupils and you look like an innocent child and there's a twinkle in your eyes. But the way that we play with our eyes all the time, the way we use it indiscreetly with our lust and greed we can spoil this centre very badly.

Once we start taking to destructive things in our life, we immediately become akin, or we start accepting, whatever is wrong, whatever is destructive, very easily. I feel this is some sort of a genetic defect because, in certain people, they will not accept anything that is stupid, idiotic or destructive. But in certain people they're very prone and very easily can be taken to things which are absurd, which are stupid and which are definitely destructive.

This can become a very collective acceptance also and once it becomes a collective acceptance, it starts penetrating throughout. It does not only have the effect of absorption, but also it has an effect of affecting other things. Say a person whose eyes are what we call flirtish or roving eyes, such a person, if he goes to one group of people who do not know what flirting is, do not know what roving eyes is, with very steady eyes, he can influence those people and can make some of them of the same kind.

So what happens, really, is this, that, this is a very good door for all kinds of bhoots to enter, entities to enter, and when you start projecting it back, the same bhoots can pass into another person and can create the same kind of vacuum or same kind of vulnerability in the Hamsa Chakra of other people. So that's why eyes have to be very, very clean, innocent.

Another, you can see, is what you hear. Some people, if they hear something nonsensical, they'll just put their hands to their ears. They don't want to hear anything. But there are some people who like it and go on enjoying it. Ultimately, they become servile or, we can say, conditioned, that they like all these horrible things that normally a human being won't like.

Now, also you must have seen that people who, like French people, I think they have no discretion of smell. They smell so awful, but they eat all rotten food, rotten cheese, rotten, absolutely rotten wines, but they never smell it. Anybody in their company can

smell it. Even their hands smell of their rotten cheese, you can't just [bare to] smell it. But they have lost the power. In the same way, in our country we have a caste called sweepers who do all the cleaning of dirty things with their hands. They have no sense of smell. They have lost the sense of smell. The nose has lost that smell sense. They cannot smell anything dirty. That's how they can do their work.

So if you start also not being alert to fragrance - I've seen also there are certain things people use made of tobacco, they are supposed to be very good, very famous brands of perfumes like 'Tabac' and all that. So once they start liking that kind of a thing, then they have other things like 'Poison' and other horrible things, which, it's horrible smell in it. Apart from that, first [thing] you smell is alcohol, is a spirit! But they don't mind because they see in that a very congenial type of a pleasure. But these pleasures, ultimately, can kill all the cells of the nose and afterwards one may even lose the sense of smell.

One of the joy-giving organ is the sense of smell. When the Kundalini rises in many people they get a fragrance of many things. Some people get of guggul or sometimes they get a fragrance of sandalwood or something, which is a very natural essence of flowers or maybe of some woods.

But these unnaturally made things which are actually destructive to your cells of smelling, that is what they start using, and once you start using these kind of things then what happens is that you don't feel any bad smell anywhere, like animals. But so many animals can smell, if not they don't call it bad or good, but they can smell. Even that sensitivity of good and bad smell which we human beings have got is lost. So whatever is our ascent, as human beings, at what a level we have gone, start completely disappearing, gradually, one by one.

Then same with the throat. If the throat is using bad languages and is being used for abusing people, showing temper on people or anything of aggression or sometimes people take things which can also spoil the throat by their destructive qualities, like alcohol; specially the smoking. If you smoke then the throat gets vulnerable and the sweetness of your voice is lost. Then they speak with a hoarse voice. But this is all external. It starts becoming external. Mouth smells with that and also the teeth react to all such things, which we take without discretion about it, because that's the fashion, because it is marketing well, because it is advertised! That means we have not got our own wisdom, our own personality. But when this centre is awakened, then what you develop is a discretion.

As I was telling them yesterday how the word Hamsa has come for this centre. Because there's a Sanskrit, very beautiful, couplet, which says that a swan is white and a crane is a white bird. What is the difference between the swan and a crane? The answer is that when you mix milk with water, the swan will just suck in the milk while the crane has no discretion, no vivek.

This discretionary power, once we start losing, we start becoming just like robots, I would say, because we have no personality. Anybody can brainwash us and the more they tell us about our discretion we listen to them. That explains why people, so many thousands of people, go to all these false gurus. Thousands of people, why did they take to homosexuality and got into AIDS? Why thousands of people have taken to drugs?

It is unbelievable! Incredible! Why people have taken to all these things [and] are destroying their life. They see a man going into the pub, coming out and falling down on the ground with all his purse being emptied. But they go with the purse, see that they have sufficient money to go inside the pub, again come out to fall down on the street.

Whatever idiotic or nonsensical [things] other people are doing, when you see they're idiotic, you pay money to become idiotic. One pays money to destroy oneself, go out of the way. It is so unnatural for anyone. I mean even a dog or a cat, or any animal, knows where is the danger is. They can smell the danger and they run away because they have to preserve their lives. They think their lives are precious and they must live and live well. But this ordinary, common sense starts missing and they will say, "What's wrong? What's wrong in this? What's wrong in that?" That means the genetics of the Hamsa are missing.

Now you should see there is no Deity on the Hamsa Chakra, but it is the formless energy of so many organs which are looked after by Buddha, Mahavira, Christ, Shri Krishna - four of them, managed by Shri Ganesha. So these genetics are put by Shri Ganesha because He is the source of the Wisdom.

So first, once they spoil their Mooladhara, the wisdom is finished: [the] basis, the fundamentals, are finished. That's why immoral life is very detrimental to our life because we lose our discretion, the discretion is lost. Then if you can awaken Shri Ganesha in the Hamsa Chakra, then suddenly you belong to the higher race of Sahaja Yogis.

It's surprising. I've seen people overnight give up their drugs, very immoral people become extremely moral because of this chakra being suddenly awakened and the light of the Spirit is best expressed through this chakra in everyday life, in the collective life also. One starts then seeing the point, as we say.

Like now, in Sahaja Yogas, we have different problems, also. Say, when people first come to Sahaja Yoga, they start watching other people and starting finding their faults, what's wrong with them. They never see what they are here for. They are not here to find out faults with others, but to correct your own defects. So they say, "Oh, this man is no good. That man is no good. This is wrong." They start creating problems, you see. They'll talk to each other, saying, "Oh this man is not good. That man is not good," try create groups and things. They're here to offer what? Or create a politics or for your ascent? Some of them, if they do not do all this, then they think we should start to make some money out of it or some sort of a thing, or some start criticising others about something, which is not their concern.

So they forget because they are just now coming to Sahaja Yoga and their genetics are not established of their wisdom. They start worrying about things, which are not their worry, which they should not bother about. Then some of them start thinking, "Oh, I am the leader!" or "Why am I not the leader?" So they start finding fault with the leadership. Sometimes leader also can feel, "Oh, I am the leader. I can be very stern, very disciplinary and I can control people. I can do this." They have come here to learn how to love, to be compassionate, to be tolerant.

The sense of leadership and also of obedience - both are discretionary. If somebody says something to you and if you obey that person for your benevolence, you will subtly understand that it is for your good. If some leader says that "This is wrong with you," try to see if it is wrong, instead of feeling hurt about it. "Yes, it is wrong with me. So what should I do? How can I improve myself?" Ask the leader or you can write to Me or do anything. But no! They will not do it. Immediately they will write a letter to Me saying, "This leader is such-and-such, bad fellow. He's so this thing. He ate that money. He ate that thing!" and all kinds of things. Or else they may tell people, "Oh, Mother listens to this fellow. He's no good. He's just telling Mother stories and Mother listens!" Mother is not such a fool. She knows about everything.

So all these things that we have gathered from our previous life, even after our second birth we carry little bit. Like an egg becomes a bird but still lots of things of the egg are hanging on to his body, so you have to cleanse it.

So, at this point, when you have got your realisation, the first discretion should be, "How am I going to achieve that state of Spirit?" The Pure Spirit! Instead of that, also, people get lost because they have no discretion.

With this enlightenment, first thing that happens, I've seen with people: Their eyes are fixed. They don't rove their eyes much now. They have very innocent eyes. Otherwise they are really mad, those people who go on looking at everything like this. There's no difference between madman and him. You put one madman, he does the same and a person who is like that does the same. And it's such a crazy thing to do, but immediately...I mean, it is such a spontaneous thing. It's like the light coming in the room. It is so spontaneous that you start seeing things clearly - "No, no. This is not good!"

Before in the garden, you would go and collect all the thorns and put them in your body. That was the situation. Never looked at the flowers. And suddenly, after realisation, you will be amazed, you just see flowers and don't bother about thorns, or if you find you take them out.

There is joy even before realisation and after realisation, but there is no capacity to enjoy. That capacity comes to you after realisation and the main thing that happens to you is the discretion. Then, like the swan, you just take the milk of everything. At everything your attitude becomes very different, you start seeing things in a different angle.

Like once we had to go to one very ancient temple to see some art. Me, my son-in-law and my daughter, we were walking up up, we had to walk for miles, up the hill and they were very tired so we went into one temple and just laid down ourselves. They were so tired. At that time I said, "See these elephants, see how beautiful they are, every one has a different type of a tail and a different type of a trunk, the poses are different. So many of them are like that." My son-in-law said, "Babaa! We are so tired. How are you looking at these things?" Because attention didn't go to my tiredness but to those beautiful things. Same thing, you start sucking in the milk.

There is joy but you cannot feel the joy because the power, that subtle power of Divine Discretion is not there. Once that comes

in, you start enjoying everything. It's just the same, [your] life is just the same, nothing has changed: same house, same family, same city, same environment. But you start enjoying because the sensitivity of your Hamsa Chakra is now only for Divine Discretion and you immediately know and then you don't want to do anything with the thorns, only want to gather flowers and you know how to gather flowers and you are in joy.

So the light of the Spirit, which shines through your Hamsa Chakra, gives you wisdom. Wisdom doesn't mean that you know how to argue things or you fight with people. No, it doesn't mean that! Wisdom means how you take to the good side of everything, to enjoy it, this is Wisdom. And that you avoid all destructive things and take to something constructive.

Now you are going, say, on a road and is written there - there's danger. Before realisation they will say, "All right. Let's see what is danger." They'll jump into it and say that, "We have got nirvana" by killing themselves. Such explanations! But a sensible man will say, "All right, danger? Go back. What's the harm, after all?" He preserves himself. He respects his life because he knows now [that] he has become the instrument of God.

So Wisdom comes to you automatically, but through experience. Then you know this is the right path. Through experience you start understanding. Nowadays I am telling all these things to you. Say, if, twenty years back, I never talked of these things to them, [it was] because I knew if I start talking, they'll say, "Oh, She's talking something out of the blue. God knows if it is true or not."

But once the wisdom becomes transparent and you start seeing through it, everything, very clearly, makes your mind absolutely clear then, anybody who then tells things of wisdom, you never feel bad about it, on the contrary, you thank that "I'm so lucky that I can hear about these things, such a nice things!" And also those sayings start giving you joy.

So, with the ear you hear so many things. Used to hear the same things, might [be] hearing so much music, everything - before also - but never gave you joy. Now, because of this transformation, the same music, which you heard before, now makes you feel as if you are in the seventh heaven. It gives you ecstasy. The poetry, which was quite mundane, ordinary, people told Me, "Mother, it was such a headache to read William Blake in those days. But now we love it. We read it like Bible!" Because now you have developed new sight, new hearing power. All these are called in Sanskrit 'atindrya', means 'the organs which are subtle organs within us'. So eyes have a subtle organ, ears have a subtle organ and these subtle organs then start emitting such responses to all the surroundings that you just gather whatever is beautiful.

Say it is very dark. Normally, you'll be frightened. But if it is very dark, you say, "Oh, it's very good. How we are enjoying here na? It's such venturesome thing!" You'll go slowly, slowly holding each other's hands. Supposing it is very hot: Then maybe somebody would say, people may start, I don't know what they would do! Another would just say, "It's quite nice day, you see, it's nice sometimes to also have hot. It's also very good!" - like that. If it is cold, the other way round. So, thus you start enjoying every aspect which is supposed to be very, very bad for others, [but] to you, you know the aspect of that, what is to be enjoyed, that part which is to be enjoyed, and once you know how to do it, then you say, "We are swimming in the Ocean of Joy." The Ocean is the same, but now you just achieve those beautiful drops of ambrosia which are in that Ocean and the rest are worried of getting drowned. Same Ocean! Same world! That's why they say it's a maya. But after this discretion is shining there's no maya - you start enjoying.

It's like this, supposing you drop somebody in the ocean, he'll be so frightened and he'll die before even he's sunk really! But supposing a person there is, with all his things to watch and he is the one who is going to see all the beauty of the underworld. He's very nicely secured. He's got big, beautiful glasses and all that and he's wearing nice paddles. He doesn't have to bother. He just goes there, nicely enjoys everything, takes photographs. The ocean is the same for him or for the one who is dropped in the ocean. But the one who is secured, the one who has all the equipments, the one who knows what is to be seen is enjoying it. In the same way, you are equipped with wisdom, with security and you know what you are doing, and the same thing starts becoming so very beautiful and enjoyable.

I have seen how Sahaja Yogis enjoy everything. Even if somebody is shouting or saying something in a hall, I've seen all the Sahaja Yogis start laughing, laughing, laughing, you know. He's, poor man, trying his level best to condemn everything, and here all the Sahaja Yogis - just laughing at him, doing nothing, and that fellow runs away. It is something so...I mean they're enjoying

his stupidity.

So the whole attitude of life is so changed because of this Hamsa Chakra and you are not even aware that you have developed that Wisdom...automatically! Then you start also consolidating it and making it your own enlightened faith because every time you see [that] whatever you believe in just works out. You see, suddenly you find that things are brought to you without your knowledge, without any effort, which you have been trying to get. People suddenly meet you and you are helped. So many things happen.

Recently, somebody came from India and he had said that, "I would like to meet somebody at Milan station". So we sent somebody, but he was wearing a very small, little badge so this gentleman couldn't see, and he was watching for somebody there. Suddenly, he saw one gentleman standing, like a Sahaja Yogi, very relaxed, watching everybody, not running, not upset. He went and asked him, "Did you come for me?" "Yes, yes, yes. I was wondering. I thought it is you only who has come." So, you make them out because their styles are different, their standing methods are different, their talking is different, the way they behave. It's all, you see, is a miracle the way the whole life and personality is changed.

Once my husband had taken a Sahaja Yogi to a library, a British library and people are very rude there. So they were late by about one or two minutes and it was closing time. The fellow just started shouting at him. So the Sahaja Yogi said, "Yes, I agree. You see, we are late, but these traffics don't understand any laws that this library closes at this time, you know. They don't understand - the traffic, you see. They wouldn't listen to us. We told them the library's closing, you see," Fellow started looking at them! "But they wouldn't understand it. So important. You know, the traffic was stopping us and we are sorry we are here so late, but next time we'll not do like that." The fellow got absolutely so flabbergasted and the whole thing melted away. He said, "All right, come along." He opened the library for one hour after that.

So the wisdom of handling people, wisdom of talking to them, wisdom of handling your jobs, everything starts working out. And if it doesn't work, you don't feel bad. You think, "What to do? The other fellow is not a Sahaja Yogi". You tried it's...what can be done? Like this time, when we were coming, there was a nice gentleman who is something like a manager in the KLM and all that. So he came and told Me, "There's a little difficulty that there's no seat for others. Only three persons first class can go. It's impossible. He's a friend of mine. He just can't help you." I said, "All right." I went and sat on the chair. I did like this (bandhan) only I think, three times must have. "Oh, there are six seats already there! From where did they come up?"

So then you start seeing one point very clearly ki (that) there is this All-Pervading Power which is very active, which is watching us. All the great saints are managing things. Or sometimes you feel as if the angels are with you, how they're guiding things, how they're helping us, how they're there, how it is working out. Then you start seeing all that, then you start knowing it and believing in it, then this discretion settles down. Till that state it is settled down, it's quite possible that Sahaja Yogis might slip out of Sahaja Yoga.

I have known many that, they come to Sahaja Yoga and just slip out on small, small points like that. Some other Sahaja Yogi, of their style only, can say something harsh to them and they slip out. Because on the periphery we have all kinds of people and on the periphery if you stop and somebody says something to you, then they drop out because they have not reached that state of discretion that, "This is the right place I'm in. If another is wrong, he'll get out. Why should I get out?"

The growth is only possible when your Hamsa is put right. Without that till you are completely there, it's very difficult. But once the Hamsa is established, I have seen people become really very dedicated. As you know, it is very big organisation we have, all over the world. I have no secretary, I have no organisation, I have nothing like an office also. But everything, everybody's my secretary, everybody's working it out on their own. They're identified with it. They are responsible for it. I don't have...I'm like a plug, they put Me here, alright, there, there. It's all right wherever they put!

Only this much of discretion, that they're my children, they'll not do anything to harm Me, they'll look after Me. Sometimes, of course, it could be quite hectic, could be very fast movement, whatever it is, but I don't mind because they are doing so much for Sahaja Yoga and they want to do it more and more and they are so responsible. So I respect it.

Sometimes people say, "Mother, what a horrible schedule You have. We can't bear to see it, you see, it is too much. How will You do this?" I can do it!! Because I have absolute faith in their identification with Sahaja Yoga. They are not cheats. They are not hypocrites. They're not doing for their own being, own self, but they're doing it to help Sahaja Yoga, to help others.

So the identification that you develop with other wrong things just drops out, then you start identifying yourself with beautiful things because you start getting the fragrance of the beauty. Then you start enjoying that beauty and your heart starts opening out.

All this joy and all these things are not possible if your Hamsa is still infected with ego or with conditionings. We have so many conditionings like Hindus, like Christians, like this, like that. These conditionings are so much. Such false things we are following. But once we give up all these conditionings in the faith that we are doing it for our benevolence, this Agnya, this chakra opens out very well. Without this, Agnya cannot open. I mean, you see, it's an entry to Agnya, it's the entry to Vishuddhi, it's the entry to all the chakras of your head, the peethas that are there. So it's so important to keep your Hamsa Chakra clean!

I've also told lots of things that can keep the Hamsa Chakra clean, which you all should use, I mean on the physical level. Also on the mental level I've told you what you have to do: is to steady your mind, see the beauty of anything and not the vulgarity of it, not the utility of it, but the beauty. Slowly, slowly you'll find your eyes will become cleaner and cleaner. People are now so much in Sahaja Yoga because of their depth maybe, because of their seeking maybe, because of their janmas (births) maybe or whatever it is.

But this Hamsa Chakra does the greatest thing about which I do not know if you are aware or not, that, whatever are your karma phalas (fruits of your actions) are finished. You are not responsible for your forefather's karma phalas, your country's karma phalas or your own personal karma phalas. Whatever wrong you have done is finished, as if you are cut off from your past completely. Once this is established, then all mistakes, all wrong-doings, not only of you, of your relations, of your forefathers, of your family, of your country, of this world, anything, doesn't touch you. You are aloof from it.

And in this Krita Yuga where this Brahmachaitanya is trying to expose and to punish people for their past karmas - collectively also, country-wise also - will not be able to even touch you because the light of this centre is extremely powerful and you will be redeemed of all the fears of whatever you have done before. You'll just be beautiful like lotuses, which have come out of the mire, and you'll emit beautiful fragrance all around the world.

May God bless you all.

1992-0913, How to transform the human awareness into another dimension?

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How To Transform The Human Awareness Into Another Dimension?

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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. It is something that we cannot know with this human awareness, we cannot think about it, we cannot conceptualize it, we cannot read about it. So, this human awareness has to be transformed into another dimension, then only we will know what is the truth. We have to know the absolute truth, which cannot be challenged by anyone and which cannot be questioned by anyone and all those who know it has the same feeling, have the same understanding. As I am sitting before you, all of you can see I am sitting before you, that's the truth. If this is the absolute thing, then there should be no quarrel about it, no fighting about it. So, today's problems, which we call as severe ones, which are very disturbing, are mostly coming from human beings, humbly we must admit that, and all these problems are coming to us from our centres, which are placed within us, which we have used by our imbalances, we have brought forward all these problems. Now, whatever I want to tell you today you should not accept me blindfolded. This blind faith has not helped anyone so far, so just treat it as a hypothesis and keep an open mind like a scientist, if it is truth, then as honest people you have to accept, because it is for your benevolence, it is for the benevolence of your fellowmen, for the benevolence of your country and for the benevolence of the whole world.

Now, within us are these centres which are being described to you. And these centres are the ones which supply energy for our spiritual, physical, mental being. Apart from this, we must know what is the truth, we do not know what we are finding. The truth is, that you are not this body, not this mind, not these conditionings, not this ego, but you are the pure Spirit. This is the fundamental truth about it. Because you are not yet the Spirit, all these problems are there.

The second truth is, I would say, that those we have got their realization before, those who were realized souls before, those who were really the saints have said the same things. All the scriptures have said that you are to be born again. But it is not like this to put a certificate on your head that I am born again, it is just a certificate, it's self-opinionated ideas, is not the truth. Supposing I say I am the Premier of British Columbia, do I become? If I become the Premier, then I have some powers, so just by certifying yourself, if you are satisfied, no one can help you. I call them the seekers of truth who are not yet satisfied with themselves, they want to find out the meaning of their lives. They are not just identified with some organizations, with some ideologies, with some dogmas which later on may be exposed, but those who want to know what is beyond this human awareness, is there something more? So, Sahaja means, Saha means with, ja means born, born with you is this right to get this union. Now, what is the union? Another truth is that there is an all-pervading power of Divine Love. We have never used the power of love, always of hatred, even in the name of religion we have hated each other, in the name of God we have hated each other, never used the power of love. The truth is there is a subtle power of Divine Love. See here there are beautiful flowers, you see them, we take them for granted, we never even think what a miracle it is this different type of colours, a different type of fragrances and these beautiful flowers are created by this Mother Earth. How does she do it, is she a living being, how does she manage, we take it for granted all these things. Look at our eye, what a camera it is, look at this brain, what a computer it is, but we take everything for granted, we don't even want to think that there must be some power which has done this. We talk of evolution, we talk that we are evolved, who has done that?

So, there is this all-pervading power of divine love, which does all living work, so this yoga the union is between you and this

all-pervading power. Once this connection is established, all this union is established, then you are an evolved soul, you are a realized soul, you are twice-born personality, is not just a certificate and that can happen to all of you. I have to tell you that your Divinity is there all intact, please believe me, whatever you may try, whatever you may think you have done wrong or sinned or all kinds of things your Divinity is not disturbed, is not impaired by any means it is absolutely intact, because it is Eternal thing, it is of Eternal nature, nothing can destroy it, let people say what they like, but the fact is that your divinity is absolutely intact. Now, only thing is that this Divinity has to manifest, for that it is to be understood that our Creator is the greatest organizer and he has created this beautiful instrument within us and then this residual power, which in Sanskrit they called as Kundalini, but she is the reflection of the primordial mother, whom we call as the Holy Ghost. When we talk of God, He is God Almighty and He has a Son and no Mother. She, Holy Ghost is a dove, how can that be? Is a divergent from reality, but in all the scriptures there is the Primordial Mother. Even Thomas while going to India wrote these treaties and put them in a jar in Egypt it was found out, now after 50 years they have been able to decode it, there it is, Christ said this is a Mother who conceived me, but I have a great mother with M capital and at the Cross what did Christ say, Behold the Mother, look out for the Mother. Despite that, the way it is played down the role of Mother has been a very dangerous thing. We have created problems by not respecting the feminine part of our country, then they reacted, action has a reaction, if you treat somebody then they'll treat you. Now, this power which is within us, is the reflection of the Primordial Mother who, Indian Scriptures call as Adi Shakti and to who even Greeks called her Athena, Atha means Primordial, actually in the Bible is surprising that Paul hated women and he didn't want to show any respect even to Mother of Christ, the word Madonna has come to from the Pagan religion, it is it not from The Bible, but Madonna word comes from the Italian pagan religion, which was later on adopted by other people, but Mohamad Sahib in Quran has praised Mother Mary and said nobody dared talk against her chastity, because he knew what she was, not only that, but in the Quran he has said that at the time of Qama, means Resurrection time, your hands will speak and they will give witness against you. This is exactly what happens in Sahaja yoga that when you get your Self Realization, then your finger tips get enlightened, which are the endings of the sympathetic nervous system and you can feel your own centers and the centers of another persons. Because of self knowledge you know what's wrong with your centers.

Now, by understanding how you will be able to cure or to improve these centers you can cure yourself and you can cure others also. So, a new dimension is dawned upon you in your awareness, which we call as collective consciousness by which you can feel the other, now who is the other, when you become part and parcel of the whole, the Microcosmos becoming the Macro cosmos, then who is the other, with whom are you going to fight and this what you have to, first of all, feel your centres and centres of others. This is remarkable how it happens in such a short time because as I told you your Divinity is intact, not only that, but you are just ready for it. The time has come. Of course, this is the Resurrection time, this is the Last Judgment, but I call it the Blossom time because there are many flowers who can become fruits now, they are just ready.

When this Kundalini passes through these centres, she not only nourishes them but integrates them, by this integration your problems of your internal struggles are over. And when the connection takes place and when you feel the cool breeze of the Holy Ghost on your finger tips for the first time you feel this All-pervading power of Divine Love on your fingertips then at that time your Spirit starts manifesting into your attention. Your attention means your central nervous system.

After Realization when your connection is established then your attention becomes pure, you are purified and your attention becomes pure and the greed and lust that has been torturing you just drops out. Christ has said "Thou shall not have adulterous eyes" I would like to know how many Christians can say that? In the same way in the Indian scriptures or the Buddhist scriptures anywhere you go, take Lao Tse or any one of them, the description of a religious man is very different from the people who practice so-called that religion, there is such a difference and they are a myth, they are all myth also. Why there is so much difference? for example, somebody is a Christian, Hindu, Buddhist whatever it is, anyone can commit any sin, anyone can kill anyone, anyone can hate anyone, nobody stops because he follows a particular religion, or because there is righteousness in his character, so there is no innate righteousness within us. So, the first thing that happens is that you develop a complete balance in your life. Ecological problems as you know has come out of your imbalances, we develop a complete balance we don't go to extremes, automatically we are in the centre part that Buddha has described, automatically. I never tell anybody don't do that, I never tell, because half of them they walk out. But just with this light of the Spirit just stick to it. All night I have seen people have given up drugs, is a fact, we have many who have given up drugs overnight but some of them overnight, because in the light they see that this is a snake we are carrying in our hand, just throw it away, whatever is destructive suddenly is given up and whatever

is constructive we see for the benevolence of ourselves and others. It just happens automatically and there is no need to preach, there is no need to tell them because you become your own master. The so-called virtues about which we can give big lectures in our own lifestyle they are not there, but they become our lifestyle, because innately in the light this spirit we see that this is the truth that this is what is going to give us that meaning which we have been seeking.

The attention which becomes pure is not only that it is purified but it is effective. Such a person that just think of someone and he can feel their centres on their fingertips. Now if you know how to cure them sitting down here you can help that man. It sounds very fantastic, but you are fantastic, you are not created to waste your life, not at all, but you have a very great meaning. For example, if I take a small little television in a village, remote village and tell them that this is a fantastic thing and you can see all kinds of films in this. They say what this box, we also think of ourselves to just box, but when it is connected to the mains when they see how fantastic it is. All this divinity is built in within you, it's all there, it's only a little bit covered we would say clouded with like the sun can be clouded with clouds, but the sun is there. In the same way, once your spirit starts emitting light in your being you become a righteous person innately, you become virtuous innately and you enjoy that, but you don't dominate others for that, on the contrary, you become extremely compassionate and you want that others should also get this beauty, why not. Then, when you become the spirit, you all feel the absolute truth; everyone feels the same truth as I told you. Now, we have said you can take 10 small little children who are realized souls and tie them up, their eyes and ask them what is this gentleman suffering from and they will all raise say one finger like that and you ask the gentleman have you heart trouble, yes but how do you know and the children also know, because this is being decoded now and you don't have to do any diagnosis any further, you immediately know what's wrong with you and once you know what's wrong with you, and once you know how to cure yourself, you are absolutely master of yourself. You feel completely secured and the experiences of the blessing of this all-pervading power are such that you know you are looked after; you know you are protected you know all the time all your problems are solved. We have never taken any help from this divine power without having any source without having any guns or bombs you are absolutely protected; nobody can touch you. I am telling you the truth; I'm not claiming something, because I have nothing to gain from you. I have come here to give you what is your own. What you have to enjoy.

So, this Spirit gives you the absolute truth. Now, once everyone has that absolute truth then what is there to quarrel, what is there to fight, no dogmas, no theories, no yarns, which come out and then they are exposed and then you say oh God I was following this horrible thing have happened, you yourself experience it, is not any sermon, lecture or anything, but you yourself can feel it, it's so tangible that you can verify yourself. The problem of peace is such that people who talk of peace have no peace within themselves. I know for some of them because of my other life, who got prizes for peace but they have no peace within. They are very hot-tempered people. Some of them are so hot-tempered that you have to take a birch pool to meet them. They call themselves people of peace, I don't know what peace they have and what peace they can give to anyone except for intimidating others. This peace is within ourselves and that position once we achieve, that state we achieve is like when you are moving on a wheel, you are on a periphery, but supposing you can jump on the axis, which has to be silent then you can see the whole periphery, you can witness the whole thing and then you start witnessing all this as a drama, you think is a drama. I will give you an example like this, supposing you are standing in the waves, you are afraid of getting drowned, but supposing by chance you get onto a boat then you look at those waves and you enjoy them you are not frightened, but in case you know how to swim well you can jump into the same waves and save so many people.

We are living either in the past or in the future, all our thoughts are from the past or from the future, we cannot be in the present. We're jumping on the crest of the past and the future, but when this Kundalini rises she moves these thoughts aside and there's a space in between, which is the present where there is no thought, thus you become thoughtlessly aware, you are aware, but no thoughts. Whenever you want to think, you can think, if you don't want to think, you can switch up your mind. That is the time when you grow spiritually when you are thoughtlessly aware when you are in that state, we call it in Sanskrit language Nirvichar Samadhi. At that state, you become spiritually more awakened. This first state has to be achieved and can be achieved very easily not by you, but by your Kundalini. She is your individual mother. Everyone's Kundalini is the individual mother of that particular individual and when she rises, she knows you very well. Like your mother when she gave you birth, she didn't give you any troubles she took all the trouble upon herself. In the same way, this Kundalini rises and gives you your second birth. She is so anxious to do it; she is so equipped to do it. But this Kundalini is the power of pure desire. All other desires are not pure. Because today we desire to have said a car, tomorrow a house, then a helicopter, and then maybe an airplane and I don't know how far it

goes. And we are never satisfied. It is said in the Economics, Science of Economics that in general once are not satiable, but this is the point, this is the desire, which is the pure desire and this pure desire has to be felt within us, that we have to become the Spirit. Whether you know or not, it is there and this awakening is all so spontaneous that you don't even feel anything about it some people say you start jumping, some people say you get heat, nothing of the kind. Now I have been to so many countries thousands of people, I have never seen these things happen to anyone, but some people may be frightened that you might get your realization and they may go out of business, maybe, they must be telling stories like this. But I haven't seen anything happening like that. At the most, sometimes, you do feel little heat on your hands and maybe heat coming out of your head. But after some time, it subsides and you do get a very nice soothing cool breeze coming out from your own fontanelle bone area, which is the actualization of baptism. It is not just you take some water and put somebody's head and say now you are baptized. The one who does that he is not even baptized how can he baptize anybody else. Only an enlightened light can enlighten another light. The one which is not enlightened cannot enlighten another light, is a simple thing as that. And then, just calling the name of God many people come to tell me Mother see now we are Shiva baptized and we've got heart trouble. You say Shiva resides in the heart then how did we get a heart attack. But you cannot take the name of God, He is not in your pocket, He is not your servant, you have to have a protocol, you have to have the right. Unless and until you enter into the kingdom of God. Say for example if you start taking the name of your Prime Minister and shouting his name, people will arrest you. But He is God Almighty, how you can take the name of God in vain, first enter into this kingdom then, even once if you remember all his powers are at your disposal, remember that he is your Father and He is the most loving compassionate Father you have, He is not a wrathful Father for his own children, but of course for the devils He is. These things whatever are told or described are to be fulfilled and that's what you are going to understand that you are not ordinary people, you are the ones, you may not be very successful in life, you may not be very well known all over, not necessary at all. Christ has said meek in heart will inherit the, one must understand this, meek in heart, not arrogant people. If you are meek in heart and if you asking in your heart for your self-realization that's all. That's all is needed and it works. Now, the highest thing that happens to you, the highest thing that happens to you is that you jump into the ocean of joy, now joy cannot be described, it's an experience of ecstasy. We are happy or unhappy, supposing our Ego is pampered you are happy, if our Ego is hurt, we are unhappy. You become egoless, you enjoy each and everything, you always sucking the ambrosia out of everything. But you have to be a bee, just talking about flowers or talking about the honey forms or formless you are not going to get to that ambrosia. You have to be a bee and that means that you have to be the spirit. It's a very simple thing I have to tell you one thing that I must have I don't know how many thousands of lectures I have given only in English language and many others; I don't know. But this ocean of knowledge will be available to you, whenever you want to, know about it, but if you see around yourselves there are so many lights, if you are coming to this hall you just switch on the lights and they all come out. I don't have to tell you about the history of electricity, then how it came to Vancouver, then to this hall, not necessary. Only there is a switch because it's all built in, and in the same way, it's all built in within. You don't have to know everything just now, first if you get your light, in that light will understand what you are, and what is the aim of your life what is the meaning of your life, what's the identity of your life. This is for the transformation of the whole world, they call it the age of enlightenment, age of Aquarius, it's a fact. But those who claim it never get self-realization, without doing that, just talking about it, what's the use, just talk, talk, talk, also reading about it, people have read so much that all has gone into their head. They are nowhere, they are just lost. They become scatterbrained, I have seen people who are over it, so that's also of no use, what is needed is a simple understanding that you are spirit and that you have every right to get into union with this all-pervading power, which is the ocean of knowledge, which is the ocean of compassion, ocean of bliss, bliss and above all is the ocean of forgiveness. This power is understanding all of you, individually, this power coordinates cooperates, organizes everything. Look at these flowers, you can see from it, thank God genetics have now come to our help, even if you see the endocrines there are target cells which attack the targets, can you imagine the amount of organization it is to what details it works? And is a special time when you are born, you are special people, people think that you must suffer, Christ has already suffered for us, are we going to suffer more for? This is another theory.

Some people told me that if you go to Gobi Desert and walk for 2 miles, you'll get your Nirvana, I said automatically you die. There's no need to worry I mean that you can do very easily. Or you fast for so many days you suffer like this and give all the money to all these people. There is nothing to suffer, you already have done all these things in your past lives, now this is the time you have to get the reward for what you have done, for your seeking and no more to suffer. Imagine, if it is God Almighty, who is your Father, which Father would like his son to suffer because he wants to enter into his kingdom? So no sufferings are needed, what is needed is just a simple faith within yourself that you are the spirit and that you have to become an evolved soul.

If this much you accept, it will all work out.

This beautiful hall and all of you being here, I'm so very happy because I always felt that America and Canada are 2 countries, they cannot take to reality, I really felt that. All kinds of horrible gurus came here. They took so much money from you. When I came first thing, they branded me something useless because I was not taking money. And imagine I came in the year 1972, to begin with. They wouldn't accept me, because I would not take any money. Then, so many of these people came here, 9 years I did not come and I don't know why you believe them, for example, if somebody says you can fly at 3 feet level, I mean what is the need, something stupid. After all, we are already having this traffic jams, to fly at 3 feet. Somebody says something else, and you blindly follow it. After that, following I don't mind, if they wanted money alright if people wanted money because is such a money-oriented world. But now they spoilt your kundalini, they have spoilt you, your chakras and how can you pay for it, how much did you pay for your evolution, how can you pay for God, fine you can pay for this hall alright. First thing you must understand that when you go to anybody as a spiritual person, first see the disciples, what they are. In America, I have seen something very blatant I must tell you. That a fellow took out a 100 \$ note saying that "release this" if you release this, then you will get 10 times more. Release it to them. I mean is such blatant nonsense and then they told a story a lady who released this 100 \$ she had for her groceries and the next day she found all the groceries at her doorstep. Just imagine, and the third day from her roof all the groceries were falling down. Just now you have heard David. He was with me and he couldn't bear it. I said this is going on the television for one hour. How could you listen to this kind of nonsense?

So, I have to make a very humble request to you, that Sahaja Yoga is forgetting to the truth, is not for all kinds of nonsensical things, but once you get to the truth, you get everything in it, everything, because you become so dynamic. I mean, you can imagine, I am a 70-year-old woman and I am travelling every day from places to places. And I am alright, you become extremely dynamic at the same time extremely compassionate, your whole personality changes, your whole understanding of life changes, you get transformed into beautiful citizens, beautiful people. From your face, people will make out that there is something special about you. The way you stand, the way you talk, because it is the power of love, we are using which nobody has used so far. We have sometimes in India every year a seminar. There are at least 3K people who will come to that seminar, on that seashore. They come from 55 countries. I've never seen them quarrelling, fighting, all kinds of places, all kinds of, they are in such joy, of course, they pull each other's legs sometimes, that I have seen, but it's nice, lot of fun. Life becomes fun. This is what you are in for and I am sure tonight you all will get your realization. Absolutely I'm very sure about it and you also be sure that you all will get your realization. We've had enough of deceptions, enough of illusions and frustrations, forget it, it doesn't matter. Today is an auspicious day for you to get the reward of your seeking.

May God Bless you all

Now what it is the television people, just wanted to record my, wanted to record my lectures, so they can go now.

1992-0915, God can never make some people available to religion and others not

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God Can Never Make Some People Available To Religion And Others Not

Public Program

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I am very happy to see you all here. I went to Iran in the year 1971, and I was surprised that the people there were just prepared to get their realization; and at that time, you had this king ruling there. We had a program in some hall and many people got their realization. And after that, all these problems came in and I couldn't keep contact with them at all; but they must be somewhere, all of them who got their realization at that time. Also some people were cured with Sahaja Yoga. Now the time has come for us to be awakened. All these problems of fundamentalism, which have not only troubled you – they have fundamentalism everywhere, the whole world – there are Christians who are fundamentalists, there are Jews who are fundamentalists, all kinds of things they are doing. As you have seen that, how so many Muslims were killed in Yugoslavia, and now many Muslims are killing. It's going on between this and that area. Nobody has business to kill anyone, but it is happening. The reason is that it has gone into their heads that they are perfect, they have got everything. This is the worst thing that has happened in the name of God. God can never make some people available to religion and others not. These are all great saints, seers, prophets, incarnations, born on the same tree of life. Only people pluck those flowers, and they are fighting with these dead flowers. Everybody is in danger of this. Everybody. Now these Shias who are in Iraq are in danger; they are hounded out by this Saddam Hussein. For no reason. Kurds are in another trouble; it is impossible to understand that they never see that they are doing such horrible things in the name of God. So, awakening is needed. Unless and until you are awakened, you never understand it. Now there's a Sahaja Yogi who is a Muslim, and his wife is a French lady. They have written a very nice book explaining Koran very clearly. We had about 62 people from different countries, like Algeria, all these other countries around Mediterranean Sea, African countries – Senegal – who were communists, and they think now they have lost their faith in communism, so maybe the people might fall into fundamentalism, and they are very much worried about it. So they are all coming to India for about five days, they are going to have a proper understanding of Sahaja Yoga.

Sahaja Yoga is the culmination of all the religions. As Mohammed Sahab has said, "You have to be a wali." He has talked about resurrection, Kiyama, a complete chapter is there. But they don't want to talk about it. And the shariat that they are using is actually from the five angels from the five books. The third book of Jeremiah, where in English they call it Jeremiah, where Moses is the one who talked of this shariat because when He came from the mountain of Toor he found the people were absolutely getting into complete decadence conditions, absolutely. All kinds of horrible things they were doing. He got a fright. He said, "How can I tell them about these Ten Commandments; they will never listen to Me, they have gone beyond any redemption." So then, because they were so badly off, He made these rules of shariat. For the Jews, not for the Muslims. That time there were no Muslims. But the Muslims took all these five angels as a part of their religion. Out of that, they picked up this and they started using this shariat. Shariat is not in Koran. Mohammed Sahab did not take a note of it, I think. Shariat is in this another five books of the Old Testament. So this was taken over so much by the Muslims because other religions are more money-oriented. Christian religion is more money-oriented. They want to make money in the name of God. But Muslims thought better to take to power. So they made it power-oriented. To make it power-oriented, they had to suppress the people, they had to tell them that, "You can't do this, you can't do that, this is not proper, that is not proper, otherwise if you do like this, we'll cut your throat or your hands will be cut." And they do all these things, no doubt, because I've been to Iraq. On every Friday people are buried alive in the hot sand. Only their heads are kept out, and so many people go to watch it. They really enjoy watching them. So horrible it is. They are just burning inside, the hot sand is burning them, they can't get out, and only you can see their faces and then they ultimately die. This kind of cruelty, how can't be possible for God to do, because He is Rahimath, He is Rahim. And it is even worse than gas chamber I can tell you, because you see in front of you somebody dying like that. But when they are there, they don't drink, they don't smoke. They do it; secretly they do.

Once I was traveling from Riyadh to London and I slept over. When I opened My eyes they were all in burka. They had come in burka, they had covered themselves up and everything. When I got up I saw very fashionable ladies, very fashionable. I thought we stopped somewhere, or what. So I asked the air hostess, "Did we stop somewhere?" Said, "No, it's a direct flight." I said, "How these ladies, how have they come in?" They said, "They are the same. You see they are wearing the burka and all that." Now see, this is what, they were painting themselves, they were all doing everything. So this is unnatural. Mohammed Sahab was a very practical man. He would never have said something unnatural. Is very unnatural. Of course, he asked the women to cover themselves up. Also one of the reasons is that the place is full of dust. Even the men cover their heads bound like that. So full of dust. And He respected women so much. He thought that the women should not be abused as prostitutes, so He said whatever it is because there were very few men, very few. Most of the young men had died. And so many women. He said, "You marry five times will be alright, but marry. Don't have women who are like prostitutes." So, to give importance to marriage, He married himself. And He made others also marry. But it's not compulsory that you should marry. Under those circumstances –in Sanskrit we call it samayachar, the time, that was the time – and according to the time, these people found out things, what is to be done for that particular time. Now for example, now we have drugs. They didn't have drugs at that time. Even Mohammed Sahab time, there was no smoking. He, of course, He knew about the alcohol, so He said no more alcohol. But there was no smoking, so Muslims think that if you smoke, it's alright because it's allowed. It's an escape, you know, just an escape. Now the drugs also, I was surprised in these Arabic countries they're taking drugs. Young people are taking drugs. Quite a lot. Even ladies take drugs there. It's very surprising. The reason for that is again, that in the Koran there's no word of drugs.

Now Koran itself was not written at the time of Mohammed Sahab as you know very well. There's a very great scholar who has written about it, that Mohammed Sahab got all these inspirations, and He told people to write who were of His age group, his friends and things, very reliable people. But they couldn't write anything. So they remembered everything by heart. Forty years, they didn't write. Then they were getting old, so they asked their children to learn how to write, and they told the children. So now from Mohammed Sahab to these people, which was kept in their memory, then it was even to the children. So you can imagine there is authenticity of Koran could be also little bit doubted, because maybe there are certain things that have gone wrong. I tell you, the biggest mistake was this, that it was said that Mohammed Sahab said that I am the last prophet. He never said that. If He had said it, why should He talk about Kiyama? About the future? If He was the last, He should have done with the Kiyama part, why did He keep it hanging in the air? That shows He never said it. But apart from that, their word is that He was the seal. It means also stamp. Even in Arabic language it means stamp. So He is one of the stamps. Like in the Indian scriptures, we have the Primordial Master. Then we have this Master incarnates, like in Iran, you had Zoroaster. According to Sahaja Yog, Zoroaster was the same. Five Zoroasters came there to preach about God and religion. These were the people who are now in India, who ran away from there, we call them Iranians, you see. They ran away. This is Persepolis, you know that where Shiraz, near Shiraz, where the capital was there, at that time. Now all that was over and then they didn't want to say that Mohammed Sahab was one of the incarnations of the Primordial Master. They wouldn't say that. What they said, that He was the last. Now logically we must understand, if He was the last, then why did He talk about resurrection? About the future? Also He showed tremendous respect for Christ and His Mother. Even in the Bible there is no respect at all. She is called as a 'woman' in the Bible. But He said that nobody dare say anything against Her character. Because He knew what She was. Many things could not be explained that time. Also all the time the war was going on, you know that, and there were tribes who were attacking them; He had to go from here to there and they were all destroyed. Quite a lot of people were destroyed there. So many people were destroyed in these wars and in these big invasions of the other people. Even Mohammed Sahab was given poison. All the time people were after His life. And in that whatever was possible, He has explained it, whatever was possible in that short time. Beautiful things. I mean Islam is one of the highest things you can think of. But, Muslims are nowhere near Islam. Muslims are here, Islam is there. Like in any religion. I will tell you about Christianity. Christianity, when Christ died, this fellow Mr. Paul, who was a Roman executive, or bureaucrat, working with the government. So, he thought that all the blame of the death of Christ will fall upon the Roman government. So first thing He said, that Christ was killed by Jews, so condemn them. Poor things, for years together, these Jews were condemned, and every action has a reaction: because they were condemned, so now they have become aggressive. Then this Paul thought that this is a very good platform, he can jump on it. And he found this fellow whose name was Peter, who was the weakest disciple of Christ. Christ had said that the Satan will take you over. Had said it. In the Bible it is. So he got hold of this fellow, Peter, and both have joined hands, and they re-edited Bible. Despite that there are lots of truths there left, but they re-edited, and in that, He said that Christ said that Peter will establish a church, and I give him the key. It's impossible.

See now, we have so many Sahaja Yogis. Among them, the one who is the weakest, good for nothing, for whom I say that Satan

will take over, do you think he will be appointed as the head? Not possible! That's how this horrible Roman Catholic church started. Now the less said the better about Roman Catholic. They are, firstly, very money-oriented people. So many things are coming out about them that's shocking. Very licentious, horrible people; they have been abusing children, their priests have been doing all kinds of things, and their church itself has counterfeited ten million dollars. Counterfeited. And distributed this through their bank. Why should any divine person think of having a bank? They have a bank of their own. Can you imagine? And in the bank they use the counterfeited money. And that counterfeited money is distributed. I have now, recently, living in Italy, so many things are coming out about this church. Now the latest is that this Pope has taken five hundred thousand pounds as a kickback from one man. This man was arrested. And he said that, "This man has taken a kickback from me, but I have been giving him since long." And now, it was also said that, I mean it's there, that he has a keep. He had her there in Warsaw, and he has brought her here. And this book, there is one book, 'In The Name of God' where this author, (David Yallop) English author, American, he's American, he has pointed out that this Pope murdered the previous Pope. He has been a politician, he has sent lots of, of course it was in time also, lots of bombs and things to Warsaw, to Poland, and many people were killed. I mean a divine person, why should any divine person do all these things? This shows that all these, even Hindus are terrible people if you want to hear about them also, it's terrible. I don't know how they are Hindus, because it's written in the Gita, that in everybody's heart, there is the Spirit. So how can you have caste system? And his own book, that is Gita, was written by an illegitimate child of a shervoman. So this caste system was created later on by these so-called Brahmins who never knew what is Brahma is. Then Buddhists, another nonsense they are, terrible.

Recently this Dalai Lama, he's a beggar, he's begging everywhere money, you see, he has got so many wrinkles that you can count them. He said, surprisingly, that we cannot have one universal religion because we are all different people. Because they want to fight. Because if you are one religion, then who will fight? They want to fight and kill others. So this great power of killing others will be lost once you become one religion. So he says, we don't believe in universal religion. We are all different people. How are we different?

See, if you cut your hand, the same bone, the same nerves, the same arteries, veins, everything in everyone, whether you are Irani, India, English, America. There is no difference at all, it is skin deep, absolutely skin deep. What is the difference? We laugh the same way, we cry the same way. We don't cry from our ears. We cry from our eyes only. All of us. What is the difference is? All our hair, you see, grow out of our head. They don't grow through our nose or something like that. It's a funny thing, you know, that "we are different." We are not. I mean it's surprising. How can they say such a thing about God that He created us different? Of course, there's a skin difference. It is, after all, supposing you wear all just the same. It would have been so boring. Everybody looks the same like a laboratory, you see, there's no expression of anything, the same nose, the same eyes, and you wouldn't be able to make out who is who. So the variety was created, the variety was created, just to create beauty. Is important that there should be variety. Whatever God has done for our good, we always make a mess out of it. That's specialty of human beings. Whatever good things He creates or does that, we can easily make a mess out of it.

So it's important we all should get our realization first. We all have to become the 'wali.' Wali you have to be. And once that happens, then you will be surprised, you will know Mohammed Sahab much better, you know Islam much better, and you know all the religions, that are contained together. So many things happen now. Tomorrow's lecture I am going to tell you all about it, what great things are going to come once we all become one with this Ruh, with all this All-pervading. They have talked about Ruh. But Islam is only nothing but Ruh, while the Muslims [are] least bothered. Where is the Ruh? They never find out. Only thing they know is to kill somebody, or to ... this thing. Really, it is impossible to understand this fighting business – is so much. Go on fighting. They are, actually I should say, little naive, so their fundamentalism is open. Christians are no less fundamentalists. Tremendous fundamentalists they are. In England, there's only one religion, is this Church of England. Other religions are not religions at all, only Church of England. Great fundamentalists. Apart from Catholic Church. Now, how far they are going, they are very liberal. First they said, some of them said, that Christ was a homosexual. Can you imagine such a thing to be said? Alright. So now they are having homosexual marriages. In the Church. This is the situation of all the religions today. All kinds of stupid things they are doing in the name of God. How can in the church you marry such things, and then you can adopt a child and do like that? Because, reason is, they want money. So, now, if you want to have money, you have to, it's like an election, you, like the votes. So far, these votes, you have to accept whatever they say. There are no fundamental principles, there is no fundamental value system. Whatever people say, "Alright, we'll do that."

This is how the religion has been to this time. And I don't know how many more stupid things they are going to do, and how many people they are going to kill in the name of God. All of them think that God is in their pocket. Whether you are Christian, Hindu, Muslim, anything. One can commit any sin. There's no restriction. But a Sahaja Yogi cannot. Sahaja Yogi has to practice what he

preaches. If he doesn't do it, he gets out of Sahaja Yoga. But he does it. I don't have to say, "These are Ten Commandments," nothing. You get the light of your spirit, and you yourself look after yourself, I don't have to bother. You become your own masters, your prophets, and you look after yourself. I don't have to bother about it. It is as simple as that. And nowhere, in all these religions, there is even an essence of love that is God. Whether it is this or that.

They are all full of greed and lust. Absolutely. Sometimes I feel at the helm of affairs, we have people who are much worse than us. Much worse than even ordinary people. They do all kinds of nonsensical things. In Riyadh, you have to do five times Namaz. These mutawahs, they are standing with hunters, you see, they close all the shops, five times. Now, if any lady is there or somebody, if she doesn't cover her head fully, they'll come and hit you. They may not be Muslims, but you are supposed to cover your head. Such injustice, and no freedom of any kind. While the prince and princess with their horrible life they are leading, horrible. And the other people also, the sheiks, are ... you know what kind of people they are. They have no right to call themselves Islamic. No right. No character, nothing. Horrible people. So now, we have to understand now that all of us should take to something that is reality, and must awaken ourselves to that reality, to enjoy life. Now time has come for you to enjoy. We have had enough of this nonsense. Now we can stop it and finish it off.

Doctor must have told you how physical, emotional, mental problems can be solved so easily with this. Also material problems can be solved. All of you understand the importance of your own personalities, because you are Iranians here. If you want to save your people, you have to work it out yourself. We have already some Iranians who are Sahaja Yogis. I don't know if you have met them. There are some Sahaja Yogis already – Iranians – they come to Turkey and go back. We are going to have a Diwali Pūjā in Turkey, where all these Eastern Block and Russians are going to come, and all these Muslims might come also. They have given us a very nice place also, might have that there. Will be a good idea to meet all of the people who are enlightened. One good thing about Russians and these Communist countries is that their government may be bad, but you see, they are very open-hearted. I mean they are so sensitive to spirituality. In one place called Togliatti, there are 22,000 Sahaja Yogis practicing. Just like that. Spreading so fast. They are so open-minded. They are so susceptible, they are so sensitive. Just seeing My photograph, can you imagine, thousands of them came. I said how? They said it is, you can see Mother. And all these people, Rajneesh, they just threw them out. Except for these Azerbaijanis. Poor things, they smuggle Koran there. And this is, Americans are doing this trick. You see, Americans are very clever, they want to create problems. So they gave them these Korans, and they were smuggling. Saddam Hussein they are trying to reclaim somehow or other. They could have arrested him long time back. But he's still there. What are they up to, these Americans? They themselves gave him so many ships and things, and later on they are bombarding their own ships. The Germans built his bunker, and they said this bunker, you cannot destroy because we have built it, we know what it is. So all the European countries have this Mr. Saddam Hussein, and now he is on their back. So, it's a big game of politics – nonsense that's going on. All these things will soon be disappearing because people know now. Everybody's getting exposed. And I'm sure some sensible people will stand up and say that stop all this nonsense now, let's stick to reality.

If you have any questions, I would like to answer you also.

Man spoke. Was worried that the situation in Iran is affecting the people's spirituality. They no longer believe in Koran. A woman he knows whose children and grandchildren were killed has stopped praying altogether.

Actually you must get your connection. You should get connected to God Almighty. Then there's no need even to pray, just you desire, it works out. I want you Iranians to really get in connection with God Almighty, and all your desires will be fulfilled. But first the connection must be there. Without the connection, if you are praying, what's the use? Many people in Iran also think the same way as you are saying, very much. But they are little helpless because they are not free, you see.

I have this great feeling for Iran. Fatima was there. Her two children were killed there. That's a very sad story. And now, despite all oil and everything, I have heard that people are getting very poor there, and even small children of 12 years or so are carrying guns in their hands. It's a mad world. We have a company of shipping, Indo-Iran. And the officers who go there and come tell us the story about it. Already there is one doctor who has married an Indian girl who is a Sahaja Yogi. But they are all afraid to talk about Sahaja Yoga. Because, you see, it's a military rule there. You cannot say anything. But there are. But outside Iran, you can work it out. It's a very silent revolution that's going on in the whole world. Now in Sahaja Yoga there are fifty-five countries. Fifty-five countries. And they all love each other. Never a problem of any quarreling, fighting, nothing. Tremendous love. So all this racialism, all these artificial barriers which separates human beings, is absolutely finished, and you will be amazed that you have friends everywhere. We have one Iranian girl who came from Iran to Rome. She went to the ashram. Immediately they said, "Yes, yes, come along." She's staying there. And then she met Me. Because she had her realization in, I think, in Turkey. Then she went back, then she came, and she came to this ashram. She is very nicely settled there. So, all over the world, people are there, your brothers and sisters will be very happy to help you in every way that is possible. It is not for any money, for any favor,

anything, but it is for love.

Any other question? They have all got realization! Your Namaz is nothing but realization, that's what it is. Islam means surrender. Islam itself means surrender. And the whole Namaz is nothing but awakening of the Kundalini. But they don't understand. Like a physical exercise they do Namaz. Nothing goes in the heart. The religion is not inside. It's all outside. Without love, what is religion? Because God is love. He is truth. But truth is love.

Everywhere we are getting one or two Iranians coming to the program. Everywhere. But in Turkey we had many. They come to Turkey – they're allowed – I think, to come for holidays or something. So we had many there and now they have gone back. And secretly they are spreading Sahaja Yoga there, giving realizations to people. Also in ancient times, the son of Rama went through Iran. His name was Luv. He went to Caucasus. That's why the Russians are called as Slavs. You see, his name was Luv – slav – with love. Now this is said in our Puranas, that when He went there, there was a temple of a Goddess called Hindulika, on the way, in Iran itself, there was this temple but I don't know the exact spot where it is, and they used to worship the goddess in those days. But then the whole thing was very different. They used to worship women, mothers, very much in those days.

Question: Is there a center in Israel?

Shri Mataji: We have a center in Israel. There is a center in Israel. There are 20 people who are Sahaja Yogis. What happened, from Russia, those Jews who went there, they started a center.

Lady: [worried about the problems in that region affecting people, in the same way as in Iran.]

Shri Mataji: They have gone off their heads, I think. They have suffered so much, and that reaction is there. And so many bad things they are doing, you see. So what happens, always anger always begets anger. They got it from Hitler, so now they are giving it back. Horrible things are happening there. But gradually I'm sure the election was good they said, the Premier is a good person. But it's wrong. It's wrong to behave like that. They also suffered a lot. All the sufferings are now coming out. It's all human creation, this kind of hatred. First of all, that they killed Christ, so they were treated as something very low. Also they were regarded as a low race. They suffered a lot. This Freud, he was a Jew. And what he did, that he thought that in Christian religion, there is this original sin, so he started his own theory. So many jumped on him and they started worshipping him. Of all kinds of things, it is very difficult. But do you know that the Jews ultimately lost everything. They came to India and settled in Kashmir. And they are even now called as Kashman Jew. Their surnames are 'Jew.' And also Moses died in India. He died in India.

So I'll take your leave now. May God bless you. Very nice to have met you. Now I can see great hope for Iran. Very great hope.

1992-0919, Sitar Concert by Debu Chauduri with Talks of Shri Mataji, Eve Of Shri Vishnumaya Puja

View [online](#).

19 September 1992

Talk to Sahaja Yogis

Shawnee on Delaware (United States)

Talk Language: English | Transcript (English) - Reviewed

Sitar Concert by Debu Chauduri with Talks of Shri Mataji, Eve Of Shri Vishnumaya Puja

I have never studied music but somehow in my family there is so much of music that only it is an ocean of music, so only listening to it you know so much. So now he is going to play to you as you know Darbari Kannada. This raga was composed by a very great musician called Tansen and is the majestic raga where you describe the court of the Goddess or of God or of a king. So it has that majesty in it. And also in this raga first they play the lower notes, that is the beauty about it. So are you settled down well in the understanding of that particular raga, in the sense that it creates a feeling of that dignity of that majestic nature in you. First by playing the lower notes in a very deep way. Then this raga is expanded more, later on. The beauty of this is that very high notes are suddenly brought down to a lower note. So that is a kind of a movement of your attention from the higher notes to the lower notes. It's a remarkable feat also on this instrument. So he was telling me that his fingers are full of grooves which sometimes bleed and this bleeding was so much that I had to stop it, his bleeding. So he plays for you, he is suffering here with pain and here you are enjoying.

So both ways if you see his finger also it's swollen up on both the sides that they use for playing also is in a different way. Otherwise, you see in other things they hold it in the hand. So this sitar and especially in these two notes are less so that also he has in his own Gharana that is in his family, it's tradition so he has to jolly well use the same kind of sitar missing two notes below, so which he pulls up that's called as mindh. So sitar has as a player I think it has more advantage in a way, not for the player but the listeners. That the small-small little changes in the note can be shown by pulling the string which we call as mindh and this is really remarkable. And he was saying that next time I will be playing only santoor next life, this life I have played sitar because my [finger is] paining too much. But today I saw him playing the chimta also quite good. So I was saying what about chimta then? [Sahaja Yogis laugh]

This very difficult thing is the sitar and now I have seen some modern boys have taken to your guitar to be used as a sitar. But it cannot, it has its own problems but it's the most melodious thing and you can see when they mindh it just pulls your heart you know, you feel that way. And little-little sounds can be created out of that. Now this raga is specially played before a dignitary or somebody who has a court. Now my court is sitting here so he is going to play this for your enjoyment, this raga of respect, of majesty of sitting in a very grand place facing somebody who is, I should say, who is like a king or a queen.

May God bless you.

I hope you enjoy this. In this raga, this is Darbari Kannada. So some people say play Darbari. That means he is playing Darbari Kannada. He is not half way you see. It's a complete raga. Now the one we have composed of this Guru Puja is a mixture of this raga and Kaphi. That somehow I did it. I don't know how I did it but I did it. Here he is a dean of the faculty of music. He has given me the certificate [that] it is very good so it must be. [Sahaja Yogis applaud]

1992-0920, Shri Vishnumaya Puja: Stop Feeling Guilty

View [online](#).

20 September 1992

Stop Feeling Guilty

Vishnumaya Puja

Shawnee on Delaware (United States)

Talk Language: English | Transcript (English) - Reviewed

Shri Vishnumaya puja. Shawnee, Pennsylvania (USA), 20 September 1992.

Today, we have decided to have a Vishnumaya Puja. In this context, one has to know who is this Vishnumaya and what is Her - you can call it mythological [Shri Mataji laughs gently] - but a historical relationship. I have told you that America is the country of Shri Krishna and He's Kubera, as well as He's Yama. Because He's Kubera, people have got their affluence, they are rich people, they have money, more than anywhere else, but if you do not remember, that you have to have balance and that Shri Krishna's power is of Mahalakshmi. So, Mahalakshmi Principle is such that where seeking is important, Vishnu Principle is there when Shri Lakshmi is His power. After getting the Lakshmi up to a certain point, then you jump into a new awareness or a new sort of a seeking which is the seeking of the spirit where the Mahalakshmi principle starts, the central path.

That far, of course, in America it started, the Mahalakshmi Principle, but people did not know, they had no discretion to know which way to go for their seeking and so many got enamoured by false advertisements, by all kinds of promises, claims and things and I came here long time back at that moment where I knew that the seeking now is showing results and that all the people from all over the world will try to come down here because there was a market for them and their marketing will start in such a manner that these people who are used to marketing will fall into it. I came, I tried, I told them.

So, this is exactly what happened in America, that I came here - I think I was the first to arrive - I warned them, I told them names of the people who will be doing all this kind of work. Also I told them what were they in their last lives, what kind of a thing they did, what kind of work they did, what are their negatives powers and how they tried to manipulate. But nobody would listen to Me. Because these people found out that the weaknesses of Americans, if you can pamper them, pamper their ego, and tell them that this is something very important, that you should do something - ah- that is very superficial but something looks fantastic as I told you that they said: you can fly three feet height. And the Americans took to it.

All such absurd ideas, they took to it because they thought it was something new, something different and they wouldn't listen to Me because I said I won't take money. And they told Me very clearly that "Nobody will understand You if You don't take money." So I said how much will you pay Me which is so invaluable? How much money are you going to pay Me?" And they had no answer.

So those people who were still money-oriented, so the Mahalakshmi Principle was not in them to understand that if you have to seek the truth, you cannot pay for it. They couldn't understand that and that is how they had to go through all this circle of facing all kinds of false gurus, all types, all superficial things.

Ultimately now, I think, first year I feel everything has come up very well, but one of the chakras of this Vishuddhi is, as you know, very important, is the Left Vishuddhi. And the Left Vishuddhi is the centre, if it is caught up, you get angina, you get spondylitis and also you get lethargic organs. So this Left Vishuddhi has been a sort of a fashion with the Western people, maybe because of Christianity where you had to confess and you have to say you're a sinner and you're a born sinner, an original sinner, all kinds of things.

So, as you are branded as sinner, you see, you always felt guilty and that guilt was built in, in the Left Vishuddhi. I think this is one of the greatest drawbacks, even today, that people in America feel extremely guilty for very small things, because they have no confidence in themselves. Firstly, they think that "We are a very young nation. We had no tradition - basically". They may look arrogant, they may look to be very show-offs, but basically, inside, they feel that: "We have had no tradition. We are a very young nation." Like they think that: "The English are too over sophisticated or the French are very sophisticated and we are not,

compared to them. We are primitive.” This kind of funny ideas they have. And because of this, you see, they try to make up. To make it up, the path they followed ended up into all kinds of things and it built up a very huge Left Vishuddhi in them. That’s why Americans are having so many problems of the Left Vishuddhi.

First of all, this centre catches when you do not want to face your mistakes. “I’ve committed this mistake all right, I’ve committed it, now I’m not going to do it, and why I’ve committed it and why it happened, just face it.” They don’t want to. They will feel guilty that we have done this or I’ll put it here. [Shri Mataji puts Her hand on Her left shoulder, close to the neck] Like, they go on amassing, like very black clouds of guilt.

Then this Vishnumaya, who is the thunder, we can call, who is the electrical charge, which is liberated by the friction of these black clouds, which actually is a catalyst for rain. It’s a catalyst for rain. This starts acting on such people, that is, they suddenly get a shock. They become extremely sensitive people. They get nervous and this nervousness can make, makes them think “Why are we nervous? What is the problem?” Like the exposure of their guilt comes through the Vishnumaya Power.

Now I have to tell you about also the origin of Vishnumaya, which is very interesting. Vishnumaya was the sister of Shri Krishna, who was born after Shri Krishna was born. Actually, She was not His own sister, but She was a daughter of Nanda. And when Shri Krishna was taken over and was put in the care of Nand and Yeshoda they gave their own daughter in His place and the father of Shri Krishna brought it back [in the castle]. So when Kamsa came – the uncle- you all know about the story – to ask about the eighth child, they said, “This is the child.” He said, “But this’s not a man. This is a woman.” He took the child in his hand and did like this and threw it in the sky. And there She went and there She announced that: “Shri Krishna is already incarnated, He is living and He is your killer.” So She is the announcer. She is the announcer of the incarnations. She is the announcer of something good that is going to happen to you. Also, She’s the one who can burn things, which are not spiritually all right.

At the time of Mahabharata, She was born as Draupadi and this Draupadi was the sister of Shri Rama and when, as you know in Mahabharata – all of you know the story of Mahabharata, I need not tell that – Duryodhana tried to take out Her clothes. Then She called for Krishna. First She said, “Kri.” She had put Her teeth like this [Shri Mataji holds her own sari with her teeth]. Till She had said, “Krish,” [the sari] it was there. Because She was thinking if She said “shna,” the thing will fall down and She’ll become exposed. As soon as She said, “Krishna” the thing fell down and that’s the time Shri Krishna came all the way from Dwarika and Tulsida has here described it very well in Hindi language: “Dwarika me Shabad gayo [message went to Dwarika]”. In Dwarika, there was a big – big noise, you can call it or what I don’t know. “Shor bhayo, shor bhayo bhare [caused comotion; shora: noise, bhare: to fill] – tremendous, what you call the - thunder, you can call it, because She was the one who’s responsible for thunder. “Shor bhayo bhare, Shankha (conch) Chakra (disc) Gada Padma (weapon) Garuda le sidhare” With the shankar, with Chakra, with Garuda, with Padma, all of them, He came on the Garuda. With all His weapons, He came on a Garuda to help Her. He started supplying the saris to Her and this Duryodhana got absolutely – Dushansana did that - got absolutely tired and he fell on the ground.

So now here, Vishnumaya is the one who is the virgin. Not only that She is a virgin, but She exists in all the five elements as shown that She married five Pandavas and that this power of virginity in Her used to expose people to the dangers of these horrible Kauravas who were going to rule and destroy the dharma. So She stood back and She is the one who said that “You have to fight. You have to fight for dharma, whatever may happen” and Krishna always supported Her. So as a brother, Shri Krishna supported Her, so the relationship between brother and sister are very important in India. Also should be with Sahaja Yogis because we have raki bandhan. You also have what you call the bhaiya duj [Hindi; Bhau bij in Marathi], where on Diwali day we tie up a raki to the Brother. Now this raki is nothing but the Vishnumaya’s power, which protects the brother. Actually, there the brother protected Her and now the sister’s love protects the brother.

So the relationship between brother and sister is much more important than any other relationship because it’s so pure, it’s so protective, it’s so loving and also it is of an equal age.

For example, between the parents and the children, cannot be that or say, between the grandparents and the children can be quite imbalanced also. But between the brother and sister, they’re of the same age group, same understanding and this relationship is maintained by this Vishnumaya.

We have a very good incident of that in India, which I must tell you, how this Rakhi Bandhan or this relationship between brother and sister is respected. I mean nobody will believe because in these countries where there is no relationship which is respected, we won't understand. But when Alexander the Great came to India, he conquered our country quite a lot. But there was one king Poru, who defeated him and put him in jail. Alexander had married an Indian lady. So it was a day of this Rakhi Purnima. She put one rakhi in one plate and covered it up and sent it to this king Poru. So they said: "a rakhi has come." So the King said: "All right, tie up the rakhi." He didn't know whose rakhi it was and it was tied. He said: "Who's rakhi it was?" "It's your sister's." "Who is my sister?" "She is the wife of this King Alexander." "Oh, my God! How could I do such a thing? He is my brother-in-law." He immediately went to the jail and prostrated before him. He said: "I'm sorry. Whatever I -". This is the graciousness, you understand. "How could I be – how could I be so stupid as to arrest you?" Alexander was flabbergasted. He couldn't understand this reaction. He said: "What's this going on?" And he said that: "Now, I ask for your forgiveness and please come out." With great pomp and show, with ornaments for his sister and all that, he sent the brother-in-law home. Now this Alexander could not understand. He went in and his wife was smiling. He said: "What's the matter? How am I here?" She said, "Do you know, I have saved you with one thread?" She showed him a rakhi. "With this thread you saved me? How?" She said: "You know what is today? Is a day when a sister can tie this to a brother and the brother has to do what sister wants. So I said I sent it to this Poru, the king, and he has released you." Alexander thought, "What sort people these Indians are? On one thread they release such an enemy like me. How can I rule this people? They'll put me out any time, so symbolic they are." He said, "All right, I am sorry." He took one fellow called Bardai, Chanda Bardai, took him down – he was a poet with him, and he said: "Now, you write poetry because Indians are very subtle people and I can't understand how can they release such a horrible enemy like me, only on a thread?" Such trust, such understanding of a brother for a sister and the sister has to keep the trust also.

So now when we go deeper into it and see for ourselves, our Vishuddhi problems is this that we always try, in the West, to feel guilty and get out of our mistakes. For small, small things feel guilty, people, because the norms in the West - Western life are so rigid, like if you put a spoon on the other side, finished. I mean what does it matter? You can take it on this side and eat it. If you spill some coffee, then that guilt will last all your life. After all coffee is to be spilt. [big laughs]

If it is hot, it can happen, some accident can take place. And the guilt business is so great that nobody corrects oneself, just go on feeling guilty, guilty, guilty, guilty. And all the subtleties of life you start missing. In Sahaja Yoga, specially, to feel guilty means all your left side is caught up. You cannot feel the vibrations properly because this is the cervical nerve on which your guilt is sitting and it's just clamping it, you cannot feel the left side. You start catching on the left side till you receive some sort of a horrible disease, then you realize.

The subtler part of this Vishnumaya is that She knows the truth. When She shines you can see everything out of Her. Even for a short time, She exposes in the darkness everything. In the same way, when Vishnumaya starts acting on you, then She exposes the truth to you. But supposing you continue with your left Vishuddhi too much, then She just disappears. She's not there to correct you, to help you in any way or to expose you. Then you don't feel anything. You become numb on the left side, absolutely numb on the left side and the left side is, know, is the indicator of all kinds of left side diseases. This is one of the reasons that we have the maximum number of left-sided diseases in the West than in India. Indian diseases are from right side while the left-sided diseases come from this left Vishuddhi. So to feel guilty, itself is wrong and is a mythical thing.

Now you feel guilty for something, what's the use of feeling guilty? It's just a myth. It's an empty thing you are carrying upon yourself. No use feeling guilty. If you think you have done something wrong, just face it, that: "I have done this wrong and I will not do it again." But if you feel guilty, then, you see, it's like a stored up stuff there and then again you do the same mistake. Again you do the same mistake and you become immune, immunity you develop. Then we start not even feeling that it is wrong, you know? People do wrong things even without thinking that it is wrong. Even that consciousness or, you can say, that alertness is finished. Then you think, "What's wrong?" For anything, this is a very good answer: "What's wrong?" It's like a drunkard, he starts drinking. First, he feels: "Oh, I should not have done." Then he starts little bit more, then little bit more, little bit more. Ultimately, he says, "What's wrong? If I'm drinking, it's perfect."

Anything of that kind starts with left Vishuddhi because we do not face the mistake. It's not true that because your tradition has been very short or anything, it's only thing your attitude. Because it is Krishna's place, especially for Americans, it is very

important to face their mistakes and to admit: "All right, I have done this mistake and I'm not going to do it."

So because they do not want to admit, they put up this arrogant behaviour. I know underneath this arrogant there's somebody who is very guilty.

They are, actually, here very collective, also, very collective, in the sense they will be worried about Vietnam, Korea, everything. Anything happens in the world they are worried about. They are, they are the ones who started U.N. and every sort of thing, you see. Everything is there. But despite all that, this guilt business makes them very insensitive, very insensitive to things which are reality.

Anything, which is negative, they should face that thing as negative that they don't face. They will support a country which is despotic despite the fact they are democratic country. All such things, not only in politics, but also in day-to-day life. Then the whole thing becomes such a lifestyle, it becomes a lifestyle, the whole thing becomes collective. Nobody ever can come and say that: "This is something we are doing wrong and we should stop it." If somebody says that or they say he's mad, he's no good.

For Freud, I was telling you that Freud was denounced by many people and people gave some papers, everything happened, but nobody would listen to them. And the same thing happened with Sahaja Yoga also. They would not listen to Me because they have developed a immunity against reality. In everything, whatever is real they become immune to it. They do not want to face it. "That's too much, much too much for me." With this kind of an attitude, they had to work out something else and in that they have gone to the right side. With that they have developed all kind of machinery, science, all this, everything. But science is not conclusive. It cannot give you the totality. It cannot give the reality.

So this Vishnumaya shows Her strength. She does lots of things by which people are frightened. She can enter into any, any element. She can permeate. Supposing She enters into a water element, She can create a typhoon. She can create any kind of disasters. She can enter into Mother Earth and She can create a earthquake. She can do anything because She has a power to enter into anything. You know that She can enter into Mother Earth very easily. She can enter into water very easily and when She gets into it, She becomes the catalyst. And all these problems that you are facing today in America are because of left Vishuddhi, because of Vishnumaya.

I'm happy today's program has been arranged for Vishnumaya because this is the power which you Sahaja Yogis should be able to harness and should be able to worship so that She sees all of you there and She looks after you and She maintains your life and looks after you.

Now the most difficult thing is to convince people in America that money's not everything. You may have any amount of money, you may have any amount of so-called pleasures, everything, but still, you can never be satisfied and you can never be at peace with yourself and you cannot generate peace.

Money cannot replace reality. It's just there.

Now the problem is that people become so addicted to this money that all value systems start flowing down. I was surprised I knew somebody here who took his own sister for prostitution. So I said, "What's this? What are you doing?"

"What's wrong? We'll get money." So whatever can get money, they indulge into. So there's no chastity which is the basics, which is the foundation of human beings.

As a result, when you insult this virginity of Vishnumaya, then the Maya - means the - Her play is that you get AIDS, you get all kinds of other diseases which are incurable and which are what you can call as the secret diseases. Because She's the virgin and because She respects the virginity. And those who go against, not that virginity is meant only for women, also meant for men, because everybody has here left Vishuddhi. Here the idea is that only the virginity is valued for women only. It's not. Even the men who do not respect their virginity, their chastity are attacked by Vishnumaya in different ways. I'm not surprised that Los Angeles, they say, is in danger all the time, because of your cinemas you produce, all these things you produce.

I mean, of course, I mean now with the Sahaja Yoga being established very well in Los Angeles, things may be averted, but still it's very dangerous. Cause it's one of the most powerful Shakti is this of Vishnumaya because She plays the illusion. She creates the Maya also. Also She breaks the Maya and She can burn anything. Your forest is burning now. Sixty-five hectares of land is

burning. Who has done this? It is nothing but Vishnumaya. Nobody has to take any matchbox for that. She can burn anything and is- Her burning gives you the feeling that if there's an electrical charge, as if burnt with electrical charge.

This is very true in so many cases I've seen. Those who came to Me with problems of left Vishuddhi, that they said that: "We think that there's some electrical charge coming out of here" [left shoulder] as if it's the burning of an electrical shock. This is Vishnumaya's doing and She's the one who is the corrector. She corrects. Don't feel guilty, face your problems. It's, sort of, when we hide our mistakes in the name of guilt, when we try to camouflage it, She's the one who exposes it on individual level, on collective level, on national level, international level, because She can permeate into anything. And this permeation of Hers gives Her such subtleties, but people cannot relate disaster to their mistakes, they cannot. They don't understand why such a disaster has taken place, what has happened.

There was a big typhoon that came, came up to a point and suddenly turned towards Kauai. Now what was the reason for that, to go and hit Kauai? In Kauai there is a Swayambu of Shiva. It's a fact. People are making money out of it, quite a lot of money and deceiving people. There's big business going on in the name of Shiva. So Kauai was hit, not Hawaii so much as Kauai and it turned suddenly, no one can understand that.

So all these thundering things that are coming from nature, anything, whether it is earthquake or it is landslide or it could be floods or it could be typhoon, anything is the work of this Vishnumaya or we can say all natural catastrophes are brought about by this Vishnumaya. She has this power to do it. This is the only way they can shock people. But despite all that shocking, people have to relate these disasters to their mistakes they have committed and have nicely kept it here [left shoulder], not facing.

I have heard from some Indian students that when they came to America some boys asked them to take drugs and do all other things also. So they wouldn't do, they said: "You are goody-goodies," this, that. You know, they just pumped it into their head that you have to do it. "You are cowards. You cannot do it." And all that.

So some of them said: "All right, we'll try," but what surprised them that they knew it was wrong while those who were telling them never thought it was wrong. They thought they have been great martyrs or they have been liberators and they have got liberties. They couldn't understand this.

This kind of liberty that they were boasting of was so destructive. They never understood that this is destructive. So once your left Vishuddhi is absolutely jammed, you lose complete discretion of the chakra here, which we call as Hamsa chakra and then you do not know what is destructive, what is constructive. You start accepting mostly the destructive thing if your left Vishuddhi is bad. Escape. "So what. What's wrong?" That is how violence has come. That is how all kind of cheating, corruption has come. What's wrong? Because if you do anything wrong you put it there, finished. It's stored up. Again, you do anything, you put it there and till you become absolutely immune to all destructive action, you go on doing it.

So to get out of it, what to do? To get out of this horrible state where you do not feel anything wrong, what is the thing is only is to take to Sahaja Yoga in a right fashion. First of all, you must face yourself. If you start facing yourself, you'll realize that you have committed a mistake. "So this is the mistake I have committed. Doesn't matter. I am not going to feel guilty about it. If I ever have to do this, I will not do it and I'm not guilty for whatever has happened. It's the past. Finished."

With this faith in yourself, you can definitely get rid of your left Vishuddhi. The problem is, even if I tell you something, I am worried that you start feeling guilty about it also. I mean, I am telling you for something for your correction, then you start guilty that, "Oh, I – Mother is saying, so you see, I did this. And now-" But you did!

At this moment what I am telling you, never to do it again and face it. Whatever you did is finished and gone and is forgiven completely, otherwise Vishnumaya will take over. This is very important because one side is a Lila, it's a play and it is "all the world is beautiful." Another side is the guilt.

So we think that by just feeling guilty, we are solving all our problems and this side we are enjoying ourselves and this, the guilt part, is just like a storehouse of a garbage we put there. But we never think this garbage what it is wrong it is doing to us. And this is what it is that Vishnumaya has to burn this garbage, then She works in Her own ways, in Her own Maya ways and so many things happen.

Like there was a lady and she was very right-sided. She used to dominate everyone, but nobody dared tell her that because, if you

tell her, she would come back on you. So nobody wanted to tell her what's wrong with her. They said: "All right. Let it be now." But I told her that: "See, you are very right-sided. You are dominating everyone. Everybody's frightened of you."

So she said: "No, Mother, I'm not."

"It's all right I'm telling you. You better believe Me or really you are in for trouble."

And that very day, she was getting down from the staircase and she fell from top to bottom she came down and all her right side [was hurt]. She came to Me: "Mother, you see. My right hand is broken. My right leg is broken. This is broken. That is broken."

I said: "Then you know what happened?" "I now know why it has happened." Then I cured her. She was all right. But what I am trying to tell you, that she wouldn't listen to Me. So the right-sided people have a special capacity to put everything here [in the left Vishuddhi]. So I always say that it is the by-product of ego. Those people who try to dominate, who try to be angry, try to control everyone, they put it down there and then the whole thing works against them.

This is to be understood in a very serious manner, that feeling guilty is not that you are harming yourself, but you are harming all others.

Also this Vishnumaya gets very upset with two other things. One of the things is smoking. If you smoke too much, then this Vishnumaya gets very angry. She is the one who then causes cancer. She can spoil your throat. I mean, all kinds of ear, nose, throat problems can come in with the smoking because She doesn't like that smoke. She – once, twice, thrice, but once you start smoking and after some time: "Oh, what's wrong?" They will quote such and such man who is eighty-three, he still smokes. [Laughter]

See, quoting like this, they have ideals like that. Then you have also some cinema's heroes. "Such and such man, see, he murdered his wife. He's not – see, he's going along." So we should also murder. We should also smoke. So the all ideals, which have destroyed themselves, become our ideals and we start exactly doing what they are doing without knowing that how they are destroyed, we'll be also destroyed.

So this understanding about Vishnumaya's powers should be there with us. That if we try to continue with our mistakes and putting them here, then first thing we become vulnerable to all kinds of diseases. With that if you are smoking, you can become also very much vulnerable to cancer of the throat. Another thing, which people do not know, is the mantras. If you go on saying any mantra – I mean in India there are people who will every day, morning get up and say some mantra for about, say, hundred times, some say it at least three hundred times, five hundred times. They go on measuring, mantra, mantra, mantra, mantra, like that. Now She's the Mantrika. She's the one who gives the power to the mantra. Now if you are not connected to this Divine Power, then there's a short circuiting takes place and if you go on saying this mantra, you develop all the troubles of the throat, throat cancer. You can develop also stomach, it's the stomach problems because it is Krishna and Vishnu are the same. You might develop also the problem of Virata.

Because you are reciting a mantra like this, you see – a telephone, if it is not connected, I go on using it, the telephone will go out of order. In the same way, if you are doing wrong mantras in the sense that the mantras which are said before your connection with the Divine, then they can spoil your left Vishuddhi very much.

This is the style they use in India. Supposing you are a businessman in India. Now a big business man, you have made a lot of money, now you feel guilty about it because you have made by bad means, also by all kinds of black-market and all that sort of things. So they'll make a big temple of Vishnu. [Laughter]

Not Vishuddhi, but they'll make a very big temple of Shri Vishnu and they will create a kind of a image that they are great religious people or they'll have karat [in the palm], means they will distribute food to people or distribute some things to people and feel satisfied. Here you go on committing any amount of sins, any amount of nonsense and then out of that money you make a little contribution to Shri Vishnu thinking that Shri Vishnu will be very happy and will not punish them. But He's Kubera, what can you give it to him? He's the Kubera! He gives you all the money. He does everything. So how can you give anything to Kubera who is Himself the Lord of wealth.

It's a very common thing in India, like there was a "bhumdan" [bhumidan, to donate land] thing, I knew of a man who was very corrupt, very bad person, I mean really, he was really very, very bad man and he had taken away so much land from the poor farmers and all that. So he gave one land to Mahatma Gandhi [Shri Mataji laughs].

And this land, this “bhumdan” land was known, it was I think, you know, why he gave. This land was so bad that you could not put even cactus there!

And he was telling everybody: “I have given so much land to “bhumdan”, I have given so much land to “bhumdan”. So trying to sort of justify himself for taking all the land from the poor and flinching them and then to do this kind of a generosity. So this is another escape people have, that do what you like and ultimately be generous.

This kind of gracious covering of your mistakes can be very misleading. It doesn't work with Vishnumaya. She knows you out and out and if you try all these tricks with Her, She will show Her own powers. I would say all our left side problems come because of Vishnumaya power. She punishes you, as well as She exposes, as well as She gives you light, as well as She corrects you.

With all these powers of Vishnumaya, we should be very thankful that today we are celebrating Her special puja because I think it is one of the curses of the West, especially of Americans to feel guilty.

So today you all have to promise in your heart that the mantra is – now She also understands English perhaps – you can say that: “Mother, I am not guilty at all.” That's all. If that is said, She will be very happy. “I'm not guilty at all. I'm not going to feel guilty.” Once you stop feeling guilty you will not do wrong things because how will you manage. Because you are not doing, you cannot put it as guilt, so what's the use of doing anything wrong. If you do wrong, it comes on your head, you cannot put it in your left Vishuddhi, so you won't do anything wrong. You will immediately understand that: “If I have to do wrong, I have to face it.” But if there's a space here [in the left Vishuddhi], kept where you can put your guilt for your wrong doings available, then you don't mind so much.

Supposing somebody has a small house, no place to store, then somebody brings something. Says, “No, no, no, no space here. I am already very full.” It's like that! [Laughter]

So the best thing is to have no guilt at any cost. I will have no guilt. If I have done mistake, all right I'll admit I have done the mistake and I'll have no guilt at all about it. I'll face it. You'll be surprised. You'll stop doing wrong things. Definitely you'll stop because there's no space left.

So this is very important today to do Vishnumaya's thing, and I am sure now very happy with the tour of America. This time I'm really happy because I think it has worked in most of the places very well and, if it has not worked, one should not feel guilty, but face the problem, why it has not worked and the problem lies with Sahaja Yogis and nobody else. You shouldn't blame anybody else for it. Just see yourself, what mistakes you must have committed. Could be a small or big mistake, whatever it is, face it. There's no harm in saying, “I have done mistake.” But if you say, “Sorry,” means it goes there [in the left Vishuddhi], straight forward. No, “I have committed a mistake.” To admit that is very gracious, very beautiful and very kind to yourself for your benevolence.

In Sahaja Yoga it's one of the biggest mantras for all the Western people. They should all the time say to all the trees, all the nature around “I am not guilty”. Your ecological problem will improve because then you won't do wrong things to spoil your ecology, you'll be careful because you spoil it and you'll feel guilty, “Oh, I should not have done this. Oh, I should not.” But why did you do in the first place is the point. So now, next time you are not going to do it.

So many of our problems will be solved if we face them and correct them boldly. It's possible for Sahaja Yogis because you are separated from your being; you're away from it. You can see your body, you can see your mind, you can see your ego, you can see all of those things and you know how to put them right. You are not that, you know, so you are the Spirit and with the light of the Spirit you can correct all these things. But this guilt is something where it stops you completely from correcting or doing anything better about it or bringing any constructive thing to your own mind.

This will solve many problems for America, as well as for all the Western world. Same with the Indians, that they should not think that if they are generous a little bit they can get rid of their mistakes, you see, they have to face it. It's a different style, Indians are very clever, you know, they know how to find excuses and escapes.

But, after all, it is Vishnumaya. She will show you that there is no escape, just face it. There's no need to condemn yourself, no

need to, in any way, degrade yourself or to feel inferior, but to be superior as the spirit, "Oh, I see, I watch." Like I would say, "All right, Nirmala, I see you very well now, ah you did this."

Separate yourself from yourself. You can talk on the mirror. You can go to the river and talk there or you can go to an ocean and tell them that: "See, I've done this mistake and now I'm not going to do it." You can make promises to all of these elements.

Once you make these promises, this Vishnumaya will receive the message and She won't enter into any one of these elements to disturb you. So you have to go and tell the ocean that: "All right, America is not guilty for whatever they have done." Say it like that. If you say is all right, not other people because I told your genetics are changed. You are different people. Whatever you say, Vishnumaya will always believe in and everything will work out very well.

But this is a special time, as I told you before where we call it, is the Krita Yuga, where between the Kali Yuga and Satya Yuga this time is so important, that whatever mistakes we have committed, we have to pay for it. Is a "karmaphala". It won't work out by just putting it here. [in the left Vishuddhi],

So one has to get to Realization, change the genetics completely and then you can go and tell the nature that: "All right, we are not guilty now. We've got our Realization." And it will work, I am sure. So many of catastrophes of this country can be avoided by you Sahaja Yogis.

May God bless you.

1992-0927, 1st Day of Navaratri, 10th Position

View [online](#).

27 September 1992

Navaratri Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

Navaratri Puja. Cabella Ligure (Italy), 27 September 1992.

Today is the first day of Navaratri. And when I found that the rain was there and all kinds of problems, and Vishnumaya was suggesting some things, I just consulted the calendar, and you will be amazed to know that in the calendar it is written that till five forty-five it's not auspicious – it's inauspicious. After five forty-five only the right thing starts, so just imagine, by calculation how it was correct that five forty-five we had to have this puja, after five forty-five. That is, the first day of Navaratri starts in Italy or in Europe after five forty-five.

So it is something one must understand that the Chaitanya is working out everything, and it is giving all the suggestions; because I had not at all seen the, what you call the tithi, but I just felt that, I said that we'll have it in the evening. And when I said it, I said "Let's see this," and there it was.

There's so many things we have to see, that whatever has been revealed to you, you can verify it. For example, I had said long time back that Mooladhara Chakra is made out of carbon, carbon atom, and if you see it from left to the right – right to the left, left side you see nothing but a swastika. So, now you see from left to the right, then you see Omkara; and once you see from down below upward, you see the alpha and omega. Now see, Christ has said that "I am the Alpha and the Omega." So this swastika becomes Omkara, also becomes Christ. You can see it very clearly. Now we have got a beautiful picture of that, we have a tape, and I wanted to see you all that, but I don't know how we can manage here. But I wish you all could see it, it's so clear-cut.

So alpha and omega, also these mathematical things have come to us from inside, from the Divine. This is not we have created. This was found out by some mathematicians who were realized souls, and they used this alpha and omega. It's surprising how it shows so clearly that swastika becoming Omkar, and Omkar then becoming alpha and omega. So everything in Sahaja Yoga is tangible and can be verified.

Now you are worshipping today the Durga, or all the nine forms of the Goddess. She came nine times on this Earth, according to this, that She fought all the people who were destroying the seekers, who were trying to make a mess of their lives. And these tortured saints, when they prayed to the Goddess – because none of the gods could do anything, and Sadashiva is never interfering with what the Goddess is doing – so they worshipped the Bhagawati, and then the incarnation of Hers came nine times, according to the need of the time. So every time you find Her confronting people who are extremely arrogant, self-opinionated, thinking no end of themselves; and the bhaktas are tortured by these self-opinionated horrible rakshasas.

Now, in India when we cast the horoscope of a person, we have three categories of people: one are the devas, they're called dev; the second ones are the ones which are manavas, means human beings; and the third ones are rakshasas. So I think I have got all of you from the dev categories, because you could not have taken to Sahaja Yoga that seriously unless and until you were there. After all, why should you believe Me also that when I say that there was the Durga, and there was this thing, and She did this and did that? It's not that from one faith you have come out and now you are jumping onto another faith; it's not like that. It is actually been proved – you can feel. For example, when you are raising the kundalini on the center Heart, you can feel that on the center Heart if there is a catch, you have to take name of the Jagadamba. Unless and until you take Her name it won't open out. Also when I am clearing out your center Heart, I have to also say, "Now I am in reality Jagadamba," and then the Jagadamba within you awakens.

So now you have verified it much more than the scientists have done. The scientists are going from outside, and they are not conclusive at all. Now if you have one problem, they will work it out; another problem – they work out problems, but they don't know the basics, what the problems are, and where lies the solution.

While you can see that once the Amba, this Kundalini who is the reflection of the Holy Ghost, of the Adi Shakti within you, when She rises through these different chakras, She gives them power because She's the Power, She's the Shakti. She is the desire power of Sadashiva. She is the complete power of Sadashiva. And so She gives the power totally to every chakra, by which all these chakras are enlightened and all the deities are awakened. Supposing we have no power of life, we'll be like dead people. So these centers when they receive this power, this Shakti, then they are awakened. Now you have seen it, you can do it yourself. It's all tangible, you can verify it. I have told you that She resides on the Heart center. Now see how Heart center is placed – also very interesting to see. While She is Jagadamba; but the Amba, means the pure form of power, resides in the triangular bone, like kundalini. But Her form which is Jagadamba, where She is the Mother of the Universe, She resides on the Heart center.

Now this Heart center is very important. When – I have already told you this, that when a child is about, till the twelve years of age, this center produces the ganas. Ganas are the workers on the left-hand side. They are like, we can say St. Michael is their leader, but their king is Ganapati, Ganesha.

So first She has done is the ghatasthapana. "Ghatasthapana" means – you have done here now, this is the ghatasthapana. This is the kumbha. Now this kumbha She has established first: that is the triangular bone. Now this is Her first work, that to establish this, your Mooladhara. So She established within you is innocence. She established innocence within you to begin with. So She has put this ghata in which She is staying as kundalini now. So the first is that to establish the kundalini in the triangular bone, and then to establish Shri Ganesha. This is the first work, by which whatever She is going to create now – all the universes, the Earth, everything – whatever She is going to create has to be filled with innocence.

Now if you see the stones, they're innocent. If you hit the stone you'll get the hit, otherwise it doesn't come up and hit you. They're innocent. If you see the rivers, they're innocent. Everything that has been created as matter is innocent. It is not cunning, it is not manipulating, it is not aggressive – nothing of the kind.

They're innocent, means they're under the complete order of God Almighty. They do not have their own free will to do what they like. Whatever is done is with the absolutely under complete command of God Almighty, and so they are, we can say they're innocent, because they have no free will to do what they like.

So then if you see to animals also, they also are innocent, except for very few. Most of them are innocent, innocent in the sense that they are called as "pashu" – means they are completely under the control, pasha, of God Almighty.

A tiger will behave like a tiger, and a snake will behave like a snake. But in human beings somebody will behave like a tiger, tomorrow like a snake and third day like a worm. There's no steadiness. For this you cannot say that this gentleman is today tiger, so tomorrow he will not be a snake.

They have no free will to change their individuality. They are left alone. So that is not the job of the Shakti to bother. That's already been created, they are there, and they are existing. They have a purpose, that's why they are there; and the purpose is only one, is to support human beings, because you are at the epitome of evolution.

So She has created all these things just for you to be created, and ultimately to get your Self-realization; to have meaning for your life, to get connected to this all-pervading Power, to enter into the Kingdom of God. All is Her work.

So we can say nine times She came, and the tenth time She is supposed to give realization to all of you. But at the tenth time, all these three powers are joined together – that's why it's called Trigunatmika. That's why Buddha has said "Matreya" – means

three Mothers put together. So this Power when it starts acting, it has the complete control over all your three channels and seven centers – complete control, as if without the permission or without the taking the name of this Power, you cannot achieve anything. Is a fact, and that is where human beings fail, because they have a free will, and they don't know why to obey anyone or why to listen to anyone, and why to accept anyone. That's why, though you have to be given Self-realization, the task is very difficult; because you are not used to a way where you don't have to use your free will. Specially in the Western countries, people have choices even for their cereals. I was told that in America there are 126 types of cereals. This kind of nonsense if you are doing, your ego definitely bloats out, and you think that "We have a right to decide for ourself." And you cannot accept somebody who can tell you that this is not right, and this is not right.

So the same Power has now been awakened in the Paramachaitanya. Now, this awakening into the Paramachaitanya is doing marvellous work, which you can see clearly. Firstly, you have seen My photographs. You see My photographs, you are stunned, you are surprised. I mean, I Myself don't know what is this Paramachaitanya is busy with. It is so activated that all the time it is working out to convince you people about the truth. If it was so active at the time of Christ, would have been much better. But it had to be this way, because human beings are the most difficult things to manage. They have been given freedom; that too, you'd be amazed, that the freedom was given to Adam and Eve, but how it was achieved, we should understand this.

In the Gnostics Bible it has come out what I've been saying, that Adam and Eve, both of them were like pashus, under the complete control of God – no free will. They would have lived in the nude in the garden of Eden, would not have even thought of knowing anything more than that, but to eat, live like animals. They were just like animals. Then it is the Shakti itself took the form of a snake, and went and told them that "You must have the fruit of knowledge." She wanted to evolve. That was not the idea of God Almighty, because it's quite a headache, you know, to do such a thing. He thought, "What is the need to have such headaches around Me?"

But Shakti knew Her own style. She knew that She is capable of lots of miracles, and She can make these human beings understand the knowledge, and She can really make them knowledgeable. So She said, "You must eat this fruit, and you must try to know the knowledge."

So a new type of human race started, which wanted to know what is the knowledge. You have seen that we had all kinds of primitive people before. Then they started evolving, evolving.

Now, I have to say that the first creation which took place before that, there were other higher creations which were planned by Adi Shakti to plan out the whole thing. So She created Brahma, Vishnu, Mahesha, and She created their lokas, their atmospheres or you can say their areas. In that all the planning was done, how we can achieve this to make these animals realized souls, from animal to human beings, and from human beings to realized souls. It was a very big problem. That's how they created, you see – as you know that Vishnu had His own loka, Mahesha had His own loka, and Brahmadeva had His own loka. And they decided among themselves how best we can do it. Because these three channels were created in human beings later on. Out of the three channels came out these three Shaktis: Mahakali, Mahalakshmi, Mahasaraswati. They produced two children, one shakti and one the brother, and then intermarriage and all that took place, in a way – marriage not in the human way, not in the human way we should say, but they were, the energy was given to the potential man. So the woman, who was the energy representing, was given to a man. All these things happened, and they chose to work it out in human beings.

It happened like this, that the first working somehow or other was very effective in India. Or maybe they chose India because Indian climate is so good. I mean, you know definitely there are six seasons. It's not like this anytime, like this irrational rain comes in, like London you have to play football also with an umbrella on your head! So there are exactly six seasons in India, and they are so well balanced. That's why this Paramachaitanya is also called as "Ritambhara PrAgnya" in India – not here, we cannot say. "Ritambhara PrAgnya" means the one which is the knowledge, prAgnya, means the one enlightened knowledge, of the one which makes seasons. Because here Ritambhara PrAgnya is in a doldrum. It's not at all understanding, because of the human beings as they are. They are so much scatterbrain, I should say, that even the nature has become scatterbrain here, and cannot understand how to deal with such human beings – is a fact. But in India it is the six seasons are there, and these six seasons are absolutely known.

One has not studied the astrology of India, but they have their own astrology – of course, I don't believe in it. But the, at the level of a human level you can see how they depict and how they can exactly say when it will rain, when it will not rain; what will happen, that will happen. Even about the stars, that such a star will be coming. Now this has been done in thousands of years back. They will exactly say what time which star will be coming nearer, what star are today governing, tomorrow what will be the star there. In those olden days they had studied all these things.

When I see here, I don't know what was the situation at that time in these Western countries, whether there were human beings or not I don't know; but historically I think it was not such a developed place.

So then all this arrangement was made, and human beings were made to understand that there is God. The saints were respected – I'm telling you in India – real saints were respected, and they made different observations. Now when I read say, Adi Shankaracharya, I am amazed how he knows so many things about Me. He knows how My knee looks like, he knows how many lines I have on My back, how many – I mean, it is very amazing how this man knows everything about Me. That means through his meditative power he could envisage Me – he never saw Me. The description and everything is so clear-cut. Now if you say the thousand names of the Goddess, thousand names of the Goddess are so precise. I mean, you can verify them in Me, I am just like that. Whatever it is, good or bad, whatever is said about Me is there, is a fact. And it is the knowledge of these people is most remarkable: how did they know that a Goddess is like that?

Certain of My things which I also don't know, but they are there, and they have described. It's very surprising.

So their meditative power in India was great. The reason was, our seasons were disciplined, people are disciplined. In India most of the people get up early in the morning, do their pujas, everything, take their baths, and they go for work, come home, be with the family, have their food, and then sing some songs and bhajans, and then sleep off – normally. Very disciplined. They don't go on holidays, they don't get into drinking and things like that. Normally in the family, no question, if somebody drinks he's thrown out of the house. He's condemned as a leper. He's called as a daruda, means he is a drunkard. And even nowadays some people are drinking, but they too, they hide their drinking. Nobody drinks in the presence of others. I mean, I don't know, their influence might increase and people will start openly drinking, but normally they don't.

So because of these six seasons being absolutely in discipline, we knew what to do when, and how to do it. Now, people could live in the jungles. Like in England, if you have to go out it takes fifteen, twenty minutes: you have to wear your shoes, socks, your coat, your under- this thing, that thing; otherwise you can't get out. And you start from one place; reaching another place you'll find it is raining heavily, you have nothing, you get drenched. But this is not so in India. It's so balanced that when you come, all of you come in winter-time, you have seen it. It doesn't rain suddenly, it doesn't happen like that at a wrong time. You can stay outside as long as you want.

So these people could live in the jungles, in the sense we didn't have so much idea of comfort at all. In a simple little hut they could live: a little protection from the sun, and protection from the rain for rainy season, that's all.

And they had very little needs of life. And we didn't use plastics – I mean, there were no plastics that time, or even now we don't use plastics. And we used to have few thalis and things. In a small family also they'll have just thalis, which were just permanently with the family.

Now I find that such a difference there is. You see, in simple living what happens, that you do not take out all the wealth from the Mother Earth. There's no ecological problem there. But by having as you are saying so many glasses for this, so many glasses for that, all this kind of thing that you produce has no aesthetic value, and has no durability. So then you have mountains and mountains of these huge big plastics which cannot be burnt, which cannot be thrown away, if you throw away in the sea it floats, and such problems are there.

So this Shakti that was working in those days was in them to make them seekers; because they didn't have to do anything else, you know. It's all right, you have food to eat, you have place to sleep, finished – not much to be done, living so happily. With all these comforts in the way that so little a demand on your time. They had time, lot of time. And with that time, what did they do?

They didn't go, say, for that, for a swimming or ballroom dancing, or nothing of the kind. With that time they meditated. And when that time meditation started, then they started realizing what is the divine Power, what is Divinity, what is God.

For example I'll tell you, here people discuss even the private life of Christ, and say all kinds of things; I mean, it's impossible in India, nobody does that. It never comes to their head that how Krishna had sixteen thousand wives – must be some reason, He is God after all. God is God, you are a human being – how can you know about God, because you have come through Him? They don't discuss such nonsensical things, must be that. And now when I told them these are His powers, sixteen thousand, they said, "Yes." Then, the five wives were the five elements – "Yes." They are God. Nobody discusses these things. God is – how can you understand God? Can you understand Me? You can't. Try – you can't understand Me. Very difficult.

So you can't understand, you can't understand God. Please understand one thing, that for to understand God is an impossibility. But you can be in connection with God, you can be in the company of God, you can be blessed by God, you can be looked after by God, you can know lots of things about God; but you cannot understand.

This is another thing one has to know, that you cannot understand why God does these things, why He does this, why He does that. You cannot understand, you cannot explain it. I mean, somebody can even say here, "Why did He make swastika?" Then, "Why did He make Omkara?" I mean here the people are so arrogant that they can even ask God, "Why did You exist?" They can go to that limit, you know, there's nothing surprising. So this arrogance, this ego has blinded us from God. We think no end of ourselves, we are very self-opinionated, and we do not know much about it.

So this Power, this Shakti is the one which has given you Self-realization, will also give you God-realization; but still you will not understand God. You have to go above God to understand Him. How will you understand? Supposing there's something below you, you can understand; but something above you, how will you understand? Supposing somebody is down below in Cabella and wants to understand about My house, will he understand? He has to go above the Cabella to see My house.

So the Source from which we have come, we cannot understand that. We cannot judge, we cannot say why; that is God's wish, God's desire, whatever He does. So what we have to say: whatever His wish, we'll be happy with that. And the power that is within you is Amba, is the desire power of God itself. So whatever your wish is, means that His wish is that you should enter into His Kingdom.

Now you enter into the Kingdom of God. Then the Shakti makes you sit on different beautiful positions, and some are sitting in the Heart of God, some are sitting in the Sahasrara of God, in the Kingdom of God.

Now you should assume your power. On Navaratri now, you should understand that it has now crossed the limit and now we are on the tenth position, where you must assume. I have told you many a times, now believe that you are Sahaja yogis. Believe that you are, you have entered into the Kingdom of God. You cannot judge God, you cannot say why She does that, why He does that, why He does that. You cannot say that – that's different. But when you sit there, then it is not an assembly, it is not like a politician fighting, no; it is that you have entered into the Kingdom of God, blessed by God, looked after, protected, nourished, and made knowledgeable.

But still this arrogance has to go down, that we can understand why it happens. That humility is very important for us; otherwise this power cannot take you beyond. Now as it is, it has crossed the Sahasrara, now this power has to go higher and higher. For that, first you should be humble. "Humble" doesn't mean that it should be something artificial humility of a businessman, or a politician. It is a humbleness is within your heart, that "Oh God, we don't want to understand You, You are too great. But let us know ourselves." And then you'll be amazed that He has made you like His own image. That means He has given you all the

powers. He has made you. When He has made you, you cannot make Him. He is the Source, you cannot make Him. He has made you in His own image. Now, what you can do is to make others in His image.

These powers are with you. But the first thing you have to have, the discipline within yourself, that is missing. People cannot discipline themselves – means if they cannot control themselves, how can they control anyone? No discipline means you cannot control yourself. So the discipline should be that first you must see that you control yourself, because now you are in the Kingdom of God.

Have you seen a film called “Mr. Bean” where they show a stupid man, you see? So what happens that when you are now come to the court of the Goddess, when you have entered into the Kingdom of God, you are made to sit on your throne in a dignified way. But you start behaving like Mr. Bean, you see. You don’t know how to sit on your seat, you want to sit on the sides, you want to sit on the wall or do all kinds of things. There’s no discipline. You have to have the discipline. Where are you sitting? You are sitting in the Kingdom of God. So you should have that dignity, you should have that affection, you should have that compassion, you must have that love, and the dedication.

But if it is not there, then this power is useless, because you are the vehicle of that power. Supposing I have to take water, I have to have glass which is emptied inside. If it is already full with ego, what can you put inside that? Or if it is a stone, you can’t drink water out of that, you’ll have to dig in the space for putting the water. So if you are already filled with your own ideas, with your own conveniences, with your own progress or whatever it is, only that, then you cannot rise very high. You have to surrender fully, to say that “Mother, whatever is Your desire, that... we do not want to have any our individual desire.” Then the desire of God will work.

You want kundalini to work for you which is the desire of God, not your desire, which is independent of your desire, but is the one which will fulfill your complete so-called desires, without even your knowledge.

Miracles after miracles will happen, so many miracles that now we do not know how to compile the book even on miracles. But these miracles are coming to you because you are realized souls. Your attention should be all right, you must see and introspect yourself. “I am sitting in the Kingdom of God, now what is my situation? Is it worth it, am I worth it, am I behaving in the same manner, or still I don’t believe?” If you don’t believe, how can you rise? “Believe” means that you have seen something, you have known something which is tangible, you have got the experience of it. Still you are not surrendered. If you surrender to the will of God, then everything is taken charge. It will never let you down, no question; and everything, all things which look like mountains of difficulties and obstructions you will surpass, just like an aeroplane goes over it. You won’t have any problem whatsoever.

So one thing today, I am very happy that this puja is done by the people from a country which is discipline is very important – that is, Switzerland. But their discipline is for bad things, not for good.

For example, they have a military: who is going to go to that far-fetched place, you see, to attack? No one. Why do they have military? And compulsory military, do you know that? Because they have looted other people’s money and kept them there, like thugs. So all that money is in their banks, and they are worried that any time, you see, any person can come up and demand the money, and may start using the power of destruction on us. So, because they are doing wrong, that’s why they have a military – out of fear, just out of fear. There is no need to have any military there. But everybody has to go to military and join the military, because they are thieves of the worst type.

Then secondly, they have also very much slavery of the watch, which human beings have made, God has not made them. So the watch is important, because they are making watches. If they are making watches and if they do not slave under the watches, who will buy their watches? They will say, “What’s the use of you all have watches, and the way you are.” So they are very disciplined. Not only, they also are, I mean extremely as they’ve shown yesterday, they’re really too much of cleanliness in them.

Some of the girls who were married – I must say I’m sorry to say this, but it is a fact – were married from Switzerland, and the reports have come that, “Mother, they must have been maid-servants or bar-maids.” So I said, “Why?” “If something falls down

somewhere, immediately, they'll pick it up and keep there. If something even – it's just like, like in the guests, you see the guests are sitting and they have no time to talk. There's no question of talking to each other, there's nothing; all the time they are worried about this thing, this is getting dirty, that is getting dirty, like maid-servants." Can you imagine? This has also come from the same horrible disciplining that they have. This disciplining is not divine disciplining. Nature is not like that. If you see the nature, see how the nature is beautiful, the – you'll never find any smell there. Ha, but if human beings go and live there, then all smells start. But there is no smell. Nature looks after itself, it cleanses itself, it does everything.

So for everything there's a time, it must be done with a little leisure. I mean, once if you have to clean the house, so clean the house. But all the time if your attention is cleaning this, cleaning this, make this clean, put this right – you are good for nothing, you are like a Hoover machine! And who can love such a woman who's just a Hoover machine all the time?

But again as the, you know the Devi has the, all the extremes, so this is one extreme. And the another extreme is that absolutely lousiest people, that in England – absolutely lousy, very lousy. They can live with all kinds of lousiness, and that is going too far. So this is in between one has to be. Cleanliness is for us, we are not for cleanliness. You are not paid for that, you are not maid-servants. So cleanliness has to be there. We like it so we'll make it clean, but it should not be that everybody should be panicked about it; to be in a situation that you have no time to talk to anyone, to be nice to anyone, also no time even to meditate. Even meditating they will be seeing round if something is falling here, "Oh my God!" and they will go and pick up. I wouldn't be surprised that even in the church they start doing that!

There's no discipline of meditation, discipline of meditation, of divine work, discipline of following the will of God – that's not there. Unless and that discipline comes in, what you are doing is something so mundane and stupid, useless wastage of your life, have no dignity for yourself. So now as Sahaja Yogis we have to have that discipline of meditation.

Then the Power, this Amba, She knows you so well: She knows your past, and She knows what sort of a person you are. Once you start introspecting and seeing it within yourself, "What is wrong with me?" and to reach that state of complete equilibrium, "What have I to do?" – is to first of all, you have to meditate. There is no way out, I must tell you, there is no way.

Somebody said, "Mother, I have given up eating this, I have given up eating that" – nothing. "Mother, I do this and I stand on my head" – nothing. You must meditate, and the meditation should be little bit in the morning and little bit in the evening. And don't see your watch when you are meditating. The time has to be kept for meditation, whatever it is. It takes hardly any time. I mean, even I have seen women take so much time to get ready that even one tenth of that time if you can give for your meditation, you will be, you'll not need much make-up. Your skin will improve, your hair will improve, your face will improve, everything will work out. You don't have to use anything, don't have to use any perfumes or anything whatsoever, your body itself will be full of perfume. Everything will be supplied.

So what we have to do is to first of all see a surrender to the will of the God. For Sahaja yogis it's very important. Once you surrender, all your problems will be solved. You surrender your problems also. "I leave it to You. God, You solve the problem. You do this." It is such a precise, such an effective, such an efficient Power. And above all it loves you, cares for you, it forgives you. Even if you make mistakes it forgives, "All right, it will be all right." It is wanting you all to be properly seated in your thrones, enjoying your power. So whatever is needed is done with great care.

So Navaratri's – now, the tenth day of Navaratri, which is the most important for all of you, is where this Paramchaitanya has become active. And by its activity you should know it is become very powerful, and that now anybody who tries to be nasty with you, tries to trouble you – "I don't have to worry at all." It will take care of it.

All wrong things you have done, all bad karmas you have done, you will be rewarded for that, no doubt. But if you are a Realized soul, finished; you are not on that level. Like we can say that ordinary people can be charged with criminality, but supposing you rise to a higher status of kingdom, then nobody can charge you. You are above the law. In the same way, it has happened with you that nobody can touch you, nobody can destroy you, and nobody can hamper your progress. Only it is you who can do it.

And nobody can harm Me, no rakshasa can harm Me and has never done so. But it is you who can harm Me; because in this life I have taken you into My body, and I am working it out in My body, everything, your cleansing, everything, which is a difficult task. But in the beginning only, this Power went to Adam and Eve and told them that "you must have the knowledge." So that promise has to be fulfilled and that has to be done, though it's a very hazardous task. Specially in the West, I find it is very hazardous to make people understand that they are the part and parcel of the whole; it's a very difficult task. They talk of big, big things. I have seen people write articles nowadays that nothing is substantial, this science is so limited, it has not solved our problem. All these big, big books they are writing. But if you write to them now that we have found out something, they don't want to see you. They don't want to meet you. They have nothing to do with it.

So I don't know what sort of seekers they are, with such a big ego balloon in front, and they are seekers. What are they seeking? The ego, the balloon – supposing you have a big balloon and you drop in the water, what will happen, the balloon will take here and there and there and here, you have no destination. In the same way, they are without any destination, saying that "We are seeking, we are doing this, we are doing that" – without any destination, without any understanding, without any meaning to their life, absolutely useless people. They are worth nothing.

We have to try, as much as possible, how many we can save. But those who do not want to come, there's no need, there's no need for us. They have to ask for it, they have to humble down and they have to say that, "We want to come to you" – then only we'll have. I never write any letter to anyone, "Please come to My program." All these gurus used to write to all the actors and musicians and all that; I never write. It's just I am advertising Myself, if you want to come you can come. This advertisement also, I was not willing.

So, you can imagine that we have now brought to the fruitfulness of the promise given long time back, that you will have the knowledge. And you have the knowledge. But with this knowledge you should be identified, and you should know that you have this knowledge, and that this knowledge can be given to others. And we can transform this world into a beautiful world, and fulfill the vision of Adi Shakti.

She created you for this purpose, brought you out from human level to the superhuman level for this purpose, and that is what you have to do it. And if you are today worshipping Me as the Jagadamba, then know that the Jagadamba itself is nothing else but Adi Shakti.

And unless and until you people rise to that level of disciplining yourself in divine way – like some people are still smoking, "Oh, it's all right, you know, we are ordinary people, we can't do it." All right, get out. Don't worry about such people. They'll be left behind, useless people, where will they go? They'll be, I think, hanging in the limbo, because there isn't much place now left even in the hell, so what is going to happen to them?

But all this is available to you; only thing you must know how to control yourself, control your senses. In small, small things also we cannot control ourselves. If we cannot control our own horses, how can we reach that stage where we have to reach? So in all these small things don't waste your energies. Just think, you have to meditate, you have to rise, and you have to give it to others. This is very much possible if you really love yourself. If you love yourself, then you have to understand that, "See my body, see my mind, everything is given to me by God. How beautiful it is. And now it's such a beautiful one, and it will be used by God for such a great purpose." You are moulded, you are made like that up to this point. But now it is your free will, and with this free will you have to rise. With this free will, you have to understand what is to be done, and how to achieve that state.

It is nature's reaction to things. Always nature reacts to human beings. Nature has no free will but God reacts, and when the reaction of the God comes in, then we find all these things happening. And I wish you could listen to My tape on Vishnumaya, which is very, very well explaining why all these calamities come, why people die of these calamities. It was a very good lecture, I hope you all will listen to it, and listen to it again and again.

My lectures should not be just for nice one evening, but should be something you should try to understand. Now whatever I am

saying is the truth, is absolute truth and is a subtle thing, which none of them have said so far. Because you have got your realization, because you are Sahaja Yogi, I can say this to you.

May God bless you.

1992-0930, Shri Mahalakshmi Puja: Keep your Mahalakshmi principle intact

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30 September 1992

Keep Your Mahalakshmi Principle Intact

Mahalakshmi Puja

Barcelona, Can Mas-casa de colònies (Spain)

Talk Language: English | Transcript (English) – VERIFIED

Shri Mahalakshmi Puja. Barcelona (Spain) 30 September 1992.

Today we have gathered here to do Mahalakshmi Puja. Mahalakshmi principle is a very important principle within us. When in the countries or in the families or in individual lives, we find- (Somebody must translate, I think better because they don't understand).

So this Mahalakshmi principle is the most important thing for our ascent. This principle is within us but is not awakened before we have achieved a certain amount of situation where we find that we are not yet satisfied with our life. Like in the West now, you had blessings of the Laxmi principle, in the sense there is affluence, people are alright, everybody has food and are sufficient in their every day to day life. But countries which are very poverty stricken or who are in very bad shape, like you can say now Yugoslavia these days is like that, in a very bad shape, or a country, Somalia, which is very, so poor and they have no spiritual background either. So for them, this life is just meant for somehow or other to survive, just to survive. Like this is a life of crisis they have, they have still to exist in their lives, you see, so it's a crisis for them.

But in the affluent countries, it so happens that people start feeling that now, we have got this money, we've got all the comfort of life, but still it's not giving us the joy of life. Like India is a country who has a spiritual background from the very beginning, and it's a Yoga Bhoomi, and people know that you have to ascend - that's the thing that you have to achieve. You don't have to tell an Indian that, "What is the aim of your life?" He'll say that, "I want to achieve Self-realization." They won't mind poverty or any kind of so-called dearth of things, because to them, that's not so important. It's most important thing is that they have to get their Moksha, they have to get their realization, that's the most important thing.

So, India was a country [which] was very rich once upon a time and so many people invaded that country, and it became poor. But they still, despite all that, they still did not bother about what there is lost is lost. The most important thing is that their Spirit is still intact, and that's what they have to find out, the Spirit. But you see, the politicians everywhere are funny, and you should never judge any country by the government, but by the common people.

So the urge to find out new things through science, or to go into other countries and invade and dominate, all that was there in the western countries. Like Columbus went to America and, I mean, killed so many people. The Spanish killed so many people. But then after some years we should say, people started thinking, "What was the use of all this, what did we get? We have food to eat, we have clothes, we have houses, there is science, but nothing is conclusive." And then, the basic principle questions: "Why am I on this earth? Is it just to be born and make some money and then die?" When such questions start coming into the minds of the people, then this Mahalakshmi principle gets awakened and the seeking starts, and they become Sadakas - means seekers. So this principle cannot be forced on anyone. It is something just as innately it starts manifesting. When you try to find what is beyond, after all, what is the purpose of my life? Because you start respecting yourself. Also you see around yourself people who are indulging into pleasures of life, but there is nothing joyful in them. So this kind of thing, that is your atmosphere you can call, your national life, your family life, everything starts giving you questions. That questioning itself, you see, all the time, makes you seek the answers to these questions. Then you start reading books, you hear from somebody that you can get spiritual training, you go to that place, I mean, you just turn to those things.

Now in the West, you see, the biggest problem was Christianity, because Christianity, what Christ gave to people was completely twisted by Paul, and he got a very nice platform for himself, he was a bureaucrat, so he wanted to jump on the platform. He was

not a disciple of Christ. He had never met Christ, nothing of the kind, and, he thought the weakest disciple of Christ is Peter. Christ has said that, "A Satan will take over you." So, he edited the Bible, and in that he put it that Christ told Peter, it's absolute falsehood, that, "You will form your church." That's how Christianity started, and there are so many things he brought in: for example, he didn't want anything to be mentioned about Christ's Mother, about Madonna, or about the Primordial Mother.

So when with this Mahalakshmi principle, people went to Christianity and found that it was absurd, they had no answers, they didn't know what was Holy Ghost. To such a limit that there was one Pope, I have read recently, who was asked, "Supposing you make somebody a saint after his death, then does he feel the divinity just when you make it, in the grave?" So this Pope said, "Yes of course, as soon as we make him the saint in the church he can feel it in the grave." Then the second Pope which came in, he said, "No, no, it's not true. Even if you make them the saint, they have to wait for the Last Judgement and at that time all these dead bodies will come out, and they will feel the Divine." (laughter) By that time, only the bones will be there in the grave. So the idea of reincarnation also they did not accept.

The worst was the idea that there is a original sin. In this puja at this time, I told them about the original sin. I don't know how many of you were there for this puja, this last puja, Navaratri puja.

(Xavier: There was only one person Mother, Fernando)

So I'll tell you what happened really. That all the animals are called as "pashu", means they are under the complete control of God Almighty and they have no awareness. So idea of the Father was to make human beings, alright, who would not look like animals, but who would be completely under His control. Because it's a headache you know, to give freedom to your children. But the Primordial Mother thought that this is not alright. The children must know the knowledge. So She became the snake and told them that you better eat the fruit of knowledge. Otherwise if She had not told, we would have been less (more?) like animals. By that, human beings got their freedom. Of course they make mistakes. They have made lots of mistakes in their choices, doesn't matter, but they all can get their Realization.

So this is the culmination of that desire of the Primordial Mother, that people should get their Self-realization and they should know everything. That is how you are all Sahaja Yogis now. But if this had not come into your head, that there is no answer to many questions in Christianity, or in any religion, you would not have taken to Mahalakshmi principle. And [with] the Mahalakshmi principle which started manifesting in you, you started seeking the truth.

This principle was very active from the last fifty years, I should say and a new era started, that is the Kali Yuga, and now it is the Krita Yuga - means this All-pervading Power of Divine Love, which is the power of the Primordial Mother, became active, simultaneously with the people who suddenly became aware that they have to seek, so many of them.

So this Kruta Yuga has started and it is doing many things which were never done in any incarnation. The first thing is during this time everybody will get their "Karma phalas" (fruits of their actions), means whatever they have done wrong they will have to pay for it. Phala means the fruit. Only through self-realization the Karma phalas can be completely finished. So now we have collective, also, karma phalas. See now for example, so many Americans killed the poor, simple people who were in America, like Red Indians and these poor things, you know, they're completely, completely destroyed, devastated. They could not fight the guns of the white-skinned Anglo-Saxons, and the Spanish. So, as a result of that, some of them just ran up to the hills, like Bolivia and all these places, hid there.

So now in Bolivia they have discovered this drug (Cocaine), and this drug is now coming to America, and people are dying. They have to pay for their sins. Why Americans are so fond of these drugs? Why are they smuggling so much drug and why of all the things, from Bolivia it is coming? Because they are paying for their sins. Also the drugs are coming mainly to Spain, to begin with, and they are distributed from here all over. Like that, all these karma phalas are to be paid for whether it is collective or individual. Like now Indians, we had these English people. For three hundred years they stayed in our country. They came without any visa, without anything and now if any Indian goes without a visa, they arrest him. And they divided our country into three parts. But now their country is divided into four parts. Every day there is a bomb-scare, and they don't know how to manage these four countries which are saying that, "We are not English." One has to pay. Very surprisingly they were very, very insensitive people who came to India, because they never bothered to find out about spirituality. Doesn't matter, now one has to face it!

In the same way our individual karma phalas also we'll have to pay now. You see AIDS are coming, 65% [of] people are supposed to be nervous wrecks in America. You see so many divorces, and the way the society is ruined, the way the women have become so funny. It's very, very sad that all these beautiful people have taken to a destructive life. They are taking to destruction. Nobody tells them, but they just, if they see - this is the best way you can destroy yourself, they do it. If anybody gets some money, he'll immediately go to a pub. Or else he might buy drugs. Or he may start the business of drug. So all the time they are thinking of how to destroy your body. They will take to smoking, or to drinking or to drugs and all such destructive things. In Spain before this, people used to, I mean even now, kill a bull. Now they are killing themselves by taking all these nonsensical things and running after all these nonsensical things, they are killing themselves. By leading an immoral life they are destroying their own children, their own family, their own wives. So why do they take to all these destructive things? They see somebody who is going to the pub and comes out, and he falls down, again they go and pay money to become like him, again you come out and fall down. They don't even think that, "We are paying money for this nonsense."

So, this is a sort of a reaction I would say, a karma phalas, that whatever sins they have committed are coming to them. They tried to destroy other countries, so now they are destroying themselves. Like I went to China, sitting next to the prime minister's wife. She asked me, "What about the English, how are they?" I said, "They are alright." "But, what about drugs?" she said. I said, "That is too much because in the south of London there are children of twelve years, who are two thousand, who are taking drugs, at that time." So she said, "I am quite happy, very good, because they drugged us with opium. Now let them all have drug and nicely sleep off." And it's, really speaking, these overactive English now have become extremely lethargic and lousy. So when you see all this then suddenly you start thinking, "No, I don't want to be part of this society. It's something funny." So then you take to, say, anti-culture, like the hippies did, but that was very superficial. It was just a way how to dominate others. They said they were primitive, becoming primitive, but their brains were modern.

So then, we come to a point where we understand that all this kind of hypocritical behavior is of no use. Because whatever you may try, whatever you may accept, unless and until you feel that joy within yourself, you are seeking still.

So, as it is, you are here because there was Mahalakshmi principle which was awakened, also you are here because you are Sahaja Yogis, and thus now, you have powers to raise the Kundalini of others, to give realization to others, to cure people, and you have self-knowledge. You know everything about your own centers also. But we must understand how to keep our Mahalakshmi principle intact.

The first thing is that we get our Realization so easily, that we don't understand the value of it, how tremendous it is, how glorifying it is. But supposing if I had asked you to go on the Himalayas, fast for one month, and then die, and come next life, might be, you might have felt just the right thing! But My style was that no, no, no, let them first have little light in their Mahalakshmi principle and with a little light only they can see what is wrong with them. I don't have to tell them, they themselves can see.

So this Mahalakshmi principle within us only, in the sushumna nadi, has managed to show you what is wrong with you, because you discover what chakra is in problem about yourself, then you don't like it and you want to get it corrected also. If I tell somebody that, "Your agnya is catching," I mean to say it is ego, but I don't say that way, I just say "Your agnya is catching." Immediately that person will say, "Yes, yes, I know, Mother, I have my agnya is very bad." So with this knowledge you can keep your central path opened. For that, one has to have balance, balance means moderation. Say whatever was your previous life, some of you might have been very much interested in sports, or maybe in food. So with the advent of Sahaja Yoga, now you can see yourself where you are going wrong and what should be done to put it right.

There are very few principles which you have to accept in Sahaja Yoga. One of them is to forgive everyone because this forgiveness is at a very crucial point of the agnya chakra. Now, if you don't forgive, your Kundalini won't rise, you have seen that. So your Kundalini itself works out all the problems of your chakras.

So what a blessing it is now that we know about ourselves, also we know how to cure ourselves. This is a very big insight we get and that's how we start introspection. And we don't feel shy that we have to see, ourselves, what's wrong with us, we don't feel

shy about it. Because with this Mahalakshmi principle, you have ascended to a state of your Spirit which just sees, which knows and when you just see things then you understand what's wrong and how you can help it. You understand also other people. To keep yourself aloof or undisturbed by the problems of others, you know how to protect yourself. But still I would say ego is a very big enemy of a Sahaja Yogi. It is to be understood that if we cannot get rid of our ego, we can never rise into the Sahasrara. So through your meditation, through your dedication, you can keep your Kundalini in the central path of evolution. You have to watch, you have to be really watchful, as to what is the thing that is in me is lacking, what is it that is conditioning me?

So, the Mahalakshmi principle which is for your ascent, has to be used mainly for your ascent. It is to be understood, that we are going to keep our Mahalakshmi principle awakened. Because it's this principle which has brought you to truth, to totality and if you want to really go ahead, really if you want to go ahead with your ascent, then please remember that the most important thing is to look after your Mahalakshmi principle. When you realize that Mahalakshmi principle is the most important thing for you, you neglect all other things. Then, to you, the most important thing is Mahalakshmi. You always try to keep your centers clean, you meditate nicely, you put the Kundalini up on the fontanelle bone area, and all the time you are watchful about yourself. With this kind of understanding about yourself, you can perfect yourself in Sahaja Yoga, alone. It is not necessary for you to give up anything to renounce anything to run away from your family, nothing! But you have to grow yourself, so powerful in your compassion and your spirituality, that there will be no obstruction to whatever you want to do.

In the Mahalakshmi principle, there are certain cautions we have to take. One of the cautions is that when you come to Sahaja Yoga you should not think that, "Why shouldn't I be a leader," you see sort of, "Why shouldn't I be something great?" And this competition then starts, and you are brought down from your Mahalakshmi principle to some sort of a power game. So this development, the strength within, when it starts manifesting, you have no doubts about yourself, you have no doubts about anything whatsoever.

So you reach such a pure state of consciousness where nothing can spoil your consciousness. And you become so original about everything, you become so dynamic and so original, whatever you do or whatever you say, people are impressed by that.

So, all the principles of Mahalakshmi must be understood fully, well. Also, I have to say that once your Mahalakshmi principle gets all right, everybody in the family, or in your circles, everybody feels that this is some sort of a different personality. All your gestures, all your behaviours, everything automatically changes. I don't tell anything anywhere, it just changes automatically, and then you develop a personality which is very congenial with Sahaja Yoga. What I mean that you select things which are congenial to your Sahaj living.

So this Mahalakshmi principle is the one that gives you the ascent and the Kundalini is kept up there. But when, again, the Kundalini sometimes goes down, you should know that there is something wrong with your Mahalakshmi principle, that's why it's coming down.

Of course, the collective helps you, of course all pujas help you, but it's your complete understanding which is very important. Because it's a very subtle body within you. It can get disturbed by any small thing. When I meet some of them I am surprised that there's a little thing that has come in between like, the father had a guru, or some sort of very small thing and it spoils the... Say now a little thing goes into your eyes, you cannot see anything. It's a very subtle thing. So you have to be watchful: "Why, why my vibrations are not alright? Why do I feel my agnya or my nabhi? Why?" And logically you must find out, what's the matter. I mean of course it is for your benevolence, for your joy, for complete transformation, everything, the Mahalakshmi principle is there. But something small is not there, and that is why you are not getting your doubtless awareness.

For example, once you have your doubtless awareness, you know that you are just like a barometer and if you are catching it is just giving you information and you are not identified anymore with doubts about it, and most important thing, to you, becomes the flow of vibrations all the time, that's the most important thing.

This is the state where I say you are doubtlessly aware, where you have no doubts about yourself, about Sahaja Yoga, about the knowledge of Sahaja Yoga. But in some people this ascent is very fast and they keep it, they have maintained it, but in some people it's very slow, they get disturbed by small, small things. Like some Sahaja Yogi, supposing has money in the bank, and pesetas have fallen - immediately he becomes as if something, the whole earth, has fallen down or God knows what happened. That time one should know that, "No, I am not yet a Sahaja Yogi. I am not on doubtless awareness," because such a person will

just laugh you see "Must be something in it, must be I was playing with money, and doing all these nonsensical things, that's why." That is the sign of a Sahaja Yogi who is doubtlessly aware, and everybody knows that he is like that.

You don't have to ask for a certificate; everybody knows that this man is now a gone case in Sahaja Yoga.

In that state, then you find everything works out, works out just. So many miracles, so many miracles that you are amazed how these things are working out. And these miracles go on happening to you and then you start thinking that "See now, why should I worry about anything, after all, everything is worked out for me by the Divine Power, why should I worry?" You meet the right person at the right time and the right things happen. But when you forget that you are a Sahaja Yogi, you still go on fighting, saying bad things, cannot adjust in collectivity -all kinds of nonsense. You just don't know how to manage your principle of Mahalakshmi.

So the principle of Mahalakshmi is that you are very gracious. You are forgiving. You are not disturbed. But you are very anxious to help others. You are never tired doing good to others, and you never ask for any reward. You don't watch your watches. Time is at your feet. So you go beyond time, you go beyond your gunas, and you become a personality which is something so unique, which not only gives joy to yourself but to everyone.

Now see the beautiful Nature around you, it's so beautiful that I am getting meditative all the time. It's so joy giving. If you can see and absorb that joy that is in the nature, it's like a picture, beautiful, then you are nourishing your Mahalakshmi principle. In small, small things you should see the beauty and the joy. And in small, small things, what others are doing, you should find joy. It's a kind of a very beautiful mind which is as if creating joy. Now when I came here, I saw this one, I felt very joyous to see even this (puja pendal in the nature), I don't know why.

Once I had gone to a place called Paritana which we had to walk for miles together up on the hill, and my son-in-law and my daughter both were absolutely tired and fagged out. And there were many temples, just empty ones, marble temples. They just laid down there. But I saw beautiful elephants with different, different tails, you see, every elephant had a different tail. So I said, "See, what beautiful work they have done, every elephant's tail is differently twisted." So my son-in-law said, "Mummy, we are dead. Where are you going to see these elephants?"

So this is the difference, that you never feel tired. In every leaf, in every grass-blade, in the sky, all around, you feel there is joy, and when you are alone, you are enjoying yourself. You are never bored, and you never bore anyone. But if you are not alright with your Mahalakshmi principle, then such people are very difficult. I feel sorry [that] we have to ask them to get out of Sahaja Yoga and this and that. I don't like it, but what to do?

So, please, we must remember that we have to nourish our Mahalakshmi principle, which has given you the seeking, which has brought forth your Realization, because the Mahalakshmi, only through the Mahalakshmi, the Kundalini rises. In the temple of Mahalakshmi, in Kholapur, I asked them, "Why are you singing the song of Jogawa, of Amba?" They didn't understand, they didn't know. You can understand that it is in the Mahalakshmi temple of yours, the Amba is the Kundalini which rises. So your Mahalakshmi temple is not limited to yourself but is the whole universe. If you can enter into the essence of that Mahalakshmi principle of everything, the whole thing is nothing but joy.

Today, I am very happy that in Spain we are having this Mahalakshmi principle, by which people will now divert their attention from material nonsense to spirituality. Like every man has one car and still he wants to have another car and wants to have another car and there's no room now for anywhere to keep them. They'll have to put them on their heads. So these things are never joy-giving. You know the principle of economics, they are never joy-giving. They are never satiable. So we turn to spirituality and where we find complete satisfaction. Everything is vibrant with joy, but if the instrument of your Mahalakshmi, shushumna, is not clear, your heart is not clear, then there is no music. As you know that through this only you get your creativity, everything. Your poetry, righteousness, your peace, everything you get through your central path of shushumna.

So it's so important that Mahalakshmi came on this earth, first as Sita, then as Radha, then as Mother Mary, and that the joy of Motherhood they give you, that you are protected, you are nourished, you are loved by your Mother which is the Mahalakshmi. Ultimately, in the brain, She becomes Viratangana, Viratangana She is called as, means the power of Virata. So many things I can

say but, about Mahalakshmi principle, I think for today that's sufficient. I hope you will meditate on that and keep your Mahalakshmi Tattwa expanding.

May God bless you.

1992-1002, Kundalini and the Holy Ghost

View [online](#).

2 October 1992

Kundalini And The Holy Ghost

Public Program

Barcelona (Spain)

Talk Language: English | Transcript (English) – Draft

Public Program

44.15

Shri Mataji: I bow to all the seekers of truth. At the very outset, I have to tell you that truth is what it is. We cannot change it, we cannot transform it, nor can we know at this human awareness. That's why something has to happen to us, that is we have to become a subtler being. At this human awareness, we cannot feel the truth. That's why it is said that you have to be born again. That doesn't mean that we can just take a certificate to ourselves and say we are born again. None of these certificates are of any use. It is an actualisation of a mystic experience which one should have; which is described by many mystics and by many saints and by many seers. It is not that you can pay for it. Because it is the last jump or last breakthrough of your evolution. And that is what one has to seek, those who are honestly seeking the truth. Now, I have to tell you that all of you have your divinity intact within yourself. It is all there. Nothing can destroy it because it is of eternal nature. Maybe some clouds might have covered it. But it always existed, it's always there. So, first of all, we have to realise that by talking about it or reading about it we are not going to get it. They have already told you about the subtle system that is within us. Now, this subtle system is beautifully placed within our being which helps you to achieve that state. Now we have, say in Christian religion father, the son and the holy ghost and no mother. After all, how can we have a son and a father without mother? Holy Ghost is the primordial mother. Thou in the bible which is not mentioned. Even the mother of Christ is not called as Madonna. She is just called as a woman. So it is such a misleading thing for us that we don't understand that the primordial mother, which is the shakti, which is the power, which does all the creative work of ???. So this kundalini is the reflection of that shakti, that primordial mother holy ghost. And she is your individual mother. She knows everything about you, and she wants to give you your second birth – your selfrealisation. But when she ascends through these centres, she does a lot of things, like, first of all, she puts us in balance. If you understand there are problems in the whole world, perhaps most of them are because of human beings. And human beings have problems because they have a problem in their centres (chakras). If you can cure these chakras, these centres, then there will be no human problem and there will be no world problem either. So it gives you first of all physical, mental, emotional balance and nourishment. Thus you will be surprised to know that in India there are 3 doctors who have got their MD in Sahaja yoga. It's a fact that the awakening of kundalini can cure diseases like cancer; it's a fact. It can cure mentally retarded children, also people who suffer mentally. Also, it is a fact that when awakening takes place then you feel the cool breeze of the holy ghost coming out of your head itself; cool breeze. This is the actualisation, you can say, actualisation of the experience of the holy ghost. When this kundalini crosses over this point (Agnya) of optic chiasma then you become absolutely peaceful. And a new dimension of awareness called as thoughtless awareness starts manifesting. This thoughtless awareness is such a state where you are in the present, neither in the future nor in the past. And whenever you want to think you can think, if you don't want to think you don't think. Now the truth about you is that you are not this body, this mind, this ego, these conditionings, but, you are the pure spirit. The another truth is that there is a subtle all pervading power of divine love. ??? at this beautiful flowers, we take it for granted. We don't even think what a miracle they are. Look at our eyes, they are beautiful camera. We just take it for granted. Look at our brain, which is computer; we just take it for granted. If you ask a doctor, who runs your heart, they will say it's autonomous nervous system. But if you ask who is this auto, they don't know. So this all pervading power of divine love does all the living work. It exists in every atom, molecule, everywhere. Only after selfrealisation, you can feel this all pervading power for the first time. Now I would like to tell you, one is the spirit. Whatever I am telling you, you shouldn't accept it blindfolded. You must get the experience and then you have to believe honestly, as honest people. The spirit is the reflection of God almighty in your heart. But it's a 'peetha' as we call it, the main office resides on top of your head. So when you get your realisation you get actualisation of

baptism, actualisation. It is not just talking or giving sermon. Now, when this connection is established, then you jump into another awareness, which we call as doubtless awareness. At that time you become powerful and you can give realisation to others. You can cure people and you will know all the absolute truth on your fingertips. Mohammad Sahab has said that at the time of your resurrection your hands will speak. So this is the resurrection time, this is the last judgement, this is the age of Aquarius as they say. And at this time you are going to achieve your selfrealisation. Now the spirit, when it shines in your attention then you become enlightened personality. Means your attention wherever it goes, it acts. It brings you all the information wherever it goes. For eg. You put your hands like this and ask, is this a good man or a bad man? If he is a good man then you will get cool breeze in your hand, but if he is a bad man your hands will start tingling. Not only that, but also your fingers are denoting different centres, so you will know what centre is wrong in this gentleman. This knowledge is absolute. You all see me standing here, in the same way all of them will feel the same way (on fingertips). So there is no question of fighting, no question of argument because everybody will see the same thing. How can they have wars? They can't have wars. It's ?? universal being within you. So you will then know that you are a universal being. Then you abhor fundamentalism. Then you don't say this religion is good, that religion is good. All religions are good. How many wars are going on in the name of God! It's shameful. Horrible things people are doing in the name of God. It's absolutely sinful. Because you become a universal being, you forget the limitations of your race, your caste, your religion' outside religion I should say; and also country. You become one one with everyone. But the fundamentalists don't like it. Because they want to have fights. Because they want to have wars. So they don't like a universal religion. Because these religions were all born on the same tree of spirituality at different times. All those incarnations, all those prophets were absolutely ??. But we have plucked the flowers and now we are fighting with the dead flowers. And that's how the wars are going on. So when you become a selfrealised soul, then you respect all the religion and understand that the essence of every religion is the same. We have got now among ourselves some Jews, lots of Jews, who worship Christ. And so many Hindus who worship Mohammad sahab, because you know the truth behind them. But the fundamentalists have put a very twisted picture, very twisted picture before us. And thus we stick to them and get into problems. So its high time you have to know the truth. Now this attention which is so powerful that immediately tell you what is in for you, what ??, because we develop a divine descretion. Then once you are the spirit you become full ?? because spirit is the source of joy. Then you say that you are swimming in the ocean of joy. Such freindship, such pure love exists between the different sahaja yogis. My husband used to say that alright I(Shri Mataji) am a realised soul but I can't make anybody else as myself. But now he has seen these sahaja yogis. He says they are angels. They become righteous innately. I don't have to tell them don't do this, don't do that. They just ??. Because in the light of kundalini they see what is good and what is bad for them. Say you might be a Christian, Hindu, Muslim, anything; you can commit any sin. Because this religion is outside not inside. But once you become the spirit when this new?? then you cannot commit sin. Whatever you do is for the betterment of yourself, betterment of country, betterment of the whole world. Not only that you achieve your benevolence but also you see that other people also achieve benevolence through you. You cannot pay for it. Please understand this is very important. You cannot tax anyone in the name of God or religion. You cannot put in any effort in it. It's a living process. Like in the mother earth you put one seed, it sprouts by itself. Because the seed has the built in quality to sprout and mother earth has the built in quality to sprout it. In the same way you also have built in quality within you to achieve your selfrealisation. It will hardly take 10-15 minutes for you to achieve your realisation. It is very simple. Has to be simple because it is so ??. This is how this world is going to be transformed. Already we have 1,000 of people who are sahaja yogis. In Russia, only in one city of Togliatti, we have 22,000 sahaja yogis. Whatever was there- government, people are very spiritual. There are scientists, doctors, so many of them. I am sorry to say that Spain is the weakest. They come to my lecture, but never ever establish themsleves. On the contrary, we have Spanish people in Colombia, Spanish people in Argentina, they are in thousands. I don't know what is the preconcieved idea in Spain that some or the other it never works out. Why don't you want your selfrealisation. Don't you think it's very important? This is the most important time that you are born. Don't you think that you have to love yourself and respect yourself; that you must get your benevolence? I am sorry to say this. But it is, how many times I have come here I cannot count, long time back I have been coming here. Every year. But I don't know what's the matter. So before giving realisation, I have to ask you that after getting realisation you have to establish yourself. Otherwise, it would be the parable of Christ that some seeds fell on the rocks and some fell on the marshy land and nothing happens. 1.14.35

We have had enough of materialism, we have had enough of all these nonsense. Banking, money all that is nonsense, I don't know what is happening. Recession, ?? falling down; all these things are reactions. Now you take spiritual ?? so that all your problems can be solved. I am concerned very much for Spain and for people living here. Somebody told me that they are

mixtures of many countries. Then it should be better because they will be cosmopolitan people. I still don't understand why do Spanish do not take to spirituality in the true sense. So again I am- just request you very humbly, once you get your selfrealisation please see to it that you establish your connection with the all pervading divine power. And then you will see so many miracles in your own life. You will be amazed. Because this divine power is the most efficient, most compassionate ??. But you have to enter into the kingdom of God, otherwise, why will God will worry about you. I hope today all of you will get your selfrealisation. But then you have to grow and establish your yoga, your union with this all pervading power. Thank you very much.

1.17.24

1992-1006, Devi Puja: The seventh day

View [online](#).

6 October 1992

The Seventh Day

Devi Puja

Hotel Centro de Convenciones Turino, Sasaima (Colombia)

Talk Language: English | Transcript (English) – Draft

Shri Devi puja, seminar resort, Sasaima, (Colombia), October the 6th 1992

I'm very happy to be with you all here as if you already know about "sahaj". Today I must tell you that the Goddess has come nine times on this earth before. And she came - today is the seventh day of her worship, of the nine. And the seventh day is for tremendous activity, tremendous creativity and also for prosperity. And so, it is so coincident that we have the condor for their symbol. And I asked them, "Why do you have a condor as their symbol for shipping?" So, they said that, "Mother, it is a deity of the old people, our forefathers told us that a god called Vishnu came from your country on a condor, we call him Garuda". My husband was there and [unclear]. And also, the ornaments that you make here, which are all Indian style. So, they said that the ornaments are made by the Indians who came from India. Now I feel these deities must have visited these countries, specially Colombia. It must have been. But on what the red Indians have said, what they talk of wisdom and God shows that they knew about Sahaja. Or else maybe that this country was called by some other name, in those days of twenty-one thousand years. And they have passed all that knowledge to you. That's why you people are so receptive.

Now, America is the Vishuddhi chakra. And the right side is the North America and the South is the [unclear, left side?]. So, [the principle] what is that rules the left side of Vishuddhi chakra is Vishnumaya, who was the sister of Shri Krishna and also who was a virgin. She became the lightening and announced the coming, the existence of Shri Krishna. I find a very special sensitivity among the Colombians, compared to Argentinians or Chileans, or even Brazilians.

First thing is that the virginity is very respected in this country. And that gives you the blessings because it is innocence that you try to preserve. In Russia or other countries in the eastern world they also are not materialistic and they also have good sensibility. Just seeing my photograph they knew who I was. But you people are very deep within. Because you live with nature, you see every day miracle of the nature. And you see those flowers and the beauty of nature and that is how you understand the beauty of reality. I have a very, very strong feeling for you and an earnest desire that somehow Sahaja Yoga should start very deeply in Colombia.

When I came here, also because I came with my husband, it was a different kind of people I met. But still they were all the time asking about spirituality. And one gentleman asked me "Mother, these Americans are exploiting us, you must do something for us so that we can also punish them". "They must pay for what they have done to us" "They are exploiting us and we can never become better off because most of our money spending, money spent usually goes to America" And I said "all right, something will happen". Is very surprising just after one year this drug business started here. Of course, I did not create drugs like that, but the Mother Earth must have thought: 'to punish these Americans, better start something to undo this', like that.

That is why. They killed so many people here in Colombia and most of them ran out to Bolivia because it is very high and the Spanish could not enter there, so they went there. There were innocent Bolivians, their blood was all flowing on these lands and so many of them were completely finished. To such an extent that if you go to Brazil or if you go to Argentina, Chile, you don't find even a single aboriginal. And you cannot see these beautiful dancing...[unclear]. People are very heavy. Say in Rio they are having funny type of these carnivals and all that, all horrible things like this. But such innocent beautiful expression of your joy, you don't find it.

You think that you are very away from other countries but you are not. When I told them that in Colombia there are very deep Sahaja Yogis, they really felt that they are very close to them. And the Goddess was always worshipped in this country. That's

why they are so creative, they are so beautiful and they are so open, their hearts so open. Now the only thing is that when left Vishuddhi -you see- catches..., like when you feel guilty. So, that is why I have to tell you that you should never feel guilty about it. You have done nothing wrong. You have not committed any sins. Your divinity is all there. You see, the Goddess did not create races or anything. She created beautiful human beings, that's all. But these are mental ideas: that there are races, there are different types of people.

But I think in the West, people have lost all value systems. God doesn't need money; the Goddess doesn't have money. But in the West money is so important! And no love, no affection, no compassion. And you have such a beautiful character, such a beautiful personality which is very close to reality. And your music and your expression of your art, everything is so sweet. All these things are so very sweet. This will definitely please God. But don't take to the western ideas. You do not know in what mess the Western people are. There are horrible diseases now in America like AIDS (UNCLEAR) So, they say that within 10 years' time 65% people in America who are white will get some horrible disease. Now all these drugs are growing here but where they are used is in America.

So, the divinity is within you. Is there all the time, but in you it is manifested, in them it is not. And for Me it is very difficult to go to these western countries and to work there. Is very difficult. They cannot, they do not have a lifestyle which can please the Goddess.

Say, in Spain, they are still busy with bull fighting. Thousands and thousands go to see the bullfighting... And drugs, drugs are so much in Spain. So, they take to everything that it is destroying them, not constructing them.

But if you -as said yesterday about the wisdom- if you know the reality, the reality is so beautiful... so enchanting.

So, this power within you, which is divinity (UNCLEAR), is the power of the Holy Ghost, of the primordial Mother. And that is so much manifesting in you already. Only thing, now you have to be able to decode. You have to be able to relate it through the actuality of reality. That is only possible when you are connected with this all-pervading Power. And that is [what] you all have got already.

In the West, the Sahaja Yogis go like this, yoyo, up and down all the time (laughs). They all right then they are not, ... very disappointing. But not in here! Because these conditions are good. You have the blessings of the God. Because you already suffered so much and God is with them who are so humble. Christ has said that the humble in heart, the meek in heart will be the lords of this earth, will inherit the earth. So, not these arrogant people but the humble, like Colombians.

Sahaja Yoga is spreading very fast, it is in 65 nations and I'm so happy to see you all so deeply into Sahaja Yoga. It is your evolutionary process and the blessings of the Goddess works on you, by which you get your Realization and you know the reality. But there are so many blessings that come, first thing you become extremely creative.

Also, you become very wise and sensitive, peaceful. And you get the power yourself, you can give Realization to others. This Colombia seems to be the land Christ has described when He was talking about the parable of the seed, this the land which is so [fantastic?] I wish I could arrange something for all of you to come to India sometime. Maybe something will work out, I'm sure.

Now regarding meditation, one has to understand that we have to be in thoughtless awareness. When you are thinking then you are in the future or in the past. But you are not in the present. But when you start meditating you have to say the mantra Nirvichara. It's thoughtless awareness. So, your thoughts will elongate and there will be a space in between. That is the present. And when the Kundalini rises, she also makes it wider. Then you can grow much faster in your spirituality. And that is the real way of growing.

This power is within you. It's there already existing and is working it out, also. But we have to meditate collectively as well as individually. Collectively because is a work of the whole. Like I say, one finger is taken out of your body or if a nail is taken out of your body, it'll never grow. So, you have to be in the collective and try to feel others, their love of brothers and sisters. They are all over the world. In 65 five nations.

This time, when I tell of your progress maybe so many will wish to come see you, to see your dancing and to see your music and [unclear]. What does a mother want? She wants her children to be happy, that's all. Enjoying themselves with [the] beauty of reality.

I wish in the public program we have lots of people and you have to look after them. Last time also we had lots of people but they did not stick with it. So, it depends on you to make them understand the [unclear, maybe 'progress'?] because there is so much miraculous life waiting for you. You entered in to the Kingdom of God and once you are settled down, whatever you want, whatever you wish it just works out. Physically, mentally, emotionally, every way you'll be cured. No doubt Sahaja Yoga has cured illnesses like cancer, definitely. And there are three doctors in India who have got their MD, also. But these Americans will go to Amazon, in the interior to do the research to see how to cure cancer, they won't listen [to us?]. And specially they take to all false gurus.

What a difference it is between the right Vishuddhi and the left Vishuddhi, just think about it. There is no sweetness, which is the essence of Vishuddhi and Shri Krishna. But He is Kubera, see He is the God of prosperity. So, He has given prosperity to them because of their right sidedness. But they are lost. And now the time has come to expose everything and get your [unclear] means 'the fruit of your actions'. Because, you see the especial time called as Krita Yuga, it is neither Kali Yuga nor it is Satya Yuga. Kali Yuga is the era of confusion and the second is the Krita Yuga and the last is the Satya Yuga when you know the truth.

So, the Last Judgement has begun in this time, this Krita Yuga, and people will be exposed, all criminals, all bad people, everybody will be exposed. And they'll have to pay for their bad actions. Like now you see this Vishnumaya, She can enter into any element. She does punishment. Indirectly, that you can say that Colombia and Bolivia are now punishing these people.

So, in America you know there has been a riot and there has been a big earthquake. Especially they are there in Hollywood, you see, all these problems are there. Because in Hollywood they always try to show that the Red Indians were very bad, cruel [unclear]. Always. As if they were the best, the English, the Spanish and the Anglo-Saxons and the Red Indians were the ones that were really bad. Also there is a forest of 65,000 hectares of land which is now burnt. And then you know what they are doing in Miami, this killing people and all that, so in Miami there was an earthquake. But they do not relate these calamities to their bad doings. Because they are not sensitive like you. But I'm sure they will start thinking about it. I know that Colombians are not as rich as they are but they have their joy in themselves.

After all, what is money for? what is everything for? Is for joy. And if you have everything and if you don't have the joy, what is the use of having everything? The food is there contaminated, the atmosphere is contaminated, the water is contaminated, everything [is] contaminated.

In Spain, we were going and I had a very bad smell. I said what is this going on there? Is there a sugar factory? No, they said is the river that smells like that, imagine the whole river [unclear].

So, what is important is the inner satisfaction. Which you people have now. Now you should try to spread it because [when] one light gets enlightened, this light has to enlighten other candles. You are very well-educated people compared to so many others. And you can do this work very well. Unless and until you use your powers you will not know how fantastic you are, how powerful you are, you will not.

So, you must use your powers and get more people to Sahaja Yoga. The greatest joy is giving Realization to others. And everything works out automatically. You see, I don't understand money [unclear], I don't know even how to write a check [unclear]. All this money the Sahaja Yogis have, they can do what they like. With the puja money I buy all the silver and all that [unclear]. Because you cannot do Puja with plastic [laughs]. So, this is how the whole thing is becoming so beautiful and so divine. Yesterday when I was coming the Vishnumaya was over there [unclear].

And they said that it will bring rain and I said that [unclear, maybe: when I will go] then I will call it. Whatever you ask for, you will get. Believe now the nature is at your feet. Only thing you have to have faith in yourself. And you should never feel guilty. Which has come from Catholic Church, feeling guilty... nonsense. All nonsense they have been teaching you....in the name of Christ. Christ never said that you have to confess, never said that you are guilty. What He said [is] that you must be born again.

So, they just put a label and 'born again', not that way. They just put you some water on the head and say, "You become Christian", not that way. They don't follow Christ at all. He said that, "Thou not shall have adulterous eyes". That means there should be no lust and greed in your eyes, but innocence. Those who preach, are they like that? And those also who say they are religious, are they religious?

But in Sahaja Yoga automatically you become religious. Because in the light of the Spirit you see what is reality, what is good for you. And that transforms human beings. So, you should never feel also guilty or unhappy or morose, it's not proper. So, much of beauty, so much of love and compassion of God, and why should we feel unhappy? This is just our imagination, I think. I'm sure one day Colombia will become a very strong spiritual nation.

I hope today's puja will mean a greater advancement and ascent in your spirituality. You have not only to save Colombia but you have to save the whole world.

You have to get stronger and stronger and master this art which is freely available. It is a blessing in a way that you are not so affluent as the Americans that all the false gurus did not come. Otherwise, I have to work very hard with these people who have been to false gurus.

But today we have to do this puja which is really very suitable, absolutely spontaneously arranged. It was not so many days I was going to be there. But just spontaneously there was no plane [play?] going. So, I feel [unclear] suitable with all of us. This much time I don't even stay in Cabella. [Shri Mataji laughs.] It is surprising your love, your love and devotion.

May God bless you.

1992-1014, Shri Mahakali Puja: She is the Holy Ghost

View [online](#).

14 October 1992

She Is The Holy Ghost

Mahakali Puja

Salvador-Bahia (Brazil)

Talk Language: English | Transcript (English) – Draft

Shri Mahakali Puja, Salvador-Bahia (Brazil), 14 October 1992.

It is so nice to be here in Brazil, especially in Salvador. I've been to a gentleman a long time back, from my husband's office, from Brazil, and his wife was suffering from terrible black magic. And she really was cured of that trouble. So he told me that, "You have to go to Brazil because it is full of lots of negative things specially the black magic, so you must go there somehow". And so it was my great desire to come here and that's how I came, few years back. Also, Duilio was here and, I mean, things were arranged somehow, Sahaj, so I came here.

So, the problem of this country is more, is this black magic that is brought by the people from Africa.

So I have thought today, we, let us have Mahakali Puja.

Mahakali is the left-side Power in us. So, actually, she is Adi Shakti. Only when she enters into the left side of the Virata we call her Mahakali, but she is the power of pure desire of God. Then she establishes Shri Ganesha herself. Then she goes to the right-side as Mahasaraswati. And then she enters into the centre where she is Mahalakshmi. That is how Adi Shakti takes three forms. But Mahakali is the pure form, because she's not yet taken- I mean from Adi Shakti, she is Mahakali Power.

So, first thing she, before creating this universe or anything, she created Shri Ganesha. And first to spread, manifest not only holiness but also auspiciousness, and purity. So, before anything was created, these spiritual Forces were created, to protect the creation that was to follow. So, this Mahakali force was specially in the purest form to protect people from the negative side.

Now when any thought enters our mind, any reasoning comes up to our mind, it is thrown on the left-side by this Mahakali.

Sahaja Yogi: Throw out?

Shri Mataji: So, goes to the left side.

Sahaja Yogi: Ah?

Shri Mataji: Subconscious.

Sahaja Yogi: Every bad thought ? No.

Shri Mataji: You see, whatever thought comes to us.

Sahaja Yogi: Ah, whatever.

Shri Mataji: Today, there's a thought now, just now, that goes to the left side, [inaudible].

And then that is how the present becomes the past, goes to the subconscious. Now the subconscious also has many layers which are on the left side in a parallel way, not horizontally, but parallel. So, there are seven of these layers, and the seventh one ends up into the Collective Subconscious. So, whatever is dead, in the past, and was discarded from the evolutionary process, is thrown into the Collective Subconscious. Now when - say for example, lives which were thrown out of the evolution, microscopic animals, whatever, viruses, then also human beings, animals, everything that was thrown out, like mammoths and all that, these animals were thrown out of the evolution, are [on the left-side]. So the people who are living more in the past, if by any accident or by any unhappy incident in life, are thrown towards that, they catch some of this Collective Subconscious.

So also, this lifetime, whatever conditionings we have, also pass into our, they pass into our subconscious mind. For example, a person is sitting in the darkness alone, suddenly starts feeling the fear. Then he is, with that fear, he's thrown towards the left side and he can catch something, what we call as 'bhoots', you see, what we call bhoots. It's some sort of a dead spirit and then he becomes a different person.

Also, somebody who is too much right-sided, is always active, thinking too much of the future, his attention moves to the extreme - say, to the right side. Then suddenly if some shock or some fear, or whatever it is, this pendulum like thing, can move

to the other side also.

So all the people who are very right-sided can get into problems of possessions

Sahaja Yogi : Of subconscious?

Shri Mataji : Of possessions.

Sahaja Yogi : But, of subconscious?

Shri Mataji : Subconscious also.

Also people who are extremely meticulous, extremely futuristic, can catch on the right side also Collective Supraconscious.

[Sahaja Yogi translates Collective Super Conscience]

Shri Mataji [corrects him]: Supraconscious. It's the right side. Futuristic.

Now, we have to now understand Mahakali's powers. Now Mahakali's powers are such that she is the Holy Ghost. So, firstly she can cure any diseases that come from viruses. Like say from AIDS, you can start from Mooladhara, all Mooladhara diseases, then all Swadishthana diseases, all these diseases. Left Vishuddhi of course, is a combination, because when a man is too right-sided, to balance his ego, he puts it here in the guilt. It could be a combination of both right and left. But all other incurable diseases are left-sided.

Like you have cancer. Now see this is the left-side centre and this is the right-side centre, they look like this. [Shri Mataji creates a triangle with her hands and in the middle, She makes a circle with her thumbs.] So, this is left-side, this is right-side, and in the centre, is the centre. Now supposing even if you are working in the right side too much, the energy is driven to the right side. But suddenly something may happen, you see, some accident, some sort of an unhappiness, anything, and this little bit can break like that, from the left side. So, the virus can start flowing into the right side also. Now, when this virus enters into the right side you have no connection with the whole, because it's broken now. [The triangle is broken.] So, this right side starts working on its own and that's how you develop this cancer where the cell itself becomes the ego: it gets the ego and it starts multiplying, multiplying.

So, this virus can give you any kind of disease which cannot be cured by medical science because medical science deals with the right side of the physical side. But the mental side is dealt with by Mahakali Power, mental side. That is how in Sahaja Yoga we have been able to cure many incurable diseases by using candles. Because the light when it is shown to these viruses, or to the bhoots, they go away. So, by three-candle treatment you can cure any one of these incurable diseases, even AIDS.

But when this trouble starts above the Vishuddhi chakra or from the Vishuddhi chakra, then people become mentally handicapped, like they become mad, they get epilepsy or they get what you call schizophrenia.

Now what do they do when they use black magic? We should understand. In India, we call it the "preta vidya" or "shmashana (cremation ground)". "Preta vidya" means the dead, knowledge of the dead and "shmashana vidya" is the knowledge of the cemetery.

Sahaja Yogi: Preta vidya?

Shri Mataji: Si, Preta vidya. Preta.

Sahaja Yogi: Preta also in Brazilian means black.

Shri Mataji: Really?

Sahaja Yogi: In Brazilian, black.

Shri Mataji: But "preta" means dead.

Sahaja Yogi: Dead, ah.

And the other is "shmashana vidya" means of the, of the cemetery.

So, the way they do it is that when some evil genius is dead, they know that somebody is dead, then these people go there and try to wait until everybody disappears. You know they burn in India, no? They burn the body in India.

Sahaja Yogi: Yes.

Shri Mataji: And when the brain is opened it makes a sound, you see, of the head. After that people go away. So, they [the preta vidya people] are still there. And then they take the skull of that man, or some part of the body with them, maybe some bones, so that the Spirit, which is hovering there, follows them.

And then they give some names to these bhoots who are following them and then they, somehow or other, tie them up, you see, they imprison them. And then they use these bhoots to entice someone, to mesmerise someone. And these bhoots can get more bhoots also with them to entice them more if these people want, just because they are now been captured and they are evil geniuses.

So, this is what the false gurus do, that they put these bhoots on people, mesmerise them. Through their eyes these bhoots come in and then these people start giving all their money, all the property, everything to them, even the women give up their chastity. Anywhere.

Sahaja Yogi: Anywhere, yes, anywhere, I'll say.

So, this is how they try to mesmerise. Also, they can use these bhoots for killing somebody or for beating somebody, putting somebody into trouble, all kinds of things. So also, they try to sort of put ideas into people, make them violent and make them very bad people, dirty people. This unnatural sex relationship, like homosexuality and all that, it's also from bhoots. That is, they do everything that is anti, you can say, Mahakali. And that is how they may bring inauspiciousness, unholiness, violence, all kinds of problems. Now supposing, if these bhoots are, say, drunkards, then they make people drink too much. Or if they are, say, cheats or people who have been making money by wrong methods, they can also enter into the heads of people. Like here I think the politicians, they have entered into their heads, so they are like mad people now. And that is how the dharma is not there anymore, there is no dharma, there are no maryadhas, nothing and they do what they like.

So, the hundred and eight names of the Goddess or the one thousand names of the Goddess are mostly for the Mahakali, on the left-hand side. Because she killed so many rakshasas. All right? She destroys also viruses and all kinds of things which are inflicted on human beings. Also, she cures many things like conditionings, say for example, of the Catholic church, which has given a conditioning into human beings that they cannot ascend, because of this Catholic church conditioning.

So, even if you believe in someone, supposing there is a Sahaja Yogi and you believe that this Sahaja Yogi is God, then also you can catch. If you believe in some Sahaja Yogi that he is God, then they can catch. Because they- if you believe in anybody who has no authority, it is unauthorised "shraddha" [faith], then you get into trouble. So, in Sahaja Yoga nobody should consider somebody as guru because he has given you Realization or something, he is not your guru.

And the best way to get rid of it is through the Mother Earth because she sucks in, recedes the left side. The Mother Earth sucks in your problems. So, if you just put your left hand towards the light and your right hand on the Mother Earth, from the light, you see, the negativity runs and goes into the Mother Earth. [Shri Mataji puts her right hand along the left side and to the right side].

They use the same thing, like lemons they will use, you see, in the lemon they will put bhoots and they put this lemon to somebody so that, that person gets possessed.

While we remove the lemon that absorbs the bhoots and then put the lemon in the water.

Then another thing, that is the light, you see. Supposing you put the light without Me being there, my photograph not being there, then the bhoots start, you see, getting more upset with the light. And it attracts more bhoots to protect itself. But in the presence of my photograph, the photograph emits vibrations which make that bhoots run away. Because the light also, this light, gets awakened in front of my photograph.

So, this is the contrast in which we can achieve results of getting rid of problems. But I would suggest that Sahaja Yogis should not directly treat these people. They can put them before my photograph and use the three candles treatment but not to touch them.

Before doing anything, they should take a bandhan also. So, whenever you take your bandhan, you are taking the bandhan of Mahakali, because she protects you. After some time, when you have reached a certain stage of ascent, the bhoots run away, if they see you, they run away. Or they will start shaking before you. And ask such a person to put his hands towards the light with my photograph. The light will go up and down and black soot will come out.

So, the left side is called as Tamo guna, the right side is Rajo guna and the centre as Satwo guna. Now, Tamo guna means a

left-sided personality. He is the one who always runs into some darkness and he's secretive and he's sly. And you don't know how he- what he's up to.

And to look at, he looks very humble and he never answers you back but he does certain things at your back. You cannot make out his mischiefs till he may hurt you.

Now, a right-sided person is on the contrary extremely aggressive and sort of tries to show off. But the Satwo guna is in the balance. But on your vibrations, you can make it out what are the problems of the person. Last night, for example, my whole Swadishthana was burning. Even the children will show by putting their thumb in the mouth [unsure].

So, this is what is the Left Swadishthana and for Left Swadishthana, the mantra is Mahakali's mantra. And another very important mantra for the Left Swadishthana is that, "Mother, you are the pure knowledge". But for Christians it is better even to say, "Mother you are the Holy Ghost" like the Christ has said it. It is really easy to get rid of these things if you just decide that, "I'm not having anything to do with that."

These bhoots are so stupid! That, supposing somebody, they may come to my house, take off their coat, put some other shawl on them, when they go, the bhoots can't recognize them. They are so stupid.

Sahaja Yogi: The bhoots that are in the shawl.

Shri Mataji: No, no, no. Somebody comes to meet Me. And I take out the bhoots, you see, he'll go out somewhere. The bhoots come inside the house also. Then you make him wear something else. So, the person changes his dress. So, they can't make you out. They are so stupid.

[Shri Mataji speaks to a child] Just come here because there is "kana" [food]. Both of you.

So, this is Mahakali's great work and I have already told you how she works it out. Now today we are going to worship her, I'm sure she will become very powerful here and she will see to it that all this black magic is finished. These Mahakali's powers you will start seeing and when she starts manifesting, your politicians will improve, everything will improve, because it is under these wrong powers, you see, that they are doing these things.

Also all these bad things like violence and all kinds of bad things people do is only under the influence of negativity. Even if they know this is wrong, it should not be done, they do it compulsively, compulsively.

Now a new disease has come where people have compulsive habits, like washing their hands all the time, or I mean all these compulsive habits are done like somebody's brushing their teeth three hundred times, somebody washing their hands, somebody very particular about everything, all the time cleaning, cleaning. Some women are like that, if anything falls off, they must run, clean, and they have no time to sit down for five minutes. They can't help it, they can't help it. Ultimately they get out of society because they are confused.

So, I have now tried to tell you the various things that this absence of Mahakali can manifest. So, the Mahakali's manifestation is so important for a country where there are so many negativities. And I hope next time I come, this will be very much reduced [inaudible]. We'll have a much cleaner place. Now you people also now know how to cure Left Swadishthana. Always check up the Left Swadishthana and try to cure it.

May God bless you.

Shri Mataji: Can you get some children?

Sahaja Yogi: Yes, Shri Mataji.

Shri Mataji: And Ganesha is most important for Mahakali.

[Cut in the video]

[Puja]

Shri Mataji: Would you like Me to translate something? Some song, will I translate for them?

Sahaja Yogi: It would be nice Shri Mataji.

[Cut in the video]

[Shri Mataji translates Vishwa Vandita]

Shri Mataji: This song [was composed] by a very famous music director, who directed the epic of Ramayana in Ramayana film. And he is a blind man. Now this blind man I don't know how, he met Me only thrice and then he wrote this song. And he says that in the many names that are not even in Her one thousand names, the first is Vishwa Vandita. The word "vishwa" means the universe and "vandita" means worshiped, worshiped by the whole world. Now I am convinced because is a fact.

"Sarva Pujita" means that everyone does her Puja. "Sarva" means everyone is doing her Puja.

"Brahma Swarupini" means She is the form of this Bhamachaitanya.

This is a new one, now, "Yoga Nirupini" is not in the thousand names. Yoga Nirupini, means she explains and proves the Yoga.

It's not in the thousand names, this a new name again. "Shubadham Varadam" namoh namah, meaning: She is the one who is the giver of auspiciousness and She is the one who is giver of blessings. "Varada", "varad" means blessing.

"Namoh namah", you know means, means I worship Her.

So, "Jagata Janani Nirmala" means She is the Mother of the whole world.

"Moola Prakriti Akileshvaraki". Akileshvara is the God Almighty. And She is the basic nature of God Almighty.

"Parashakti Parameshwari". She is "para" means, even beyond the power of God Almighty.

Vishwa Dharini Mangala Karini: She is the One who sustains the whole world. Vishwa Ddharini. Mangalakarini : and She makes benevolence of all them.

Then again Shubadham Varadam Namoh Namaha, means giver of auspiciousness and also of blessings.
Alright.

Now Sahaja Yogini Nirmala: She is a Sahaja Yogini Herself. She has got her yoga in a sahaj way, means spontaneous way. She is Sahaja Yogini.

Nirashraya Sarveshwari: She is supportless, without any support. But She is the Goddess of everything, Sarveshwari.

Premamurti Bhakta Vatsala, She is the image of love and She is very fond of Her bhaktas, devotees.

Premamai Mateshwari: She is full of love and the Goddess of all the Mothers. Mateshwari is the Goddess of all the Mothers.

Bhakti Pradayini Mukti Pradayini: She is the giver of devotion, Bhakti. She gives Bhakti. And Mukti Pradayini: She is the one who gives you salvation.

Then again Shubadham Varadam Namoh Namaha, means the same thing, giver of auspiciousness and of blessings, we bow to Her.

Now Pragata Saguna Nirguna; She is; She, the formless has become manifested in form through Her. Formless. Nirguna is formless.

Ridhi Siddhi ki Dhatri hai: means She is the giver of Siddhis. Siddhis means by which you get powers, to give realization to people,

to cure people, to manifest all the Divinity, Siddhis. And Riddhi is by which contentment, peace, joy. Means that you grow into that, Riddhi.

Saumya Sarala Mahamana, She is a very gentle person and a simple, innocent person and very gentle, Saumya. Mahamana: She is, She is the greatest mind.

Patanjali Gunapatri hai. She is the possessor (of) all the qualities that Patanjali has spoken about.

Ghataghata Vasini: Ghata means here - is actually the Kumbha - but here it is meaning She resides in every body's heart.

Atma Vikasini: She expands the Spirit.

Shubadham Varadam Namoh Namah, again the same thing. Giver of - She is the giver of auspiciousness and also of blessings, I bow to Her.

... [inaudible]

Shri Mataji: Have you got the complete tape of it?

Sahaja Yogi: Yes Shri Mataji.

Shri Mataji: I'm really surprised now he has described so many things, which are not even in the one thousand names of the Goddess.

1992-1015, TV programme

View [online](#).

15 October 1992

Interview

Rio de Janeiro (Brazil)

Talk Language: English | Transcript (English) – Draft

TV Programme Brasil, 15-10-1992

In a hotel room:

[inaudible, Shri Mataji speaks with yoguis inside hotel room]

[inaudible, Shri Mataji takes a car with yoguis, recorded from inside hotel room]

[yoguis watching TV Programm]

[in the TV Programm [yoguini translating Shri Mataji's interview]:

Presenter:—What is Sahaja Yoga?

Shri Mataji:—Sahaja Yoga is a spontaneous happening within us, which is the last breakthrough of our evolution, by which you ascend into a new awareness, that you become the Spirit.

Presenter:—And how one practices Sahaja Yoga? Is it like the commom Yoga ?

Shri Mataji:—No, it is not. It is something internal. There is a power within us. It germinates, and gives you this connection with this all-pervading Divine power.

It is the Yoga.

Presenter:—...a connection with a power that exists within us, which is Divine, isn't it? And how can we get in contact with this power?

Shri Mataji:—It is just like a living process. Like we plant a seed in the Mother Earth and it sprouts. In the same way, it just happens.

You have to come to My programm and it will all work out.

[laughs around with unkown reason... Shri Mataji looks at Her side for a few seconds]

Shri Mataji:—Yesterday we had about two thousand people in Brasilia and everybody turned their hands up that they had felt this cool breeze of the Holy Ghost.

They have got this Connection.

Presenter[staring at Shri Mataji's bindi]:—What is it in Her forehead?

Shri Mataji:—This is a sign of a married lady in India.

Presenter:—And it is made out of what?

Shri Mataji:---We get a powder for this called tamaris (?? not sure). It has a cooling efect.

Presenter:---So I invite people to to know Sahaja Yoga tomorrow at the Rio de Janeiro School of Music .

[Presenter explains the address of the School of Music]

Presenter:---And this is a class, a demonstration, or what?

Shri Mataji:---I will tell them about it, and than just ask them to stretch their hands towards Me and it... It is spontaneous!

Presenter:---Might lay people participate?

Shri Mataji:---Of course...quest of them.

Presenter:---I want to thank Her presence here. She needs to go, She has another appointments. We thank. She is free if needing to leave, ok? Thank you.

[Presenter start presenting next interviewee]

1992-1015, Talk to Yogis after TV Programme (poor sound)

View [online](#).

15 October 1992

Talk to Sahaja Yogis

Rio de Janeiro (Brazil)

Talk Language: English | Transcript (English) - Reviewed Talk to Yogis after TV Programme, Brasil, 1992-10-15

Shri Mataji: The very basic [UNCLEAR] all is here.

Yogi: I think you went [UNCLEAR] somewhere so long too].

Shri Mataji: It means that. Have you seen the racist? [UNCLEAR Adam].

Yogi: I've heard of the same.

Shri Mataji: The racist. He delivered Me, with Me. And then there was the minister. [UNCLEAR] the minister.

Yogi: Yes, Shri Mataji.

Shri Mataji: He was...

Yogi: [UNCLEAR].

Shri Mataji: So, in any case... we have told about that.

Yogi: [UNCLEAR] have cooked Shri Mataji. [UNCLEAR]

Yogi: He would care Shri Mataji for some people to come to the program.

Shri Mataji: So that's all.

Yogi: That's the good point about it, because thousands of, millions [UNCLEAR]...

Another Yogi: Thank God I did not have my machine gun, Shri Mataji. I should have taken it from Switzerland.

Yogini: He wished he had.

Yogi: Machine gun. He was going to destroy [UNCLEAR everyone].

Another Yogi: I was very close too! Shri Mataji, I ask for forgiveness for all the media, because they are stupid people.

Shri Mataji: There's no problem with that. They think they are great. But the Muslim people is... How would they write to the Christian?

Yogi: But you see, I mean, your face came very beautifully on the television.

Shri Mataji: Really?

Yogi: No, this, it was very short, but it was really tremendous. It was because Shri Mataji, Nirmala Devi, Sahaja yoga. And then you could see your face, and it was very beautiful.

Yogi: It was so different, what program stopped at this point.

Shri Mataji: Never upset, you see. Because she came practically [UNCLEAR]... There was a minister. Oh, if the minister is there, how will he allow anybody else to speak? Then after Me also she was happy to be here. She just asked me how to stay here. She's so ignorant.

Yogi: How about we felt sorry, because you had to wait so much.

Shri Mataji: You know, it's very far away. You have to go to a [UNCLEAR] and this, that... [UNCLEAR]. [UNCLEAR].

There was one lady [UNCLEAR]. [UNCLEAR] yes. You don't have to ask me questions to her. Okay? She is so not explaining what she is saying to Me. Because, question was from your materialist, why have you come. No?

Yogi: We heard this, a bit.

Yogi: We heard this, Shri Mataji, but it was very short the change in her feelings, believe me.

Shri Mataji: I should have not [UNCLEAR], if she was going there. But... Not [UNCLEAR really that]. See what she means to say, I don't know. That I need to come out, please, when she does know how to... how to manage to come out. Something like that, but I more worried about [UNCLEAR] than I was about.

Yogi: He was angry, I think. Thank God I didn't approach him.

Shri Mataji: But that's why I don't like to do [UNCLEAR] things. You should take her and speak like this and [UNCLEAR]. They are of a very low level. You should have heard that you can't assume the [UNCLEAR]. They take it at personal. You see, this type of people. You see, they have no level up or they are very rude.

Yogi: Actually we should have gone ourselves, Shri Mataji, without you, that would have been the best idea.

Shri Mataji: See, I was having a wrong impression. I thought that we want to know people. But I thought the wrong impression. But you were telling me [UNCLEAR]...with or without.

Yogi: I beg your pardon, Shri Mataji.

Shri Mataji: And you were telling me this that you did not go.

Yogi: No, because...

Shri Mataji: But I thought he wants you to go as well. It's a good experience. Now maybe people will understand why I am telling you that and that. You don't need them. See, ours to straight forward. And they are for sensational things and cheap things. How can you go through them? I suppose you can understand. You have spent that day before you did first, right?

CUT

Shri Mataji: She might be exposed, no doubt. But she, she is gone. I think she was obvious by the minister. But he was already on the agenda. This lady, who is the first lady in that country? She was talking for such a long time. I don't know what she has said.

Yogini: Shri Mataji, today you were talking about longing. You were talking about longing today and talking about how bad it is. She was saying just praise in London. London? She was praising it and I felt you know it was so strange.

Shri Mataji: [UNCLEAR].

Yogini: Sorry Shri Mataji.

Shri Mataji: [UNCLEAR].

Yogini: She prefers to live there. She was praising it for 10 minutes, I don't know. Only praising London. And I don't know what to say.

Shri Mataji: [UNCLEAR] develop.

Yogini: She is a correspondent for Brazilian newspapers. She writes from abroad to Brazilian newspapers. But she was so silly and the way she spoke for a woman of her age was too much to hear.

Shri Mataji: You first put the minister. Maria and I was told that they are going to focus on Mother. So please bring her. First [UNCLEAR].

Yogi: That's it. You see, that's the mischiefs of the media. I mean the big lesson for me Shri Mataji is that when this world will be about to be completely ruined they will come and beg to have an interview from us, from you and before that we should not have any touch with them because even if, you see.

Shri Mataji: I have told one thing that I will never told. They come here and do it, all right. So far I have never been understood.

Yogi: But the good part of it Shri Mataji that I mean millions of Brazilians have seen you and you have been able to give your message and I mean no doubt. So...

Shri Mataji: Actually I made it short also in a way.

Yogi: Yes, you made it short.

Shri Mataji: I said that I will do this when you come to My room.

Yogi: That's very clear.

Another Yogi: No, but you see I mean it's a contrast between you I mean it's not to be described but I mean this is the good part of it. If I have to say that you should all the time see a good part of it but it might upset me that you have to wait so much.

Shri Mataji: Why did he go and sit in the middle? So angry.

Yogi: We could have shared our things together.

Shri Mataji: The reason she came and then she went for her tea in the table plate, you see. But she went for her tea. All the Sahaja Yogis! Mother is sitting there, she's gone for tea what is she [UNCLEAR]. Then Raja didn't pay her. She said, nonsense you didn't respect my room. She was telephoning to me all the time. He paid her whatever it was she paid before. Then they came and man who was with her came and he said you have to also pay for the arguing person and all. She said, I'm sorry I paid for

that room. What was the chef who came and he said I think friend of herself. She said, my room you should not say like that about her. She said, I said what about my room? But she's just a music group. What is so great about my room? The way she behaved. Actually I had cured her. She could not sing so I cured her. You meet all kinds of people.

Now on one side we have the president of the [UNCLEAR]. You see it, okay. [UNCLEAR I'll just sit here. You sit here.] On the other side [UNCLEAR]... good job...

CUT

Yogini: She's cooking.

Shri Mataji: She was crying all the way.

Yogi: Why?

Shri Mataji: What is hard to say was she's done so much now. Such a nice apartment, such nice flowers.

Yogi: But this is sometimes water powers you need [UNCLEAR].

Shri Mataji: I said, either you give up or you cry.

Yogini: That's the problem.

Shri Mataji: I [UNCLEAR when get that]. That's the problem.

Yogini: You could only cry. It was so angry.

Yogi: Either you give in or you cry.

Shri Mataji: Sit down.

CUT

Yogi: He's the rakhi brother now. He has to be cautious, Shri Mataji. He's the rakhi brother of my wife. So have to be cautious.

Yogini: Yes, Shri Mataji.

Yogi: Or I receive a smack now.

Yogini: Actually I have two rakhi brothers here. Because Horacio is also here.

Shri Mataji: Horacio is also.

Yogis: Yes, Shri Mataji.

Yogini: Long time back.

Shri Mataji: So now, be careful. I can open the window.

1992-1015, Realized person emits peace and neutralizes violence and anger

View [online](#).

15 October 1992

Realized Person Emits Peace And Neutralizes Violence And Anger

Public Program

Centro de Convenções de Brasília, auditório Planalto, Brasília (Brazil)

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. We cannot transform it. We cannot read about it. Also, unfortunately, at this human awareness we cannot know it. We have to become the Spirit. Whatever I am going to tell you today, you need not believe Me blindfolded. But keep your mind open as a scientist has. Treat this as [a] hypothesis. And if it turns [out] to be the truth, you have to accept it as honest people. Because it is for the benevolence of your own, benevolence of the country, and benevolence of the whole world.

We are born in a very special time today. These are the times when lots of things are going to happen. And people will be in illusion – won't understand what is right and what is wrong. But at this time only, there are many who are seeking the truth. They are not sticking on to anyone book or sticking on to one ideology, but they want to know what is beyond. They are a special category of people. William Blake, a great poet, has said that men of God will be born in those days and they will find their Divinity, and they will make others Divine. Believe Me, you all have your Divinity intact within yourself. It cannot be tarnished. It cannot be destroyed whatever you might have done to yourself, because it is eternal in nature. Only question is of manifesting this Divinity through your ascent into a new realm of reality. You are all ready for it. There is no more fasting or suffering needed. There is no need to change your dress and your foods. It is the internal happening that is important.

You have been already told about the subtle system that works it out. When this power called Kundalini which resides in the sacrum bone awakens, She passes through six centres. The Greeks perhaps knew [that] it was a sacred bone, so they called it a sacrum. And this is awakened just like a seed is sprouted because the seed has a built-in quality to sprout. All living process is spontaneous. So, there are two things we should know when we are seeking the truth. The first one is that you are not this body, this mind, this ego, these conditionings, but you are the pure Spirit. The second truth is that there is an all-pervading divine Power which does all the living work. You see these beautiful plants – it's a miracle! But we take it for granted. We have these eyes which is a camera; it's a miracle but we take it for granted. Then look at our brain which is such a great computer, but we take it for granted. If you ask a doctor, 'Who runs your heart?' He will say, 'It is the autonomous nervous system.' Now who is this 'auto'? So there is some power which is working out all these living miracles. So the first truth is that you are the pure Spirit, and the second one is that there is this all-pervading Power of divine Love. We cannot feel it, we cannot see it, but it exists. Now when this Power rises through these centres, it nourishes those centres. All human problems are because of these centres. And if these centres are put right, all your physical, mental, emotional, and spiritual problems can be solved. It is as simple as that. Also, I would like to tell you in short [about] what happens to your awareness. When this Kundalini connects you to the mains, as this instrument [the mike] when connected to the mains, [it] has some meaning. So you too have some meaning. But it makes you stand in the present. We are all the time jumping on the cusp of the thoughts which are coming from the past or from the present. But when the Kundalini rises, She separates those thoughts and the space in between is the present. So you develop a new awareness called as thoughtless awareness. You are aware, fully aware, but there is no thought in your mind to disturb you. Thus you achieve peace within yourself. There are many people who have got prizes for peace, but I have not seen [that] they have peace within themselves. So, this peace within us is existing there, we become that peace. And such a person emits peace and neutralizes violence and anger.

Now, the nature of the Spirit is that Spirit is the universal being. We are also universal. If you cut a part of your body, you will find [that] everyone has the same bone, the same muscle, the same artery. So we are all, inside, universal. We laugh the same way, we smile the same. The difference is just skin-deep. That is also just to create variety. Otherwise it would have been boring. But this universal nature within us is manifested when the light of the Spirit comes into our consciousness. We transcend all the

barriers of races, caste, community, religion, and nations. In short, you become part and parcel of the whole. Like the microcosm becomes the macrocosm. But it is a becoming. It is not just a lecture, or telling something, or a false certificate. But it is the becoming that is important. And you develop a balance in your life. Moreover, you become innately righteous. For example, you may be a Hindu, Christian, Muslim, anything, [but] you can commit any sin. But once you become the Spirit, you become above everything that is wrong. You get your sense of security and your power. This Power is flowing in you then. With that Power, you become extremely compassionate and extremely dynamic. But when the light of the Spirit comes into your attention, your attention becomes enlightened. Wherever you put your attention, it acts. The another great thing about the Spirit is that it is the source of absolute knowledge. Like you have ten children together, tie their eyes and ask them about somebody [as to] what's wrong with this person. Now all your centers are on your hand reflected – sympathetic – [Shri Mataji shows the centres on Her hand] five, six, and seven. They all will raise one finger like this [showing the little finger of the left hand]. And [if] you ask the gentleman, 'Have you got heart trouble?'

He will say, 'How do you know?'

Because everyone will know the same thing. As you all can see Me sitting here, that's how you see the same thing. So then there are no dogmas, no theories, nothing of the kind. But actually you see the reality. Then who is going to quarrel? How can there be difference of opinion? There cannot be wars then at all. But the Spirit is the ocean of joy. And after you get your Self Realization, you feel as if you are swimming in the ocean of joy. You get separated from your problems and you see them as a witness. And then you can solve them much better without getting involved into it or upset about it.

I am so very happy to be in Brazil, specially in Brasilia. No doubt, this is a very spiritual place. There are great seekers and one day this may become the greatest spiritual nucleus for the whole world. You can get your Realization in hardly ten minutes time. In this short time I cannot tell you all about it. In this hall, say, there are so many lights and only you put on the switch and you get the lights there. Because it is all built in. No use telling you about the history of electricity, how it is brought to Brasilia, it is all boring. So, the best thing is to get your Realization. I know you have some questions in your mind, and I would love to answer them. After your Self Realization, you may change your mind. So why not get your Self Realization? You can't pay for it. It's a living process of your evolution. Without this happening, you can never be satisfied with yourself. Anybody who asks [for] money in the name of God, is a hypocrite. Because God doesn't understand money and banking; it is the headache of human beings. So now I would say that you all can get your Self Realization. But I cannot force [it] on you, because I respect your freedom. Those who want to have [it] can get it. And those who don't want to have, it cannot be [forced]. Christ has said that the meek will inherit the earth. So Sahaja Yoga is not meant for arrogant people. Nor it is meant for people who are stupid. It is meant for people who are truly seeking the truth. So I would request people who do not want to have their Realization should leave the hall. It would be very kind and also very civil on their part not to sit here and watch others. If you are sticking on to some sort of a ideology, then also is difficult. You must keep your mind open, then it works. So, I said it won't take much time. I leave about half a minute for you to leave, for those who want to leave. No one wants to. All right. Such a wonderful thing that no one wants to leave. All right.

So, there are three conditions which are very simple. The first condition is that you all have to be absolutely self-confident that you all will get your Self Realization tonight. So, the second one is, follows, that you are not to condemn yourself for anything. You have to forget the past. And don't feel guilty at all. If you have committed some mistakes, after all you are human beings, you are not gods. And this all-pervading Power is an ocean of forgiveness. So all your mistakes can be easily neutralized by that. So please don't feel guilty. If you feel guilty, it works against the center on the left-hand side, this centre [indicating the left Vishuddhi] on the left-hand side. And you can get diseases like Angina, like Spondylitis, could be lethargic organs. And at this time if the centres are blocked, how will the Kundalini rise? So as they say in English language, is the pain in the neck you get. So better get rid of that pain in the neck. In short, you should be very pleasantly placed towards yourself because you are glorious, you are magnificent, you are fantastic. Because you are not connected, you do not know what you are. Like supposing, in an Indian village if I take a television and tell them that you can see lots of films, they will say, 'What? This box? How can we see films in this?' But once you get it connected, you can see what a fantastic thing it is. We also think about ourselves that we are just a box. But you do not know how many powers there are within you. So you should be very pleasantly placed towards yourself because now you have to enter into the kingdom of God. That kingdom of God is the most efficient, is the most loving organization. The third condition is even simpler – that you have to forgive everyone. Many people say it is very difficult to

forgive. Logically if you see, 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. Those who have troubled you and have tortured you are happy, and you are torturing yourself on their behalf. But also, the centre of optic chiasma is like that [Shri Mataji demonstrates] in the Agnaya Chakra. And this will never open unless and until you forgive. So you have to forgive otherwise this won't open like this. As it is, you have tortured yourself all your life and now, at this very important moment, you will miss your Self Realization. So just to forgive all of them, even don't think about them. Even thinking about them is a headache. So in your heart you should forgive all of them in general. These are the only three conditions. First is that you should be fully self-confident that you all will get your Realization. The second one is that you are not guilty at all. And the third one is we have to forgive everyone in general.

Now, we have to take out our shoes because this Mother Earth helps us a lot. Please sit inside otherwise... You all have to sit down. Please don't be standing, please. There is some room here behind. Now, those who are sitting on the chairs, not on the ground, have to put both their feet on both the sides because left and right are two different powers. The left-side power is the power of desire, and the right-side one is the power of action. So, now we put our left hand on our lap very comfortably.

[Shri Mataji tells the yogis] Somebody has to come and show here.

And the right hand we use for nourishing our centres. The left hand suggests that you are desirous of Self Realization, [that] you have a strong desire to have Self Realization. And the right one is for the action. So first we put our right hand on our heart. In the heart resides the Spirit. So now, if you become the Spirit, you become in the light of the Spirit your own guide, your own master. So we take our hand in the upper portion of our abdomen on the left-hand side which is the centre of our mastery. Then we take our right hand in the lower portion of our abdomen on the left-hand side which is the centre of pure knowledge of divine Laws. Then we raise again the right hand in the upper portion of our abdomen. Then on our heart. Then in the corner of our neck and our shoulder and turn our head to our right. I've already told you about this centre that when you feel guilty it goes out of order. Now we take our right hand and put it across our forehead and put down our head. This is the centre to forgive everyone in general. Now we take back our right hand on the backside of our head and push back our head as far as possible. This is the centre where – without feeling guilty, without counting your mistakes, just for your satisfaction – you have to ask forgiveness from the Divine Power. Now the last centre. You have to stretch your palm fully and put the centre of your palm on top of the fontanelle bone area, which was a soft bone in your childhood. Now please bend your head. Now, very important is to push back your fingers so there is a good pressure on your scalp. Please now move your scalp clockwise seven times slowly. Please put down your heads. That's all we have to do.

We have to now close our eyes and please don't open them till I tell you. You can take out your glasses. Now, again please put both the feet apart from each other. Put the left hand like this and the right hand on the heart. And now please close your eyes. Here resides the Spirit. So you have to ask Me a very fundamental question about yourself. You may call Me Mother, or you may call Me Shri Mataji. Please ask three times in your heart, 'Mother, am I the Spirit?' I have already told you that if you are the Spirit, you become your own master. So now please 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. Here again you have to ask a fundamental question three times, 'Mother, am I my own master?' Now, I have already told you that I respect your freedom and I cannot force pure knowledge of Divine on you. You have to ask for it. So now you have to take your right hand in the lower portion of your abdomen on the left-hand side and press it. And here you have to ask six times because this centre has got six petals. Please say six times, 'Mother, please give me pure knowledge.' As soon as you ask for pure knowledge, your Kundalini starts rising. So now you have to enrich your higher centres with your full self-confidence. So now raise your right hand in the upper portion of your abdomen on the left-hand side and press it. Here, with full confidence you have to say ten times, 'Mother, I am my own master.' I have already told you the fundamental truth about you that you are not this body, this mind, this ego, these conditionings but you are the pure Spirit. So now please raise your right hand on top of 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. It is the ocean of compassion and ocean of bliss. It is the ocean of miracles. But above all, it is the ocean of forgiveness. And all your mistakes can be easily dissolved by this ocean of forgiveness. So please forgive yourself and raise your right hand in the corner of your neck you're your shoulder and turn your head to your right. Please turn it to the right. Now here you have to say with full self-confidence, 'Mother, I am not guilty at all.' I have already told you that logically, 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. And at this juncture if you don't forgive, your Agnya Chakra won't open and the Kundalini will not be able to penetrate through it. So, you have already tortured yourself all your life and now, at this great moment, you will miss your Self Realization. So now say in your heart, not how many times but from your heart, 'Mother, I forgive everyone in general.' Don't think about them. Now you have to take your hand on the backside 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 say.... Say it from your heart, not how many times, 'O divine Power, if I have done any mistakes knowingly or unknowingly, please forgive me.' Now, the last centre very important. We have to stretch our palm fully. And now we have to put our centre of our palm on top of the fontanelle bone area. Now stretch back your fingers, that's important. And please put down your head as far as possible. Here I again cannot cross over your freedom. Again, you have to ask Me to give you Self Realization. So now move your scalp slowly clockwise seven times saying, 'Mother, please give me Self Realization,' seven times.

[Shri Mataji tells a yogi] Ask him to increase the volume. [Shri Mataji blows Pranava into the mike]

Please take down your hands and open your eyes please. Please put both the hands towards Me like this [Shri Mataji demonstrates]. Like this, not like this. And watch Me without thinking. Now bend your head and see with your left hand if there is a cool, warm or a hot breeze-like wave coming out of your own head. Don't put your hand on top of your head but away from it. Some people get it too far. Now please put left hand towards Me like this and bend your head. And now see with your right hand if there is a cool, warm or a hot breeze-like wave coming out of your fontanelle bone area. If it is warm or hot, it means you have not forgiven. So please forgive. I cannot forgive for you; you have to forgive [by] yourself. Now please put right hand.... Bend your heads. And see with your left hand if there is a cool breeze-like waves, or hot or warm, coming out your fontanelle bone area. Now... Please do it. Put both the hands towards the sky and push back your head. Now ask any one of these three questions – one – three times. 'Mother, is this the cool breeze of the Holy Ghost?' or 'Mother, is this the all-pervading Power of divine Love?' or 'Is it Brahma Chaitanya?' Any one of these questions you can ask three times. Now take down your hands. Put your hands like this. You can feel your silence within yourself. Now all those who have felt cool breeze on their fingertips, or hot or warm breeze on their fingertips, or the same on their hands, or out of their fontanelle bone area, please raise both your hands. Please raise both [your hands].

That is Brasilia! May God bless you! I bow to you all. You all have begun your saintly life. Everywhere, all of you have got it.

May God bless you.

It is to be understood that you have gone beyond your mind. So don't argue and don't doubt. We have here a very good centre for you where you must learn how to make this connection perfect. And all the knowledge about your subtle system, everything, you will know. But one should know that you can only grow in collectivity. Supposing one nail is cut out of my body, it will never grow. So, you have to be humble about it and you should, all of you, master this art. You will have the powers to raise the Kundalini of others and awaken them. You can cure people. You can do so many things. And for all this, you don't have to pay at all. You don't have to be also obliged, because it is your own power which has worked it. It is your honest seeking which has worked out. I will definitely come next year here again for a longer period. I would love you all to grow into your wisdom like great tree of spirituality.

May God bless you all.

1992-1016, Conversation about programs in Rio (poor sound)

View [online](#).

16 October 1992

Talk to Sahaja Yogis

Rio de Janeiro (Brazil)

Talk Language: English | Transcript (English) – Draft

[starts at 1:20]

Shri Mataji: Have you all meditated?

All right. So, I need to go I'll come back in the evening. Program is tomorrow?

Sahaja Yogi: Today, it's tonight, Shri Mataji.

Shri Mataji: Tonight. So, I'll be back and we'll have the program tonight.

Tomorrow we have to prepare. It will be a nice [unclear].

Shri Mataji: [Unclear], you can take her purse [unsure]. Because she doesn't want me to take her purse.

Arnaud: I can take. Would you like me to take this?

Shri Mataji: Yes.

Arnaud: Perfect.

Shri Mataji: Can you please bring that one?

Sahaja Yogi: Yes, Shri Mataji. Into this?

Shri Mataji: It fits?

Arnaud: It fits, Shri Mataji.

Shri Mataji: In front.

Yes, it fits.

Shri Mataji: Today is [unclear] everybody's purse here? Is it? Today is [unclear] everybody's pure.

Sahaja Yogini: Oh, well, maybe. Not [unclear]

Shri Mataji: Yes, they didn't do that to me last time, I was not even aware.

Sahaja Yogini: No, of course they won't, Mother.

Shri Mataji: We go?

Sahaja Yogini: Jai Shri Mataji. They just wait to check if the [unclear] is just under. But you don't wait down there.

Shri Mataji: Please, be seated.

Shri Mataji: We have to see now, tonight, how it works out. Please translate.

That we have to, we have to see how it works out, here, tonight. How many people are there, to the program.

[To the translator] Please translate. You can sit here.

Because Gregoire came here. That time, there was this concert, you see. And so many people came from all over the world. There were 500 people for this concert. But how many Brazilians we got?

[Sahaja Yogis discuss in Portuguese]

So, we have no idea, you know, how many Brazilians are taking to Sahaja Yoga. So, because according to her, when they had their programs, they had only two people.

And also, [unclear] they came, but they are doing Osho [unsure]. And especially this Sathya Saibaba. I mean, if they are with this

Saibaba, I think they are lost.

Firstly, but they do like these thieves, you see. It's not of spirituality [unclear].

Yes, but they like these thieves. Sainath is different. This Saibaba is the one who creates black magic.

Sahaja Yogini: You want [unclear]?

Shri Mataji: All right.

Brasilia was a great experience. Also Salvador. But I don't know about this place. We had a bad time that day, yesterday.

There's a way, you see, they just asked Me questions, [unclear].

Sahaja Yogini: [Unclear].

[Shri Mataji is laughing.] He has too many, I think. [Unsure] You know, they upset him. I didn't know why she behaves like that. [Unclear].

Sahaja Yogini: It doesn't matter. Did he explain to you Mother? He wrote the letter. I brought the letter to the program. Ask the way to receive [unclear] prepare to announce your coming. But not for you and I gave her, [unclear] watch. [Unclear].

Because it's not it's like [unclear] it's not a program, it's not serious.

Shri Mataji: But they all said, that they want to focus on the mother. That's what they told Me.

Sahaja Yogini: But they changed everything, they [unclear]. But anyway, it was amazing, it was a very important program. Not because it's important, it's available, but because everybody sees it.

And the most important is the people [unclear]. But it's during daytime and so they want people like housewives and young people to see it's [unclear]. And people who doesn't work.

So, they want like a magazine. And our people, our people here in Brazil, they don't have enough culture, formatted culture, and they go like this, they ask full of questions to people like, "What you do?". My son-in-law went to [unclear] and he a scientist and he is astronomy and he asked you believe in the flying [unclear] things like this.

[Unclear conversation]

Anyway they saw you, they saw you.

Shri Mataji: That's what

Sahaja Yogini: So it's like putting outdoor: we didn't have money to put a big outdoor.

Shri Mataji: But I think, she should be corrected, she should not have here said that, "[Unclear] Mother. She's gone for the [unclear]". She should not have said.

Sahaja Yogini: [Unclear] For me it was great that the new minister of Health was here.

Anyway, I think it's was good for him. He doesn't know that it was good for him to be here.

Shri Mataji: And he had a [unclear] you know [unclear].

[Shri Mataji is laughing.]

[Unclear] They can also think a lot. What kind of health is [unclear]?

Sahaja Yogini: You have a lot of work to do Mother.

Shri Mataji: Hum?

Sahaja Yogini: You have a lot to do here.

Shri Mataji: Yes, I mean I was just laughing when the boys [unclear]

Sahaja Yogini: I thought it was strange but I understood -

Shri Mataji: You know what to ask Me. You know what to ask Me. She got lost. She should have asked me, "What is the advantage of taking Self-realisation, what you get out of it, And what about health?" And [unclear].

Sahaja Yogini: People, do when they go to the program, they don't stop talking. They start talking "bla, bla, bla". What we used to say is, "Stop, stop, stop". Because they know, if she asks questions, the questions will be very silly and so they, they just talk.

Shri Mataji: That means they talk too much.

Sahaja Yogini: Because it's the HAD [unclear] belongs to the government.

Shri Mataji: But another lady who said she's a [unclear].

Sahaja Yogini: She is a very famous writer. She has a 'colm'. She met a-

Shri Mataji: Column.

Sahaja Yogini: Colum in newspapers and she's a, she lives in Portugal now. And she writes for about 30 years a same column, sending news from aboard. So, she's elderly, she's old lady but she's very intelligent. And she's very famous here, really, especially. And the people here like sleeping, I think. They don't sleep too much.

Shri Mataji: But she was not at all [unclear].

Sahaja Yogini: It's like going-

Shri Mataji: And there also, she was making a big drama.

Sahaja Yogini: Yes.

[Laughter]

Another Sahaja Yogini: They couldn't bear to be in front Shri Mataji.

Sahaja Yogini: You can hear his breath and not get hot. "Keep cool, keep cool, don't get too hot". And things go like this, like-

Shri Mataji: That's true.

Sahaja Yogini: It's like singing. So they talk about-

Shri Mataji: But I think she had prepared her speech at home [unclear].

Sahaja Yogini: No they don't get mad, they go like this and bring the things together [unsure].

And change one subject for the other.

Shri Mataji: That was not a place for Me. And she should not have insisted on my coming. That was a mistake here. And then she got lost. She didn't know what to say. Because a soon as she came to Me, she started shaking.

Sahaja Yogini: There is, there was another interview for you. That was for you with a famous humourist. He's very intelligent but he never treats nobody like hot [unsure]. [Unclear] and he never gives a treatment for the person. So, I was so afraid and it was [unclear] power. And people keep talking, But you refuse to go to that program.

Shri Mataji: No, I have been to so many of them. You see all kinds of [unclear]. But I never go to the studio [unclear]. It's only the second time I've been to the studio.

Sahaja Yogini: Anyway, it was the best [unclear].

Another Yogini: Yes. She thinks it was the best propaganda. It was a bliss too, all your programs.

Shri Mataji: A short [unclear] must have been [unclear].

I said, "You come to my program". She said, "I want to contribute".

Sahaja Yogini: That was the best one. I think if the seekers could see you, they feel touched.

Shri Mataji: So, let us go. [Unclear name] comes here?

Arnaud: He's waiting for us, here.

Shri Mataji: So, we should go. Very sweet, very [unclear].

May God bless you.

Whatever it is, let's take [unclear]. It's all right.

She was very upset. I thought that this lady is trying to find out [unclear] Maria. She was not. But I was not understanding what she was talking. [Shri Mataji is laughing.]

And when she came, she started shaking and when she looked at Me also. Poor thing, something is wrong with her. She smokes.

Sahaja Yogini: Smoking?

Shri Mataji: Yes. She smokes a lot.

With Me, she was smoking all the time.

Arnaud: And the smile was so unnatural. Her smile was just unnatural that she must sleep with a smile like that, Shri Mataji.

Shri Mataji: But I think, [unclear].

Sahaja Yogini: You see, they have power.

Shri Mataji: Pleasant, pleasant face. She must be quite a pleasant face.

I must say. Only before Me, she started shaking, otherwise she was [unclear].

Sahaja Yogini: Shaking?

[Shri Mataji mimes.]

Shri Mataji: That's why I had a particular [unclear]. I said, "See [unclear]".

Sahaja Yogini: Mother, she was so, she was feeling something.

Shri Mataji: I saw that. As you said that people have seen Me and heard. She didn't know what to ask, she didn't know. One has to see [unclear].

Sahaja Yogini: Streaming on TV it's like spreading like [unclear]. It's so important. I can't imagine.

Shri Mataji: Because she said they had focussed on Me. That's why they got it.

If she had not said that, I would not have gone. I was not going myself. But she insisted.

Sahaja Yogini: It was a threat, Mother.

Shri Mataji: Just to [unclear] Me.

As soon as I went there, they were [unclear] on the chair and all. And it took half an hour for Me to sit down.

It's all right. I mean [unclear] have experienced [unclear].

So, let us see what happens.

[End of conversation]

1992-1017, You all have your divinity intact

View [online](#).

17 October 1992

You All Have Your Divinity Intact

Public Program

Escola Nacional de Música da UFRJ, Rio de Janeiro (Brazil)

Talk Language: English | Transcript (English) – Draft

Public Program, Rio de Janeiro, Brazil, 17-10-1992

Shri Mataji: I bow to all the seekers of truth. At the very outset, we have to know that truth is what it is. We cannot transform it, change it, and even think about it; unfortunately at this human awareness, we cannot even feel it. You have been already told about the subtle system we have within ourselves. This subtle system works out your ascent.

Whatever I am telling you today, you need not accept blindfold. But if it is proved, treat it as a hypothesis and if it is true then you have to accept it as honestly. Because it is for the benevolence of you and for the benevolence of the country and for the benevolence of this world. It is the last breakthrough of our evolution into a new awareness that we become the Spirit.

The first thing you should know that we are not this body, this mind, this ego, these conditionings, but we are the pure Spirit. And then, another truth is that there is this All-pervading Power of divine love, which does all the living work. You see these beautiful flowers, it's a miracle. And you see (with) your own eyes, what a camera! And this brain, what a computer! But we take everything for granted. If you ask doctor who runs our heart he will say it's a autonomous nervous system. But who is this 'Auto'? There is a power, which is a living power, which does all this living work. This is the power of divine love and this love is the truth.

The first thing is to become the Spirit, and the second is to feel, to feel the All-pervading Power of divine love. This is not just a lecture or a sermon, but, it is to tell you that you all have your divinity intact. Your divinity cannot be destroyed. It cannot be touched. Whatever you might have done, your Divinity is eternal. So, the question is only how to manifest that divinity?

When this power, which you call as Kundalini, rises, she passes through six centres, ultimately breaks through the seventh centre which we call as the fontanel bone area. So, this the actualisation of your baptism. It is not the false certificate. This power, Kundalini power, is the reflection of the holy ghost. Holy ghost is the more [unclear]. When we talk about the God almighty, and about the Son, then what about the Mother? Mother is a dove, is the Holy Ghost. It is [unclear] [gnostic], is the primordial Mother, which is the Holy Ghost. In Greece, she is called as Athena and in India it is called as the Adishakti.

In Gospel of Thomas, Thomas has written that Christ said, "This is the Mother who conceived me. But I have one Great Mother, and when she is with the Father, I am also with her". So there was a primordial Mother. But there is no [unclear] in the Bible also, there is no praise of the Mother of Christ. They did not even say that she was a Goddess or she was Madona. It was the Pagan religion which was before Christianity which influenced people and praised God [unclear]. It seems Paul hated women and he did not want their (Goddess Mary) praise in the bible at all. And he does not, also now they don't permit women to have the position of priest.

But not in the Indian scriptures (in Indian Scriptures) primordial Mother is reflected as Kundalini in us. And the God almighty is reflected in our heart as Spirit. Now when this Kundalini rises, you will be amazed to see that she automatically cures yours physical, mental and emotional being. It's a fact that many diseases have been cured. There are 3 doctors in India, who have now got MD in Sahaja Yoga, for curing incurable diseases.

So when this Kundalini is travelling through the centres, she nourishes them, she integrates them and she connects you to this All-pervading power. First of all, you feel absolutely peaceful because when she passes through your this (Agya) centre, she breaks thoughts and between the thought, there is a pause. Your mind is jumping on the cusp of thoughts, coming from the past or present. So, when the Kundalini rises then these thoughts from the past and the future separate and between there is a pause, that is the present. And in the present you don't think, there is no thought. So you receive your peaceful status. You are aware,

fully aware but you are thoughtless. If you want to think, you can think, if you don't want to think you can be at peace with yourself. The second stage where this connection with all pervading power is fully established, then you receive another awareness called as doubtless awareness. In that state, you become powerful enough to give Realisation to others. You can cure others. And your personality emits peace.

The nature of Spirit which once come into your attention enlightens the attention. When the attention is enlightened, then your attention becomes active. And the attention which is enlightened, can activate in another person this benevolence. This attention becomes innocent. Christ has said, thou shall not have adulterous eyes. How many Christians have eyes which are innocent ? Devoid of lust and greed?

But only after your Self-realisation your eyes start sparkling, and they become absolutely innocent. And they become so powerful that even a glance of such a person can do so much good to another one. Second great point about Spirit is that it is a universal being. In a way, we are universal also. If you cut here (any finger) of anyone, you will find the same nerve, the same artery, the same vessel, the same [unclear]. So our difference is only skin deep.

But Spirit means the universal being. When it comes into your attention, you become an universal being. Then automatically you transcend all barriers, of caste, of religion, of country, racist; everything automatically. Sahaja yoga is working in 55 nations and we have 1000 and 1000 of sahaja yogis. They come to India for a seminar, I have never seen them fighting, quarrelling on any point whatsoever. Because Spirit is the source of the absolute truth. We live on a relative world. There are so many dogmas, there are so many theories, so many ideas, but, once you become the Spirit, all of you see the same thing. Supposing you have 10 people, children, whose eyes are tied, and you ask them who is this man, what is he suffering from? They will all raise one finger, say like this (little finger meaning heart trouble). Then you ask that man, are you suffering from some heart trouble? He said 'yes, but how do you know?'. Because this (little) finger [unclear] heart trouble.

25.33

So on your fingertips you will know the truth. These days there are many false gurus, prophets, coming also from India. They are only money oriented or power oriented. They can show some sort of a miracle of giving you a Swiss watch or something like that or some rich people diamonds. Those who believe in such things cannot believe in God almighty. Because for God all these things are dust. He doesn't understand money. Even [unclear] have become power oriented or money oriented. They are not Spirit oriented, as they should be. This is the reason why we have deviated from the real religion which was started. All religions were started by real people. They were like flowers on the same tree of life. But we plucked it and now we are fighting with dead flowers. How can you fight in the name of God? It is illogical.

So the Spirit is the source of all the knowledge, which is pure knowledge. All whatever I am saying is absolutely tangible, can be proved, can be tested. It is scientific, but it is a metascience. Because the science is a knowledge, say, of the tree that has grown out, but, this is the knowledge of the roots. And if you know the knowledge of the roots, it's very simple and fundamental. Above all Spirit is the source of joy. It does not have the duality of happiness and unhappiness. It is a singular thing which you can enjoy but cannot describe.

All this Divinity is within you, all of you; and nothing is lost. You have to just understand that you all can get your Self-realisation tonight. First of all, I have to tell you that I cannot force Self-knowledge on you. You become a collective being, by which you know the problems of others. And you should know that most of the problems of this world are because of human beings. And most of the human problems are because of these centres.

Now if you have centres put right, then all the problems are solved. There cannot be any war, there cannot be any quarrel about anything. Also when you are blessed by this All-pervading power, you have many other powers also.

Like the agriculture, your country can prosper 10 times more. All living process is expedited. All this sounds very fantastic. But you are fantastic. Because you are not yet connected, you don't know what you are. As this (mike) instrument when it is not connected, it has no meaning. So this connection is to be established. Again I would say those who do not want to have Self-realisation should leave the hall because it cannot be forced. I respect your freedom. Christ has said, the meek in heart will inherit the earth.

So, Sahaja Yoga is not meant for arrogant people, nor it is meant for stupid people and idiotic people. It is meant for people who really desire to have the higher life. You have to have a very pure desire.

So, again, I would request you those who do not want to have their Self-realisation, should leave the hall. It will hardly take 10 minutes. Please be seated all of you. I am very happy to see there are so many seekers of truth in Rio de Janeiro. I have been travelling South America and this is the last program I have. And everywhere there are 1000 of people who have got their Realisation.

First thing, you don't have to pay for it. It is invaluable. And I have told you that God does not understand money or banking. So today when you have your Realisation, please remember that this is the collective happening. You have to come to our collective centre so that this connection is properly established. You don't have to fast, or suffer, or go to Himalayas. Christ has already suffered for us. Are you going to suffer more than he has suffered? So all these theories of suffering (prevailing after Christ's resurrection) is all nonsense. In short, you should be very pleasantly placed to yourself. Because you are human beings, (which is) epitome of evolution. And a little more journey you are going to be in the kingdom of God.

38.04

[Realisation follows]

1.15.50

[people gather near stage and asks questions]

Shri Mataji: Keep out all these horrible people. They are just out to make money. That's all.

He too (pointing to translator) was there and how much he suffered. It's all money making. [unclear]. They just mesmerise. That's why you start giving money, everything. People have perhaps sold their houses for these horrible gurus. There is no modus operandi [unclear] no.. how, why, what is it? You must know everything, isn't it? If it is scientific, you should know what are the centres are, how they work out, how to cure them, how to do it.... everything you should know. You just go on paying money to them. Everything should be tangible and logical. You will know everything, everything, about your Self and about others (in Sahaja Yoga). All these things, you should not be [unclear].

Seeker: [Unclear]

Translator: If someone doesn't feel the breeze very well, what should he do?

Shri Mataji: It's alright. You come and see them (meet them) you will feel it. There must be something wrong here (Vishuddhi). Doesn't matter. Everybody will feel it. May be little (problem) with cervical plexus, something wrong there. The cervical nerves may be little numb. That's all. Everybody will feel it.

Now the thing is that, if they (false gurus) say that, "You ascent", then you must have some powers and you should know everything. You should have the full knowledge, how it works. Don't believe into anything that is blind.

Seeker: [Unclear]

Translator: She says that she came late tonight, but she felt the breeze. And she can feel her chakras, [unclear] right side paining, aching. She wants to know what does it mean.

Shri Mataji: It's alright. It will be cured. You must be very futuristic, thinking too much.

Seeker: [Unclear]

Translator: The first time he meet you was in Brazilia in 89 and after meditation, he feels much, much more. And he is so happy.

Shri Mataji: Because you see, I have told you, it's a collective. If you are in the collective you grow very fast. So because you were left alone, that's why. Now you be in the collective you will master it in no time. In 8 days these people mastered it.

Overnight people have given up alcohol, everything nonsensical.

1.21.09

Seeker: Is there any problem to Sahaja Yoga to eating meat or drinking alcohol

Shri Mataji: you just give up whatever is not constructive, because of the light. You see the light, and in the light, you see snake in your hand, you just throw it away yourself. I don't say anything.

You will know how miracles are there. And what blessings you have got. Every moment is a blessing. You will be surprised because this, you know God is very efficient.

Seeker: [Unclear]

Translator: when she put her head little back, she felt little round, round (in front)

Shri Mataji: It's alright. Might be you are having spondylitis. It's curable.

Seeker: [Unclear]

Translator: How can we learn to forgive.

Shri Mataji: It's nothing. Just say 'I forgive everyone'. That's all. Finished.

It's a very innocent question.

1992-1017, After Public Program

View [online](#).

17 October 1992

Talk to Sahaja Yogis

Rio de Janeiro (Brazil)

Talk Language: English | Transcript (English) – Draft

After Public Program

Shri Mataji: You can go in another way Shri Mataji: You are going to like?

Yogi: Yes Shri Mataji: With whom? Yogi: Only to stay (inaudible) Shri Mataji: Alright Yogi: So beautiful, Mother Shri Mataji: Alright, that's good Shri Mataji: It's a very (inaudible) Shri Mataji: (Inaudible) Yogi: Yes, Shri Mataji

1992-1025, Diwali Puja

View [online](#).

25 October 1992

Diwali Puja

Timisoara, Sala Olimpia (Romania)

Talk Language: English | Transcript (English) – Draft

Diwali Puja. Temisoara (Romania), 25 October 1992.

So today we are celebrating the Diwali Puja.

I think you all can try to learn English which is a very simple language and would be better. I just want to say that you all can learn English language, it's not difficult from my tapes. Of course the language of love is universal for it has no script, that's the problem (Shri Mataji laughs) and no words, and no words.

(Translator speaks ed.) Shri Mataji I am sorry, I am so full of emotions, too full of emotions, can't catch your words you see ... everything, all languages in my head, may I ask someone to translate, I feel I can not catch your words.

Shri Mataji: No it'll be all right, come along (Laughter and applause).

I don't know how to express, I am also full of lots of emotions. it's such a beautiful gathering we have here from all over the world. We are all bound together in such pure love, and Russians also have arrived, luckily, they had to go through some tapasya. The significance of Diwali is spread out in about five days, and they are all together somehow, these five days are all put together. So they have different aspects, but in every aspect there's one common point is that the Goddess plays the main role. Now the first day is the worship of the housewife where you have to buy some sort of a utensil for the kitchen or for the use of the wife or could be a present for the wife, but is said that woman must be respected, but they should be respectable. If they are not respectable how can they be respected.

Now I have to warn you all people to be careful with the western influence. In the western influence money has become everything. The morality, the character, all the value system is all finished, so we as Sahaja Yogis have to stop all that. Now the first thing we have to understand that the society is completely dependant on the Gruha Lakshmis, that means a housewife has to be a very lady of great character, respectability and dignity. Society is her responsibility, she is responsible for creating peace, understanding and for giving full idea as to what is love.

I think her responsibility is much more difficult, subtler than that of men and she is the Shakti of the family so she should not try to behave in a manner that is not dignified or matured. Say for example every woman wants to become the Mother, but in the western country many woman don't want, especially in America because they think by that their body will be spoiled or something will happen that their husbands may not be attracted towards them. So there's all the time the mad race going on between husband and wife. Husband is running after many women and many woman are, the woman are also running after men or they dominate their husband, in this mad race the children are neglected, the household is neglected and there's always quarrel going on between the two.

So women should not try to be so subservient about this kind of mad race, they should keep their dignity, they should keep their character, they should look after their children not bothering about their husbands. Now the worst thing that is very much accepted is a divorce and so they are afraid that men will divorce them and they will be left in the lurch, but always in the west there is a provision, if a husband marries some other woman or something, children and the Mother are given sufficient money to look after them. Under such circumstances the women should try to correct their husbands and fight for it but if they do not come round they should get completely detached. If the husband wants to go to hell let him go, why do you want to do the same. After all you have your Dharma, you have your own life and you should just worry about yourself and if he doesn't understand you forget it.

Such an irresponsible and a stupid fellow should be just pitied but one should not follow the footsteps of the husband because you have a much wider responsibility. One should not try to look younger and just all the time make your life miserable by trying to keep your husband attached to you because by that you will lose your powers, your Shakti, but if your husband is a man of character then you must respect him and support him in every way and tolerate him as far as possible.

Yesterday I saw many ladies have cut their hair, please do not play into the hands of these entrepreneurs, they know how to

befool you. I have seen horrible things happening because these entrepreneurs try to entice by advertisement. Recently in Paris they said we should have six inches of skirts and nowhere we could get long skirts. Imagine in all these cold countries so many got varicose veins. They start styles for hair, for body, for faces, they start all kinds of nonsense but Sahaja Yoginis should understand what are they up to, you should not fall into their traps at all.

So you are the Goddess of the family, you have the Shakti and you have to be very careful. Moreover you are Sahaja Yoginis so you shouldn't allow your Sahasrara to be touched by anyone and your power comes from your chastity. Thousands of women in India committed suicide because they didn't want any man to touch their body. Now you are in Sahaj culture and in Sahaj culture we have to behave in a very dignified mature manner. When you are small girls you are also Goddesses, that time you are innocent, then you get married, it's a very big thing that you are a married woman is very auspicious.

Then after marriage you have children, is even greater honour for you because you are mothers. We are not actresses, we are mothers and you should be proud of being a mother and you should be proud of your children. Then you become grandmothers, I think this is a very great achievement and you should feel very proud of your age that you are a grandmother. If you will go on struggling for looking young you'll look very old. You see your Mother is seventy years of age and I don't look my age, that's what they say. I have never bothered about my looks, I have no time, I have so many children and I am very proud of my age also.

With age you grow, you mature, you are wiser, then you have all the assets of your personality. If you really respect your age people will come to you for advice, help, and then you can spread Sahaja Yoga. There are so many complications with these entrepreneurs the way they try to exploit women.

On a Diwali day I don't want to talk about that so I'll try to tell you about the Lakshmi, the symbol of Lakshmi. Shri Lakshmi is the symbol of the completeness of womanhood, she brings wealth, prosperity, auspiciousness, she brings in understanding, generosity, peace and joy, she is the giver of all the blessings. The symbol of Lakshmi is that she stands on the lotus which is pink in colour. Pink colour is the warmth of her Motherhood. In India even a small girl is called as Mother. So in the various aspects of Lakshmi, the symbol is that first she is a very warm person, also in one hand she has the lotus which is also pink in colour, that also suggestive of her warmth.

Even a funny type of a moth with all kinds of thorns attached to his body enters into a lotus, he finds a place where he can rest, she makes all the guests to come in her house and have the best bed and the best food. Normally the men bring in a guest and the wife receives him and looks after him. So it is suggestive that we have to look after any type of a guest who comes to our house and should completely devote ourselves to the looking after of the guest who is from outside.

She is standing on the lotus and wearing also a pink sari, that is you have to have balance to stand on a thing like lotus because she is surrounded by water, and there are many animals around it, beast like people who try to entice her so she has to have a complete balance, also she has two hands with a lotus and with two other hands she is giving and with another hand she is blessing. This one means that she should be generous, she should be giving always to others not for herself. She should not spend all the money on herself and nothing for the children or for the guests or for others. So it is the Lakshmi who has to give, who has to be generous.

I have seen those people in Sahaja Yoga are generous, their wives may not be and then they suffer a lot but if the wife is generous she's rewarded, the whole family is rewarded hundred times. Generosity is like this that you have one door open through which everything is coming in and you open another door by giving, so there's a very good circulation. I enjoy my generosity the most, if it is generosity, and you all should enjoy this generosity, and generosity is so rewarding, so rewarding that it is unbelievable how the Divine forces help a person who is generous.

I'll give you an example, I had a friend who said she wanted a sari from the foreign countries, these imported saris, and I had two of them and I told another lady who was very miserly that I would like to give away these two saris to her. So she said you have only these two left now why do you want to give her this sari, she was miserly type. We were talking in the kitchen but somebody rang the bell and I opened the door, he had brought two saris from Africa because some lady who had gone to Africa had sent them. So I said why did she send me saris, he said because you had given her saris when she went so she has sent you these and when I opened the saris they were exactly the same the ones I had with me so I took out both the saris and showed her, see, this is the example.

This is how it is, always, everything comes back to you when you are kind to others or if you are generous to others. You will find later on yourself and so many have already found that just money flows to them. They can't understand from where the money is coming. Just it works out that you get money, whenever you want. You should not worry about money, just forget it and it comes to you.

People who are meticulously counting their money all the time, every morning, are never satisfied and also they haven't got the

blessings of any kind but if you just keep the worry of money to God everything works out. So what do we understand that it is all in the hands of God almighty. After coming to Sahaja Yoga you don't have to worry about anything, leave it in the hands of God and everything will work out. There is no need for you to go on telling people that oh I am so much worried, I have no money, I have no money. That shows that you are not yet Sahaja Yogis.

So if you have to improve those who are your neighbours or your friends or your country, first of all you have to be very mature Sahaja Yoginis. So the Lakshmi is already awakened within you. She resides in your Nabhi chakra. So with your Lakshmi awakened why should you worry about money. So then this last symbolic hand says that those who are under your protection you must look after them. That means you have to bless everyone who comes in contact with you and you have to worry about all the people who are under your control. So the Lakshmi symbol is not only for the ladies but more for the men.

A man who is in the business has to respect his wife and his wife should be respectable, if she is not then auspiciousness will not come in that family. So you get all these blessings of Lakshmi if your housewife is a good person. This symbol of Lakshmi is expressing a kind of a personality that is expected of a woman or a man who have got the blessings of money. So that is the, I was telling you about the first day what is it, second day what is it, but main thing is that on a Diwali day we have to worship the Lakshmi.

So today when we are worshipping Lakshmi the men also have to know that they have to have a complete balance in life, that they should be generous and look after the people who are under their control. So there are, as I said many aspects, but one of them very important is that Shri Rama killed Ravana on ten days before they say and was crowned on the..., I mean today he was crowned today. So his wife was Sita, she was also made the Queen and in their life it is shown how she remained absolutely dedicated to him.

So in Sahaj culture we have to be special people, we cannot be like other people who are just running after money and doing everything just to ruin themselves. So that in Sahaj culture we have to meditate, get our satisfaction about everything within ourselves and also we have to be like the Lakshmi children, the children of Lakshmi.

So there are two aspects of this thing we have understood is that Lakshmi fulfils all our monetary needs plus also she gives us all the balance, all the joy, all the bliss in the family. Now the problem is with us that unless and until we meditate, unless and until we reach that state of satisfaction we cannot see the work of this Divine power. If all the people from eastern countries could worship the Lakshmi or you can say worship their own Kundalini then whole of this problem of money will be solved and such a change will come that those countries which today appear to be poorer than the rest of the European world will become quite rich by the blessings of Shri Lakshmi.

Now I have to take you to a very subtler side of life and that subtler side is that with the blessings of Shri Lakshmi or Mahalakshmi now you have achieved your self realisation. The Mahalakshmi principle has given you this ascent and the Mahalakshmi principle is that you rise much above your mundane life into the realm of self-realisation. So by her blessings you become like lotuses yourselves. Now you become another aspect of Diwali which means the rows of lights.

Shri Rama's crowning or any other aspect of Shri Lakshmi here now becomes your own crowning, that is now you have entered into the Kingdom of God and once you are there then automatically as the citizens of Gods Kingdom you are blessed and as you become the lotuses then you start spreading your fragrance all around. Now you do not keep this joy to yourself but you become generous about it and you go all out to give it to others. Generosity at another level, at a lower level is transformed into this universal love. Whatever you gain, whatever joy, satisfaction, vibrations, knowledge, all that you want to give it to others. You want to spread it because now you got the reality and you don't want to keep it to yourself, you think it is very important that everyone in the world should know about reality.

This is significant in putting these lights, that now you are the lights. It is the darkest night today, tonight is the darkest night, in the same way these are the darkest days, this is the Kali Yuga and it is the core Kali Yuga, the worst time where the worst things are happening, human beings are going to the worst level and at this time we have to put Sahaja Yoga before them. You know what is the ordeal one has to go through to break the hard nuts of the brains of people, but it is working, it has clicked already, it is working, it has already clicked, it has happened.

Now you have to enlighten many lights, we call it Deepawali, Diwali is Deepawali, means the rows of lights, and by celebrating this Diwali with so many of you I'm sure we'll have such a torch of light which will go around the whole world. Just remember you are not a small drop, now you have become the ocean and you have to spread. Now you are sitting on your thrones and assume your powers. You have all the powers within you, you have to just manifest it. You have to just feel yourself, understand yourself what is your responsibility. You have been asking for light now you've got the light, you have become the light, now give light to others.

So achieve a state where your light is on your head, on your Sahasrara and that it is in your heart, you are not ordinary people, never think that way, actually in Sahaja yoga only so called ordinary people will come. Christ has said meek in heart will inherit the earth. So you are meek in heart and you always think you are ordinary because you are humble but the extraordinary now is manifesting so accept it and the extraordinary is that you have all the powers and you are absolutely humble people.

Now the celebration of Diwali should be that we carry the light all over the world and enlighten people as many as we can. None of our private things, none of our own problems are important, so that is what it is that we have to realise that we have got a certain position which no one has in this world. So once you understand, your own esteem goes up and you see for yourself what you have to do. So then everybody should today decide and take an oath that we'll do everything to spread Sahaja Yoga with humility. So now we'll have the Puja and in this Puja you all should promise to yourself that you will create a Deepawali in every household in every country in the whole world.

May God Bless you all.

1992-1026, Talk to Sahaja Yogis After Diwali

View [online](#).

26 October 1992

Talk to Sahaja Yogis

Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

I'm sorry it was so such a late time I had to come here. I had to make the food and just after dinner I came and I think the ashram is also very far away.

I have to just tell you that we have had a very, very successful tour of South America. And as you must have seen the people of Romania, the people there were extremely surrendered, very surrendered people. And everywhere we had two to three thousand people and everywhere we had more than five hundred people for follow on. So you can imagine, in this short time, this is only the second time I went to Colombia, and we already have got six hundred Sahaja Yogis there. So they are very surrendered people, and though there is so called poverty, in their heart they are very good, very surrendered and they are very fast for accepting pure knowledge. While in the West, as you have seen, they are very slow to accept pure knowledge and also go on doubting till some time.

I don't know what is the reason for this. Why is it that people from countries, which are not democratic to this extent, some of them have been just despotic and quite poor. Even Rio was quite a poor country I would say, where I went. Brazilia is another one, which is coming up. And I was amazed that in Brazil the President of the Senate himself invited Me, got his realization. Apart from that, not only the President of the Senate, but apart from that we had the secretary, the chief secretary of the Cabinet, who got his realization and he might become the President now, because in Brazil, the President was impeached by people. I mean, they are very alert in these things. Of course, there is poverty, and people have problem with the water and all that. But somehow or other I have a feeling that they have some sort of a absorption power by which they understand Sahaja Yoga. It's not such a mental feat that goes on in the West, to think about it, to understand it with your brains. You cannot. Because it's a Divine Power, it is beyond your mind. And this creates a big ego in our heads, when we start thinking about it and judging it; it becomes a kind of a big barrier, because with your judgment you cannot understand reality. With your reasoning, you cannot understand truth. You have to go beyond your reasoning, and that's what I find in Europe is very difficult for people to go beyond thinking.

So if we have to take to reality, we have to understand that so far we do not know anything and we do not know through our brains, whatever is a human brain is. So we have to go beyond and that "going beyond" you have achieved, I'm not saying that you have not achieved it, but you have to struggle a lot, because your mind, English language "mind" is funny – but I mean your heart and your brain were all the time quarreling with each other. And that's why this has happened. So now surrendering means that keep your brain on one side, your reasoning on one side, your discussion on one side, it cannot be discussed. Though Sahaja Yoga is absolutely the truth, is the reality, not only that, but it is absolutely conclusive and it is tangible, you can verify it and you can find out. But if you want to do it through your reasoning process, you can never do it.

Now as you all have got realization, now you have come up to that point, what they say is you have to have now an enlightened bhakti, enlightened surrendering. Now what do you surrender? What do I take from you, nothing. But to enjoy it fully, you stop your thinking. You see when this case of Marcus came in I was surprised that people suggested that there are some Sahaja yogis, who are dwindling. I was surprised. You can see he is a fraud, he has been a fraud. And just how many fraudulent things already which we may have not exposed him. And still you start dwindling means what do you think about yourself. You have to think that you have to achieve that spirituality, that height, that greatness, which is absolutely rare. You may pay any amount of money, you may live in the best houses, you may have the best cars. But you cannot achieve that state, that higher state. And I was surprised at these people how they have developed to such an extent, such ordinary people, in say, Romania. Such ordinary people have siddhis.

They said, "Mother, whatever we desire, we get. Whatever we want, it happens."

So they have grown so much. Why? They are also professionals, they are also doctors and engineers and all that, all very well-educated people. But they could not develop their ego, because they didn't have this so-called freedom to develop it. And with that they have achieved a state in which - when they tell Me I was surprised, they tell Me so many things, which I was really surprised.

Now, they know all the songs by heart, how they can do it, I can't understand. Now, nobody has taught them any music, nothing. And some French tried, so French themselves do not know [as they shouldn't have, they know]. They know all the words in Sanskrit, what to say where. It's very surprising how they have dedicated themselves to achieving knowledge and vocabulary and how to explain it to others. So that now they are going from villages to villages singing songs and bringing people up.

But still we do not have that surrendering. I think so to Sahaja Yoga, so if you want to be benevolent to yourself, now try to understand that so far we never achieved anything. What we have to achieve is this great thing. Now for that, if there is any ego, please remove it. It's very important. You must have seen how they were surrendered. They know I am Holy Ghost, they know. Now supposing I'm Christ and I'm before you. If Christ is there then what? You would just fall. But I'm the Holy Ghost, no doubt. Christ didn't give realization to anyone, did He? How long did He live? Only thirty-four years and just went away. I have to continue till you people understand Sahaja Yoga, till you take over.

Also we have to now decide that we have to be collective no doubt, we have to be collective. And secondly, that we have to go all out to give realizations to others, to go to villages. Everybody must take it up. You have been granted such a great position and now if you do not use it, it is useless. So you have to go and meet people in villages. Everybody must take up responsibility. And in the villages of Austria it can be done very easily I think, because the people are already getting fed up with the Catholic Church and all that, and so many things are coming now, this Pope is also resigning. He's also going away; he's got cancer of the prostate. So now, you have much better chances and you have to work it out.

Another thing is that what I told them in the airport that I would like tell you also. One of the things, which is ruining west is that we are all the time playing into the hands of the entrepreneurs. We should not, as far as possible, purchase anything, which is suggested as a fashion, by any chance. They are befooling us. Try to understand. Take to something that is just made in Austria with hand. Even clothes you should have, which are traditional. No use taking things made in America, made in this place. They are having recession and sending all their junk to you people and you are buying them. Just try to think about it. Now, the hairstyles also, see. I met one fellow from Colombo, who is doing hairstyling.

So he asked Me, "Why don't You come for Your hairstyle?"

I said, "I don't want you to do My hairstyle. I'm all right as it is now."

So he said, "No, no you better come for your Hairstyle, I'll do this..."

I said, "I don't want to look like a bhoot."

So he said, "No, no, no these are bhoots after all," He told Me, "but don't you know that they are mad people here."

I said, "Really?"

"Yes. Now we have started a new type of a thing that you put a kind of a wax and pull out the hair like this."

So they are [INAUDIBLE]. Now with this wax all their hair will be finished and there won't be any hair, and then they'll become

bald.

"Then I think it is very bad that you are doing."

"No, then we can sell them wigs."

So, I would suggest that now you look after your hair, because I feel that you will become one day bald, if you don't look after your hair. Don't make them starve for oil, must use oil, and once at least on Saturdays, please use oil and your hair should be shiny, if you use oil and wash it once. There should not be any sort of a nourishment less for your hair, which is very important. Otherwise, some time we find all the bald-headed Sahaja Yogis going around. So again and again I've requested that please put oil every Saturday, is for your good. Quite a lot of it and wash your hair properly and next day it's done, it's clean. But you must put oil for one night, this is very important, because we have to have a decent appearance, not indecent as in these days people are having indecent appearances. We should have very decent appearance, dignified appearance, and for that please try that you look after yourselves.

Now these casual clothes that these Americans are making, they are extremely shabby dresses. I don't like them at all, they are extremely shabby. These coats and things that you have, better you donate them to someone. It's useless, they become dirty, they smell. Why not have your traditional dresses that you had. They look so nice. And the traditional dresses that you have got in Austria must have come since long and they must be absolutely good, absolutely all right for this climate of yours. Otherwise, why will they have these dresses? They must have tried everything traditionally with this trial and error and error and trial. With that method, they must have got these proper dresses for you. So better take to it. But why have these horrible plastic things and plastic clothes? We are Sahaja yogis, I'm not saying you wear those orange clothes, I'm not saying that. But we should be decently dressed and not indecently that you wear something casual.

In America when I went, they were all asking, "Are You foreigner, are You a foreigner?" I couldn't understand why are they saying that and so then doctor Worlikar told Me that you have to wear casual dresses whether you go to office, whether you go anywhere you have to be casual. One should not, because dress gives you a feeling. Now, supposing, if I'm going for the puja and I'm wearing a casual coat. Well, how will I look like? Everything has a purpose. Everything has a meaning.

So you must understand the dignity of your personality that, if you are going, say, for office work, if you are going for your work, then wear a decent dress. This casual dress, I don't know which is the place you should wear, because in the night when you sleep you wear sleeping dresses and these casual dresses are really good for nothing. Moreover in Cabella, we discovered at least hundred of these coats, ladies' and gents', and we didn't know what to do. They were all smelling. They just threw away here and there and there.

So better to have something good, which will last for you at least ten years than to have something that will last you only for three months. So this American idea of every time buying something new is nonsensical, which you should not do. We are not Americans nor we are stupid. So buy something that is lasting. With that, what will happen? Your ecological problems are solved. If you have something, which is, say, one coat and pant, whatever it is, for ten years or for, say, five years. And if you have these casual dresses, you will have ten casual dresses equal to this. Now then throw away these casual dresses. You have a pile and pile of these dresses, of pile and pile of these plastics.

So we should avoid using such things, which are easily disposable. Clothes disposable, plates disposable, everything disposable. Tomorrow we'll have noses disposable, we might get another nose to put in. You can change your – you see these entrepreneurs can find out. Anything is possible, already they are having eyebrows, they are having these eyelashes, everything they are having. They are having lips also. So now after some time you will get noses. If you want to change your Austrian nose to that of Arabic one you can get a nose. So will you start changing your noses also to please these people and to fill their pockets? I would like to see Austrians dressed up as Austrians. It's nice to see the variety. Otherwise, everybody looks the casual American, smelling awfully with the same foot wearing hundred times and then throwing away.

So this is what it is. We have to dress up in a decent manner, not a casual manner. We are not casual people, we are serious people. We are doing serious work. We are not casual, we are not living casually, we cannot afford. We are Sahaja yogis. Our life has a purpose, we know why we are here, what we are supposed to do. So we cannot wear casual dresses. And this is something, it's so new, it has come, these casual dresses has come new, there was no need to bring them in, but it came only, because they had to run their machinery. Every day you should change, that is their idea. Americans go on changing everything every week. They change cars, it's a fashion.

When I went to Seattle – My husband told Me he has been there twenty-five years back. So My husband told Me that it's a paradise.

I said, "Let's have a look at the paradise after twenty-five years."

So I went on top of the hill, and like cattle there were cars, cars, cars, cars, cars. Anywhere you saw were cars, cars, cars, cars, thousands and thousands of cars.

"My God," I said, "what has happened to this paradise? It is so much full of cars."

They said, "Mother, this is a market. As you have cattle market, like that it is a market for cars."

I said, "Really?"

"Yes. Because Americans are like this, they are changing their cars. "

Now they are in recession, they can't buy one car from that market. This is how recession also comes. Where is your money going here? You are spending on buying today this cloth, tomorrow that, tomorrow that. This is not the way.

See now Indians, Indian women have saris. Now sari as you know is very useful thing, may not be for you, but for us. Because it's a very hot country so we get all the air nicely and the sari need not be tailored, so we don't play into the hands of tailors. We don't pay to the tailor, but we pay to the sari. Now this sari will last Me, My life, maybe three lives more. Then this is used for various purposes, it has multipurpose things. Now if somebody says that you wear some other kind of thing, like in India they brought some mini-saree up to Bombay. The mini-sari was up to the knees, you see, for modern ladies. But even the modern ladies would not accept; they said, "No, no, no. Get lost, we don't want this." They gave lots of explanations. They said, "Oh, this is economical, this is very good, this, that." All this going on. I see they wouldn't accept, because traditionally we have found out that saris are very suitable for Indian culture and Indian life. So, "Get lost!"

Nobody can work it out. Our hair, nobody. Except for few women who have been abroad. They go to the hairdressers, they remove their hair, put new ones. Do. Normally we don't. On the contrary, people are frightened.

One lady told Me, "Never go to these hairdressers. I went to one of them and my hair became grey."

I said, "How can that be?"

"Yes, she had put something on my head, she said, 'Very good for you.' Next day I get up, my hair has become gray."

"What did she do?" I said, "Why do you place your head in the hands of somebody like that?"

So this is what I wanted to tell you that now let us start on a traditional trend, new fashion. In a more sober clothes, lasting clothes, lasting dresses, lasting consumption.

Also paper, too much paper we use. I mean I was surprised in America every drawing room has a wastepaper basket. Can you believe that? Even the drawing room has a wastepaper basket. Every drawing room has a wastepaper basket, imagine, in the drawing room, everything, cleaning, cleaning, cleaning with the paper. Also so much cleaning I would say for ladies is madness. Like somebody whom I wanted to marry some Swiss girl.

He said, "These Swiss girls I don't want to marry."

I said, "Why? What's wrong with them?"

He said, "They have no time to talk, they are all the time cleaning. You are sitting there, they are cleaning. Anything falls down, they are cleaning, they are busy cleaning. They have no time to talk about Sahaja Yoga. They are only cleaning."

So according to this gentleman they must have been some maid servants in last lives, all the time with the broom. They have no time to settle down and sit down and talk. The house is a cozy place, it's not a hospital. The husbands also must be getting upset, because if you sit there, "Don't sit like this, put your chair like this, sit there." All the time this kind of thing if it goes on, this is compelling nonsense. See, let the house be little untidy, it doesn't matter; you can clean it, but all the time to get after cleaning, cleaning house. After all what is left out of it, it is nothing but a house, which we are going to leave. But this cleaning business is too much; that should be reduced, cleaning the house, cleaning the windows, cleaning this, cleaning that, cleaning husband, cleaning everything.

So one should not get involved into these mundane things, because now you are Sahaja yogis. Sahaja yogis have a special value, special people of a special quality; they have no time for all this nonsense.

Somebody told Me that "Mother why don't You go for a slimming thing for three months somewhere?"

"I don't get even three days," I said, "Where am I going to go for three months? I have no time. I'm busy with my children. I have to work hard. I have no time for this jogging, this, that. Let it be, I can manage."

So you do not have to do the same things that other stupid people are doing here. And you have to look after one thing is that your own Self-realization and giving Self-realization to another. You have a very special life, extremely special life. And once you realize what a special life you have, you will definitely start expressing it yourself in such dynamic manner that one day we might get the whole of Austria, because Austrians are one of the best Europeans I should say, they are very sensible people. But if you do not have your own assessment, then you may try to follow others. And you may suffer from inferiority complex, and you may just do things, which are not necessary.

So I think you can give a very good lead to other Europeans also by becoming, accepting what is good for you, for Sahaja Yoga and for this great work. We must realize that it is such great work, it is meta-science, it is beyond science something we have discovered. So now, what is our duty is to dedicate ourselves fully with mind, with our thinking, with our emotions, what we can do to increase or expand this awareness through out the world.

All the world problems can be solved and that's why I accepted when Amir asked Me to come here that I would like to tell them separately about it that it is very important that you realize your value, realize your position in the European countries. It is a new race full of wisdom and compassion. We belong to another race, which is full of wisdom, which cannot accept nonsense, which is going on in the world. So you see, everything very clearly. I was happy today, when you all got one bottle of brandy and wine, and you started laughing at it. See at least, otherwise if you were not Sahaja yogis you would have immediately opened and drank the whole thing, but you did not. On the contrary, you were laughing as if there's stupidity going on. Now that shows wisdom is there. We have got the wisdom and compassion. By compassion, we'll spread Sahaja Yoga everywhere. So we must have that.

As I've always said that the Western culture is to see and to be seen. You must see others and others must see us. What's the use of this joyless pursuit, nonsensical. All your attention is wasted. It is only some entrepreneurs, who want to make money out of you, have put these ideas. So you have to be very careful as to take to this kind of economic exploitation of modern times. And you people being so wise, I'm telling you this, that you have to give lead to others about it and tell them that this is all nonsensical that we have been doing, we are not going to do that anymore. All this nonsense has started only about twenty years back, twenty-five years back, when they said, "Anti-culture!" Because they had gone too far with the tail coats, this, that, of course that is also not necessary. So as a reaction to that they became hippies, and from hippies the improvement is only that they are casual people. What have the hippies achieved, nothing. And what are we going to achieve by being casual?

About Sahaja Yoga also we become casual. I've seen people become very casual about Sahaja Yoga. There is one girl, who had problem of the glands here. And I told her, she's an Indian girl, that you must take your three candle treatment. I tell if she had taken only one week she would have been cured. But she did not. What she did, she took only once and after that they went to the doctor. Doctor operated it one after another. After two operations, and now they are giving her medicine, which is killing her liver. If you have faith in Sahaja Yoga, you must take your full treatment with Sahaja Yog. And she could have gone to the doctor, but she should have continued with three candle treatment. Now that poor thing, she is suffering so much. All such things happen when we become arbitrary and we start doing things without asking the leader or without asking Me also. Now we are going to India, and I'm so happy, so many Austrians are coming. But with your dignity, with your wisdom and with your understanding about life as I have told you, you have to show to others how they should behave and how they should be collective.

It's surprising that in Austrians' collectivity there is such a good understanding. And this is for which I really congratulate you. Otherwise, in every other place I find there's a quarrel going on, fighting going on, this is going, that is going on. But here it is something so sensible. This is so important. So as you have learned something from Romanians, people have to learn from you, and that's why it's important to accept goodness, accept dignity and to become that, you have to be the leaders like that. One has to do it yourselves, then others will follow. If I cannot keep awake, if I cannot travel, how can I ask anybody to keep awake or travel?

So we have had nice time, we enjoyed, because we are in the ocean of joy, but what about others? For others, I think we should really little bit change our attitude towards our personality and we should assert our personality in a very quiet manner. But one of the things is because so many people told Me that Sahaja yogis dress up in a very casual manner, you see and we don't understand them much. Because, you see, if you have to approach the people, who are, say, the cream of society, then you cannot be in a casual dress. If you have to appear before the students or young people, it's all right.

Because also there is madness that you all want to look young, why? What is the need? I would like to look really very old so that I can impress all of you very well. Because sometimes I don't look so young, people start taking advantage. I've seen it. But if I look old, you dare not. This is something we should be proud of our age, everything and we should not try to look young for what? I mean, one should be very, very lucky to grow old with wisdom, but if you are childish like Americans are; at eighty years also they want to do shake dance, when they are shaking themselves. So all these stupidities of Americans I don't want you to take. And you'll be surprised that in the whole of America we have only hundred Sahaja yogis. I don't know from where also they appear, poor things. They must be all crushed in that stupidity and idiocy that Americans have.

So we have nothing to learn from idiots and from unwise people. On the contrary, we have to teach all of them our wisdom, our compassion, because we are at a state, which is much higher than they have. They may say they are the higher race, whatever they might, have their own ideas about themselves, but something missing in all of them. They are extremely cruel, quarrelsome and also very idiotic. We understand who are sensible, who are wise, and we are the ones, who have been given wisdom by Shri Ganesha. Shri Ganesha has changed your genetics, [I see]. Different people you are..

So now, we don't have to do anything to please others. At the most, at the most to please others you have to impress them by your dignity, kindness, well-mannered behavior, talking sweetly. It's very important, you must respect yourself. And in respecting

yourself you will be surprised how you can improve in every way the condition of Sahaja Yoga all over the world, which is very important. After going to America I was thinking, "How many years I am going to go so far away, travelling every day, how many years now?" Didn't know what should I say, but we have to be responsible.

Like we have Duelio surprising Me. He spent all his money when they started two ashrams. I mean these two ashrams. He started Sahaja Yoga in Brazil. He impressed the President so much that the President had to invite Me to see him. So we have to go all out to see how we are helping Sahaja yogis and how we are creating sahaja yogis, how we are going around. It's a special request to all the Sahaja yogis from Austria, because you are the astras – I've told you, you are the astras – and they can do a lot. So I hope now you take my words very seriously and work it out. Thank you.

1992-1224, Evening Program eve of Christmas Puja, If you feel that love of God, then you are Sahaja Yogis

View [online](#).

24 December 1992

If You feel That Love Of God, Then You Are Sahaja Yogis

Evening Program

Ganapatipule (India)

Talk Language: English | Transcript (English) – Draft

Shri Mataji: I was so overwhelmed [long applause]. By seeing how you all love Me – that I thought I may not be able to speak anything today. As you know, Sahaja Yoga is nothing but love of God. And if you feel that love of God, then you are Sahaja Yogis. I don't have to tell you anything more. It's so deepening, it's so subtle, it's so nourishing. It plays such beautiful tunes and beautiful ragas. Within yourself. It has just opened a new dimension into your lives. And I am so very happy to see so many of you settled down there. Like the North Pole. And nothing can budge you out of it. Is a very big thing.

To know yourself is the biggest thing. But to know your Self and to have the knowledge about It is the highest. And so of many of you are, I have seen – fifty-five nations before Me. I think My work is done forever.

The music – I don't know how to thank him because he is also My son. And the way he has accepted Sahaja Yoga is very, very remarkable. I have never known any artist that highly placed in spirituality. So sensitive to pure knowledge and to reality. Surprising one. Must be lots of punyas in his lives, he must have done. So many artists have come. Of course, they have tremendous respect for Me. They have felt the vibrations. Do all that. But this kind of a complete immersion to the joy of Reality is seen here. I am very happy, and I wish so many artists – not only from India; from all over the world – get it.

Because that is the source of creativity. That is the source of understanding. Of your audience. Of people, with whom you have to have a rapport. And everlasting feeling of oneness with the rest. Who are your audience, become as if they are singing with you. It's such a beautiful feeling of joy that cannot be described in words. But I know how you were feeling it when you were singing it and how everyone was appreciating it.

[The] appreciation part is something so extraordinary. Normally among artists, there are always jealousies, competitions. But I found today that people from Nagpur, who had composed the same song, were enjoying him so much and appreciating him so much. And they said he is such a heavenly singer. This is not possible. When we are on a mundane level of materialism. There we only think of how to outwit another person. A big competition is there.

But in this realm of divinity, everything that other does, we enjoy. I have seen people getting jealous of each other. If Sahaja Yogi achieves something, another Sahaja Yogi will tell Me, 'Mother, he is a tapasvi (devoted). You don't know; he is a tapasvi'. Never feel jealous. This is something very surprising that there is no competition, even in Sahaja Yoga. If somebody says, 'I had such an experience', they will go on telling, 'Oh, he had such an experience'. But nobody feels jealous about it.

This is such a big thing to show that you have really surrendered your ego in this ocean of beautiful joy. Ego is the only problem which will stop you from sitting on that position on which you are placed now.

That is just like the Meru, the great mountain which was used for the first churning. That position – once you have – in Marathi we call it 'adhalapath'. In Hindi we call it 'atalapath'. In English [aside, to someone in Hindi – what is it called?]

Sahaja Yogi: Unshakeable.

Shri Mataji: Unshakeable. Or permanent. That position now you have achieved. And nothing can deter it. It's such a great thing to

see. I mean, I was supposed to be sick. Supposed. [Yogis laugh and applaud]. It's a drama. It's a drama. But I saw you people just fixed onto it. And this is something you should never lose. So be careful about ego and conditionings. If you can get rid of it completely, you can never be shaken up.

I know there are many Sahaja Yogis who are here, whom I can say they are all like that. But maybe there are some on the periphery. After listening to this music, you can see how such a difficult raga like Marwa – you know, normally, I think, in India very few like Marwa. I am of course, very much fond of it. And when he said he would sing Marwa, I don't know – what people are going to enjoy or not. It's a very, very subtle raga. And you all enjoyed it. Very surprisingly – you don't know anything about Indian music. Nothing of the kind. And how you enjoyed it.

Even North Indians are not so fond of classical music as such. From cinema music to this music. To enjoy means that your Spirit is throwing light. Because this is the music of the Spirit. Of the Omkara. And that's what, without understanding any theory about it, or any ragas or any effects, or any permutations and combinations, you are just enjoying. That's all. You are in thoughtless awareness. I am so enamoured to see that the way you people have taken to your Sahaja Yoga so well.

I don't know how to again thank all the people who have accompanied you. They all seem to be swimming in the same ocean of joy. It was wonderful. Very much thankful to you. I have been listening to you throughout when I was in Vashi. And he has made some beautiful tapes. And I would like somebody to make nice copies and sell them and give that money to him. And not to Sahaja Yoga. [applause].

So, another thing I wanted to tell you about our programming. I thought, best thing would be to start a program from 5 to 8 [pm] for Sahaja Yogis. There are many who have very good dramas. Many who have brought many beautiful dancing. Some who want to sing. So we could have from 5 to 8, such programs organised. Those who want to give programs should give names to Jaykar who is organising it.

Secondly, I have been telling people that after seeing the kind of football, where you have to kick the ball and your ego develops, which creates such problems. Then, you have other horrible ones like rugby. I mean, that must be for the wrestlers only. All such games he was describing. I was feeling in My heart – what about the play of Shri Krishna? Simple things. In India, we have got games where there is no competition at all. We play such games without any bat or ball or any accessories. So many games are there; tomorrow I am going to write them down. And I think all of you should learn these games. And can be played by ladies or men equally well. And you can play it in the moonlight; is the best time to play. [applause]

In India, you can find a lot of moonlight. I don't know, in other countries, say – rather difficult to see the moon there. So, these games – I will write them down one by one, and I will tell them. And I hope you will learn it. Some time you should find out; I don't know when you will find the time. For these games also, in the morning time sometime. Because these are very interesting games, and you will like it. Where you really don't need any accessories, no referee, nothing. Just it works automatically. And I think we should give up all these horrible games where people only become hooligans and horribly violent.

There's another problem in this country now, started about Mister Babur. He is called a 'Baboor'. His so-called mosque. How – I mean, I know that it is Rama Janmabhoomi (birthplace of Shri Rama), no doubt. And I told all the leaders, it is Rama Janmabhoomi – those who came to see Me. But the law in India is funny; that this is historical. Even if they have found out, there, the thing written down it is Rama Janmabhoomi. They have found out all things. Still, the law is that perhaps any land that belongs twelve or fifteen years to somebody becomes his own. Very good idea. We should come and occupy some land here, you see [yogis laugh and applaud].

So, though it is Rama Janmabhoomi, they are not going to accept it. But the Muslims must understand. That if they go on like this, there will be always trouble for them. On the contrary, they should join hands with Hindus. Now, for these forty-four years, poor things have been kept so poor that extremely poor people; they are the poorest.

I mean you see, now we have a great artist here sitting. I met one Muslim artist who is a very good singer also. He is living in a

small room, sixteen by eight, with five members. And he is such a mess. Now, he doesn't know what to do with himself, so he has gone to Dubai or someplace. But they don't understand classical music, you see. I don't think anybody understands. They know only Bhairava raga and they sing morning till evening. They don't know much about it. So I don't know what this man is going to do there. But whatever it is, he has run away.

So the condition of these artists; there are so many artists. Among Muslims also, there was one fellow. Came from Nagpur and I started with him, a drama centre. Poor man, I was surprised he had eight children. And he didn't have any food to eat. Such a great artist. Mr Khan was his name. Poor man, then he died. Of tuberculosis. And I don't know what has happened to his children. I was looking after them till I went to England.

There are so many Muslims who are in such a wretched condition. There are very few who have become artists. Say, in the cinema or all that. So they are earning something. Or there are some who are looked after by the Congresswallas or Janata Party or some party or something [political parties in India]. And they are not bothered to find out as to what is wrong with the Muslims. If you go to any Muslim community, really, you will have such compassion. And such love. While Hindus have progressed. And they have been kept aloof all the time, aloof all the time. And now, the condition that they are in is the worst of all.

I mean, when you read this has happened [most likely, the Babri masjid demolition in December 1992], so many were killed and all that. They should really come forward and say, 'We don't want that masjid or anything. Throw it away.' And one should not also kill. What is the need to kill these poor people; already finished they are. So in both ways, one has to understand. Though it is Rama Janmabhoomi – but I told all the leaders clearly – 'Even if you have Ram Mandir, you cannot have Rama Rajya [an ideal society]. You have to have first Rama Rajya.'

How? First of all, you should give them Sahaja Yoga. [applause]. And the leaders who are interested think that it is slow work, Sahaja Yoga is. And this slow work won't work out. But what is the use of having Rama's mandir also? Because there are so many temples. But what are you doing for the public?

The Hindus are becoming so westernised. You have no idea as to how westernised they are. In Pune, I see any Brahmin woman – she has cut her hair; she is wearing goggles, sleeveless blouses. She is moving about in some sort of a Honda or something. You see from behind; you see from the front – she has to be a Brahmin. Has to be a Brahmin woman. In the club, if you go – all the Brahmin women are drinking. Now what do you say to this kind of a Hindu people?

All this has to be brought to the culture of Sahaja. I don't say Sahaja culture is Hindu by any chance. But it has the basis in the Indian scriptures. We have to admit that. There is nothing wrong. When we are learning the science from the West, why not they learn this science? This is the meta-science. Sahaj Yoga is the meta-science. And Indians are just proud about their past, but they haven't imbibed anything. So it's just the same. Just the same.

Only Sahaja Yoga is the solution. And I hope the way this time you had the tour on your own and so many people got realisation. Again this country, if it takes to Sahaja Yoga – Maharashtra has been a very great disappointment I must say. I worked very hard in Maharashtra. But Maharashtra is known to be a quarrelsome country. They are known to be that 'bhaubandhki paachvila pujaliye' [Marathi idiom loosely meaning becoming united is a constant problem]. Fight, fight, fight. This one. All the time they are complaining about this and that. In Sahaja Yoga, if you cannot get over this ancient disease, then you are not a Sahaja Yogi.

In every centre, there is such an ego and such a fight. It's impossible to understand what these people are going to go. They cannot go further. So, though Maharashtra has been a great country, we have got lots of great, great saints here – like Gyanadeva, like Ramadasa, Tukarama – so many of them. Like Namadeva, so many. But the people, I don't know, they are still very quarrelsome. So, for all the Maharashtrian Sahaja Yogis, it is important to see that you give up your fighting capacity. You have the greatest heritage as far as spirituality is concerned.

Sahaja Yoga was practiced only in Maharashtra since long. All the Nathpanthis existed only in Maharashtra. All the great

literature on Sahaja is in Maharashtra.

Even Namadeva was so much appreciated by Nanak Saheb, that He put his verses and that of his maid servant, Janabai, into Granth Sahib. But these Maharashtrians of today – I don't know, from the Peshwai it is lost – they are such fighting cocks. That I don't know what to do with it. That's why this time, I am not going to Maharashtra. Only to Ganpatipule, I have come. I would not say that all of them are quarreling. But some of them are quarreling and creating such problems – that's not proper.

This is the punyabhoomi. Kundalini of the whole universe is in this Maharashtra. That's why even Shri Rama had to take His shoes to walk on this holy land, pavitrabhoomi. And what are we doing? So, I have to request all the Maharashtrians to decide and take a vow. That we should develop our collectivity better. And we give up all our fighting.

On the contrary, I never had any hopes from the North Indians, because they had such a Muslim influence on them. On the contrary, they have turned out to be so great. And not only that – very deep, very subtle. And have taken to Sahaja Yoga in every way; they have given up all that nonsense they used to do. So it's very surprising.

Maharashtra has all the background, all the history, all the traditions. And the language. Nothing like the Marathi language. All these subtle things are really expressed in Marathi language. But now the people are using Marathi language; I don't know what sort of language they are using. So the dignity of the language is also lost. So specially, I have to request all the Maharashtrians to take a vow, that we will not try to show off. And we will not have our ego. Such a stupid ego they have, that it has no meaning at all. It doesn't work out.

In Sahaja Yoga, if you are still carrying that load on your head, you are putting one foot in the mouth of the crocodile and one foot on the beautiful Sahaja Yoga ship we have. So come out of that. Come out of petty, small differences. Support everyone. And this is possible if jealousies are finished. 'This is my land, this is my centre, this is my this' – all this 'my' has to go away. I am telling you this in the beginning only because I would like you to introspect yourself when you meditate.

Meditation doesn't mean, 'Mother, we will do everything'. It doesn't mean that at all. Introspection. Russians are very introspective. All the Eastern Bloc is very introspective. So they are just beautiful people there. You go anywhere, there are twenty-two thousand or sixteen thousand. It's remarkable. So what you need is introspection, and this stupid ego has to be [unclear].

Today they thought I won't be able to speak. But once I start speaking to you, I start speaking. [Yogis applaud]. From tomorrow, whatever is the program, please keep it up. You have come here on a pilgrimage. Remember that. Not for enjoyment but pilgrimage. Even music is a pilgrimage. Everything is a pilgrimage. So one should try to do meditation in an introspective way. One should try to really, fully concentrate, dedicate, and surrender to your ascent. Once you are established, I have no problems. But till you are established there is a problem.

So be careful. That those who think they are – some people you ask them, they will say, 'like this'. If you are like this, you better go back. Or settle down. There is no compromise. You have to settle down on your Sahaja seat. I have praised the North Indians very much and I request them not be – in Marathi it is said, 'harbharachya zadavar chadhu naka'. Meaning you should not get unnecessarily pampered. There is so much to be also learned from Maharashtrians. Their discipline. They know so much about everything.

The whole society is built up with different, different things beautiful things. Except for agurus, kugurus [false gurus] – all kinds of too many things you have, also in the North. But they take them too seriously and that's why there have been problems. So, one has to take everything in a proper way – with understanding and dignity. Self-respect. That we are all Sahaja Yogis, and we have to be Sahaja Yogis.

We have to be established as Sahaja Yogis. And all the vidya he has asked for; I have given him. You know all the vidyas. All the subtle vidyas. Now if you also want Me to write it down, 'a,b,c,d,e,f,g,h', I will write it down. But you all know the chakras, you know

how to awaken, you know everything. Nothing is to be told to you as such. So you have all the vidya. But to do the vidya, the instrument has to be very adaptable, efficient.

Now, this time in Ganpatipule, we should use all these events, all these festivities, and all this collectivity to improve our instrument. I bless you all, all of you, very happy to see you again. And I am feeling absolutely alright. [Yogis applaud. Chants of Shri Mataji ki Jai].

May God bless you all.

[End of recording].

1992-1225, Christmas Puja: Express Christ In Your Life

View [online](#).

25 December 1992

Express Christ In Your Life

Christmas Puja

Ganapatipule (India)

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

Christmas Puja, Ganapatipule (India), 25 December 1992.

[English translation from Hindi]

Today, we are celebrating Jesus Christ's birthday.

His incarnation was a very great thing. And, about Him, there is description in the scriptures also, as to how Mahavishnu's incarnation will take place in this world, and He will become the foundation of the whole world. But, since the religion started taking an opposite direction, it got diverted to various different forms, and everything got drowned into darkness and ignorance. Therefore, the unity of dharma on this beautiful tree of divine power, where one after another beautiful incarnations took birth, got divided into different religions which were established. And, by taking these dead flowers, human beings made their own religions and started fighting. Jesus Christ is the incarnation of Shri Ganesha. and there is proof for this. About this proof I will tell you later in English. But from His life we have to learn that the life of Jesus Christ was extremely pure. Just like Shri Ganesha is pure, similarly, after taking His incarnation in this world, and while being in this world, He lived in complete purity, because impurity just couldn't touch Him.

This was how extraordinary His incarnation was. And because of this incarnation in this world a very big event took place, that our Agnya chakra got opened. As He was crucified on the cross, our Agnya chakra got opened and this was a great boon granted by Him. He had to do this so He did it and for Him it was just a play. At a very young age, He did all this work. But this led to so much of overturn and alter of Christianity, that people can't understand, how people who consider the pure life of Jesus Christ, as their foundation, can be so low level (gross). This is the reason why the religion became distorted. Similarly in our country also, several distorted forms of Hindu religion have emerged, among which are tantrics, and different kinds of people in our country (India), have in the streets, in the temples and everywhere done very vulgar jobs in a dirty way. They have spoilt the temples too and the whole belief of religion has been turned upside-down. Regarding this I just have to say, that all these incarnations have done so much work and left, and they have taken so much effort, and whatever they have constructed, is the tree of your Kundalini.

And the most important of this tree, the Agnya chakra, was opened by Jesus Christ, by His sacrifices. We owe a lot to Him.

[Shri Mataji speaks in English]

I have said a lot of things regarding Christ before, and how Jesus Christ is related to Shri Radhaji, that he is the incarnation of Shri Ganesha, who was the son of the Adi Shakti to begin with. But then he was given to Shri Radhaji and Shri Radha created as Mahalakshmi, as Mother Mary, this great incarnation of Christ. Now, for western mind, it is impossible to understand how there can be a immaculate conception, because they have no sense at all, no sensitivity at all to spiritual life. We Indians can understand it. It is easy for Indians to understand because we had Shri Ganesha created that way, we just believe it we don't doubt these things. Whatever is said about God is not to be doubted with this limited brain. That is not done in India. But in the west, from the very birth of Christ, they have had arguments, arguments, arguments, arguments with this limited brain they had, and the whole religion in the name of Christ is just a perversion. Such a horrible things have been said that is unbelievable. His purity, his holiness, his auspiciousness, is never understood in the west I think. Those who follow, follow Christianity, how can

they be so debased in their moral character. They are alright for their political, their economical, we can say their legal side. But their moral sense is absolutely missing, it is very surprising. Those who are the followers of Christ should have the greater amount of morality. He has said that 'Thou shall not have adulterous eyes'. Such a subtle thing, even the eye should not have adultery, should not have lust and greed. Such a subtle thing he has said it and just think, in the west people could not follow it because the whole religion got perverted under the influence of Paul and Peter. It's a very serious thing that they have done against Christ and still going on. Still this Catholic Church though being exposed so much is still going on in India also, all over, is stupid this Protestant Church also is going on everywhere.

What good name they would have brought to Christ? One should see the first and foremost thing he has said that 'You must enter into the Kingdom of God; that you must be born again.' So it is all mental that you must be born again, you have a certificate that you are born again, finished. So this mental attitude of the west is responsible for killing the great incarnation of Christ. So I think is another crucifixion. Mentally you cannot understand spirituality. So they were telling me all 'Brain Trust', "Brain Trust". I said brain trusting I cannot understand in Sahaja yoga. In Sahaja yoga what is the brain trust? Where is the brain? In thoughtless awareness, where is the brain? So this brain trust business might be alright for any other place. But for Sahaja yoga, I still don't understand what do you do in brain trust? Because some people want to come on the stage and speak you see. They have kind of a madness, they can't get over it. So they might be coming to the brain trust, may be. But it is not brain, it is the heart. It is the heart which has to be opened out. Because, with the brain what we do is all kinds of materialism. All kinds of nonsense has come from human brain only. Not so much from animal's brain. You can see if you go to any forest, it is clean, nice, feeling so well. But you put one human being there and you will know that this filth, dirt has come from some human being. So, as it is they have made a mess of all the great incarnations, but worst is done to Christ and I feel what a waste it was. So, we must understand Christ in the right sense. He is the eternal child. He is the innocence itself. He is the source of innocence and he is the bestower of all blessings in all chakras. But that doesn't mean that you are Christians, you should be very proud that ohhhh she is talking about Christ. Many I have seen Sahaja yogis, are still identified with Christ, while they have nothing to do with Christ at all.

Now, one has to understand that how Christ in his miraculous life has shown so many miracles. First of all his birth, was immaculate. Every kind of birth is immaculate. They are beyond sins. They are special people. They may come as human beings, they may come as angels, they may come as anything. They are divine, and we should understand that this little brain of ours cannot discuss about them and talk about them. But is to just surrender and worship them. They are much beyond us. So, for the western mind, it is important to understand that the life of Christ was such a blessing for them, that they have lost it, they have wasted it and they have never understood how to respect it. The whole thing became like a political, economical, nonsensical fraud.

I had told you long time back that how we can prove that Christ was Ganesha and he was the logos and he was the, what we call is he Bramhanad, the first sound. By looking at your left side from the right side, if you see the Mooladhara, you will see Swastikas, because it is made of carbon atom. If you see from left to the right you can see Omkara, and if you see from down upwards, it looks like Alpha and Omega. In those days, Christ has said "I am the Alpha and I am the Omega". And now we have made the animation, we have no arrangement to show there. I don't know if you could arrange it somehow. But you can see it clearly, what I have said can be proved. So as you worship Ganesha, you must worship Christ, in the same manner for all those who worship Ganesha. Because I have seen that the Hindus, they are stuck to Ganesha, and Christians are stuck to Christ. Even after coming to Sahaja yoga, they carry those traits. Ganesha is alright up to a point and then it is important that we must pray to his incarnation that is Christ. In the same way, those who worship Christ, must also worship Ganesha, because he is the source, he is the potential of Christ. All this was in the divine plan, done with divine discretion. Everything was done so beautifully, but as I told you human beings are good at massacring anything that is beautiful. And that's how it has happened. It is very, very sad, and on his birthday today, we have to decide that he is to be born within us again, in a proper way. That he is the Alpha and the Omega. At that time of his time I didn't know that anybody knew about these symbols. These symbols also must have come from unconscious to some of the great mathematicians in long time and that's why these symbols are used exactly like Alpha and Omega, you see him clearly. It is so clear cut now in Sahaja yoga, we can prove so many things, all tangible. How Christ used to cure people, what did he do, it's all tangible, we can prove it now in Sahaja yoga, how it works out, how these powers work out, but we have to first of all cleanse our lives. We have to lead a very honest, powerful and pure life.

I have seen those stalls outside, I had told them not to put up any stalls here, because they are making profits for themselves, not for Sahaja yoga. Once Christ saw like that and he took a hunter and hit all of them. Now, I can't do that. One should not encourage these people. It's not a shopping centre here, you have come for meditation. Is all right, if you need anything, we have bought things for you, if you buy them, there might be little profit, may not be, but that will all go to Sahaja yoga, is not going to be used for any private purpose. But these people from outside come and put up a stall and you all run about means you are still hanging around with that thing. You have come here for what? I should be all the time meditative in Ganapatipule. All the time you should be in a meditative condition and shouldn't get to these mundane things, which you always do outside also. But these people know that you still have those weaknesses, that's why they have put up the stalls. Leaders should stop all this nonsense, I have told not to eat outside. Last time all of you suffered because of that. But still the stalls are on, that means they know that there are some culprits who would like to buy things from them and get sick and bring bad name to Sahaja yoga.

So, the first attention of Ganesha is that wisdom and that wisdom we see in the life of Christ. From the very beginning, he was so confident of it that at the age of twelve years, he went and talked to these 'Farcis', means the people who were priests. We still have priests and mullahs and these 'bhatjis' (brahman priests), and all of them these so-called Dharma Martandas ("Religion Markans"), all over. But he went and argued with them at that young age, and he was just saying "What are you doing here? What is this? What are you talking? All lip service". He was discussing and talking to them. But his parents were perhaps, were frightened that these people might kill him, so they brought him to India. He came to India for wisdom. I don't know where is that wisdom missing now from Indians. But must be this country was full of wisdom when he came and stayed in India and we have lots of memories about him. Even King Shalivahana met him, is described in his book that he met a man in Kashmir who was very saintly, and he asked him "What's your name?" He said "My name is Isa". See now, imagine "Isa". "I" (pronounced as "E" in Sanskrit) is the word used in Vedas for the Adi Shakti. "Sa" means with. He said my name is Isa. He said from what country you come? He said I come from a country which is foreign to me, and this is my country. So, this India, the Bharat, the Hindusthan, was the country of spirituality and one should not try to compete and feel inferior to other countries, who have gone up materially higher. You don't know where they are. But we are spiritually higher. That's what Christ said, "This is my own country, is clearly written. That means Christ recognised that this country of spirituality, is his own. So, we belong to that country of spirituality, and not to the materialistic or to the mundane or the baser type of life. In his life time, which was so very short, whatever he has said, every word is great. But as I told you that this Paul tried to completely change, re-edit the Bible and he's put lots of things in there, whatever weakness he has, he has put them nicely.

Now recently I got a book which was hidden in a jar in Egypt for about, till fifty years they discovered it, and this book is called as the "Library of Hamadhi". The place was called Hamadhi where it was discovered, and what Christ has said, what Thomas has written, when Thomas was coming to India he put all these things there, is very interesting. About drinking, he said drinking begets debauchery. It's a bad word to use and while Christians don't know. On the contrary they think that drinking is allowed in Christianity, very nicely. Was he mad to allow drinking? How can he allow drinking which goes against your awareness? But they thought it was nice, and that's what people have been using as a big attraction that you can drink in Christianity. So in the other religion, like Catholic religion, you could have only once the marriage. So, they have one marriage and ten keeps, is all right, is allowed. In the Bible, it is written only you can have one marriage and you cannot divorce, do what you like. No sense of morality and everything came like a derailment towards themselves and they accepted one after another, all kinds of nonsense, and the basic thing of life of Christ is morality.

He is on the left side as you can see he's from Shri Ganesha, and then he establishes himself at Agnya. But morality is the essence of his life, what we call in Indian language is character. Our character is how we lead a life of purity. We indulge into all kinds of nonsense. I mean if you go to the west, you will be amazed what things they do. I mean you cannot even believe it and I cannot even mention it to you, you won't believe that these so-called advanced countries are advancing towards what. Impossible we cannot even conceive it even, such an impurity, such a horrible, destructive immorality and I don't know from where it comes. I think something wrong with genetics. From where do they get these ideas? One after another. It's impossible to believe these people doing all these things and then nicely dress up and go to Church on Sunday, pray to God and come back.

Now it is for you to decide. You have to pull out all those people in your own countries and you have to tell them this is all nonsense in the name of Christ, in the name of God. You have to come up and talk about it. Same about Shri Ganesha. I have seen in Pune ("Poona"), I was surprised there was Ganesha festival ("Mahotsav"). Everybody was drinking nicely, the horrible dirty songs, some western songs, some horrible cinema songs put up there and everybody was using as a disco in front of Shri Ganesh. Sahaja Yogis should go and object to this kind of a nonsense they are doing. That how could they dare drink in the presence of Shri Ganesh? No wisdom of Shri Ganesha, no respect for his auspiciousness. Now not only drinking, doing all kinds of things. Shri Ganesha has been shown by these tantrikas as something so horrible, which is also done by so many psychologists, so called, in the west. Thank God, one of them is Mr. Freud is exposed now.

So the another quality of Ganesha, is shown in Christ's life, is a devotion to mother. In that book the Mary is telling them about knowledge, but this Paul objects to it. And she says that this is what you have to achieve. But he doesn't want to, he is arguing with her, but then Thomas said that what Christ has said on the Cross, "Behold the Mother". She is the mother of Christ and how dare you insult her? But just the opposite, Paul never respected women. So he appointed, I mean he called her just a woman. No respect for Mahalakshmi, no respect. Can you imagine, just a woman. And a big controversy going on these so called advanced people, whether the women should be ordained as Priests or not. We think we are very backward, but I think they are so backward in religion, nonsense. We had Gargi, Maitreyi, such people here and we respect the Mother as the "Adi Shakti". She is the one we call her, the one who has created us, she is the one who looks after us. For us, she is important, Shakti is important. They don't call her Shakti but a woman and supposed to be very advanced people, and all other nonsenses they do in the name of advancement. It's impossible to tell, my words feel short, feel so ashamed, in the name of Christ.

Today now when we are celebrating the pure life of Christ, he came on this Earth. They can't believe that he could have been so pure. A criminal cannot believe that others could be non-criminal. So we have to within ourselves see if we have developed that purity of mind that expresses through our eyes. Eyes have to become innocent, otherwise they have no effect. If you are hankering after attracting other people and charming other people and all that, you are not a Sahaja Yogi, there is no need. Once the light is within yourself, people will know. As Sahaja Yogis, you have to have the light of Christ in your own life. He was a young man who came on this Earth and how he lived. He had nothing to do with Mary Magdalene who was a prostitute. But he stood by truth, and when people started stoning her, he stood up and said "those who have not committed any sin, can throw the stone at me." What a strength of truth.

So not only he was a pure personality, but purity is also expressed in truth and his compassion and love. Such compassion he has expressed, such compassion. I think Shri Ganesha got a little transformation. Shri Ganesha is definitely very compassionate to people who are worshiping him but those who go against them, he hits them hard. He doesn't spare them. They have to suffer AIDS, this, that, everything comes. But those who are pure people, Shri Ganesha protects. But Christ is compassionate, he forgives because he believes that there could be a transformation. At the level of Shri Ganesha, he thinks is better that let them be killed and be born again, because they are so impure. But Christ had hopes that he can transform people, but he could not. They crucified him. What wonderful people they must have been to crucify Christ. Brainless, we should call them, absolutely without any understanding about spirituality, very insensitive to true knowledge.

So, for Sahaja yoga only the wise can follow. It is not meant for stupid, idiotic people, nor it is meant for very smart ones. Some people think they are very smart because they are successful in life, they can say some smart sentences, they can something very, aaahhhh, outstandingly very sharp, it's not meant for that. For that Christ has said "Meek in heart will inherit the Earth". Meek in heart, not those who think too much of themselves. But who are meek in heart will inherit the Earth. Amongst Sahaja Yogis also only those who are meek in heart will inherit the blessings of Mother. You have to be meek, you have to be wise and with wisdom you will become meek. Because then you will see where are we into this great cosmos that, you will feel that you have entered into this Kingdom of God, for what? How? How have we come here? How have we entered here? So many tried, thousands of years sacrificing this, sacrificing that, standing on their heads, fasting. How is it suddenly we got this blessing? How are we there? When we start looking at this, we become meek. Is the blessing, is the grace. It's not through our ego, through our conditionings, but is just the grace, the compassion, the love, the deep empathy ("sandra Karuna"), and then you enjoy your transformed life, the new dimension of spirituality which is in reality.

Now you know reality, you know totality, you know everything, but those who have not known themselves, have not become Sahaja yogis. Tukarama has said in very simple words "Aapnase janlie jyani" – the one who has known himself is the last one. You can judge the chakras of others, but you can't judge your own chakras. You can introspect others, you can judge others, but you cannot judge yourself. You know everything about others, but about yourself, you don't know anything, then you are not Sahaja yogis. First thing you must know yourself. What sort of a ego stuff I am doing? What sort of a conditioning I have got? Even now you people have so many conditionings.

So there is a new discipline of Sahaja yoga. In the new discipline you have to be meek, humble and you have to be wise. Every step of yours, every talk of yours, everything should express wisdom, and the Sahaja discipline which automatically stop you from doing wrong things. Now say I am walking down and some lady suddenly falls at my feet without even understanding that I am just walking, I may fall down or catches hold of my feet, is all self-oriented. "I should see mother, I should go and meet her, I touched her feet", is all ego. A Sahaja yogi stands in the back, real Sahaja yogi is at the back. From there he can enjoy because he knows I am everywhere. He doesn't want to see me, nothing, just like this, standing. He doesn't force his way in any way. Mother is here. But this is what it is Christ had said "meek in heart". There's a very big word "meek" and people don't understand meek because in the west if you are meek, people say you are weak, you have to be aggressive. If they have to praise somebody, they'll say, oh he is very good, he is very aggressive. I think their genetics are little lower than normal, must be some animals is in them. Otherwise, how can they think that to be aggressive is being something higher? It's impossible, how can a person who is supposed to be a higher person, could be like a devil? How could Hitler say that he was a higher race when he himself was a devil? It is very nice for a devil to say I am a higher race.

So, in dealing in Sahaja Yoga, the sweetness of natural meekness, not artificial of a businessman, but a natural one that makes you shine with your great, great spirituality. Nobody can touch you, I have told you, except for you. You can only fall down, but nobody can touch you, you are all protected from every angle. But if you want to hit yourself, I can't help it. So again we come to Tukarama saying, as Christ has said "Know thyself". First and foremost thing of introspection is "know thyself". What you are doing, are you trying to look at yourself or not? He has also said that we see a big beam into the eyes of others, then it's alright. But the beam is in your eyes, and you start seeing the beam in others eyes, that's the point.

So in your meditation you have to sit down and first of all introspect. "Oh Christ, Oh Shri Ganesha, please give me the wisdom to see myself and understand what's wrong with me, and understand where do I lack all the qualities of a good Sahaja yogi? Just to meditate and you will feel so happy, so joyous, because virtue within you gives you joy. But you don't say I am virtuous, you don't say that, but the virtue within you when you discover, that gives you joy and not your bad qualities and your hankerings, your lust and greed, no it does not. So we must really concentrate, even coming to Sahaja Yoga, people think how I can use it for say, fame, leadership, you see, it is another myth. Then they sometimes think why not use it for making some money somehow. Some sort of a business they start. Don't do any business with Sahaja Yoga or with Sahaja Yogis. I have told you hundred times, if you do it you will be in trouble and then don't come and tell me the trouble.

Sahaja Yoga is only God's business, that's all. Everything that you are doing is for God and that's why you are doing it for yourself. So introspection is very important, criticising others should be less and criticising yourself and laughing at yourself is the best. I laugh at myself many a times and say many things like that, if you have noticed, that makes life so interesting. That will kill your ego. How I am trying to assert myself and where is the meekness that Christ has talked about? It is a natural goodness within us. Once it shines and shows, you become so beautiful, so loveable. Whether you are sitting here near me or there, I know who is that kind. My heart just opens for such a personality. I know who they are. But even I know, I will never tell you, it is better that you know yourself. "Know Thyself" is his message, in the real way not with deception because you are deceiving yourself. Whom are you deceiving? "Know thyself" without any deception, without any lies, with full concentration, see where is your attention going, that's how you are going to rise. You are not going to rise by seeing the defects of others, but you are going to rise only by seeing your own defects. Exactly this is what Christ has said, I am telling you in very, very simple words. Then he said "love thy neighbour as thyself", which is a very, very big thing to say. Now it is possible in Sahaja Yoga because you are collective. Those who are not collective, how can they love their neighbour? I mean who is the neighbour then? Nobody is the

neighbour, they are outsiders.

But as soon as you become collective, see today there are fifty five nations. You are all so collective, so moral, so beautiful, no complications, nothing. I am so overjoyed to see that. But to make it perfect, we should introspect. Socially, collectively you people have improved a lot, but also individually within yourself, you have to improve for your own goodness.

So on this great occasion, we have to celebrate because really such a great amount of work was done by Christ, though neutralised by those horrible priests, which is done in every country, in every religion. But now we should take a vow to save others who are taking the name of Christ and doing something just the opposite. If it could be done, if it could be achieved through your lives Christ's work has been done. You have to now express Christ through your life, this is what it is. Through your life you can express it, through the purity, through the meekness, through the compassion and the wisdom of Christ. Absolutely fearless was he and that's why you have to be fearless, because you have to be only afraid of God and nobody else. That's all and if you have done nothing wrong, then there is nothing to be afraid of God also because he loves you very much. So be clear cut about everything, be understanding, you are all lovable people, no doubt, but you should be such that you can adore yourself and love yourself because of the virtues you have.

May God bless you all.

1992-1225, Brazilian Senate, Reporter-Journalist

View [online](#).

25 December 1992

Interview

Ganapatipule (India)

Talk Language: English | Transcript (English) – NEEDED

See the original transcription:

https://pdf.amruta.org/SY_Collective/Interview-19921225.pdf

1992-1225, Jadish Prasad Concert

View [online](#).

25 December 1992

Evening Program Weddings

Ganapatipule (India)

Talk Language: English | Transcript (English) – Reviewed | Translation (Marathi to English) - NEEDED Jadish Prasad Concert, Ganapatipule, India, 25-12-1992

It was such a treat, after such a long time I could hear such a great master of music tonight and you two all enjoyed very much, I could see the way you are glued to your places.

I mean, I don't know how we are so lucky that we get all the talents, all the beautiful blessings, even in music which is very difficult to achieve in this far off place like a jungle. I hope you all have enjoyed it very much. I have now heard our Guruji's Guru and I have heard also his Guru, I am as old as that. And the beauty of his music is that he doesn't get, I should say, excited very much, very relaxed. His Guruji was used to rise about half way while singing. Of course he was very great singer, no doubt, but he used to do that way and then you come down and then again he used to rise. He is a very, very nice person, extremely nice and just lost in the music. Now after such a long time I could hear the echo of that great music and I must thank him very much for creating such good artists like our Guruji, his own son and the little one who has shown such miraculous powers. So we have to thank him very much, again and again, please give him a hand. Also he has promised to come with Babamama for Guru Puja, to Cabella.

So now we'll have to have four days, Guru Puja, I think. Tomorrow, Indians are going to be given the gift that you people from the west have brought very graciously. So I would like to thank on their behalf for this beautiful presents you have brought for them. So tomorrow morning the westerners or Australians, or New Zealand, can have a nice sleep. They need not come. But if they want they can go to the seashore. But these presents will be distributed by Indians. And also if Gregore gets up, Guido the Great, Babamama has called you Ka Saab Guido. If they both are awake they are welcome because they are world leaders. They can help in the distribution.

Of course Rajesh will be there no doubt, half asleep. So Mr. Jalan or Rajiv Kumar, I hope Rajiv Kumar has gone off to sleep, he couldn't. Jalan is still existing. Both of them have done a great job with Me, written down for everyone. And so I think the Westerners need not waste their time. They can enjoy themselves.

1992-1230, Shri Mahalakshmi Puja: The Universal Love or 31st

View [online](#).

30 December 1992

The Universal Love Or 31st

Mahalakshmi Puja

Kalwa (India)

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

Transcript of English Talk:

I would say those who have been worrying and all that should go into great meditation and understand that you are insulting yourself. You are saints. Why should you worry about what plane you are going to get, what you are not going to get? Shows that your level is very low, definitely. All those who have worried you have come here under My protection and you will go back under My protection!

I got so sick this morning that I was thinking we'll not have any pujas. You must know that you are all part and parcel of My being, I have put you into My body and you have to behave yourself.

On such an auspicious day, when we have all come here, to do this special puja. I would say this should be called as a Mahalakshmi Puja, because it's something to do with the industry of this country and of the whole world.

Unless and until all the human ventures are connected with God, they cannot get their perfect stage and their status. That's why we have problems now in the West. Supposed to be very clever people, very smart, very well equipped, well educated, we are having recessions and things, because they have no balance! They don't know that there is God's power which works everything. And when we neglect that, this is what's happen to you.

Now, for any venture that we do of this kind, first of all, we have to use lot of material from the Mother Earth. But if it is taken for a proper purpose, for constructive things and for helping others, with a balance, then Mother Earth can think, She can produce more and more [than] all this She has produced before. She can produce for people who are sensible, who are in tune with God, not just making money for themselves, or for their own purpose, but are thinking in totality, thinking as to what we can achieve by doing this, and that is how an industry can grow.

Now you've seen in Japan, so much industry has grown, but no spirituality; they are not at all happy people, their children are suffering, families are suffering, money cannot get the total well being of a human being. So a balance has to be drawn. Specially in our country, thank God, we didn't have such a fast industrialisation, and that's why we are saved of lots of problems that the Western people are suffering, about which the Indians are not aware. They think you are all living in a very comfortable life there.

Industry has to go hand in hand with the handicrafts and the industrialists have to, also, look after the artists. Because otherwise who will look after them? How will they bring forth the balance between the art and the industry? And art is such a soothing thing for these hard working people. They work the whole day, then there is some sort of music, art to console them, to give them peace, to relax them and the balance. So, I would say that, all industries must take to some artistic ventures also, or they should also produce things after...I was telling Rajesh many a times that he should try to produce something artistic out of the steel scrap that is left over - will be a good idea and they have tried something like that.

But industry should not be looked down upon, as it is looked down upon in our country. I mean as if industrialists are the greatest thieves and all the politicians are saints, saints in this country - is the other way round, I think. It should be treated with respect and should be understood that it's very important. And the industrialists, if they become also enlightened, they can do a lot, not

only to their own country but also to the people whom they are looking after.

So in the Mahalakshmi principle, Mahalakshmi has various mudras. One of the mudra is that She puts Her right hand like this. Now, this right hand is to give protection to people who are under the protection or under the service of some rich man or the industrialist we can call it. In India, if you call somebody a rich man, it is like abusing him, I mean nobody likes it, because the rich are always shown to be the worst people, which is not so. In My own experience, it is not so. If there is a poor man also, he could be terrible. We have had very bad as experiences now in Ganapatipule of very poor people, how they behaved in a very funny manner - supposed to be poor!

So it should be a proper balance. It should be brought to a proper balance between the understanding of the poor and the rich, and the rich and the poor. After some time you will find that people will not consider poverty or riches as so important, but the richness of the spirit will become very important. That is what is going to be the Sahaj nations where the richness of the heart, the spirituality, oneness with the Divine will become the greatest boon for everyone.

But still we are struggling to be on that state, many are. And still we go into materialistic tantrums or some sort of a stupid worrying fall. All these must be carefully watched.

If you can keep this chariot of new progress, progressing faster, we are going to create a new world of complete harmony, complete peace, joy and love. But for that, you are the ones who have to do it. I cannot do it. If I could have done it, I would not have asked you to join Sahaja Yoga. It is like the horses and the charioteer. Horses are to be driven, charioteer doesn't drive the chariot.

In the same way, you must understand your responsibility, that this is the greatest work we are doing. It is not only the industry, or the labour, and the capital I am talking about, but I am talking about the totality of well-being. Of course, all this is a part and parcel of that, no doubt, but the balance should be with the totality. So we have to think of a total well-being. Once you start thinking of a total well being, then first thing that should come to us, "Are we capable of bringing up that total well-being? Are we? Have we got the total well-being within ourselves or not? Have we?"

We are still worried if the plane is coming or not. I mean we are so mundane, so little, so small. With one bandhan, you can control any plane, any atmosphere and here you are, I mean, still worried about things which are absolutely under your control. So this totality has to be thought over - "What is it this totality that Mother is talking of?" In this totality, a world has to be created of people, by the people who have no fear. This fear has to go!

Behind all this nonsensical nervousness, is fear. So for that, what She does is to give abhay daan *, under Her protection. You are beyond fear, you are protected. But if you don't want to believe in yourself, and you don't believe into Her protection, then nobody can help you, because everything is mythical for you.

In every venture that we take up, we should not have any fear, because God is with you. Is a fact, is the truth. You just try, but when you try through your ego, you fall into the trap of fear. I have seen egoistical people are the most frightened people and panicked, because they panic others and so they think they can be panicked one day.

When the English were here, first of all, in India, we were all frightened of them. Now I see that, in England, every English family is frightened of others. They'll only open a chink of the door to see who is there and shut it! They're so frightened. I am surprised they are the same English who ruled us here and we were so peevish before them and now they are the ones who are frightened of us, because when a person who is egoistical tries to dominate others, he sees himself in the mirror and thinks that the other person will dominate. That's how this fear creeps in, into our minds, and we start getting all kinds of these stupid tantrums out of this mythical fear.

The fear is created by our ego only. A person who has no ego - he'll have no fear because he has not harmed anyone, why should he have any fear? And such a man or such a woman will be looked after by God because God takes over. When you surrender your ego to God, he takes over, but those who have ego, He says all right, go ahead, use your ego, try to protect yourself, cut your

throat! That's what it is.

So when I talk of total benevolence, I am talking about your own total benevolence. So first is the fear, which should go out of your mind completely if you believe in the Almighty God. We'll say "You are Almighty God, you're Almighty this thing.." - is all lip service. If you believe that God is Almighty and you are connected with God, then why should you have any fear of anything? But when we say don't have fear, another extreme comes up. "We don't have fear, we can do what we like, we can perform everything ourselves, we need not tell anyone." You have to tell God, whatever you are doing, you have to take permission, you have to inform in his darbar, in his court, that, "Sir, we are thinking of doing such and such thing." But you think you are God! You are not! and that's why the another part of non-fear is this kind of an arbitrary behaviour which is very dangerous for Sahaja Yoga, for yourself, and for everybody else.

The second fear, I mean I have, is that if I tell you anything, 99% of you understand is for your benevolence, is for your good. But there is 1% of people who can just react because they have too much ego and they won't take it, because they don't think of their own benevolence. They don't understand that if I am telling them anything, it is just to give them completeness, totality. But on the contrary, they take a very wrong attitude, this is another nonsense. So now, one has to develop a kind of indifference to this kind of people who unnecessarily go to the other limit of their own destruction and don't want to see what is the point in everything that I am telling. Only I can tell you, who else? I have to tell you what's wrong with you, what you have done wrong and then you must change it. This is another style of reaction, one gets. Means they are not interested in their own benevolence. They are not interested in the benevolence of their children, they are not interested in the benevolence of their country or the whole world. Then why have you come to Sahaja Yoga? Just ask one question.

Of course for you to ascend, but ascend for what? Supposing we bring one tube light - for what? We have to take the tube light but for what? we have to put the light. But this tube light doesn't give light, nothing of the kind. So what's the use of having this tube light? In the same way, what's the use of coming to Sahaja Yoga if you cannot become the light of the Divine?

So all of you, each one of you is not at all a small person. No one, but you don't realise what you are. You still have those funny conditionings by which you think you are no good. All of you can come up and see so many people, if they take to total benevolence within themselves, it will manifest itself outside. Absolutely, is a fact!

Then the attention is very important. The attention should be on your own perfection and on your total benevolence. This is also another point people miss, that they start finding faults with others, instead of finding faults with themselves. As a result, if you look at others, what will you get out of it? I just don't understand. If somebody is wrong, is doing something evil, is bad, even if you put attention to him, what will you do about it?

But if you have something wrong, you have every right, you have every control, and you can correct yourself. I say this is specially Indian quality, is to find faults with others. They'll never see that, what's wrong with us? All the time the attention is involved in finding faults with others. Then how can we improve? On the contrary, if you start seeing faults, you get faulty much more. It's a copycat nature of human beings. They see somebody doing like this, "Oh Mother he's a Sahaja Yogi, he does like this so what's the harm if I do?" But who says he's a Sahaja Yogi?

So Sahaja Yogi is not a brand, it's not a certificate, it's not a kind of a organisation. But it is your own status that you have achieved. Anybody can say "I am a Sahaja Yogi." After all, I cannot stop him from saying. I am not such a... Even some I have seen, some mad people they are Sahaja Yogis. For years together they are mad but they are sahaja Yogis. But you have to see for yourself, "Am I a Sahaja Yogi or not?" before certifying yourself. Why don't you find out?

But despite that I must say such a satisfaction. I never expected that so many people will get their realisation to begin with. Never! I mean I knew that it was a en-mass modus operandi I have developed but I never expected. But it has happened. And even now, I have to expect that all of you will achieve the highest, highest positions, the Paramapada as they said. Like the north pole, or like the Meru. Absolutely Atalha, which cannot be disturbed. So that's My hope and I am sure you will all comply with it.

20:43 to 22:55 [Mother talks in Marathi]

Translation from Hindi:

Now, I am telling them in Hindi language. Marathi people should accept the truth that their language is a wonderful language for self-realization, there is no doubt about it. More than this, in no other language, this has been mentioned so clearly. And because they respect Shri Ganesha, they are more principled, if seen that way. Their eyes do not roam about here and there. In North India, because of the Muslim rule and because of their "pardah" system, they have a habit of looking at every person who are moving around. Everyone. I used to think in the beginning what are these people doing? Whatever happened, now after coming to Sahaja Yoga also. In the Marathi language, On self-realization, many scriptures and many things have been written which are amazing. The one effect of these writings has been on these people that they are not womanizers. They don't get trapped in this, these Maharashtrians. There are some who got involved with women, they all have gone now and are sitting in Delhi. But whoever are here, have one specialty within them and that is their good character. And in North India, I was very surprised, people who have not known Dattatreya, within them how so much alertness is there? There do not seem to be any fight, no disturbance, the program went on so well that everyone was astonished. [24:34 to 24:40 Marathi]. And by doing all this they have proved that, in whichever trough they were lying, they have risen from that absolutely and become like lotuses. This they have shown. Now in Maharashtra since all these things are there, many things have been written and, the Saints and sages have worked very hard. So, wherever there is plenty of hard work, I think, there the confusion also is of the same amount. Everything is known to them. Even after knowing everything, they have muddled everything. So, it is better that, don't have to know anything, just realize one thing that "mutual love" is the biggest and Prime mantra of Sahaja Yoga. Then lot of work will be done. Otherwise, hear mantra after Mantra from them, hear everything, they (Maharashtrians) know everything in the world, but the moment they see each other, they start swearing.

Now by experience, it has been proven that, in North India, it is an amazing thing the way people have accepted Sahaja Yoga. Very amazing thing. In my opinion if this happens in Maharashtra also, then what more do I want? In this small part of India, Wonder how many Saints and sages have taken birth. And those saints and sages have been recognized by all the people of India. They have written such valuable phrases, which is worth watching. And, their Majesty cannot be described at all. Now, these things are apparent in the culture which is prevailing here. But they are not able to get into Sahaja Yoga. In Sahaja Yoga these things should come. The culture of Sahaja Yoga should be accepted. And in the culture of Sahaja Yoga, the greatest thing is mutual love. We don't feel the love among one another. In such case, we are not Sahaja Yogis at all. As long as one Sahaj Yogi cannot express his love for the other, we cannot become Yogis at all.

If we are busy in cutting each other's throat, then we cannot be Sahaja Yogi at all. At any cost. You need not see other's drawbacks. See his virtues and describe his goodness and he also will become a good person. I do it many a times. If someone comes and tells me that this person is like this, he did this wrong, he did this. Arrey! he was appreciating you, and you are talking ill of him? "is that so? What did he say mother"? He said so many things about you, what can I say, you go and check with him. Then this person goes and hugs him. It means this is all a lie. Now, think in depth that where are we born? We are born in the kind of world where very important work is happening. Very important. Regarding this it has been mentioned that this important work will happen. When we are born at the time when this great work is happening, and we are active in that, and we are the doer of this work, when the burden of doing that work is on us, then what should we do? If four people are carrying a table, and even one among them is weak, then the table will fall down. Or in a ship even if there is a small hole, the whole ship may drown. Because all these matters are collective. Because you all are collective. If among you even a single person takes the wrong path, the whole Sahaja Yoga is harmed by that. So, in this, we have to understand that there should be humility among us. Jesus Christ has told that "Meek in heart will, inherit earth". Among Maharashtrians, this humility is lacking. Somehow, in spite of their language being so beautiful, while talking, though there is no abuse in the language, still in the abusive language, they talk something or the other. this is their character. [29:28 to 29:29-marathi]. Earlier it was not there, now it is there. And they are so obsessed with this that they start fighting everywhere. Everywhere they want to do this and do that. You don't understand anything. Their temperament has become that of a fighter. Human being should pay attention to this temperament because now we are in Sahaja Yoga, we have engarlanded ourselves with this, now leave all this. But they won't listen. If you tell them to

become "workari" (a religious cult), then they will chew tobacco and wear the robe, starve themselves to death and walk for months. Thousands of them. But if they are told that you have become Sahaja yogis, so impersonate that, then it is a very difficult task. The greatest thing, in the Sahaj religion, the greatest of all is mutual, absolute love. Absolute love. See now. A Muslim boy from Algeria, told his parents, now why are you going to Mecca. Nowadays Mecca is stationed in London. Go there. He brought them to London. So, when they met me, they said " it is true, whatever we don't get in Mecca, we got here". And they said, just the thought that " we went to London", brings waves of joy in our heart. Just like this, just the thought of any Sahaja Yogi should bring flow of joy within.

31:18 to 31:54 [Mother talks in Marathi]

Transcript of English Speech:

I'll tell you in English. I have told you many a times about Namadeva and Gura Kumbar, how Gura Kumbar, when he saw Namadeva. Namadeva saw Gura Kumbar was kneading the clay for his potters, pottery. He just went and stood before him, stunned and what he says that, "I have come to see here the formless, that's the vibrations, but the formless is in a form." This the appreciation one should have, one Sahaja Yogi should have for another. Every Sahaja Yogi's a gem. Even the thought of a gem should bring Joy to you, in every life, every style in every area, every dimensions, one should have this kind of a feeling. Muslims, Hindus, Christians, we do not accept. For us, we are all Sahaja Yogis and we have faith in all the religion. Not samabhava! We have faith in everyone. As well as we worship Rama, we worship Mohammed sahib also. Same way! No less. As we worship Brahmadeva or as we worship, let's say, Dattatreya, we worship Zoroaster. There's no difference at all! Same way! There's a big difference in having just the same, what you call, the same respect. It's not that. But we worship the same way.

So there's no question of differentiating each other, nor on country-wise, nothing. And whatever defects we have we see to it that it has come from our country, which I see, many Sahaja Yogis tell Me, "This is typically English, this is typically French, this is typically Italian." They themselves tell Me. But, main thing one has to understand is this, that, in Sahaja Yoga we have lost all these boundaries. Nothing is there. We have reached that state where we are all One. And the idea of any Sahaja Yogi whatsoever, and any individual Sahaja Yogi, or a group of Sahaja Yogis, should fill you up with Joy, and a kind of a wave of Joy which is continuously coming. Because there are in the form of Joy, Peace. If this appreciation is reached, then only one can say that you are Sahaja Yogis and that is one of the tests I have seen. You love Me very much I know, all of you. But unless and until you love each other, how am I going to be happy?

So today specially, this Mahalakshmi principle, when it is awakened within you, then you get out of a Lakshmi principle which makes a little selfish, maybe self-centred and you get into a new dimension of searching. Of searching the higher value system. Something beyond. Without any limitations. And that Mahalakshmi principle is really nothing in essence if you see, is nothing, but you are seeking the Universal Love. In the essence it is that.

We don't love people because they belong to some country, because they look like this and this is this – nothing! We love them only because they are our part and parcel, we are One with them. So those who are today worshipping Mahalakshmi should see how many worshippers of Mahalakshmi are there, and there are all our own. It's such a great feeling.

Otherwise in Maharashtra specially I must say, was horrible, one Sahaja Yogi goes to preach in another district, the district leader (microphone screeches) starts fighting. Just like this sound! "Who are you to come here? I am the leader." Instead of respecting him and making him a welcome guest, asking him what can you help, there's a big fight! I mean, it's really surprising how can it happen.

When Namadeva went to Punjab, Guru Nanak sahib respected him. Not only that, but he told him that you write now in Punjabi language also. I have seen such a big book written by Namadeva, can you imagine! He included all the great saints of Maharashtra in his Granth Sahib, because he knew that these are realised souls, they are higher souls. But the Sikhs are only reading it - nothing goes into their heads - what can you do?

So at that time, if the saints could love each other, could express themselves in such a manner, why not we the Sahaja Yogis

from all over the world? So I would say now that, let us see. There's a very nice program of Ras we'll be having when all the Indians and the foreign Sahaja Yogis are going to be together, and are going to dance together. All such things are there. So don't sit in groups, but mix up with others, know them. And this is what we are going to know - each and every Sahaja Yogi of the whole world.

It's very important for Me that you should love each other. It will really soothe Me the most, will give Me the greatest Joy, the greatest achievement and the fulfilment of My life. If somebody is really, definitely wrong, you just write to Me and I will know, because immediately I'll know from vibrations. Nobody can befool Me, there's one thing for sure!

Some people say that "Somebody has told this to Mother." Nothing can be told to Mother, you don't know. I'm too cunning for all this. Nobody can tell Me anything, I know each and everyone, but I play around a little bit. But I know each and every person. I give them a chance to hang themselves for a time being. But never believe that anybody can befool Me and tell anything. I listen to everyone and you can try that too.

If you love another Sahaja Yogi, this loving process, itself, is so joy giving. When you first saw Me, this time on the stage, you felt that way, because this process of loving is the greatest joy giving thing.

So be happy, be joyous. If some people are missing the plane, well and good, you will live with other Sahaja Yogis here. After all, you are somewhere in the world. You are not lost! Even if you are in the sea you are there. On the plane you are there. What does it matter? Why is it so important that this plane must be reserved and you must worry about this plane. "I must get out at this time?" There's no need. Wherever you are, you are with Sahaja Yogis, so why worry? You are, that's the point.

Like many people ask Me Mother, you travel so much, how is it you don't get tired? but I never think I am travelling, I just think I am. That's all. Whether in the plane or here or there, I am just there. I have to tell Me I'm travelling, then again I forget.

So you are. Whether you are here, or in England or anywhere, you are here. Or you are there. So why to worry? Specially in the plane, I think there's something wrong with the western genetics. The plane enters into their Kundalini I think, and they go so bizarre with the aeroplanes. Something I've never been able to understand. I've given them so many lessons to show that - don't do all this nonsense, but still they go on doing it!

But if I tell them, they feel guilty, but again they do it. Next time if your plane is 8 o'clock, go at 9 o'clock. The plane will wait for you till 10 o'clock, take it from Me. It has happen, so many can tell this.

So many experiences are there. I mean we haven't written them down but people know how planes have been delayed for us. I have never missed a plane, all My life and when I missed it, it was with a purpose - it's, big thing's happened. So it is important. It's a drama. The worry should be one: "Why can't I love everyone as I love myself?"

I tell you only this Universal Love will give you that confidence and that higher status. Why these saints suffered for you? Why did Christ suffer for you? Why Mohammed Sahib suffered for you? Why anybody talked to you about Dharma? Why Gyaneshwara wrote Gyaneshwari? Why? What did they get? This satisfaction of their expression of Universal Love.

All the great poets, William Blake or anyone, whatever they have done is just because they have this Universal Love and they want to express it. Then why not you do it?

So if you want your Mahalakshmi principle to be all the time burning, then please see that you love each and every Sahaja Yogi. That's the message today, I hope you will understand that.

May God bless you.

I would request that, you see, the foreign children, or foreigners get so many pujas, you must know that. But the Indians, they get hardly one puja here and one puja there. Also the children don't get a chance. So this time, let the Indian children come forward. All right? and Indian ladies. Thank you.

H.H. Shri Mataji Nirmala Devi

SECOND VERSION OF TRANSLATION (WITH TRANSLATION FROM MARATHI INCLUDED)

In the background, "Shri Mataji Nirmala Devi ki Jai" can be heard.

Announcer

Announcer – Shri Mataji has just clearly said that we should stop worrying about the planes. Everything is arranged, everything is done, there is nothing to worry about the tickets, nothing to worry about the planes.

Shri Mataji can be heard saying in the background “Nonsense it is”.

Announcer – Please stop worrying because this really hurts Shri Mataji.

Shri Mataji can be heard saying in the background “Very much”.

Announcer - Shri Mataji just now said that it will hurt her when we think and keep on worrying about our planes.

Shri Mataji can be heard saying in the background “Are you not Sahaja yogis or what?”

Announcer – Everything is arranged, nothing to worry.

Shri Mataji can be heard saying in the background “Sahaja yogis should not fall to that level.”

Transcript of Talk in English

The Sahaja Yogis should not fall to such a level of mundane type of people. After all what is going to happen to you. I would say those who have been worrying and all that should go into great meditation and understand that you are insulting yourself. You are saints. Why should you worry about what plane you are going to get, what you are not going to get? Shows that your level is very low, definitely! All those who are worried! You have come here under my protection and you will go back under my protection. (Claps can be heard in the background).

I got so sick this morning that I was thinking we'll not have any poojas. You must know that you are all part and parcel of my being, I have put you into my body and you have to behave yourself. On such an auspicious day, when we have all come here, to do this special pooja. I would say this should be called as a Mahalakshmi Pooja, because it's something to do with the industry of this country and of the whole world. Unless and until all the human ventures are connected with God, they cannot get their perfect stage and their status. That's why we have problems now in the West, supposed to be very clever people, very smart, very well equipped, well educated, we are having recessions and things, because they have no balance! They don't know that there is God's power which works everything. And when we neglect that, this is what happens to you. Now, for any venture that we do of this kind, first of all, we have to use lot of material from the Mother Earth. But if it is taken for a proper purpose, for constructive things and for helping others, with a balance, then Mother Earth can think. She can produce more and more [than] all this she has produced before. She can produce for people who are sensible, who are in tune with God, not just making money for themselves, or for their own purpose, but are thinking in totality, thinking as to what we can achieve by doing this, and that is how an industry can grow. Now you've seen in Japan, so much industry has grown, but no spirituality. They are not at all happy people, their children are suffering, families are suffering, money cannot get the total well being of a human being. So a balance has to be drawn. Especially in our country, thank God, we didn't have such a fast industrialisation, and that's why we are saved of lots of problems that the Western people are suffering, about which the Indians are not aware. They think you are all living in a very comfortable life there. Industry has to go hand in hand with the handicrafts and the industrialists have to, also, look after the artists. Because otherwise who will look after them? How will they bring forth the balance between the art and the industry? And art is such a soothing thing for these hard working people. They work the whole day, then there is some sort of a music, art to console them, to give them peace, to relax them and a balance. So, I would say that, all industries must take to some artistic ventures also, or they should also produce things after... I was telling Rajesh many a times that he should try to produce something artistic out of the steel scrap that is left over – will be a good idea and they have tried something like that. But industry should not be looked down upon, as it is looked down upon in our country. I mean as if industrialists are the greatest thieves and all the politicians are saints, saints in this country – is the other way round, I think. It should be treated with respect and should be understood that it's very important. And the industrialists, if they become also enlightened, they can do a lot, not

only to their own country but also to the people whom they are looking after.

So in the Mahalakshmi principle, Mahalakshmi has various postures ("mudras"). One of the posture ("mudra") is that she puts her right hand like this (Shri Mataji shows the blessing pose). Now, this right hand is to give protection to people who are under the protection or under the service of some rich man or the industrialist we can call it. In India, if you call somebody a rich man, it is like abusing him, I mean nobody likes it, because the rich are always shown to be the worst people, which is not so. In my own experience, it is not so. If there is a poor man also, he could be terrible. We have had very bad experiences now in Ganapatipule of very poor people, how they behaved in a very funny manner – supposed to be poor!

So it should be a proper balance. It should be brought to a proper balance between the understanding of the poor and the rich, and the rich and the poor. After some time you will find that people will not consider poverty or riches as so important, but the richness of the spirit will become very important. That is what is going to be the Sahaja nations where the richness of the heart, the spirituality, oneness with the Divine will become the greatest boon for everyone. But still we are struggling to be on that state, many are. And still we go into materialistic tantrums or some sort of a stupid worrying fall. All these must be carefully watched. If you can keep this chariot of new progress, progressing faster, we are going to create a new world of complete harmony, complete peace, joy and love. But for that, you are the ones who have to do it. I cannot do it. If I could have done it, I would not have asked you to join Sahaja Yoga. It is like the horses and the charioteer. Horses are to be driven, charioteer doesn't drive the chariot.

In the same way, you must understand your responsibility that this is the greatest work we are doing. It is not only the industry, or the labour, and the capital I am talking about, but I am talking about the totality of well-being. Of course, all this is a part and parcel of that, no doubt, but the balance should be with the totality. So we have to think of a total well-being. Once you start thinking of a total well being, then first thing that should come to us, "Are we capable of bringing up that total well-being? Are we? Have we got the total well-being within ourselves or not? Have we?" We are still worried if the plane is coming or not. I mean we are so mundane, so little, so small. With one bandhan, you can control any plane, any atmosphere and here you are, I mean, still worried about things which are absolutely under your control. So this totality has to be thought over – "What is it this totality that Mother is talking of?" In this totality, a world has to be created of people, by the people who have no fear. This fear has to go! Behind all this nonsensical nervousness, is fear. So for that, what she does is to give "abhay daan* ". Under her protection, you are beyond fear, you are protected. But if you don't want to believe in yourself, and you don't believe into her protection, then nobody can help you, because everything is mythical for you. In every venture that we take up, we should not have any fear, because God is with you. Is a fact, is the truth. You just try, but when you try through your ego, you fall into the trap of fear. I have seen egoistical people are the most frightened people and panicked, because they panic others and so they think they can be panicked one day. When the English were here, first of all, in India, we were all frightened of them. Now I see that, in England, every English family is frightened of others. They'll only open a chink of the door to see who is there and shut it! They're so frightened. I am surprised they are the same English who ruled us here and we were so peevish before them and now they are the ones who are frightened of us, because when a person who is egoistical tries to dominate others, he sees himself in the mirror and thinks that the other person will dominate. That's how this fear creeps in, into our minds, and we start getting all kinds of these stupid tantrums out of this mythical fear. The fear is created by our ego only. A person who has no ego, he'll have no fear because he has not harmed anyone, why should he have any fear? And such a man or such a woman will be looked after by God because God takes over. When you surrender your ego to God, he takes over, but those who have ego, he says all right, go ahead, use your ego, try to protect yourself, cut your throat! That's what it is. So when I talk of total benevolence, I am talking about your own total benevolence. So first is the fear, which should go out of your mind completely if you believe in the Almighty God. We'll say "You are Almighty God, you're Almighty this thing." – is all lip service. If you believe that God is Almighty and you are connected with God, then why should you have any fear of anything? But, when we say don't have fear, another extreme comes up. "We don't have fear, we can do what we like, we can perform everything ourselves, we need not tell anyone." You have to tell God, whatever you are doing, you have to take permission, you have to inform in his court ("darbar"), in his court, that, "Sir, we are thinking of doing such and such thing." But you think you are God! You are not and that's why the another part of non-fear is this kind of an arbitrary behaviour which is very dangerous for Sahaja Yoga, for yourself, and for everybody else.

The second fear, I mean I have is that if I tell you anything, 99% of you understand is for your benevolence, is for your good. But

there is 1% of people who can just react because they have too much ego and they won't take it, because they don't think of their own benevolence. They don't understand that if I am telling them anything, it is just to give them completeness, totality. But on the contrary, they take a very wrong attitude, this is another nonsense. So now, one has to develop a kind of indifference to this kind of people who unnecessarily go to the other limit of their own destruction and don't want to see, what is the point in everything that I am telling. Only I can tell you, who else? I have to tell you what's wrong with you, what you have done wrong and then you must change it. This is another style of reaction, one gets. Means they are not interested in their own benevolence. They are not interested in the benevolence of their children; they are not interested in the benevolence of their country or the whole world.

Then why have you come to Sahaja Yoga? Just ask one question. Of course for you to ascend, but ascend for what? Supposing we bring one tube light for what? We have to take the tube light but for what? We have to put the light. But this tube light doesn't give light, nothing of the kind. So what's the use of having this tube light? In the same way, what's the use of coming to Sahaja Yoga if you cannot become the light of the Divine? So all of you, each one of you is not at all a small person. No one, but you don't realise what you are. You still have those funny conditionings by which you think you are no good. All of you can come up and see so many people, if they take to total benevolence within themselves, it will manifest itself outside. Absolutely, is a fact!

Then the attention is very important. The attention should be on your own perfection and on your total benevolence. This is also another point people miss, that they start finding faults with others, instead of finding faults with themselves. As a result, if you look at others, what will you get out of it? I just don't understand. If somebody is wrong, is doing something evil, is bad, even if you put attention to him, what will you do about it? But if you have something wrong, you have every right, you have every control, and you can correct yourself. I say this is specially Indian quality, is to find faults with others. They'll never see that, what's wrong with us? All the time the attention is involved in finding faults with others. Then how can we improve? On the contrary, if you start seeing faults, you get faulty much more. It's a copycat nature of human beings. They see somebody doing like this, "Oh Mother he's a Sahaja Yogi, he does like this so what's the harm if I do?" But who says he's a Sahaja Yogi? So Sahaja Yogi is not a brand, it's not a certificate, it's not a kind of an organisation. But it is your own status that you have achieved. Anybody can say "I am a Sahaja Yogi." After all, I cannot stop him from saying I am not a Sahaja Yogi (not very clear)... Even some I have seen, some mad people they are Sahaja Yogis. For years together they are mad but they are sahaja Yogis. But you have to see for yourself, "Am I a Sahaja Yogi or not?" before certifying yourself. Why don't you find out?

But despite that I must say such a satisfaction. I never expected that so many people will get their realisation to begin with. Never! I mean I knew that it was a mass modus operandi I have developed but I never expected. But it has happened. And even now, I have to expect that all of you will achieve the highest, highest positions, the paramount ("paramapada") as they said. Like the north pole, or like the Meru. Absolutely firm ("Atala"), which cannot be disturbed. So that's my hope and I am sure you will all comply with it.

End of talk in English

Translation from Marathi

20:43 to 22:55 [Mother talks in Marathi]

Now I will need to speak in Marathi as many people do not understand English language. It is not a problem as English language is not that much spoken here ("English bhasha kahi naam nahi aahe").

There is no language like Marathi and again to get the knowledge of your spirit ("atman") the language is Marathi. And so many saints and sages have done their work here and we are doing the job of nagapantis of [raising] Kundalini. But to say, if Marathi language is such a great language and even though the whole world's Kundalini is in Maharashtra, the head of Maharashtrian people is working in the opposite direction, I don't know the reason for this. What is happening in politics, is now happening in our Sahaja yoga in every house. Everyone is looking to pull each other down, I don't understand why people are doing this. If within you there is no feeling of collectivity, if you are not established ("samishtha"), then have I worked so hard for such an order

("vyastha swarup"). And have the saints and sages mentioned this? They have said this "Tyechi Soyarika Yeti" – His Sovereign will come. Why did Saint Gyaneshwara say all these things? For whom has he said all these things, I don't understand. It seems they have said it for the people in foreign countries as I cannot see the effect of these words on people here. Who is your "soyarika", it is a Sahaja yogi. But I get letters saying "this person has done a mistake", "that person has done a mistake". Will I feel good listening to these things. Should you be keeping the Goddess happy or should you be writing such letters to her? Everytime I have to say such things, to whom? You are saints and sages, I have made you sages and saints. I have brought you to this high level. I have brought you like the "Dhrva" star in the court ("adalpatavar") and I do not understand where you are lagging behind, what to say? Marathi language is so fair ("sujaval"), so sharp ("prakhara") and such a good language for your self-realisation. Even then, it should be realized by the people listening to Marathi. If it does not get in their head, then what is the use of telling? On the other side, people have devised various methods of [raising] Kundalini.

End of talk in Marathi

Translation from Hindi

22:56 to 24:33 [Mother talks in Hindi]

Now I am going to tell them in Hindi. Marathi people need to understand that they have a wonderful language for self-realization, there is no doubt about it. More than this, in no other language, this has been mentioned so clearly. And because they respect Shri Ganesha, they are more principled (character), if seen that way. Their eyes do not roam about here and there. In North India, because of the Muslim rule and because of their veil ("pardah") system, they have a habit of looking at every person who is moving around, everyone. I used to think in the beginning what are these people doing? Whatever happened, now after coming to Sahaja Yoga. In the Marathi language, on self-realization, many scriptures and many things have been written which are amazing. The one effect of these writings has been on these people that they are not womanizers. They don't get trapped in this, these Maharashtrians. There are some who got involved with women, they all have gone now and are sitting in Delhi. But whoever are here, have one specialty within them and that is their good character. And in North India, I was very surprised, people who have not known Dattatreya, within them how so much alertness is there? There do not seem to be any fight, no disturbance; the program went on so well that everyone was astonished.

End of talk in Hindi

Translation from Marathi

24:34 to 24:42 [Mother talks in Marathi]

If I have to say in Marathi, these foreigners have come, the attention is on how to make money from them. It is not like this there.

End of talk in Marathi

Translation from Hindi

24:43 to 29:27 [Mother talks in Hindi]

And by doing all this they have proved that, in whichever trough they were lying, they have risen from that absolutely and become like lotuses. This they have shown. Now in Maharashtra since all these things are there, many things have been written and, the saints and sages have worked very hard. So, wherever there is plenty of hard work, I think, everything gets jumbled up. Everything is known to them. Even after knowing everything, they have muddled everything. So, it is better that, don't have to know anything, just realize one thing that "mutual love" is the biggest and prime mantra of Sahaja Yoga. Then lot of work will be done. Otherwise, hear mantra after Mantra from them, hear everything, they know everything in the world, but the moment they see each other, they start swearing. Now by experience, it has been proven that, in North India, it is an amazing thing the way people

have accepted Sahaja Yoga, very amazing thing, very amazing. In my opinion if this happens in Maharashtra also, then what more do I want? In this small part of India, wonder how many saints and sages have taken birth. And those saints and sages have been recognized by all the people of India. They have written such valuable phrases, which is worth admiring. And, their majesty cannot be described at all. Now, these things are apparent in the culture which is prevailing here. But they are not able to get into Sahaja Yoga. In Sahaja Yoga these things should come. The culture of Sahaja Yoga should be accepted. And in the culture of Sahaja Yoga, the greatest thing is mutual love. We don't feel the love between each another, in such case, we are not Sahaja Yogis at all. As long as one Sahaja Yogi cannot express his love for another Sahaja Yogi, we cannot become Sahaja Yogis at all. If we are busy in cutting each other's throat, then we cannot be Sahaja Yogi at all, at any cost. You need not see other's faults. See their good virtues and describe their goodness and thee will also become a good person. I do it many a times. If someone comes and tells me that this person is like this, he did this wrong, he did this. Arrey! He was appreciating you, and you are talking ill of him? "is that so? What did he say Mother"? He said so many things about you, what can I say, you go and check with him. Then this person goes and hugs him. It means this is all a lie. Now, think in depth that where are we born? We are born in the kind of world where very important work is happening, very important. Regarding this it has been mentioned that this important work will happen. When we are born at the time when this great work is happening, and we are active in that, and we are the doer of this work, when the burden of doing that work is on us, then what should we do? If four people are carrying a table, and even one among them is weak, then the table will fall down. Or in a ship even if there is a small hole, the whole ship may drown; because all these matters are collective, because you all are collective. If among you even a single person takes the wrong path, the whole Sahaja Yoga is harmed by that. So, in this, we have to understand that there should be humility among us. Jesus Christ has told that "Meek in heart will, inherit earth". Among Maharashtrians, this humility is lacking. Somehow, in spite of their language being so beautiful, while talking, though there is no abuse in the language, still in the abusive language, they talk something or the other. This is their character.

End of talk in Hindi

Translation from Marathi

29:28 to 29:29 [Mother talks in Marathi].

It was not like this earlier.

End of talk in Marathi

Translation from Hindi

29:30 to 31:20 [Mother talks in Hindi]

Earlier it was not there, now it is there. And they are so obsessed with this that they start fighting everywhere. Everywhere they want to do this and do that. They don't understand anything. Their temperament has become that of a fighter. Human being should pay attention to this temperament because now we are in Sahaja Yoga, we have engarlanded ourselves with this, now leave all this. But they won't listen. If you tell them to become a religious cult ("vaarkari"), then they will chew tobacco and wear the robe, starve themselves to death and walk for months. Thousands of them. But if they are told that you have become Sahaja yogis, so impersonate that, then it is a very difficult task. The greatest thing, in the Sahaja religion, the greatest of all is mutual, absolute love amongst each other. Absolute love. See now, a Muslim boy from Algeria, told his parents, now why are you going to Mecca. Nowadays Mecca is stationed in London. Go there. He brought them to London. So, when they met me, they said "it is true, whatever we don't get in Mecca, we got here". And they said, just the thought that "we went to London", brings waves of joy in our heart. Just like this, just the thought of any Sahaja Yogi should bring flow of joy within. Ohh, he is such a Sahaja Yogi (feeling of love).

End of talk in Hindi

Translation from Marathi

31:21 to 31:54 [Mother talks in Marathi]

In Marathi it is said, I have given this example many times, but will repeat again. Once Namdeva decided to meet Gora Kumbhar, he went and stood there. Gora Kumbhar was crushing the soil. After he stood there he was tired ("thaklet"). In Hindi there is no translation of the word 'thaklet', but he was tired ("thaklet"). And what did he say, "Nirgunache bheti aalo saguna shi" – which means "I met the formless through the form". This is the identification of Sahaja Yoga.

End of talk in Marathi

Transcript of Talk in English

I'll tell you in English. I have told you many a times about Namadeva and Gora Kumbhar, how Gora Kumbhar, when he saw Namadeva. Namadeva saw Gora Kumbhar was kneading the clay for his potters, pottery. He just went and stood before him, stunned and what he says that, "I have come to see here the formless, that's the vibrations, but the formless is in a form." This the appreciation one should have, one Sahaja Yogi should have for another. Every Sahaja Yogi is a gem. Even the thought of a gem should bring Joy to you, in every life, every style, in every areas, every dimensions, one should have this kind of a feeling. Muslims, Hindus, Christians, we do not accept. For us, we are all Sahaja Yogis and we have faith in all the religion. Not 'samabhava'! We have faith in everyone. As well as we worship Rama, we worship Mohammed sahib also. Same way! No less. As we worship Brahmadeva or as we worship, let's say, Dattatreya, we worship Zoroaster. There's no difference at all! Same way! There's a big difference in having just the same, what you call, the same respect. It's not that. But we worship the same way.

So there's no question of differentiating each other, nor on country-wise, nothing. And whatever defects we have we see to it that it has come from our country, which I see, many Sahaja Yogis tell me, "This is typically English, this is typically French, this is typically Italian." They themselves tell me. But, main thing one has to understand is this, that, in Sahaja Yoga we have lost all these boundaries. Nothing is there. We have reached that state where we are all One. And the idea of any Sahaja Yogi whatsoever, and any individual Sahaja Yogi, or a group of Sahaja Yogis, should fill you up with joy, and a kind of a wave of joy which is continuously coming, because there are in the form of Joy, Peace. If this appreciation is reached, then only one can say that you are Sahaja Yogis and that is one of the tests I have seen. You love me very much I know, all of you. But unless and until you love each other, how am I going to be happy? So today specially, this Mahalakshmi principle, when it is awakened within you, then you get out of a Lakshmi principle which makes a little selfish, maybe self-centred and you get into a new dimension of searching, of searching the higher value system, something beyond, without any limitations. And that Mahalakshmi principle is really nothing in essence if you see, is nothing, but you are seeking the Universal Love. In the essence it is that. We don't love people because they belong to some country, because they look like this and this is this – nothing! We love them only because they are our part and parcel, we are One with them. So those who are today worshipping Mahalakshmi should feel how many worshippers of Mahalakshmi are there, and there are all our own. It's such a great feeling. Otherwise in Maharashtra especially I must say, was horrible, one Sahaja Yogi goes to preach in another district, the district leader (microphone screeches) starts fighting. Just like this sound! "Who are you to come here? I am the leader." Instead of respecting him and making him a welcome guest, asking him what can you help, there's a big fight! I mean, it's really surprising, how can it happen. When Namadeva went to Punjab, Guru Nanak sahib respected him. Not only that, but he told him that you write now in Punjabi language also. I have seen such a big book written by Namadeva, can you imagine! He included all the great saints of Maharashtra in his Grantha Sahib, because he knew that these are realised souls, they are higher souls. But the Sikhs are only reading it – nothing goes into their heads – what can you do? So at that time, if the saints could love each other, could express themselves in such a manner, why not we the Sahaja Yogis from all over the world? So I would say now that, let us see. There's a very nice program of 'Ras' we'll be having when all the Indians and the foreign Sahaja Yogis are going to be together, and are going to dance together. All such things are there. So don't sit in groups, but mix up with others, know them. And this is what we are going to know – each and every Sahaja Yogi of the whole world.

It's very important for me that you should love each other. It will really soothe me the most, will give me the greatest joy, the greatest achievement and the fulfilment of my life. If somebody is really, definitely wrong, you just write to me and I will know, because immediately I'll know from vibrations. Nobody can be fool me, there's one thing for sure!

Some people say that "Somebody has told this to Mother." Nothing can be told to Mother, you don't know. I'm too cunning for all this. Nobody can tell me anything, I know each and everyone, but I play around a little bit. But I know each and every person. I give them a chance to hang themselves for a time being. But never believe that anybody can be fool me and tell anything. I listen to everyone and you can try that. If you love another Sahaja Yogi, this loving process, itself, is so joy giving. When you first saw me, this time on the stage, you felt that way, because this process of loving is the greatest joy giving thing. So be happy, be joyous. If some people are missing the plane, well and good, you will live with other Sahaja Yogis here. After all, you are somewhere in the world. You are not lost! Even if you are in the sea you are there. On the plane you are there. What does it matter? Why is it so important that this plane must be reserved and you must worry about this plane. "I must get out at this time?" There's no need. Wherever you are, you are with Sahaja Yogis, so why worry? You are, that's the point. Like many people ask Me Mother, you travel so much, how is it you don't get tired? But I never think I am travelling, I just think I am. That's all. Whether in the plane or here or there, I am just there. I have to tell me I'm travelling, then again I forget. So you are. Whether you are here, or in England or anywhere, you are here. Or you are there. So why to worry? Especially in the plane, I think there's something wrong with the western genetics. The plane enters into their Kundalini I think, and they go so bizarre with the aeroplanes. Something I've never been able to understand. I've given them so many lessons to show that – don't do all this nonsense, but still they go on doing it! But if I tell them, they feel guilty, but again they do it. Next time if your plane is 8 o'clock, go at 9 o'clock. The plane will wait for you till 10 o'clock, take it from me. It has happened, so many can tell this. So many experiences are there. I mean we haven't written them down but people know how planes have been delayed for us. I have never missed a plane, all my life and when I missed it, it was with a purpose – it's, big things happened. So it is important. It's a drama.

he worry should be one: "Why can't I love everyone as I love myself?" I tell you only this Universal Love will give you that confidence and that higher status. Why these saints suffered for you? Why did Christ suffer for you? Why Mohammed Sahib suffered for you? Why anybody talked to you about Dharma? Why Gyaneshwara wrote Gyaneshwari? Why? What did they get? This satisfaction of their expression of Universal Love. All the great poets, William Blake or anyone, whatever they have done is just because they have this Universal Love and they want to express it. Then why not you do it? So if you want your Mahalakshmi principle to be all the time burning, then please see that you love each and every Sahaja Yogi. That's the message today, I hope you will understand that.

May God bless you.

End of talk in English

(Not verified in the talk) - I would request that, you see, the foreign children, or foreigners get so many poojas, you must know that. But the Indians, they get hardly one pooja here and one pooja there. Also the children don't get a chance. So this time, let the Indian children come forward. All right? and Indian ladies. Thank you.

*abhaydaan

bhya = =fear

abhya ==no fear

daan = = conferment,charity ,benefation

1993-0127, Public Program

View [online](#).

27 January 1993

Public Program

Pune (India)

Talk Language: Hindi, Marathi | Translation (Hindi to English) - NEEDED, Translation (Marathi to English) - NEEDED

new english high school pune

1993-0219, Mahashivaratri Puja

View [online](#).

19 February 1993

Mahashivaratri Puja

Mumbai (India)

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

Mahashivaratri Puja, Mumbai, February 19th, 1993 (Hindi); (English part at the end; 2 mn)

Hindi Translation

[First video: bhajan, "Shankar Bhole Bhale" (Hindi 78); talk starts at 15:45.]

We have all assembled here to worship Lord Shiva. And this puja is very important one because the final goal of human being / life is to find Shiva Tattva. Shiva tattva is beyond human mind. Until you get your self-realization, until you know yourself / your spirit (atma) you cannot know Shiva tattva. There is a lot of pomp, darkness and blind devotion spread in the name of Shri Shiva. But a non-realized person cannot understand Shri Shiva because his nature is such that to understand him first a human being has to be in such a state where all great tattva's or qualities are present by themselves. It is said about him that he is Bhole (innocent) shankar. There are a lot of intellectual / intelligent people these days who by virtue of their intellect write nonsense and say that Shri Shiva is innocent. As per these intellectual people being innocent is useless. These days the more cunning and sly a person is he becomes that famous and popular. Then how do we understand the innocence of Shri Shiva?

In today's world an innocent person is deemed stupid. But Shri Shiva's innocence is such that he is everything. Imagine if a person is extremely rich and he feels disgusted (virakt) and people come and steal money from him then people deem this person a strange innocent. But then this money doesn't matter to him anymore. The person is sitting in his innocence and enjoying it. When everything is happening on its own then how does Shri Shiva contribute to it. Shri Shiva watches everything innocently. He takes on the form of a witness and watches the work of the Shakti. Shakti created the entire creation and also all the Gods / Goddesses and their responsibilities. Responsible parties have been appointed so what is the job of Shri Shiva now. Shri Shiva witnesses everything. In his witnessing everything comes in. The effect of his innocence is that whoever he witnesses that person's level is elevated. Whoever Shri Shiva's attention goes to, that person's level is elevated (tar jaana). He does not need to do anything. Everything is a play for him like things are a play for kids. For the Lord Almighty everything is a play. There is another thing inherent in this innocence, when a innocent person, truthful, living in a good manner when that person sees that some evil person tries to encounter him then the innocent person gets very angry. His anger is so strong. A cunning person can twist his anger such that it subsides. But an innocent person is smiling, thinking there is no way this person can harm me. Sahaja Yogis need to have this quality of Shri Shiva. We are entangled in small things. What should we do for some person, how should we plan this?

Like Shri Shiva left everything to Shakti, you all can also leave things to Shakti but for that you need to be of a certain level. You need to have that innocence in you. This innocence means that no negativity can come into you. You needn't worry. If a snake is wrapped around you, let it be; if you need to have poison, so be it. What can happen, the one who is pure, on whom nothing can impact, one who is capable, the one whose powers protect him that person needn't worry. This power comes to us from Shiva Tattva. But to get this Self-realization is a must. Kundalini is a Shakti and the chakras are the ladder that need to be used to achieve this Shiva Tattva. All Gods and Goddesses have this duty of assisting you to reach your Shiva tattva. These Gods / Goddesses are there to help human beings. It is their nature to help us. They do not think like humans like what is in it for me, what is my position, where will I be. They are for Shri Shiva. They do their jobs. They are tied in it. Their work is in Akarm (Karm = action, akarm = inaction). They do this and yet they do not think they are working. Like this light comes and it being inanimate never thinks it is working. All the Devtas (God/Goddesses) do their work and do not think about it. They are in thoughtlessness and do not even know what powers they have. Like sugar gives sweetness to food but never thinks that it is giving sweetness.

Similarly Sahaja Yogis need to do their work but never feel that they are working. In Sahaja Yoga, people come into Akarm. Sahaja Yogis have this shakti. If Sahaja Yogis feel that they have done this or that, i have become a leader then they are not Sahaja Yogis. He keeps performing his tasks but does not feel it. Sahaja Yogis love everyone but he does not know that. People can feel it. This is how we need to understand Self-realization.

One is you are what you are and you are watching yourself in mirror. It is your reflection. And the action of watching your reflecting is a third thing. In this way you are going around in three spheres. One witness who sees, another what you see and third that action. These can all go away if you become your own mirror. You know yourself. This is what Saint Tukaram has said. When you know yourself there is nothing else to know. You can jump the three spheres and become stable in yourself. When this stability in yourself is complete, then you can say that Shiva tattva is stable because that Shiva tattva is undestroyable and eternal. When you settle down in this Shiva tattva then you will not feel that you are doing anything. You are contented in yourself. Then you do not even feel that you need to do something else. Lot of people these days say they are bored because they cannot see themselves, be with themselves, being with their own selves for 5 min is intolerable for such people. It is a great thing for me to be with my own self. When you get this quality in yourself then you become innocent. If someone is trying to bother you let it be. If we are this spirit (atma) which is indestructible then who can destroy us.

But this confidence to develop is very difficult. After Self realization you are Sahaja Yogi but to be a Shiva Yogi it takes more. You say there is a curfew in Mumbai how can we go. You are forgetting that a Sahaja Yogi has never been hurt. You keep forgetting that you are a Sahaja Yogi. All dev-doots (Apostles) and Ganas are there with you and for you. But if you do not trust them then they go away. If someone tries to harm you then then don't worry. You are helped always as long as you have the confidence / faith. Being human the human insecurities cause this faith / confidence to break time and again.

Another thing is that we do make mistakes. After those we get scared. But one important quality of Shri Shiva is that he is very forgiving. You are at his doorstep so don't be worried. He gives complete forgiveness. Shri Shiva's blessing is fearlessness. You should be fearless. He does not have any army. You know that Shri Shiva reached with his groom party for his wedding Shri Parvati was embarrassed. He came with a groom party having people with one leg, unkempt looks (looking like hippies) weird looking people. This means that however those people looked outwardly they all had Shivatva in them. To achieve Shri Shiva you do not need any money. You needn't offer gold or silver to Shri Shiva in temples. He is free of everything. Nothing has the capacity or the power to add to his grace. Anything materially valued is not worth Shri Shiva, not right for Shri Shiva. This quality of Shri Shiva has to come into you. In today's world money is valued more than it is worth. What will get me money, people are running after money, willing to do anything for money. You can do ill with money and you can lose it too.

The one who is settled in Shivatva does not desire anything. He is desireless because his spirit is contented with the spirit (atma). Such a person is not worried about physical comfort, what he will eat where he will sleep. Such a state of such a person commands everything. Such a person's sight can feed a lot of people. Such a person's body does not have any rest. He can sleep anywhere. Such a person's sight is a giver. It can do good wherever it goes. What is this benevolent power which blesses everyone? This is param chaitanya (power of God's love). This power is what Shankaracharya called spand. This energy / shakti flows from such a person and whoever it falls on, it leads to their betterment. The land on which such an energy falls that land becomes very fertile. If it falls on a woman then that woman can become very intelligent and very well known. Whoever this power falls on it leads to their betterment. There can only be good coming out of this spand / vibrations. It cannot do any bad. This can transform a person who has come to bother you. The power of transformation that is there in this power we need to understand it. That is why you should forgive everyone. Don't worry about avenging things. Not needed. You are Sahaja Yogis. Leave it to these vibrations. These vibrations can think and understand everything, organize things fully. You have also received this energy. This energy also flows from you. You have tried this energy and seen how beneficial this is. Those who want to know this by knowledge / intelligence cannot know it. You can see so many miracles. This is such a great, big, high energy which works things out and helps you. You have received the support of this energy. You should think that if having Shivatva can help you influence everything including the environment then you should achieve it. Environment will be cleansed by this energy.

To come to be the rightful receivers of this energy we have to know that we are no longer in human situation. You have now entered the divine situation. So the mistakes of the human situation that are present in us, those pulls we need to give those a

holiday. The human situation will pull us down. It attacks us again and again. We are born of jada element ["jaDa" definition: void of life, inanimate, unintelligent]. First this atma / spirit is received through this jada and now also this jada pulls us down. That is why in past times people were asked to fast, sleep on floor, become an ascetic, give up your family life, go to himalayas and finally die. People used to think that doing this for a few lifetimes will help self-realization. But today's Sahaja Yoga is such that first you get Self-realization. Marathi words meaning first make the kalash in temple then make the foundation. Because in modern times if many people have to get self-realization then only this way can work. All of you have received self-realization without going to himalayas, without giving up family. You have received the vibrations and vibrational power. Kundalini has done it so far. Now it is time for you to work. What is your work?

Look at yourself as you are a mirror, "Am I still being human? Given up alcohol / cigarette, wayward roaming has stopped, nature has become peaceful, face has become innocent, now what? Can I see myself? Can I be joyous within myself and if not, why?" If we can think with knowledge, I am stuck in this and that. If we are innocent then nothing will keep you stuck. That human inclinations will start again otherwise Those things that bound you in first place will come back. But if you are able to see this in yourself that this is stopping your progress then it will go away. If we want to create a new world, a beautiful new world, your Mother wishes that a new generation, which is pure, be created. Lot of sages and saints desired for it. If you want to achieve that then you need to fix your Shiva tattva.

In Shiva tattva, you know what all you are stuck in. Like these days Hindus, Muslims etc fight. Being a Hindu one does not get Shiva tattva. Nor does one get Shiva tattva by being a Muslim or a Christian or by being anything. This is all outward show. When the Shiva tattva is awakened in you, then you pray to Shri Rama and also Mohammad Sahab and perform pujas for both. Till you establish the principle of Shri Shiva in yourself, you cannot get out of the outward entanglement of religion. The one who is Rahim is same as Shiva Rahman/Akbar, is also Shri Vishnu. Then these feelings inside will develop such that the fragrance of dharma flows from you not enmity (vaimanasya). But for this to happen, I do not see any other way than Sahaja Yoga. Until Sahaja Yoga is established, Muslims won't recognize Shri Rama, nor will Hindus recognize and pray to Shri Mohammad.

We Sahaja Yogis perform pujas to Mohammad, Ali, Fatimabai, Buddha, Mahavira because all these are worth praying to. Who are we to call them small or not great? When you establish the Shri Shiva principle, then you understand that all these are forms of Shiva Tattva. All these are inside us. Until you submerge yourself in this Shiva Tattva and internalize this aspect of Shiva Tattva, the spreading of Sahaja Yoga might be slow. But Sahaja Yoga is a solid thing. It is a true thing. All these confusing (brahm) little things came for some time and then went. Fights happened then they are gone. It is surprising that Sahaja Yoga is spreading faster in foreign countries. They are deep Sahaja Yogis. Meditating every day, introspecting everyday, we need to learn from them.

These foreigners never heard of Lord Shiva. They knew only of Christ. How did they become so deep? We ring the bells of temple every day, read Namaz every day but there is no depth. How did these foreigners get so deep? In Russia, in a village, there are 22000 Sahaja Yogis. So, what is it in us that prevents us from achieving this depth? The reason is that we do not look at ourselves everyday or we do not introspect ourselves.

First, we need to look at ourselves. Turn the vision inward. I cannot tell you how these people have this inward vision. But see the result, they are so deep. They never ask me, "Mother what will happen to our money, parents, relatives?" They just ask, "Mother, what will become of me?" And when they come into this element, all their questions get resolved on their own. That is the power of Shiva Tattva that it resolves all questions. Their questions got answered by their own.

Those who used to drink, used to do all sorts of things, have come out of the marsh (daldal) and have settled on the bank. But we are still engrossed in some affair or the other. We need to end this entanglement. On this Shivratri day particularly, get into your Shiva Tattva so Shri Shiva can adorn you with all his qualities. Shiva Tattva has such qualities that effortlessly you will become dharmic, you will become sensible and become knowledgeable. You will naturally become sweet, mature. A lot of qualities can come into you in a sahaj manner (naturally). But first, you should know humbly whether you have achieved this tattva or not. We need to achieve it.

And second, [know] that all the powers are sprouting in you in a sahaj way. You do not have to do anything. This way we need to

look at ourselves that my husband, kids etc are not Sahaja Yogis, let them be; this is an internal thing which one can gain only by their own desire. You cannot force Sahaja Yoga on anyone. Look at yourself. Looking at yourself and knowing yourself is Self-realization. Then people will see you and would want to learn Sahaja Yoga. After achieving this great quality, you will become so powerful that you can transform people and this world. This is to transform the world.

One might say that there is democracy here and these are the issues with democracy. But really the issues are not with democracy but with people who do not achieve Shiva tattva. Abraham Lincoln wanted us to achieve this Shiva tattva. Whatever stuff you get, it gets spoilt. The quality to get spoilt is there in every item. People make pickles at home, very cleanly, after washing, drying etc ... so that it does not get any bugs. Like this pickle can get spoilt, similar is our situation. Where are such people? Whatever you make, this is what will happen because of the germs in it. There is a quality of getting spoilt in everything. Until human beings have this weakness, anything that man makes will get spoilt.

Things might last for a short while. Like Gandhiji started 'satyagraha' and it lasted a while. But a lot of mistakes happened there too. I know him. The enthusiasm that was there to get independence to the country, to do this and that, to fight. Now it feels as though what is happening with this independence, I am especially saddened with Vande mataram (An Indian patriotic song meaning I bow down to you Mother Country). Whatever language is used to praise your Mother, your Mother has been praised in so many languages, the language should not matter. It was a mantra by which India got its independence. My father walked with the flag, in high court, he was shot. He bled but still continued to walk and hosted the national flag and he shouted the slogan "Vande Mataram". Our hearts melted. These kind of things happened in this country. The ones who do not know meaning of 'Self' got their 'swatantrata' (independence in hindi). This kind of love in the heart and affection towards everyone is provided by Shri Shiva. The one who gives us such power that such our love and affection give joy to us, it happens with Shri Shiva.

The joy felt by singing the 'Shri Shiva stuti' earlier today, comes from Shri Shiva. Shri Shiva gives us this ability to be joyous. That is why he is called 'Joy giver'. The pure joy felt in joy, just joy. There are many types of joy, atmanand and ahlad / ecstatic. This joy is related to our feelings. The feelings in our heart the good, generous, beautiful loving pure ones of beauty, love etc... spread fragrance, like a flower spreads its fragrance. This is pure joy. In such a joy we are happy and joyous. And as a result, we do not need anything else. The one who brings out all these qualities, the one who takes care of this with meticulousness and makes us experience it at the right time is Lord Shiva because he gives it to us through these vibrations. You get goose bumps. Even today, if you take the name of a great saint or pious person; suddenly the vibrations, the energy starts flowing. How do we explain it to the intellectuals or fanatics? They are half and those who are left are like horse. You cannot push anything into their brains (have them internalize anything) and don't even bother.

What is needed is that you make your lives so beautiful, make such society that those left behind can clearly see the difference and see what the society is. With their cunningness, they have trapped some people. Lot of people have been trapped by these people and lot of fights have happened over this. But what if the society becomes such that people do not fight each other and there are no ups and downs in society? This is very joyous.

Someone told me that a Sahaja Yogi died in Delhi. He was very ill. No relative came to the last rites. All Sahaja Yogis performed the last rites. Usually when something happens people run to it. No one thinks whether the person is relative or not. This is 'nirvaja prem', the love that expects no return, the love that is not confined to relations only. We are all Sahaja Yogis. We have one Mother. We will take care of each other. This Shiva Tattva bends you and pulls you, to help each other, to care for each other. You worry about other Sahaja Yogis. This concern doesn't have any give or take, no profit loss is thought about. But there is only one trouble. This precious concern towards each other, this heart felt love, you can achieve it through Shiva Tattva. You cannot achieve it by any other way. That is why human beings should achieve this Shiva tattva. All troubles will go away.

You might have heard that in Bosnia 200,000 Muslims are dying. This is very painful. They do not have anything to eat or drink. They are melting ice to drink water eating dead people's meat. They are in such a sad state and no one has concern for them. No one thinks about those people dying. Muslim nations have such a lot of wealth but no one ventures to save these people. The day Shiva Tattva is established in this world everything will get better. All these fights will stop. It is said that all this will happen in 8-9 years. Let us see how many people can understand Sahaja Yoga. People are not wise. It depends on you people that your

Shiva tattva's light influences the world and all these issues that we are seeing in the world as a result of human stupidity, these issues will get destroyed.

Today we have to ask Shri Shiva to establish this principle of Shiva in us. You pray for only one thing to Shri Shiva to establish this Shiva tattva in you. Lot of people earn money. They get big posts, they get titles, lot of things happen. These things keep happening. But today's revolution, struggle, is to transform human beings and fix the whole world. You do not have to sacrifice anything for it or give up anything for it. Things will drop off on their own. When unnecessary things drop off, what do you have to worry about?

I bless you that may all of you achieve this Shiva Tattva.

May God bless you

English Transcript

[English part starts at 53:19 on second video]

I am sorry, I had to speak in Hindi language, as the majority of the people know Hindi language. In democracy, minority is more important, not in Sahaja Yoga. But in any case, all should get it translated. And you can understand from others what I have to say.

I know you people have come all the way from such a long distance. But some of you have told me that, "Mother, we are better off when we don't understand because we don't think. And your words act like mantras on us". I'm very happy to know.

In any case, somebody can translate it for you. And I hope you'll enjoy, because they are translating your- the lectures that I have given to you abroad. They are many and it's working out very well here.

And today, somebody said, "Mother, you say very, very deep, very subtle things in the West. Why not here?"

[Laughter]

I said, "Credit goes to the people who are in the audience, not to me".

This way I never think as to what I have to say. I never plan. I just feel the rapport with you and that's what I always try to communicate.

I hope you all are comfortable here, and the Sahaja Yogis are looking after you.

May God bless you.

1993-0310, Press Interview

View [online](#).

10 March 1993

Interview

Pune (India)

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

1993-0310 Press Interview

Shri Mataji: See born with you is the right achieve is yoga. This is yoga is the union with the all-pervading, Divine love. So first you have to take it as a hypothesis. But keep your mind open. If it exists there is power. Which has come to us, this knowledge has come to us from ancient times [UNCLEAR], and it stays right from Markandeya, Adi Shankaracharya.

Shri Mataji: Then we had 13th-century Dnyaneshwara, who described [UNCLEAR], then we had Kabira, Janaka, Namadeva all of them all these saints sung the Sahaj Samadhi. It needs awareness, the Samadhi means where it is united with all-pervading power. This is our heritage. This cannot come from the British. They're still primitive as far as our spiritual life is concerned. It's so primitive that recently there was a big quarrel. Whether the women should become the priest or not. I mean in India women is regarded as Sakthi. So I mean as far as the spirituality is concerned they do not have much ideas. Now this is our heritage from ancient times it has been with us

Shri Mataji: We had three types of, you can say, Search by people. Three institutions, you can say or three types of people were searching the truth, perhaps our country is so good that we can live in a forest See in India if you have to go out of the house takes half an hour to dress up yourself we have to always fight with nature. Our country so congenial. The people could live in the forest they don't have to worry about all these outside things and so this knowledge was, you can say, One of three types.

Shri Mataji: First one by which they went into research of all the creation. Why this creation is done? I mean all the material side of it, so that's how we had. Since now all the idea about all the Antariksha means all the Heavenly bodies that we call as [UNCLEAR] all these things they knew. The astrology has come from India so they knew about the stars this is that everything

apart from that they wanted to make the matter to work out and hence he would do those of [UNCLEAR] all that Because they wanted to utilize the matter as science. Just like science, but this time was different Now people won't believe you saying we had vimanas and all that, but we have this worse. People won't believe, we are supposed to be most primitive people according to them, but we had all these sciences. Gradually built-up by people because they wanted to excite through Mantras, those matters, there are words like Anu, Renu. Renu is the molecule and Anu means Atom so we had all these words within us we knew all these things [UNCLEAR] in a way this what one side they use Vedas. By using the Vedas it is written that by reading this if you do not get [Vidita?] Vidita is the word Vidita means what? Vidita doesn't mean know through your brain it means you should know on your central nervous system. As you can see me and feel me in the same way you should be able to feel this all-pervading power, that is Vidita another word Bodha like Buddha. Bodha both is the same that you should know it on your central nervous system that is Bodha so this Vidha and Bodha. These things you should have if you are [UNCLEAR] you should get that other [UNCLEAR] So what was the thing is that scientists must be realised, souls? They should be evolved, souls? this was the thing

Shri Mataji: That came another type of worship they call it as left side worship is Bakthi. Because see people were not bother so much of Material things in India. So they were all searching. So they thought there is some higher power it works. We saw the saints and Saints told them that you make Bakthi. Bakthi a lot, by which you will keep your life [UNCLEAR]. These days Bakthi have no meaning because in the mouth to say something and do something else it's different in those days, they use to do Bakthi. By that, we used to remember what they're supposed to? What is should be the lifestyle? What is good for you? What is bad for you? so this Bakthi started.

Shri Mataji: But there was another third. This was called as [Nath?]. The first one was right side another was the left side, and this is in the centre. And you'll be surprised, that in this Maharastra of yours this [UNCLEAR] And [UNCLEAR] they believed in awakening that is residual power called Kundalini. By which they could transform themselves. So this knowledge was mostly in the Sanskrit language. The 6th century Adi Shankaracharya talked about it. But all in Sanskrit, the general public did not [know?] But also, there's a tradition at one guru will have only one disciple only one. Till the [crunch?] it. Now, this Guru Nanak came much later, but before that Janaka had only one disciple. His name was Nachiketa [UNCLEAR] then in the first-century Gyneswara tremendous personality at the age of 20 what he has written. I mean I tell you people who anything about spirituality really can get lost tremendously. Now, this Gyneswara asked permission from his Guru to his brother. You should allow me at least to write it. Gyaneshwari at least to write it. Tell them what it is in a way that I am not going to work it out. But let me tell the masses. So he wrote it Gyaneshwari the sixth chapter, six are there about Kundalini. But because you see [UNCLEAR] those who were in charge of religion? could not accept it because they do it mean to so they said the sixth chapter is [UNCLEAR] means to be abandon, not to be written. The whole thing went into another darkness. Because see in a moment fundamental said they need want something really come out they didn't know what to do. All right. Then came after 16th century was full of saints, not only Maharastra everywhere. Even in Punjab, you know that Guru Nanak, Kabira [UNCLEAR] so many all over at the time of Shivaji there was, all full of it and they were talked about Kundalini. They asked [UNCLEAR] How much time do you think Kundalini to rise?

So he said tatKsaNam that moment but there should be a person who is giver and person who take it that moment. So in that authority, he should not go to that modern writers about Kundalini these are our authorities. But as it is very few people got realisation. Kabira as throughout written about nothing. He says Surathi Kundalini called Surathi. can you imagine human beings how they are? Surathi is the name of. [Tabba?] In Bihar where he they called Shruti Tabbaa? She works in then Kabira not only Kabira [UNCLEAR] he went from Maharashtra to Punjab and Guru Nanak respected him and he has written. Such a big book in Punjabi [UNCLEAR] many of his poems are in [UNCLEAR] and also of [UNCLEAR] [UNCLEAR] Because Guru Nanak thought best is to collect all the verses from all these saints and group them together. Not to write anything else, but what they said so keep it pure And that's how Namadeva. Who try really learn the Punjabi language, and he wrote all these things in Punjabi. That is how it came, but they all have talked about right Guru Nanak said Sahaja samadhi. so that is how it came Sahaj samadhi lavo. We can say Sahaj means something spontaneous or easy I have told you the meaning of the word Sahaj But everything is even it is in the book. I've seen that People think by reading book you can get that sense

like this if you have a headache then I write down prescription take Anacin then you go on reading take Anacin to take Anacin then headache won't go it will be worse even It's like this so all these books you see has put limitations in [UNCLEAR] But I've seen people who go on reading akhand ramayan akhand geeta part they go on reading they go on akhand.. What they have said, they have not seen in it. Nanaka Said [UNCLEAR] why are you going to the jungle

He says it is in within you why are you going to Jungles? So all the Saints had to suffer in a way

because nobody understood See the bond has to be established nobody understood

So this Kundalini awakening. It's a residual power within us as you know we have three autonomous nervous systems within us.

Shri Mataji: One is left side Other is right side sympathetic and in the centre, we have parasympathetic nervous system And whatever we have achieved in our evolutionary process as a human being is Expressed by our central nervous system? Alright. Like, see if you want to take this dog to a dirty he can go we have a conception of beauty. We can see the beauty we can understand colours he does not So in evolutionary process whatever we have achieved is expressed in our central nervous system. Now it should be treated as a hypothesis, to begin with, to see because you should not take it for granted at all. Now, this Kundalini resides in the triangular bone which is called as the sacrum. That means that the greek knew it's a sacred bone. It's a Greek word sacred in Greek word is at the base of the spinal cord there is a bone triangular is lies with that And about that are six centres below that is one centre. below that is the centre which we call as Mooladhara. Because Kundalini is the Mool

means a root because is the support of root. Mooladhara. Now in the medical terminology and understand that the centre of looks after on the physical side Our pelvic plexus which deals or which functions or all of our excretion including sex now this is to be understood very clearly that it is like below the Kundalini. So sex does not play any part in raising it's a very important point. Okay, people have perverted the whole thing. I don't know all kinds of things that they have done and they said that to the sex energy which has to increase. There's nothing like sex energy It's like any other energy. But only thing with that this Energy is used for a particular purpose of excretion or

communication of your desires or whatever it is, but it had nothing to do either ascending ascent of the Kundalini nothing to do on the contrary when the Kundalini awakened this centre absolutely stops no excretion of any. You will be surprised sometimes I have a program for 10 hours 11 hours I won't go to the bathroom. It just stops. That's why Christ has said you have to become children to enter it to the Kingdom because this is the innocence. Now this going little further is that on the centre is placed, the deity of Shri Ganesha. It has great meaning. What is Shri Ganesha how this is placed there all that stuff we will learn? But I told this scientist in America that this centre is made of a carbon atom. The carbon atom has got four leaves?

if you see this centre has a carbon atom. you make the model out of carbon atom. Then you watch if you see this one, how many are you trained? The Scientist is here.

Shri Mataji: So if you see it from the right side on the left side what you see of that atom is Swastika clearly see. Just show them they are a journalist. [UNCLEAR] So you see from the left side the right side you see Swastika. Then you should go see them see from the left side to the right side you see Omkara

If you see from down upward then you see alpha and omega, Alpha and Omega! See now this I stated in one of my lectures these people immediately jumped on to it. They took an atom of carbon took the model made it how about the scientists cleaner now? He's made this out of that beautifully made, but first, they made huge myth? and what Christ has said I am the alpha and omega. In these symbols alpha Omega which we use in our mathematics are ancient so Christ is an incarnation of the Ganesha.. it a scientific proof [UNCLEAR] So Ganesha is an eternal child

That's why he has got the trunk of an elephant. Innocence is our innocence.

Shri Mataji: So when the Kundalini rises. And she awakens, she can be awakened somehow I must say that this Modern Sahaja yoga. Only thing if I discovered anything is this that? amass awakening of the Kundalini amass thousands can get it. That's all I will serve nothing much. This is very ancient science they used to do to one person two people. Now it can be done amass in Russia. We always have a program in a big stadium 16000 minimum people. Practically everybody is realised Russians are the best. I don't know what Communism has turned. They are not at all idiot. They're not American style very straightforward and very introspective. Think he'll be stupid choices that democracy side you'll see in America even a lock has to be different tiles has to be different, the door of the car is different, handle is different. I mean if you get into their bathroom everything has to be different the choices are so maddening And there are all the time busy. What should we do something more to show that wear something different. Whole energy wasted these people. He provided for all material things because that makes them a little lethargically careless

Shri Mataji: But on the whole, there were not bothered about politics they didn't have to worry who coming to Chief Minister nothing so see their attention was introspective And the whole thing is always because if you see Dostoyevsky? or any one of the items. You have read Crime and punishment. You can see how introspective even the hero was. so wonderful knowledge. These people that they even the hero introspect before falling in love why I'm falling in love. What is the thing but it's wonderful so these people are very introspective and so in Russia, it has become extremely? Extremely successful, but all other your gurus and all of them

And they have a sense also, I think what is truth and what is not. Moreover, if anybody who asks for money. They don't like they understand you can't sell spirituality they don't like. How you can't sell spirituality. Not in India even we don't understand this of course Americans understand this. The more you charge the better it is. They would say like this is these gurus are very good

they have a sale. It's all shopping its marketing. But they understood and we have now

200 doctors in Russia practising Sahaja yoga and the scientists 300 of them invited And when I talk about science, they said no more science we had enough we have reached the last end of it

We don't want anything and you tell us about God's law. Divine laws please don't talk about science. They also he come like this is somebody here, but was working really well

Shri Mataji: So what happens when the Kundalini awakens? it passes through

Six centres as I told you the first is establish his innocence. That's the support

Then it rises through six centres now on the physical side we suffer because our centres are out of real extreme living. So Kundalini what she does, these are the centres so the left and right sympathetic. They combine and form a centre like this in the spinal cord. spinal cord.

and what happens if you start thinking too much on the right side because you are very futuristic planning time. A journalist uses later like that and so we start would be more towards the right. All right those are very emotional type they go towards left. Sometimes something can happen they just break and things like cancer [UNCLEAR] what you got? Psychosomatic diseases can be caused this kind of imbalance left not that even if you are on the right or on the left if you go too far you might get those. Psychosomatic which are supposed to be incurable. Now, this Kundalini what she does is she goes here and passes through here just like we put the beads into threads into what you call threads in that it goes on threading all over. So she integrates our centre. Let's see, Normally if you want to do something, You decide to do something, but really your intelligence will say no. Oh, maybe you're attention may not be there and then you become an integrated personality. Whatever you do With your heart with your brain, Complete integration. There's no problem. First is that but what is the outward manifestation is that, once she crosses over first dilatation of the pupils takes place isn't it kind of an in little shine in the eyes comes And then it pierces through here, which is that fontanel bone area which in our language we call it Talu? In Sanskrit its Talu this thing suddenly opens out and it comes out and That energy becomes one with the subtle energies all-pervading power.

Shri Mataji: So now first we have to accept one is that first truth is That there is all-pervading power which does all the living work. We never questioned who does living work. How do we grow how does the seed becomes a tree we never questioned accept it look at our eyes what a camera. Look at our brain what a computer? We never bother question from where do we get this is done by this all-pervading divine second truth is That you are not this body-mind intellect you're not because it's my intellect. You say my heart my body. What is yourself? is the Spirit

So you are the Spirit the rest is my this my that. My mother my sister my house my body my eyes. So who is this my - who is this I obviously saw through in this Spirit so this spirit. you have to become. So far your attention is on the body your attention is on your eyes and everything then what happens as if you watch a house from outside the beginning and

Then they will go inside after inside you watch. So the whole awareness becomes very different

this we call Turiya in Sanskrit we call it a Fourth dimension. We live in Three Dimensions. This is the fourth dimension we get the fourth Dimension, what do we get in that dimension is?

Firstly you stand in your presence. Now, for example, you can think of the future or the past but in the present, I say now be in the present you can't. So what happens you become thoughtlessly aware you're aware, but absolutely no thought because thoughts come to you from the past or from the future in between these thoughts there is a little space so when this Kundalini rises she makes that space, and that's the space is the present [UNCLEAR] And spiritual life you grow only in the present because that's truth. You see the past is finished the future doesn't exist

But in the present in the reality now is sitting me to be if the reality just number is it you don't know what will happen in the future, or what her past finished. So first in your dimension, you become thoughtlessly aware but the second thing that happens to very wonderful. That you start feeling this all-pervading power on your fingertips as a very gently cool breeze on your fingertips

Adi Shankaracharya has called Salilam Satyam even Christ has said cool breeze of the holy ghost. Kundalini is the reflection of Adi Shakti or holy ghost in human beings as a result of that you're all these sympathetically systems. You have an ending to the sympathetic nervous system the Left-hand side seven five six and seven. So the left side is emotional side right side is your physical and mental side. we will give you the books so it is easy for you to know then you can start feeling. Not only is power, but he starts feeling others. Americans they called it Vibes they don't know what they mean by Vibes very good vibes actually vibes 1972 Mr Charlie said mother you get all these things listed or something as for. He said they're writing down all your thing that is very good idea nothing wrong. Awakening has to be done now first of all the main thing. That has to be done if you just take my words and write it down. What is that?

I don't want to become the monopoly of that. It's very good [UNCLEAR] The result of that okay now feel the centres of yourself so it's the self-knowledge and You can feel Center of others

on your fingertips Can feel what's wrong with you? What's wrong with you. You don't have to tell anything you just know that this is wrong now somehow if I know how to correct these centres you can be cured But all this is is mental physical emotional all of them are due to this And also spiritual problems, but if you put wrong gurus this that you get spiritual problems, False people

So a new dimension in your awareness comes called as collective consciousness collective

Samuhik chetana. So now who is other I Can feel you & you can feel them and every eight so with them you become part and parcel of the whole and then another great thing at the side

all your fingertips you can feel absolute truth. absolute truth which cannot be challenged

Absolute! Say you have ten children they are realised soul and tie up their eyes. Ask them. What's the matter of this lady? they raise one finger. you ask the lady have you got throat trouble? How do you know? because this finger is not right Everybody will say the same. I'm in a program. One man came why everybody's asking what is your relationship with your father? What is real? Why we bother with my father I said it's the centre you are catching on your heart. That's what they ask. Everybody asking they feeling it. So everybody feels the same

And you want to know about anybody say about Christ. Was he a son of God? Just put your hands like this. suddenly it flows! But somebody is a thief. or false man you put your hands just even if he's not in here you get burnings you get these little. Things and he gets all you might even get sometimes you blisters so you become enlighten now imagine how fantastic.

This is outside and inside you can completely transform. We have people were supposed to be like burning fire as far as the temper was a concern they become now like the Himalayas suddenly. People have changed apart from the health we of course. We have definitely seen. So many people world of blood cancer as ordinary cancer heart cancer so many. I mean there's so many them. Rahul? - really when asked he had a massive heart attack And he got cured with Sahaja yoga you won't believe he went to Houston and doctor shouted him. So it is like that so many people have been cured but it's for anybody's power which cures. It's your own this within you it's your own power as a result of that power which is actually is your own mother everybody has individual Kundalini own mother and she gives you the new birth she looks after you... so this Kundalini will not only cure your incurable disease so many have been cured that you won't believe that now we have doctor in every country practising Sahaja yoga.

Shri Mataji: Third one, Third & Fourth both came from TM Transmitting disease, but they developed issues homosexual even after getting cured they went back to the same habit. so they got it back. One fellow we still have who survived for 8 years for

healthy is doing very well. He is in Australia. The trouble with that age differences is they have no willpower see what you call centre hearth means they are so insecure so insecure That you see after getting cure also you have kept to certain [matya?] you have to be But they don't then indulge into homosexuality or Outside will show we are like martyr inside they are very weak

So it happens like that If they really want live they can if they really want to work it out they can

But with Sahaja yoga you can never get AIDS that's one thing guaranteed Because all your priority changes in Sahaja Yoga the doctors are now really nobody goes to any doctor. He knows all these things, but the doctors are finished as far as Sahaja yogis are concerned

So at the most, they might get some cold or something at most. But they are so healthy

They are so energetic that. You can't imagine how a person could be like that [UNCLEAR] she get too much cold and rash and all those what you call allergy and all. Now is such a dynamic fellow today he will be in Germany tomorrow in Japan he is so so healthy and so happy and so relaxed become absolutely a relaxed person. It's balanced very much and above all compassion very compassionate. Now all these Sahaja yogis

they are swimming in an ocean of Joy but what their headache is that mother why not have more people remain in an ocean of Joy. I'm all the time travelling I went to South America I'm 70 years I'm travelling all over all the time but what I'm going to do If people want to come I have to do this but if but people want to come I will have to but people they don't want to come what can I do? so this is trouble they so anxious more come and they are running up and down all over the world they are running here to there. they are trying to find more people. Even in Maharashtra, we go to villages bringing people. so it a countrywide propagation. But you see actually got detached about it that you don't worry about your health. you don't worry about your age you don't even think of it. you feel very Young and all the time the active over this just don't feel for it

There is no group like young, old. We all enjoyed together. Whatever may be there is a small boy

adult that doesn't exist. Also, that doesn't exist in religion as far as the outside religion nothing, for example, we worship Rama, We worship Shri Krishna Also, be worship Mohammad Saheb because he was Dattatreya. They don't know but we know. He was Dattatreya. And Fathima we worship because she came as Sita later on, so we worship we know that It's not just

Shri Mataji: Sarva Dharma Sambhav Even Gandhiji was not like this the way these people work. Gandhiji in his prayers I was with him from my child actually I helped him in writing his

Sequels of [UNCLEAR] all about Kundalini we wrote. He was a realised soul But we were fighting for freedom that time and he said without freedom what is the use of Spirituality

so Gandhiji if he was living today he would have definitely helped me a lot. Even Lal Bahadur Shastri was a realised soul. We are very unfortunate. We lost them

Reporter: Gurbachan?

Gurbachan has realised soul?

Shri Mataji:

yes, he was a realised soul but his wife you know you see?!. He is very high-level person. Very good person. He has done his job. No doubt. So now this, I told you about.

Reporter:

Mohammed?

Gandhiji?

Shri Mataji:

He was a realized soul, no doubt! and He was the one who believed in Sarva Dharma Sambhav.

In his Sarva Dharma Sambhav. He made everyone worship everyone, like Muslim, Maybe a congressman or anybody used to come to Ashram. He had to say the Mantras of Shri Ganesha

He have to take a Mantras of Vishnu, Saraswathi, You see it starts with the first of all whatever in my heart [UNCLEAR] resides the Spirit. See with the Spirit then he starts with Ganesh and every deity then he goes to the Quran and you have to say the Quranic and then you have to say also this from the another, Farsi, Yes, all that matters. So you have to worship all of them. He followed [UNCLEAR] said see if you just say Sambhav means you don't worship why don't you worship? Everybody should worship to follow them because they are different. They are not politicians or anything. They are not religious Christ has said those who are not against us, are with us. Even Mohammed saheb said also there has been 1 lac of Nabis. He respected Christ mother more than all Deity. Christ father. He says she's a holy woman but Paul is the one who ruined Christianity so much, we said. Human beings are very good ruining everything sublime or somehow or other they manage it. If you see through the essence of Christ as I told you now, alpha and omega, Christ resides in our Agnya chakra on the six centres. Christ very important. yeah, on the optic chiasm. There is on one side is the pituitary and the other side is

the pineal body pituitary looks after our Ego of the whole of up-down working and the pineal body towards our conditioning. In Chinese, it's Yin, Yang. So one is Ego and another is Superego psychological terminology. So one is the ego and another is the conditioning so these two balloons go up like this gradually. So when they cover us we are cut off as children Beyond one, but we don't feel but we are one, but when the Kundalini connect us then only you can feel it. Now you see for example this instrument or whatever you have to put it to the mains otherwise it doesn't work. So you can call this as Kundalini. Which is in a coil? And some other threads come up open Sahasrara and connects. It's subtle very subtle.

Shri Mataji: How do we live? we live in three Dimensions like I Am here, and I'm looking at the mirror. So I'm the one who is observing my reflection is what I'm observing. There is an action of observance, so there is the observer, observed and also the observance, which is the Kriya activity that we live in this three. But supposing you become the mirror suppose then all these things drop out this is what is called witness state where you just watch, the whole thing is Drama but when we are not realised we get lost in the drama [HINDI]

so we become ourselves means we know ourselves. We don't have to take the mirror, we know yourself to know yourself is the only point and this is our heritage. This is the important point we Indians must understand. When they come you know they come and touch our motherland and say Namaskar. Some of them kiss these foreigners. the respect! Because they know what it is. I send them to Devagudu Thukaram place and other Sahaja yogis told me that mother they are rolling on the ground so I said what were you doing, they said mother all over mother earth these vibrations coming out. so we are rolling on it. [HINDI] overnight people have given up the drug, drug addicts, Alcoholics, overnight [HINDI] They have really become righteous they really become religious [HINDI] Because once you get the light, you know what it is that? If you have a snake in the hand if you are in the darkness you can't see, you can say it's just a rope. Once you get the light, you just leave it, because you know its a snake. That's what happens to them [HINDI] they become strong [HINDI] they give up aggressiveness. they are not aggressive. In their silence they become powerful. My husband always used to say that [HINDI] But you cannot make anybody? Now he says so many angels now he has to accept. I had to work out our years together. What is the problem? why we cannot have an amass realisation the time has come then I worked it out. In our country especially the young generation has no destination. They don't know what to do with themselves [HINDI] if they take to Sahaja Yoga now see in our Sahaja yoga, Yuva Sakthi, nobody then it

worked. All boys get first class first, All, wherever they are educated. All girls get married now we also have a marriage system. 84 Marriage, 13 Indian from Pune. They are all abroad. So many boys got married and in abroad.

Reporter:

Mataji, you take a personal interest in the marriage alliances?

[HINDI]

Shri Mataji: [HINDI]

I'm just telling them how you people are married to Indian boys and how Indian girls are married

[HINDI] And how you are enjoying your life, it's good. She coaches together

[INAUDIBLE] A dog doesn't think [UNCLEAR] only human beings think. We think we are doing it. The whole ego and the Super-ego both of them are sucked And all your karmas are finished. One goes Beyond the influence of planets. Yes, of course, Human destiny go after not after realisation, do you they affect? In the beginning maybe before not after [HINDI]

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TRANSCRIPT OF PRESS CONFERENCE NEW DELHI 19-03-1993

Sahaja Yogi: From all our Sahaja Yogis here, we give our pranams to Shri Mataji. A very warm welcome to all the members of the press, who have so kindly taken their time to be with us this afternoon. My name is Rajesh Shah.

Can you hear now?

So, I wished a very warm welcome to all the members of the press who have taken the time to be with us, the Sahaja Yogis and with Shri Mataji this afternoon. And we are very glad that you are here. My name is Rajesh Shah. I am from Bombay. And I have been in Sahaja Yoga for the last twenty years.

Today my task in the next one or two minutes is to not only welcome you very warmly but also to introduce some of the people that we have over here. And they will then be invited for two to three minutes to talk about different aspects of Sahaja Yoga.

We have Professor Doctor U.C. Rai whose book on Sahaja Yoga as an alternate medicine is going to be released tomorrow. Doctor Rai will be talking to us shortly. We have Doctor Brian Wells from London, who is a member of the Royal College of Psychiatrists and is a consultant with London hospitals, especially relating to addiction.

We have Doctor David Spiro also from London and he will be speaking to us; he is a general practitioner in the city of London itself. We have a number of other people with us who have been active in Sahaja Yoga for a long time. Mr Gregoire de Kalbermatten is from New York, is with the United Nations, chief of the policy of the United Nations capital fund. We have Doctor Mishra from Canada who is a neuroscientist. Doctor Galina, Doctor Bogdan from Russia, Doctor Hamid is from Austria – a consultant with the Department of Forests in Austria and has worked very closely with Sahaja Yoga methods on environmental control and forests.

A number of people are at the back, who we can call upon, who have various experiences of Sahaja Yoga especially in terms of diseases which doctors may have thought very difficult to cure but they themselves have been cured. So this is the introduction. I would now like to call upon Doctor Rai. He would speak to us a little bit about Sahaja Yoga and medicine for two or three minutes.

Doctor Rai: Her Holiness Mataji Shri Nirmala Devi, Rajesh Shah, Dignitaries of the Press, Ladies and Gentlemen. It is my great pleasure to talk today about something we have done at Lady Harding Medical College on Sahaja Yoga. Before I tell you what has been done, I will tell you about how the whole thing started.

I heard a lecture of Shri Mataji in 1984 and Shri Mataji gave realisation. And said that there is a cool breeze which comes when self-realisation occurs. After I lecture, I met Shri Mataji and said, "Shri Mataji, it could be a subjective phenomenon. Anybody can say when you are asking him, are you getting cool breeze, are you getting cool breeze?; he can say, yes, yes, I feel there is something there". So I said, "Shri Mataji, I do not believe in it much". And Shri Mataji was very benevolent and graceful, and She told me that, "Doctor Rai, you are working in a medical college as head of the department. Why don't you do research and find out what is the truth".

This is how the whole story started and I asked one of my students, a post-graduate student to take the work of Sahaja Yoga. And the whole thing was put into the faculty of the Delhi University and they approved the subject to find out as to what are the physiological effects of Sahaja Yoga on the human body. I will not go into details. When the thesis of this student was completed and the results of the data were collected and analysed, statistically we found very good results. And one of the most outstanding result was, there was a decrease in adrenalin secretion.

Adrenalin we know – when we are in stress, when there is anxiety, this neurotransmitter is produced in the body and is responsible for various harmful effects. For example, high blood pressure, usually which we get is due to the greater secretion of adrenalin.

And therefore we thought that the results were so beneficial, so good that we thought that another student should be given a dissertation. And this time we worked with the patients at Lady Hardinge Medical College, in Suchakrapani Hospital in collaboration with the Department of Medicine. We worked on the patients of hypertension, essential hypertension. And we worked on the patients of bronchial asthma.

And when after one year the whole data was collected and analysed statistically, it was found that it was very helpful as an adjunct therapy in cases of essential hypertension and also in cases of bronchial asthma. In bronchial asthma as well as in essential hypertension I may tell you; that the cause is not known, as yet. The medicine has advanced so much, but still, twenty per cent of the population of the USA suffers from essential hypertension. There is no treatment for it.

The various cardiovascular disorders say that the risk is high blood pressure. How to tackle this high blood pressure, except with the drugs. And the drugs are very toxic.

Therefore, in one of the recent conferences on cardiology, they have said that in order to tackle hypertension one of the things is that one has to come to the Yoga. By meditation. And we found here that in our patients of essential hypertension that when they were doing Sahaja Yoga, their neurotransmitter that is the concentration of adrenalin decreased significantly. And that was responsible for the beneficial effect. Similarly the psychological effect which is one of the factors of bronchial asthma was very effectively controlled and the patient of bronchial asthma who was doing Sahaja Yoga showed remarkable effect.

Now after these two works which we have done, we were very much impressed with the effects of Sahaja Yoga and we thought of doing some other work. And one day I was talking to Shri Mataji and She said, “Doctor you know, epilepsy is a left-sided disease. And it can be cured by Sahaja Yoga”.

I was really surprised, and I couldn't say anything before Her. But I was wondering how Sahaja Yoga can control epilepsy. You see, it did not come to my mind at all. But then you see, when I was reading the literature and I recollected. Then I caught hold of one paper of Doctor B. Ramamurthy, an eminent neurosurgeon of Madras who was the president of the Academy of Medical Sciences. And in one of the neurophysiology conferences, he said that he treated the patients of epilepsy by feeding the alpha waves which were stored in a module, from the yogis.

Now, this gave me a clue. And I thought that instead of storing the alpha waves of the yogis in a module and then giving it to the patients; if we ask the patients to do Sahaja Yoga, their alpha index will increase, and the patient may be benefitted.

So, another PhD thesis was taken up. And this time, because I retired at this time, I asked one of my friends Doctor Salva Murthy who is the Director in the Defence Institute of Physiology and Allied Sciences to take up this job of guiding thesis of Usha Judani. And she completed her thesis; it has already been submitted to Delhi University for evaluation. And when we looked at the compiled data of the results, it was really very astounding.

We found that even the compact spectral arrays, the computerised electro spectrographic records showed a tremendous effect, you see it became absolutely normal. And this was really very good science. When I went to Russia you see, I presented this

work and the Institute of Neurosurgery in Leningrad and the Chief of the Epileptic Department was very much impressed by it. And he said that "Doctor Rai, we want to do a joint venture research program because there is no treatment for epilepsy".

So these things have been scientifically done. Now, then one day Shri Mataji told me, "Doctor Rai, this Sahaja Yoga can cure cancer". Again, you see it was very difficult for me to understand. And for two years I just heard from this side and it went from the other side. Because I could not, it could not come to me at all. How by Sahaja Yoga, because by Sahaja Yoga, we get relaxation. That much part one can understand. But how Sahaja Yoga is going to help in the prevention of cancer. It was something which was beyond my thinking.

But when She said two or three times you see. And in the meantime, I was asked by so many persons during my tour to Russia, Italy and other places to write a book on Sahaja Yoga. And when I was going through the literature, I got a very important hint, which Shri Mataji enunciated in 1970. Shri Mataji said in 1970 that it is the Central Heart which is responsible for producing antibodies. She said that if in the childhood or if due to some cause your central heart is catching, the whole of the immune system will get depressed.

Now, this was a very important thing, which in 1977, at a holistic health conference in Toronto, called Seamonton, you see, he put a psychosomatic model for the treatment of cancer. Now his [inaudible] treatment depends on the surveillance theory of cancer.

Normally what happens is – all of us, sometimes or other, our immune system produces cancer cells. But normally what happens is, that our immune system is so strong that they are able to, the cells are able to kill the cancer cells. If somehow this immune system gets depressed, then the cancer cells proliferate, and they come into a full-fledged form. And that is how cancer occurs. This is the theory based on the psychosomatic model on the mind-body relationship put forward in 1977.

And now when we tried to analyse the data, we have found that this our theory of Shri Mataji is very correct. And if somebody is practising Sahaja Yoga, he might be able to prevent himself from cancer. And also from the heart diseases. This is in short, [inaudible] and I have written a book on it. I have written in it how we can prevent cardiovascular diseases, how the stress can be combated and nullified, how psychiatric disorders can be cured.

Thank you very much. If you want to ask any questions?

[Next speaker is Doctor Brian Wells].

Dr Brian Wells: Her Holiness Shri Mataji Nirmala Devi, Ladies and Gentlemen. Good afternoon. I am a consultant psychiatrist and I work in London. My main work is at the centre for research on drugs and health behaviour and I leave you our annual report for your perusal should you so wish.

The main work that we do is an international series of collaborative studies on drugs and HIV infection. And as I'm sure everybody in the room is aware, India has not escaped the problem with HIV infection. And there is now reasonable evidence for the World Health Organisation to predict that by the year 2000, Asia will have a problem with AIDS that is worse than that of Africa.

This is not some sort of shock tactic, this is the projection as based upon statistical research. What we do know about the treatment and prevention of drug misuse is that there is no one single solution. What is effective is a solution that actually addresses the whole person. For example, we can give methadone to people taking heroin, we can give substitute drugs, but it does not actually address the whole problem. What needs to be addressed is the whole person – and that includes the physical, psychological or emotional aspects. And also the spiritual and social aspects of an individual. There is no one treatment that fulfils all of these different obligations, all of these different criteria.

However, we do know that subjects who enter Sahaja Yoga – and we have many subjects who have extremely serious drug and alcohol problems including addiction. And as they develop and alter their awareness as a result of the practice of the meditation

in Sahaja Yoga, their values change, their physical state changes, their emotional state changes and their need for chemicals that alter the way in which we feel gradually melts away. There are now a significant number of studies and I will not bore you with precise figures, but some of my colleagues will be presenting hard data of a more technical nature later on.

But out of all of the treatment modalities that I have seen around the world, there is really none that is quite as complete, so complete, affecting the whole person so dramatically as the practice of Sahaja Yoga. Which is not simply a meditation, it is a physiological experience that alters different energies in the body. The practice of Sahaja Yoga restores the body into balance. It restores the physical side of the body, the emotional side of the body and the spiritual side of the body, thus replacing completely the need to take drugs including alcohol.

I should be very happy to answer any questions later on and I know that I have other colleagues who are going to come up and address you. So, I should be sitting here and would be very happy to answer any specific questions that you may have. Thank you.

[Doctor David Spiro addressing the press].

Dr David Spiro: Doctor David Spiro from London. [Inaudible/But I've] been asked to talk about the spread of Sahaja Yoga throughout the world over the past twenty years. I had the privilege to meet Shri Mataji about fifteen years ago in London. And at that time Sahaja Yoga existed and was practiced only in two countries in the world – in India where She started Her work and in London where Her husband had been posted.

And at that time, all the Sahaja Yogis from outside India certainly could fit around one very small dining table and quite often did. Now we have reached a situation where Sahaja Yoga is practiced in more than fifty countries in the world, every continent in the world and hundreds of thousands of people have had the experience of self-realisation that Shri Mataji describes, without any adverse effects whatsoever. And as you have heard, with very many benefits in all areas of their life. Thank you very much.

[Rajesh Shah addressing the audience again].

Rajesh Shah: We have heard the doctors speak. And I would very much now, on behalf of all of us who are here, like to invite the One who has taught the doctors about Sahaja Yoga. How the Sahaja Yoga is possible and who would, in Her words describe best what is Sahaja Yoga. So, on behalf of all of us, I would like to invite Her Holiness Shri Mataji to please address us. And after that, whatever questions there are, we can have that as a question-answer session for all the people that are here.

But before I do that, on behalf of all the Sahaja Yogis here – Shri Mataji, may I be permitted to just offer a very small floral tribute to You?

[Shri Mataji Talk]

Shri Mataji: Ladies and Gentlemen. It is very heartening to see so many press people are here. At the outset, I have to tell you that the knowledge of Sahaja Yoga is your heritage. It is an Indian heritage. It comes from India. And so, you have a greater responsibility. To see to it that if you have such a great wealth of knowledge in this country by which you could cure people, you could give them peace, happiness, collectivity, above all, joy; why not we do it?

But we are quite conditioned by the Western thought, and be the Western education and the Western medical science, I'm sorry to say. Let us see what we have in our own country which can provide solutions to so many things.

The second thing is that you do not have to pay anything for this. This is your own. This power is within you; this Kundalini power is within you. You don't have to pay; you don't have to become the slave of anyone; nothing of the kind. It is just your own and which works. And when it works, you know it is tangible. Scientifically it is tangible. The only trouble I find, that people are difficult. They don't want to open their eyes to something which is so great, which gives you the reality, which is totality.

Now the Sahaja knowledge, I wouldn't say is modern, or is Mine. We have had this since long in our country. I would say from Markandeya onward, we had Adi Shankaracharya. Then we had Gyaneshwara. Then we had all these people – like Guru Nanaka, Kabira, all of them have described it. But it was kept in such a manner that people thought it was too much philosophic or spiritual, that we cannot [Inaudible/do it].

Indians are the best suited for this. You are born in this country because of special reasons. Perhaps Indians don't understand that. It's such a great country, this yoga country of ours, of course, if you see outwardly it looks horrible. But it is not. And while you have a special responsibility I feel, that you can, if you can take it up seriously, you can easily, through your press, through your media you can spread something really good.

Now let us see the problems of today; is that is attention and this and that – is not the only problem. If you go to America you can find out full of AIDS, schizophrenia, I mean people are just destroying themselves from within. Drugs. I mean, what I feel there that people there are just bent upon destroying themselves. They don't want to think that this is wrong.

This solution is that once you become your self, you have to know your self. You want to try to find out your identity. Everybody tries to find their identity. Maybe in a dress, maybe in drug addiction, alcoholism, anything, whatever it is. And in that, they get lost. I feel very sorry for such people who ignorantly take to all these things and then get destroyed. If just, if they can know themselves, they can change very fast.

It is a very great shock to Me when I went to America. That they could not take to reality. They would accept all kinds of falsehoods, false gurus; this, that - waste so much money on them; but they would not take to reality. They wouldn't try to understand what it is. And now today, if you see the condition of America you will find out that children of twelve years, even younger are taking drugs.

In Sahaja Yoga, I have seen many people who came to Me first, as Doctor Spiro has told you, in England, they were all drug addicts. Absolutely. And they were sort of dedicated drug addicts. They were thinking this is the only solution for us. They were carrying on like a martyrdom about it. They got realisation. Overnight, overnight, they gave up drugs: overnight. Very surprising. It is something that as if in the darkness you are standing, and you do not know what you are doing. And suddenly you get the light and you give up all that is wrong and destructive.

Same in Russia I was surprised. Thousands of them. Thousands of them suddenly changed. So, it is all within us, this power, which can give you all the benefit of being a human being. It's very simple. It's extremely simple. It's just like this instrument here, I was wondering. Now, this instrument is here, if it is not connected to the mains it has no meaning.

Only thing, you are to be connected to your mains, that is all. It's all your own power, it's all your own property, everything is within yourself and which you can discover in no time.

Sahaja Yoga is a very wide subject and I don't know how many lectures I must have given. Thousands and thousands; in Marathi, Hindi, English - every sort of languages. But still, it is so simple, it is so simple that Ramadasa was asked - who was the guru of Shivaji - how much time it will take for Kundalini to rise. He said "tat kshanna", that moment. But the person who wants to take and the person who wants to give should be perfect.

Now the perfection in the person who wants to take is very simple. Is that he should have pure desire. He should have pure desire, that is all. No money is needed, nothing is needed, you cannot pay for it. It is a living process. It's a living process of evolutionary jump. Or we can say the breakthrough. And for that you don't have to pay a single pie, nothing, no effort is [inaudible], effortless – Sahaja. But only thing is you have to have a pure desire.

Now if you have come here say, with very mischievous ideas and a very arrogant and aggressive attitude, it won't work out. It

won't. You have to ask for it. Unless and until you ask for it, it will not work out. And you will be surprised once you get it, you will solve all your communal problems, fanaticism, everything is solved.

Now we have people from every religion. We have Muslims, we have Hindus, we have Christians, we have Jews – all kinds of people we have. But we worship all of them. For example, we worship Muhammad Saab, we worship Rama, we worship Krishna, we worship all of them.

There is no question of having any kind of fanaticism because in the light, we see that all these great people were born on the same tree of life. Only we have plucked them, these flowers and we are fighting among ourselves. These are dead flowers. But they are born on the same tree of life. So, this stupidity just falls off.

I have seen people who were great fanatics have changed after realisation. So, it is a chance for human beings to achieve that. It is a very great chance. Let us see our press, how much it is going to help the world to get to this chance. It is a very big chance. And once missed – I was talking to my son-in-law; he is a scholar. And he was saying that the chimpanzees became human beings. I said I do not think all of them were chimpanzees but maybe. And so many were left behind as chimpanzees. Very few became human beings.

So, he said how many do you think will become Sahaja Yogis because the rest of them will be left like human beings and will be destroyed. Through AIDS, through this, through that. I said I expect all of them to get realization I mean if you ask Me that. That is My hope.

But it is for you people, the press people; you do not understand how many powers you have. You don't understand how important you are. Whatever you write, you see, people believe it. Whatever you say people believe it. You are even more important than the Prime Minister or anybody else. So, at this time if you use your power for the right things, it is a "punya" (good deed). It's a great thing. So I have to request you just to pay some attention to it. It's really a serious problem for this country as well as for any country today, because this is "ghor Kaliyuga" as they say.

And all kinds of things are coming; self-destructive things are coming. So, we have to see that at least, if not anything else, please pay some attention to what is happening in your own country.

Thank you very much.

Yes, you can ask Me questions.

Journalist: Have you got any scientific or medical proof to substantiate that diseases like AIDS and cancer can be cured by this Yoga? Shri Mataji: Yes we have. We have one person just now; we have many, but just now we have called one person. Arun, please come. He is an architect, Arun Goyal. He was suffering from blood cancer. And this was, how many years previously was this?

[Inaudible reply].

Shri Mataji: Yes. And the doctors had declared he will die within one month. But look at him, he is still here. Then we have many others like this. The other day, one doctor; Hans was it not? Hans from Germany was cured. So many of them are cured of (cancer) like that. And we have also now here doctors from Russia. They will tell you how many people have been cured. Can you tell them, Galyna? We have lots of proof of it, no doubt about it. The doctor [inaudible] come along.

[Doctor Galyna speaks in Russian].

Translator: Respected colleagues, I lead the laboratory of Pharmacology, Neurology. [Repeating for clarity] Respected colleagues, I lead the laboratory of Pharmacology and Neurology.

And throughout my professional life, I have taken on the research into neurological and brain functions. In the Department of Eastern Medicine, we have just opened Sahaja Yoga – a medical, biological centre of Sahaja Yoga. We have started practical research. If you allow, I will tell you shortly about it.

We showed how vibrated water influences the neuron, the nerve cell. Through very subtle methods we observe the potential of these nerve cells. The nerve cell gives a specific answer to the vibrations. And the nerve cell:- the vibrations work on the nerve cell to ease or minimise the electronic emissions. I will not bore you with the technical aspects of it. If anyone is interested, they can ask afterwards.

I will like to tell you about the practices that we have in our centre. We observed 511 people who came to the school of Sahaja Yoga. Two-thirds were women. In essence, all seekers of truth are seeking some way. Most frequently there were headaches, nervousness, stomach irritability, ulcers and GIT type of problems. Every person filled out a special form. And in the process of ten days, he filled out this particular format. I will show you a spectral Victoria system of analysis.

The structure of these sicknesses when he came the first day to Sahaja Yoga. On the fifth day you see, that the symptoms and his sicknesses ease, and the area diminishes and the level of sickness eases. It is a Victorian analysis. Tenth day : Headaches, nervous irritability, insomnias on this side, GIT problems these are all parameters. Conclusions. This is the area involved with people who feel bad vibrations. If the vibrations of Sahaja Yoga are acting to neutralise the bad vibrations, you get a second diagram. And if he has harmonised himself using the method of Sahaja Yoga - the vibrations have neutralised this - you get this sort of pattern. It means a diminution in the area.

I have done a lot of work in physiology, but I have not seen a system which works better within the system of neurology.

Shri Mataji: Now I would request some Indian doctor; Doctor Nigam will tell you his experience and then Doctor Talwar can tell his own experience. They are doctors so you will believe them more. But there is one more thing that I would like to tell you. That supposing, I mean we are saying you don't have to pay money, do n't have to do anything, nothing of the kind. So the proof, what is it needed for?

What I am saying when we are not asking for any money or anything. It is all right. We buy any medicine and take it without knowing the proof about it. But here we are not taking any money. We are not doing anything. It is all right. If you want to know the proof we will give you. But actually, attitude – I am saying just see , watch your attitude.

Now here we have two eminent doctors. He is a surgeon from Lucknow.

Dr Nigam: Her Holiness Shri Mataji Nirmala Devi. Dear Friends. Here is a man standing before you who was once a very great, successful private practitioner, a medical private practitioner. And in the year 1980, all of a sudden while he was shaving, he had a very severe paralytic stroke. Within two minutes a normal human being becomes a cabbage. Since I was a medical doctor I was immediately rushed to the All India Institute of Medical Sciences. There I was treated for one and a half months in Medical Institute. They could not diagnose why I suffered with it. And then, I carried on, to go for my physiotherapy for thirteen months, regularly every day, which is on the record.

Being a medical man, I knew now that there is no way out by which I could become a normal man. At that time I was on crutches. I could not eat anything because my tongue was paralysed. I could not speak properly because my tongue and lips were paralysed. And on this earth, the truth is, I was just like an animal. Just like; I had nothing left in my life. Because being a medical man I knew that now I am not going to improve at all.

Since there are doctors here and you great journalists are here, I simply want to inform you – in medical science if somebody suffers from paralysis, he definitely gets improved; he gets cured. But in the first six months of the attack. My case starts, my

recovery starts after thirteen months of my stroke. I was told by somebody that you try Sahaja Yoga.

In the beginning, I did not believe it. But the day I met Shri Mataji I knew that this is the truth. And from that day on, I am standing before you. I travel a lot. Just to tell everybody that this Sahaja Yoga science is much, much greater science than what we are taught in medical colleges.

Believe it, this is the beginning of the highest science on Earth.

Medical science, I simply give you one example. Just one example. Professor Rai is sitting here. He was the head of the Department of Maullana Azad College. He was a professor of physiology. His wife was suffering with migraine for the last twenty years. And all these doctors, they were giving her four tablets of Compose(?) three times a day. Twelves Composes was given to his wife every day.

Look, he is one of the best medical doctors at least in India. One of the best. And he could not cure his wife. He had all the facilities and amenities with him, but nobody could cure her. And when she joined Sahaja Yoga, she has been cured .

What I have to inform you very humbly, sir, do not believe me. I give an open offer to all of you, with the permission of my Mother, Shri Mataji. I live in Delhi. If any of you or your relationship is suffering from migraine, very simple thing. Migraine means "adhyasar ka dard". Any of you is suffering – you come to me. Nothing is charged; we will work on you. And see the results yourself.

I throw a challenge to medical science doctors also. Can they cure this disease, migraine? No. Nobody can cure. But you bring to us. If we are able to cure you, then you believe us. Thank you very much.

Shri Mataji (in Hindi):[Look, now that he has said it, do not bring all the sick people. I request you. Because those who are physically fit and healthy, they are fit for it. They should present themselves and become their own doctors. You people can become your own doctors. You can heal yourself. It is not necessary that you have expert medical skills. There is no need for medicine.

You can just find on your fingers which chakras are spoilt. And you can cure yourself. But what happens is that as soon as a sickness is cured, two or three hundred people appear saying cure our illness also. It is better that you become your own doctors. You are press persons, but you can become your own doctor. By becoming doctors you can heal others yourself and also make great strides in all your activities.

Because with this, there is a type of dynamism that arises in an individual. He becomes calm in away. He understands each thing in a very beautiful way. You just think, in our London, there is a lot of unemployment. But not one Sahaja Yogi is unemployed. They are all employed. And all those who have come to Sahaja, they have progressed so much. It is not that they got money but because the state of their attention became so good that they rose to great heights.

Now the way of a mother is that if she has to give castor oil, she puts chocolate in it. But I add chocolate to chocolate, I can tell you that.] Hindi ends

Come Doctorsaab. Doctor Talwar will talk to you now.

Dr Talwar: Jai Shri Mataji. Too long and too far to be used to standing behind the mike and talking. Your Holiness, at Your Feet I only picked up only one thing:that there is something like what known as the language of vibrations. And that is what is learned in Sahaja Yoga.

My friend here, one of them asked the proof in the laboratory about the cure for cancer and for diseases. I want to put to you in all humility, the best proof and the best lab is the individual who is suffering from the trouble. It is actually the experience which

one goes through with the practice of Sahaja Yoga and bringing yourself into a balance that you literally find -literally find - a chemical and a neurological balance occurring within the body; which ultimately brings your wellbeing and brings you to the balance of ease, taking away your disease.

I only want to share with you my own experience. It is now forty years I practised in medicine as an obstetrician-gynaecologist and ultimately gave it up. Because I found the futility of only following the laboratory. Because the best lab is in within me. And I find that if my lab works properly, the effect of it is felt on the others also. It is actually correct when you say that the proof of the pudding lies in its eating. Not by the others' experience but you eating the pudding yourself.

Till you have the experience of Sahaja Yoga, it is very difficult for you to appreciate. I may be pardoned if I say this, to appreciate the real true meaning of Sahaja Yoga. If I tell you about my experience, it is mine. But I still put it before you.

I was proclaimed as a patient of essential hypertension. And tried as a guinea pig by my doctor friends for a number of years till I became a victim of medicine. So much so that the anti-hypertensive drugs which were given to me, gave me more trouble than the disease itself. Ultimately, thanks to Mother and thanks to the practice of Sahaja Yoga, I have not taken medicines for nine years now. And my blood pressure seems to be fairly balanced.

I can also share this that my wife is here, who is suffering from what is called as a poly-arthritis. Had become practically a cripple. And again being a doctor's wife, also as a guinea pig of so many medical friends. And she went through I should say more hell, in the process of treatment than the disease itself. But ultimately through Sahaja Yoga, thanks to Mother, she is sitting right here, and she looks very healthy, and she is full of cheer and laughter. Which seemed to have eluded our family for a long time.

And the last thing is, I underwent four operations on my eyes. And at one juncture, they said that my degenerative changes in the eyes had started and soon I shall go blind. This was about twelve years ago. Thanks to Sahaja Yoga, I even drive my car at night.

I can only say, these are very small experiences but very valid as far as the individual is concerned. In all humility I say, friends, this is a subject you should take it along with you. We need the media to spread something which is positive. And not just give the news which saddened us in the morning. Thank you very much.

Shri Mataji: Hamid, you please come. This is Doctor Hamid who is an expert on agriculture. He was a U.N. advisor to different countries for agriculture, and he will tell you how Sahaja Yoga can help agriculture.

[Inaudible].

Shri Mataji (laughing): You are a real seeker I must say, sir. He is a real seeker of truth. This is a very good question. Very heartening. I will tell you. It will work out in no time. (In Hindi) Your case will be done right now just sitting right here.

Dr Hamid: Shri Mataji, Ladies and Gentlemen. My duty is a little bit different than all the people who are talking to you.

Shri Mataji: Loudly. Go closer to the mike.

Dr Hamid: My duty is a little bit different than all the people who are talking to you beforehand. They are dealing with a human. And a human can speak and tell what is wrong with me, and the people can cure them and think about it, what is...what can I do for these people.

But my subject is in agriculture and my speciality is in wood. AND trees couldn't speak and couldn't tell what is wrong with me. We have to have some understanding and to understand the trees. And if you use vibrated water which is produced by Shri Mataji Nirmala Devi and, through Her vibration; and we use this vibrated water in a wood, in a forest, or in a farm, not only we increase our crops, but we get a very healthy wood and through this, a very good and nice environment. Thank you very much.

Shri Mataji (in Hindi): [Your crop can increase ten times. Through vibration. And so huge, understand, that a two feet diameter sunflower was produced, and 250 grams of sunflower oil came out of it. All of this happens through Sahaja Yoga. Animal husbandry can also become all right. And whatever he has done, it is an ordinary seed. It was done using ordinary seeds. So it is a wonder, a miracle. If this is a thing of Parmatma, then it has to be a miracle.

But first of all, we do not believe in God. Come, even if that is not there, you can call this a divine thing. Divine vibrations make all these things happen. He has proved it. Now he is originally from Iran, after that he is now in Austria as a very big agriculture in-charge. He has conducted a lot of experiments there and has written about it. And even here, he had given lectures in two to four universities this time.

Now, will you talk for a while Mishraji? You can tell about your experience. This is Doctor Mishra, he has come from Canada and he is a great scholar.

Journalist (in Hindi): Can you very broadly explain the meaning of Sahaja Yoga?

Shri Mataji (in Hindi): The meaning of Sahaja is, Saha means with you and ja means born with.

Journalist: How long is the exercise?

Shri Mataji: No exercise, sir.

Journalist: Means what?

Shri Mataji: It happens just like that. You sit relaxed and it happens. There is nothing to be done in it.] hindi ends

Dr Mishra: Her Holiness Shri Mataji Nirmala Devi and friends. I am Doctor Ram Mishra and I work at McMarsh University in Hamilton, Ontario, Canada. I am full professor of psychiatry and biomedical sciences. I am also a consultant to the United Nations, consultant to WHO. And I am here to provide you some proof which you were asking for Sahaja Yoga; gentleman just has left.

There are a class of peptides in the human system called endorphins. Now, these endorphins play a major role in terms of relieving pain, relieving stress and give you relaxation. They are also involved in directing cardio-vascular and cancer disorders.

So what we did – as a scientist, I generally want to see actual proof. In the test tube I want to see what is really happening. So we called twenty Sahaja Yogis and twenty non-Sahaja Yogis. And after fifteen minutes of meditation, we took the blood from both groups. And we found that the endorphin levels are about 50 to 60 per cent higher in those people who practice Sahaja Yoga for fifteen minutes.

Now mind you, these peptides also go up through other meditations. Like you do simple yoga, and you do the acupuncture, Chinese medicine – Chinese technique to cure the pains. So those things also cause the increase. But the bad thing about acupuncture is that the levels go back to the base level, so they go back to the below normal level and you have the pain again. Through Sahaja Yoga, you can maintain these constant levels. And I can show you this chart here.

Here – I do not know if you can see or not. But there are non-Sahaja Yogis and Sahaja Yogis. Big increase in the male Sahaja Yogis compared to the females. But there is an increase in the females also. But since these endorphin levels are regulated by menstrual cycles so there is a slightly less increase in the females compared to men. And here is the laboratory proof in Canadian people. Like, these are not Indians but they are Canadians who have been practicing Sahaja Yoga.

Shri Mataji: At the end, we will have Gregoire.

Journalist: Madam, I do not dispute the benefits of yoga to the mind and the body. The disturbed mind under stress, tension, I have no doubt that it does bring a certain equilibrium in your body. But what I have not been able to understand are the claims made by practitioners of yoga and meditation and bringing about the peace of mind is that nothing worthwhile in the world has been created by a mind at rest. All the best works of arts, literature, science; , everything has been created by highly agitated minds. Almost on the verge of a breakdown.

Can you give me any instances of people who achieved what you call realisation if they have made any worthwhile contribution to thinking, literature, arts, science, anything?

Shri Mataji (in Hindi): So your statement Sardarji is that peace should come, no? That is what you want, to have peace isn't it?
[Hindi ends]

Journalist: I do not want peace – of mind.

Shri Mataji: No, no this is correct. I agree with you entirely. It is the through agitated mind, everything has happened like that. Now we have to find a solution or not.

Journalist: Solution to what?

Shri Mataji: Solution is there. The solution is within ourselves.

Journalist: I have no problem. All I am suggesting is if you bring the mind at rest to peace, you will create nothing. Except for peace of mind and it is not worthwhile.

Shri Mataji: No, no, you see when you are peaceful, you are the best. Then you become much more creative. In a turmoil, what will you create? Think of a person who is in turmoil. He will only create turmoil.

Journalist: No. All the great poets of this world were in a mind of turmoil.

Shri Mataji: We have created poets in Sahaja Yoga, you will be amazed. There was a Chartered Accountant and he's become such a great poet today. We have so many poets who have come out. You ask Amjad Ali, he will tell you that through Sahaja Yoga only he developed his skill. So many musicians have come out of Sahaja Yoga; they will openly say that. You can ask them. You see it is the peaceful mind only can create. Not the turmoil. Never, never.

Gregoire, will you please speak. I think you better speak now. This is Gregoire de Kalbertemann. He is in the Union; he is from the United Nations and he will tell you he is seeing turmoil in the United Nations also and all that. He will tell you.

Journalist: I can only quote the greatest poet in the Urdu language who was deadly.. dead against all this practice of meditation and bringing peace of mind. Allana Iqbal. "Khudha tuzhe toofan se aashna na kar de, Ki teri leher ki maujo mein ishtna nahi" – there is no movement in your mind. You're not agitated. He constantly uses the word "talatum".

Gregoire: All right. We got your point. Thank you very much.

Shri Mataji: Agitation cannot give you the solution sir. Never. Agitation will create more agitation. Only peace.

[Another journalist joins in the banter – inaudible]

Gregoire: Now I think there is a misunderstanding. And the misunderstanding is that by meditation we do not mean passivity.

Shri Mataji: No, not at all. I think you better tell them.

Gregoire: Shri Mataji, sorry I do not understand anything about medicine. I am just arriving from New York. A bomb blew under the Trade Centre. I am arriving in a country where bombs blow all over the place. I, I – this is not very peaceful. I am aware of the United Nations involvement in Bosnia where Muslims kill Croatian, who are Catholics who kill Serbs, who are orthodox, who kill Muslims who are Bosnians. So this is a bit of creative agitation perhaps, but it is not the kind I enjoy.

What I am trying to say is that Sahaja Yoga; I see its relevance in political terms today. Because the greatest destabilising factors, now that the ideologies have gone; there is no Marxism and capitalism to hit each other's heads off, is the revival of fundamentalists, the revival of fanaticism.

And what I found in Sahaja Yoga is, through an experience in consciousness, you find out that what the major instructors of mankind were saying – that there is a way within oneself to touch that place which is pure energy. And that gives a state of mind, which - and I am sorry that the word disturbs you - which is peaceful. But you could also call it 'energetic'. Because it is an extraordinarily energising condition of mind.

So I feel that if we want to go beyond religious conflict, we want to go beyond this absolutely murderous folly which might destroy hundreds of thousands of human lives, one has to go back to the core of religion. Religion comes from the Latin "religare" which means to unite. And religion is to unite man with his own being. This is what Sahaja Yoga is. As a by-product, you have medical effects of which I do not understand anything. Thank God I have so many friends who are doctors and can talk about it.

But that peace is the peace of the being. And that is the condition in which Einstein found the Relativity Theory, it is the condition in which Michelangelo painted the roof of the Sistine Chapel, and it is the condition in which Leonardo da Vinci painted Mona Lisa. Now, these are no mean artists and they were realised according to the teachings of Shri Mataji.

Now Shri Mataji – nobody is a prophet in his own country. She is the most impressive, the most complete, the most erudite; I should say the sophisticated spiritual leader of this time. And it blows my mind, that in Her own country, people have so much difficulty to recognise it.

Because from this country so many crooks have come out. So many fake spiritual leaders have come out who have made millions of dollars on the naivety of Western seekers, selling them meditation course to become rich. Now, these are people who have private fleets, private airports. Now, this is nonsense. Rajneesh was taken out of the US with manacled hands because of all the indecent things he had been doing.

We have found out – I am saying us as a Western seeker, somebody who is truly genuine, truly powerful and who can give self-realisation. And that is the message we would like to pass on to you. Sorry, Shri Mataji, I am always getting into [inaudible].

Shri Mataji: I will answer him anyway...to you...[inaudible]. I understand. Now let us see, from where do the problems come. They come from human beings. They don't come from trees. They come from human beings. There's something wrong with human beings.

Now, what is wrong with human beings? Take it as a hypothesis whatever I'm saying.. I say it is your centres, your chakras. Because your chakras are out of gear, you have your physical problems, you have emotional problems, also mental problems, and all these kind of political and you can call it social. And all kinds of problems come because human beings are imperfect. There is something wrong with them. All right?

Now, if by some method you can correct them, then why not do it? Now see, I am seventy years of age. I am travelling all over the world. If you see my schedule you will say, Mother how do you do it. I am not feeling anything. I mean you won't call I am the person who is just sitting down somewhere in the Himalayas and just – nothing of the kind. They are all working. They are all very dynamic. And they are producing very good results everywhere.

Now he is a person who is running a very big company. Now he has bought another company. I mean, but because you are peaceful you can do much better. So, to be peaceful is not that you compromise with anything. It is not that, that you compromise anywhere. But the only thing is that when people start becoming peaceful, they start understanding each other.

We have no rapport with each other. We have no rapport. We don't understand.

With Sahaja Yoga what happens is you become collectively conscious. A new awareness comes in. I can feel you, what your problems are. You can feel Me, you can feel everyone. As a result, what happens, you also develop compassion. And you can correct people. If you can correct them, you correct human beings. Thus you correct all the problems that are created by human beings.

We have to accept; the problems are coming from human beings and nobody else. That is the only point. So what have we to do about it? If we can make all human beings...these are not human beings who will be just sitting down. Nothing of the kind. They are all working, they are very dynamic, they are expressing themselves in every way. Nobody is sort of meditating all the time. Only ten minutes in the evening if you just try to correct yourself, your chakras finished. Nothing more is needed. Only ten minutes you have to give to your growth.

So it is a science which everybody has talked about in a way. Like, I would say Guru Nanaka has said it. That "Kahe re man khojan jaaye. Sada alesa, sada nivasi tohe sang nap aye". It is he who talked about "Sahaja samadhi". He has talked about it and by, I would say he has done so much work for it. And Kabira talked about everything like "Ida, Pingala, Sukhman Nadi Re". Like he says that "Shunya Shikhar Par Anahat Baje Re". Nobody understands these things. This is what is Sahaja Yoga.

All this we are trying to show you. In yourself. In your Self, it will work out. You will know for yourself; I do not have to convince you. You will be convinced about yourself. So also, that, how much do we know ourselves? How much do we know our powers? You are so powerful, all those powers you must have.

The greatest power you have is of love and compassion. Which acts. This love acts. So, one has to give a chance to yourself, That's all: give a chance and see for yourself. Journalist: I would like to ask a simple question. How Your Sahaja Yoga is different from yoga sutras of Patanjali. You see Patanjali is such a great writer. That he says in one sentence what he says is in the whole book. "Yoga sthiti nirodhar" – to stop the process of mind, the Chitta is Yoga. How do you define your Sahaja Yoga? This is what people are not getting. You know, how do you define. Can you define like Patanjali what (Sahaja Yoga is)?

Shri Mataji: All right. I will, I will. Saha means with.

Journalist: No, no, no, no meaning is OK. How is it different from Patanjali?

Shri Mataji: It is not. It is the same. You see Patanjali is the same, but people don't read Patanjali. They read the only one-sixteenth part which is a little bit. Actually, if you read the whole "Sastanga".

Journalist: Yes, of course.

Shri Mataji: And then, later on, he comes to the fact that you should become thoughtlessly aware, which is called as "nirvichar samadhi", "nirvikalpa samadhi"- that's what is Sahaja yoga.

Journalist: Do you teach those?

Shri Mataji: Of course.

Journalist: All those...So.... Patanjali thing. Oh that's alright then. But that's yoga then. Why do you call it Sahaja Yoga, as different from yoga?

Shri Mataji: What should I call it then?

Journalist: Why not yoga? It's Patanjali's yoga.

Shri Mataji: We call it Sahaja Yoga because it is spontaneous. It is spontaneous that is why we call it Sahaja Yoga. It is called Sahaja Yoga since long, I am not the one who started this name. But if you call it Patanjali Yoga, it means standing on your head, it is not.

Journalist: What is not? [Inaudible].

Another journalist: You said do it for ten minutes. My question is do what? Don't say Sahaja Yoga. Do what for ten minutes?

[Inaudible, more questions, short explanation from Raja Shah].

Shri Mataji: The trouble is, your you people are such a great hurry. See, in Sahaja Yoga, you can get your realisation just now also, no doubt. But you have to be a little bit peaceful about it. All right. Because normally what we do is to call you in our centres, or call you in the big programs public programs we will be having. There we give realisation.

But I have seen that in Russia I must say. Russian press was very different and they got realisation. So it is not difficult.

(in Hindi) Those who desire it may put their hands towards Me like this. Whether you have it or not there is no guarantee. But just keep the desire in the mind. What is there to lose by putting your hands like this? Just put your hands like this. Now see, there will be a cool breeze. Both hands like this. That is it, nothing. What these are [Hindi ends]

...these are five, six and seven sympathetic [inaudible]. These are also sympathetic. [Switches to Hindi once more] When the vibrations come into these, you start feeling the cool breeze. There will be coolness on the head also.

This coolness that you feel for the first time, it is called the Chaitanya. This is the cool breeze of the Holy Ghost that Christ described and here we call it the paramchaitanya. Adi Shankaracharya has called it "salilam, salilam". Now do you people have some objections to putting your hands like this. Put your hands, what is the objection? This is a chance; I am sitting in front of you. Take it please, what is the hesitation.

You are the first to get realisation, Sardarji people. But do not know where you are wandering. They get realisation so fast, you have been prepared for just this thing.

Feeling the cool breeze?

You are realised. You are realised. You are realised, sir.

[Inaudible, laughter].

Shri Mataji: No, no. Now you should use it and see. Use it and see. All right now check on your head. Check your head.

Sahaja Yogi: Actually the air-conditioning has been shut off. That is why the voice level has changed.

Shri Mataji: What about you? Yes? Do not doubt it, do not have any doubts at this moment. It is doubting oneself. Are you getting it, son? It will come, in a little while. Keep the hands free.

Getting it? Yes? He has got it. What about you? You had a great desire. It is not coming? It will come.

You. The gentleman in front.

There must a lot of heat coming. There is a lot of heat in the body.

[English] Just try these two persons here.

[Shri Mataji is directing the Sahaja Yogis, who are moving about and working on individuals].

Shri Mataji in [Hindi] i: Down below is your Kundalini which is in the triangular form. And when she passes through the chakras, you attain realisation. We do not love the press, to tell you the reason clearly, is that if it does not happen they will write against Me. Now if it does not happen, it means there is a problem within you, is it not? There is no problem within Me.

Sir, you are realised. You also.

Journalist: After this?

Shri Mataji: After this, you come, meet everyone. Yes, it is coming. Now it will feel very calm. Now after this you will see the miracles which will tell you what is Parmatma.

(To Sahaja Yogis): Please see him. Why is it not happening for him? It should happen to him. He is a good seeker. They are getting. [English] Next to that. This gentleman.

[Sahaja Yogis are working on the people].

[Hindi] Sardarji are you realised? Guru Nanak, you give him, on the name of Guru Nanak.

[Journalist Mother is addressing as sardarji is sitting in front of Shri Mataji].

Journalist: [Inaudible/name is Khuswant Singh].

Shri Mataji (to someone): You should get it; you make the whole world laugh. You should definitely get realisation. Please check her, she is not yet there.

Sahaja Yogi: Yogi?

Shri Mataji: Yogiji, please see her. She is not through.

[Mother and Sahaja Yogis continue to work on the people].

Rajesh Shah: If I could have your kind attention for only a moment, please.

I would like to thank all of you for being with us. Sahaja Yoga, even this brief experience, those who have had it, this is only the beginning. Our Mother, Shri Mataji travels all over the world. She has the most gruelling travel schedule that you can imagine. And yet, we benefit.

If you would like to find out more about Sahaja Yoga, several of the Sahaja Yogis are sitting here, you can find out. Tomorrow morning, at ten o'clock in the morning, at the Bharatiya Scouts and Guides Club, we have a program where we have invited the public, and where Doctor Rai's book which he describes, will be released.

We also have a program tomorrow evening at the Constitution Club where all of you are very warmly invited. Where Shri Mataji will be talking to us and you will see over there the en masse realisation program.

On the 21st of March, is the 70th birthday of, for all of us Sahaja Yogis, our Holy Mother, Shri Mataji Nirmala Devi. So I would like to once again, on behalf of all of us here, offer a very small floral tribute to Shri Mataji and wish Her a very, very long life so that we can gain more and through us, the whole society can gain more. Doctor Talwar.

[Inaudible question]

Rajesh Shah: The program sir, is tomorrow morning at 10 o'clock in the morning. Sorry sir, 10:30 in the morning at the Bharatiya, which is in Nizamuddin. At Nizamuddin, the Guide and Scouts ground and then at 7 o'clock the program is, it's a public program in which the book of Doctor Rai will be released. And tomorrow evening is a public program at the Constitutional Club lawns, which will be a general talk; it's a felicitation of Shri Mataji and a general talk by Her. And an en masse self-realisation, which you have seen in a different setting here. But you will see that tomorrow in their thousands, real seekers will come at 7 o'clock in the evening. Then on Monday, Tuesday, Wednesday and Thursday, every morning – we have given this in advertisements today and it is coming tomorrow as well. The program is at 10 o'clock every morning for discussions and Sahaja Yoga meditations at this Scout Club grounds.

And in the same location on Tuesday 23rd, 24th and 25th evening, very eminent musicians and artists from all over India will be coming. And there will be programs from 6:30 every evening of music, in the presence of Shri Mataji. We have noticed that when many of these musicians whether its Bismillah Khan Saheb, Amjad Ali Khan Saheb, Professor Debu Chaudhary who plays the sitar, and many, many more; their music in the presence of Shri Mataji is again very different because they are connected. There is something divine about their music, so we invite you to come and be part of that program. Today, we thank you again and invite you to join us in some small snacks. You are welcome to talk to any of us again, welcome to come up to Shri Mataji and talk to Her. Thank you very much.

[Floral bouquet is presented. Applause].

Rajesh Shah: Please do join us for snacks. Do not go before joining us for snacks.

[Inaudible/Mother is talking to Sahaja Yogis. The group departs and sees Mother to Her car].

[End of recording].

1993-0320, Public Program: Ye Bhumi Atyant Pavitra bhumi hain

View [online](#).

20 March 1993

Public Program

New Delhi (India)

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

Public Program, Ye Bhumi Atyant Pavitra bhumi hain, New Delhi 20-th March 1993

[English Translation from Hindi]

0- 5.17 – Bhajan 1 - Namami Shri Ganraj Dayal bhajan by Sanjay Roshan Talwar

6.09- 11.52 – bhajan 2 - Jago Kundalini Maa bhajan by Sanjay Roshan Talwar

12.58 -21.47 Bhajan 3 – Vishav Vandita Nirmala Mata by Sanjay Roshan Talwar

Speech – 22.05 My dear fellow Indians, all those who were speaking the truth on behalf of the international Sahaja Yoga family, I welcome you all and my salutations to you all.

In today's environment we all know that we need something that gives us balance on a personal level as well as on a collective level, because of which we all can live peacefully in an environment which is beneficial for each one of us and we attain joy which is our birthright. It's been a really long time that we have waited for the other person to change. It could be a country or a household, maybe us as an individual, but we all know that we remain the same and never change. Nothing changed; neither the other person changed, nor we changed.

So many kugurus took birth on Earth. I have intentionally used the word kuguru. Anyone who cannot give us the Divine will be only called a kuguru. On this I think you will agree with me. Today at this time among ourselves during this 20th century, Shri Mataji Nirmala Devi has taken Her birth, and if you just see Her as a mother, like any ordinary mother who wants her children to be the best, live together in harmony, be joyous and progress well in this world, in the same way Shri Mataji Nirmala Devi made us into the state where we understand what is beneficial for each other and we live in peace, joy and harmony. This is what we all want.

Now today, in a while Shri Mataji will be here among us and will give realization to new seekers, tell old ones what is Sahaja Yoga, and will give you feelings of attaining Self-realization. Just trust yourself and believe that before you leave this place what a beautiful state you will attain. Till Shri Mataji comes to join us, we have a young newcomer who is 34 years old. Before I share about him I would like to tell you all that Sahaja Yoga is being practiced in 56 countries across the world. It has already attained international status. Keeping the international status in mind, I would like to invite Mr Amjad Ali who was born in Pakistan and at the age of 8 years left for Britain. He belongs to a rental farming background. He is a doctor and a researcher, a research scientist. He connected with Shri Mataji at the age of 23 years, and took Self-realization. For the last 11 years, he has dedicated himself completely to Sahaja Yoga. As said by Shri Mataji, you do not have to quit your job and what you are doing. Rather, whatever you are doing, you will be able to perform your duties better with Sahaja Yoga if you attain your Self-realization. Dr Amjad Ali is a short fellow, and thinner than me, but this kind of variety is worth a scene. But in reality we both believe that Self-realization is our true religion. In that direction we will move ahead further – he and myself, along with you all.

I present to you Dr Amjad Ali, and he will explain in his own words, as he has stayed abroad most of his life. One language he knows is of vibrations, which in a while you will also understand – Divine vibrations – but for now the medium of language we will use is English. I apologize to people who do not understand English. Kindly keep your hands open and you will be able to feel

the coolness on your hands, that whatever is said is true. Dr Amjad, please come on the stage.

28;32-Dr Amjad Ali: First of all, I would like to apologize that my Hindi is not very good. My Punjabi at the moment is also a little rusty. So I will have to restrict myself to English for the next 5 to 10 minutes. I invite all the sons and daughters of Bharat to this program to hear the words of wisdom which Shri Mataji has, and the technique of Self-realization that Shri Mataji has, which is to be bestowed upon everyone regardless of their race, color, creed or religion.

I was brought up in an Islamic household in Pakistan 34 years ago, and the thing that struck me most at the age of 7 or 8, when I pondered on the question of the existence of God, was why is it that people behave in such a strange way? Why is it that the Islamic people think that they are the chosen ones? Why is it that the Hindus think they are the chosen ones? Why do the Sikhs think that they are the chosen ones? And yet they all fight. What is the reason for this? It was really quite depressing. I went within and realized that the important thing is that human beings respect themselves and through that respect each other, because if we do not have this basic principle within, life is very difficult.

Throughout history we have had so many sages, so many prophets who have come at a particular time in the history of mankind, in the evolution of mankind, to give a certain message. What have we done? Have we heeded the words of wisdom? As I am from an Islamic background, it was a difficult stage in my development. I realized that quoting scriptures again and again did not give me Self-realization, did not really get me closer to God. The only thing that got me closer to God in those early days was the realization that in oneself is the spirit, and it is to this that one has to turn, one has to turn in order to get balance.

As I grew up I realized that the God we talk about is the All-pervading God. We say he only has one form. Yet in the Quran it is said that he is formless and he is form full. We cannot limit his dualities or abilities by our mental projections, by our own human qualities. The knowledge that is in the books at this moment – I will restrict myself to the Quran – is really quite simple, and the first thing that you have to understand and realize. If you want to attain a higher spiritual self and you don't know whom to turn to, sit quietly by yourself and ask yourself this question about these people who proposed to teach truth - for knowledge to charge any money. In Quran it says, "Follow only those who are rightly guided and ask for no fee." These ground rules have been laid many thousands years ago. As you can understand in Christianity, Jesus Christ, Jesus threw out the money lenders and the dealers from the temples. Money has nothing to do with God, position has nothing to do with God or spirituality, but a kind, gentle heart is the most important thing. In the times of the sufis they would sing, "La Ilaha illa illah," concentrating the attention of the level of the heart, knowing that if the heart chakra opened they would, if they were lucky, get their Self-realization. Very few people, in fact, received this in the early days.

Times have changed. Times have changed a great deal over the last 23 years or so. We have a particular technique which is available to all mankind. This particular technique, if you go back into the scriptures, into the Shastras, into all the religious texts, back into the texts, into the Quran, the hadees, you will find evidence. You will find evidence for Kundalini awakening. You will find evidence for Sahaja Yoga. The Prophet Mohammad Sahib has said you will get to God probation through meditation. In the state of meditation you will grow. The technique that he described actually talked about the Kundalini. He described it as a spiral staircase to God. Very importantly, if we go into the Surat Yasin it will tell you that at the time of Resurrection, at the time of judgment, the time of Qayamat, your hands will speak, your mouth will be closed or sealed, and your feet will bear witness to see what they earned. In other words, you will become conscious on your central nervous system once you have Kundalini awakening. Through Kundalini awakening comes peace of mind.

When the scriptures talked about the journey, Prophet Mohammad Sahib's journey through the seven heavens, journey not only through various techniques to the various chakras, but also through the various levels, going to God realization, all these techniques are in fact available for us today through the teachings of Shri Mataji Nirmala Devi. You may ask as a Muslim, how can you follow Sahaja Yoga? I say it is quite easy. The most important thing we have to realize is that first and foremost you have to be honest and truthful with yourself. What is it that you are actually seeking? What is it that you have achieved out of this lifetime? The fact that the only thing humankind has been able to do over so many thousands of years should give you sufficient proof that we have not attained or achieved a great deal. As Shri Mataji has said on a number of occasions, can we transform a flower into a fruit? All we seem to do is to transfer or to change one dead thing into another, and through that we become so

self-important, so self-indulgent.

We have so many problems on Earth. We have so many problems through fundamentalism that life is quite serious, but life was, is and always has been meant to be enjoyed. There is no point going through traumas and problems. The only thing we have to do is to attain peace of mind, attain a balance. I have come across so many people from all walks of life, not only patients of mine, who have followed so many different things, so many different gurus, so many different sects, and they all still have problems. You have to ask yourself why they still have problems. The answer is quite simple: whatever they have been following has not been knowledge which is true knowledge.

Once again, I say one has to be very honest with oneself. One has to be open-minded. This knowledge we talk about through Kundalini awakening has been described in so many different structures. In Islam the subtle energy we know about is known as Aasas. In the Chinese scriptures you can call it the Tao. In Christianity you can call it the Holy Ghost. It's all one and the same thing. So if we are all spiritual people, if we propagate to follow the teachings of Shri Guru Nanak Sahib, of Prophet Muhammad Sahib, of the various deities in the Hindu tradition, why are we fighting in God's name? Why are we fighting? We all want peace of mind. We all want good health and a long life, and it is not through segregation or isolation or compartmentalization that we will achieve this or attain this. The only way it can be attained is through the knowledge of the inner self.

I think we should sit down. Shri Mataji is not here yet. I will let you know when She arrives. In fact, over the last eleven years that I have been practicing Sahaja Yoga, I have seen so many different changes, not only in myself but in those around me. The person in fact who initially introduced me to Sahaja Yoga was a shub by the name of Rabindra Sareen, a Sikh gentleman, and it was amazing that the transformation I saw in this close friend of mine was quite amazing, and through this I realized that there must be something, some great working, some great mechanism which can give peace of mind, can give balance to someone, very quickly. The technique that Shri Mataji describes is accessible to everyone. It is simple; it is straightforward. No money is charged. You do not have to give up your religion. You do not have to give up anything. You will know on your central nervous system, on your fingertips, precisely the truth, the right answers to the questions. If you ask yourself whether God exists, you will get an answer. You can also ask yourself, for instance, was Prophet Mohammad Sahib the truth? You will get an answer. You can ask yourself, were Shri Krishna and all the deities of Hindu tradition part and parcel of the one God? You will get an answer. Because there are so many diversities in the various religions, we have to realize that unless and until we become our self, that is the spirit, we will continue to have problems. Balance can only be attained when one goes within. The Temple of God is within one's own heart.

Ladies and gentlemen, I hope that first of all you will keep an open mind today, and secondly ask from your heart for the gift of Self-realization that Shri Mataji wants to bestow upon us. It actually helps not only us; it benefits the whole of mankind – Hindu, Muslim, Sikh, alike. Thank you.

Leader: Amjad Bhai, thank you very much. Now I welcome one more youngster, whom you will see and understand in his own words how he has come out of his problematic situations and transformed. He is in charge of our Delhi Center, is a doctor by profession, but at this time he is the doctor of Sahaja Yoga. I am pointing towards Doctor Nigam. He will tell about himself and about Sahaja Yoga, about chakras, before Shri Mataji arrives. He will discuss about it. Dr Nigam, please!

43 min - Dr Nigam: I pay my regards to all the brothers and sisters who are seeking truth. We have gathered here to seek knowledge about Sahaja Yoga. Before learning about Sahaja Yoga you should understand something about yoga. What is yoga? Now Shri Mataji has arrived. Only She will guide you.

Mother's arrival – Jiakara 45- 47.51 min

Dr Nigam: Shri Mataji, we Sahaja Yogis of Delhi and the general public of the Delhi region welcome you. Now I would request Guido Iansza from Italy to welcome Shri Mataji.

50.53 – 56.34 Bhajan – Aaya hun darbar tumhare

1.04.07 Shri Mataji: My greetings to all the seekers of truth. Truth can be interpreted in many ways and can be explained, but in reality truth is eternal, and the truth is as it is. It cannot have any other explanation. But what is truth? Truth is that this entire nature, this world, this universe, all are ruled by God, and the power that we call Paramchaitanya does all kinds of living work; and the second truth is that all human beings are not this false identification with the body, heart, mind, ego, and so on, but are pure spirit. This has been told by many people and believed by many people.

Also, many disagree with the claim that in evolution in early times we were chimpanzees. Some said we were fishes. Some said that we were snakes. I don't know who has taken rebirth from which organism. It's all about the past. Not one of us knows which organisms we have re-birthed out of. It is important to know how we evolve. You may have come from any organism in the past, but today you are sitting as a human being, as human beings. There are some deities, and some Satans also, in the human form that you have attained today.

What is its purpose? What does it mean? Why did we come as human beings in this birth? What was the need that God had to make a human being? Or the law of nature had to make human beings? How are we to understand why we are human beings today? Just once, internalize and evaluate why we are human beings today. Why were we the chosen ones? Why didn't all the snakes on Earth get a chance to be human beings? Why are they still snakes? So many chimpanzees and monkeys, even lions, all kinds of animals are existing. Why were we few beings chosen to be humans? When we think thoroughly about this, all those who have ascended are focused towards their goals. Those who want to get Self-realization and want to be the spirit must be very few people. But this is our ascent. In Delhi there are so many people but how many are seeking their ascent? So many beings have been turned into humans, and yet so many still are organisms, or are left in animal form. It can happen that so many people get Self-realization and yet remain human beings. They do not rise up to be super humans. This is a big problem, especially for Me! This thing I cannot assimilate. Any human being who may belong to any nationality or caste, be of any skin color, whatever kind of thinking process he has, can get their Self-realization. To attain your Self-realization is of the utmost importance. This is one very big warning in front of you today, that how many people today want to attain their Self-realization? Want to attain a state which is described by sages and deities, and when today the time has come that we can attain that place, should we miss such a chance? This power called the Kundalini is within each one of us. By its awakening, and by its awakening you all can reach that state, and in that very moment you can attain the state.

It took us thousands of years to become a man from a monkey, thousands of years of evolution, but now I am witnessing that in such a small timeframe, so many people have taken to Sahaja Yoga. This is amazing! Sheer blessings of God Almighty. Paramchaitanya is in its full form and has brought Krita Yuga on Earth. It is time for Krita Yuga. Kali Yuga yoga is ending, and we are moving towards Krita Yuga yoga, Krita Yuga which is functioning. This is Paramchaitanya which is functioning. This is why thousands of people are coming into Sahaja Yoga. This is very surprising; thousands instantly get their Self-realization, especially in our country which I called the land of yoga. This is a great country! To be born in India is possible only after doing lot of good deeds. You will not believe this because if you superficially look at this country, it has nothing special, but in every single particle of this country the vibrations are there. The land you are sitting on is the most holy and pure land. In spite of all this, it is very surprising that so many saints and sages for centuries have worked hard on this holy land and said that you should know yourself. If you do not know yourself you have not achieved anything in life. Knowing oneself, wherever you are, any true guru has told you to know thyself. I am not talking about gurus who are worthless, but the true ones always preach "to know thyself". Analyse what they said like this.

Only today I was saying that if you see yourself in the mirror, then you see yourself and your reflection. Now you in real and your reflection is now a third state. Now in these three dimensions we live and we keep moving in these three dimensions. Either we are watching or doing the act of watching, but what if you yourself become a mirror? You become your own mirror, your reflection starts reflecting within you, and then there will be no difficulty for you because when you witnessed your own reflection you started understanding yourself. Till now you haven't understood yourself. Just for the namesake you have your own wife,

your house, but who are you in reality? Who am I? This you haven't figured out. The day you understand who you are, at that moment suddenly you will change. You will transform so much. You will change and transform so much that it is worth watching.

Now you can see so many foreigners sitting here. Out of all these people, 20% of them were under the heavy influence of drugs very badly. One fine day they received their Self-realization; the next day they quit their drugs. Today I went to holy grave of Nizamuddin Sahib. There were a lot of people there. So I asked them, "How many of you do not drink alcohol?" They all went quiet. They were Muslims, but they all drink alcohol. So what is the reason? The reason is that you haven't known yourself, but you are all a reflection of God Almighty. The day it happens I have seen that the people who are known for their alcohol habits quit and transform the very next day.

Because I have no knowledge about who I am, I have no respect towards my self, no self-esteem, no majesty towards my self. How many powers do I have? God has created me with such beauty, such love, you do not know. So how will you respect this fact? We do not respect a human birth and don't know how to behave towards it. We have not understood our purpose. When you understand your purpose as a human being, you will realize the peace within yourself. These kinds of fantastic people don't do wrong things. You don't have to tell them. You don't have to explain to them. They stand tall in their dignity. In front of them all the smallness, filthy talks, willow talks are nasty for them. They don't look at that side nor do they pay attention towards it, and they start hating all this. They start hating all those things in which, at one point of time, they were indulging. This is beautiful because we do not know ourselves. We are unaware of ourselves, the beauty by which we are made, the greatness by which God has painted us. By not knowing this fact we think like dust about ourselves. That is why we cheat our bodies, we hate our minds, and we shelve our brains. The power to unite all these functions, the power to enlighten all these is sitting with us in the triangular bone.

Now, everybody has spoken about this power, Kundalini. Kabir Das Ji has spoken, Guru Nanak Dev Ji has spoken, Adi Shankaracharya has spoken. Also it is written in the Bible and Quran. Everywhere it is mentioned about Kundalini, and in some places negative things are written about it also. Instead of understanding it, people started to change the facts about it. And during this process of changing the facts about Kundalini I believe that Buddhists went the most wrong, as they did with the preachings of Buddha. They all became tantric and they all played with the Kundalini in very wrong directions. In this process many people got lost. About the Kundalini awakening you should only refer to people who are authorized. What is their take on Kundalini awakening? Then the books were published which stated the ill-effects of Kundalini awakening; the problem arises after Kundalini awakening. In so many years of spreading Sahaja Yoga I have never seen Kundalini awakening giving problems to anyone. Instead, all those people who made their life by practicing Sahaja Yoga have achieved great heights. People achieve greater heights. Very ordinary people, not even highly educated, simple people living in villages or even a simple person walking on the road, each one can achieve Kundalini awakening. You don't need any specific caste, religion. You are a spiritual person and you understand the meaning of spirituality and you have lead a spiritual life, and if you are a nice person then Kundalini awakening becomes a lot easier, and even if you are not a spiritual person, whatever kind of person you are you get awakening. The most surprising thing is that nobody has ever gone away empty-handed in Sahaja Yoga.

The most amazing thing I feel is about Russia that a while ago even to take God's name was a crime there. You will be astonished to know every single program there, at least 16000 people came to attend the program, and every single human being who came to attend the program got their Self-realization. So what went wrong in India? This was the land of yoga, with so many saints and sages. What problems have arisen in this country that, unlike Russia, we haven't found people like Russia in India, although we are getting a few now, very slowly. I won't say that we haven't found them, but when I was in Russia people in their thousands were waiting to get Self-realization. What is the major difference between them and us? Also we already know so much about spirituality, and we are taught spirituality. From childhood we pay regular visits to temples, mosques, gurudwaras. In spite of all this, everyone's attention does not go on the fact that we should get our Self-realization. We haven't understood the essence of religion; we have understood the religions. There is no spirituality in the religions. They don't know the real meaning of religion but they claim to be religious. Those people do not do wrong things, but they are not Hindu, Muslim or Christian. They are just normal humans, ordinary human beings, and they understand how a human being should live. But we think if you are Hindu or Muslim or Christian or Sikh, that is enough. Now God will only garland my neck, because we think that

we are the religion, just like we have got the certification. Or we mentioned it on our forehead, as if when we enter God's Kingdom he will welcome us as his own men.

If a person of one religion is asked about the other religion, they will say the most bitter things. If you ask another one he will say the most bitter things for the first one. This is what we are doing all the time, finding fault with each other's religion. In finding fault, we ourselves have become corrupt. By God's grace this problem was not prevalent in them. They were all Russians. They were simple human beings. But if you are a Hindu do you worship Shiv or Sri Rama? If you are a Muslim are you a Shia Muslim or Sunni Muslim? If you are a Sikh do you follow Ravidas or Guru Nanak? All these kinds of useless thought processes and conflicts within us, and we all got separated anything very high solution-oriented about ourselves as if we are great human beings. There must be something good but there is still blindness. This thinking that, "I am great and better than others" blinded people, and the process of Self-realization became so difficult in our own country. Until you have this feeling, "I have not attained my completeness. I haven't got my Self-realization. I should get my Self-realization", you have to have humility to gain your Self-realization. You should have this pure desire at the bottom of your heart. Then definitely it will happen, but the feeling that, "I am a Hindu. Why would I not get my Self-realization?" or "If I am a Muslim why would I not get my Self-realization?" It will not happen like this. All these certificates of false religion do not work in the Kingdom of God. Firstly, what kind of a human being you are, and secondly, if you have a pure desire to attain your Self-realization, it doesn't matter which religion you hail from. You should have a strong desire that you want your Self-realization. The founders of all these religions have said only this, that you attain the light of spirit within yourself. What religion does not say this? Every religion says this one thing that, "Know thyself. Acknowledge yourself." We are better than others. This is the biggest difference I notice between Indians and Russians. Once they get their Self-realization, they establish themselves in Sahaja Yoga. You don't have to tell them anything.

Secondly, what happened there this morning is that many diseases are cured because of Sahaja Yoga, as Sahaja Yoga has curing powers. When the Kundalini which is residing in your Mooladhara gets enlightened, it clears out all the chakras, and because of this your health gets better. There is no doubt about it. Sahaja Yoga has cured so many cancers and other deadly diseases, no doubt about it. The moment people come to know about these healing powers, people start pouring in, with ten-odd patients for Me to heal, asking Me to heal them. People start taking the agency for curing. In India this is very common. People ask Me if My brother is a Commissioner and then ask Me for undue favors. The thought, how to take advantage of others, will immediately spark in their brains. They make mental lists of their relatives, relatives, relatives, more relatives, and try to keep Me busy in this. Here I am saying that you become your own doctors. Just see for yourself. When you become your own doctor, then you can cure everyone. What will you gain from curing everyone? The lamp which will not lighten up, what will you gain after curing that lamp? Even God thinks that, "Why treat the lamp which will never lighten up?" But you always feel like you're curing that person. This will not happen through Sahaja Yoga. This will not benefit anyone. In one or two cases people may get cured, and people start following you for curing them. This way, you will not progress in your spiritual growth.

In the same way, all the various past conditions/immorality within us gets excited. If you follow a kuguru and you know that he is a corrupt fellow, like just moving his hand in the air and presenting something of gold in his hand (to mesmerize), you know that he is immoral and a cheat. Even if it is advertised in the newspaper that he is not a good person, still you keep following him. If asked why, people reply that, "We have been following him for so many years." People are addicted to their kugurus just like alcoholics to alcohol. But you do not have to follow a kuguru. So now people come and tell Me that, "It's OK, Mother. We will follow him as well, as we will do Sahaja Yoga at the same time." It is like you are putting one foot in a crocodile's mouth and the other foot in a boat, and you want Me to save you, and along with your feet the crocodile will also be saved. Another thing is that the things which we are stuck so badly on, we cannot leave. You have to leave them! To the extent that the stairs by which you're climbing up, you have to leave those stairs as well. Knowing that it is a good ladder, it is like moving beyond religion. Rise above the conditioning of religion. Definitely it does not mean that you quit religion. It means that you get the true religion. It gets so much imbibed in you that you do not do anything which is anti-religion. The true religion becomes so much enlightened within you that you don't need a constant reminder about it. You do not have to differentiate every single time, that this is religion and this is not true religion. You do not have to ask any priest whether this is religion or not. You innately know what is true religion.

The second is to go beyond time. I am surprised how these Sahaja Yogis have moved beyond time. All those people who are addicted to watches and time all the time rise above time. We Indians cannot do that we keep constantly keep asking "What's the

time?" "Now this is the time to drink tea. I should get tea positively at this time. If I don't get the tea my head will start spinning." It's the same with the ladies, the same with everyone. A particular thing should happen at a particular time. We have become so much habituated to it. Things should happen at my time, my way. If it does not happen like that we feel that our life has come to an end. I feel that most of the men in India have become slaves to their watches. While being slaves to the watches, the scenario is such that people are not true towards themselves. They distance/detach themselves from time. Time bows down to them. December, wherever he stands, time obeys him. This can and will happen to you. But we are so conditioned.

One small thing I will share with you. The cinema people created the name of Santoshi Mata. I have heard a lot of experiences related to this devi. Especially in Delhi, ladies worship her a lot, but they do not get Self-realization because in reality there is no devi with the name of Santoshi. The one who is satisfaction, how you can call her satisfaction? Cinema people started the trend of Santoshi Mata. There are severe heights of ignorance in India. Can people from the movie industry create a devi? What a thing. There are so many things like that, like fast on a particular day, like the day a god is born you do a fast. Is it a kind of state of ritual impurity existing after the birth of a god? Why do you fast on that day? You should never fast in the name of God. God will never want you to fast in His name. Now if I tell anyone that you do not fast at God's name, they reply to Me that, "We have been fasting for so many years now." But why are you doing the fast?

If you ever want to hurt a mother, you only have to fast. So these kinds of conditionings are so much filled within us, irrespective of any religion we belong to. I say that this is what religion does to the people. Religion conditions them, and then they do not get their Self-realization.

So many various kinds of strange things have gotten into us. Now people are coming to India from abroad, coming with bags full of clothes as there is less demand for clothes abroad. So it's recession there. So the majority come to India to sell the clothes, believing that Indians are foolish and they will buy them. Now wear their clothes, be like them, go to discos, start drinking, and so on. We are becoming very modern. So we are stuck is not here then there. If parents do this, then the children go to discos, and we are keen to learn from them and we think that we should adopt their culture. Dear people, I have been abroad and lived there, and traveled. I don't think that, other than paper, they make anything better than us. It is a true fact. What will you take from them? Nylon or paper? What do you like from there? OK, once in a while you purchase a radio or television from abroad. What after that? I still wonder why we like so many things from abroad so much. I still fail to understand this.

One day My husband told Me to get a nice gift for his friend. So I went to Khadi Bhandar (shop which sells exclusive khadi material and handmade products) and purchased a nice statue of Shri Krishna and Arjuna made out of ivory. What should I wrap it with? The shopkeeper said, "We have a box in which you can keep this," but then I realized that this foreigner might not like this statue in the box. I really roamed and roamed in search of good wrapping paper. So whatever kind of wrapping paper I got, I wrapped the gift in it and gave it to him. So that foreigner friend of My husband and My husband were shocked seeing that wrapping paper. "What kind of paper is that?" Then I told them, "You unwrap the gift and see." In India we do not get good wrapping paper. The moment he unwrapped and saw it, his eyes popped out. Then I told them, "This is my proud India. We get one of the best things in India but we do not make wasteful things."

Let alone their ideas, now we have started adopting their culture. What is their culture? They are drowning. They are drowning in hell. Their family system has crashed. We are also learning from them. You watch the movies, and nothing other than husband and wife fighting like cats and dogs is shown. It is very surprising that in the English language there is not even a single novel which shows love between husband and wife. Love is shown only before marriage and nothing after marriage. Not even a single book. Do you trust this English language? They have tried to harm, harm our culture of the marriage system. They have tried to dispose of the marriage system, and you are fans of this kind of culture. Secondly, many more conditionings have come within us because of which men are so cruel to women. If females turn into Americans, men will learn the lessons well. All man will be hung.

I don't understand now why we are inclined towards this culture. Our culture is one of the highest cultures in the world. Whether you call it, Hindu tav, or whatever, our culture prevalent everyone, whichever religion anyone may follow, he will have great faith in Indian culture. Even this culture is under threat. While I was coming here I saw girls wearing clothes which are not suitable for

our culture. Girls are dressed like men, and men are dressed like women. It was so confusing. Who among them are men and who are women? And parents today do not object to this kind of dress. They do not object at all, nor do they pay attention to it at all. This kind of people will never go deeper in Sahaja Yoga. You will be surprised to know that the least number of people who have taken up Sahaja Yoga are Americans, so much less. The reason is the foolishness of the people in America. They do not have any knowledge about culture. It has only been two hundred years since they became a country, but we Indians are eternal in this country what all we have not witnessed. Even Sahaja Yoga belongs to India. For thousands of years people were doing Sahaja Yoga. Earlier, it was that one guru would give realization to only one disciple. While practicing this, during the 12th century it started to spread and by 16 century everyone talked about it,

"Sahaj Samadhi ligo" was told by Shri Guru Nanaka. Saint Kabira said, "Ida, Pingala and Sushumna nadi." Nobody even knew the meaning of it. Different types of people were born in the 16th century, maybe in Maharashtra or in Southern India, maybe in Punjab or in Uttar Pradesh. All these people were saints and sages. You think all these people said things which do not make sense. So many high-order thinkers were never born in any other country, but they could not impress us. Because of this, wrong practices started in all those people who think that they are very smart and intellectual and want to keep people in limited box thinking. In this country we talk about eternity, and to understand this, our brain's capacity is not suitable enough, not worthy enough and cannot understand. To think about eternity, you have to go deep into it, experience it. Only in the subtle system as a spirit can you understand eternity.

So this is the kind of great country you are born in. Every other country in the world looks to India for this knowledge. People of the world think what great qualities Indians must possess. That is why in this expectation they come to this holy land. Foreigners also think that we are very, very spiritual people. I hear the same thing from every country. What India should be proud of is the spirituality in this country. Every country has grown taller like a tree in their culture and their civilization, but we have knowledge of the roots. Until these foreign countries attain the knowledge of their roots, their trees of culture may fall down. Undoubtedly, they are falling off and getting destroyed. The roots belong to our country, the great India. You don't have to walk in the footsteps of the foreigners. They have nothing in them. We Indians have so many powers and knowledge. You just attain that, and understand that for a special reason you are born into this country. You are also special to be born here; you should understand that feeling. Respect that feeling. Face yourself and attain this spirituality. In Sahaja Yoga you can attain this.

To better understand the Kundalini you can take books from these people, and you can read them. We are ready with some of the reading material. Saint Kabirdas has said, "Pari pari pandit murakh bhaiye." I have met many of them. So before reading, I would suggest you have the experience. If anything cannot be experienced, why read it? Experience is everything. Talking is just lip service. Shri Shankaracharya has called it "Shabd jalam"; "You take me out of this word web". Don't get entangled in this word web. The same thing I am going to tell you today, how great you are. You should not listen to My words but see it and experience it, and understand it. For Me, nothing is more satisfying. Thousands of My children, girls and boys, all the knowledge I have is for you. You will enlighten all the powers within you. All the powers should flow from you, and the world should witness it. What more can a mother ask for?

I hope that you will understand what I told you today, and today everyone will get their Self-realization. After Self-realization you are in complete bliss. You start thinking that now you have got your Self-realization. You are a Sahaja Yogi, but realization is not Sahaja Yoga. When I was 17 or 18 years old when Gandhiji called for the freedom fight, I left everything, our studies in between, and jumped into our country's fight for freedom. And we contributed hard in Gandhiji's efforts for freedom. The police even tortured us, hit us hard, made us lie down on ice bricks, gave us electric shocks, and did lots of atrocities. But we all fought for our freedom. Now you all can witness what we have done with our freedom. Now you learn about self-knowledge. You learn about the spirit and the body. And this is the new fight for freedom. If you have got your Self-realization and you do it in your home and your limited premises, it will not work like that. You will have to be collective. You have to participate completely in it. You have to be a part of it, with full commitment. All those people who did this, see how they have risen. This is the need of an hour. Earlier those who fought for the freedom of the country and made all the sacrifices, it is possible that only a handful of people did that and they all started thinking very highly of themselves. In Sahaja Yoga, until you understand your system completely, you are not free. Until you commit yourself completely to yourself, till then you cannot ascend. You do not sacrifice your household, your family. You don't have to spend a penny; you just do nothing. Just spend some time on yourself, and just by

giving some time to yourself you can attain this.

Today I have discussed with you about Kundalini in brief. You can read about it later, but for now try experiencing it. It is important to get your Self-realization. Just like you can see there are so many bulbs, you switch on only one plug and they all lighten up. But in case you ask Me silly questions that, "First tell me from where the electricity came, from where did it come to Delhi, how it entered into the Constitution Club". By asking these questions you will give Me a headache and your head will also ache. It's better that you get your enlightenment first. We can keep discussing the rest of the things later. For this you need to have a very strong, pure desire in your heart. The pure desire of the Almighty is the power of Kundalini. The rest of the desires, even if they get fulfilled, we never get satisfied. So please keep a very strong desire in your heart that, "I should attain my Self-realization". If you all have this pure desire in your heart you will get your Self-realization, and I have full faith in that.

Pranams as gesture.

1.52.08

Now I will tell you some very basic things, nothing very particular. So do not get angry. Firstly, if possible kindly remove your shoes. Check if you are wearing any holy threads or talisman. Kindly remove that also. Now you all know that you are Indian, and now you can feel what great people you are. Everyone kindly open your hands towards Me like this. Please put your hands towards Me like this. Keep your eyes open. There is no mesmerism of any kind. It will be good if you keep your eyes open. Kindly check if there is any cold or warm breeze on your hands. Are you feeling any cool breeze on your fingertips? This is vibration, this is Paramchaitanya. This is also called Ritambhara PrAgnya. In the Bible it is called the All-pervading Power of God's Love. Keep your right hand towards Me and your left hand above the head. Put it a little higher. Can you feel something cool? Keep your right hand towards Me, right hand. I am saying right hand but sometimes people get confused. Right hand towards Me and left hand above the head, just like I am doing. You will feel a cool breeze on your head. Some people may feel heat, but it will cool down in a while. If it is hot, kindly forgive everyone.

OK, now put your left hand towards Me. Please put your left hand towards Me now, right hand above the head. Can you feel the cool breeze? In your heart, kindly ask, please ask in your heart, "Mother, is this the All-pervading Power of God's Love? Mother, is this Paramchaitanya?"

Now once again put your right hand towards Me and put your left hand on the head and ask. Bring your hand down. All those people who could feel a hot or a cool breeze on the hands or on your heads kindly raise both of your hands. All those people who could feel a hot or a cool breeze on the hands or on the fontanel bone area, kindly raise both of your hands. This is Delhi. You all have become saints. You all have gotten your Self-realization. You know when I am abroad I keep My hand for half an hour on each chakra of the foreigners, and you people got your Self-realization just like that.

Now understand your value. No one gets their Self-realization so easily. Sometimes it takes three days to give them their Self-realization. This is your specialty, but going further can be difficult. Now you have to go to our centers. From tomorrow morning onward there will be a nice program for the next five days, morning and evening. In the mornings there will be discussions on different topics, and they will explain to you what you have gained. In the evenings we will have musical programs. Hopefully, you will gather here in greater numbers with your relatives. Inform your brothers, sisters and friends. Try to understand its importance. If you miss this, most of you will grow higher to become deities, and some will be left at the human level. I don't know what will happen to them at the human level with kind of air in environment everywhere. For your relatives you cannot do anything better than this. Try coming tomorrow morning. I don't know the exact time. OK, it's not tomorrow but the day after tomorrow. Now he will tell you what time on the day after tomorrow.

Dr Nigam: This is to inform all the brothers and sisters, the day after tomorrow at 9:30 in the morning at the Bharat ground opposite Nizamuddin police station, here from 22nd to 25th each day we will tell you about Sahaja Yoga. If any of your chakras are not clear we will tell you about the clearing techniques. We will tell you how to meditate. If anyone has any personal problems we will discuss that also. The morning session is 9.30 am to 12 noon, and the evening session will start at 6:00 pm. You are all

cordially invited. Bhartiya Ground opposite Nizamuddin police station. Thank you.

After these five day sessions you all will become firm Sahaja Yogis , experts. That is why I said that you should have five day sessions for the Delhi people. You will have to work towards it. I know some of you will find an excuse while on your way back. So please tell your heart not to make excuses. This is one chance where you are not paying anything from your pocket. Just give some time for yourself and for your Self-realization. I hope you all will come back the day after tomorrow, and you will gain from it completely and you will emancipate the whole world.

Pranams - gesture

Now kindly maintain this peace. Kindly do not debate on this issue. This is beyond the intellect. Maintain this peace. If someone is trying to get into an argument or debate, just hold your hands and send them to the parliament.

For all the foreigners, I am sorry that I have to speak in English (Hindi?) language, our national language. There are so many people here who have knowledge of English but I find it easier to talk in Hindi language to them. I hope you don't mind. Of course, you all know everything about Sahaja Yoga. Whether I speak in Marathi, Hindi or English, any language, you know everything. So I hope you all do not mind. May God bless you.

Tomorrow you can ask questions also. If you have any questions bring them in writing. We will answer your questions.

2.04.30 Music in background

Mother talking in Marathi

Before you leave please listen to one song by the foreigners. They have composed it. See how beautifully they sing in Hindi language. Please listen before you leave.

2.05.55

Sat janam jo puniye kiye haain

Come tomorrow. Everyone should come tomorrow. You all will get photographs and so on. You should all come.

Also, this is to inform all the new Sahaja Yogi brothers and sisters that we have one center in Safdarjung Enclave on Wednesday, and every Saturday at 6:30 pm we have a Centre behind Qutab Hotel. Here we will tell you every Saturday and Wednesday how to clear your chakras, how we can keep our Kundalini risen high. We will share all the knowledge about these things. Please do come. You will not gain anything just by Darshan /visitation/holy glance. Please do come and get rid of all your problems.

Thank you.

Shri Mata Ji Nirmala Devi ki jai

Shri Mataji Nirmala Devi ki aji

Bolo jata janani Mataji Shri Nirmala Devi ji ki jai

Shri Mataji Nirmala Devi ki jai

Shri Mataji Nirmala Devi ki jai

Please maintain silence and do not rush or gather here. Kindly do not rush or gather here.

Shri Mataji Nirmala Devi ki jai

Shri Mataji Nirmala Devi ki jai

1993-0320, Birthday Felicitations

View [online](#).

20 March 1993

Birthday Felicitations

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

Shri Mataji's Birthday Puja Seminar, Opening Address. Delhi (India), 20 March 1993.

After listening to all these beautiful reports about Sahaja Yoga, I myself start wondering how it has worked out so well and what must have happened that in those days of Kali Yuga it has not only worked out, but it is tangible. Scientifically, we can prove it.

Of course, the health of a person is the most important thing and that has to be brought to a normal condition is the basic of kundalini awakening. But still, the way it has spread, the way it has worked out is more the credit to you than to Me. Because these are special times, as blossom times and so many of you who were seekers before, seeking truth all over, going to Himalayas, standing on your heads, fasting, doing all kinds of renunciations, everything, now have taken birth and are normal people, householders. This was all promised that such thing will happen. Only with such people Sahaja Yoga will work out.

So, I would say, whole thing is a plan which has worked out. You all took your birth at this special moment. Even if you see the position of stars and all that you can see clearly how everything has clicked together. It all a divine plan, but, in your case, it is your own decision because we are human beings and you have been given freedom to choose. It's your own decision to take to Sahaja Yoga. This is the time when there are billions and billions of seekers. Seekers are banging their heads all round. When I listen to the stories of the Sahaja Yogis who came to Sahaja Yoga, I am really astounded the way they were at it, the way they worked hard, the way they did everything, whatever the false gurus told them, whatever the books told them they ransacked the libraries, everything and were so desperate for it. This has come from your last lives, that you are seekers, but you have been seekers also of the same type in your last lives and you took birth now, at this moment, with your decision that you have to come to this Earth. Maybe you are not aware of it. But the second decision that you take is to come to Sahaja Yoga. Normally, if you see, there is market about these gurus all over. They have a life, an astatic type of a life. They wear saffron clothes or, I don't know, they wear also some horns or something to impress people. They have so many ways of publicity, so many ways of collecting people, mesmerizing and so many are lost. Specially for the people from America and all rich countries, you see, it was more alluring that you could pay for it because they told Me that if you can pay for it, then you are sure you know what it is going on. With that kind of a background which came to them in this lifetime that money is the one which gives you validity.

And Sahaja Yoga started in a very small way, as you know, with one person. And I used to cure people one after so many people were cured, but still they would not come to Sahaja Yoga. No commitment, nothing. They never felt any responsibility that they should help others, but on the contrary they would collect so many if I cured one person, he would collect ten more and bring it to Me. Like an agency evolved. Also so many Sahaja Yogis in countries started curing people. They found that all people who were cured were useless, were no good for Sahaja Yoga. So I told them, Use My photograph. Best is to use My photograph, then you won't catch and they will develop that shraddha, that sort of a dedication, at least for the photograph. Then, gradually, they'll come to Sahaja Yoga.

So the second choice that you have made a decision that you are committed to Sahaj Yog. You could have done it, as others have done it, thousands, who just got cured and out of it or who had some help and got out of it. But no, you are committed. You are committed to it. Now this sense of responsibility, this commitment is a sign of a higher awareness. Otherwise, what is there to gain in Sahaja Yoga, if you see from material point of view? I would also say for doctors, you see, it's easy to tell them this happened, they got cured. They must be getting frightened that, If this Sahaja Yoga is going to cure everybody, what are we going to do? How are we going to earn? After all, we've studied for seven years, spent so much time and now this Sahaja Yoga is curing everybody. So, what are we going to do about it? And they could be quite frightened and they could be thinking that, whether or

not I have anything to do. I know of one doctor who himself has no practice, but he's after Sahaja Yoga because he thinks all doctors may have to starve. Is not so. Of course, Sahaja Yoga is definitely curing people. Even en masse, it can cure, no doubt. Still there are so many left for the doctors to cure them, so they shouldn't worry about that point. But one thing is definite, if you are a doctor and you know Sahaja Yoga, you can easily help the patient to be all right without going into diagnosis or other procedures you have. They're very, very simple. But, I tell you, it's a business now. Medicine has become a business. When we were studying medicine, we had to remember each and every prescription, every word of it, and the doctor had to prepare it, and the compounder had to make it and the doctor was responsible. But nowadays there are industries which are creating these medicines. Like these antibiotics are prohibited to Sahaja Yogis, but for anything they'll give you antibiotics and it's a very, very dangerous, very dangerous thing to take antibiotics. But for doctors it's very easy to just prescribe antibiotics and take the fees for that.

So the whole thing has become so industrialized. Everything is an industry. Even if you have to buy seeds for your farm, you have to go to some industry. In the same way, medicines have become like that and naturalness by which some of the things would have worked out, very easily, very cheaply, you cannot do it because for a doctor, unless and until he prescribes something, very high potency type of a medicine, he's not regarded as a great doctor.

Under these circumstances, we are now Sahaja Yogis. I would say the Sahaja Yogis must have full faith in themselves. First of all, they must practise Sahaja Yoga at least for ten, fifteen minutes and there is no need for you to go to any doctor. No need to purchase any medicines. No need for you to get diagnosis done. Like the other day we had a doctor who is having a hospital, a kidney hospital, and he's doing dialysis. So, this doctor came to me. He is now having a kidney trouble. I said, Doctor, I'll cure your kidney on one condition, that you stop dialysis because you know that by dialysis you are not going to cure anyone. He said, I know that, but before person dies dialysis he must become absolutely a banker, absolutely a banker because he has to pay for that dialysis, no money for his children, no money for his wife and he just dies as a bankrupt, giving all this money to that dialysis machine. So he said, How can I do it? I've bought all these machines here, so expensive and now what can I do with it. I said, You give it to somebody else. At least, you get your money back. No, no, no, you see, I've invested so much money. So, you see, the thing has now become an investment.

As Sahaja Yogis, as Sahaja Yoga doctors, we have to think how we can reduce the problems of this world. If you start everything weighing in money, then it won't work out. If the doctor just thinks that, I have to cure this patient, he cures that patient. Just, say, without taking money. It's very difficult, but supposing he does that. Without taking money he cures that person. Now what happens? He might think, Mother, how can I earn? You have to believe that this is Divine Power. Now, still we are sometimes on this mundane level. This is Divine Power and the Divine Power provides you with everything. Now believe me in that. You want money, you'll have money. No problem. Which way you'll have, you can't say. Any way. Suddenly, you will have money, as much you like. Whatever you need money for, you will at least have that provision. So this faith has to be very strong. What Rajesh has told or these people have told is true, but they have a complete faith that this Divine Power will give everything.

So, once you have that deep faith within yourself I mean I cannot say you can just bring the faith and put it in a heart, but the thing is that it is to be inculcated. You have to meditate and inculcate this faith within your heart, that we can do all these cures without taking any money, without anything, but there will be money, money for your use. You won't become a rich man like Ford or anyone, but you'll be a sensibly paid fellow. You don't have to worry about money because you are a Sahaja Yogi and that. How can you work, Mother, when I have no money? You just try. I tell you, they have told so many miracles of health, but about wealth, if I have to tell you it will take at least hundred days, somebody was writing miracles about wealth and the whole thing came up so much on my head. I said, Forget it. You cannot publish it. It's so much. Everybody has gained. You know that. Somehow everybody has gained a lot a lot in wealth also. So health and wealth, but above all is your spiritual wealth, which is the one which gives you joy. Why do you want money for? Money for getting joy. But if you get joy, why do you want to have money? It's a headache going to the bank, signing the cheques, making mistakes, income tax on your head. If you take that kind of an attitude, I can tell you, assure you, you will have no problem. But I have seen, after coming to Sahaja Yoga also, people start worrying about money, too much. Then sometimes they get into troubles, I know. You should not worry. There are so many things in which we get involved, like they come to Sahaja Yoga, the first thing they do, Mother, my father's uncle's wife is sick, so will You cure. They'll bring her down. Somebody, my daughter, my father, my brother or someone is sick. First thing that goes into

their heads, Now, this is a lady we have found out can cure. All right, how can we use her. So where should we plug her? You see. So they bring all kinds of sick people. That's one thing. Then the second problem comes in, Mother, I have this problem, financial problem, financial problem, financial problem. Afterwards, very late, sometimes, with some people, they start saying, Mother, my vibrations are not there. I would like to have my vibrations. I would like to feel the vibrations. I would like to be one with the Divine. If it is the other way around, everything'll work out. First you should say, I should have my vibrations. I should feel the Divine Power. Once the Divine Power is in your hand flowing, what do you want?

So now this where we lack. I'm not saying you should have blind faith, but you should have shraddha, is an enlightened faith within you where you should see that something has happened, this has worked out, so why not the other thing will work out also? This, once is established, you will really find that all your so-called problems will dissolve into something. There will be no problems. No problems at all.

So for Sahaja Yogis it is very important that they should meditate for ten, fifteen minutes when they are in nirvichara, in thoughtless awareness, where they will grow spiritually. Once you grow spiritually, then the rest of the things follow. Like, you see, somebody's begging on the street. All right. Then somebody's running after some minister, new minister. Somebody is anxious to buy a car or something, a house or something. But supposing there is somebody who can give everything. Everything, you can get it. So why not get that? If you can get that thing which gives everything, then why not get to that and immediately you will see that, as soon as you fix your attention onto that, you will see that all problems will fizzle out, absolutely. But that kind of a faith is Ñ I have seen that is rarely there, but now there are so many who have found Sahaja Yoga so miraculous, who have come up to it and it works.

Like I know of a lady and she was told by doctors that you have developed cancer. She's an impossible. I cannot ??? I am a Sahaja Yogini. How can I develop cancer? Said, Don't want to believe it. No, I don't. She went to another doctor. You have no cancer. Only saying that has cured her. How can I have cancer? Only saying this thing with complete faith in herself has saved her. It might have because cancer disease is all the time coming, going within our body. Is not something is like our mosquitos, I must say. But when she says, No. It cannot be. It cannot stay. Not me. It's kjust finished. She came and told Me this, I was amazed at her. She said, Mother, I jst don't. and it worked out.

If you have faith, cancer can be worked out, only with prayer also. Any disease cn be worked out with prayer. But this faith part is very important. What Rajesh said is correct. I know of another fellow, Mr. Sharma from Bombay. His wife was suffereing no, his mother was suffering from cancer ??? He was in Bombay and he received a message saying she's going to die within three days. It's all gallaoping, you know and this happened and he went to Rotha. He saw his mnother dying, felt terrible and he just prayed, Mother, cure my mother somehow. She wouldn't even talk. They said, Three days she will die. After three days she was out of hospital. He brought her to Bombay. They took her to the cancer hospital. They said, She has no cancer. Now she was not a Sahaja Yogini, but the faith of the faith of this man. Because now you know there is, there is God. You know it. It's actualization You know it. It's not just telling you, There is God. There is this. Nothing.

Now you all have become realized souls, you have become walis, you have become Atmasakshatkaris, so now only thing is have faith in yourself. That's all. All great people, like we are sitting here with Nizamudin here, such a great incarnation I would say, a great realized soul. I came here first before coming to Bombay. I came here and after that many people started recognizing, many Sahaja Yogis came here. Now what was the difference between him and you was that he had complete faith that he was one with God. He had complete faith. That's the only point sometimes missing in Sahaja Yoga which you should try to have. Once you have that, will solve all the problems of the world. All these conditionings, all this ego will drop out like that.

So try to understand that such a great responsibility is on you people. There were only few here, one in ???, one Kabira, one Nanaksab, one here, one there. But now you are so many and the responsibility is to transform the whole world and to help the whole world is on you. And a simple thing is to have faith. Trust yourself and have faith. I am sure one day you all will be able to cure many, to help many, give realization to them, transform them. As it is, I'm seventy years of age and now you all have to come out and give realizations to people and transform this world. It's very important by which we solve all our problems. It is very important to understand.

May God bless you.

1993-0320, Visit to Dargah Hazrat Nizamuddin

View [online](#).

20 March 1993

Visit

Dargah Hazrat Nizamuddin, New Delhi (India)

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

H.H.Shri Mataji Nirmala Devi visits the shrine of the Sufi saint, Nizamuddin, in Delhi, India. (1993-0320).

Shri Mataji: We worship Mohammad Sahib, you do not do puja but we do puja to Mohammad Sahib

Muslim priest: Wah (wow)

Shri Mataji: We do (worship) Ali, Mohammad and all other great souls. We worship and believe them all. We worship them, we believe them all. Also Rama, Shri Krishna, Isa Masiah (Jesus) Mahavir, Buddha. They (referring to yogis) worship and pray all because they have understood that all are flowers of the same tree. All these flowers (referring to incarnations and saints) have come from one tree only, but we pluck these flowers and then now are fighting for these dead flowers. The flowers that are alive that is what we need I know of. Let us see now we have Hindus, Muslims, Jew (talks to the priest) the doctor that said he is a Jew, these are people (yogis) from all countries, there are Japanese, and from all countries from 56 countries. In Russia we have such people in thousands. Now they (yogis) all have become Sufis. Until this does not happen there cannot be harmony and peace and we will not get any peace or happiness. This hatred is not going to benefit anyone, whether be a Muslim or a Hindu. Everything else is useless

Priest: yes, that is true

Shri Mataji: And this is what we are doing. Now only few have come here, only few chosen group have come here. Otherwise in each country there are thousands such people (yogis). Because they are 'bande' what you call. (bandey is a terminology used for a seeker in sufi) They are 'bandey' who are seeking. First there is a question within with which a person seeks. Then there is 'bandey' that means who has the answer. So now these all people are bandey and have received it because they know what is and what is not. Now we have to understand everything. People do not understand all that is written in the Quran at all. My father has done translation of Qura-e-Sharif in Hindi and it is written over there that there is only one and we have to become one together and live in harmony and peace. We need to think what will happen to our children. There should be only peace and harmony. There is no profit in fighting within and with each other. It is all useless. Now look at us, there are thousands. (talking to priest) you have seen it now, they have come. No one is fighting with anyone, all are peaceful, husband and wife do not fight, no one looks at other's wife, others children. All have clean eyes. Normally one does not see such things in foreign lands. We might have that here in Muslims or so. But these people have managed to get out of that dirt from there and have landed here, themselves, because everything is inside us. Islam is also within us, everything is within

Priest: the whole Qayanat (universe) is within us

Shri Mataji: Yes, everything, everything and when this happens then there nothing left for a man to think.

Priest: Yes, he (God/Mohammad) says 'first you become mine and then the world will becomes yours.

Shri Mataji: yes, you are right

Priest: When you cannot understand our self, then how can the world come to you. We do not know even ourselves.

Shri Mataji: We do not know our 'self', we have to know that our 'self'. For example, there is a mirror. So one fact is that you are the one who is looking at it, then secondly, the person/reflection that you are seeing in that mirror and the third is the 'act', the action itself of seeing: these three things, people are struck between these things 3 things. But if you understand that you are the mirror itself, then there is no fight, no reason to fight. When you find yourself, then there is no fight. Look at them just by singing (coming here?) they have become Ali. You can also do it. Just open your hands. Try this. You have not experienced the 'Ruh' in true sense. You will start feeling very cool, your hands and your head will become cool.

Yogi: You can turn the fan off

Shri Mataji: yes if you want you can turn the fan off. You are feeling it. (referring to the person in the front) Muslim feel it very fast. I have seen that Muslims get and feel it right away. Like that. But they don't come in (Sahaja). Now see here, how do they realize the essence of Nizamuddin's place, they do not know him so well. But once they feel the coolness in both the hands, they know it. That's it.

Yogi: Mother the hands have turned as cool as ice

Shri Mataji: Until we do not open our eyes, we will stay in darkness. In the darkness, like holding a snake when there is no light in the room, everyone tells the person, it is snake but the person does not listen because he cannot see things clear in dark, he says, 'no this is only a rope.' And once the light is one, he himself will realize and throw the snake away. Now these people have stopped drinking alcohol. I did not tell them to do so. It just happened. They do not drink even little. In fact Muslims will drink but they will not. No smoking. Nothing. Look how are they standing having left all these things. Overnight they have stopped drugs. You have listened to the doctors today no? They have treated so many people. This should happen with all. We are hoping that this realization comes to all.

Priest: This is about me. (gives something to Shri Mataji)

Shri Mataji: (looks at the pamphlet) You look smaller in this photo than now. (smiles) All are/look smaller in front of a Mother. (talks to yogi) This is his photograph. He looks young there. (to other yogis) there are other such places, like Sai Nath also.

(another person from the group talks something in reference to Lalit Bandhari and his dedication to coming to this place regularly while others try to get some water for Mother)

Shri Mataji: Yes, all I tell them (yogis) to come and visit this place. (looking at the elder priest) So there are many Sufi people here.

Priest: Yes, sufi are many but believers are only handful. The one who see self can see all.

Shri Mataji: It will be nice if Sufis realize it.

(A yogi tries to give more vibrations to the priest and then says he should feel on the head also.)

Priest: It is about connection. I know that, we are connected.

Shri Mataji: That is it. Only one truth.

Elder priest shares his experiences about what a Fakir is and his experience of outside world as mad house and shares that but for a Fakir (seeker) his place is higher than a Badshah (king). As he gets louder Shri Mataji calms him.

(Shri Mataji then tastes the freshly cooked sweet from earthen pot and leaves the Shrine.)

Nota

The video file has a problem with audio/video synchronisation, and will be replaced when a new file is received in the next few weeks.

Photos and further information: sahaj-az.blogspot.com.au/2009/01/shri-mataji-visits-nizamuddin-shrine.html

More photos and videos: <https://www.flickr.com/photos/sahajhist/albums/72177720301655137>

1993-0321, Birthday Puja: Satya Yuga

View [online](#).

21 March 1993

Satya Yuga

Birthday Puja

New Delhi (India)

Talk Language: English | Transcript (English) – VERIFIED

It is very difficult to speak even for Me. To see so many Sahaja Yogis sitting here with such shining faces from all over the world – as if My vision has taken its form today. I see in you the saviours of tomorrow who are going to save this world from all the Kali Yuga calamities that are surrounding us.

It is coming from all sides, while you people have really taken your second birth from this pond of Kali Yuga and have really become beautiful lotuses of different colours, hues, fragrance and beauty. Instead of you celebrating My birthday, it is better I celebrate your birthdays! [Applause]

As I told you the other day, that it is you who are such great seekers, seekers of truth, of love, that it could work out; otherwise it would have been impossible.

To even transform one person is very difficult, but you were so sensitive and so deep that this subtle knowledge, I don't know how it penetrated your being. It's unbelievable. I can't believe Myself what great people have taken birth in this Kali Yuga. No one can believe that there are so many saints sitting before Me, so many Ways, so many Nalis are sitting before Me.

In the history of spirituality, it has never happened. Even in the heavens there are few devatas and devas – not so many – one better than the other. Such beautiful heart, such brilliant brains, and such active attention. Is, really, I thank you all that this 70th birthday I could see so many people which I never expected.

You know Sahaja Yoga was started with one person, and then those who came also out of them some were power oriented, money oriented. All kinds of people created problems for us. One after another, so many problems came and also there were many who were of a very low level seekers.

But I find today they have all come up beautifully. I cannot distinguish one from another, the way it has happened and the commitment you have to Sahaja Yoga is the greatest blessing for this world.

I could not do it alone. You know that, if I could do it, I would not have needed you. You are the channels and you have to work it out further and further.

It is really remarkable the way Delhi people have organized everything [applause]. First of all, everybody was very much keyed on to the 70th birthday. I don't know what was the reason, but whatever it is. And then Delhi people said: "This time we are going to celebrate, Mother, Your birthday in Delhi". I said: "Everybody is on it so be careful, it is not going to be easy. It will be a big headache, so many will be coming down". But they didn't expect so much, I am sure. People are coming, a hundred are coming from there a hundred from there, I said: "Are you worried?" They said, "No, we are very happy about it!". I saw their enthusiasm, their organization, the way they have done it.

The best part of it Delhi, which is a place where all kinds of politicians live, have groups and politics and all that. But in Sahaja Yoga, in Delhi, there is no politics [applause]. There is no quarrelling, there is no pulling each other's legs. It is a very remarkable thing to happen in a place like Delhi, where every day what you hear that even in our Parliament they are beating each other. Perhaps in this hell only this goodness was to be born and to be manifested by Sahaja Yogis.

The knowledge of Sahaja Yoga, as you know, is extremely, extremely subtle, and it's not easy to penetrate into these so-called people who call themselves intellectuals or who are absolutely bowed down to their conditionings. So, to one side we have the masses who are ignorant and other side the classes who live in the frame that they have made out of their brains: both ways, I think, they are extremely gross.

But the way they have absorbed this subtle nectar of divinity is something unbelievable. Nobody can comprehend even that there were so many born after My birth on this earth, or some maybe before also – very few. Just after My birth they were born here in this world to get to Sahaja Yoga.

But when I saw the world I was shocked, more shocked than Kabira himself. I said: "How will I talk to anyone about it?"

My family members – I didn't know how will I open the subject to them. It was impossible – so much was the darkness of ignorance. "How will they believe that there is really Divinity, there is totality waiting for them?" They all believed into some sort of a religion which had no connection with reality and it was impossible even to envisage the method by which I could talk to them.

I remember the first incident when we went to Nargol where I had opened the Sahasrara, the first person who got Realization was a Gujarati, and a jeweller. Immediately all the others – there were hardly about thirty-five people – they started saying that: "of course he is a rich man, he is a jeweller. So, Mother has given him Realization". I think it was the first and the last time I really got angry: I started shouting at them, I said: "You are good for nothing, useless people you can never take to Divinity and I have really thought that stop it now. One has to take another life, another time where people will understand what is Sahaja Yoga".

But after that, suddenly people started feeling the cool breeze in their hands, immediately after My shouting, imagine! And they said: "Mother, you know, it is working, it is working in us, it is working out of us". Thus we got twelve people, and one lady whom I had given before also. She was the fourteenth. Thus first we had only these fourteen Sahaja Yogis for whom it was something out of the blue. They were all flabbergasted, they didn't know what it was and then surprisingly, in one of our programmes, a lady who was possessed by some Brahmin came and started saying: "Jagadamba, Jagadamba". They couldn't understand. I never told them what I was. Never. I have never told otherwise also. So then, she recited a poem from "Saundarya Lahari" in Sanskrit language, and she was just a maid servant and in a man's voice. So everybody was shocked that the bhoot should say all these things and then she went away. After that these people started probing into it, and they wanted to have My puja first time in My house itself.

Still people were not very sure they were doing the right thing. Even the brahmin they called, they said: "This Saptashakti (Puja) is a very difficult Puja and something will happen to us". But after the puja they said: "Nothing happened. We are so much better". They all felt the cool breeze and the entire atmosphere changed. They started understanding that Sahaja Yoga is the Yuga-Dharma, is the one of this Yuga, this Kali Yuga, so the Sahaja-dharma became the Dharma of this Yuga.

This Yuga is very difficult, no doubt, but in difficulties only do we become intense seekers and that's what happened with all of you, that you found out that everywhere, people were following whatever they were following, they were not reaching any point. Like a cocoon, they were hitting their head here and there.

They got their Realization so quickly, and when they told Me how they were seeking, what was happening to them I was amazed, how this seeking was working within them and push them towards Sahaja Yoga.

Also, in the meanwhile, I must say, so many got lost into the clutches of false gurus.

Despite that, today we have so many Sahaja yogis. You are just representing your country but there are many more in your countries. Even in India we have many more. You have just here come to represent them. So a multiple of this number, I do not know how many would be there. So many ask Me: "How many Sahaja yogis there are?" I said: "I don't know". "So, you do not

know?" I said: "No, we have never kept any record". So they can't understand. I said: "We have no office, no record, I have no secretary, I do not know how to type, I do not know how to write even My cheque!" They can't understand: a person like Me existing in these modern times.

But everything gets done, somehow. Despite all My modern ignorance, everything gets absolutely done, in the most perfect manner, like a remote control. Now, this whole thing, I never said a word about it, I must tell you. Nothing. Never I gave any idea as to how it should be. I did not even tell them how many we are expecting. But see how spontaneously everything has worked out. Because you all have commitment and that commitment gives you all these organizing capacities. So many things you have seen get organized because also this Paramchaitanya has come into Krita Yuga where it is working it out, it is active and this activity also is absolutely supportive to you.

For example, the police people told us that: "There are Muslims living here, and you might have some danger from them, they might do some harm to you". I said: "Which Muslims are they?" So they said: "Nizamuddin Auliya's people are here". I said: "They will never harm us". I said why? - because he was a Sufi and he was a great realized soul, and the people who are allowed there must be - most of them at least - believers of Sufism. How can they harm us?

So I said: "Tomorrow, early in the morning, you go and put a chaddar, as they call it, all of you".

And they were so impressed that, you saw in the evening, they came here all the way, morning time, and they were so respectful. Then they called Me, they gave me another chaddar, this, that, and they said that: "We are yours!" And this and that, all kinds of things. And his disciple was Amir Khusro, another very very great Sufi gentleman and I always have admired his poetry. And also the way Nizamuddin led his life of dignity and divinity.

All these Muslims, who were there, put hands towards Me like this, and they said: "We are feeling the cool breeze!" I said: "This is Ruh". "Ah, this is Ruh!" Once these people start getting Ruh, they will all become Sahaja yogis very soon, and you may have to have...(Applause).

There are so many Sufis all over the world and we are going to take their addresses and we are going to meet them.

Then, you might have to have another big pendal, double pandal I think may be triple (applause). You Delhi people, are not quite frightened about the sizes. I think again we will have to have it in Delhi only.

Also, contemporarily, Delhi is in a state of turmoil and we should be here to pacify it, to quieten it, to give wisdom to those people, who are supposed to be at the helm of affairs. It will work definitely, it will work, with all these Sahaja yogis emitting such beautiful vibrations. See on top of your head this cloth is moving up and down all the time. Though there is no breeze outside; the leaves are just steady, but from your head, you see, is moving all this. So, I am sure these vibrations will cool down and will bring peace to our politicians and to the people who are at the helm of affairs.

At this juncture, when in the whole world, there are so many things going on of uncertainties. Say, in Russia there are uncertainties, Bosnia there are uncertainties, in England there is recession, America there is recession, Spain there is recession. Everybody is suffering from the pangs of some sort of an extreme behaviour they went into. So I am sure this polarity that they see now will correct their behaviour towards materialism and I am sure that a balance will be struck. With your good wishes, with your prayers this world will be so beautiful, so enchanting that in the history people will describe that the world itself became a lotus, full of fragrance of Divinity (Applause).

You are the petals, you are the corona, you are the colour, you are the beauty, you are the pollen of that beautiful lotus which is My vision of this world.

I hope today you all will decide to work for Sahaja Yoga, to spread Sahaja Yoga, and work for yourself also. The only danger is that one should not allow ego to sit on your heads. That's the only horse.

If you could ride yourself and don't allow the horse to ride you, you will progress very fast, beautifully. Thus I am sure Sahaja Yoga will spread. Every birthday we have to take a vow. I didn't know what vow I should take. People have told Me that I should not work so hard, I am working very hard, but I have taken a vow that I will work double hard (applause). In the same way you also – all of you – have to take a vow today that you will go all out in the commitment of working of Sahaja Yoga, will think about it:

There are scientists who should produce books, there are doctors who should produce books, writings, go round, talk to their colleagues, organize meetings, seminars with your colleagues. There are architects and other professionals, who could call their colleagues and give them realization. Even the people who are dealing with finances should take to Sahaja Yoga. It is very important because financial problems can only be solved by the Divine power. Nobody else can solve it.

So, every one in this world, whether it is law or any other field, all of you, should take to Sahaja Yoga and also to creative work.

Then also you have to take Sahaja Yoga to your surroundings, to villages, to cities wherever it is possible, wherever you can organize, you have to spread Sahaja Yoga everywhere.

As far as curing is concerned, I would advise you don't have to touch anyone. Please use only My photograph. That is how you will get more Sahaja yogis and less sick people. Also people will be cured and all of them will become Sahaja yogis.

We have also agricultural field, on which we have done something. But much can be done about agriculture. One should see the Government and tell them what agriculture can do. You can form a committee and go and see them. And talk to them, that how agriculture can be helped by Sahaja Yoga.

We have to help our children, we have to look after them, because you know what sort of future is surrounding them, what sort of atmosphere is crawling, even in India. So we have to see that our children properly grow in Sahaj culture. It is very important, because they are tomorrow's Sahaja yogis. So many of them are born realized, so we have to discipline them properly, and we have to make them Allah, Allah Dairha (Dirtha?) Sahaja yogis, as described in the qawwali.

It is also our family life, which is very important. Is shocking that family life is, nowadays, becoming a kind of a stupid thing. No one understands the importance of it. In Sahaja Yoga we have to understand: small quarrels, fights, should be given up. Harshness must be given (up), cruelty must be given up, and there should be a proper rapport, between husband and wife, to begin with. So there is a companionship, and the children, also, see that companionship, and enjoy it.

In our dress, in our life, we have to be dignified and decent, respecting our body, it is very important. We should wear whatever suits us, in whatever country we are. I mean, imagine in Samarkhand, if somebody wants to wear three-pieces suit, what will happen to him? Whatever suits us, whatever fits our culture. One should try to wear decent dresses, traditional dresses.

Specially for women it is very important to wear dresses that will make them look more dignified. Also another point I would like to say, that ladies specially, must take to reading, at least newspapers. If your attention is on the problems that are in this world, it is very effective because, you know, your attention is active, it works. So use your attention. You see the newspapers, you watch; I know it is horrifying sometimes, you can give a bandhan, but you must see what's happening, where. It is very important.

Also men should not just read something sensational, but read something that's happening, and also think what are the solutions? How can you people as Sahaja yogis help in a collective way or an individual way? We have to solve many problems of this modern world. Also one has to read good books, good films one has to see, and have your reflection on them, keep your mind alert. There are many beautiful poems, I have read recently coming out of some people where never expected they will write poems. Beautiful, very high class. So this poetry also, we are going to collect. We are going to collect all the miraculous photographs from everywhere. They are trying to systematize and now, in this system, if you can all help spontaneously, it will be

a great achievement because so far, we have not been able to collect all these data and keep them with us.

Now, the best is that you all must meditate; all have to meditate. Only in meditation, you are in present and you grow in your spirituality. I have said it many a times, but people just don't do it. About ten minutes if you can meditate before sleeping, it is of a great help to you. No doubt you will really grow very fast.

Immediately I know this man is meditating, the way he has changed. And then, once you get used to it, you will never give it up. It is a very simple meditation, you have footsoaking, or something like that. And in the morning you should beat your ego. That's all. It is not that you have to do one lakh japas (tapas?) or something, nothing of the kind. It is very simple. But this, you have to do it for yourself, to respect your self-realization and your growth in divinity.

We have lots of advantages over others, but one thing I have to tell you: those people who are not prone to seeking, please don't talk to them about Sahaja Yoga. Don't waste your energy on such people, discussing and arguing, because it cannot be discussed much. You just forget them and leave them alone. I will look after them, you just take to simple people, good people, who are seeking the truth. I don't want you to break your necks with those people, who are just believing in discussions, arguments and "shabda jahlam".

Today the Sahaja Yoga culture is so much manifesting that people, once they see you, they immediately know there is something special, and that they have something very unique qualities among them which you seldom find with normal people.

All these things you should understand, have come to you spontaneously from within, but you must preserve them and you should never feel shy of them. You should never be shy of your virtues. And whatever people may try to tell you that: "You better do this, better do this". If it is wrong, you should never do it, you should just say: "I do not want to do it". Because now, you are very powerful and that you have to lead the people and people do not have to lead you. Fashions do not have to lead you, but you have to create fashions. You have to create a path for them. It's not that you have to tread on the path that they have made.

Try to understand that your own personality is of a level where you can see so many subtle things and you are so powerful that others don't see, then you have to, automatically, take up their leadership. Don't get ideas from them and don't get frightened when they try to tell you something against yourself or against Sahaja Yoga. Be sure, be confident. That it is how it is going to work out. Now I am just a woman and a housewife but I was so sure about Sahaja Yoga that it worked out. I didn't have to, sort of, think whether I should do it or not, I just started it. Although, in the family it was not so much respected, not so much agreed to, it doesn't matter. I started the whole thing on My own, worked it out on My own, because I had complete confidence in the truth, that if I am standing on the truth, it will help Me and it will help all those who will come to it. It has happened.

So, for you, it should not be difficult at all, all of you should first of all see that you are not a conditioned person and you do not have an ego. And then, you should go ahead with it, and you will be amazed how things will work out.

Today's puja is a very short puja, that is why I gave you a long lecture. There are so many things which I cannot, at this time, which is short, tell you, but if you sit down, you can easily make 1, 2, 3, 4, 5, 6, 7, 8 yourself.

So now put your mind to it in a way that you are the organizer. Then what should you do? What can you do? What are you going to achieve? Please try, and it will work out. All of you can do it. I think best is to make a diary for yourself and write it down in that: what you have done, how many people you have given realization, to how many got cured, what do you think about them. But now, if there is no diary, Sahaja yogis can say: "But Mother, we have no diary, so we will start it tomorrow!" No, you start it today. The only trouble with Sahaja yogis is that they take things a little lightly. Of course, that is their character, but not Sahaja Yoga. Other things you can take lightly: if somebody shouts at you, somebody gets angry with you, somebody even slaps you, take it lightly. It does not matter, makes no difference to you, because you are the Spirit, nothing can destroy the Spirit (Sanskrit quotation).

But when it comes to Sahaja Yoga, your attitude should be different. If you are relaxing on one side, another side you have to be

dynamic, and that side is where you have to put forward the theories of Sahaja Yoga and you have to talk to people, you have to organize a press conference; whatever sort of things you want to do, at whatever level you want to work it out, please make a proper plan about it and just do it. It will all work out I am sure it will work out. With all these ideas that I have, you have many more and I hope, by next year, you will see the manifestation of those.

I hope many people will write books like Dr. U. C. Rai has written. I am sure books can be written by every doctor. Doctor Dr. U. C. Rai has worked single-handed, everything has done single-handed. So beautifully he has worked it out. So everybody can publish a book with their experiences, with their understanding of Sahaja Yoga which will help Sahaja yogis also, but it should be honest, a very honest book. I am sure such a book will be very much appreciated in Sahaja Yoga, and we'd like to publish that book also. All those who have such ideas, should make an effort to create some new books, some new ideas, some new creations. It is very important, because in these modern times, people want to do something new, something novel. Under these circumstances, I am sure you all will work out.

So, all the time, we have to think about Sahaja Yoga and jot it down whatever ideas are coming into your mind, and then these can be properly put together, making a beautiful book of Sahaja Yoga. Ladies also have lots of chances of doing so many things for Sahaja Yoga. This is a very opportune time.

I think Satya Yuga is starting from tomorrow (Applause). And what will be the symptom? That now, the Satya will be victorious, Vijaya. Whatever people may try ultimately, Satya will be Vijaya, Satyameva Vijayate. That is going to happen, and you are responsible (Applause).

For this I congratulate you, again and again, and I hope you will have the commitment to do that.

May God bless you.

H.H. Shri Mataji Nirmala Devi

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[Hindi to English translation]

I am told lots of new people have arrived. Please raise your hands. As I told you, it is a subtle knowledge and to know it you have to become subtle. Do you all understand English? New people don't know? Shall I tell in Hindi? Ok. Sit down.

Knowledge of Sahaja Yoga is a subtle knowledge and to achieve this subtle knowledge, we must also be subtle. And what is this subtleness (sukshmata)? That we should be like Spirit – I have told you in my lectures. We have to be like Spirit. And from this Spirit only, we can understand this subtle knowledge. Because the Spirit has its own light. And when that light appears on us, in the light of that Spirit only, we can know this subtle knowledge. This Spirit is inside us. This reflection of God is inside us like Spirit. And this Kundalini which is the power, will power of the Divine, Adishakti, is its reflection. So when Kundalini rises, which is in three and half coil, Coil is called Kundal. Hence its name is Kundalini and this three and half coils does not rise fully. Just like there are lot of threads tied in a rope, similarly in this Kundalini also there are lot of strands. Some of these strands rise, like it happened the other day, and penetrates your Fontanelle bone area, which is called Talu, in Sanskrit it is called Talavyam, pierces it and spreads in that minute power which is in the universe (charachar). When it unites with that subtle energy, then Spirit's seat is here, the Seat of all chakras is in the Head and these seven Chakras are inside us, about which I shall tell you tomorrow and when this Kundalini energy is awakened, then more and more strands should start rising. The first experience you will get, which we call Thoughtlessness, Thoughtless Awareness. In English Samadhi means Awareness, Samadhi means the brain which has become aware and when the brain first becomes aware of this Ether, this new dimension, this new notion, this divine vibration, that time is called awareness but that awareness, you will first get that awareness in the form of thoughtless awareness. Suddenly you will see you have become thoughtless. And when we are thinking, we think of either ahead, of future or behind, that is past, but this time, which is present, we are never in the present. And until we are in the present, we can never ascend spiritually because the past is over and future is not there now. We don't know what is there. We don't know what is in future and the past is over. The reality is the present, this time but our brain cannot settle in the present, our mind cannot settle here. These thoughts arise like waves and then fall and rise. Whole time we are in this movement only. Sometimes we run to the top and sometimes to the bottom. Today this thought comes, tomorrow that thought comes and day after that thought comes. But when your Kundalini rises, what happens is, there is a long gap between the thoughts. The space between these two thoughts is called vilamb (delay) in sanskrit. You come in this delayed state and this state of delay which is very narrow increases. This is called present and hence you become thoughtless but awareness means you don't go into dormant state and you become very alert. You don't go to sleep mode. You become very alert, more than needed. No thoughts come to you and you only watch it. This is called witness state. You only see it and you don't get affected. You only see it and no action or reaction come. You watch it totally in witness state. This is called first stage of thoughtless awareness. You have to come to this stage first. Like there is a very beautiful carpet and if I am thinking right, I will think how beautiful this carpet is, where it is available, how much it costs, from which shop it is bought, whose it is, etc. All these thoughts will come to mind. On the other hand, if it is mine, headache is more, it shouldn't get spoiled, insurance is not done for this, how it will work out etc. This is human mind. But in spiritual power, man does not think of all these but only sees it. And what does he see. How beautiful this is, The artisan who has made this has created such a beautiful thing. The beauty which he has expressed, shown joy of his heart in this beautiful carpet, that joy, delight he has shown in this beauty, everything goes right into me arbitrarily (nirgun). And from top to bottom, it will make me cool. The one who has made it, the one who has created this, his work is also complete and for me also such a great thing happened that without thinking and understanding, I have enjoyed this. It makes no difference whether it is mine or not. This way you become

thoughtlessly aware. This gives you peace. Thoughtless awareness gives you peace, and your spiritual power grows. When your spiritual power grows, your creative power also increases and when this creative power increases, you can do many things with this creative power, instantly, there is no effort, spontaneous, sahaj. Like one gentleman who was a great mathematician but he had no knowledge of language. He did not know languages. He came to Sahaj and started writing poetry in Urdu, Hindi, Marathi and English. This is not some ghost attempt but this is the power hidden in you. Hidden creativity in you which has touched your heart. And now he started doing spontaneously in Sahaj to such a great extent that he does not understand what to do. He keeps a Dictaphone with him always and he gets so restless that until he dictates into it, he is not peaceful. Like this, there are lot of poets in India. Great artists are here. In India, great artists who are well known have become great through Sahaj. Lot of great artists in India, Mr. Amjad Ali is there, Mr. Sifat Hussain is there, son of Alla Rakha is there. Lot of people are there. Like that among us, there is Debu Choudhury here and who knows how many artists have benefitted from Sahaj, They say we don't understand when you are sitting in front of us, our fingers start moving automatically. We don't understand. They start playing the tune which they have never played. Like this lot of people have benefitted in strange manner. You don't get this even if you go to teachers for a long time. Lot of artists and their creative power has been awakened and through their creative power, they have reached from somewhere to somewhere. The creative power inside you increases manifold. When we talk about Chakras tomorrow, then I will tell you about different energies/power in different chakras and how you can achieve their powers. You know, there was a medical conference, where most of you had come, some had not come, new people had not come. One thing is certain that with Kundalini awakening, your health totally becomes alright. Most of the people become alright. If some are in their deathbed, God says let them die this time and they can get rebirth again. It does not matter. Some people are so useless that God has common sense and He thinks what is the use of curing them. Because these are the lamps which will never give light. So what is the use of curing such lamps.

But most of the people recover from all types of diseases. It is very surprising. From all types of diseases, means many have recovered from cancer. And they have been cured at such a time when the doctor had given certificate that he will die in eight days. Sometimes, doctors say all these. They also have their limitations, and they give a certificate that you will die in eight days and please complete whatever work you have to do. But he survives for eight years or nine years. How can this happen? You will say how can this happen? You have to understand how it happens. Our subtle system is the existence of our physical, mental and material state. Our energies/strength are in our chakras. If one of your chakras is over active, it works like this, like Doctor explained, sympathetic nervous system works more and more. They go on working, working, working and the chakras become narrow and when it becomes narrow, what happens is either it loses its energy or it breaks. The moment it breaks the connection which is between your whole, means your brain, then you become separate, you become alone, you become a loner, which is called malignant, which is called cancer. What kundalini does is, like we thread the pearls, it moves very slowly here and there in every chakra passing through left and right and rises straight from here. Here the chakras get nourished and when the chakras get nourished, it gets energy and once energized, it rejoins the brain and also param chaitanya. Once this connection is completely established, after that no one can fall ill. If someone is a Sahaja yogi and he does not have any disease. Like this there are lot of people. It is not that everyone who comes to Sahaja yoga are sick. There are lot of people who come are healthy. These people are fine people, because the moment they get their self realization, they get the blessings of Kundalini and the moment they get the blessings of Kundalini, they progress rapidly and after that they never fall sick at all. There are lot of people among us who say that they used to go to doctor even if they had cold but now if some one has cancer, we go to him. So you become a doctor, you become a doctor, and understand your own sickness because when Kundalini penetrates, you feel the cool cool breeze, like you felt cool breeze the other day and all these five six and seven chakras, these are also five six and seven chakra. You come to know which chakras has problem and if you want to know others' chakras, you can know which chakra is catching. If you understand how to correct these chakras, finished. You correct your chakras and correct others' chakras also. Before this you have never felt your own chakras. Now you feel your own chakras and we call this our own knowledge, knowledge of self. Once you get your own knowledge, knowledge of self, you understand everything about your chakras and then you can maintain your health properly. If you can understand the chakras of others, you can keep them also healthy. You talk only of chakras, your language becomes that of chakras. You don't say he is a Muslim or he is a Hindu, you don't say he is English or Indian or someone else, you don't say his hair is white or black, if he is wearing suit or Kurta pajama. These are outward display. You only say Mother he is catching this chakra. You only talk of chakras. Which chakra is bad, you talk only about that. Your attention goes to those chakras. You learn how to correct these Chakras and that is all. Now God does not understand this, money, bank etc. all these headache is created by human being. These are not related to God. How can it

happen tell me? These Institutions are strange. I also don't understand. However, you cannot give money for all these. This is a living process. How much money you give to your stomach that it digests all your food, or how much money you give to this hand that it does all your work? Like this to anyone, if anyone, if a man says money is required for these, he is the biggest hypocrite. On one hand they do God's work and on the other they take money. They do not do God's work because God does not understand money. Take this thought out of your mind that you can give money in the name of God. Yes alright. We have built this pavillion (mantap), you can give money for this, it is alright you have come by airplane, you can give money for that. You can give money for all these material things. But see you cannot give money for God's work. And this thing which comes to you internally we call this as collective consciousness, means, you become conscious about others, means you understand about other's chakras. You will want to correct them. You won't think of anything.

If anyone's chakra is catching, you will feel so much compassion. You will collect four five people and you will go behind this person. Have you thought about yourself or your own protection or have you looked at yourself but have just started and you will go behind this person? So much compassion will flow. They will make call after call to me that he is not well. Is he a sahaj yogi? No Mother but he is a very decent man, a very good man. A very gentleman. A good man. Please put your attention on him. He has to be cured. Your compassion flows like this. And in compassion, where is the question of fight? Recently I had gone to the Shrine, Nizamuddin Saheb's Shrine. He is also a very great man in Aulia and I believe in him. We believe in every one. We pray to Gurunanakji and we pray to Mohammad sahib also. Both are same. Whether you understand or not? Unnecessarily, you are fighting. In reality everyone is same. You don't understand they all are same.

However, I found politics is going on even there. You are sitting on some one's door and why are you doing politics there. In Sahaja yoga there is no place for politics. You should become pure. Unless your attention becomes pure, there is no use of doing religious work. First become very pure. For everyone your compassion flows. For every one your heart becomes big. You start thinking what should be done for this person and what should be done for that person. Now think there are so many British people sitting here, whose father and forefathers, not these people, ruled this country once upon a time. They have created lot of mischief here. When these British people come to Mumbai or Delhi, they kiss your earth, bow down to the Mother Earth. They say that this is land of Saints (yoga bhumi). They understood this because they have that minute knowledge to recognize what is what. Now ask one question if Nizamuddin Saheb was really a Saint? Ask one question. You will feel cool breeze. Whether Nanak saheb was Adi Guru? Ask. See put your hands like this and ask. Ask any question. Is there God Almighty or not? Ask. If it is the truth, you feel cool vibrations and if it is wrong, you get hot vibrations, sometimes there will even be blisters.

One thing you become collectively conscious. Because of that your compassion inside you flows. What to do what not to do. For whom we should run around, for whom we should do. These feelings come. There is no place for fighting. Everyone is running after curing the other person. The third thing which happens is, you know only the truth, the absolute truth. What is this? Like I said you find out. If (not audible) comes and stands in front of you, even a infamous person who has gone to jail will come back and wear some clothes and come like a hermit/saint. He will do some magic, something like this. People get fooled and go behind him. Keep your hands like this and ask question. This person is my Guru. Whether he is true or not? You will know the answer immediately. If you ask ten children, even if they are blindfold, if they are realised children, make them sit and ask them, Son. What is the problem with this man? They will all show the same finger. You ask the person if he has problem in his throat? He will say How do you know? The children were telling with their index fingers If they show this finger, problem in the heart. Everything you will know in your hands and finger tips. And no need for any diagnosis. One man had gone to Houston and he said he died while doing so many diagnosis one after the other. All his money was spent. They even removed his intestines and did diagnosis. Here you will do diagnosis from outside what is the problem and where is the trouble, and no need to worry. It will be correct. You can know not only physical, mental problems but also material and above all spiritual problems. You have gone to wrong wrong Gurus. Ask our Mr. Talwar and he will tell you stories about Gurus. How he got caught in their web. Human beings get misled like this. You have gone to all wrong Gurus. You have accepted him as your Guru now. Why have you accepted him as your Guru. What did your Guru give you. I will ask, Son, what has your Guru given you. And How did you know he is true or not. You go on spending money after money. Giving money after money. How much I have told them. How much I have made them understand. So many people got angry with me. Now they have understood me. Then at that time you only know the truth. Looking at the person, you can tell from which Guru he is coming. Because every Guru has done some work or other on one or another chakra. You can tell immediately from which Guru these are coming. And these Gurus run away like this and their

disciple also, because to endure the Truth, it is very difficult for these people. Now in this you become your own Guru. One important work done by great eminent Gurus is that they have established the energy inside us that now we can become our own Guru. Does this mean you have become your own Guru. Means you tell yourself "look don't take this road it is not right, go from here". The eternal wisdom becomes true wisdom. It does not remain false. You leave it yourself. I don't tell anything to anyone. I don't even tell not to drink alcohol. I don't tell anything. In Delhi if you tell don't drink, half the people will get up and go. People of every religion drink even though it is prohibited. Everyone drinks. But after coming to Sahaja Yoga path, if I tell them to go and drink, they will not go. They will change direction if they see any drunkard. If they see a liquor shop, they will shift their house and go to another place. Because see you get light inside. Outside is nothing. Their drug habits leave them, they leave alcohols. All that which was club life and this and that which take them to destruction leaves them. All these take a man to destruction. But we don't know why does a man go behind all these. When I was in London, we saw a man was walking very fast. We stopped to see where he was going. He had stopped in front of a Pub. He was going inside the Pub. Two or four people were lying on the ground drunk and he was running inside the Pub why he was not drunk. Wisdom totally goes blank. Their mind does not work. They know these two or four people are lying on the ground and they don't have father or mother with them but still you will go pushing your way inside. Whether he is Sikh, Muslim or Christian, they go inside the pub very proudly. Inside the Pub everyone's photo is there. This is not religion. Inside outside it is the same thing. It happens on its own. I don't have to tell. You leave everything on your own. Everything happens on its own. I have told today does not mean you have to leave everything and run away. All these bad habits will go away. I see advertisements written against alcohol. It will not make any difference. While drinking alcohol, people will be telling about the advertisements. Now in our society, with the new type of modern culture which is emerging, we have to be very careful. These poor people have been brainwashed. They have been totally ruined. Their house is destroyed. Each woman marries eight times while each man marries nine times. Neither home nor dwelling, neither children, they live in Orphanage. If they are saved from this, they die from aids. If they are saved from this, there are another 50 new diseases have come. A new type of disease has come. Those who work too much, their conscious mind itself does not work and that is (not clear) like a big fish or snake, they do like this as if it is a stick and they hit people. Like this their brain works. Only brain is like this. Hands or legs or body does not work. I had told you this will happen. Aids will come. Everyone got angry with me. Now when it has happened, they are sitting quiet. Now it is like a and organized company has emerged. Even in Cinemas it is like this. They do not teach good things. At least in Indian movies, they do not show that a bad man becomes a hero but in Western countries, even bad man becomes a hero. Even then in our films too, they teach so many bad things to children like assaulting, this and that. If you teach children to assault, beat etc. how can there be peace. Like this a new type of invasion is coming on us. A new type of foreign invasion. You people have to be careful. Our children have also started wearing clothes like them, answer back like them and the way they are living, going to discos secretly and creating problems there. You have to be careful of all these. Once the children come to Sahaja yoga, they will not turn back to that side. Our Sahaj yogi children will not go. You will see how our Sahaja yogi children conduct themselves. You will feel very happy. You have to be careful of all these and save ourselves. To save ourselves from all these, there is only one way. We have to become our own Guru. From this, from Gurutatva, you will know what is good or bad, what is good for you, what is good for your family what is good for household people, what is good for your relations and what is good for the country. You will go towards that only. Like this, once you come to Sahaja yog, you will become meticulous. And that meticulousness, does all the living process, you don't even think. How does this heart beat? Anahat is the one by which heart beats, Anahat. But who is Anahat. Who is this Anahat which beats the heart. Who is the one who has made human beings, and why have they made human beings, all these answers, means all this, you get in Sahaja yog. And when you know what is the meaning of your life, why have you come on this earth, why have you taken the form of human being, then you will understand how honoured you are, how important you are.

Now think if someone is carrying a television in their hand, who has not seen electricity or have limited idea of it, you show them television and tell them it will show all types of dramas, all other things etc, they will tell you what nonsense you are talking. This is only a waste box. Like this we also think of us as a box. It is not so. This box is made very beautifully. In this so minute wires and minute instruments are pierced, and these minute wires are placed in such a way that no one is able to touch these minute wires till now. No one can manipulate these minute wires. But the moment you connect the television cable to power, they will be surprised. What is this. Like this you all are. You have to know yourself and when you know yourself what you are. Without knowing yourself, if you think you are a very great person, it is wrong. Or if you think you are nobody, that is also wrong. First know yourself and when you understand, then lamp burns. Until the lamp is burnt, it will not give light. And when it burns, it will give light to everyone because that is its quality. Like this is the matter of lighting many lamps from one lamp, Sahaj yoga is a

real example. There are lot of people in Sahaja yoga who have not seen me at all but they have got realisation when some Sahaja yogis went there. In foreign countries, this is happening in large scale. In Siberia, you will be surprised, people from Russia had gone to that desert and have done lot of work. In Siberia also Sahaja yoga has started. It is very surprising how these people had gone to Siberia. When I had gone to Russia last time, lot of people had come to airport. Whoever was in the front, when I asked who are these people, Mother, these people are from Siberia, about fifty sixty people have come from Siberia. Siberia is the place where people were sent to be punished like Andaman and Nicobar Islands. Yes in Andaman and Nicobar Islands also Sahaja Yoga has started. You will be surprised wherever one Sahaja yogi goes, he will not sit quietly until he gives realization to others. He will say how can I be alone here, Mother. There are no Sahaja yogis here. Make some Sahaja yogis here. It is all a matter of courage. Only thing is he should not get ego, only he should have courage. Every man can give realization to thousands of people. Now you know I have become old but doesn't matter. You are all there. You all will do my work and I am fully confident Sahaja Yoga will transform the color of the world. Today I do not know I am seeing the world differently. I am seeing something different. I do not know how and what has happened. Everything is looking different and looking very peaceful. Possibly the new era of golden age has come, this is the proof. All religion, their organizers, all are born in the same tree and flower but we have plucked the flowers and are fighting that this is ours, this is ours. In the Ocean of Sahaja, everyone will merge and this is not equanimity (samabhav) we cannot say this is solidarity (samapuja) or same faith (samashradha), we cannot say same type of respect but same type of worship is done. Without knowing this , we cannot say that every one is same.

Hopefully the new people who have come will learn the system of Sahaja Yog. Tomorrow I will talk about subtle system and I will talk about different subjects. Now you can ask me questions, new people. I am sorry I had to speak in this language. I hope you don't mind. Because they are new people, they wanted me to speak in Hindi language. And I hope you don't mind. These people say when we do not understand, our mind does not work and we go into meditation.

From the beginning to end, only 10 minutes. In this more time is not required. Only your heart is needed. Ten minutes. Ten minutes in the evening and two minutes in the evening. That is all. You don't need time at all. You will go beyond time. You see all your work will be done according to your time. Just think if you are worried what will your boss say, you will find your boss is coming late. You will always reach earlier. In this you become timeless, Kalateet. Kalateet means beyond time. Time becomes your slave. I have travelled so much but till today, I have never missed a flight, never missed a train, nothing.

If you all ask questions, you will get answers quickly, immediately.

This is correct that we have not said about eyes. I have not said anything but the doctor who was sitting here, the doctor who spoke to you has cured his eyesight with the help of Sahaja yoga. So there is nothing to worry.

You have asked one question that you have your desire (vasana), you have desires, you have yearnings. Please sit down. How to overcome this completely because I have not got any vibrations yet. I am doing Sahaj yog. In Sahaja yog, it should be understood that relationship with wife is a very religious thing. Here you don't have to become a recluse (sanyasi). If someone becomes a recluse, he will never get realisation. I tell him if you get married, I will give you realization, otherwise No. Now to get married, it must be understood that this year we had 86 Sahaj marriages. 80+6 Every year between 75 to 80 or 86, 85 marriages take place and this is going on for the past 10 or more years. And in my opinion, three or four marriages had problem, that too from girls in our country. Their mind is bad. Girls from outside are very decent. You will be surprised. Once they have accepted Sahaj, they accept it fully. Girls from here are only confused/create problems. Five six girls from here have troubled a lot. Some people also tell lies about their girls so that we get them married but now it is being rectified. Your eyes start roaming towards others, it is called Desire/yearning. Your eyes become standstill.

From the foreigners' point of view, foreigners always say that they have roving eyes, whole time their eyes will be roaming. Here also this disease has spread in North India. It is not so in Maharashtra. Their eyes does not settle. How to overcome this. I told them to look down on Mother Earth. Even now they look down on earth and walk. In that you can see everything within three feet. you can see flowers, children etc and above that there is nothing to see. And whatever you desire, some times you think of opposite, like some one thinks my husband should die or my wife should die, God will never do this. Then whatever you ask, whatever you desire, are not fulfilled. You should see first if your desires are, whatever your desires are, you should see first,

whether you get vibrations or not, whether your desires are pure or not. Otherwise you will sit with some desire. Sometimes, desires are very dangerous and it comes to teach you some lesson. Like there was one lady who was after my life saying that her husband should become IAS, her husband should become IAS. If your husband is very rich, what is the necessity for him to become IAS? But she was after me that he should become IAS. I did not tell her anything, whether Yes or No. I said leave this alone. It is nonsense. Somehow he became IAS. Where he was a Collector, there his son used to go to college by cycle, big boy, only son and one daughter. While returning, he used to cross the railway track. One day, he came under a train and lost his life. I said see. After this she became mad. So in Sahaj yog, your progress becomes satisfied. This is your identification. You become satisfied. You start by becoming satisfied. This is your identification. You become satisfied yourself and you get into totality (samagrata)/balance. Meaning your brain and your attention and your mind and your heart all think of same thing and there is no fight, inside fight is over, and the man comes to balance. He says "how you want to keep me, I will be stay that". Then he starts thinking of happiness of the spirit and not that of body. Now I am born in such a family where there was lot of wealth. I got married and here also lot of wealth was there. All the people were fond of luxury and all type of facilities were there. If you tell me, I will sleep in the jungle, on the road or on the stone. The idea is to sleep and not where. Man does not think of body but of happiness of the spirit. Like eating the already tasted plum (ber) from Shabari. Is that also food. He ate the left over plum of Shabari, ate the spinach from Vidhur's house but did not eat the sweets from Duryodhan. Why is that? Vidhur was a realised soul. Shabari was a realised soul. So He ate her plums, that too after she had tasted them, put them in her mouth, bit into them. What was in that that he ate the plum of Shabari. Happiness of the spirit, search for the happiness of the spirit and in that happiness, man gets immersed in this.

What a question .. whether you test Sahaja Yogis and then give them proximity (nearness) (samipya). I think he is some government servant. Look son, this is a question of love. In love, what can I test you. Instead I am being tested. What test you have, I fall in love with you all and I don't understand how to give time to everyone and what is nearness. Everywhere where there is human being is nearness. When sahaja yogi grows in sahaj, he becomes detached to me. Surprising. He enjoys in detachment.

Second thing is if some sahaja yogi commits mistake, do you punish them?

Why should I punish. They punish themselves. See now you are sitting comfortably in Mother's proximity and no one can touch you. But if you yourself leave the comfort of your Mother, outside there are evil spirits. Then you get beaten up. I don't punish at all. You are taking the punishment. I tell you are sitting comfortably. Why are you going. I don't have to give and take from you. Nothing. Sit comfortably.

If someone asks you for forgiveness, how much percent you forgive them?

This is really some government servant. Oh. Am I some Government. I am a Mother. I am ready to forgive. My nature is to forgive. Nothing stays in my mind for more than one minute. If I have to show my anger, I have to make a drama out of it. I cannot be serious for more than two minutes. I am not some Guru. One man had come from some Guru and he heard my laugh and said Mother is smiling. I asked "why". He said he had not seen his Guruji smiling or laughing. I told him leave such Guru. You have come here to be happy, to seek pleasure or to become impure?

He has asked a good question. Can Sahaja Yoga change the mind of a evil doer and house breaker?.

Son. We have ways and means by which we can change everything. We will tell you how to do it.

What is the first method of doing Sahaja Yoga.

There is no method Son. Now you have become realised. You only learn from these people by going to Centre. First you must get rid of your ego. It is good. There is no governor (laatsaheb) here. Delhi is filled with such people. They will say Mother we have to meet you only. That is all, gone.

You may be a big man when you are sitting in your Chair but in front of Mother, everyone is the same. However big a man you

are, you should wear Kurta pajama and go to Centre and be most humble. Humbleness is the first thing. If someone is not humble, he cannot go deep in Sahaja yoga. That is why I don't have any method or anything. You go to Sahaja yog centre, there they will tell you what to do, how to do . For everyone it is different. You go to centre and you will understand for yourself. Everything is inside you and when you go to Centre, you will grow, and you will know it.

This question is...In Delhi where can we get Guidance about Sahaja yoga. Ask the Doctor.

See, when this program is over, after that on our right side, wherever there are centres in Delhi, there are twenty centres in Delhi, you will get address of all the centres printed. You can collect the address from there. For new seekers, every Wednesday in Safdarjung Enclave, we have a Ashram. There we will teach you Sahaja yoga from the beginning. Every Wednesday evening 6.30 pm and every Saturday , we have a centre behind Qutub Hotel, Qutub Institutional Area. There we have collective. Whoever comes there, whatever their problems are, whether mental or physical or if you have some specific problem, we teach you how to overcome your problems. There we teach you how to meditate, how to get into thoughtless awareness, problems or virtues in your subtle system, You just come there. That is all. You will be taken care of completely. And one more thing, Sahaja yoga doors are open for everyone. All type of people can come. Some mentally challenged people also come, some tyrants also come, you don't run away looking at them. You think of your welfare. Lot of people run away looking at them. They are at their wits end now. So you should not run away looking at them. These people are at their wits' end. You should not look at them. If someone tells you something wrong, you should not believe. You go there and talk to the Center Coordinator.

What is the difference between Pranayam and Sahaj yog and which is easier?

Pranayam is only about one thing, like life. There is nothing about mind. Those who do Pranayam, their body gets so much heat that unless you keep some stick in between, you won't know when they will beat you. They become so angry.

How much time it takes to become expert in Sahaja Yoga?

There is no question of becoming expert, Son. I have never studied it. I have told you that this is a living process. You can never tell when the tree will bear fruit. All the trees will not start bearing fruit at the same time. I have talked about thoughtless awareness and the second stage is Doubtless awareness. Then you become beyond time. Such people become expert in two days and some people take 4 to 5 years and if you are a bachelor and do not want to get married, then sometimes it takes 8 to 9 years. One gentleman who is a bachelor, has not become realised yet. He eats my head every day.

Do you believe in Rituals?

No Not at all, It is a waste. It is like the , Oh this is too much. I mean whatever you do is living process. Like you kill worms and insects. Worms and insects must be killed. Should I give realization to worms and insects or a hen and a goat. All this is nonsense. Whoever wants to eat, like some people need protein more, some need carbohydrate. Everyone eats according to their need and condition. Whatever food is necessary for you, like to foreign people, I always say to switch over to carbohydrates because they are very right sided. If you are right sided, you need more carbohydrate and if you are left sided, you need to eat more proteins. Whatever you want to eat, you should eat. Only thing is don't eat animals bigger than you. You will become like that. Like that there are many. Whatever is necessary for anyone, they should eat that.

Someone has asked his child has fits and he is mentally retarded.

Please bring him to the centre. Lot of people have been cured.

Shri Mataji, I am sorry but I am not able to understand if I should worship you in the form of human being or God Almighty. I am not able to make up my mind.

Don't worship me at all. You don't worship me at all. Slowly slowly when you become clearer, you will understand. I don't want to

tell anything about myself. Only these people keep telling. You don't need to know anything. When you come to know yourself, then you do whatever you feel.

During night awakening or music program, some women or ladies start moving to and fro and say Goddess has come or Hanumanji has come on them.

Son, for Goddess to come, a special type of body is required. If Goddess start coming like this in everyone, then what can one say. It is some devil. As far as Hanuman is concerned, Oh Oh, who can tolerate Him. They are all ghost, ghost try (bhoot chestha), don't go anywhere near them and stay away from them. Some people act like this also. If you slap them two four times, they will become alright. All these are money making rackets.

He has asked a good question. He has got cool breeze in his hands but has not got it properly. In one hand he gets more and in one less. In his Sahastrar also, he is getting less. He has a chronic disease of migrane. After medication, he is recovering. But in his head he gets lot of noise.

This person should come to Sahaja yoga. He should go to centre and all these diseases will be cured. This is not a big disease. Apart from this, you will start getting similar cool vibrations in both hands and in your head also you will start getting vibrations.

One person has said, he has lost his job and has applied in other firms and whether I will get a job.

Yes. Definitely you will get the job. Why will you not get.

It is in Marathi. It is written that there is some problem in his chakras and when he is doing meditation, he becomes alright.

Lot of people think that if they do meditation sitting at home, they will become alright. Not at all. Let me tell you one thing. You will have to definitely come to Centre. Those who do not come to centre, I cannot tell anything for them because in collective only, you will grow, understand like this. Like if your nail gets broken, it cannot grow. We cannot know it. It gets destroyed. Like this, lot of people say Mother we sit at home and do meditation. It is not right. You have to come to the collective. You will understand what you are. Not before that. So everyone should come to the collective. Without collective, you cannot be alright.

Not clear in Marathi.

Yes please bring the child to the centre. Some children's hole in the heart have been cured.

Some one has asked for Doubtless Awareness.

For Doubtless awareness, you don't have to do anything. You have to get into collective. Slowly you will start getting into Doubtless awareness. You will yourself became doubtless. Till you become doubtless, you cannot be called a Sahaja yogi.

He has asked a good question Why has the world been created and why are we created.

It is because you should come to God's kingdom and enjoy.

Another question is in India we are poor and in foreign countries, people are rich and we are poor. Why is there richness and poverty.

In our country, there is poverty because we are not patriots. Neither the politicians are patriots nor the people. Once you become a patriot, our country will become beautiful. From World Bank, money comes here and it goes to Switzerland Banks. Our country's 1/4th portion is here and 3/4th is there and then World Bank gives us loan from Swiss Banks and we become debt ridden. We start borrowing money from World Bank again. Like this loan increases. So how can we become rich. And we believe

such people who are known thieves, culprits. What to do. It is not your fault. And then during election also they distribute money and get elected. You are all alternatives. Brother. understood. Now you all should become alternative. One day I just like that said Sahaja yogis are coming into politics. All the newspaper people came to me. My God. Then I said no, no no, no. If you all are going to be behind us, then we are not going to politics. Everything become alright. There is a limit to everything.

This girl is deaf and dumb and like this two kids have been cured in London.

We have our school in Delhi, no in Mumbai. The person who was teaching Deaf and Dumb children, he has got special prize from Government.

One request, we are all sitting near the gate and lot of new people are coming. Please come to the side here. There is lot of space in this side. Please leave the area near the gate.

She has asked about her husband that he doesn't go to the shop, does not sit there and the business is also very less.

You don't put your attention on all these and think of God. First you get your self realization. Everything will become alright.

I told you in London, so much unemployment is there, unemployment and now in Sahaja yog, there is not a single person who is not employed. With difficulty, you will find one or two persons. So first you get into Sahaja yoga. Standing in the threshold of God's kingdom, what should you ask? To see your Spirit.

Once Akbar asked Birbal who are the people who are lowly and mean.

He said whoever is begging standing near the doorstep of God. Where ever you see, you will get thousands like this.

Some Sahaja yogi has given this. Who is the thief? We will answer this later.

No, No, No, No. While meditating, you should not say anything . Stop all these. Stop saying the mantras. After words you will come to know what mantras should be told where and how. For problems, you are saying mantras of Lord Shiva to Shri Rama. Mantras are also like big science. Learn that.

You have asked a question In Sahaja Yog, does all work inside (internal) happens through Sahasrar?

Yes. Definitely happens. But first you must become simple/natural (sahaj). Important thing is you are not Sahaj. Instead of eating from here, you eat from here and say Mother, food is not going down. What shall I do. First become fully sahaj.

Please explain about Doubtless awareness. We will do this tomorrow.

Q. It is right. No one is in Allahabad. One centre has started there. In Triveni Sangam lot of ghosts are sitting. Wherever sacred places are there, conditions are very bad there. Sahaja yoga is very difficult in those places. Because all money making people are sitting there, how Sahaja yoga can start there. But still it has happened. Sahaja yoga has started. You may please check. In Lucknow also it is there. I never expected. In Lucknow also very big centre is there.

You have asked how to do Sahaja yoga. You all have become Sahaja yogis. Please come, learn Sahaja yoga and you will understand. You come to Sahaja yoga, learn to do meditation. It is very easy. Very easy.

No questions from Western Sahaja yogis.

They are very joyous. When they are happy, what to tell. This is their condition.

See on Sundays, we have program in the mornings also. Please take this list of address. We will help you in all respects.

Neha Bakshiji very good. You definitely meet these people and you can do lot of work. Your Name itself is affection. This whole work is done with love. With affection only all these work is done. It is a very good news that you want to dedicate your life in Sahaja yoga. You don't have to leave anything. Neither wife nor children. There is nothing to leave. Nothing is worth leaving. Stones. You don't have to leave anything. You don't have to go to Himalayas. Staying here in Delhi, you can do. You don't have to run from anyone. You have to only correct them.

Q. How to awaken Guru principle.

These people will tell you all this. Even otherwise, we have puja here, Guru Puja. In the Puja, Guru principle gets awakened.

Q It is more than one year and he is not getting vibration. What is the matter? Are you married? If you are not married, then get married and then enjoy.

Okay all those who are not getting vibrations now.

Those who want to get vibrations, please sit for some time. Also all those who want to know about well being, please stay back. It is good thing you all have come. You have come so far. After that which ever centre is near you, please go there.

What happened to Delhi people. There should be some music.

Right question you have asked. In Sahaj, you understand that your different chakras get corrected and your diseases also get cured. But what is the connection with worldly life, like business, your work etc. You become proficient in such a manner that your attention becomes quality conscious that your business, your worldly life start growing. In America, someone had a shop. I gave her realization. I gave realization to one lady who had a shop. She said before realization, I used to keep note of everything, I used to keep counting, but after realization, I have forgotten everything. Now I am having so much profit. I do not know how it is happening. Your job, your business, many things happen because of God's blessings. Please have faith.

In the worldly things, you become amazing. Your house, your children, your financial conditions, you get blessings of Saraswati, Lakshmi. Saraswati's blessings and because of blessings of Goddess Kali, you become safe and also your well being. You get every type of blessings. But first you must come to His Kingdom. You are sitting in Congress Govt. Today this, tomorrow that. About government, we cannot say anything. I am talking about God's kingdom. First come and sit down in His Kingdom. After that see how work gets done. You have still not come into His Kingdom.

It is written here: Mother please fill everyone and the whole Universe with your divine love, make it Godly. Very good. This is my thought also. But you all are the bearer for this. You all are the channel for this. If I could have done everything alone, why would I come to you at all. Human beings are going to be the medium for this. This is going to happen only through you all. So you all come to the forefront and then we will do.

A request for the Western Sahaja yogis. Those who are singers may please come on the stage. Akbar is a great.. yes he is there. I must say Mridang you have really become a real real, you can join pop music also. Sahaj, saha pop music, saha, Sanjay Sharma One music will be performed now. Then I will go. After that you all wait. These people will work on you whatever has to be done. But don't be satisfied with this alone. You have to grow further. You have to become proficient.

All those whose questions have not been answered, please come to our Centre and we will try our best to help you in all respects. And we will give you support in every way. Please come to the centre. When this program gets over, all the centre's names are written here in printed form. Take a copy and go to any centre. Everyone will help you. That is all. After going to centre, you only say that you have come to learn Sahaja yog. That is all. They will do all the work. You don't have to do anything.

Don't we have to go to Mr Shastri's house.

Mr Dharamveer, if he is anywhere,

One moment This is a very good question. How can class and caste distinction end in India. What should people do. Automatically. You see here people are sitting from 56 nations, of different religion, different caste. They are all one. Finished. Because once you become that, you are a part and parcel of the whole. You become a universal religion (vishwa dharmi). There is no caste, you don't have to tell. You just become. Can you tell anybody's caste here?

Q.: He says is it possible that Kundalini awakens without the help of anyone .

No it cannot. Like a, you see, these are not enlightened lights, they cannot get enlightened by themselves. You have to use some enlightened light to enlighten them. That is all. It is very simple.

After this program, next door, there is Sahaj yog exhibition. Please see that and then go. It is just next door.

You all should sing a song together.

One minute, if you can wait. We have one Indian gentleman who has learnt French and he has made poem in French language I would like him to say something and I think French would be very happy. In French language.

I think some French leader should meet him and talk to him and now all of you sing together.

This is such a nice place, spiritual place, we are sitting where Nizamuddin Saheb's Court is there, Ameer khusro's disciple, his Court is here and now we came to know that Fateh Shah saheb's Court is also here. What more is required. Everyone 's kingdom is here. Now all of you ask in their name. Put your hands like this. Are you getting cool breeze. All these people are sitting here. This is not some coincidence but it is spontaneous. Sahaj. They were saying lot of Muslims are here and they will put bomb. Where have they put the bomb. They have come here and put a coverlet (chadar). All are same.

There is no fight between the Saints.

Once Namdev who went to Punjab later. And Gora Kumar, he was a Potter. Namdev went to meet Gora Potter. One Saint meeting the other. The Potter Gora was stampeding the mud When he saw Namdev, he stood up immediately. Namdev said in Marathi. I came to see vibrations in Nirgun form but here I see him in person. One Saint can understand the other. Then Namdev went to Punjab. In Punjab, Nanak Saheb welcomed him warmly and lot of his verses were put in Granth Saheb. Namdev learnt Punjabi there and wrote such a big book in Punjabi and translated in Marathi. He was a Maharashtrian. Guru Govind Saheb also came to Nanded and met him. At that time there was no fight between the Saints because Saints know everything that truth is the same. Every type of Saint. You know Ameer Khusro has written such beautiful poetry about Truth.

Only we are fighting. Till we understand the truth, we will keep fighting. They are all our people. They have done so much work. That is the result of Sahaj yog where there is no question of Hindu, Muslim and Christian. In England also, there was one poet by name William Blake. Every place, every country, like this lot of Saints are born and their thoughts, their deeds are all same. There is no difference among them. We are only creating the difference. All the Sikhs also should come to Sahaj yog. Awareness of Sahaj (sahaj Samadhi) should be established. I have seen Muslims get realization very fast. But they should come first. Call every one. Lot of Blessings to All.

Everyone got cool breeze. This vibration. Everyone is getting on top of their head. This is vibration. No you don't need to remove turban. You can get like that only. Properly you will get cool breeze. Now put your right hand like this and see. See again. Shehnai

Maestro Ustad Bismilla Khan is also a realised soul. Once he had come to Switzerland. He saw these people and said Mother these are real people. Without malice, pure. Then I said Yes real people. He asked what are they doing? I told him to go and ask them. I have made my empty space. This is from inside. Empty. Empty.

Lots of blessings to all of you, specially to people of Punjab where I have studied. I have lot of compassion for them and by God's grace, every thing is becoming alright.

Blessings to all. Lots of blessings to everyone. Everyone sit with peace and happiness. God has created this world for you only. You don't have to go to any trouble.

Lots of blessings to everyone.

Please take the slips from here. Whoever wants to do meditation, they can take Shri Mataji's photo which is free. There is a small book and if you want you can give some small amount.

This is Mr Qutubuddin who has done all the arrangements here. Looking at the décor, I thought only a Muslim can do this.

Once Shri Mataji leaves, everyone can take the slips. Till then, please sit quietly.

1993-0322, Birthday Felicitations, Anup Jalota, Meena Phatarpekar, Anand Murdeshwer

View [online](#).

22 March 1993

Birthday Felicitations

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

Birthday Felicitations. Delhi (India), 22 March 1993.

Shri Mataji: This is the book about Ustaaad Mustak Ali Khan ...See ...He is a realized soul you can see him very clearly. And I am very happy that Debu has written this book ...All such books must come up because of all these great artists...I should say ...real patrons of music ...are getting lost in the oblivion...It is very important that they should write about there Gurus, so people could know what kind of great people existed in this country. And what are their aspirations? If he was born in England, or any other western countries there would have been at least 3000 books written about him...So I am very happy that Debu Who has done such good work.And all those who love music should buy this and study ...It's very beautifully written.

Thank you!

Sahaja Yogi: Dr HS Sharma has written a book about Sahaja yoga which Shri Mataji is going to release just now ...

Shri Mataji is saying he is a very learned man...

Shri Mataji: Very nice book! May God bless you! It's a tremendous book. All foreigners must purchase this book. Very authentic book!

Talk to other people based on this book! Very nice book and you can talk to many other people who want science and this and that to be connected with divinity. Is a very good book...He has done a lot of research ...Done very well...I am very happy with the book...

Please Sahaja yogis from abroad especially should buy otherwise also those who feel like buying should buy. Thank you! Thank you!

Sahaja yogis: Bolo Shri Adishakti Shri Nirmala Devi ki Jai!

1993-0323, Birthday Felicitations, Kathak Dance, Vocal Concert - Kirti Shiledar

View [online](#).

23 March 1993

Birthday Felicitations

New Delhi (India)

Talk Language: English | Transcript (English) – NEEDED

Dance Program

1993-0323, Public Program: Sahaja Yoga Introduction

View [online](#).

23 March 1993

Public Program

New Delhi (India)

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

Public Program, Sahaja Yoga Introduction, New Delhi (India), 23-03-1993

[English Translation from Hindi]

You have asked Me a question, "We have desires and cravings how do I ..." Please be seated ... "how do I control them from within, as I am not that strong internally, though I am practicing Sahaja Yoga?"

Now in Sahaja Yoga you have to understand that relationship with your wife only, is a religious thing. We do not encourage celibacy. Those who live a celibate life normally don't get Self-realization. I tell single people to get married. Then you will attain your Self-realization; otherwise, you won't. (Clapping in the crowd)

Now, to get married you should understand that this year eighty-six couples were married. Every year, seventy-five to eighty-six couples get married in Sahaja Yoga, and this has been happening for the last ten years or maybe more. Maybe only three to four marriages failed, because our Indian girls lost their minds. Girls from foreign lands are very sensible. You will be surprised to know the way they have absorbed Sahaja Yoga into their lives. Our Indian girls are perplexed; some go there and act out dramas. Five to six Indian girls have really troubled us. A few families were wrong for marrying their mentally unstable daughters in Sahaja Yoga.

But now, when everything is getting better, I will tell you that desires mean that your eyes roam around here and there. With Sahaja Yoga your eyes will stabilize and not roam. Foreigners used to tell me, "Mother, our eyes roam a lot all the time. Our eyes roam here and there. What should we do?" I see there is a lot of the same problem in the Northern part of India, but no such problem of roaming eyes in Maharashtra. People have stable eyes. To control this issue with roaming eyes, I told them to look towards the ground while walking. When you walk looking only at the ground, you only see at the height of three feet, where you see either children or flowers. What else there is to notice? (Clapping)

Whatever you want, sometimes you ask for wrong desires. Like sometimes some people think, "My husband should die," or some people think, "My wife should die." God will never do this. So whatever are your desires or wants, you should see whether your desires or wants have vibrations in them. Otherwise, you keep having vague desires. Sometimes desires are very destructive and come to you to teach you a lesson. Like there was a lady who was after my life, saying, "Mother, please help my husband to pass his civil services exam." I asked her, "What's your problem? Your husband is a rich man. What's the need for him to be a civil servant /IAS officer?" But she was after my life, saying, "Mother, make him be an IAS officer." I didn't tell her either yes or no. I said, "Let's leave this topic. It's useless discussing it." Now somehow, he passed the examination and became an IAS officer. So now where he was posted as the collector, his son used to travel by cycle to his college. He had a single son and a daughter. He used to cross the railway tracks. One day he died, while crossing, under a train. I told them, "Now see." Then she went crazy after that.

So, in Sahaja Yoga your instincts become solution-oriented. This is a characteristic of Sahaja Yoga. You become solution-oriented. You become a resolving sort of person. You find solutions within yourself and you find totality in yourself, meaning your brains, your attention and your heart all think alike, with no conflict between them. All conflicts within are resolved, and the human being becomes solution-oriented. Then he says, "I will live by Your will." He then finds the joy of the spirit and rest in his heart, not in his physical body.

I was born in such a family where there was much wealth and riches. Even in my in-law's place, they had loads of riches. We had all the comforts in the house, but if you ask Me, I can sleep in the jungle or on a pavement or on a stone. It doesn't matter. You only need to sleep. Then a human being doesn't care about physical comforts. They only think about the joy of the spirit. Like Shri Ram ate berries offered by Shabri which were already eaten. He ate fruits that were already tasted by Shabri. Shri Krishna ate greens offered by Vidur and refused sweets offered by Duriyodhan. Why was this? Because Vidur was a realized soul and so was Shabri. He ate her fruits that were pre-tasted, which she tasted by using her teeth. He consumed the berries offered by Shabri. He ate the pre-eaten fruits and tasted the joy of the spirit. We all look out for joy and bliss in our spirit, and a human being keeps indulging in that true joy.

Next question: What a question, sir! "Do you test your Sahaja Yogi children and grant them closeness to You?"

I guess whoever has asked this question must be a government servant. (Clapping in crowd) Oh, My son, it's all about Love. Who takes an exam in Love? You aren't given any test. It's just that I love you all and I don't understand how to give you time individually and what it is about closeness. Wherever you go, humans are residing. They don't need closeness. The deeper the Sahaja yogis grow in Sahaja Yoga, the more they stay away from Me. It's surprising! They are happy even if they are distant from Me.

The second part of the question is: "Do you punish if a Sahaja yogi commits a mistake?"

Why would I give a punishment? They themselves get the punishment. Please understand: if you are sitting in My proximity no one can touch you, but if you leave Me and run out alone, the bhoots are there to grab you and you get beaten up by them. I don't punish anyone. They themselves take punishments. I tell people to sit comfortably, but they only run away here, and then what can I do? What is your issue? Keep sitting quietly in My vicinity.

Next question: "If you are asked for forgiveness, what percentage of forgiveness do you grant?" (Clapping)

I am very sure that whoever asked this question is definitely a government servant. Oh, I am not government. I am Mother. I keep forgiving. It's My nature to forgive. I don't keep anything in My heart even for a minute. If I have to show anyone that I am upset, I pretend to be angry. I cannot be serious for more than two minutes. I am not a guru or baba. When one man came, he saw Me smiling and was surprised that Mother laughs and smiles. He told Me, "My guruji never ever smiles." I told him to leave any such guru because it's useless to follow that person. You are here to enjoy life and have fun in life, not for a state of ritual impurity existing after birth.

Next question. A very nice question is being asked: "Can Sahaja Yoga change the mind of the evil-doer and house-breaker?"

The answer is that we have ways and methods. Love is such that it can change everything. We will tell you how to do it.

You haven't brought My tea (aside to a person). Please bring Me tea.

Next question: "What is the way to do Sahaja Yoga?"

There is no hard and fast rule about how to do it. Now, when you have taken your realization, please go to our centers and learn from there. Firstly, just drop your egos. Now, if somebody is some big shot here – Delhi is full of big shots – these people say, "Mother I want to meet just with You." Now, after this you are gone; good for nothing. You may be a big shot in your position, but in front of your Holy Mother you all are one. However much you are a big shot, be humble, wear a kurta pajama, go to our centers with full humility. Humility is the first thing. Those who are not humble cannot grow deeper in Sahaja Yoga. So, I have no ways and methods. Go to Sahaja Yoga centers. People who already practice will tell you how to practice it and how it should be done. For every individual, Sahaja Yoga has something different to share. So, go to our centers. You will understand yourself, how you

can attain your own qualities imbedded within you, and your qualities will progress and you will realize yourself.

Question: "Where can I get guidance for Sahaja Yoga in New Delhi?" Doctor Nigam will answer your query.

Doctor Nigam: After this program will end, on our right side we have a list of twenty centers in Delhi. The list will be shared with you. You can collect the list. For newcomers, every Wednesday we have an ashram in Safdarganj enclave. From the beginning we will guide you about Sahaja Yoga every Wednesday evening at 6.30 pm, and every Saturday behind Hotel Qutab. We have a center in the Qutab institutional area where we have our regular collective meetings. There we guide people about all their problems, whether physical, mental or psychological. There we guide people in how to meditate. We teach you how to become thoughtless. We will tell you whether the state of your chakras is good or bad. You are requested to just visit us and you can leave the rest to us. We will take care of it.

Mother: Also, I would like to add that in Sahaja Yoga our doors are open for all. So, all kinds of people come in. A few crazy people come in and also some felons come in. So, all sorts of people come in, as the doors are open for all. Please don't run away when you see them. You just think about the benefits you have received. Many people run away when they see them. These are the people who are on the brink and haven't gone deeper in meditation. So, do not run away when you see their nature. This has happened with many people. Also, do not believe in any false claims. Just go and talk to the center leaders.

Next question: "What is the difference between pranayams and Sahaja Yoga, and which one of the two is easier?"

Pranayam is just about one side of your body. It talks about only the pranas. It doesn't talk about the heart. People who do pranayam get so heated up and temperamental that while you are talking to them, you should keep a stick in your hand for your safety as they may attack you at any time. They are very hot-tempered people, hot-headed kinds.

Next question: "How long does it take to become an expert in Sahaja Yoga?"

It's not about expertise in Sahaja Yoga as it not a study. As I told you, it is a living process. At what time the tree will bear fruit, you cannot tell. Also, not all trees bear fruit at the same time. The first stage we are to achieve is Nirvichara (thoughtless awareness) and the second stage is Nirvikalpa Samadhi (doubtless awareness). Then you go beyond time. A few people attain this state in as little as two days. A few people take four to five years to reach this state. If you are a bachelor and are conditioned not to marry, it takes eight to nine years. One fellow who is a bachelor is unable to get his Self-realization and daily eats My head.

Next question: "Do you believe in rituals?"

Not at all. Rituals are useless. I mean, if we kill insects, insects are to be killed. Whom will I give realization to? Insects, bugs, hens or goats? All this is useless. You should eat according to your dietary needs. Some people need proteins, some need carbohydrates, according to their state of health. You should eat food which is beneficial and fit for you. Like, people from foreign countries are advised to take more carbohydrates as they are too right-sided. It is simple: if you are right-sided, eat more carbohydrates, and if you are left-sided, eat more proteins. Eat what is right for you. Just avoid eating animals which are bigger in size than you. You will look like them then, and there are lots like them.

Someone has asked about their child who gets fits and is mentally retarded. Bring him to the center. Many such cases have been cured.

Next question: "Shri Mataji, please forgive me and guide me whether to pray to You as a human or as a god. I am unable to decide. Please guide me."

Please do not worship Me. When you grow deeper in divinity, your eyes will open and you will understand who I am. I do not want to disclose about Myself. Only My followers tell others who I am. You don't need to know about Me. When you know by yourself,

then do as you please.

Ah, this is right. Now, the question asked is, "A few females act during Jagran and Kirtan as if Devi Maa has entered within them, or Hanumanji has entered into their bodies. How correct is that?"

Oh, My son, to receive Maata ji in your body, you should have a special body. What will happen if Devi Maa starts entering every human body? These are bhoots; and about Hanumanji Baba, who can withstand him? These are all bhootish possessions. All these pretending Maataji, kindly stay away from them all. Also, a few people pretend. Just slap them a few times and they will get all right.

These are money-making sources. What else?

This fellow is asking very good quality questions. They are saying they are feeling the Cool Breeze in the hands; more in one, less in another, and less over the head. "I have a chronic disease due to which I get heavy migraines in my head but I am doing better with some medicine. I hear a lot of noises in my head."

This fellow should come into Sahaja Yoga completely. Go and visit our center and you will get rid of all your problems. This isn't a very big problem. You will start getting vibrations on both of your palms and also on your head.

One gentleman is asking, "I had a job but I lost it. Now I have applied to other firms. Will I get a job again?"

Of course you will get one. Why not?

"In Marathi, in a few people, their chakras are not all right, but with meditation will they become all right?"

Many people think that if they meditate in their homes it's an acceptable practice. Let me tell you one thing: not at all. You all have to visit the centers. If people do not come to the centers, we can't say anything about them, because you get well only in the collectivity. For example, if a nail on My hand is cut off, it cannot grow. You cannot help it; it just dies. Many people claim, "We meditate in our own houses." It's not done. You should come and be collective. When you are part of the collective, then you will understand better who you are. Not before that. Everyone should come into collective meditation. Otherwise, you cannot get right.

19.40-20.20 – Marathi

Yes, please bring the child into Sahaja Yoga. A few children have benefited and have been cured of holes in their hearts.

For attaining Nirvikalpa Samadhi, you don't have to do anything. Just clear your chakras more and get deeper into collectivity. Slowly and gradually, the Nirvikalpa state will happen on its own. You will come into Nirvikalpa yourself. Then I don't need to tell you anything. Till you are in Nirvikalpa you cannot be called a Sahaja yogi.

It's a good question: "Why was the universe created, and why are we made?"

So that you can enter into the Kingdom of God and enjoy.

The other part of the question is: "In India we are poor people, and people abroad are more prosperous, and why are there poverty and abundance?"

Our country is poor because we are not patriotic. Even the politicians are not patriotic here. When we become patriotic we will become prosperous. The World Bank grants donations to our country, but much of it goes into Swiss bank accounts. One-quarter of the resources are here, and three-quarters are in Swiss banks. The World Bank then gets us loans from the Swiss

banks, and then we become indebted. This is how the debt increases. Then how will we become prosperous? You only elect people who are known thieves and notorious. What to do? It's entirely your fault. During elections, they distribute cash and get re-elected. We don't have any alternatives. Brother, you are the alternatives. Now, you people need to become the alternative to this situation. One day I said that Sahaja yogis will enter politics. So many newspaper journalists came to Me to ask about this. I said, "Oh My God!" I said, "No! No! If you people are going to follow us like this, we won't enter politics." Everything is all right but there is a limit to everything.

Next question: "This girl is deaf and dumb."

Two children with the same disability became all right in London, and we have a school in Delhi; no, in Mumbai. A teacher there was awarded a special prize from the government to help such children. We have to felicitate him. Kindly make a note of it.

(Announcement in the background: Kindly leave the space in front of the gate on both sides as new people are still coming.)

Next question: This is a query by a wife about her husband, that he doesn't go to shop, he doesn't work, and his business is falling apart.

Please remove your attention from all these things and put your attention on God Almighty. Get your enlightenment, and everything will be all right. I tell you that in London there is so much unemployment, but not even a single Sahaja yogi is unemployed; hardly anyone is unemployed. Please focus on practicing Sahaja Yoga.

Question: "What should I ask while standing at the door of the Almighty?"

Shri Mataji: Connection with the Spirit.

Once Birbal was asked, "Who are the most disgusting people?" He said, "All those who stand at the gate of God and beg. Whatever you see people do there, in thousands you will get."

Now, this query is by a Sahaja yogi. Hmmm. Who has written this? Tell Me. I will answer it later.

Next question: "Should we say anything while meditating?"

No, no. Don't say anything while meditating. Stop saying anything. Later, you will know what mantras are to be used, and when and where. You are talking about mantras. If there's any trouble with your Shiva's principle, that won't be removed by Shri Rama. You can learn the science of mantras. Just learn that.

The next question is whether all the paths in Sahaja Yoga get cleared in a Sahaja manner.

Yes, of course, but you have to be a Sahaji before. A big problem is that you are not a Sahaja yogi yet. If you are eating from a wrong side and then complain, "I don't get food," it's wrong. First become a Sahaja yogi. The second part is to describe Nirvikalpa Samadhi. I will explain it tomorrow.

There is no Sahaja Yoga in Allahabad. All the bhoots are sitting there in Triveni Sangham. Wherever there are great places, all those places have gone bad. It's difficult to spread Sahaja at such places. All the people who are after money are ruling such places. How will we spread Sahaja Yoga there? They are saying we have started the centers there.

Distant voice: Mother, in Allahabad we have a center. It has started. Even in Lucknow they have a big center. I didn't hope that high, but the center in Lucknow is very big.

"How do I practice Sahaja Yoga?"

Now you are a Sahaja yogi, come to the center. Learn and you will understand.

"How do I meditate?"

Come into Sahaja Yoga. You will learn. It's very easy, really easy to meditate. Very easy.

No questions from the western Sahaja yogis? Ha, ha, ha. Now they have settled. When you are one with the spirit you don't want to speak. It's the same condition for all the western yogis.

Announcement: We have our center on Sundays. Also, please take the pamphlets and we will try helping you as much as possible.

Ms Sneha Bhakshiii, please contact Sahaja yogis.

And your name means love. It's all about nirmal love. All the divine work can happen because of divine love. It's a very nice thing that you want to dedicate your life to the cause of Sahaja Yoga. You don't have to leave anything. There is no detachment from your wife or family. There's nothing to leave. What's there to leave? Stones! Don't leave anything. There is no need to go to the Himalayas. You will gain from living here within Delhi city. You don't have to run away from anyone. You have to correct yourself living with them.

Regarding what should be done to enlighten Guru Tattva, the people here will guide you. We do Guru Puja, and your Guru Tattva gets enlightened in Sahaja Yoga.

Who is this? "For a year I have been unable to feel the vibrations."

What is this? I hope you have got married. You don't seem to be married. Firstly, get married and then we will talk. Okay, you please wait here. You will be given vibrations and you will be helped to feel them.

All those who need vibrations, please keep sitting longer. A Sahaja Yoga team member will help you feel the vibrations. Hmmm, for good health, also stay back and the Sahaj yogis will attend you. I'm glad you all came this far. Now go and attend the centers close to your house.

Today there is no music. This shouldn't have happened. Why has this happened? The Delhi team shouldn't have done this. At least one song should have been here.

You have asked a good question. "It is agreed that in Sahaja Yoga we get cleared, our chakras get cleared, our health becomes okay. What is its role in our daily lives, like job, occupation, and so on?"

You become a perfectionist. Your attention becomes perfect. (Coughing). Your prosperity grows very speedily. In America we gave realization to one lady who has a shop. She told me, "Mother, before I received my Self-realization I used to write down in detail all my accounts. Now I have forgotten to do this, but I am making such huge profits that I am unable to understand it."

Your business and professional life is blessed immensely by God's blessings. Have faith. You will do wonders in worldly things. Your house, family, children, business, are all blessed by Shri Laxmi. You are blessed by Sri Saraswati, too. By the blessings of Shri Kali you are protected. You get all sorts of blessings in Sahaja Yoga. But before that, just enter God's Kingdom. You are bothering of congresses and government. Today this government, tomorrow that government; I cannot say anything about the local government. I can only talk about God's Kingdom. Come into God's Kingdom and see how miraculously things happen. Not yet; you haven't come into His Kingdom.

In this it's written, "Mother, please fill the entire universe with your love. Fill it with God's love."

A very nice thing you have mentioned. This is My thought, too, but it has to be fulfilled only by you. Only you can channel this process. If I could do it all alone, why would I come to you? This will happen only by humanity. Only you will be the medium to do this job. So, please come forward and do this.

Announcement in the background: There is a request to western Sahaja yogis. Those who are singers in the group, please come up.

Akbar is great. Aaah, he is there. Ha ha. I must say, Bulgan, that you have become really, really good. You can join pop music, Sahaja pop music, Sahaja.

(Clapping/applause in background)

Announcement: Ranjan Sharma. Ranjan Sharma.

Now we will have music. Then I will leave. Then you people wait here. Sahaja yogis will work on your subtle system, but don't get satisfied just with today's work. Learn ahead. You have to go ahead with this knowledge. Like it's said, you have to learn this to perfection.

Announcement: All those people whose questions still remain unanswered, please come over to our centers. We will try our best to help you and solve your queries, but please do visit our centers. Take the printed copies of center addresses. Just visit our centers at the stated times. People there will surely help you. Just mention that you want to learn about Sahaja Yoga. The center people will take it forward from there. You don't have to do anything.

We have to go to Shastiji's house.

Mr Dharmaveer, wherever you are ...

One minute: this is one question: "How can class and caste distinction end in India? What can or should the people do?"

Automatically. You see, people are sitting here from fifty-six nations, of different religions, different castes. They are all one. It's finished, because once you become that, you are part and parcel of the whole. You become a Vishva Dharma. There is no caste. You don't have to tell. You just become. Can you tell anybody's caste here? Nobody knows.

Another question: "Can Kundalini awaken without help of a ...?"

No, it cannot. Now, see these lights. These are not enlightened lights. They cannot get enlightened by themselves. You have to use some enlightened lights to enlighten them. That's all. It's very simple.

[Marathi]

Announcement: It is a request to all of you that we have our exhibition next to the pandal here. Please do visit that before you leave.

First, you correct them all after that.

39.22 Bhajan: Kahe re mann khojan jaii, kahe re mann khojan jaii, sadda nivasi sada aalepa, tohe sang samaii

44.04- Now sing a song together with the foreigners.

44.31- One minute: if you can wait, we have one Indian gentleman who had learnt French, and he has made a poem in the French language, and I would like him to say something because I think the French would be very happy to hear French. Ha ha ha ha ...

Anant ashirwad.

Please put it down for him.

Jai Shri Mataji

French poem 45.25 -48.29

Jai Shri Mataji

I think some French leader should talk to him.

48 .44 - Marathi

Ha ha ha ha. Come along.

48.52 - Marathi

Anna, one from you. All sing together, "Sahaja Yoga's joy".

49.25 – La la la ... sat janam jo puniye ke haii ... safal hue saare [for 55-50 minutes]

This is such a good place where we are sitting. This area belongs to Prophet Nizammudin Sahab's follower, Amir Kusro. It's his place, and now we realize Fateh Shah's place is also here. How better can it be there that you are surrounded on all four sides?

Now all open your hands like this and seek the blessings. You will feel the Cool Breeze. They are all sitting here. It's not a coincidence. It's a Sahaja fact, that we all came here. They mentioned that Muslims live here and they will blast bombs. Instead, they all came to offer Me bedding of flowers. Ha ha ha. What a contradiction! They are all our people. We all are one. All saints are united and are one. Saints never fight.

Once Namdev, who went to Punjab later, was a tailor, and Gora Kumhar was a potter. Namdev went to meet Gora Kumhar. One saint went to meet another saint. Gora Kumhar was preparing the clay. We stood up straight and then Namdev said in Marathi, "I came to see the formless in vibrations, and I see you in a form." This only a saint can tell another saint. Then Namdev went to Punjab. He was very largely welcomed in Punjab by Guru Nanak and kept so many of his rhymes in Guru Granth Sahib. He then learned Punjabi there. They have this thick Scripture. He wrote it in Punjabi, and its translation is available in Marathi. He was from Maharashtra.

Guru Gobind Singji also came to Nanded to leave his physical form. At that time, the saints never disagreed because all the saints understand that truth is one. All types of saints. You know that Amir Khusro has written such beautiful poems on truth. It's we people who are fighting. Till we understand the truth, this fight will continue. They are all our people who have done so much divine work. Sahaja Yoga is the fruit of their hard work. In this there is no question of Hindu, Muslim or Christian. In England also we have a great poet by the name of William Blake. Everywhere in every country, big saints were born, and their thoughts and their things were all similar. There was no difference at all. We find out the difference which is the fault of our vision.

So now all the Sikh community has to also grow deeper in Sahaja Yoga and establish in Sahaja spirithood. This is what he has said (clapping in background) and I have seen that Sikh and Muslim people get their Self-realization very easily, but they should at least come. They do not come. They should come. Kindly call them to Sahaja Yoga. They should get what is deserved, immense blessings to everyone.

Could you feel the Cool Breeze in your hands? This is Paramchaitanya. Everyone felt the Cool Breeze. You can feel the Cool Breeze from your head as well. This is the Cool Breeze. Feel it on your heads. There is no need to remove your turbans. You will feel it within the turbans. Now, put your right hand towards Me and feel from left hand. Now take this. Feel again.

1.00.05 Marathi

The Shahnai maestro, Mr Bismillah Khan, is also a realized soul. Once he came to meet us in Switzerland. When he met yogis there, he said, "Mother, all these Sahaja yogis are so pure nirmal khalis." Then I replied, "Yes, they are pure souls." Then he asked, "What are they making then?" I said, "You ask them what they are making there. I have made the Khalistan already."

(Clapping in the crowd). You should be pure from inside. This is very special thing to do.

Endless blessings to you all, especially to Punjab as I have studied there. I did my studies from there. I have special compassion for Punjab, very special compassion. By God's grace, everything there is getting better. Things are coming back on track. Live happily, and endless blessings to you all. Live together with lots of comfort. God created this world just for you. There is no need to struggle with any problem. I bless you all immensely.

1.02.08

Mother talking to a leader.

Announcement in background: Please take a pamphlet, and those who want to meditate, please take a photograph of the Mother which is free of cost. A small booklet which gives information on how to meditate is also available at a very nominal cost, if you wish to buy it.

Mother: He is Mr. Kutubdin. He made all the necessary arrangements for this place.

(Clapping)

Mother: From the beautiful décor, I knew a Muslim fellow must have done this arrangement. Ha ha ha.

Announcement: Once Mother leaves, only then should you leave. You can collect the pamphlets. Till then, please maintain silence.

Voices in distance:

Mataji Nirmala Devi ki Jai

Mataji Nirmala Devi ki Jai

Mataji Nirmala Devi ki Jai

Mataji Nirmala Devi ki Jai

Mataji Nirmala Devi ki Jai

Bolo jagat jananai Mataji Shri Nirmala Devi ki Jai

Mataji Nirmala Devi ki Jai

(Sound of conch shell in distance)

Mataji Nirmala Devi ki Jai

Mataji Nirmala Devi ki Jai

Mataji Nirmala Devi ki Jai

(Sound of conch shell in distance)

FINISH

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24 March 1993

Talk to Sahaja Yogis

New Delhi (India)

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

Advice Given By H. H. Shri Mataji, Gudi Padwa, March 24, 1993, New Delhi, India.

Synopsis, translated from Hindi

First version:

Today is the first day of Satya Yuga (Age of truth).

Nature will tell you that Satya Yuga has started. Sahaja Yoga has brought forth Satya Yuga. You are self-Realized, you should have confidence and faith in yourself. You should have faith in the working of Sahaja Yoga. What work is being done in your enlightened faith? There should be complete faith. Look at me. I have spread

Sahaja Yoga by Myself. Just have faith in 'Param Chaitanya'. If you have any doubt, ask Me. Paramatma (the Supreme Spirit) is not here right now, however I am here to speak to you. Therefore, sahaj yogis should be doubt free now.

1. The leaders should be very careful. They should be without ego. They are merely a medium to pass on the message just like to post a letter I have to put it into an envelope. They should beware of being master-like.
2. While planning anything, our attention should be on the most important thing. Your priorities should be clear.
3. If there is any negativity, tell Me and I will sort it out.
4. Often, organisers start worrying about money. In Sahaj Yoga, money will always be available. But if you worry about it, then it will not be. Money is not that important.
5. We should use our discretion for each other.
6. You should not have any fear. This is only a play that is going on. There is nothing to worry about. If you say that you are fearful, then what am I to say? If you commit any mistake, even then it doesn't matter. I can say to you that this is wrong and you should not feel bad about it. If there is something to improve, I will improve it. If you are fearful, then your ego will become a hindrance and I will just pierce it. You should not be scared of Me, at least. We learn from our mistakes. We should not be scared of making mistakes.

H.H. Shri Mataji Nirmala Devi

Second version:

This is the first day of the year of Satya Yuga. Nature will show you that Satya Yuga has started. Sahaja Yoga has brought Satya Yuga. You should have faith in yourself, you have to believe in yourself, you are Realized souls. You should have faith in the working of Sahaja Yoga. What works is your enlightened faith. Complete trust should be there. Look at Me, single handed I have spread Sahaja Yoga. Just have faith in Param Chaitanya. If you have any doubts, just ask Me. God is not there but at least I am there to talk to you. Hence Sahaja Yogis should now be free from doubts.

1. Leaders should be very careful. They should become free of all arrogance. They are only a communication link like I have to put a letter in the envelope and post it. They should be careful of possessions.
2. Whenever we are planning something we should keep our attention on the most important thing. You should keep your priorities clear.
3. If there is negativity, you should tell Me, I will work it out.
4. Often organisers get worried about money. In Sahaja Yoga you will always get money but if you worry about money then you will not get it. Money is not so important.
5. We should have wisdom about each other.
6. You should not have any fear. It is all a drama going on, there is nothing to worry. If you say that I am afraid then what am I to

say? Even if you make a mistake, you should not mind. If there is something to correct, I will correct it. If you are afraid then your ego will come up, then I will simply pierce it. At least you should not be afraid of Me. We learn from our mistakes. We should not be afraid to make mistakes.

1993-0325, Medical Conference

View [online](#).

25 March 1993

Conference

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

1993-0325 Medical Conference, New Delhi, India

Host announcer: I am sure friends that you must be wondering that we all doctors have been talking and the doctor of doctors who is sitting amidst us has been sitting quite listening to us, we have learned that her being here and we have taken the liberty of speaking before her.

[Talk starts here] 00:23

Here we have many doctors who are Sahaja Yogis and also abroad. The common point is that quality I have found, that they have concern and compassion, they were not completely money oriented. They definitely felt that we can by some level help the people who are of a poorer class or middle class who cannot achieve benevolence from medical science because shifted. Another [of] qualities I tried for them, the compassion, has let them to think about Sahaja Yoga.

Sahaja Yoga is holistic in every way. Today, if I put a hypothesis before you, as scientist you must keep your mind open and accept it, and as Indians I would say it is your heritage, it's not coming from abroad, it is coming from your country from ancient times.

To say that I found Sahaja Yoga is not correct. Sahaja Yoga has been there since long and everybody has preached about it, talked about it, all the Naths, all these have talked about it; Nanak Saab has said Sahaj Samajika. So it is not that I have found the method or the technique of it, but if something has [been] done in modern times is this that now self-realization can be given en masse to thousands of people at the same time. But this is true for every discovery, if you have electricity now today, first it was available to only one person. Unless and until you make it collective it has no meaning.

The another thing which I don't think they have referred to at all that in evolutionary process now this is the last breakthrough of your belongings. In the human awareness whatever problems we have there is a higher awareness in which all these things that they have described is absolutely possible. As we can understand in medical science we have not been able to solve many questions and also answer many questions - I'll be going to speak about it next time - specially the parasympathetic nervous system we do not know anything about it. But in Sahaja Yoga we know each and everything not only that but you can master your parasympathetic. What you could work out it was your sympathetic system at the most in the emergency but with Sahaja Yoga you can master your parasympathetic and you can work it out.

So what happens, see, is like this instrument here you see at. Now somebody says that if you speak loudly people won't hear but if you use this instrument it will work. For a lay person they will think how could be just a funny sort of looking thing how can it work, but once it is connected to the mains it works. In the same way unless and until we are connected to our main we are not understanding our Self. And that's why there is so much difference of opinion and difference of understanding. So it is very important first of all to be connected to that all-pervading power which I call as the divine love.

Now when I say that you need not believe it, you need not believe in the doctors also. But there is something like a hypothesis before you that there is a all-pervading power that is singular. Now for example the foetus is placed in a womb of a mother. Anything foreign that enters into the body is thrown out, the nature of the body is such. But why the foetus is kept there, looked after, and at the right moment is thrown out. Who does that? Now here you see the flowers. See these flowers of different

varieties come out of different shoots. Who does all these work? Who does this living work? Who pulsates our heart? If we ask these questions there is no end to it. These all can be answered after you have realized your Self.

So this connection takes place because of this, you see, the triangular bone which you call as 'sacrum' means - of course in medical science also you call it 'sacrum' - means the Greeks knew that it was a sacred bone. Otherwise why did they call it 'sacrum'? This sacred bone has this three-and-a-half coil energy within it. Now in the practice of Sahaja Yoga you can even see the pulsation of this bone actually like a heart pulsates. In summary when there is obstruction which is trying to push then you can see it with your naked eyes. You can see that, not in everyone.

Now when this power passes through these different centers it nourishes them, it co-ordinates, it brings them together, pierces through this fontanel bone area and then connects you to the all-pervading power, which is the power, which is the vital power which has electromagnetic forces. It has got what you call the 'Prana', it has got the power of divine, it thinks, it understands, it organizes, above all it loves you. It's hypothesis again, don't be frightened. It is there.

The second truth about you is that, that you are not this body, this mind, this intellect, ego, superego, you are not that. Because you all say, "My ego, my heart, my body, mine..." You don't say, "I the body." So which is the "I", which is the "auto", again means what? Who is the auto? There is something and that is the Spirit. So what you are is the Auto, is the Spirit.

These are the two truths I put before you and you have to verify it and tell Dr Rai that he should verify it. Don't believe me. Whatever I am saying, that again you can verify.

Now we have the knowledge of the roots in this country while the West has the knowledge of the tree. So they treat the tree according to the symptoms, like that's something wrong with the leaves, you treat the leaves, something wrong with the branches, you treat the branches. But that's not going to cure the whole of that tree, you have to go to the roots. And that's what the tree that you have, has to become the Spirit so that the whole body gets alright.

Now another hypothesis I put before you is this that there are main seven centres, subtle centres within us. Seven of them, one of them is below the Kundalini and six are above it, that's why we say... [Hindi]. Now these are the centres these six above Mooladhara which look after our physical, mental, emotional, political, social, financial, also spirituality. If you see clearly it, without any offence, yourself, all the problems of the world are mostly because of these. And all the problems of human beings are because of their chakras. So somehow if you can clear these subtle chakras or put them right all our problems can be solved. As simple as that. Now this is the hypothesis again. I am not saying you have to believe it, it's a hypothesis.

Now these centers on the medical science we have plexuses, only on the medical, say the physical side, we have this. But also it has mental side. English language is funny you see: 'mental' means 'the left side' but actually the right side that you see there, the channel looks after our physical and our concern with our intelligence and our "vichar" and all that, and the left side looks after emotional side.

Now only the question of cancer again is this: Swadishthan. Now I will tell you about only one chakra first of all, is the yellow chakra you see there called as Swadishthan which moves around that void. This is the one which is responsible for producing or manifesting our reflexes but that's only on the physical side. Now how much work this poor centre has to do! We have never thought that when we think the energy we use in our thinking how is it replaced, thinking energy from where does it come in our brain. We are using our brain all the time but what is replacing it, is this center.

So this center - you know the brain is made of fats - this center converts the fat of the stomach for the use of the brain and that's how - this is again hypothesis I am telling you - that's how those who think too much go into imbalance, futuristic thinking people planning everything, plan this, plan that. Most of the plans fail also but they are planning all the time, thinking too much. All that leads to one crisis is that person becomes imbalanced in the sense that this poor centre which has to do other jobs also, it has to look after your liver, it has to look after your pancreas, it has to look after your spleen, your kidneys and part of the intestine, large intestine.

So a person who thinks too much, a very right sided futuristic person first problem can come from his liver. In the medical science I don't think we have much knowledge about liver. Liver is by which we live. I think, it's a very important organ in the body. So the function of the liver is to absorb all the poison of the body and convert it into heat and which passes to the blood stream, is the function in simple words. I am not using any medical terminology, simple words. So now when you start thinking too much you neglect your liver. When you neglect your liver poor thing doesn't know how to do his job. So, the who heat is saturated in the stomach. The person has heat here then the heat starts passing upward.

When it passes towards the heart - we call it right heart, in the medical science there is no right heart but we have the center and right heart - it creates problem and that problem is called as asthma, simple words. This heat then also passes to your throat. Also it creates a kind of a cold which always flows, you sneeze twenty times in the morning all that sort. There are two types of colds also, we have two types: we have one lethargic liver and one over active. So this is I talked about overactive. Now such a person is overactive.

So he develops this cold, sneezing, this temper, anger, anxiety, tension. (Apart: not jot, it's better hold on, alright.) Then this heat passes over. It can go to heart at a very young age. Supposing there are boys who are playing tennis or something of a rigorous game, and playing it this might affect that then have a massive heart attack at a very young age which can be fatal.

Now the same heat when it passes through the throat, we develop throat problem and we get a sore throat and all kind of problems we get. So, it's not alright.

Now, when it moves down say to your pancreas, poor pancreas is also suffering because it has no energy from this centre. So, a simple disease a person like that develops, is diabetes. Too much of thinking gives diabetes nobody would think. They think that too much sugar gives diabetes, not thinking. In our Maharashtra few have to have a tea properly, the sugar should be such that the spoon must stand at right angles otherwise it is not tea. And nobody gets diabetes because the villagers work in the morning, nicely sleeping down in the night, not worrying about tomorrow how to do this, how to do that, nothing. Only the people who are sitting on their seats and planning, thinking, also worried, get diabetes. Now diabetes is curable. They say it is inheritance. Also, it is curable by putting this centre right.

Then the third thing I told you is even more dangerous, is the spleen. Now there is the life, is so funny that it cannot be congenial to the working of the spleen. Spleen works and as you know everybody has a smoggy morality, that is simple as you know, so it happens that, suppose in the morning you get up, read the horrible newspaper, "Bombay blast this, that", you mean that spleen starts wobbling. Then you don't eat your food properly or breakfast properly, just hurry up some or the other, eat something, get into the car cursing all the people on the way because of the jam, reach the office where there the boss is on you and absolutely, you're in a mess there out, and poor this spleen is wobbling. She doesn't understand the craziness of this man, "How am I to produce the RBC [Red Blood Cells]? Wherever I act?" This craziness makes it vulnerable to blood cancer. So this thing is! Because she is so crazy she doesn't understand how to react.

Now what happens that this is supposing I am saying to you is the spinal cord, that is, and these are centres, this is the left side, this is right side. Now they go on working extracting energy from the centre, it gets exhausted. Suddenly something will happen, some sort of a shock on the left side because you are working on the right side, so it bends. When it bends the connection with the whole is lost and that's how you become numb. The main cannot reach anyone so they have to take over.

Now the left side is also a very mysterious thing which will shock you. I don't know if I would be able to speak today about it. That's quite a mysterious thing in this left side about which there is no knowledge in the medical science.

Now so this trouble of leukemia comes in. Then it goes to kidneys, you see. It coagulates your kidneys, you cannot pass urine, even urinary bladder would be like this. Now you get this kidney trouble, you put on dialysis. Poor man dies of bankrupt, dies no doubt. Nobody gets out. It's a fact dialysis has not cured anyone so far, I know. It just makes them live longer and longer and it's

a fact. So he dies. Then also it goes down as I told you in the lower portion. And sometimes you do not feel hungry because of the liver, plus you feel constipation. And constipation can be of the worst type that people get, that all their nights they end up with minima or some sort of a distress.

So these are the common diseases which will be facing all such people who are overactive.

Now the another thing that was about paralysis. Paralysis also, that you get. Now of course I don't know if they are digging that the brain has double function, that the left side works differently than the right side. But in Russia one doctor came and asked me this question. I said, "It does." He said, "Should i mention your name?" I said, "Mention my name but it's that. Absolutely the left side is very different from right side." Now you can see clearly. Now you see the yellow one that goes to the left side, what you call the "I" there, and the left side goes to this side upward, they cross over at optic chiasma where, at optic chiasma, there is a very important centre which we call as Agnya chakra. It looks after your superior body and Vishhudhi. Now when these two, cross over like that, you see they form a gap which is the limbic area. And this limbic area gets closed with these two balloon-like structures which we have produced by over activity or by over conditioning. So what does the kundalini? She goes up to this Agnya chakra and sucks in your negativity and then she pierces through your fontanel bone area. Thus you become one with the all-pervading power.

No question then of getting tired. Now I am seventy years age and I travel. If you ask them! I mean if you see my travel! They say, "Mother, how do you do it?" I said, "I do it because I don't do it." I am sitting here or I am sitting there, I never think I am travelling. I never think, that's the best part of it and everything works out because you are in connection with the divine power which is the most efficient government I should say, the most efficient brains, intelligence, and works so fast as doctor has said, "That's instant, I know instantly." So quick it understands.

Now the best part of it that's you all have this Kundalini within you and she is your individual mother. And all what you are she has recorded within ourselves like a tape recorder and she is very anxious that you should get your second birth, and she manages the show. Once she does that, it is like a plumule in the seed. How it pierces down? We never thought of that. Supposing at the end of the root there is a small, a very small little brain or a cell. It rose, it will go off, it will go into the soft corners and, if it is hard, it goes around it, it tries to establish anchorage for the future tree. All these things are in that little stem. In the same way this Kundalini means quite a throw. What she does? These chakras which are under-nourished, she nourishes them now, nourishes them. Some of them which are dislocated she pushes them back? And the complete nourishment, when this starts coming within you, this is only the physical side of it. Mentally, you should know me, lots of mad people have been cured.

I don't want to give instances of how many people have been cured with Sahaja Yoga because the number is so great but you can write to them and find out that people have been cured. Angina, then heart trouble, then (apart: what's the other?) even Aids. Now doctor Albert was asking me, "Mother, tell me about Aids and I will do some research." So let him go into research and then we'll have next session I hope next year. Then I hope we'll give you [the results] and you'll be able to be here.

But after taking to Sahaja Yoga at least you will not feel so bad, you will never get into trouble. Seldom, if you get in, may be some reason but it can be easily corrected. At least you drop off ten years if not twenty years, feel very energetic, healthy and also very sweet tempered.

The best part of it that you start enjoying life. Enjoy the life this is a very great thing that should happen to all of you. I am so happy today you have no idea because I was also - I wanted to study medicine at least little bit to know what doctors talk about. And when I saw that, I felt that that time even all these terminologies were not there. It's long time back. But I was so ignorant about how I have to talk with them. How will they listen to me? They see everything on just superficially! How will I talk to them? How will it work out?

But I told these doctors all over the world. There were doctors from Japan. Also we have doctors from Russia. In Russian doctors there were three hundred doctors sitting before me and I said about medical science. They said, "No more medical

science" because they are mastered a last bit of it, "No more medical science, tell us about the divine science. " Same with the scientists, surprising they were introspective and they have realized that, "The end of these things have come, we should get something more."

Now one thing is it is your heritage, it is your own, and it takes hardly any time for you to get your self-realization. Then it is yours, not mine. Because there are so many seekers, so many seekers born in this Kali Yuga. That's surprising! As he said, he is correct that in every program we had nothing less than sixteen to eighteen thousand people in Russia. And they are such beautiful people! Now this is our own knowledge. I told the Russians - they had some American doctors - I said, "Why don't you tell them of Sahaja Yoga?" "Why should we? This is our secret. Why don't they listen to you? They will not tell us. I did feel first time Indian doctors told us." They said that.

Now as far as money is concerned, as you are saying so that doctors might be worried that they may lose their things, actually there are very, very few people who really come to Sahaja Yoga in a way percentage wise. All the rest have worries. Specially the way there are some people who like you have the authority of doctors, so they enjoy.

But Sahaja Yoga is really today for India is such a blessing. You know what is happening in our villages, how people are dying there, is no help. And this will solve. It has many other dimensions. It will do so many things, apart from your behavior and all that, the agriculture and everything. So many things there are.

This is not the time to talk about it but one must know that you are Yogis, you are saints, it is all within you. You have not come on this earth just to waste your time but to enjoy the Kingdom of God.

May God bless you.

1993-0325, Talk at Noida Temple

View [online](#).

25 March 1993

Talk to Sahaja Yogis

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

Talk at Noida Temple Inauguration. Noida (India), 25 March 1993.

First thing he owned the land, and then built the whole thing with his own money. It's very, very creditable. It is something very unique: this has not happened before anywhere in the world that a Sahaja yogi has got the land and built an ashram like this, so beautifully. So give him a hand!

It's a very good beginning, and I'm sure people in every country will try to achieve this kind of relations, so it's easier for us to spread Sahaja Yoga. This is a very nice locality: you already, you know that we are also building a house here in Noida, and you are now in Uttar Pradesh – it is not Delhi anymore – which is the place where there is My, I should say, father-in-law's place is across this road.

The people here are extremely generous and very helpful. Only the Sahaja yogis have to learn from them as to how they are participating in Sahaja Yoga, also financially. Of course, you don't need any money for Sahaj Yog for awakening the kundalini. I don't need your money at all, nothing of the kind.

But if you have to build the ashrams, if you have to build buildings, it requires money. And if you desire, it will work out. One has to just desire and it works out.

To the principle of Lakshmi, as you know, She has four hands, out of which one hand is like this – perpetual giving. If you do not give for such an important work, then you are missing the point. This is a very good chance that we can express ourselves, our dedication to Sahaja Yoga. It's a very great and important part of Lakshmi Tattwa. For example, if you do not open the second door, only open the one door through which you want the air to come in, it won't. You have to open two doors: one by which it flows and another one by which you receive.

Sahaja Yoga is absolutely above-board, and nobody is to be lynched, nobody is to be forced to do anything. It's also spontaneous, and whatever you do spontaneously is the I think this is the first time I'm talking about money to you. Because I've never had problems, somehow money came, somehow everything worked out. And I am sure we'll never have problems like that. And we never take money from outsiders. This is through Sahaja Yoga only we have worked it out like that

So, the way you are giving Me presents is also too much. I've been requesting you not to give Me presents. Now we have a third house here, because whichever houses I built, they're filled with things, so I have to go on building new houses!

So best thing is not to give Me any presents, but you make ashrams and you make meditation centers, will be much better. Actually, I've been telling this for so many years now, but somehow nobody listens. And this time they promised that they'd not give Me any legal present, but two tables they've built – I don't know where to keep them. So this ashram also may be filled with that; then where will you sit?

There's a very, very good set that Mr. Gupta has given, really. I'm so enamored by that. I wish you all could think about it. When you think of collective, then it comes to your mind that "Sahaja Yoga has done so much for us, it has solved so many of our problems. It has blessed me. It has given me knowledge, which is so difficult. Otherwise, you have to go to Himalayas, stand on your heads, give up your wife, family, your money, everything. Here, with nothing we have got it.

So now we have to also think, what have we done for Sahaja Yoga? There's some times people think they are postering: all right, this was a great work also, postering is a very big work, no doubt, and such things people are doing, that kind of physical work. But also financially we have to be a little generous at least, so that we can build ashrams – only for your convenience, for your meditation, for your collectivity. As you know, in Sahaja Yoga there's no corruption of money at all and people are extremely honest, meticulous; everything works out so well. Everything is accounted for. And we trust. Of course, maybe sometimes we pay it, because could be moneyed people who might be ... trouble us, and think no end of their money. They pinch some money also possibly, doesn't matter. But the trust is important in Sahaja Yoga. And by trusting only we have built up. Even in India I've seen, people do not take any money in the underhand ways. It's very systematic and everything is verifiable.

Now many people believe in India that if you part with some money for God's sake, God gives you mountains of it. Maybe it is, maybe it is, but don't do it from that angle. Just ... otherwise it will be a business record. But you have to do it spontaneously, feeling the joy, being not conscious about it. Just the joy, and it could be very enjoyable for you and for everyone else.

I've told so many I'm going only today back, and tomorrow. So I must thank you all for coming here on My 70th birthday. I never expected, never, that you all would come to celebrate this birthday, which expresses your love, and it's impossible to express – thanks so much.

Delhi people here said that "This time Your birthday should be in Delhi," and I said, "All right." And when I heard all of you coming, I said, "Now have their heads also!"

But they were so happy, amazed at it, everything. They were boasting of it: "These people are coming, these people are coming!" without feeling in the least how they would organize, how they would do it. So to the organizers of this also you must give a hand!

Also it was a very unique experience with the musicians. And the musicians told Me that they never felt like this, as if whatever they were singing was absolutely in complete accord with the Sahaja yogis, who were so many in numbers. And "How they listened to us and understood us, you can never feel for such a oneness!" And they asked Me to thank you again and again for that.

It is a, really such a wonderful thing that has happened, this 70th birthday. There's so many things which are to be noted as something suggestive of this new age coming. There are more things are waiting for us in this new age. You'll have lots of miracles, lots of blessings, complete understanding, and complete maturity in Sahaja Yoga. The new atmosphere will change so many things. Even the people who are opposing us for no fault of ours will also subside, and things will start working out.

All the problems of the world will have a solution, a solution of a very miraculous type, and you'll be amazed how things have been corrected in every way. In the beginning maybe you might feel a turmoil and an unsteadiness, and you might also feel that there is no hope. But after the turmoil is over, you will see the peace that is manifested through your vibrations, and it will be effective, it will be acting, and you'll realize that.

So many nice things to look forward, and that's maybe the reason you might have intuitively felt that 70th birthday is important. I never said that after My 70th birthday this Satya Yuga would start, but somehow I think you people did have an intuition. That's the reason you came here to celebrate the beginning of it.

So for the time being, I'll say goodbye to you; and all the Sahaja yogis would like to say goodbye to you. From all over India so many Sahaja yogis came, and it's an all-India effort that has worked out the whole thing so well, so harmoniously.

I hope to see you again in Rome for Easter Puja. But this time don't bring any presents! Your own resurrection is enough. Really I tell you, please, it will give Me great pleasure – please don't bring any present. Just you come along and I want to meet you. It's the day of resurrection, and you should celebrate it because you all are resurrected also, and a great day which is promised a

long time back.

May God bless you.

1993-0325, Birthday Felicitations, Sitar - Debu Chaudhuri, Vocal - Gulam Mustafa Khan

View [online](#).

25 March 1993

Birthday Felicitations

New Delhi (India)

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

1993-0404, Shri Mahavira Puja

View [online](#).

4 April 1993

Mahavira Puja

New Delhi (India)

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

Shri Mahavira Puja, Delhi, April 4th, 1993 (translated from Hindi)

Shri Mahavira resides on our Ida nadi and rules it. All the "samskara" [mental impressions] that we have in us are corrected by him. He has defined and explained what is Hell, what happens when humans go to Hell, the way they suffer in Hell, and he has explained this in every detail. Buddha and Mahavira were contemporaneous and both of them had a life of penance. Both of them were princes. But still, both of them dedicated themselves in tapasya. And they found out that when humans make mistakes and go to the left side then they go to Hell and they suffer. Hell has to be experienced in this world. A human can stop this before his death. If he is very sinful and he is committing lots of sins and does not run away from it and does not understand that it is wrong. So people like this in today's modern times will be destroyed by themselves from inside. For this, no outside energy is required. Because they get so much of false wisdom (buddhi). So they themselves prepare to destroy themselves.

Sometimes they think they are very well and think who could touch them. So all of these will be destroyed and only these humans who will not raise themselves from human awareness. I don't know how many of them will be saved.

There are so much of demonic powers that are active and they are attracting humans and they are entangled in it. So it is very difficult to be saved from it. Sahaja Yoga is the only way from which you could be saved and you could take yourself to a higher level. You can also pull along many others with you and you can save their lives. Whatever Mahaviraji explained, I don't know how many Jains understand it. They have only done Vidambana [vexation] unexpected to him. This has happened with all the incarnations.

So if people do the same with Mahavira, so we cannot say anything we cannot blame anyone. In Sahaja Yoga, we very much respect and understand Mahaviraji and we also accept that he is the incarnation of Shri Bhairavanath and not only this he took birth many times and later also came as Hasan and Husain. In the Bible, Bhairavanath is addressed as Saint-George and some refer him as Saint-Michael. It is very surprising that London, which we understand as the Heart, has Saint-George as its angel. That is why they accept Bhairavanath, so it's correct. Because if Shivaji resides in the Heart, then having Bhairavanath is important. There are so many things which if we read with understanding then they are all interconnected and their relation is automatically established.

In Sahaja shakti, you get overwhelmed and you enjoy it and this makes Me happy. God has created this universe for you so you should enjoy it, what else do you want? In you, there are many powers and you use them and you have also shared it with others. In this way, the family of our Sahaj should grow. We should save as many possible, most important our children. We should take care of them because a wrong type of culture has started and the children are getting affected. So we should pay attention to it and to them and take care of them. When they are established in Sahaj then they will not go around. In Delhi's environment, Sahaja Yoga has very nicely established itself. It is a very nice thing.

Sahaja Yoga is very much required here in Delhi because here is politics and governance. Slowly, slowly through your means, the Param Chaitanya will be activated. I am sure when I come next year then many people would have taken to Sahaj.

There are so many Sahaja Yogis but I don't know them by face but I can easily make them out by face but not by name. I don't know them so you should make a photo album of them. I usually have time in the morning and I like to see the album. I have received some albums from Maharashtra and other places. I have provided for you an album so please give a photo and detail

when did you take your Realization. It will be very good. Everyone is requesting that next year also we should celebrate by Birthday here. But it should not be celebrated in such a big way. It is too much.

A S.Y says: We should make the celebration in a much bigger way than this Shri Mataji.

[Applause]

Many miracles happened in the celebration, it was very nice and many other nice things happened. I was already thinking that how should we progress in regards to our Art.

I have given a note to Yogi Mahajan. What we have achieved in Maharashtra we can do it here also. This way we can develop creativity, and our artistic vision should develop, like theatre and many other things. I have shown them. We should work in different fields. Sahaja Yoga is not just for you. It is meant for the whole world. It is not just for spirituality but to establish spirituality into this world like Kabir Das has said "Mann mamat aye" it means left side, and I will mix the five elements into right side. The five elements are the right side and left i.e "mann mamat aye" I will mix it. So all our feelings and our art I will mix it into the five elements. So all the art and feelings that we have and to express it we should try different ways. This will be a very special achievement.

In Sahaja Yoga, when we do anything then it has a special meaning. i.e all the big artists of the world were Realised souls and if they were not Realised souls, then their art would have not prospered till date. Any art which was not created by a Realised soul has been destroyed, stopped or nobody has respect for it. So there is no field/direction in which we cannot achieve or enter. Where ever we have an interest, we all should think: "What can I do for it?" How can I bring spirituality in it?" It is very important to bring spirituality into it.

In this world, spirituality is not confined to a single person but it belongs to the whole world. So we should see the presence of spirituality in all. And I am sure in the coming years it will be seen in our daily walk of life in our speaking and in every aspect the existence of sahaj has evolved. When this effect has established inside us then people can easily see that it is a different thing. With this Sahaj notion inside us. We can see how miracles happen, this is not limited to just us but we have it and make it happen everywhere in all the dimensions and show it and this is very easily possible. You can see they are themselves making the music, composing it. And if you take this to the villages like say today bhajans are going to happen then people will come, then sing in front of them. There is no other better way of spreading Sahaja Yoga.

In Maharashtra, all the spiritual spreading is via music. So like this, every Sunday take a group/party of people to Villages and make bhajans, theatre and like this people will understand what are we and what we are doing. In this matter, the foreign yogis have prepared very nice theatres and have also played very nice music. Especially they like very much Indian music and they are no longer interested in their music. They make very high standard Indian Music. So we should also prepare such a high standard of music that we can show it to the public. Slowly, slowly your creativity will also show its growth and creativity. Look these people who are preparing music/theatre are also normal human beings but we are Sahaj yogis and we have inside us many Shaktis with which we can explain and show, introduce people about spirituality. So today I am saying this, that this left side which is Music, art which has this (bhavana) emotions shows it.

Even though Saraswati has created all the Swaras [notes], so what! but the emotions it contains, the bhakti it contains it is due to the blessings of Mahavir. Mahavir has really worked hard for this because he scared people that if you go to the wrong way, you go to hell, and on taking this correct way you will be overwhelmed and you all are actually witnessing it. Like this, we all should increase our bhakti and growing bhakti in the work of Mahavira. I am happy that on this day of Mahavira Jayanti you all are doing Mahavira work.....

1993-0410, Evening Program eve of Easter Puja

View [online](#).

10 April 1993

Evening Program

Magliano Sabina Ashram, Magliano Sabina (Italy)

Talk Language: English | Transcript (English) – Draft Evening Program Eve Of Easter Puja, Magliano Sabina Ashram, Magliano Sabina (Italy) 10/04/1993

[Talk at 3:42:32.0]

It was a great concert today and I'm sure you'll always remember this one.

The way it was all played so well, I have no words really to describe my joy. But all of you have started now appreciating classical Indian music is a very great thing for this great art. I had a fear that it might disappear one day because people do not have that depth to feel the beauty of this great music. But I'm happy to say that all these sahaja yogis all over the world enjoy classical music so much. I have to thank Mrs. Rajam, especially my daughter and Mr. Ramkumar Mishra for giving us such a nice, beautiful idea about how great is our music in our country. We have to spread it all over the world and let people see for themselves how soothing, comforting, relieving also how joy giving it is. I'm happy that she has made it possible to come, though she has to go somewhere else. The whole night she has kept awake and despite that she has played the whole thing with such concentration and with such creativity which is unimaginable. The daughter also is doing very well now. She has a little daughter of three months.

She has left her there and came away just to play for you. It is very kind of them. Also Mr. Ramkumar Mishra is such a young boy, I should say, but he plays so well and how he keeps the pace with the musician, he doesn't show off in any way, nor does he try to outpeak them. So beautiful we call it the Sangat. In the way he accompanies, accompaniment is really to be understood with what patience and balance he does it. I hope all this concert will also inspire you to learn classical Indian music and to show your appreciation by learning it as well. May God bless you all.

1993-0411, Easter Puja: One has to have faith in one's self

View [online](#).

11 April 1993

One Has To Have Faith In One's Self

Easter Puja

Magliano Sabina Ashram, Magliano Sabina (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Transcript of Easter Puja. Magliano Sabina, Rome (Italy), 11 April 1993.

We all have today gathered here on top of this beautiful mountain to celebrate the resurrection of Christ.

It's very significant for Sahaja Yogis to understand the great event of His resurrection by which He showed that the spirit does not die. He was — He was the Omkara. He was the Logos and He was the Spirit, that is why He could walk on the water.

And also, now we have made a film where we have shown how the Mooladhara, which shows the carbon atom as clearly, if you see from the right to the left, you find a proper swastika there and left to the right we see Omkara. But when you see from downward upward, what you see is alpha and omega. That proves beyond doubt that Christ, as He said, "I am the alpha and I am the omega," shows clearly that He was the incarnation of Shri Ganesha.

It's a scientific proof you have now with us and that's how we can tell people that it's a fact.

I don't know, at the time of Christ this alpha and omega was known to the mathematicians, but definitely to Him when He said, "I am the alpha and the omega." His was an incarnation very remarkable and very important for our ascent. If He had not resurrected Himself, we could not have achieved our ascent at all.

So, it's a great contribution. The resurrection of Christ is evident now in your own life — what you were before and what you are today. It is such a change, such a difference, such a transformation. It is His own sacrifice on the cross and His own beautiful resurrection has created a way for all of us to get into this new transformed state. In this state is a different story for human beings and a different for Christ. Christ was Himself, was Holiness or Purity.

So, His resurrection is nothing but just a physical happening, we can say, because He did not need transformation. He did not have to go through any cleansing. But what happened in His case was that He became resurrected from death. Symbolizes the life of human beings without spirituality is like a death because they do everything without any understanding about the totality, about the reality, about the Absolute Truth. Whatever they do ultimately takes them to their destruction.

Even the religions which are established by these great incarnations are absolutely on a decline. You do not find any trace of religious life with all those people who claim that they are the ones who can represent those incarnations.

If you see, in a subtle way, it's very painful also that in the name of all these great incarnations the kind of work people are doing, the activities that they take to is something impossible because they have no fear of God. In the name of God, they're doing all these horrible things all over the world.

Of course, here you can say Catholic Church has been exposed. Everywhere people are seeing all these false things have been exposed. But these false things they have used under a guard of God, spirituality and beauty. That's the best way you can hide. All the cruelty, all the violence, all the ugliness, this is how they have worked it out. And it has gone into such a state that you do not find the slightest, even tinge, of religious life among these people. Like all the thieves of the world, all the great crooks of the world and all the intriguers of the world have taken over.

It's only because what was written in all the books and all the scriptures that you have to seek yourself was never done. "You

have to know yourself" was never done. How many times Christ has said, "Know thyself"? He also said that you are to be born again. So immediately they take a certificate, 'I am born again' and start taking advantage of that kind of a certificate. But they don't think that actually what benevolence it has given them. At the most, they might have made some money. At the most, they might have had some superficial powers, but it has done nothing if you see from innate nature. One must pity their insanity, the way they have taken to Christ's life or to anybody else's life of such a noble and a higher value system and are doing all very low-graded things.

In Sahaja Yoga, now, you have transformed yourself. I would say your kundalini has done the job, but still the difference between Christ and you is this — that you are coming from that environment, that style of life, that kind of thinking which was all for your destruction. Everything, if you see now, is for your destruction.

So, when you're coming out of it, still, these things hang over. Still, you get affected by them. Even when you're rising higher and higher, you find suddenly you are again pushed down to some sort of a funny situation, to some sort of a — degrading things. Of course, sometimes you are shocked at yourself. Sometimes you accept all that.

So, for a Sahaja Yogi, it is very important that, after coming to realization, he has to be very introspective. Instead of seeing the bad of others, he should try to see what is bad in within himself. It's very important that you have to know how far you are going towards your spirituality because Christ did not need this. He did not have to even introspect himself. He was something which was beyond any corruption and for Him it was just a physical transformation on the sense that from He died and then He resurrected Himself.

But for us, it is very different. We are now Sahaja Yogis but we were ordinary human beings. We had no light within us. Now the light comes within us and we see the light then what do we become? We have to become the light, itself. Christ was the light. He did not have to become. We have to become the light. And now you have to guard on the way this light might get disturbed, might be reduced or maybe completely extinguished.

So, carrying on, yourself, with this light, first thing you should know that if you see the light is not proper — means you are not the light. You have to become the light. When you are the light, then in that light you can easily see how your mind works, what ideas it gives, what affects your mind while you're ascending. Is this the worry or is this the responsibility that you have? Or is this from the bad habits you had, that there is an impediment in your growth as a spiritual personality?

So, you have to guard yourself all the time and see for yourself how you are progressing. It's a very beautiful journey, very, very beautiful journey. Yesterday I was very much happy to hear the song of the Russians who describe about the journey, the journey of kundalini.

This is true, no doubt, that you are a realized soul. Basically, you were not a realized soul, but now you are a realized soul. You're an evolved state. Now, what is missing is the idea that we are absolutely all right and nothing can harm us, nothing can bring us down. If you develop such an egotistical idea it's not going to help you at all. What you have to do is to all the time introspect yourself. That's what is meditation for, to see for yourself how you are keeping up your spiritual ascent. No one else can do it. It's your own individual work. Of course, if you go to the collective, immediately they will know what chakras you are catching, no doubt. They may not say. They will not refer it, but they will know definitely that such-and-such chakra is catching and this person has this problem, but they will know themselves what they are catching, what is their problem is. So, if somebody tells you that, "I think this chakra is catching in you" you should never, never feel bad about it because by keeping that chakra intact you are ruining your own life.

So, what you have to do is to see that if somebody tells you that, "I think this chakra is there something wrong," you should thank that person, "thank God you have told me." Like a mirror — if you see in the mirror there's something wrong with your face, you can immediately correct it. In the same way, if somebody points it out to you, you have to be mature enough that you should know that it's a great blessing that such thing has been pointed out to you.

Like the other day, there was some quarrel between the two leaders always. There are two leaders, always there are quarrels. There should not be. It's like two eyes never fight. Two hands don't fight. Two legs do not fight. But if there are two leaders, there's always a problem. You have to have always one leader, otherwise big problem. So, they were arguing among themselves, you see — two leaders arguing among themselves — and they came to Me. Immediately I saw one of them was absolutely caught up. I said, "You put your hands towards Me." When he puts his hand towards Me, immediately he pushed it back.

"What happened?"

He said, "I'm getting burning sensation, Mother."

"Now, do you know what's wrong with you?"

He says, "I'm very hot tempered, now I know. I'm very egoistical. I should not have behaved like that." But, at the same time, he could have felt very bad because I said it to him. But he did not because he's a Sahaj Yogi and he knows what is benevolent for him, what is good for him. He did not feel bad at all. On the contrary, he was so thankful to Me that "Mother, because of You, I have been found out, otherwise I was hiding it within my heart."

Now, the problem with us is that we have achieved lot of development within ourselves and we have consolidated it. Also, we have a great collective force, I can see, in every country. We can give realizations to so many and we can really establish all these great truths in our lives. We can do it. All the time we should establish them. But there is one point on which one should not be very sure that you have absolutely reached the last truth. You have to be careful on this point very much. I have seen people who go very high in Sahaja Yoga, come up very high and suddenly they go down very low. It makes Me very sad, extremely sad. The reason is that they have no faith — faith in themselves and faith in Sahaj. This is the faith which is missing. You have to have faith in yourself and faith in Sahaj.

Sahaj means there is the Divine Power. And this all-pervading Divine Power is looking after us. It is now felt also. You have felt it. It's not that only by saying is there. You have known it is so. But even knowing that, it has not become such a faith within you, but this is the faith about Christ has talked. This is the faith with an enlightened mind, not the blind faith. And with the blind, you might make mistakes. While with the enlightened one, if you have faith, you become extremely powerful, extremely powerful. There cannot be any problems if your faith is enlightened.

So now, you see in Sahaja Yoga, many people who are very steady, who are upright, who are very valuable, they are like the people who know they are standing on the rocks. But those who are not yet so steady are the people, they think they are still dwindling on some sort of a funny waters of this life. The rocks are big there, standing on the rocks and also that has come out of faith, that nothing can disturb us, that faith, nothing can trouble us. As far as Christ is concerned, naturally, I mean, He knew everything, so He was sure about it. He never bothered. He never dwindled. He never doubted. He knew that, that He is the son of God. That was the fact that He knew very well and He never challenged it, He never doubted it, nothing. It is so and that's why He, I say, was standing on the rocks while the other people, even Sahaja Yogis, have to become like Christ, as far as the faith is concerned.

This faith is to be understood. This is an enlightened faith. Like Christ, He went into crucifixion. He went into all kinds of things just because He knew. It was just a drama and He was doing all this just in a drama, play, and there's nothing serious. Nothing is going to matter and that is going to resurrect Himself. He played a drama.

To Him it was nothing very serious. He saw people making fun of Him, mocking at Him. He also, in his heart, knew everything, that these people who are mocking don't know what I am. But at the same time, He was the embodiment of faith, faith in Himself and in this all-pervading power. This never lets you down, but for that you have to have absolute faith.

Supposing I have someone on whom I have faith. Naturally I will give him all the work. I will trust everything. I'll keep the keys

with him, or the money with him, never doubt such a person. In the same way, if you have faith, faith in yourself, faith in Sahaja Yoga where you are established. You will be surprised how things will work out, how life will improve and you will be standing on the rocks. You'll feel that way. You'll have no doubts. You'll have no problems, no diseases.

So, this is such a state, only with faith. But now, this faith, how do you get? The problem is how to get to this faith. There's no course about it. There's no literature about it. There's no lecture about it, but there is an awakening within you which will ask this: "what am I? This awakening - "what am I? What have I achieved?" See, this will question, "what is it that I have achieved? What have I got out of Sahaja Yoga?" All these questions will come to you. But if you have faith, not the blind, but the enlightened, which is established by many miracles in life, many things in life; small, small things you'll find, there have been miracles — small, small things. There have been miracles even in big things, in so many things where you never expected this will happen.

So now you know very well settled that you are now very nicely in Sahaja Yoga. For example, it starts raining. Half of you would get worried about it, but they will know there is a very beautiful roof. Nothing can happen. Let it rain as much as it likes and then you have faith that it is not going to rain. It's not going to drench us. In the same way, this faith within us has to be absolutely solid and that makes you extremely strong and makes you responsible for the resurrection of thousands and thousands and thousands and thousands of people.

This kind of life that we have, that only by our own establishment, by our own understanding, by our own observation that we settle into ourselves, we settle into Sahaja Yoga. It's something very remarkable. It has happened, it is happening and should happen to all of you. You all should have the chance to know your spirit and to know yourself.

So, one has to have faith in one's self. I've seen some Sahaja Yoginis always come and say, "Mother, I am no good. I am useless. I am doing no work. I'm absolutely a lazy lump" or whatever it is. It's all right, you think that way. Ask for it. What do you want? Even if you don't ask, it will work out. Even if you don't ask. Even — you just think about it, it will work out. Even if you pay attention, it will work out. Because this all-pervading power is the only real power. All the rest of the powers are useless and it's so very efficient, so compassionate that in the split of the second it can work out things.

The other day we had somebody from Australia and he was deceived by someone and made him buy a land and a house at a very exorbitant price for which he had no money and this fellow said it doesn't matter if you don't have any money. They will not say anything to you. He believed him. Had wrong faith, I should say. And then he said, "all right." He paid all the money that he had just to reserve it.

Somebody went there. There was a puja so so many were there. So many pujas, you see, and things happened and so many people came and saw and this. But this fellow was so upset, so upset he could not understand, "Why it has happened to me that I am placed into such a difficult situation." And he was deceived and he was, I mean, absolutely flabbergasted. He had no idea as to how he will get out of this mess. He had put in all his money there. Everything was involved and if he doesn't pay that money he would have been in jail. I just wrote to him, "Have faith in yourself." That's all. Have faith. And what a miraculous thing happened that somebody else offered a much higher price for that. And that fellow said, "Of course, I'll pay it, whatever you have promised I'll pay you back and I'll pay you all the more that I'm going to pay." Is something unbelievable. So many went there, so many wanted to solve the problem, did this, met the fellow and told them that he cannot pay. Nothing worked out. Nothing. Only his faith. And can you imagine now he's going to become a rich man. He was supposed to go to jail. Now he's going to become a rich man.

There are many miracles like that that happen. This is just the financial side of it, but I know you know that there are so many other miracles happening. After realization, if you do not have faith, that shows, I mean, you are a very poor personality. After realization, at least, you should take to faith. That really is something surprising that people get their realization and everything — still they do not have faith in themselves. Those who have had, have really achieved so much.

Now, the difference between us and Christ is that faith was part and parcel of His being. It was not that He had to have faith. He was faith. Now we have to have it. We have to believe in ourselves.

There're so many incidents I can give you, which you can also tell me, so many incidents where just the faith has helped. If you were in Romania, I think it happened, one lady came on the stage. She couldn't walk. They had to bring her on a wheelchair and she said, "Mother, I know You can cure me. Nobody can cure me. I know You can cure me." She said it three times. I said, "So, you believe that I will cure you." "Yes." I said, "Then get up." She just got up, walked out. And then she started running all the way and everybody started laughing. They said, "Mother, she's not a Sahaja Yogini." I said, "See her faith." Because when there is faith all the deities take it up. They're challenged. They have to do it. They have shown faith in that person. As I've told you always, in Sahaja Yoga we trust people. We trust. One among hundred might deceive us. Doesn't matter. We trust. That faith you put in that person works in his mind also, that they have put so much faith in me. But what about deities? You show faith in them, they work. Immediately they work out. Like Guido told me that "Mother, they said there will be heavy rains for these two days." I said, "All right. Don't worry." Where is the rain? It disappeared. You can control anything if your faith is under control. And when we talk of faith, you know, is the challenge to this all-pervading power which organizes, which knows everything, which is so intelligent, efficient. Above all, it loves you. And then you show faith.

The resurrection in Sahaja Yoga is that your faith is solid. This you have to achieve. Solid faith. They don't feel then bad. Supposing I may not meet them. Supposing I may say, "All right, come this time I may not be with them. Nothing matters, you see, whether Mother meets us or not, whether this thing happens or not. Everything is for our good, for our benevolence. Suppose you are lost on the way, know that it has to be that way.

If you have to look at the life of Christ, He was to be crucified. He had to carry the cross. He had to do all these things. It's all right. Whatever. "It's fated. I'll do it." He never grumbled. He never gruded. He didn't want anybody to share His problems. But this faith in Him gave Him such a tremendous power. He could have done anything. He could have killed all these people who were trying to persecute Him — easily. What's the harm? Just one glance could have killed them. But no. He knew He had to go through all that. He went through it. Ultimately, He's the one who's victorious. He's the one who won everything.

In the same way, a Sahaja Yogi has to look at one's own life. It's very precious life, very precious. In this world, these days, there how many there are, Sahaja Yogis. In the evolutionary process, how many will become Sahaja Yogis, I can't say. And once, look at the world, then you start feeling that most of it is going to be destroyed or finished. Most of the people are not going to be there. Not that we are not available, but because they are not fated to come to Sahaja Yoga. They're not meant to come to Sahaj Yoga.

So, you're so fortunate that you have got your realization, your resurrection, but now have faith in that resurrection of yours. In your resurrection, that is your being now and with that you will know how precious you are for the whole world and that what you have to do is not to think of material gains, physical gains or some emotional gains, but spiritual gains.

What have we done for spirituality — our own and of others? This is the only thing you have to think about and you'll be amazed everything is organized, everything works out, everything in its own time shows its own results.

Now, I am sure, at least eighty percent of you believe in what I am saying. Maybe, say, ninety percent. There could be about ten percent who still think that, "All right, Mother says so but then why it happened, why that happened?" Like the other day I had a journalist, a very well-known person, he said, "I can't believe in God." I said, "Why?" "Because how can there be such miseries in this world? How can there be a blind child? How can this and how can that?" Then he started giving me instances. "All right now," I said, "Have you told Me everything?" "Yes." I said, "Now, supposing we say that you are sitting in the realm of Congress government or your Andriotti government or whatever you call it. So, the situation is explainable. You have not yet gone into the realm of God. If you go to that state and if you achieve it and if you settle down, then, tell Me, have you any problems?" "None." I said, "Why do you see to the negative side? Now if you say there is a way out and that there is a solution and that a time can come when in this race of Sahaja Yogis there will be no diseases, no troubles, nothing, no problems. So why not see this? Why do you want to see one boy who is blind? But why don't you see that the blind become all right."

So, this kind of negative attitude, also Sahaja Yogis can have. I've seen them. Somebody's sick. They'll say, "Mother, he's sick. I must bring him to You. You must see them." There's no need at all. You can cure. Your faith can cure. You know about somebody who's uncle was sick who was not a Sahaj Yogi. He went down there to see him and his wife said that, "You are capable of praying to Mother, why don't you tell Her to get my husband all right." He was a cancer patient on death bed. He said, "All right." He just bowed down and he prayed. "Mother, please cure my uncle." Third day he was out of hospital and now he's roaming about all over the world. Though he's not a Sahaja Yogi, still it has worked because now a Sahaja Yogi saying that, the deities have to work it out. Though he's not a Sahaj Yogi, doesn't matter. It's the deities who stood by it. And this one has to believe in one's self, fully — that if these powers are with us, why we not use it? Why not we develop that complete faith, that we are now Sahaj Yogis, we are in the kingdom of God and that this power is going to look after us. Then we'll have no choices. We'll have no hesitation. We'll not bother if you have to go to Singapore or you have to go to Africa or go anywhere. So what? We are still in the kingdom of God wherever we go. It's perfectly all right. And no worry of any kind. We are slaves of so many things, of our watches. We are slaves of conditionings, things like that. Everything drops out. Doesn't matter. What does it matter? Nothing is important. As long as you are with yourself, everything is all right.

Like people tell Me, "Mother, you travel so much. How do you do it?" I said, "I never travel. As I am sitting here in the chair, I am sitting there in the chair. That's all. Only the seat is changed. I never think I'm travelling. Nicely sitting down, settled in my seat I'm all right so I am not tired.

So, when you have complete faith in yourself, then you don't bother. Many people will find out whether, "I go there, there'll be a bathroom or not or will there be a place to sleep or not. Nothing. You are looking for the comfort of your spirit. If you get, well and good. Otherwise you can sleep anywhere. Nothing can bind you. Nothing can pull you down. No habit can come back on you because faith will purify you completely. It will enlighten you. It will nourish you.

This faith is not something that can be put into your heads or can put into your hearts. Cannot be. It's a state which you have to achieve and which you can achieve through Sahaj Yoga. That's how our resurrection will be completed, would be established, would be effective and for the whole world will be a model.

May God bless you all.

1993-0425, Arrival conversation in Athens

View [online](#).

25 April 1993

Arrival

Athens (Greece)

Talk Language: English | Transcript (English) - Reviewed

Arrival conversation in Athens, 25/04/1993

2:47 [To a baby] How are you?

He's brought so many Sahaja Yogis.

5:07

Shri Mataji: So many are here, so many Greeks here. It's tremendous. It's a great progress to Me.

Translate it.

Greece should be the first country in Europe which should take to Sahaja Yoga.

Because Greece is a – I mean it has a heritage, same heritage [as Indians]. And we have to give them faith in their heritage now.

All that they have forgotten, they have to remember.

I'm sure it's going to work out very well now with such faith [unsure].

6:09

It's a, an important country, as you know very well, Greece is very important, politically also and military wise.

So it's important that this country should have their own heritage back on themselves. Because so many people have learnt from you before, and again if this country comes up to its own level, every body will have to learn [from them?].

So you all have to be very proud actually of Greek's land. And that you have to take the responsibility of transforming your country in a beautiful new age country.

You can do it, it's very simple.

I was happy so many dedicated people are there, here. I prayed for [unsure], about this.

[About coca] I had already before.

Thank you.

I'm so happy.

Sahaja Yogi: Yes Mother we are very happy Mother being here. Thank you very much.

Shri Mataji: I can't see the children before, now I'll see them here.

Sahaja Yogini: Yes Mother.

Shri Mataji: If they can feel the cool breeze, all right.

Sahaja Yogi: Yes

Shri Mataji: Thank you.

Sahaja Yogi: Jai Shri Mataji.

Shri Mataji: We make move now?

Sahaja Yogi: Yes, Mother.

Shri Mataji: All right. May God bless you all. Good to see you.

I don't know what are my programs are. Whatever it is, he knows it.

I don't know about my programs, what do we have.

Sahaja Yogi: I will tell You after in the car, Mother.

Shri Mataji: All right, may God bless.

Another Sahaja Yogi: We take this in our car.

Do we take this?

1993-0425, Talk to Sahaja Yogis

View [online](#).

25 April 1993

Talk to Sahaja Yogis

Athens (Greece)

Talk Language: English | Transcript (English) – Draft

Talk to Sahaja Yogis, Athens, Greece, April 25th, 1993

Sahaja Yogi: We are working very hard there, all of them are working very hard for your coming here, Mother.

Shri Mataji: Very sweet of you.

Sahaja Yogi: With a lot of love.

Shri Mataji: Very sweet of you really. Because there are so many seekers in Greece, I was sure about it. You have to tap the real people. And all these false Gurus did not come here, maybe. I don't think they came. Did they?

Sahaja Yogi: Most of them, they were not allowed to come in.

Shri Mataji: Like Rajneesh was not allowed.

Sahaja Yogi: Was not allowed. Maharashi, something like that, was not allowed. Some other fellow was not allowed to come in. And because Greek people don't have too much money, so these false gurus do not prospect here.

Shri Mataji: So they're not attracted.

Sahaja Yogi: They were not attracted.

[Shri Mataji is laughing.]

Shri Mataji: That's very true.

[Someone offers a Coca-Cola drink.]

All right, thank you.

So now what's the program? You tell Me.

Sahaja Yogi: Today Mother, rest for you Mother. You'll be resting and tomorrow there will be by your grace a puja at the new centre. After tomorrow, it's a press day. And Wednesday the public program.

Shri Mataji: But when is the puja?

Sahaja Yogi: Tomorrow. Tomorrow?

Shri Mataji: What time?

Sahaja Yogi: Any time, Mother, You also. After all, night?

Shri Mataji: Whatever suits, I mean, normally, whatever time I give is that suits [unsure]. It's for you to decide.

[Shri Mataji is laughing.]

It's a fact, I mean, I give you some time, this time they say: "It's the puja." Then I say: "All right."

Whatever 10 o'clock, 11 o'clock, 12 o'clock, nobody called Me. I said: "Now what is it? Am I going to go on my own?" They were preparing, you know, decorating things this size. So I said: "Whenever is the right time, then only you'll finish, whatever it is."

I'm not sure I mean right [unsure]. It's not going to work out.

I was just ready in time.

So when you are ready you call Me, I'll be there.

Let's keep it like that, hopefully. Cause I don't want to call you about it.

You'll be very busy collecting everything, hurrying up.

Sahaja Yogi: The first time You did one night.

Shri Mataji: Hum?

Sahaja Yogi: The first time you came, Shri Mataji, for the Athena puja. We had said in the morning when it was the afternoon, then when You had a rest, everybody slept.

Shri Mataji: Yes.

Sahaja Yogi: And when we arrived to the program, late, how late, just after the puja we went to the program.

Shri Mataji: Just watch out you take it easy. You see, we have to take very easy all these things. There should not be any hard and fast rule about it.

I'll have some water.

You cannot make any hard and fast rule about it, that's the point. Just that whenever it is auspicious that works out.

One day in Lonavala, we had arranged a program at 11 O'clock or something. I didn't say anything, you see, then after 11 O'clock, I was sitting still there. They said, "Mother, the Puja is...", I said, "Alright, I'm coming, coming."

Then 12 O'clock I went for a bath, so they said, "Now, why Mother is taking so much time." Then about, I came out about 1 O'clock and I said, "Say 1:30 we'll have Puja," - they couldn't understand it. I said, "Alright, bring the Indian calendar. See when is the...", So the, what you call the night when there is no, when there's no moon, you see - we call that - when there's no moon - In English? - I mean, in, in -- I don't know. - I don't know what you call that. - Dark night. - Dark night - Dark night In Sanskrit, we call it Amavasya. I said, "See, how far is Amavasya?" They said, "Mother, it is 1:30."

I said, "See. How could you start your Puja at, before 1:30?" So they were all... But we don't have to see any calendar - it just works out alright. But in nowadays we don't observe anything like that but at least the day when it is dark night one should not have a Puja - that's one thing for sure. But I don't know if you have got English, Indian calendar in English. - I'm not sure; We don't have. - I should get some for all of you - I'll give you as a present. - Indian calendar goes with the moon or the Sun? - In India they still believe in all this very much, you see.

- Does it go with the moon or with the Sun, Mother? - Annh? - Does it go with the moon or with the Sun? - Moon - Not with the Sun

- like Muslims have - Yeah. So, like Eid, you see, comes on the Navratri day. First Navratri day there is Eid and another Navratri is Navroz of the, you see, Persian. Since all ancient times, I think, everywhere there was moon only but in modern times their main it is Sun with 365 days fixed. Only one day is fixed - is the 14th of January when they change, the Sun changes it's axis to this side; That's the only thing. We call it as Sankranti. I mean, I'm sure, in these also they must be knowing all about [UNCLEAR]; Horoscope has come from Greece only.

- from these people. It must have come from India - India - but later on it was developed. But the Western horoscope is made out according to the Sun - like a circle and a thing in the middle but Indian is made like a square. I don't know - how is a Greek horoscope? - Mother, don't know. - Anybody knows about Greek horoscope? It's round, it's round - It's round - then it's with the Sun. But Indian is square - they have a square. Mine starts from the zero, in the centre - it goes all over. You're the centre of the - We have a lot of new people, Mother, here - I know - They see You for the first time and - Tell Me their names.

Alright, this is [UNCLEAR] ex-colleague of mine at, we used to work together - in the Shipping Corporation of my father-in-law - [UNCLEAR] that Company with a special project - Really? - and see what happened? - He used to work at my father-in-law office - haan - and - Your father-in-law's in the Shipping? - Yes, Mother. - I didn't know that. - Must be knowing My husband. - Yes, he knows - he knows, he must know - he knows. - Hmm - This is Effy. We met - she was in the Olympic race at the airport - Yeah This is the Pablos, over there. - This is [UNCLEAR] - Jai Shri Mataji.

These are two, his children - his daughter Harula and [UNCLEAR] He must be [UNCLEAR] so clearly and this is the children of Elizabeth - Madhavi and, Madhavi and Devarshi. Elizabeth, where are you? She's somewhere around here. - She's not. - This is Yuli This is - what's the - [UNCLEAR - VICKY OR RICKY?], sister of [UNCLEAR - EFFY?] - [UNCLEAR] - [UNCLEAR] - Marina - Angelica - What's her name? - Angelica - I think, that she got married, Mother, this year, in India - Achcha! - with [UNCLEAR - VARSHA OR HRISHA?] - [UNCLEAR] Let's do, which means, somewhere in [UNCLEAR] - Angelica and Hrisha are married - This is [UNCLEAR] - Yeah, they were married, I know.

- This is Damas, a journalist - Haan Nicos, a photographer, Hailey This is Evvy, the wife of [UNCLEAR] and the mother of these two kid children - Yana - Yana, I know [UNCLEAR] Claus, from Germany, married to Poppy - [UNCLEAR] is in India, Mother, for all the blessings and all the gifts from Maria - [UNCLEAR] Where's Poppy? Poppy is here and she'll be going to Germany soon with Claus - You are in, where Frankfurt or Munich? - Munich - Munich Philip was there, this time. He was very anxious that I should go to Germany but Munich, I don't go normally now. East, because of Berlin - I'll be there in Berlin - This is Katherina, You know - Yes, I know - and Stephanos - [UNCLEAR - I SEE?] - [UNCLEAR], Katy, Elinos, You know - Sir names are difficult. - Yes. [NAMES UNCLEAR] - Katherina - Katherina? Katherina. I don't know your names. Over there it's - [UNCLEAR] can come this side.

- That's why, Mother, we need a bigger centre, You know. - Really, must be big. I don't know how you manage the small one now and it will be growing and growing and growing. Didn't tell his name? - This is Demitrus, a new sahaja yogi - Demitrus - Demitrus and Katherina over there and this is Flora. She works in a TV channel. Mother, by Your, she will take an interview, by Your Grace 15 minutes, in a very good channel, here This is Demitrus, Unisys - sorry - Unisys, he's a excellent violin player, Mother. - Really! - Violin - he plays excellent violin So, a few names. [UNCLEAR - ITHUYANIA?]

is out there; She's an actress - over there. and then we have Ithuyania, Eleni next to her, we have Patros [UNCLEAR] Patros; He's been to India many times but had very bad experiences with first guru, Mother, but and this is Andrea [UNCLEAR] - come along - She's [UNCLEAR] Schooling of Mining at Institute of Research; - I used to do Computer Science research and she be a colleague of mine. - I see. - For most of you, I'm sorry, I don't know your names. Any other Greeks there? - Yes. - This is [UNCLEAR] photographer - Sit down - This is due to sahaja yoga, they are winning all the prizes in photography - Really? - Yes, Nico [UNCLEAR] - Developed a new eye-sight - Yes, Mother. Not [UNCLEAR] That happens everywhere. Apart from that, you get sometimes these miraculous photographs We have, I think, brought for you the miraculous photographs.

- Jai Shri Mataji - brought them for you - Jai shri Mataji - and - Now also there is Laila - come along - [UNCLEAR] - Laila, yes and [GREEK CONVERSATION] - Laila? - Yes, Mother - See, this is an Indian name. Laila. We had a lady called Laila and her lover was Majnu and they both died ultimately [UNCLEAR] - and very surprisingly, it's a tragedy.[UNCLEAR] how beautiful - Yes, Mother - Beautiful! - This is a temple of Zeus - This is Zeus temple here, Mother - Zeus? - Zeus - Zeus - Is that the Zeus? - This is Zeus temple. - Which one is that? - This one in the corner.

- After St. George - Zeus - Zeus. - He's Parshurama - Yes, Mother - the temple of Shri Parshurama - He was, his vow was broken by Rama, you know. Know the story of - - No Mother. - You know the story - I thought, he was the same Incarnation at different time - Annh? - I thought he was different time - No, no, he came before - Before - He came to announce Shri Rama's this thing I was reading, before Sahaja yoga, Mother, a beautiful book by who Adiguru Dattatreya was giving instructions to Parshurama Of course. Not only that but he, since he played a very big role in India also he was, he had a, a thunderbolt as his ayudha and also

he had a bow and a that - What do you call that - bow and a - Arrows, arrows - bow and arrows, yeah and he kept it with this father of Sita - Janaka because Janaka was the Adi Dattatreya; He taught him so he kept with him that "You keep it with you." And he said, "Except for the, for the Incarnation of Vishnu no one can lift this - it is so heavy, no one can lift even." So he, Sita came and She just lifted it just like that like a play. So, then he realized that She must be something great. Then he said that, "Her husband, whosoever will be the Incarnation of Shri Vishnu."

Then it so happened that some marriage was announced and as we have in India, you know, swayamvara, that the girl, the girl has to go and choose her husband and for a princess, all the kings and kings of very great nations were sitting there different, different kings and one of them was Ravana also, so no body could lift it even. Ravana lifted it but it fell on him and he just fell down, so Sita laughed at it, you see [UNCLEAR] Then Shri Rama came and He just picked it up, like this and He put the arrow, you see, so Sita garlanded Him; She knew, of course, who He was but when he did that, you see, it broke also - uh.. his - He broke - He broke it, Shri Rama broke it [UNCLEAR] broken, we can say. He didn't deliberately do. So, this Zeus came. He was a very hot-tempered fellow, this Parshurama - Yes, Mother. - Really known to be very right-sided, you see - Greek after all [LAUGHTER] So, he got very angry, "How dare you break my uh.. this thing, bow and, who are You and this is," started shouting at Him. So, Lakshman got very angry. He said, "I'll show you who He is just now. Come and fight with me," and so Rama said, "Keep quiet. It's alright, it's alright, it's just," and then he realized that Shri Rama is the advent which he had to, he had to profess, you see, before that. As like, before Christ came John, the Baptist, you see, so then Parshurama then said that, "This is the Incarnation of Shri Vishnu."

That's the only one who was going to lift my bow." So, that's how first of all, Shri Rama was told but Shri Rama had forgotten because He had to become absolutely a human-being, so he had forgotten about His own Incarnation within Him. The first time He was told that He is the Incarnation, so that's how it worked out - but you all have God's like this Poseidon and all that but we have Varuna, - Yes, Shri Mataji - Indra; Indra also, you have, I think, the King of all the Gods - who is He? - Zeus is the King of all Gods - No, Indra - Indra [UNCLEAR] - Annh? - Indra, [UNCLEAR], Varuna were earlier Gods in Greece - Indra, Varuna Indra and Varuna but I understand Varuna was to worship as God of the [UNCLEAR] Mataji - Varuna was the same as this Lord of the Sea - Poseidon Lord of the Sea - Poseidon was Varuna The mythology, Mother, says that the goddess of Sea now, was, came out of the head of Zeus - Of? - the head of Zeus and She was [UNCLEAR -PROSTRATING?] Her arrow, say Kundalini, [UNCLEAR] palas - palo means vibrate. She used to vibrate. Palas - Palo is a word which means to vibrate; So She has now Palas because she was vibrating the, what we call it, sphere. Sphere - the ball which goes like that - sphere - and they say that it came on top of the head of Zeus - which is probably the Kundalini, Mother.

- Yes, of course, it is that only. But lots of things were changed also, I don't know why, but they made all the gods look like ordinary people and gave them all the weaknesses, everything attached to them. But there are two things - one is the devas - these are devas - Poseidon and all these are devas and Devatas are the ones which are on your centres, so they're absolutely Pure, pure Gods because they're all fixed identities and they're absolutely pure; They cannot behave like human-beings. See there are Divine, all of them but they're fixed, you know. They know what to do, what they have to do, how to, sort of, manifest the Divine laws - everything they know and they are fixed like that and they know how it is to be done, like, as if the whole instrument is made and everybody is made to sit on their own seats and they're working out their own offices, like that, so it's a two, two types of devas were there. One, the ones which were on the right side and this, this place was described in the Devi Mahatma as Manipur e dweep. See, this is the Manipur, means Nabhi chakra, the Nabhi and I told you when I went to Delphi which is the Nabhi. You see, they also say now, that it is the, the navel of the Universe - they say so. If you go there, they tell you like this and there I saw Shri Ganesha sitting, very nicely, so it's all just works out. Even Athena has a Child God.

You see, in the temple if you go, there's a Child God sitting there. and they say, "This is because of Athena. She didn't want anybody to enter into Her home - temple;" It's very surprising. It is, even the steps are three and a half steps are like three - one, two, three and then the second one is half of that and they, they said that, "They are little bit bending like that." so if you put them through the whole of the world, they will form a circle. Haan. What they say is that the comfort from stairs compensates that the straight line seems to be cut convex, seems from far away - but the truth comes around - Yes, this is three and a half coils of the Kundalini and the Athenician also has in Her hand, you know, the Kundalini is there. I mean, it's all was there and I went and saw the Curator at that time when I first came here. I saw the Curator at the museum and I asked him about Athena. They said, "You see, we used to worship Her as a senior Goddess but then, some people went to India and they found out that they were, there was not only one Athena but three they form, She went into three forms; In India they told us, so we believe now there are three forms," but they don't know into details.

See, it's a more sort of move on understanding - from books you won't get the knowledge. But they did say that now we will learnt

India that there are three forms of Athena. Maha Kali, Maha Laxmi, Maha Saraswati, you see, but they didn't know all that, you see, the details and all that. Actually, even in the Indian Scriptures it's not so well connected. We don't know how to connect this into that but only in Sahaja yoga you understand their connections. Yeah. Now, can I go ahead, Mother, for few more names? Anna, you're there - this is Anna - Michael's mother and they are sitting. And Ellinscope is here? No - Elizabeth is there - come along - Hello!

- from Austria [CONVERSATION IN GREEK] and this is Christos over there sitting - Christos, a new sahaja yogi - What name you say? - Christos - from Christ - Yes - is the husband of Gregora - [UNCLEAR] - My name? - No - Christos. Now Christos is say, Christ. Is from Christ - Christos - [UNCLEAR] - Christos is the name of Christ. [UNCLEAR - CHRISAKIS?] - Chrisakis - Chrisakis - Chrisakis - [UNCLEAR] difficult Chrisakis, isn't it? - [UNCLEAR] - For Indians very difficult - Chrisakis Most difficult for us is this French. [UNCLEAR] French is very difficult and also Americans, you know. The way they speak fiirst.

One day you can't understand them. They go on [UNCLEAR] [LAUGHTER] Then you have to concentrate to learn; A day takes, I take a day to learn their language but now the sahaja yogis are much better. Once you know little bit of Sanskrit, your tongue, I think, gets right [UNCLEAR] - [UNCLEAR] You rest now, Mother. - Alright. Thank you very much all of you. Thank you! Shri Mataji - So, where did he catch the false gurus in India? - I don't know about where he got with [UNCLEAR] also, [UNCLEAR] and taking names of the gods and he's been to Hare Krishna also [UNCLEAR]

May God bless you! - Okay

1993-0426, Shri Pallas Athena Puja: You have to be sincere and honest

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You Have To Be Sincere And Honest

Pallas Athena Puja

Athens, Sahaja Yoga Center in Athens (Greece)

Talk Language: English | Transcript (English) – Draft

Shri Pallas Athena Puja. Athens (Greece), 26 April 1993.

It's a very great day for Me to see so many Sahaja Yogis here who are from this country, Greece. When first I came to Greece, I told my husband that this country is full of vibrations and there have been many evolved souls in this country, but perhaps the people have lost their heritage, but the vibrations are in the atmosphere and one day Sahaja Yoga should prosper here very much. And somehow, we met some bureaucrats who were Greeks and the experience was not good with them and my husband said that "If You said the Greeks are really religious people, then look at these people. What are they doing to me?" I said, "They may be bureaucrats and, all over, bureaucrats, you can't say what sort of people they could be." But, on the whole, the vibrations were very, very good, no doubt, and I went to all the places in here, like I went to Delphi, I went up there to see Athena's temple and everything. To all the places of interest, they took Me round, specially Me, because he was busy with his conference, so they took Me round. And everywhere I felt - even the sea I felt was so very beautiful. This was about - I think I came here at least about fifteen years back, maybe fourteen years back. And I find now the vibrations are coming back now through you people and the whole place is again vibrating.

Now, you have to understand now that you people have a very big responsibility because you're strategically placed in Greece, you see. Greece and Italy, I mean Turkey, both are very important. First of all, you are the bridge between the eastern side and the western side and everybody is interested in, somehow or other, managing and controlling these two areas so that they could control eastern and western side. I mean the western countries specially.

Now the greatest danger that you have now is that this western culture may try to grab you and which is very dangerous. To understand it, you have to know that you are people coming from a very great tradition, ancient people of ages just like Indians, and there is so much you can do to improve the culture of Europe by your own behaviour. Like these people we have coming here, tourists are coming and they see the behaviour of the Greeks and they see that they can influence very well the Europeans, think that Greeks can be very easily influenced by their culture, by their cheap life.

So, as you being such traditional people, down to earth and so many, so many good things you have known in life, it's very important to understand the historical background of your country, first of all. For Sahaja Yogis it is very important to be educated that way because tomorrow you'll have to talk to other people and you'll have to tell them about Athena, about your traditions, about your background and how it is connected to Sahaja Yoga, connected to Mother Mary, connected to Christ and all those things. For this, it is very necessary that we all should try to understand the historical background of this country and educate yourself in a way that you can talk about Sahaja Yoga.

As it is, you know, Athena has the Kundalini in Her hand and you can see that clearly that She was the Adi Shakti. Actually, in Sanskrit language "atha" means "primordial." So She was the Primordial Mother. Because there was no connection left between the Greeks and the Indians, this, I mean, translation was not there and they didn't know what to mean by "Athena." But Indians know that it is - this is the place for the manifestation of the Adi Shakti because in the "Devi Mahatmyam," if you read, you will find out they have described Greece as the Manipurdrip [???]. Means the island in the Manipur. Manipur is this Nabhi Chakra. So in the Nabhi there's an island where it is Greece, where the Goddess resides. Manipur chakra is where She resides.

And so, this Athena has been described, then when I went to Her temple I found that there was a little temple for the child of God.

That was Shri Ganesha. And then, when I went to Delphi, also when I went there, I was surprised to see, they showed Me a mound, said, "This is the Nabhi, navel of the whole universe." I said, "That's correct." But when I turned round there was lots of vibrations and what I find is a Ganesha statue there. When Gregoire came here he took photographs and everything and he saw that.

So now you are the Nabhi. You are sitting here in the Nabhi of the whole universe. So how important is Nabhi? You know that very well, that Nabhi Chakra gets spoilt the whole life becomes miserable for a human being.

So, on the right side of the Nabhi, as you see, is the liver and because, of course, we had lots of philosophers, they used to think a lot and they created lots of tragedies, you see Greek tragedy's well known, where marriage system was little bit challenged, that there was, say, two men, one woman or maybe two women, one man and never they felt happy with the marriage. So the left Nabhi was under attack, throughout. To have such a tragedy, they wrote so many, I would say, so many dramas and they played them here and so many plays were there showing that there are two men and one woman or two women and one man and no relation between the husband and wife which was pure. And that was the tragedy. It's known all over as the Greek tragedy. It's all imaginary and people, you see, became very left-sided to begin with. They started thinking, "Oh, this life is a misery. It's a tragedy. What should we do? Why should we - why should we try to show that we are happy? We are very unhappy people." And all these things started here to begin with.

Then came these - your Orthodox Church. Now this Orthodox Church is another one, which, of course, is really - doesn't treat women very well and treats them as if they are all the time unholy. Certain times they cannot go to church and they cannot touch people, all kinds of nonsensical ideas they had. That also made women very left-sided. Then, on top of that, all this was happening with these tragedies and all that, suddenly the economic problem came up and people felt very, sort of, disgusted about that. So the left side became very, very prominent here and that is how I think many of these left-sided, bhootish organizations started and many gurus came who made you feel miserable. But the worst that was done by the Greek Church, which made you, feel so guilty. So you became very left-sided.

Now this left-sidedness was later on counter-balanced by people who started to becoming overactive, thinking too much, working too hard and all those things. But still, I think that they don't work very hard as they should work. They're on the lazy side, the Greeks are. They're on the lazy side. Of course, the Sahaja Yogis are not. The Sahaja Yogis have worked very hard, I can see all that very clearly, but otherwise -

So, now to bring out Sahaja Yoga in Greece, is important, first of all, to know what is our historical background. The second [??] should be very well equipped with the knowledge of chakras and centres and how to improve these centres. If you do not have that knowledge, you cannot face people. It's not that only men should know; women also should know everything about it. What is the chakras are, how they work out and what are their results are, how do we suffer because our chakras are in danger. All this knowledge is free to you. You don't have to pay for this knowledge. Only thing, every day-to-day life, when you start working out Sahaja Yoga, then you'll find out that what I'm saying is absolutely tangible. You can verify it. It is so. It's not something in the air. It is absolutely there. We can prove everything that we believe in and we can show others also that this is the Truth. Is an absolute truth. We are not here to spread some sort of a fanaticism or racialism or anything like that, but we are here to combine the whole world together under one understanding that we belong to one universe and we have one universal religion.

Now, people will ask you then, "Have you to give up our religion?" You don't have to tell them that you have to give up your religion, don't have to say that. You don't have to be hard with them at all. On the contrary, "No, no, no, nothing has to be done. You just come and take to Sahaja Yoga and take to your spirit. Gradually it will start opening out." It has happened with all of you that first when you came to Sahaja Yoga you were in a different shape. Now gradually, you started opening out, you matured and you understood Sahaja Yoga very well. In the same way, you must teach others in the same manner, with the same understanding, compassion and love. Otherwise, normally people think that somebody is to be condemned all the time. Of course, some are people who are under bad influence and you cannot get along with them, but most of you should know that we have to get more people into Sahaja Yoga through our compassion, love and also lot of understanding about others' feelings.

I've found that even countries where have been Sahaja Yoga for so many time, suddenly someone comes up and starts giving trouble and becoming bhootish sort of thing, you see, and misbehaving. Suddenly, it happens. Such a person, you know, if it is informed, we can take him out of Sahaja Yoga. We can cleanse him. But all of you must know one thing for definite that you all have these powers to cure yourself, improve yourself, to help others. You can do everything yourself. You all have these powers, but the only thing is you have to be sincere and honest. If you are not sincere and honest, it will never work out. On the contrary, it will boomerang.

So, in Sahaja Yoga, it's very important is the sincerity of purpose. You must have complete sincerity of purpose that you are here to achieve your own self-emancipation, first. And secondly, you are here to help others. The people all along in the whole world now require help. There's so many problems, so many catastrophes, so many horrible things we everyday know going on. So now we need people who are solid, who are balanced, who are peaceful, who understand what is right and what is wrong. But apart from that, you should know that you have now entered into the Kingdom of God. Many people will say, "All right, we were so religious, we were praying to Christ, we were praying to this one, praying to that one. What did we get?" You cannot get it because you are not connected. You have to be connected. Once you are connected to that, then you will find that things start sorting out.

But sincerity is very important and faith in yourself. You must have faith in yourself that you're quite capable, quite capable person and you can achieve a very high degree of awareness by which you can work out many things. It doesn't matter from what sort of background you come in. It doesn't matter what sort of country you come in, race, anything. You all can do very well and we have seen this happening in so many countries where we had no hope at all. For example, a country like Russia, imagine, they never worshipped any God. They didn't know about God. They were not allowed to know about any religion, anything, but suddenly I went there, I don't know, they recognized Me, suddenly. They just recognized Me and just with my photograph I find them there. I was amazed that the first time I went to Leningrad there were two thousand seats in the hall, but outside they were all standing. I said, "Why are they standing outside?" They said, "All the seats are full, Mother, and these are extra people. There are more than two thousand outside." So I said, "This is too much." And so they said, "Mother, what about us?" I said, "All right, let Me finish the program." Went inside, did the program, everything happened and you'll be amazed when we had the program, the people who were outside were still waiting. I gave realization to people and they were waiting, waiting, waiting. When I came out I gave them. I said, "Now, what to do? I can't give you realization just now." So they said, "All right, what can we do?" I said, "Tomorrow morning can you come?" They said, "All right." So all those who were inside and those who were outside, all of them came and came and sat down in that open ground and I gave them realization.

So this is the first beginning, but now in Moscow or any place we have to reserve a huge, big stadium. Fourteen to sixteen thousand people are there and realization is being given. But they are so quick to accept Sahaja Yoga, so quick to accept Me, too [so???] quick to understand Sahaj Yoga. I just can't imagine how these Russians have got this capacity. No question of there going back, no question of their sincerity being challenged. There is no question of their doubting themselves, nothing. Just there and so much so, so much that I sometimes feel this democracy has just harmed us. Because of democracy, of course, we could do Sahaja Yoga all right, but where the people are, absolutely sometimes very idiotic. Like in America, I find there's very idiotic people live there and they were only busy choosing their bathrooms and their curtains and their soaps [soups???] and all the time they will choose, only busy with all these nonsensical things. They are so idiotic, while the people in Russia are so sensible, so deep, so introspective and even the artists and the scientists.

I had a conference with the scientists. There were about three hundred of them and I started talking to them about science. I thought, better start with science. They said, "Mother, no more science, no more science. Tell us the science of God." Such open-minded people. We have two hundred doctors in Russia who are practising Sahaja Yoga and it has spread up to Siberia. Now, what's the use of this democracy, which doesn't take us to God. It doesn't give us sense that we should seek God and we should be humble towards God. So what's the use of having this kind of a democracy and this kind of freedom, which has made us mad and idiotic? And that's very true about any democratic country because you must know that democracy is money-oriented. And you know Greeks are very money-oriented people also, as well. Of course, they're not as bad as Americans, but they are quite money-oriented. Also, Italians are very money-oriented, but the worst is the corruption. Now Italy is getting exposed. I'm sure your country will also get exposed. All these countries are to be exposed. But, first of all, the Sahaja Yogis have

to be firm people. They have to be very, very firm and they should know that Sahaja Yoga is only spirit-oriented, nothing but spirit-oriented, that you have to have your spirit enlightened, that your spirit has to work everything, that you are not this body, this money, this position, these powers, nothing. But you are the spirit. This is what one has to know.

I was told it is very difficult for you to come for pujas to Cabella and you all cannot join, but one week, supposing you take during Guru Puja, I think. You can come by boat or something like that, would be easier for you to come to Genoa by boat and then we can organize your coming down. For Guru Puja, you all should come. You see, Sahasrara Puja and Guru Puja are very important and if you could come for Guru Puja, it would be a very nice idea. I think it can be arranged and organized that you can come to Guru Puja. I know it's - wherever I am, supposing if I have it here, then for all the rest of the people it will be far away. So I just thought of Milan being quite in the centre that it would be nearer to England, nearer to other European countries. [???], the Americans and the South Americans find it very difficult, so this time we had to provide all tickets, everything to South Americans to come. But they're very deep people. I was surprised in Colombia, they are such good Sahaja Yogis, very beautiful Sahaja Yogis. Very simple-hearted, very good, well educated. Three, four of them were got married in India and they're very happy....

(It's all right. Forget it. It doesn't matter.)

So, now for that, two things have to be done. Firstly, is that you should come to collective. It's very important. You all should come to collective and put your - please put your attention Me, not to them. Please put your attention towards Me. Don't turn your attention very much. You have to keep your attention all right. It's very important

So you have to - one thing is to do, is to come to the collective and watch out for your attention. Where is your attention? Where are you looking? Are you turning your head too much or are you putting your attention straight? It's very important that you must keep your attention absolutely wrapped and towards the meetings that you have here for your collective. In that way, when your attention is fixed you'll find you'll definitely rise into thoughtless awareness, a state where you grow spiritually. You have to rise up to that state of thoughtless awareness where you grow spiritually. If you're not in thoughtless awareness, you cannot grow in your spirituality. So it's very important to see where is your attention. Where are you putting your attention? If the attention could be controlled then things will be all right.

(She's crying. The child is crying too much, I think. You can send it out a little bit. It's feeling hot, I think. It's all right now with the mother.)

So the first thing is to be in the collective. Now is a very sinister, also idea of some people is to always break the collective, to create problems, to disregard the leaders. As a result, leaders also get so fed up, they give up. They don't want to have anything to do. So they put up their own ideas, they try to trouble the leaders, they create problems for them, they just try to show off everywhere, as if they know everything. All such people also create groups. So beware about them. You should stick on always to the collective and not to anyone who tries to create a kind of a group at all or who troubles or who makes things difficult. You must understand those who are collective only will grow; those who are [not] will not grow. Because like a nail, if it breaks, then it doesn't grow. In the same manner, if you keep out of this thing, by any chance, if you have any problems with the leaders, you can write to Me, you can tell me, I can work it out. But all the time, to go on like this and grouping like this will break and there will be someone who'll do that. There will be some negative person who'll try to do that. So, you have to be very careful not to get out of the collective. You must always support the collective, must help this collective and must nourish it.

As you know, I was telling him also that he, if he has problem with money, we can give money from Cabella because before that I used to travel on my own. Even to Greece, I came on my own, paid for everything. So, see also, then Stomatis [???] had to pay something, which I didn't like very much. He was paying so much because we had such a small group. But now, as you have a big group, you feel responsible; you want to pay for it. All right, doesn't matter. But not to pay for your Sahaja Yoga, not for your realization, not for knowledge of Sahaj Yoga. This is there. And so people will start putting ideas into your heads that why this, why that and all that. Such people you should keep out because you are here to develop your spirituality and not to listen to these stupid people who have been troublesome. So best is to keep to your own, own development and own nourishment. It's very

important. So it is in a way collective, but also individual, because what you're gaining out of the collective you should be on the watch out, you should see for yourself what you are gaining out of the collective.

Then secondly, at home, you must every day, every day, every day, again I say, not to miss it out, in the evening before sleeping you must have meditation. You can wash yourself up, like, what you call, the water treatment or anything then sit down for meditation for ten minutes. You must give fifteen minutes to yourself and then sleep off. Supposing you can't do one night, doesn't matter, but try to do it every night. If not possible. If you don't do it one night, you can do it in the morning. But it's very important. I can easily make out a person who does meditation and who does not do meditation. It's a difference, such a difference. Immediately know a person who is meditating everyday, in his health, in his face, in his behaviour, in everything he's very different. And those who do not do any meditation will find not only that they are funny, but their children are funny, their relationships are funny, everything is funny.

So the meditation is a very important part for you because also the women who are pregnant, when they - if they do not meditate their children turn out to be very troublesome and very funny. It's a thing like that. It affects everything. But your character of meditateness, your character of Sahaja Yoga helps everyone, your children, your family your society, everybody, and everybody can make it out what sort of a family you are, what sort of a people you are, what sort of a personality you are. And from you they take to Sahaja Yoga.

So is important in individual life also just to meditate, nothing else. You have to come to a state of thoughtless awareness. So the mantra is, as you know, "Nirvichara". You should use the mantra of "Nirvichara" for coming to the state of thoughtlessness and try to increase this area, this space of thoughtless awareness and that is how you will find you will be growing very much. Now as you get lots of powers, as you get lots of people being realized by you, curing by you, sometimes maybe it might affect your ego. You might get into ego things. For such people, I have to say that you have to be introspective and see for yourself. You face the mirror and ask now how much ego you have. Laugh at yourself. Once you start laughing at yourself, your ego will drop out and you'll understand that it was false to have this kind of ego within you.

There are so many ways and methods of finding out about yourself. Put yourself into bandhan and put your hands towards the photograph, immediately you can feel what chakras are catching and you know how to clear it out. Also sometimes you feel it inside. If your chakras are catching, you can feel it inside and you can feel it, the different centres on your fingertips about yourself.

So it is about yourself you will know. About others, you know, you should just talk on chakras. You should not say, "He's bhootish," or "He has ego." Nothing. But you should say, "His Agnya is catching," means he has got ego. You can say, "His Nahbi's bad. His this thing is bad." So the language is to change now. We have to talk in the language of Sahaja Yoga. It is to be understood that now we are Sahaja Yogis. We've got the powers, we have got vibratory powers. But if you don't use these vibratory powers, what is going to happen? We have to use them, that's the point. We always forget. I've seen, the other day they couldn't open something. I said, "Give a bandhan." Gave a bandhan and immediately it worked out, you see. Small, small things also you'll be surprised that if it doesn't work out, you have to just give a bandhan and it works out. It is important to know that you are Sahaja Yogis, you are saints and that you can do lots of things and you shouldn't forget it. You shouldn't forget it that you are Sahaja Yogis. Now you are no more ordinary people. You are saints now and you can do a lot.

All this, when it works out, you'll be amazed at yourself, how, how you have achieved all these things. And, I tell you, people tell Me they look like roses, all of their faces shining, they look so beautiful and they can make it out that you are Sahaja Yogis. I've seen at the airport also many people say, "Who were those people looking so sweet and beautiful, shining. Who were those?" So if I tell them that they're saints, they won't believe that there could be so many saints, but there are and we have achieved that all over the world. All over the world there are so many Sahaja Yogis that I can't even say how many there are, in thousands and thousands.

So, I again tell you that Greece is a place where you can do a lot. First of all, you must establish yourself in Sahaja Yoga and you have to know what you are, all the time to remember what you are. You are a Sahaja Yogi. Even to children, you have to say, "You

are a Sahaja Yogi" so they also develop that personality by which they behave properly and they behave in a manner that a Sahaja Yogi should behave.

So all these things are just the preliminaries of Sahaja Yoga, but I am sure you must [best??] be getting my tapes from Cabella and I'm sure you must be knowing about all the deeper things about yourself and about Sahaj Yoga. It's a new age that has started. The other day I said the Satya Yuga has started now. So, it will start exposing all that is Asatya, which is whatever is false. All those who are false people will be exposed and you'll be amazed at the way things will work out. And it's such a great time you are born and it's such a great thing that you have come to Sahaja Yoga and that you have got your Realization and that you are one of those who have to lift the whole of this universe into a higher awareness.

Of course, we can't say how many will be saved. It's another point because what I know about this that in the evolutionary portion, supposing we came from chimpanzees, many were lost in between, you know, and there are so many chimpanzees now left and there's the middle, the people were lost. In the same way, many human beings may be lost because of their stupidity, because of their self-destructive habits that they have formed. But your responsibility is very great. Don't think, "I am just mediocre. I'm good for nothing." Never. Never think like that. You are all saints and you are capable great things.

May God bless.

1993-0427, Interview on TV

View [online](#).

27 April 1993

Interview

Athens (Greece)

Talk Language: English | Transcript (English) – Draft

Sahaja Yoga means: "Saha" means "with"; "ja" means "born with". So it is a right; every human being has got to be in union -that is Yoga- with the Divine Power. And it's within yourself "Sahaj", born with you spontaneous.

[Cut in the video]

Journalist: Explain to us what is Kundalini?

Shri Mataji: Kundalini, as I told you, is the reflection of the Primordial Mother within us. And she is individually everybody's mother. Now, she is anxious to give you your second birth. When she is awakened in the sacrum bone she rises upward and crosses through six centres, pierces through your fontanel bone area and reaches a point where you get connected to the All-pervading Power. It's like, you can say that it's like a cord you have to connect to the mains. So unless and until you are connected to your mains, you do not know what you are.

Once you are connected then you start knowing that you are the Spirit.

[Cut in the video]

In the same way, it rises when it is awakened, very simple. But for that, you have to have somebody who has the authority to raise it, a spiritual authority. Supposing tomorrow, if you get your Realization, you can do it also.

[Cut in the video]

Journalist: What is the relationship between Kundalini and Goddess Athena and Mother Mary?

Shri Mataji: Now "ata", "ata" means, in Sanskrit language, "primordial". So, according to us, Athena was the Primordial Mother and Kundalini is the reflection of the Primordial Mother whom we call as Adi Shakti in Sanskrit language. And Mother Mary is one of the forms of Athena, one of the forms of this Adi Shakti, the Primordial Mother.

Journalist: How the awakening of Kundalini cures incurable diseases?

Shri Mataji: This is the energy which, of course, in Greece was the- bone was called as sacrum, meaning the sacred bone, and the sacrum bone contains this energy within ourselves, known as Kundalini. That means the Greeks knew about it. And then when she rises, she passes through your subtle centres, there are six above the Kundalini, and whilst she nourishes those centres also connects you to the All-pervading Power with is the vital power.

So first of all, she nourishes those centres that's how you get cured physically, mentally, emotionally,

All our problems come from human beings, and the human beings' problems come from their centres. So if these centres are nourished, they're alright. That is how it works. And then it connects to this All-pervading Power which we call as the Divine Power which does all the living work like these flowers; everything comes from that. So all the time it is flowing within us. So we don't get sick, we don't feel tired, we don't get old.

Journalist: May this philosophy offers solutions to our society's problems and create a better or a new world?

Shri Mataji: Yes of course, because what's wrong with us- I just now told you- is all these problems coming from human beings because they are ignorant and they are blind. But once they get the light, they become like angels. And when all these angles will come back, then, there will be no problem.

All our society is ruined because we have no idea of the aim of our life. The aim of our life is to become the Spirit, to have the Self-knowledge. And once you have Self-knowledge, you are surprised to see how dignified you are and how glorious you are within yourself.

Once you discover that, all these things drop out and you become a wonderful person.

[Cut in the video]

Shri Mataji: And also about others. Because also you develop a new awareness, a new dimension which we call as Collective Consciousness by which you can feel the centres of others. Now, if you know how to cure these centres, you can cure others also.

Journalist: Thank you.

Shri Mataji: May God bless you.

1993-0427, Interview on a Greek TV with Vagianatos

View [online](#).

27 April 1993

Interview

Athens (Greece)

Talk Language: English | Transcript (English) – VERIFIED

Interview on a Greek TV with Vagianatos, Athens (Greece), April 27th, 1993

Interviewer: Good evening, it is very strong feeling that so many times we are in another country although we are in this country. Tonight we have the opportunity of really make a long travel. A long travel in wisdom, in distance, in space, in our hearts, in truth. This is all the elements that are concentrated in the presence of a Holy Mother that we have invited here, and we are very grateful that we have You...

Shri Mataji: Thank you...

Interviewer: ... all the way from one of the oldest civilizations. You know, we are very proud that we are members of a very old civilization...

Shri Mataji: Good.

Interviewer: ... And very rarely we realize how other old civilizations shine in other places on the world. So we do welcome You here along with the truth You carry for us. We would like to ask You about this truth, and the way You see in this same world, this other country which is every country which is our heart.

Shri Mataji: We have to know one thing, what is the truth is. The truth is actually we are not this body, mind, intellect, emotions, ego, but we are the Spirit. And in our evolutionary process we have reached the stage of human awareness, and beyond this there's a little breakthrough by which we have to become the Spirit. That's very simple and can be done very easily for people who are seeking the truth.

Interviewer: How would you describe the system of your thought, the system that you approach to our hearts and our minds?

Shri Mataji: Yes. You'll be amazed to know that in Greece people called a bone Sacrum, which is the triangular bone, and that means they knew there was something sacred about that bone. Now this bone has got within itself a residual power which is for our connection to this all-pervading divine power.

All the scriptures have talked about all-pervading divine love and everything, but we have never felt it before. It's a surprising thing that we take all living things for granted, for our heart beats, we don't know how it beats. Then you see the flowers grow, we don't know how it grows. But if you understand that there is some power which is doing all this living work then the time has come for us to know it, to feel it, to understand it, and also to use it.

Interviewer: How do You think that people have arrived in so many conclusions that they call religions, and what is the connection between this way of approaching ourselves to the truth which is one, and Your old tradition in Your country which I assume is India?

Shri Mataji: No, in all the religions and scriptures is written that you have to transform, you have to be born again. Every religion has said that. This is not only that any particular religion has said it. Every religion, even Islam has said you have to be a Wali. Even Christianity has said you are to be born again. I mean there's no religion which has not said that, but it is not just a

certificate. You cannot take just a certificate "I am born again".

It is something that actualizes by which you develop a new state, a new state of your mind, state of your being by which you become the Spirit - and there are powers of the Spirit which you manifest. It's not just talking and giving sermons and lectures, but it is something that's an actualization, is a living process.

Interviewer: I think we Greeks belong to the what we call the East part of philosophy, of religions. This is a system which is mostly esoteric, this is a very Greek word which is seeking inside.

Shri Mataji: Yes.

Interviewer: I think this is quite relevant and close to the very ancient Indian tradition.

Shri Mataji: Yes, of course.

Interviewer: Now how close do You think these, these very old religious systems are, I am talking about the Pagan, our own ancestors [Shri Mataji: "Yes"] before Christianity, even the Jewish or all the other, Hindu, Buddhist and the rest You know.

Shri Mataji: Yeah. You see, specially in Greece you had the ancient system of worshipping the Goddess Athena. Now in Sanskrit Atha means the primordial, so to us She is the Primordial Mother, that we call in our language as Adi Shakti, you see, is the Primordial Mother. And She has, you must have seen a snake in Her shield and also in Her hand that is the symbol of this power within you, which lies dormant in your, in your triangular bone called as sacrum.

So the Greeks knew about it, no doubt, because otherwise they would not have called Her Athena and She must have been, in our scriptures She is described very well, not only that but Greece is called as Manipur Dwiipe, means the navel of the universe.

Interviewer: Yes. And certainly it was a surprise for me to see that You come here to preach our own ancient Gods.

Shri Mataji: Yes, it's true.

Interviewer: Now, what are You telling us about Athena, is that the serpents, serpents with Greek gods are very familiar creatures...

Shri Mataji: Yes, but you see such a snake...

Interviewer: ... have to do with medicine and others. Now what is the message of Athena coming from You again nowadays?

Shri Mataji: Athena is the one that, she is the one who was trying to push Her spear into the fontanel bone of Zeus. Now that's exactly what Sahaja Yoga is. We think - not we believe, and that we have proved also - that this power which we call as Kundalini, because it is like a serpent going into coils [Interviewer: "Yes"], because it's an energy that moves like a serpent. You see, more symbolic it is, not the serpent actually.

So this is the power which is the reflection of Athena within us and when she rises she goes and hits here and opens out your fontanel bone. That's actualization of the baptism, as described in Christianity; by that then you are connected with that subtle energy which is all-pervading. For the first time you start feeling that cool breeze in your hand which is described is the cool breeze of the Holy Ghost. The Holy Ghost is the same as Athena, but I think Christians could not connect it with that. She is the same.

Interviewer: We see that all these sanctities along history come and repeat themselves and transfigure themselves according to the tradition of peoples.

Shri Mataji: Of course.

Interviewer: Now You have referred to Yoga and of course in this part of the world we are more or less familiar. Now for those who are less, I would like You to found what we are talking now in this Yoga and give us some ideas about the wide spectrum of what You would call Yoga.

Shri Mataji: You see, Yoga is when you unite, is the union between your Self with the divine is Yoga, That's the real spiritual yoga. All other yogas, like physical yoga and all that, is a wee part of what one Patanjali wrote. Is a very wee part that to cleanse your body and all that is there. But there is no need now to do all that.

First in the modern times what if I have done any work is this: that people used to get self realization, alright, but one Master had only one disciple. Gradually it started in a way that they started talking about it. From the, I think, 12th century it became more open. But it has been there for years together. Now when they started talking about it, they couldn't give en mass realization. They could only give to one person. So the only thing that I have done is to work out the permutations and combinations of human nature by which I have understood how to give en mass realization.

And that's the only achievement of modern Sahaja Yoga. Sahaja Yoga is an ancient system in India, also must have been here because the way the sacrum bone is there and she is having all those things. But the practice of that may not have been so open, might have been secretive in those days, when they were giving realization to people. And it's the ancient times, thousands of years back, so. But in India we have still maintained all those traditions and things, and we still respect and worship the Mother Goddess. Athena we respect. She is called as Adi Shakti, name is different, and she is the Holy Ghost according to us. Now this works out, is in everyone.

It's your own power within you and it works out and it rises and pierces through your fontanel bone area. It does, it actualizes the experience which is described and that's what one has to feel, otherwise it is just talk, talk, talk, talk. Any religion has become nothing but talk, so you see, people are now fed up. They think what is this promising, claiming, nothing happens to us, we are just the same, our forefathers were such and we are just the same. But now the time has come. It's a new age as I say to achieve that state, a new state, where you become.

Firstly you become thoughtlessly aware, means you live in the present. Thoughts come to you from the past and from the future. You are dancing on the cusp of the thoughts. But when this happens, the thoughts are separated and in between the thoughts, there's a space which we call as the present, which is reality. Present is the reality because the past is finished and the future doesn't exist so you live in the present. When you live in the present, you start growing spiritually. And that's what happens to you first, that you become thoughtlessly aware.

The second thing happens to you that you start feeling that cool breeze on your hands. Now it's medically you know that these are the endings (Mother shows the finger tips) of the sympathetic nervous system. So what happens that when, when you get your realization, you start feeling this cool breeze all along and you start feeling those things on your finger tips.

Now supposing if you have a problem in anyone of these centers, there are seven centers, five, six and seven (Mother demonstrates in her hand the five fingers, then six at the base of the palm and seven in the center of the hand). Immediately you feel it on your finger... You don't have to go to doctor for diagnosis, immediately you know.

Now if you know how to cure it, then physically you can be cured, mentally you can be cured, also all our human problems or I should say all the world's problems are because of human beings. And all our human problems are because of our centers which are within us.

So when this power rises, She nourishes them, She integrates them and corrects them so we get physical, mental, emotional

problems solved. And then you feel your own peace within yourself. But the second thing that you achieve is a new awareness which we call as collective consciousness.

That is where you can feel not only your own centers but also the centers of others. Now, when you grow spiritually then sitting down here you can feel the centers of anyone, sitting down here you can correct the centers of other people, but you have to grow. But in the beginning you start feeling the Joy of your being, because in your heart resides the Spirit. And Spirit is the source of joy. It is the source of absolute truth. So you know also absolute truth. Because on your fingertips you can ask any question say, they might say "was Christ the son of God? Alright? Ask the questions - immediately you start getting tremendous vibrations.

Surprisingly Athena is also called as Pallas, Pallas means vibrations, means she gives vibrations, you see. So these vibrations will tell you the absolute truth. Because we live in relative world, that's why we are fighting. Once we are in the absolute, there is no fight, no problems. Now, this once happens you become collectively conscious, then who is the other? Everybody is within your body. You can feel everyone within yourself so you become a universal personality. This is the character of your Spirit, because Spirit is the reflection of God Almighty within you, which is in everyone.

But it is just a witness till you are a realized soul. But once you become a realized soul then it starts manifesting. It manifests and you can also raise the Kundalini of others. You can give realization to others. It's like if you enlighten one candle, that candle can enlighten another candle. So that's how it spreads.

Interviewer: It is very interesting. And while You are talking I am writing down certain things that come in contrast to what we are used to in this so-called western world. I am wondering this split between body and mind that we suffer. That is something that you do not suffer of. It is wonderful how people in the Far East and of course their Spirit is not schizophrenic.

Shri Mataji: Yes.

Interviewer: How do You explain, and how can people come back together with their own either body or mind, because now in this part of the world, there is people who live for their bodies or who live for their minds.

Shri Mataji: They are ignorant. That's why they are in darkness, you see. They think body is very important but I know people who have very good bodies also come to me, saying "Mother, give us peace", you see, "give us joy". So nobody seems to be satisfied. So, they are ignorant...

Interviewer: (interferes) It's the other part which is missing.

Shri Mataji: Yes. But with this the whole thing gets integrated: your body, mind, your liver, your ego, everything - and the ego just disappears. You become egoless. You don't think you are doing anything. You think it's happening, it's just happening.

Interviewer: There is another idea that this sort of a deep research brings you into the state of absolute and maybe this absolute is a monistic idea, you feel by yourself or the whole world is yourself. Now listening to You I get the impression that it is exactly the opposite, that you communicate with everybody so it's more of a communal approach than something which is lonely. And it is - it is a miracle how by coming into yourself you reach out everybody else. Now I think You would agree with me that it is wrong to think of Orient as something mystic, as something which is cut off the world.

Shri Mataji: No, no, no, it's universal. Now we have 56 nations we are working with this Sahaja Yoga. Specially in Russia surprisingly we have thousands and thousands of Sahaja Yogis.

Interviewer: Very recently?

Shri Mataji: Yes, very recently, about three years. Within three years we've got thousands and thousands of them. You see, I think

in the democratic countries we had too much time to waste. Like you see choices, this, that, all kinds of problems for nothing at all. While they were limited and they had given up all this nonsense. They thought now, whatever is available is available, like, you see there is no solution, So give it up. And that's how they are very introspective I think. So Russia has – Russia and also Eastern Block people are in thousands, who got realization.

Also of course India they know it, so we have in thousands also, I must admit that; but so many countries like Austria, Italy specially is now so fed up with all that's going on in Italy, that now they have taken to Sahaja Yoga very strongly, and all kinds of people are coming. So it is something that has to happen, was to happen, is already predicted, and it's taking place.

Interviewer: And tell me - we are referring to countries with a very strong tradition in religion, say Italy is a very strong Catholic country, Russia has an orthodox past. How about the very different systems like Africa, or like the United States of America? That, You know, this is the new world in terms of a sharp difference in the way of thinking and approaching the world. How is Your message delivered there?

Shri Mataji: You see, actually all these incarnations whether it was Christ, or Rama, Krishna, Mohammed, any one of them...

Interviewer: You call them incarnations of...

Shri Mataji: All of them were incarnations, you see - they were born on the same tree of life, of spirituality. All of them, like beautiful flowers at different times. But people plucked the flowers, you see, and now they are fighting with the dead flowers. So you see that there is though religion within it's just outside, you see. We'll go to church, we can do anything, we can go to a mosque we can do anything, we go to temple, do anything. I mean, there's nothing inside the religion, but with this the inside religion is awakened, and you become righteous, really you become an angel, I tell you.

Interviewer: So tell me, you become an angel, but you still live in this world...

Shri Mataji: Live in this world.

Interviewer: ...and You know there is some things that we have - we are used in referring when we talk about religions. And I am wondering whether we can refer to this way of approaching of truth and viewing the world as we already know and I'm trying to refer to certain fixed ideas. Religions have ethics, and they have codes of living, codes of how you behave, how you make love, what is a sin, what is not a sin. Now what is Your approach on all these things?

Shri Mataji: See, My approach is such that by all, see, they have failed completely. Nobody does that. (Interviewer laughs) Really, it's a fact (Shri Mataji laughs), we should face it. Actually when it is within you, then you become your own master, you yourself know, like, I would say an example: supposing I'm holding a snake and there's darkness, I can't see him. Now you tell me it's a snake. I will not accept, I'll say "No, no, it's not a snake, I'm holding a rope, supposing". But if there is little light I'll immediately leave it. You don't have to tell me anything.

In the same way then, when you are enlightened you see for yourself. We have seen people overnight giving up – overnight giving up drugs. Overnight. Once they get realization just I don't have to tell them. They themselves do it because they have their own light, their own power.

Interviewer: What is a sinner or a failing person, for Your way of approach?

Shri Mataji: You see it is our ego which tells us that this is sin, this is not a sin, this is sin.

Interviewer: It is our ego.

Shri Mataji: And also conditionings, you see. Both things are there that they say this is a sin. For some Muslim this is a sin, for a

Hindu this is a sin. How can there be different types of sin? Sin could be - has to be universal, isn't it after all, if it is a sin. So when you get your realization, you realize that you are now above everything else and you just don't do anything wrong, just you don't do it. You don't like it, you just don't do it.

Interviewer: But, You see, we have created a world that we have constructed this wrong, I mean, say, you are a Muslim and you have a right in marrying two, four women and in our system this is not accepted. Now, how can you know – how can You know whether this is correct or not?

Shri Mataji: Now see, at that time, when Mohammed Sahib was there, you see He was attacked, it was a tribe and tribes were attacked all the time. And all the young people died and I mean, there were very few men left and he didn't want prostitution. So he thought is best is - now the - let men can marry women who are now without marriages. So he believed in the marriage and he said, "you should marry". Now there were some young girls also, they couldn't get husbands he said "Still you should marry", otherwise they would have become prostitutes. So to get rid of that thing he said "Alright". It is what we call in Sanskrit "samayachar": according to the time the incarnations act.

For example at this time of mine my work is to give realization, that's all. My, My only job is to give realization to people, so I have to do that. So this is the time – every – like in a growth of a tree, you see, first there are roots, and then there are shoots and then gradually it grows and it comes to a point when it becomes, say the flowers. So I call it a blossom time, because so many flowers are becoming fruits. So the time has come. Is a time which is ripen for this new age to come in. And without that we cannot solve the problem of our world.

Interviewer: I think it is a very pragmatic and very human way [Shri Mataji: "Of course"] of approaching life, and You are right; but let me, let me insist on that. I have, you know, in front of me a Holy Mother with the signs of the way, say, men treat women, you have a very obvious sign that you are married. I'm wondering, does this way of approaching the world affect the relations between men and women? What is the opinion of...

Shri Mataji: No, marriage is very important.

Interviewer: Marriage is very important.

Shri Mataji: For us, you see, marriage is very important. This year we had 86 international marriages. Eighty-six.

Interviewer: What do You mean international? Mixed, ok.

Shri Mataji: International, between different countries. I mean, one Greek lady was married to a French man, see?

Interviewer: I see.

Shri Mataji: So – and their children are realized souls, most of them are, very surprising, they are very beautiful children they get. But out of these marriages we – we should say one percent or two percent there's problem still. But otherwise they are all very successful marriages, beautiful marriages and they enjoy it. That's a part of life, one has to marry, all this nonsense of not marrying and doing all these things I don't believe in it, because it's a natural thing, whatever is natural has to be there.

Interviewer: And do You think that, say, the way that people get married in the Jewish tradition is different than the way they married in the Methodist tradition - now would You then accept all these methods that people have, or they are used to, or they are born in?

Shri Mataji: Of what?

Interviewer: Or how people get married, according to Your lifestyle?

Shri Mataji: You see, in our lifestyle, what we do now, supposing somebody wants to marry somebody, it's alright. If they come and tell me: "Mother, I want to marry somebody" it's alright, but we see the vibrations and things. And also I mean there should not be too much disparity and all that, but as we say "alright". But supposing they want that we should select for them, say it is so. Then, what we do, one month they are together in one tour we have.

In that we, we see their vibrations, we see their aptitudes, we have forms to say what is your aptitude, would you like to go to another country, what country you like, what's your height is, what's your education, and what's, where have you been before for seeking, and all that - so we get all the complete bio data of that person. And then we suggest that such and such a person will be alright. In one month they see the person, if he/she suits or not - if they don't they inform, then they can have another choice, whichever way they like. But it is not at random. We little bit guide them because they should also know the background of the person, what sort of a person he is - just you don't fall in love like that, so again you get into trouble.

And I mean, it has worked very well, because it's such an understanding that they are marrying a person whom they know very well, and also they are marrying a person who will - who has got these angelic qualities, you see, so they do not fail.

Interviewer: And when they actually realize that after all this training, and after all this hard time you give them - for their good, for their sake of their happiness, certainly - that they suit each other, how do they get married: according to their own traditions or according to a Hindu tradition?

Shri Mataji: No, we have what is a Sahaja Yoga style of marriage.

Interviewer: There is a mystery as we call it.

Shri Mataji: No, no, no mystery at all, there is no mystery in Sahaja Yoga. We talk about all the centers, take the name of all the centers, and all the deities on the centers, and then we say "Now by these centers you have to be married"; and that's how they have to promise that they will look after their centers, they'll look after their life in a way that should be righteous and that's how they get married. We have open system. There is no mystery in Sahaja Yoga. No mystery.

Interviewer: You see it is very, is very tempting the way that You approach the world because it gives you no doubt that there is no... nothing in darkness.

Shri Mataji: No, no.

Interviewer: Now, let me take another phenomenon which is very old but very modern. We talk about love and people matching with each other. There is two men that want to get, to live together and we call them homosexuals, what is your, the way You approach that?

Shri Mataji: I think it's rather unnatural. Also I have seen people who had this kind of problems, they came to Me, they were possessed. A man was possessed by a woman so he wanted to have a man, you see, but once the possession went away he became very normal. Men are very easy - they take to married life very easily. Women I think if they are homosexuals then it takes some time to get alright, I don't know. Maybe emotionally they feel disturbed or whatever it is! But men are absolutely alright.

Interviewer: How would You describe normal and natural?

Shri Mataji: Normal person is that a man wants to marry a woman, is normal. In India we cannot even conceive this, I've never known before this kind of have happens, you see.

Interviewer: Do You think it hasn't happened or we don't know of it?

Shri Mataji: No, no, we... Maybe in India they might be doing something. But we had never known anyone like that, when I was in the medical studies also, I never knew that such things.

Interviewer: I am sure that now that You come, You go around the world and...

Shri Mataji: Now of course after coming to the West then we've discovered all this...

Interviewer: Of course it doesn't happen only among men, it happens among women as well.

Shri Mataji: Yeah – but I think you see, maybe there may be some reasons, also I met one gentleman who was a guard of the Queen and he became homosexual because his wife was very nasty (interviewer laughs), and she tortured him very much. So...

Interviewer: So You think there is always an explanation, something bad happening.

Shri Mataji: Yes, so he thought that it's better to have a man, you see, no problems, no quarrelling. That's how he became, but when he came to Sahaja Yoga and he got completely transformed he got a nice wife, now he is having children, he is very happy. So I think it is abnormal conditions and problems that people take to this sometimes. There are many reasons for that but it can be corrected if they want to. If they don't want you cannot force it. You cannot force Self realization on anyone.

Interviewer: But you can accept them as people who try and to achieve purity...

Shri Mataji: Yes, if they want to... But once they come to Sahaja Yoga they change automatically.

Interviewer: Can they remain unchanged on these aspects?

Shri Mataji: So far we didn't have anyone like that.

Interviewer: I see. Now tell me about confession. It is, it is something that we are familiar in Christianity. There is someone like, automatically when you hear about a Holy Mother for instance there comes a time that there is some hierarchy. Now how is the hierarchy between mortals in ...

Shri Mataji: No, we don't have anything like that. You see, when they come to Sahaja Yoga mostly the Christians, Catholics and all that, they send Me such thick letters describing what all wrong they have done, this, that - I don't ever read it, I just burn it off. It's not important.

Interviewer: (laughs) You should return them, see.

Shri Mataji: You see, you see, yes, it's no good. Because you see past is past, finished now. Forget it. Why – it's over.

Interviewer: But how can they not repeat them, if, You know, if they are not aware that this is wrong or there is something that they should pay attention...

Shri Mataji: You see, what happens that it's all a game of the ego and conditioning. The ego goes on telling: "You did this wrong, you did that wrong", they feel guilty all the time. There's no need to feel guilty or anything. It just works out, you see, you are human beings. After all only human beings can commit mistakes, you are not gods, what is there to be so much angry with yourself for that?

Just you should know that you can become the Spirit which is a pure thing. Like we say that in the pond, you see, when you are in the pond there can be worms and all sorts of things, but when you become the lotus you are fragrant, you are above it, nothing can spoil you. In the same way you get that life, eternal life. So...

Interviewer: But it's true, but who tells you whether you are right or wrong?

Shri Mataji: You yourself.

Interviewer: But...

Shri Mataji: You see, I don't have to tell you because you feel it yourself that goodness within you, you feel it yourself.

Interviewer: You mean that when you are right you feel it ...

Shri Mataji: You feel it.

Interviewer: Even when you are wrong you feel it.

Shri Mataji: Not normally, you see, right and wrong is a different concept. It is like this that you feel, when you get this thing you feel within yourself that you know the absolute, because you can use it. Say now, supposing somebody is suffering from a cancer, now you put your hands to that person, ask – now what happens you know the chakras which are catching. Immediately you know the person has cancer. He may not know, doctors may not know, but you know. Then you ask the question about yourself: "What's... Is it alright?". You can ask, because you are now one with the absolute truth. So there is no question of anybody telling you about it, you just know.

Like people will come and tell Me: 'Mother, see, this Agnya chakra is catching'. Is the, is the centre of Christ. That means that person is suffering from ego. But we never say "I am suffering from ego" normally.

Interviewer: Especially from ego we don't.

Shri Mataji (Laughing): No, no, no-one says that. (Interviewer laughs) So now when, what happens that when you come and tell Me that "my Agnya is catching" means that you have ego, alright, this, it can be corrected...

Interviewer: It can be corrected.

Shri Mataji: Yes, of course.

Interviewer: Now we are dealing with treating the consciousness and health. Now what is a miracle to You?

Shri Mataji: What is a?

Interviewer: What is a miracle? Does it mean anything or is just...

Shri Mataji: I don't think it's a miracle.

Interviewer: ... one thing among others. I mean, it's a way to absolute...

Shri Mataji: Yes, it is, it is your position in your evolution. You see, like first they say we were chimpanzees. Alright, take this case, chimpanzees. Now, some chimpanzees became some other human beings, other human beings, that all those human beings

have no more. Now we are there, so there is a big gap between us and the chimpanzees. Like us who are realized souls and human beings there is a gap. Now how many human beings will become the spiritual beings, you can't say. They should. According to John it is only 144 thousand, but I think we have already crossed the limit.

Interviewer: According to John...

Shri Mataji: John the – John, the disciple of Christ.

Interviewer: Oh I see, so You quote the apostles, I see.

Shri Mataji: The Revelation, yes.

Interviewer: I see.

Shri Mataji: So. But maybe his counting was wrong, because we have already crossed the limit. I think (Both laugh). Whatever it is, so now when you become the spiritual being then these people are left behind. Now see how we are destroying ourselves otherwise. See this AIDS business... You go to America and you are shocked: people are so nervous, they have schizophrenia, they have this disease, that disease, and all kinds of destructive things - now listening to this horrible music they go deaf, and then they lose their hair, and all kinds of things are happening. But always they take to something destructive. Everything, like a man sees somebody going in the pub and coming out and falling down. Another one goes, pays to fall down. Again, I mean – you see, he can't see that this is destructive.

But after realization you see what is destructive, what is constructive. So a person who is realized starts rising much higher than the person who is not realized. And there is a big gap, I find, there is - but it can be crossed like that, in one month's time he can change.

Interviewer: In one month's time.

Shri Mataji: You see, he becomes an expert.

Interviewer: That's very quick process. Now tell me: in all religions there is different stages, grades as you grow up. Now, is there any education for small children? How do they – how they are introduced in this system of Yoga?

Shri Mataji: Who?

Interviewer: Young children.

Shri Mataji: You see, young children, if they are born realized, they immediately know Me. (Inaudible words)

Interviewer: So they can be – they can do that at what age?

Shri Mataji: You see, even very little babies.

Interviewer: Really!

Shri Mataji: They see Me, they start smiling and just talking to Me, it's very sweet.

Interviewer: Alright.

Shri Mataji: And on the whole children are very good for realization because they are pure souls, they are innocent. They are the

best. I mean, normally you see, we nowadays of course we are getting very much worried about children, because they are getting spoilt, and this and that, but when they come to Sahaja Yoga, they become excellent children.

Now we have a school also in India now, on the Himalayas, we have a beautiful school for children and everybody says they are so matured, so wise, so sensible, so respectful. It's really worth seeing them the way they behave and so on. Because, you see, their Spirit starts manifesting.

Interviewer: Now would You describe a certain practice of prayers or anything else that is a must for some of your disciples?

Shri Mataji: You see there is – there is no prescribed thing as such but according to your centers. Now if some centre is in jeopardy or there is a problem with any centre then you should know how to cure it and correct it. And there are few things you have to do by which you can correct it. It's very simple.

Interviewer: It is.

Shri Mataji: Yes, extremely.

Interviewer: Well, I'm sure that there is plenty of time for You to meet with people around the world as You travel non-stop. Now tell me about

Shri Mataji: But see, but at the most three-four days I am at home, and then I travel.

Interviewer: You travel.

Shri Mataji: Yes.

Interviewer: How...

Shri Mataji: With India I'm there for about two months with My family. They also come down here sometimes, you know.

Interviewer: Now how did this all started? I mean, now You are something of an apostle. I mean, how did it all - what is the inspiration for You to do all this? Are You - do You consider Yourself as the founder of this way of approaching truth?

Shri Mataji: That's what we say, but you see, actually Sahaja Yoga is an ancient system. As I told you it was only for one person they used to use. But what you say if I am the founder of this en masse movement, I am.

Interviewer: You are.

Shri Mataji: But it is, it is all there already, it was there, all these things were there, only thing if I have worked anything is the permutations and combinations as I said about human beings, why is it that they cannot get en masse realization. Any discovery, whatever it is, if it cannot be used by masses is useless. And I worked it out and it's done through Me.

Interviewer: It is a system that approaches people. Now how do You, tell us, tell us about Your life now. You are really someone who preaches a new message around the world. How is it accepted?

Shri Mataji: Very much. Because this is a time, special time, modern times, it's called as Kali Yuga in India. It's the worst times, you see. And all kinds of sins will be done, all kinds of things. They describe horrible things for this - but at the same time there will be a category of people who are seekers of truth. And so many of them. It's already prophesized - William Blake in England, you see, he has written about it that there will be men of God who will be born in those days and they will have the capacity to become divine and make others. He has clearly described it.

Interviewer: So him, in another part of the world, with his own education, reached with his means what You reached in other ways. Do You have relationships, or do You meet with people who are leading figures of other religions?

Shri Mataji: Rather difficult (laughs).

Interviewer: Why?

Shri Mataji: Because, you see, they have set ideas. And most of the religions are either power-oriented or money-oriented, they are not Spirit-oriented.

Interviewer: I see. Well, that is very serious.

Shri Mataji: This is a big problem you know. If they were Spirit-oriented, I would have loved to meet them and talk to them, but they are not. You see, this is a big problem.

Interviewer: And would You say, would You consider the people that follow You and live with You as a church, in the...?

Shri Mataji: Same thing with the... I was born in a Christian family Myself.

Interviewer: I see. Well then, do You think it is as easy for a Christian as for anybody else to reach out and find this way?

Shri Mataji: Christians abroad are alright because they seem that they have started now thinking that they have to have something more than the church, you see, church is not sufficient. Like they are now closing down all the churches everywhere, so there's something has to be found out. But Christians in some places like India are - are not like that, they are not seeking. They think that, that the Christians abroad are saintly people, you see? Also some of them believe that Christ was born in England! Can You believe that?

Interviewer: (laughs) Well I am sure that if Christ appears like a British gentleman, because the system we have made out of Him is not Palestinian at all, and you realize that there is a twist anyway....

Shri Mataji: (laughing) It is ignorance, complete ignorance about even Christ is there. But after Sahaja Yoga you realize who he was, what was His greatness. And really I mean you know what important work He has done. Without Him I could not have managed Sahaja Yoga. So all of them are very necessary and He is the last gate we have to open and that's what He's done. But how contradictory we are. Like we say that He suffered for our sins, still why should we suffer now anymore? It's very contradictory that we should suffer for Christ. Why? No father likes you to suffer. Why will he like you to suffer? So this sufferings and all this is not necessary.

Interviewer: Can you tell us how this group of people who live in the way You explained to us in Greece what do they do? How do they live? I mean, people would like to know.

Shri Mataji: That in Greece? Oh, they are very dynamics, dynamic people. They have doing very well in life, most of them are very much improved in health and in every way, their married life has very improved - of course in one or two cases the, some of the very orthodox people have tried to trouble them. But most of them are very happy, doing very well.

Interviewer: Well, you seem to think that we are viewing a very healthy if not wealthy group. Do you address poor people, miserable people, people that are desperate as well?

Shri Mataji: You see, poor people are- it's more on the middle, middle class work is better. Because poor don't have any money

just now, they want to have food, so they don't think of Spirit so much. But if you once have this spiritual awakening, from the middle group then they go to the poor and they can help, because there is free health services, there is - also these vibrations give you tremendous amount of energy to grow more food; you see, the crops improve, the cattle improves, so that's how you help your farmers, so that's how it works out. But the rich are difficult, because as Christ as said...

Interviewer: They have, they have it all. They are self-sustained.

Shri Mataji: ... they think, they think we're alright. But money has problems, lots of problems, and so they also come. Even politicians come, but I must say that they are rather slow people - bureaucrats, politicians, are rather slow.

Interviewer: They are the slow ones.

Shri Mataji: Slow.

Interviewer: They keep the world not spinning enough. Now, how modern do You think that Your message could be for young people who are, you know, dealing with loud music, and speed, and violence, and new ideas...?

Shri Mataji: You see this is meta-modern, I'm talking of meta-modern era [Interviewer. laughing: "Alright"], where people will not have any violence because it's compassion and love. You'll feel the love for another person. There's no question of violence. And in this meta-modern era there will be no racialism, no fanaticism, no fundamentalism, all "isms" will drop out. Because "isms" are just conditionings and ignorance.

Interviewer: "Isms" are schisms.

Shri Mataji: Isms - they are isms. Sahaja Yoga is no ism. It is being, it is reality. So you do not have these problems at all. After this we have people from all over the world - I've never seen them quarrelling, fighting - of course they pull each other's leg sometimes, they are very humorous and they enjoy life, just enjoy. We are not bothered as to what their jobs are or things, but they are telling Me that they are getting so many results out of this - here only they told Me the some of the photographers got 1st prizes for their photography, some musicians got very high, high salaries and things like that, you see. So it shows that once you are in balance and in peace, you can achieve much more than when you are disturbed.

Interviewer: You see, You come into a country that has the idea of a very homogeneous total population, that all belong to one ethnic group, and they have one race, and have one religion. And this is very useful for us in this country to realize that it is not so, that there is people who think in different way, who approach the same truth and the same life in a very different way. Now, what will be Your message when You will meet them tomorrow apart from all that you have told us about?

Shri Mataji: For the people here?

Interviewer: Yes.

Shri Mataji: You see, actually this is - they have to know their heritage. This is their heritage I am talking about. You see, they cannot learn anything from these Eastern - (She corrects Herself) Western people. You have to teach them, you can, because your heritage is here and you are so traditionally bound people. But somehow it is lost, I don't know why it is lost. If you can come back to it, and the whole world can learn from you, no doubt about it.

So it is so important. And it is such a great discovery. Once you discover what you are, you know how, how glorified you are, how great you are and the whole self-esteem and everything comes within you, and you become very eminent, dignified and a very beautiful person.

Interviewer: You see, we've been listening to a wise voice that reminds us of our past, of our traditions, of the traditions of this

country, of another country; and reminds us how different we can be in seeking the one and only truth in very many different ways. Good night, thank You.

Shri Mataji: Thank you very much.

[The video ends here].

1993-0428, Unless and until we become the Truth we can never be satisfied in life

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28 April 1993

Unless And Until We Become The Truth We Can Never Be Satisfied In Life

Public Program

Athens (Greece)

Talk Language: English | Transcript (English) – Draft

Public Program, 1993-04-28, Greece

[Shri Mataji speaks from min 25:24]

I bow to all the seekers of Truth.

At the very outset, we have to know that truth is what it is. We cannot think about it, we cannot conceptualize it and we cannot have ideas about it. It was and it is and it will be, it is eternal. And Truth is Divine Love.

There is one truth about you is that you are not this body, mind, intellect, emotions, ego but you are the Spirit. And the second truth is that there is a All-Pervading Power of Divine Love which does all living work. We see these beautiful flowers but we don't understand how they have come up. We have a heart which beats, we don't know how it beats by itself. So we take all living work for granted. But unless and until we know the Truth, unless and until we become the Truth we can never be satisfied in life.

These modern times there are so many who are seeking the Truth. Those who are seeking will definitely find the Truth but you have to understand that Truth is something innate, your own power will find it.

He has already explained to you about what you see here in this picture, about the Kundalini. I've come here to tell you about your own great heritage. You know you are born in this great country of Greece where there have been great philosophers but beyond that there have been Gods and Goddesses. Out of them the one which we called as Athena by who this place is called as Athens, this city is called as Athens, is the greatest Goddess. Somehow you all have lost the heritage that you had but this Athena was the Goddess which was worshipped also in India and today also She is worshipped because we have not lost our heritage yet. The British ruled us for 300 years but we all thought their culture was very superficial and we never took them seriously. Because of our wisdom, we could see that these incarnations that we had are eternal in nature.

So "atha" in the Sanskrit language means "primordial" and "Athena" means the Goddess who was primordial, the Mother who was Primordial. We called Her "Adi Shakti" because "Adi" means also the "primordial". Then She went into three forms, you can see on Her head three forms, you can see on Her head three forms, here also in Athena and the first form was there to give us the power of desire and then She created a child out of the Mother Earth, even in India we believe the same and you too have that Child God in this temple of Athena and also in Delphi I saw it.

The second form she took to create the universe. She created the whole universe and the earth in a special way was created. And the third form She took to give us evolutionary powers by which we evolved from the amoeba stage to the human stage. This, the middle one that you see here is the parasympathetic nervous system. This is the power of that Goddess which came for our redemption within us. This is the same which came in the form of the mother of Christ - Mary. I have not seen if in your pagan religion you worshipped Her as the Redeemer but She is the one who came as the mother of Christ so according to us mother of Christ was a Goddess but in the bible She is not even mentioned as a holy lady, they just call Her as a "woman" but because of the previous religion and the effect of the pagan religion on people they said: "We must have a Goddess" so they called Madonna, they called her. It is they who called Her Madonna in the whole of Europe which was dominated by a religion called as the "pagan". Now in Sanskrit "pagan" means "prangan" - means "enlightened area". So all this area of Europe was

enlightened once upon a time by Athena. There are so many proofs.

They knew also about the Kundalini. In the medical science this triangular bone where this Kundalini is there is called as "sacrum". It's a Greek word meaning "sacred". So the Greeks knew that it is a sacred bone, there is some sacred power in it. So this was the, we should say, the source of all the spiritual knowledge once upon a time for the whole of Europe but it got lost. But I have to tell you here that this is eternal and can never be lost whatever one may try it has to come back because this is the only knowledge that can give your ascent, your evolutionary breakthrough.

So whatever Christ has promised that you have to be born again or that whatever Islam has said that you have to be "wali", all these religions have said the same thing that you have to be yourself. Now, this is not only talk, talk, talk. It has to be the experience of this Divine Force which is surrounding us. The disciples of Christ felt the Cool Breeze of the Holy Ghost. Holy Ghost is also Athena, it's the Primordial Mother. Somehow Paul never wanted to give any importance of women because he was a hater of women, he didn't want to talk about the Mother. They talk of Trinity - God the Father, God the Son and the Holy Ghost but who is the Holy Ghost? It's a dove. It is absurd. If there is a father and a son there has to be a mother. Because of that the whole time the motherhood has not been respected but the mother is the power behind every creation.

Now, this Kundalini is the reflection of Athena, of Adi Shakti, of the Holy Ghost. She is your individual, your own Mother and She is the one who is anxious to give you your second birth. She has been with you for so many years, for so many past years and She knows everything about you and also She loves you, loves very much and She cares for your benevolence.

So like this instrument has to be connected to the mains, you are also to be connected to the mains. As this instrument has no meaning without this connection, we have no meaning without our connection to the Divine Power. So it is a myth if you go on taking the name of God and calling Him and nothing works out because you are not connected. Then people say: "How is it there is God? If there is God then why we are suffering?" Because you are not in His Kingdom, you are in the kingdom of this, you can say, Greek politics or Indian politics or Italian politics, so what do you expect? You have to enter into the Kingdom of God then He looks after you, then you don't have to worry. This is what is the reason why we have to be connected with the Divine, this is the purpose of our life. Whatever we may try we can never be eternally joyous. It's only the blissful state of Divine existence.

"Sahaja" means "is born with you". It is spontaneous, it's a living process like you put the seed in the mother earth it sprouts because the mother earth has the capacity to sprout and the seed has the capability to sprout. You don't have to do anything. You don't have to also sacrifice and suffer, Christ has suffered for you already, why should you suffer now? Why should we suffer to meet God? No father would like that. He is the Father of all the fathers. He is the source of compassion and love. So why should you suffer? What is the need for you to suffer? Only thing we have to awaken Christ within you so it works out and you'll be amazed to see that you are glorious, you are great, you are not a person who is under bondage, the bondage of any habits, bondage of any destructive forces. Thus you can achieve so many things because when this Kundalini rises She passed through these six centres, She nourishes them, integrates them and also connects you to that Divine Power. You have seen on the shield of Athena there are snakes and also She has snakes on Her cover that She uses, it is symbolic of the same energy of Kundalini because that also moves like a snake. This is not that it's a snake but the movement of any energy is like that. Also is said that Athena took her spear and tried to pierce through the fontanel bone area of Zeus from inside. This is exactly what the Kundalini does to you. She does not have to pierce through because now you are at a stage where you can reach your realization very fast. Thus physically, mentally, emotionally you get completely recovered and cured. Also spiritually you know yourself.

When the Kundalini touches this All-Pervading Power which is your right, which is the yoga, you start feeling the Cool Breeze on your fingertips and you start feeling the Cool Breeze all around. This is the first time you feel the All-Pervading Power of Divine Love. As a result of that you know about your centres, seven centres on this hand (Shri Mataji shows her left hand) of the emotional side and seven centres on this hand (Shri Mataji shows her right hand) of your physical and mental side. So then you know, self-knowledge you get, you know what's wrong with you. But the first thing that happens to you that when the Kundalini crosses through this centre it sucks in these two pouches here of your conditioning and of your ego and you become thoughtless and you are absolutely aware.

These days people are suffering from something called "stress" because too much of thinking their Ego goes up like that, like a

balloon and then they think that there is a heavy load on their heads but this is all, is sucked in by Kundalini thus the stress drops down, you're no more in tension. You don't worry because, like a hole, the whole thing passes out - all your worries, all your guilt. Like when you're standing in the water you're afraid of the waves but if you get into a boat you're not afraid. It's a state of mind where you do not get upset but you see the whole thing as a drama. But supposedly you know how to swim then you jump out of the boat and try to save others.

So the first supraconsciousness achieved with you is called as "thoughtless awareness" and the second one you achieve when you are established fully in Sahaja yoga which we call as "doubtless awareness". It takes hardly any time for you to do that. For traditional people, it's not at all difficult. It works very fast. So thus you achieve a new state of consciousness and you develop a new consciousness, a new dimension that you can feel others also on your fingertips. So who is the other? You become collectively conscious. Sitting down here you can feel anybody, anybody's vibrations. Also, Athena was called as the "Pallas", means "vibrations" She was said. So there are so many things to prove that Athena was the Primordial Mother and Kundalini awakening also gives you "pallas" so She is the reflection, She is reflected as Kundalini within us. This can happen to everyone. This is your own power but should be a pure desire within you to have it.

Today I will try and I'm sure it'll work for all of you but you have full confidence in yourself, you should not feel guilty for anything, past is past and finished, you leave it outside. At present, you are a human being and you want your realization. I again say, don't feel guilty because so many people say you're a sinner, you've done this wrong, that wrong and try to make you feel guilty. It's only to make money, I tell you, to frighten you. After all you are human beings, you are not God, only human beings can make mistakes, you know. So it's not important. So please forget everything of the past just now. You should be pleasantly placed towards yourself. Once this ignorance goes away you'll be amazed to see how great you are.

I know you all want to ask some questions, also to Me, but they have suggested that it would be better if you write the questions and send it over later on so I'll write to you back or I'll send them the answers.

Just now the best is to have your realization. See there are so many lights here and to put them on you have to just switch on, one switch is sufficient. But if I go on telling you everything about the discovery of this electricity and then how it was brought here in this hall you would be bored to death. Best thing is to have the lights switched. And once you have that light then you'll be surprised that you'll not discuss or argue, you'll enjoy because you'll be the Truth.

This will also explain to you why these all religions have gone askew and fighting with each other. All the people who started the religion were great people, they were born on the same tree of spiritual life, they were all incarnations of the Divine, born at different times and they have to give solution according to the time but people, later on, plugged these living flowers and are now fighting with the dead flowers. But when you innately know what is Reality then I don't have to tell you: "don't do this, don't do that", you just don't do it.

Now should we have realization? It will hardly take ten minutes. There will be no complications, no problem, nothing. Only thing is that you have to have a pure desire. I would request all of you to be seated, there are seats here in front, here, there are seats here also, here also. Please be seated. There, sit there, there are seats here, in front also. Be comfortable.

There is one thing - you cannot force Sahaja yoga on anyone, you have to ask for self-realization because I respect your freedom, there cannot be any compulsion. So those who don't want to have should leave the hall but those who want to have should just desire to get their self-realization, that's all. Never say that you wouldn't get it, you must have all the confidence. I assure you, if you desire you'll get it. Just believe Me. Whatever I've told you need not accept it as the Truth, you should not have blind faith in Me, that doesn't help but keep your minds open as scientists, take this as a hypothesis but if it turns truthful, if it is truth then you have to accept it as honest people. One thing - don't doubt yourself, that's all.

Another point I must tell you before I give you realization that today's Sahaja yoga is not individualistic, formerly one master used to give realization to only one person but today it is enmass evolution, thousands get realization so it's a collective happening so you have to come to our centres to grow, you have to respect your self-realization otherwise it's like a seed which is sprouted and thrown away. Like the parable of seeds of Christ. Supposing my one nail falls off away from the body, it will never grow. Now

we never take any money so we don't have a palace for meditation, we have a very simple place where you all, you could come and pray, where they will tell you each and everything, every modus operandi, what happens, how do we give realization, everything. There is no secret about it. Also everything is free, you cannot pay for love and also you cannot pay for living work. So you have to come to the centres regularly and develop yourself till you yourself can give realization to others. Once you start doing that you start enjoying yourself, enjoying everyone and enjoying life. It hardly takes three, four visits and it happens. It has to be simple, it has to be easy because it is so widely to do. It's all predicted and this is how we are going to solve the problem of the whole world.

May God bless you all!

Now I would only request you for one thing - is to take out your shoes if possible, just to take the help from the Mother Earth, from this Mother Earth of Greece.

Flowers pollen is falling on my sari, it's alright, it's alright, doesn't matter. It's alright.

Now, I've to again tell you that please don't feel guilty. Why am I telling you again and again? Because when you feel guilty then this centre catches here on the left side and then you get diseases like angina, then you get diseases like all lethargic organs, you get spondylitis, you get cervical cancer. So again I tell you, don't feel guilty because when the Kundalini is rising if there is an obstruction on this centre it won't rise. So you should be very pleasantly placed towards yourself.

Now before we close our eyes I would like someone to show... You will show? Alright. He'll show you how we are going to nourish our own centres on the left centres, please watch.

So please put your left hand towards Me like this, it is symbolic, be comfortable, and put both the feet apart from each other. Now just put your left hand very comfortably on your lap if you like, or like this, which is symbolic that you are desirous of your self-realization because this is the power of desire, the first form of Athena. Now the right-hand side is the power of action so we use the right hand for nourishing our centres. So now we put our right hand on our heart where resides the Spirit which is the reflection of God Almighty. Please put your hand inside the coat, left hand towards Me, left hand. In the heart resides the Spirit.

Now if you are the Spirit you become your own master because there is light and you can see yourself. So you take your right hand, we work only on the left-hand side, on the upper portion of your abdomen on the left-hand side and press it. This is the centre of your mastery.

All of you should do it, please. Nobody should just sit down and don't do it. If you don't want to do it it's better to go out. Alright.

Like Socrates was one of them, who was a Primordial Master and they have created this center. Now please take your right hand in the lower portion of your abdomen on the left side. This is the centre of pure knowledge. You'll be surprised how this pure knowledge reaches the brain. You'll know it in the centre when you'll go there, all this knowledge you will know.

Now please rise your right hand again on the upper portion of your abdomen, now on your heart. And now in the corner of your neck and your shoulder and turn your head to the right. Now place your right hand on your forehead across like this. This is the centre where you have to forgive everyone. For example, if you forgive or you don't forgive, you don't do anything. But if you don't forgive you play into wrong hands so to say that it's difficult is wrong because it's a myth.

So now please take your right hand on the back side of your head, this one is just for your satisfaction because you always feel guilty, is to ask forgiveness from this All-Pervading Power.

Now stretch your hand fully, now the last center, place your palm on the top of your fontanel bone area which was a soft bone in your childhood, now push back your fingers, bend your head and push back your fingers so there's a good pressure on your scalp. Now move your scalp slowly clockwise seven times. That's all you have to do. One thing I told you to press back your fingers, that's very important.

Now please see that your feet are apart and the left hand is on your left side like this, put your right hand on your heart and here you have to close your eyes, you can take out your spectacles. Please don't open your eyes till I tell you.

Now here you have to ask Me a fundamental question about yourself, please ask in your heart three times: "Mother, am I the Spirit?" These questions act like a computer, you know.

Now if you are the Spirit, as I told you you become your own master. Now please take your right hand to the upper portion of your abdomen and press it hard. Here you ask the question, in your heart three times, very fundamental: "Mother, am I, my own master?"

I've told you that I respect your freedom, I cannot force 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: "Mother, please give me self-realization" because this centre has six petals. Now as soon as you ask for your pure knowledge the Kundalini starts rising, you won't feel anything till it pierces through your fontanel bone area.

So now we have to nourish the upper centres with our self-confidence. So now raise your right hand in the upper portion of your abdomen on the left-hand side and press it hard. Here again with self-confidence you have to say ten times: "Mother, I am my own master."

I've already told you at the very outset that you are not this body, this mind, these emotions but you are Pure Spirit. So now please raise your right hand on your heart. Here with full confidence, you have to say 12 times: "Mother, I am the Pure Spirit."

This Divine Power is the ocean of knowledge, is the ocean of compassion and love but above all it is the ocean of forgiveness so whatever mistakes you have done as human being are absolutely dissolved in this ocean of compassion. So please forgive yourself.

Now raise your right hand in the corner of your neck and your head and turn your head to the right. Here you have to say 16 times, with full confidence please say: "Mother, I am not guilty at all."

I've already told you that you have to forgive everyone. Some say it is difficult but whether you forgive or don't forgive you don't do anything. But if you don't forgive then you play into wrong hands. Those who have harmed you are alright but you're torturing yourself on their behalf. You don't even have to think about it.

Now please raise your hand to your forehead and put down your head. Here you don't have to say how many times but from your heart please say: "Mother, I forgive everyone." Don't think about them, say it from your heart.

Now only for your satisfaction, you have to ask forgiveness from the Divine Power. Now please take your right hand to the backside of your head and push back your head fully. Here you have to say: "Oh, Divine Power, if I've done any mistakes, please forgive me." Again, say it from your heart, not how many times.

Now, please last important centre. Stretch your palm fully, put down your head please, put the centre of your palm on top of your fontanel bone area which was a soft bone in your childhood. Now you have to push back your fingers otherwise there is no proper pressure. Here again, I cannot force self-realization on you, you have to ask for it. So now move your scalp seven times clockwise, slowly saying: "Mother, please give me my self-realization." Bend your head, bend your head.

Now please take down your hand and slowly open your eyes. Now please put both the hands like this towards Me and stop thinking, you can, just watch Me. Now bend your head and put your right hand like this and with the left hand see if there is a cool breeze or a hot air coming out of your head, don't keep it on your head, little away, some people get it very much away.

Now please put a left hand towards Me but bend your head, bending is important. Now see for yourself if there is a cool breeze or a hot air, with the left hand towards Me and right hand on your head see, bend your head.

Now again, once more, put a right hand towards Me and bend your head again.

Now raise both your hands upwards, push back your head and ask a question three times, any one of the questions I tell you: "Mother, is this the Cool Breeze of the Holy Ghost?", one question, ask three times 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. Now please take down your hands. All those who have felt cool or hot, please, coming out of their hands or out of their fontanel bone area, please raise both your hands. Both the hands like this. See, the whole of Athens.

May God bless you!

I bow to you, now you've become saints but you have to practice and establish it. Please look after your self-realization. I'll come next year again and if you have any problems you can write. Thank you very much.

Some people didn't get it, doesn't matter, they'll also get it. You come to the centre, you all can get it. Thank you very much.

May God bless you!

Please write your questions also. Thank you!

1993-0509, Sahasrara Puja: Achieve The Perfect State

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9 May 1993

Achieve The Perfect State

Sahasrara Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Sahasrara Day Puja. Cabella Ligure (Italy), 9 May 1993.

Today we are here to celebrate Sahasrar Day. It was not very difficult for Me to open the Sahasrar because there were so many seekers in this world: because, of course, I had studied also, the permutations and combinations from which you all are, in a way, suffering. Also, the time had come. I felt [that] horrible gurus, who are really devils, are trying to capture all the seekers. I thought it's high time that Sahasrara should be opened out.

It was not like Christ's crucifixion by any chance. In those days one had to do lot of tapasya and that's what He went through. But in these modern times, what you know is much more important than what you do.

It is such a universal awareness now because of maybe, medias, because of communications, because of travelling, that a human mind knows a lot. It knows so much sometimes that its brain cannot even bear it. It is so overloaded with ideas and also the human mind is all the time anxious to grasp, absorb and retain whatever he thinks is knowledge. But he lacks discretion, so all kind of things are accumulated in his brain in the modern times. Specially with the advent of all this media like television, computers. Not a media, but it's quite a complicated brain again...the man had to know the technique of all these things very much. And this technique, if he understood, he could do many things, many more things than your forefathers could do. Thus, materialism started taking its own development in the minds of people. So the curse of human beings, at that time, was materialism: when I felt that Sahasrara must be opened out.

Before that, people were just simple, innocent: they all believed in God, they never doubted, and they didn't even seek the Truth. This materialism created such a competition among human beings, such hypocrisy, that people started finding out that: this is not honest, materialism is not joy-giving, you can't get peace out of materialism. Just it started developing into their awareness that this is not the end of our achievement, this is not what we have to know, this is not what is going to give us joy and peace.

Specially after war, this awareness started growing very much among young people. This is also because, now, the human awareness had reached the state of the brain. That's how they started knowing better, absorbing better and retaining better. You take a little child of today, he knows much better than you would have known when you were even 25 years of age; because he's supposed to know about everything. And thus, there was no movement towards knowing what is the Truth. But, as this awareness grew more and more, lots of seekers were created on this earth. So many people, who never knew they were seekers, suddenly became seekers. It's a atmospheric effect, I should say. And thus, a new category of people were born, became aware, that they have to find out the Truth.

So, it was all simultaneously, according to the time, that Sahasrara was to be opened out. And thus, this happened. For us sahaja yogis, of course, Sahasrara is the biggest event. Or we should say - whatever work all the incarnations have done, all the seers and saints and prophets have done, this is the culminating point. They did it for individuals, but to do for masses, that it should go to every nook and corner of this world, is the ultimate end of all spiritual growth all over, in every religion, through every great incarnations and prophets.

What They indicated about future, what They talked about, what you are to know yourself, that you have to find yourself, that you have to become a realised-soul, that you should have atmasakshatkar, that you should be a wali. All these indications....Even the

Buddhists know that Matreya has to come. Ma-treya. "Ma" is Mother. Three times. Trigunatmika. Even the Greeks had Athena with 3 powers in Her. So, all of them have been predicting about this time. And that time came and that's how I call it the blossom time and the fruits that are you people.

So it is all so much, we can say, in the cosmic cycle of different seasons - [that] this beautiful time has come and, like the wheel of time, has to turn and go further - [that] Sahaja Yoga started. Of course, in a very small way, but has now grown so big all over the world.

Here now, there's another thing that has happened, which is rather remarkable, that so far, people used to meditate alone and maybe one of them might get realisation, but there was no phenomena of en masse realisation, nor of en masse meditation in those days. They all used to disappear into some nook and corner of a quiet place where they would sit down and meditate. But this en masse realisation, en masse meditation, en masse understanding and learning about your being was not even imagined by Me: that it would go to such a limit, to such an extent, with leaps and bounds. This year specially, it has taken a very new dimension, I think, everywhere and all that is negative is being exposed in most of the countries.

So this is how, when the Sahasrara opened, the Kundalini started moving towards this Divine Power, getting connected with It and was all the time flowing within you, when the nirvikalpa state came. Now when it is coming through the Sahasrara, one has to know that the Sahasrara has to be clean, so that the flow of Divine Power is going, penetrating, without any obstacle, without getting impure, without getting into any kind of problems. So, to get to that level, to that state, all the sahaja yogi, I am happy to know, are trying to work it out, their own individual meditations also, so that this growth should take place.

Thus, you get enlightenment in a full way. But then one must ask why, for what? What's the purpose? What's the aim? The aim is: your aim is lost. You don't seek for aims at all anymore. This pendal was built with such great ability for which we didn't pay anything. Everybody was working here day and night, in the rainy season, and I was quite worried about them. I said, "What's the matter?" they said, "We are enjoying, Mother. We are enjoying!" "What enjoying?" "We're enjoying the rain." All right. "We are enjoying the cold." All right. "Enjoying everything, lifting all these heavy things, everything we are enjoying." I was quite surprised at them. Nobody had any complaints, but everybody was just on the warpath, building this tent for you.

So what happens? Once your Sahasrara is clean, this flow of joy doesn't allow you even to think that you are exerting or you are working. Normally, if you tell somebody that this is to be erected [they say] "Aaaaaah!" Some would faint and some would say, "Ah, this will take at least one year." Then they'll start giving excuses. "This pole is no good. That is no good. It won't stand that. There's nothing, there's nothing..." Ultimately, you'll find nothing is done. It will lie like this for years together. "You better get another person. You better buy another one." Everything is postponed all the time and nothing is done.

But here, you don't feel you are doing anything. When you don't feel you are doing anything, how can you say then, "Why?" Because I'm not doing anything, in any way, so I don't ask question "Why?" Do I? And in any case, I'm not doing anything. That is the state where you are working in the Divine Plan. You are doing lot of work, but nobody feels they are doing anything. They all think, we are absolutely just enjoying ourselves, doing nothing. This kind of a state is the blessing of Sahasrara because only in your brain you think all these things; labour-saving devices. I mean, you tell anybody, "You go and telephone to this person." Immediately, if it is a modern man, he'll say, "He may not be there. God knows. What's the use? Telephone may not be all right." "Baba, you see! Why don't you see if the telephone is all right or not?" Before that only he will give this hundred and one explanations that it may not be all right, it maybe something may be wrong and just labour-saving, first. That is one of the tricks of the brain.

Then this intelligence cheats you all the time. It gives you rationality for everything. Like a person kills his father and you ask him, "Why did you kill?" "Why not? He was so old. He was suffering and I wanted to have all the property, so I thought better kill him" Like Queen Victoria became very old, so her son was to think that "I'll never become a king if this lady goes on like this!"

So, the brain starts giving lots of explanation and cheating – because rationality. It gives rationality and rationality is nothing but ego or your conditioning. Your ego tells you, "No, this is no good," so you stick on to that point, "This is not good." Then another

can ask you why it is not good. "I think it is not good, so I think." Or, like some say, "I believe," but why? But in Sahaja Yoga answer is simple, "Why do you do it?" - "I enjoy it." What's the next answer? "Why are you worried? I am enjoying it."

Now the people who also say like that, because of their conditionings, "Oh, I am enjoying it." Somebody will say, "I enjoy my drink." Somebody can say, "I enjoy my going to the church." Sometimes I say going – something else, you see, like that. They are enjoying something, which, according to Sahaja Yoga, we too can never enjoy. But that enjoyment is not collective. That is not supported by anyone. For example, somebody says, "I enjoy drinking." Nobody has erected any temple or any statue of a man who drinks. Have you seen anywhere in the whole world? So, though he may say that, "I enjoy," it has no sanction from the society. People can say, "I enjoy stealing," people can say, "I enjoy killing," but it is very arbitrary, it is very individual and never supported by the society, even by the modern society and there's always reaction to it.

But Sahaja Yoga is not like them, when you say, "I enjoy," you say it because you have no ego and you have no conditionings. It's a different situation because now the Sahasrara is opened out. So, on one side, your ego has gone down, another side, your conditioning is finished. You are no more conditioned. Like you talk to a Catholic...so I started talking about Christ. Immediately he said, "Mother, now please." I said, "I am talking about Christ, not about Catholicism. Talking of Christ, why are you frightened about?" "Mother, we shouldn't become Catholic again, you know. That's why we are worried about."

Babaa! Christ never started Catholicism. So much so, they have developed a kind of a de-conditioning of their minds, that they start seeing that whatever these people have done so far was wrong and that "Whatever I have done so far was absolutely wrong and I'm not going to do it." It's a very common thing. I have seen the people who have worshipped Christ prefer to worship Ganesha and those who have worshipped Ganesha prefer to worship Christ. [They are] just the same, the name is different, but just the same, but they like it: because [to them] Christ means the priest, the confessions, rosaries and also cemeteries. So they don't want to have. These conditionings, itself, start showing their own forms, like devils, and sahaja yogis want to avoid it, or have nothing to do with them.

I remember in the beginning, we had about six, seven hippies from England and they had come to Rahuri. We were having a program and there were five, six real hippies. These were hippies [who] became sahaja yogis, real hippies came to the program. I was just sitting like this and suddenly they said, "Ooooh nooooo!" I said, "What has happened?" I started saying; as if some snake has entered or what has happened? They were hippies, but with this de-conditioning of the conditions, they just couldn't bear those same hippies - that they [once] were - coming inside. Because you start seeing clearly, very clearly, that all these conditionings had blinded us completely and misled us into a wilderness.

Of course, about ego, in the West people are extremely conscious. There was a leader's wife. I said, "Why don't you help your husband?" She said, "Mother, I'm worried about my ego." I said, "Why?" "If I start doing some work, this ego might develop again, so I'm rather worried." They are so conscious of it, that this ego should not come back. One fellow who came to Me and I was talking to him, then he just ran away. I said, "What happened?" So he said, "No, those people who go close to Mother always develop very bad ego. So I don't want to be there close with Her." So, is a such ... (laughing)... such a mind that sees madness, that sees insanity, that sees immaturity, it sees vulgarity, it sees deceit, hypocrisy, everything so clearly: and in that state, he gets confused and quite upset, wants to run away from everyone.

Then we have some sahaja yogis who have such problems, who come to Sahaja Yoga with problems. Then, these people see them with these problems they are still continuing. Now the Sahasrara doesn't want to accept it. "It's terrible. I was like him. No, no, no more. Me, I don't want to be like that." So, they abhor the person who was just like them; they just can't bear him, they just can't tolerate. Then I would say still you have to grow. You have to grow, your Sahasrara has to be cleansed out at such a speed, at such a level and stage that, like soap cleanses everything, it should cleanse everything else, should not be afraid of anything, should not have any worry about the conditionings of others or ego of others: that is the state now we have to reach.

Today is the Sahasrara Day, is the 23rd Sahasrara Day and I shouldn't expect much, I don't want to say anything much about it: but I wish and I hope that all the thousand petals of your Sahasraras will be so cleansed that you will never catch from anybody; you will never be frightened of anybody. You will be masters of all kinds of curatives and also you will be the one who can give

solace, peace to others; you will be the one who'll be organising programs outside, you will be the one who will be responsible for Sahaja Yoga. And when that happens, then we can see that these thousand petals of the Sahasrara have opened out.

These thousand petals are not yet awakened. They signify the different thousand powers of the Goddess, minimum of minimum. These thousand ones you can open out yourself by introspection, by looking at yourself, making fun of yourself.

"Know Thyself" means know yourself with all the defects you have and also the potential you have and all the good points you have. So as far as you are concerned, when you are looking at yourself you should just see to the defects that you have. "Why do I behave like this? Why do I assert so much? What's the problem? Why can't I see myself clearly?"

With that transparency of your Sahasrara, you can see your heart, you can see your mind, you can see yourself fully, clearly, what's wrong with you. This transparency can come only if you have really the pure desire, shuddha iccha, to be of that level. Now, there is no competition between A and B. We don't say that, "You got the first prize for coming out of the Sahasrara" (laughing) or we don't say, "You have the second prize." There's nothing like first, second in Sahaja Yoga, because we are not running the race. There's no competition between us. Whatever we are doing is for our own satisfaction. Now think of something. There are five people who are running. Now they have to think, out of these five people, who goes first. Here it is the other way round: The five people are meditating; now everyone individually has to see for himself if he satisfies himself or not, nobody else is going to give you a certificate. It is you who has to give certificate to yourself, honestly. It's a very different position.

It is you, your Sahasrara and your attention and you have to see, within yourself, "How far have I realised my own powers, my own compassion, my own personality?" You'll have to test it yourself. It is you are the one who decides. When you are the one who is running, it is you are the one who decides without running, then what is the question of competition? The whole thing disappears into nothing.

As I told you the other day, an analogy that, if you are looking at the mirror, then you are the one who is observing, your reflection is the one that is observed and there is the action of seeing, so you are in 3 dimensions. But supposing you become the mirror yourself, the whole process is reversed: You see yourself. You don't have to see because you are seeing it all the time, it's just spontaneous. In the same manner, when it comes to Sahasrara, it is your Sahasrara itself gives you the full idea as to how you are. The diagnosis comes from your own Sahasrara. Your own Sahasrara tells you what centres are catching because all the peethas of these seven centres are in the Sahasrara. As if the Sahasrara is now watching yourself and reporting to you, "See, this is wrong with you. This is wrong with you, this is wrong with you." So, Sahasrara being the best well-wisher that you have, gives you the right information about yourself, so the best is that you correct yourself.

So then, achieve that perfect state: that is what you have to do. But once you have achieved the perfect state, you have achieved your aim, you have no aim left. Like the lights now, till you have to make the lights, you had to work hard, make the lights, put them right, do everything that is necessary. But once it is made and the light comes into it, then the job of the light is to give the light. So the first function is over.

Now the second function is to give it back.

You reach your aim, your destination. For example, I had to come here. Alright? So I come all the way from My house, come in the car, walking and come and sit down here. Now it's finished that part, over. Now I don't have to walk, otherwise I'll be all the time running. So, all this mad race of this brain stops. For what should it be used now? For enjoying the peace, for enjoying the joy, for enjoying the collectivity. So, the labour or the hard work or you can also say the planning of the future finishes off. Only thing now you have got it, so better enjoy it.

It's like you are coming from outside, you are running, you are very hungry, you want to reach home. Once you reach home, then the food is served to you. Now what's your aim? Nothing, but to enjoy the food for which you were running. But after that also, if you start running, then one should say it is absolute stupidity! But the capacity of enjoyment only comes when your Sahasrara is

absolutely open. Otherwise the capacity to enjoy is much less and you become like a person who is running all the time after something which you never achieve. There are many like that. All their lives they're like mad, you know. They are working morning till evening, everyday, achieving nothing! Next day again get up, again running! All their lives running like this till their foot is in the grave, they are still running.

But after getting to Sahaja Yoga, you stop all these activities and leave it to your Sahaja Yoga to work, to your Sahasrara to work it out. And it works out. You don't have to rush. You don't have to be so competent. You don't have to write down everything. You don't have to think of planning everything. Just everything works out and it works out beautifully. The only thing that one has to do is to accept whatever is happening for our good. Even in small, small things. For today's delay in the puja, is the desire of some people who wanted to give you some sort of a ... I shouldn't say that, but some secret show was going to be there and they didn't want any light. So they were thinking, "What will happen – the puja will be over by about five, then by six o'clock they'll eat their food, but the sun would be there till nine o'clock, then how can we show this?" All right, so have it in the night.

In every small thing you will see. Some people were coming from India and they had to bring My two boxes from there and they wouldn't allow these boxes, they said it is overweight, overweight. So they didn't know what to do. They thought that they should send them back and later on it can go till Guru puja or somewhere. But they thought that there must be some plan, must be some drama. The plane was late [by] 19 hours, so they thought there must be some drama; and then they were put into some sort of a tourist hotel for that night. Next morning they met two other Indians from, sahaja yogis, from Poona, two boys. That settled it! My luggage, they could put it in their name and that's how the luggage came in. But they never felt bored: 19 hours. "We had nice time, Mother, together. We were enjoying and talking," finished! Nobody feels the time is passing out. Otherwise, anybody else would have eaten up all the airport personnel and would have broken all the telephones. Waiting for 19 hours, "My God, what is this!!" Would have given it in the newspapers. Everybody ... this is the greatest crime! While these were enjoying life nicely.

So, we have lost now the sense of aim. We don't have any aims. We just want to enjoy. It's a very, very big thing that has happened because, as you know, the joy in the Sahasrara is nira-ananda, nira-ananda. Of course, Nira is My name also, but it means pure absolute joy. Nira-ananda. And that nirananda, that joy has no other hues. It's just pure, pure joy. Without thinking, it just pours into it. After all, every activity is for what, for getting some sort of a pleasure, sensation and also, some people believe, for joy. It's not.

Only after the opening of Sahasrara and the cleansing of it, then you will know what is joy.

You can't explain it, how you can spend hours together like this. People don't understand. Like even our mayor was telling Me that, "We can't sit in the church for more than fifteen minutes. And how people are sitting here for so many hours. Fifteen minutes we cannot sit, but how these people are sitting for such a long time. What are they doing there? What is their entertainment? How can they sit for hours together, without saying anything, without dropping even a pin, they are just all the time there. So what have you given them? What is happening to them?" This is very surprising and remarkable that these people, who are not even sahaja yogis, can see clearly that you people are least bothered, you are absolutely enjoying life. Whatever you may be doing is not important, what is important is that, whether you are working in the office or outside, you are full of joy, enjoying everything. This is the most important thing in life, which you can have only through Sahaja Yoga, because your Sahasraras are open, because they are opened out.

There is now one more thing I have to tell you, that is very important for all of you to remember: that, while living in this Ocean of Joy, we have to remember that there are many who have not yet jumped into it, so we have to bring them in; and it's such a pleasure, such a joy to give realisation to someone, extremely joyful.

So we need people who would come and say that "We'll definitely come for this [work]." I mean, they should really come forward and, once they come forward, you'll be amazed how things will work out. There are many, I know, who are going all over, everywhere and spreading Sahaja Yoga. So is very important for all of you to know that you have got the light to be given to others. Come forward. Don't have fear of your ego, conditionings, nothing. Come forward. You have all the strength, you have everything within yourself and you will do everything with such happiness and joy. Everywhere, in every country people are doing

that, but some of them are doing, some of them are not doing. All of you are quite capable of doing it, so please come forward and see for yourself what you are capable of.

First of all you should have faith in yourself. If you have no faith in yourself, you cannot do anything. Have faith. You should have no fears of any kind. And also to introspect, to see within yourself what's going on. To be very frank, I find My brain absolutely empty. What I talk from this emptiness, I don't know. You will also find your brain absolutely empty, and still with that empty brain, you will be achieving a lot.

It's very remarkable, as you have seen, that from the candle you get cool breeze. How you can get it from the candle, cool breeze? You do get.

So, is important to recognise yourself as a Sahaja yogi and to recognise - what have you done for Sahaja Yoga? Without doing for Sahaja Yoga, you cannot enjoy life. That was your aim and that aim you have reached. Now, if you don't...supposing I have to come and sit on this thing and I don't sit on this thing, then what's the use of coming here? I came here to tell you something about Sahasrara and if I don't tell you, then what's the use of My coming here and celebrating Sahasrara Day? In the same way, when you have reached that state now, what you have to do is not to use for your own purpose. You have used it, quite a lot, for your health, wealth, everything. Now what are we doing about Sahaja Yoga? What have we done for Sahaja Yoga? After some time, you will do a lot and you will never know you have done anything for Sahaja Yoga. Very surprising, it happens to so many of you and should happen to all of you. I hope all of you will realise that your Sahasraras are cleaned, completely. You are perfectly alright. You don't have to worry about it and you can really go ahead with spreading of Sahaja Yoga.

May God bless you all.

1993-0518, Shri Fatima Puja: Women are responsible for the society

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18 May 1993

Women Are Responsible For The Society

Fatima Puja

Mövenpick Hotel Istanbul, Istanbul (Turkey)

Talk Language: English | Transcript (English) – Draft

Shri Fatima Puja. Istanbul (Turkey), 18 May 1993.

00:03:00

(It's all right. I hope you can hear Me all the way, can you? Come forward a little bit, perhaps.)

00:04:10

Today is a very joyous that all of us are here in Turkey, to celebrate the Puja of Fatima's. As you know about Her that She was the daughter of Mohammed Sahib and was married to Ali, and She had two children, Hassan and Hussein, who were ultimately killed in Karbala by the fanatics, who were that time called themselves Sunnis. All this happened because there were fanaticism, and the fanaticism that makes person thinks always that they are on the right and they have every right to be angry, to persuade, to convince another party, another person. And these fanaticisms grew since long – it's not a new thing. It is so obvious now that our main problem in this world is of fanaticism.

Fatima lost Her two children, and She was the embodiment of Gruha Lakshmi. She resides in our Left Nabhi. So for all the diseases that are connected with the spleen, all the problems that are connected with your Left Nabhi can be only corrected by Fatima. So you have to keep Fatima awakened within yourself. That we are here in the Islamic culture, we can say this is place of Islamic culture; and in the Islamic culture a housewife was given a very, very important place.

At the time of Mohammed Sahib there were struggles and fights and wars going on between different tribes. As a result many, many young men were killed. Only quite old people survived, and also so many women. This is the reason why Mohammed said that "You can marry four wives, five wives; but you cannot allow them to remain unmarried or they will have extramarital relationships. That will be the greatest fall for Islam, for that religion." So He understood that unless and until women are kept absolutely chaste, absolutely pure, there cannot be the Kingdom of God. In Sanskrit there's a saying, "Yatra narya pujanya, tatra ramante devata": meaning "Where the women are respected, are worshipped and they are worshipful" – not that they are to be worshipped, but they are respectable – "there only exists the Kingdom of God."

So, so much responsibility is on women. So from Fatima's life we have to know that She did not go out of Her house and She remained a housewife, and She made Her two children grow up in such a manner that they had to fight the war against fanaticism. Her husband also was there. This is how a woman of a housewife is shown to be so powerful that though she's in the house, though she's – looks to be just a mother, but how powerful she is!

But these days a new type of ideas have come up. Men also have been very nasty and very aggressive with women. As a result we find there's a big opposition to men, and a kind of a big rift has been created between men and women. Also the men, the way they started becoming licentious, perverted, going to bad women, the good women also thought, "Why not we also become like that?" and they also started doing wrong things which they should not have done. That's how the whole society crumbled down.

Now, the men are responsible for the politics and the economics and also the nation as administrators, but women are responsible for the society. Whether she's in the house or she's outside, whether she's working in the house or outside, she is responsible for the maintenance of the society. And there it looks as sometimes to a woman that she's dominated, that her

husband dominates her, that the husband's family dominates her, but it's the quality of a woman that brings up the level of the society – not only the level, but also in the family she is then respected. It's a very important role as a housewife; perhaps we never realize it.

Now we see so many lights here, electricity is there running. But what is the source of this electricity? Is it not much more important than these lights? So men are nothing but, we can say, the kinetic energy, but what is the potential is the woman of the house. But these days it's becoming a very funny situation. I was surprised when I went to Italy also that how women have made themselves cheap. And they want to look attractive to every man. What is the need? It's a joyless pursuit into which men are going, and women are making themselves absolutely cheap. This cheapness of women is not going to give them any strength or joy. I know one feels very unhappy the way men treat them, but you must have your own personality, you must have your own understanding that you are a woman, you are shakti, and nobody can suppress the shakti. But if you do not keep to your own personality or to your chastity, then you cannot achieve your goal in life. And your goal in life is to give power to your son, to your husband, to all the society the woman gives power.

I'm also a woman, as you know, and I also have a family. With all the powers that I have, I never showed them that I have those powers. I always listened to My husband, obeyed him though sometimes he was very unreasonable also. And he also came from a society which was more Islamic-oriented. But that was just a joke for Me, because I thought, "He's just like a child and I have to be very patient with him." He always says that because of My powers he earned everything in life. Always, in the presence of everyone he says so. I don't know that part, but definitely I feel very satisfied with My own married life. I never think the way other people think that we must try to dominate the husband, we must fight him, we must have a right to do this. Our right is within ourselves, within our powers.

Also the men must realize that they have to respect women. I mean, not to such an extent that she tells you to do something wrong, and you just get lost with this – that's not the way. That's slavishness. Men have to be men. It in no way means the women are dominated by men – I don't treat it that way; because if you have your own powers, ultimately whatever may be the husband, he'll have to come and understand what you are. He'll have to know what you are. I have seen it many-a-times in My own lifetime that it has done that way. I would never say anything. Supposing he gets angry, I would keep quiet. All right. After all he has to fight outside and he has to take out temper on Me – that he couldn't do: if he does this to others they will beat him, so it's better he takes out temper on Me. And I never, never felt that way that he's dominating Me. Only thing I thought, he's taking out his temper.

But I've seen that whenever I said something to him, he thought about it. In his lifetime I've taken eleven decisions; and all these decisions he still remembers one by one and knows that it was very, very important. Other things I never tell him what to do. Whatever was most important is the principle. Now, he also realized that I have a very important mission. So he gave Me money, he gave Me time, gave Me all freedom. But first I had to establish Myself as a very sensible, devoted wife.

The men as a whole are very different type, you must understand. They are extroverts, and whatever the women care too much for, they could not do. It's all right; because women and men are complementary. Like Ali was there outside working everything out, while Fatimabai in the house, home, who never went out, but he knew his source of energy from where it was coming. Because women were never respected as shakti, they started getting drifted into this Western modern ideas that "we have to fight men, they are problematic, they are troubling us and we should take revenge." That's how society cannot work out. Responsibility of the women is much greater than that of men. Men have to just go to offices, work it out something, come back. Women have to lifelong generate the energy for the growth of the children, the protection of the husband, for all the sensible things that she has to do. That's why in India we say, "A woman is to be absolutely respected, and she has to be respectable." Moreover it is not only in India, I've seen it all over that women are always respected if they are housewives.

For example, I go with My husband to some function. I'm respected as much as he is respected. For example, his deputy won't be respected as I am respected, his secretary won't be respected – no one. I, as his wife, is respected the same way because I'm his wife. Nobody looks down upon Me because I'm somebody's wife. Is all over it is like this.

I'll give you a case of a lady I knew. She used to think she's a very smart person, you know, always looked after her body and just to be thin and all that, and she wanted to attract all the men and all kinds of things she would do. She would wear, you see, jeans and, you know, quite old lady. And her husband was a big man, he was a chief cabinet secretary, very senior to us. So one day we were all invited for a dinner. So she was not there. So many asked them, so many people, "Where is your wife, where is your wife?"

He said, "I don't know where she is. She was to come here."

I was also thinking where is she, where is she gone, because there was a seat for her, a special seat. So before sitting for the dinner I went for, I went into the bathroom. And there the poor thing was sitting on one corner. I said, "Why are you sitting here?"

So she said, "They made me sit here. I don't know what to do."

So I brought her out. I said, "Why did you make her sit there?" And she was thinking she's very smart, she's done her hair nicely, she's looking like an actress.

"Oh, is she the wife?"

I said, "Yes."

"Oh, my God! We thought she's the secretary. How could she be? She has no dignity of her own, the way she was dressed stupidly. How can we believe that she's the wife? She has no dignity as a wife of a Indian gentleman so highly placed." And poor thing was sitting there for half-an-hour, smoking. They couldn't believe it. Then they asked Me, "Are You sure she's his wife?"

I said, "Yes, I'm sure."

I mean, she came to the table, nobody got up for her. And they still thought, all the rest, she's the secretary who has come. Then we had to tell them "that's his wife." She was thinking she's a smart young lady, you know; at that old age behaving stupidly.

So even in the West a woman is respected if she's a good housewife. Anywhere, she is respected. I was surprised also that I knew somebody very highly placed, a minister in the cabinet of England, and he was supposed to be little wayward and nobody would take notice of him. Nobody would. "Don't look at him!"

I was not so good at the scandals that they had in the all diplomatic circles, but I said that "Why don't you talk to this man?"

"No, not worth it."

I said, "Why?"

They said, "He's horrible. He is not a good man."

"Yes, but why? What has he done?"

They said, "He's a flirt, and he is looking at other women and he's doing all kinds of things," and they told stories about him. My God! Such a big man like a minister – why is he behaving like this? Like a stupid donkey, he is going about ... Nobody would shake hands with him. Even men would not look at him.

Now, of course, a new society is forming of all these stupid people. That's different. But one Sahaja yogi who will visit these places will be amazed how stupid they are. They can make it out. All of them catch on their left Nabhi, whether they are women

or men. But it's more dangerous for men if they have a wife like that. Now, the left Nabhi if it catches, what happens? What diseases you get? The first and foremost is blood cancer. With the left Nabhi you can get blood cancer. Women think they can dominate their husband, they can do this to their husband, they can put them right, but they don't know they are causing a serious disease like blood cancer.

I know of somebody who was suffering from blood cancer, but we cured him and then we discovered his left Nabhi was still bad. Again and again he was getting relapse. Then we found out it was his wife. She was such a dangerous woman for him. And he wouldn't leave her, wouldn't leave her. So I told him, "I will not treat you again if you live with that woman. Better throw her out or you send her somewhere else, yes. But if you are going to live with this woman, I'm not going to treat you."

He also called her and I told her on her face that "You're a very dominating, horrible shrew woman, and if you try to torture your husband, he cannot be cured."

But she went on. And then, the end result was horrible, horrible, horrible. He developed a big spleen like that, all of it was taken out, and doctors told that "within six months you'll be finished." So on both the cases, I would say, the wife tried to dominate the husband, and husband getting attached to that wife still. It's recent case I'm telling you.

Now, we are husband and wife because we love each other, we are complementary: woman is a woman, man is a man. Men should not expect women to be like you – very fast; and women should not expect men to be like you – very, I should say, noble. They are qualities of a woman and the qualities of a man. But the greatest power of a woman is her chastity. If her chastity is disturbed, then she is a dangerous person, very dangerous. She can not only harm her husband, but also her children, her society.

We come from a culture which is very akin to Islamic culture also. Indian culture is like that. In the Indian culture women respect their chastity more than anything in this world. They can give up everything, but not their chastity. And once There's a story I must tell you, very interesting, about a very beautiful woman called Padmini. She was the wife of a king. And there was a horrible Muslim king who wanted to see this woman, because he heard she was very beautiful. See, this is, was a funny thing. And she came, and he came to that kingdom and he said, "I must look at this lady, otherwise I'll destroy the whole kingdom."

Now people said, "This he can't do, she's our queen. She can't, he can't see our queen like that."

She just thought, "All right. He need not see me, but he might see my reflection."

So she stood before a mirror and he saw her reflection. Then he became even more mad and he said, "I must have this woman. If you don't give her to me, then I'll destroy all of you."

Imagine a king doing all this nonsense for a woman – shows what a useless fellow he was. So he brought all his army, everything, and settled down near the fort where these people were, and sent a message that "if you don't send this lady to me, then I'm going to attack."

They were not prepared, didn't know what to do, so they said that "Let us go and fight him. We cannot allow our queen to be given to them. This is a question of our prestige."

They took a hundred palanquin. Do you understand palanquin? They took a hundred palanquin. Now in those hundred palanquins there were four warriors sitting with these arms and their machines, and there were two who were carrying them. And they said, "All right. The queen is coming with her hundred maids." The Muslims that time were, the Muslim king was having his drinks and things, very happy that the queen is going to come. So these people went there and came out of their palanquins and started fighting. They had told these women that "In case we win, by five o'clock in the morning we'll lit a fire and you will see the fire, then you'll know that we have won the case. But if we do not win, then you should know for definite that we have not won the battle." They were only, say, four hundred people or six hundred people, and thousands were with this man and he had guns and cannons and everything.

So they started fighting. In that fight that Muslim king won because he had so much of power, and most of these people died. Even the king was killed. There was no fire lit at five o'clock, so these women saw there's no fire lit. So they made a huge big platform, a pyre, they climbed down to the pyre and lit the fire, and they all died. Three thousand women died, because they didn't want other men to touch them. Any other man coming and touching them means their chastity is finished.

There are many, many stories of this kind in India. So, how they respected their chastity! It's easy, you see, to fall to some sort of a, another temptation, but if this is your power, why you should submit yourself to something which is so useless? In Sahaja Yoga we have to realize. Men also must know that if their wives are so chaste and so good, they must respect them. They should also realize that they have also rakhi sisters, which is that we are very chaste. We respect the chastity of a rakhi sister and we do not want to in any way to comply with anyone who does not respect the chastity. Then the men also become chaste. When the women are chaste men also become chaste. And this chastity is your main power, is, this chastity is the one is the power of Shri Ganesha. And when you get this Shri Ganesha's power, you know how powerful you become with the innocence that is awakened within you.

So without the chastity the women cannot achieve anything in Sahaja Yoga. One has to give up all the past ideas, all the past things, and also the way there is bombardment from the newspapers, from the media, from everything. Recently I read a beautiful book, so big as that, has come out that "Media Versus America". In that they have said that how this media has put ideas into the heads of women and men, decrying the utility of married life – how they have killed the married life. They marry, then divorce; they marry, then divorce. The same thing goes on all the time.

In Sahaja Yoga, of course, it's not that bad. We had eighty-six weddings this time. Eighty-six – out of which one was about to fizzle out; that also is established. In Sahaja Yoga it's much better. People understand the importance of married life. It's a drama, but also it is tapas: it is a tapasya with which you understand your own powers. I would say a man is like the sun, but a woman is like the Mother Earth. The difference is like this: that the sun shines, gives light, it gives also nourishment to the Mother Earth in a way; and the Mother Earth gives everything, she bears so much of things, she bears all our sins. So a housewife is like the Mother Earth. She gives joy to everyone, to her husband, to her children. She doesn't think about herself. She doesn't think, how I could achieve great things through my beauty maybe, through my body, through my education, through my powers that I've got – no, she doesn't. What she thinks: how I can make others powerful, how I can give them power, how I can help them. This is the typical ideology of a woman. If it is not so, then she's not a woman. I mean, she feels – if somebody says, "I want to come to your house for dinner," she feels very happy.

"Oh, that's very good. Now then, what should I cook? What should I do?" This is a woman's attitude.

Once we had a group of people, about twenty-five of them had come to see Me. I was sitting with them in an open space, and then I sent word to My daughter that they are here and it might be late, so better prepare dinner for them.

After the thing I said, "There dinner is for you extra."

They said, "How?"

I said, "All right."

She was so overjoyed, My daughter. She had prepared all kinds of things; her friends also came to help her. And they were surprised, all these foreigners, that "How, Mother, she's so happy about it? If I tell my wife" – that's the beginning of Sahaja Yoga – "that even three persons are coming for dinner, she'd go round and round and round ..."

I said, "Why?"

“... and she'd grudge and grumble, and she'd show all her temper with the people.”

I was quite surprised. See, in Sahaja Yoga that's how we live. We want to give love, and men have to appreciate that love and enjoy that love; whether you are a brother or a husband or a son, any way, the woman's love is for you. And she gives you that love that makes you absolutely, not only joyous, but also religious. Because it's a relative thing. If a woman starts misbehaving, that's the worst for the society: men also start misbehaving. Men, as it is, are extroverts. So to control them, to put them as householders, the women must know how to keep them. It's not easy to run a house, it's not easy to run your family, it's not easy to look after your children – very difficult. And those who have those qualities are the best women and they really achieve it.

I mean, you can think of your mothers, how much they loved you, all the men and the women. Why? Why do you think of your mother so much? Because she sacrificed everything, but without showing that she was sacrificing. She did so much for you, so you could be a woman. Woman's potential to love is tremendous, tremendous! And this is what we have to learn from Fatima. She gave Her two children to be killed. She knew, because She was after all Vishnumaya; She was the incarnation of Vishnumaya. She knew Her children will be killed, but still She sent Her children, “All right. Doesn't matter. Even if I know that they are going to die, it's all right.” Such bravery, such courage, such understanding of the duty of Her children.

Today we remember them as Hassan and Hussein. Supposing She had said, “No, no, no, no, don't go for the war. Stay at home.” And if She had forced them not to go, then they would not have gone. We would not have talked about them today, isn't it? In any case, they would have been dead some time, but the death of a hero they got because of their mother. Of course, they were also a kind of incarnations, but the way She gave them absolutely complete encouragement, “Go and fight for the right thing,” because these fundamentalists were trying to bring their fanaticism.

So today is a day I have to tell men also that you must learn to respect a woman who is chaste. Please understand, if your wife is a chaste woman, then you have no right in no way to trouble her. Not that she should be respectable – she should – but you should see that everyone respects her, nobody insults her, should stand by her, be identified with her. But if she's not a chaste woman and if she is that kind, better keep out. I do not have that much courage to say that “All right. Go ahead with her and I'll look after.” It's very difficult. I don't know what complications might come.

With all these experiences one learns one thing for definite, that woman is much more inward, she has much more powers, she is much more wiser than other people are, if she keeps to her chastity. That's the point on which all her movement rotates, all her personality rotates. She may be anything. We had women – like there was a lady who was only seventeen years of age, and she became a widow. Widow she became at the age of seventeen, and she fought a very horrible king called as Aurangzeb, and she saw to it that he got paralyzed; and her name was Tarabai.

We have women in India of different, different, say, characters in a way, quite in different, different ways, but they were first and foremost they're housewives. All their powers were there as housewives. So do not look down upon the housewife. When I'm traveling in the plane, they ask Me, “Mother, what is your profession?”

“Housewife.” My profession is housewife. I'm a housewife of a very, very big family. I'm looking after My children, I'm loving them, they love Me, and this profession is the best, I think, because it is so joy-giving, it's so beautiful. It's love. It's so energy-giving. And at this age also I never feel My age, because I am the Mother of so many of you. And it never comes to My head that I'm old now and I must do so-and-so, I must take rest and I must not do this work again. Because this feeling of love for My children: I have to nourish them, I have to look after them, because all My powers I have to give them. I never try to show off My powers to you in any way. It's only you who should imbibe all My powers. That's the only desire I have, that you should be as powerful as Myself.

Of course you discover it that I have powers, that's different; but as far as I am concerned I want that you should forget as to what powers I have, but you should yourself have all these powers within yourself, so that you can save the world. That's the only thing I want to give you. And I want to assure you that you all can have everything that I have; only thing if you can retain – simple

thing in life – that we have to be righteous people. We cannot play about, we cannot misbehave. Nowadays so many things are coming up, things that men are doing and women are doing; we are not doing.

In the evolutionary process, as we may say that there were some monkeys, chimpanzees that became human beings. But no – in between there were some other human beings that came in, which vanished. So, very few people will become Sahaja yogis, who will be saved. All the rest will be not there: they'll be neither monkeys nor human beings, finished. These are all self-destroying things which kills the family, which kills the chastity within us, and then we are left high and dry. We are nowhere. We have diseases, we have troubles, we have problems.

So be careful, very, very careful. And this special Puja for Fatimabai is Puja to Vishnumaya. Also the guilt that works on the left Vishuddhi can be cured if you develop your chastity. You'll never feel guilty, because that's such a virtue you have. In that virtue you will never, never feel guilty, and you can stand up to any nonsense because you are standing on the truth of chastity.

Today it's special day, I would say, when we are worshipping this great ideal of chastity that is Fatimabai.

May God bless you.

Right, so now we have very few children ... How many children we have?

Come along, come along, come along.

Let's sing the Ganesha Stuthi.

00:45:27

All right, you can sing the Ganesha Stuthi. Let's say the Ganesha's mantra, and then we'll sing the Ganesha Stuthi, and after that we'll have the hundred-and-eight names ...

01:46:22

This stone, feroza, comes from Eilat, and Fatima used to wear quartz, no doubt about it. This one is called as a quartz; it's called as feroza. And full of it, it's there in Eilat, so many. She used to wear this feroza, it's absolutely correct.

01:47:22

Also this, for your information, this ... also come from Eilat, also from the same place that She was. So just see the coincidence – exactly, at this time, to come from Eilat. May God bless that ... and may there be peace.

01:55:20

There's another suggestion that everybody cannot go to India, so people can't get married, you see. So we're thinking of also organizing marriages, when – during Diwali Puja. But you won't have such a wide choice, that's the point is. Doesn't matter. Those who want to get married should send Me forms filled in, and send it to Guido. And another thing is that we can't have it in the same elaborate way as we have it in India. We try, but still you know it's very difficult: it's a different country. So we're trying to find out things that can be worked out. In any case we'll organize the marriages, because you don't want another type, just a simple type, you want to have Indian style. So I'll go to India before Diwali, try to organize things for you.

May God bless you.

01:58:01

Thanks very much for everything. I'm sorry I couldn't get presents for all of you this time.

1993-0520, Departure

View [online](#).

20 May 1993

Departure

Istanbul Atatürk Airport, Istanbul (Turkey)

Talk Language: English | Transcript (English) – Draft

(Yogis sing: Mataji Mataji bolo)

Shri Mataji:

Inaudible

Starts at Soundcloud on TC 8:12

Yogi:

Passport there giving it one minute

Passport just one minute

She is making this trip (to Paris?)

Shri Mataji:

What about your passport?

Yogi:

They are there. They are there.

Yogi: (Hindi)

Guido:

I have the passport. I have. I have.

Yogi:

Ah, you have it.

Please give (inaudible)

Don't worry

Yogi:

Ok Shri Mataji! They are all there.

(Yoginis Sobbing)

Shri Mataji:

I am coming back.

I am coming back.

You must know, also there are so many baybies there also.

May God belss you.

Flowers are really (pleasant?)

Come along.

(The other one was so crying?)

(inaudible)

So crying.

Yogini: such a amiracle, Mother.

Shri Mataji:

Really. I dont know their names even

Yogi:

(Kati?)

Shri Mataji:

Write to me, or to her.

Airort personell:

Come in side.

Shri Mataji:

Really!

Can we?

All right,

Baba

Yogi:

Shri Mataji, I can not...

Shri Mataji:

I know.

Yogi:

Thank you so much, Mother.

(Inaudible)

Shri Mataji:

I am sure they (inaudible) (years back)

1993-0521, Human Awareness and Limited Rationality

View [online](#).

21 May 1993

Human Awareness And Limited Rationality

Public Program

Aula Magna di Santa Lucia, Bologna (Italy)

Talk Language: English | Transcript (English) - Reviewed

Bologna Public Program (Italy)

I bow to all the seekers of truth. At the very outset, we have to know that the truth is what it is. We cannot change it, we cannot describe it, we cannot conceptualize it. Whatever I am going to tell you, you are not to believe me blindfolded, but you must keep your mind open like a scientist. Treat my speech as a hypothesis, and if proved then you must accept it as honest people. It is for your individual benevolence, benevolence of your city, your country, and the whole world.

The truth is that you are not this body, mind, emotions, intellect, ego and your conditionings. But you are the Spirit, the pure Spirit. The second truth is that there is an All-pervading Power of divine love which does all living work. We see these beautiful flowers here and we take it for granted, which is a miracle. In the same way, our body is functioning, our heart is running, and we take it for granted.

Doctors say it is the autonomous nervous system, but who is this 'auto'? In the evolutionary process, we have now reached the state of human awareness. But human awareness is relative. We try to justify everything through our rationality. Hitler could justify his war through his limited rationality. But we have to reach the absolute truth. Unless and until we know the absolute, there will always be fighting and quarrelling going on.

Now, within us is placed, you must have been told, a power, in the triangular bone called as sacrum. That means the Greeks knew that it is a sacred bone. Today the problem is, people do not know the aim of their life, their meaning, why they are living on this earth. Like this instrument, if it is not connected to the mains, it has no meaning. So, this is the power which connects you to this All-pervading Power. The awakening of this power is spontaneous, "sahaj".

So, Sahaja Yoga means "saha" is "with you", "ja" is born, and Yoga is the right to have this union. It is your own power that works it out. It is not just a speech, or a sermon, or a lecture. But it is the actualisation of the experience which is important. And the becoming is very, very essential. That you do not just become, member of this and member of that. It is becoming within yourself. Once you become the Spirit, you start manifesting the beautiful qualities of your Spirit. The Spirit is the source of absolute truth. It is the universal being within you.

Once you get this connection, you start feeling a cool breeze like vibrations, because it is the cool breeze of the Holy Ghost, we can say, is the biblical word. But in Sanskrit, it is called "Param Chaitanya". In Koran, it is called as "Ruh" and Patanjali has called it as "Ritambara Pragna". Whatever name one may give, the sensation is of cool breeze from your hands and also out of your fontanelle bone area. Once this power of Spirit starts manifesting, you become, also, collectively conscious.

You see, there are centres through which this power flows. And these centres are responsible for our physical, emotional, mental and spiritual being. So, most of the problems of this world are coming from human beings. And the problems from human beings come because their centres are in jeopardy. So, when this power rises, passes through these centres, it nourishes your centres integrates them and ultimately connects you to this power of divine love. This power thinks, organises. It works like a big computer. Thus you become powerful yourself because you can feel this power on your fingertips. You can feel your own centres, what is wrong with you through self-knowledge, and also through the collective consciousness, you can feel the centres of others. Once you are established in your connection, you can know all about it. You can cure yourself and you can cure others.

Another power of the Spirit is that your attention becomes enlightened. We feel that our innocence is lost in the mundane life of modern style. But innocence is never destroyed. It is only covered with some clouds of misbehaviour, we can say. But after you get your Self-knowledge, your innocence starts manifesting. So, the attention becomes innocent and extremely powerful. You feel your peace within yourself. And the greatest thing that you feel, is the joy. Joy is singular, it is not happiness and unhappiness, but is a state in which you see everything as a drama.

One thing is necessary, is to have a pure desire to have your Self-realisation. Because your freedom is respected. You cannot force Self-realisation on anyone. You cannot pay for it. Because it is a living process. How much do we pay to mother earth for giving us these flowers? She does not understand money, banks or economics. It is love. In the same way, it manifests its love, and a person becomes extremely compassionate and extremely righteous. There is no need to tell, "don't do this", "don't do that", you just do not do it. It is like, you are holding a snake in your hand and you are in darkness. And if I say "It's a snake in your hand", you may say through your rationality, "no, it's a rope". And if you are obstinate, until the snake bites you, you will go on saying "it's a rope". But supposing there is little light, then you automatically throw away the snake, I do not have to tell you. So, we have to have this enlightenment.

I have to tell you that people have given up drugs, alcoholism, overnight after getting self-realisation. Also, there have been many cases of cures of diseases which are incurable, psychosomatic. You do all this, through your own power. You will know all the modus operandi. You will know how to work it out. Within one month you become your own master. It is all within you. It is too fantastic, that is why we do not believe in it. Suppose you take television in a very remote corner of a village somewhere, and tell someone who has never seen electricity, that you can see everything of the whole world through this television. They will not believe it. They will think it is too fantastic. But when you put this television to the mains, they will discover that it is so.

So, by reading about it, or by standing on your head, or by suffering and sacrifices you do not get. Only through pure desire. Because all other desires are not pure. You have one desire today when it is fulfilled, you have another one, goes on. The pure desire, whether you know it or not, is to become one with this all-pervading power of divine love. This knowledge is like an ocean. In Italy itself, I do not know how many lectures I must have given, but Bologna is one of the last cities I am visiting. You may go on listening to me but it is not important. Like in this hall, there are many lights, and when you come in you have to just put on one switch. Because it is all built-in. But if I have to tell you about the history and all the way how it has come to your city, and here to there, it is all boring. So, the best thing is to get the light first. And then to know all about it.

So, we will have the program just now for about ten, fifteen minutes for getting your Self-realisation. And I am sure you will all get it. Because you are seekers of truth. It is your right to have it. It will hardly take any time, but as I have said, it cannot be forced on you. So, those who do not want to have Self-realisation should leave the hall. It would be very kind of them. It hardly takes any time, but those who do not want to have it, put negative forces. I also know you have lots of questions. But you can write them and send it them over, we will try to answer them.

After this program, there will be a follow-on, where you can come and ask questions. I must say, some of you may get your Self-realisation and you might feel on top of the world. Because you get into the state of thoughtless awareness, where there are no thoughts to trouble you. If you want to think, you will think, otherwise, you will not think. But one should not get lost, because this is a collective happening. If a nail is cut out, then it does not grow from the body. So, for your spiritual growth, you must come and ask for any knowledge that you want to know, get yourself cured and enjoy the bliss of this divine love.

This is real capitalism and real communism. Because you have all the powers, you become a capitalist. And you are the real communist because you cannot enjoy it without distributing it to everyone. I myself, a seventy-year-old lady who has got a very good husband, a very good family, is moving all over the world, giving Realisation, because I cannot enjoy without that. And I have discovered that it is not how much time you spend with your family, but how you spend time with your family is important. In this lecture, I am sorry, I cannot explain to you all the facets of Sahaja Yoga. It is working in fifty-six nations. And you will find your brothers and sisters all over the world. We have a seminar in India for a month and these people come from all over the

world. I have never seen them quarrelling, fighting, complaining. But even if one person is hurt somewhere, all of them from all the countries just put their attention to it, rush to it, look after it. Otherwise, also, the time has come for all your problems to be solved by divine love.

May God bless you.

I have to make a very humble request that you will have to take out your shoes because this mother earth helps us to suck our problems. It is better that all of you should be comfortably seated. There are some seats on that side, the backside. It would be better if they come out because I do not see them in front. It is rather cold I think, but it is alright. All of you, please come forward, just come out. These are all seekers, you can see it. At the very outset, I have to tell you, there are some conditions. The first condition is that you are not to feel guilty at all. Like, supposing you feel guilty, then the centre on the left-hand side goes into trouble and creates a serious condition. You may get spondylitis or you may get a disease like angina.

Also, you might get very lethargic organs. After all, you are human beings and human beings have to make mistakes. You are not God. So, do not feel guilty at all for anything. Forget the past. This is one condition. You have to fulfil it. The second one is that you have to forgive everyone. You do not have to think about them because it is a headache. Logically, if you forgive or do not forgive, you do not do anything. But if you do not forgive, then you play into wrong hands. The people who have troubled you are quite happy, while you are torturing yourself on their behalf. So, be sensible about it and please forgive all of them and do not even think about it because it is a headache. In a way, forgive yourself and forgive everyone.

Also, there is another fashion in the West, I find that people want to feel unhappy and tragic. There is no need to feel that way. You are human beings at the epitome of evolution. And all the blessings are waiting for you. You should be very pleasantly placed towards yourself and have the respect of yourself because you are human beings. These are the conditions, which I request you, that please you just fulfil them because I do not want, this power to stop because you have not fulfilled these simple conditions. Now, there is a little simple thing which I will show you just now because we have to nourish our centres ourselves. This you have to do only tonight with me. You do not have to remember it at all.

So, now with very great respect for yourself and also with very pleasant feelings towards yourself, we start. Please put your left hand, like this on your lap wherever you are sitting, and those who are sitting on the chair should put their feet both separately, because there are two powers, left and right. You need not push back yourself too much now, you need not also slouch, but sit in a comfortable way. The left side is the power of desire and the right side is the power of action. So, we use the left side, putting this hand, which symbolises that you want to have your Self-realisation. And you use your right hand for nourishing your centres. So, he will show you now, that please put your left hand like this and right hand on your heart.

You please do it. Everybody has to do it, otherwise, you can go out. In your heart, resides the Spirit. Now, if you are the Spirit, you are your own master. So, please take your right hand in the upper portion of your abdomen on the left-hand side. Because this is the centre of your mastery.

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 of pure knowledge which is, transferred to your brain. All this you will know later on when you come to the collective. Now please do not doubt yourself.

So, then you take your right hand again on the upper portion of your abdomen on the left-hand side. We are working on the left-hand side. Now please take your right hand on the heart again.

Now in the corner of your neck and shoulders, where I told you that this centre goes out when you feel guilty.. Now turn your head to your right. I think in this congregation many are feeling guilty. Please do not feel guilty.

Now raise your right hand across your forehead and bend your head as far as possible. This is the centre where you have to forgive everyone without thinking about it. Forgive them in general. Now, please take your right hand on the backside of your

head and push back your head as far as possible. At this centre, without feeling guilty, without counting your mistakes, for your own satisfaction only, you have to ask forgiveness from this divine power.

This is now the last centre, where you stretch your hand, palm fully. Now, please put the right hand on top of your fontanelle bone area, which was a soft bone in your childhood. Now, please put down your head. Pay attention to the top of your head. Now, it is important to push back your fingers so there is sufficient pressure on your fontanelle bone area. Now, please move your hand slowly, clockwise, pressing the scalp, seven times. Push back your fingers, otherwise, there is no pressure. Now, please close your eyes and do not open them until I tell you. Take down your hands. Now, we start. Please put the left hand towards me properly and those who are sitting on the chair, keep both your feet separately. It is better to take out your spectacles.

Put the right hand on your heart and please close your eyes. Here you have to ask a question which is a very fundamental thing about yourself. You can call me Mother or Shri Mataji, whatever you like. So please ask a question in your heart, not loudly, "Mother am I the Spirit?" Ask it three times. Now, if you are the Spirit, you are your master.

So please take your right hand to the upper portion of your abdomen on the left-hand side and ask me another fundamental question, three times. "Mother am I, my own master?" I have already told you that I cannot force self-knowledge on you. You have to ask for pure knowledge.

Now, please put your right hand on the lower portion of the abdomen on the left-hand side. And here you have to ask six times because this centre has got six petals. Please say "Mother give me pure knowledge", six times. As soon as you start asking for pure knowledge, this power which we call Kundalini, starts rising. So, we have to nourish our upper centres with our self-confidence.

So please raise your right hand in the upper portion of your abdomen and here you say with full confidence in yourself, ten times, "Mother I am my own master". I have already told you, that you are not this body, this mind, this intellect, this ego, these conditionings or emotions, but you are the pure Spirit.

So now, raise your right hand up to your heart and here, again with your self-confidence, you have to say twelve times. Here you have to say twelve times with full confidence, "Mother I am the pure spirit". This All-pervading Power of divine love is the ocean of love and compassion. It is the ocean of knowledge. But above all, it is the ocean of forgiveness. So whatever mistakes you have committed, get 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 towards your right. Here you have to say sixteen times "Mother I am not guilty at all". Say this with full confidence. Now, I have already told you that logically whether you forgive or you do not forgive, you do not do anything. But if you do not forgive, then you play into wrong hands. You torture yourselves on their behalf. So now you have to forgive all of them without thinking individually about them.

So now please raise your right hand across your forehead, and bend your head. Now here you have to say "Mother I forgive everyone" in general. Not how many times, but from your heart, you have to say, it is very important. Now, without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask forgiveness from this all-pervading divine power. Now please take your right hand to the backside of your head and push back your head as far as possible. Here, without feeling guilty, without counting your mistakes, just for your satisfaction, please say from your heart, not how many times, "Mother", or you can say, "oh divine power, please forgive me if I have done any mistakes". Say it from your heart. Not how many times.

Now the last centre is very important. So now, you stretch your palms fully and put the centre of your palm on top of your fontanelle bone area. Please do not hold your head but push back your fingers. And now please bend your head as far as possible. And now move your scalp seven times, but I cannot force Self-realisation on you, so you have to ask seven times for your Self-realisation by saying "Mother please give me my Self-realisation". Now, please take down your hands and open your eyes. Please put both your hands towards me like this, and watch me without thinking.

Now, please put your right hand towards me and your head down, and see with your left hand, away from the head, to feel if there is a cool or hot breeze coming in your, through your fontanelle bone area. Some get it hot, or cold does not matter. Now, please put the left hand and bend your head. And see with the right hand now, bending your head and check if there is a cool or hot breeze coming out of your head. Once more, you have to do it with your right hand. Put down your head and see with the left hand, if there is a cool breeze coming out of your fontanelle bone area or the hot breeze. Some people get it a little far away, some closer, but do not put your hand on your head.

Now please put both the hands like this. And now raise both the hands like this and push back your head. And ask a question. One of these three questions, anyone. "Mother is this the cool breeze of the divine love?" or "Mother is this the cool breeze of the Holy Ghost?", or "Mother is this the param chaitanya?" Ask any one of these questions thrice.. Now, please take down your hands.

All those who have felt a cool or hot breeze, from their fontanelle bone area, or on their fingertips, please raise both your hands. So, I bow to you all. Now, a life of spirituality and saintliness has started.

Thank you very much.

I would like to tell them one thing, that, "When they go out now, tell all the trees, that we have forgiven everyone. I have forgiven myself and I have forgiven everyone".

1993-0605, Evening Program before Adi Shakti Puja

View [online](#).

5 June 1993

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

Evening Program before Adi Shakti Puja 1993

[6:40]

You see, there are small children here, so I was thinking the children should go after their program, before the danse to Daglio. And some ladies should go with them because they will be fast asleep. Some ladies can join them. And the rest of us can stay here for the danse. Because they were saying it will be very late for the children to go. All right.

Whenever you feel that children should go, you can go to Daglio. But best is you can wait in there, in Palazzo Doria, you can wait there. If children are troublesome or anything, you can take the children to this house of mine, wait there until everybody assembles, then you can take your children away. All right? But I think they will be all right.

May God bless you.

[3:25:28]

Shri Mataji: ... And not so much of Bharatanatyam, it's true? [Hindi]

But in that one, it had the jalat of Odissi, Because, you see, Gita Govind is mostly done by Odissi people. And they don't have steps like them, [unsure] too much movement of the body. I was wondering about it, doesn't matter. So, the Odissi danse is another style but this Bharatanatyam danse also, I think you saw it when you were in Madras last time, when we saw that Ramayana. That was the same. And the Kuchipudi is another one, which you know that our children are learning now in Dharamshala which is also a very dynamic danse, Kuchipudi is. And our children are from all over the world, are learning it in Dharamshala, this Kuchipudi. We've got some students from there, the school where all these [inaudible] and all these people have studied. Form there one lady has come to teach them. So, now we have, you see, this style, that they did, is a very special Bharatanatyam.

The last one is the "tilana" part. You see, it has a little connexion with Maharashtrians because Shivaji has a brother and he was given a jagir, as they call it, an area to rule, Nagapattinam. Then he went there and he started a big library there and there he started doing this Bharatanatyam "tilana" part. Now it comes from the word "tarana", as we have "tarana" in the note, you see, where you have heard "taranas", when the people sing two, one particular tala [rhythm] and only the notes are sung. And it can go very fast also. The same thing, he changed it into this and he really created a lot of patterns in Bharatanatyam. There is one [inaudible] girl who does that. I don't know if you have heard about her, she does all that dancing.

So, there has been quite a give-and-take. But the purity of dancing has been kept somehow, which is a very good thing because you can get varieties and you enjoy it much more by them.

On the whole, this is a very divine danse and it creates very divine feelings and also, it's very good for the growth of your divine attention because you start living in another world, you see, when it is going on and you start seeing Shiva, Shri Rama, Shri Krishna and all these people. Just praise like that and you start having a rapport with the dancer and you also enjoy that thing where they are all praised so much and appreciated.

You all being Sahaja Yogis, you know all about them, nothing has to be explained about them. But the way they have performed is very interesting. For example, Shiva's description that he as given is very true and that there was a demon and this demon was afraid of the Mother, you see, he thought that if Bhavani decides it, she can kill him. So, he takes the form of a dwarf, of a child so that the Devi cannot kill him. So, Shiva said, "All right, if you don't kill him, I'll kill him". And he killed him but people don't understand when they see, say, a God standing on top of a child, they can't understand, "What sort of a God is this one?" So, but this is very deeper to understand the feeling of a Mother that she can't even kill a rakshasa who is a child. So, Shiva has to say that, "All right, I can kill him because he is a rakshasa after all, he is to be killed." The whole understanding is that it is so much

related to Sahaja Yoga. The whole story is related to us, it's all within ourselves, all these deities are there, all these chakras are there. And if you understand the expression of all, or the manifestations of all these dances is from some Realized souls. Because the way they describe, the way they say things is absolute truth, you see. It's absolute truth. Amazingly, how they know, little, little things about all these great events that took place thousand of years back. Of course, there are books and things written down. But from that also, they have taken inspiration. But also, some of them are extremely spontaneous.

Now the Meenakshi temple thing that she did was another very great thing which I liked, because I said I thought it was Odissi style. But it was the praise of the Mother in the sense that, what she has done and how she is and it's the- you see, this temple is one of the most beautiful temples that we have of Meenakshi. Unfortunately, we have not been there. I wish I could take you some time to see even this temple, it's down out, you see.

But Kanchipuram you have seen the temple, in Kanchipuram that she's described. So, this is all, you see, sort of a coming out of the beautiful incarnations that we had in that Yoga Bhoomi. And these incarnations expressed in danse, it's something it's so joyous because it combines so many things it has.

As he said, there's a bhava, there's a tala, there's also the ragas. And the whole thing becomes such a synthesis of all the beauties of Indian music, say, Indian [Sanskrit] the expression of emotions and also of rhythmic patterns. And the kind of rhythmic patterns that we have, you know it very well – I'm so happy, I bless both of you very much for which your [inaudible] and I think everything will work out. If you need anything, please let Me know. In every way I'll be there to help you for any creativity, for any explanation, anything, I will be able to tell you everything that you want and whatever you need otherwise, also, you can ask Me. All right?

May God bless you.

Ananda Shiva, Ananda Shiva, Ananda Shiva.

Another thing I wanted to say that Austria has suddenly taken a big leap into creativity I must say. I remember the days when Gregoire wrote to Me, "Mother, I'm absolutely bored, this Austria is a horrible place, you see, I just don't want to live here. I don't know why you have asked me to come here and all that. I have no Sahaja Yogis here. All horrible people, all drunkards and all kinds of things".

And then, to my surprise when I reached there, I found so many of them, so many beautiful Sahaja Yogis and now I think we have lots of them in Austria. They are very, very creative people, they are very talented. I don't know, this time I miss their "samuhanand" [the joy of collectivity] as they call it, you have the choirs, you see, it's beautiful the choirs of very high level, a very great expertise in this.

And I think that's why Mozart was born there in Austria, because he is the [inaudible] factor. Moreover, I've seen some plays also played in Austria, you don't know where this- which one was that?

Sahaja Yogi: Luxembourg.

Shri Mataji: Luxembourg. You, there you could see these people because they were very creative from the very beginning, I think. And the music especially was one of the great parts. They have such beautiful also drama talent, you could see that the way they played their drama with such ease and with such comfort. So, all these great qualities of the artists as you were saying so. Today only I was saying that somehow the artists, the Lakshmi and the Sarasvati do not go together. So, sometimes the artist has to suffer financially. But we'll see after Sahaja Yoga that all the artists will be very much valuable and they will get the reward of what they are producing. Because this is something coming from divine and this gross world doesn't understand them. But a day will come when the world will become very subtle and all of them will enjoy their creativity very much.

[Applause]

Now, tomorrow, somehow or other, it was such a nice thing that we could see this beautiful dancing and the creativity of our spontaneous creation from Austria. But thanks to mister Rachid Khan who could not come today [laughter] that we had such a lot of time to enjoy ourselves. This mister Rachid Khan, I don't know, he got stuck somewhere and big problems with his coming and they changed one from another and we gave bandhans and bandhans. Ultimately now, he is coming. So, tomorrow, maybe at nine o'clock, we'll have his music. But he is a very well-known musician, I'm sure you'll appreciate him. For that, I have to request that you will have to leave after the music from here, which will be little late, if you don't mind. If you could stay on for the

music, it would be a nice idea because he is supposed to be a very well-known musician. And by chance it has happened that so many strikes, things and just he could not come. He is coming now all the way. So, I think we should do full justice to his art and respect him by a little bit delaying your departure from here. I hope you'll do that much favour.

So, for today, I think, we shouldn't say goodnight, and tomorrow's morning program, I hope you all know that you have to have a very fast and lots of breakfast. Because they may not be any lunch except for the prasada. So, better have a good lunch, don't starve, in the morning time that means a brunch. [Laughter]

And then we'll be having – puja should start by eleven because if we have to give chance to this- it has never started so far, let's try tomorrow. All right. May God bless you.

With the German meticulousness made.

Thank you very much, thank you.

1993-0606, Adi Shakti Puja: The Fruit of Knowledge

View [online](#).

6 June 1993

The Fruit Of Knowledge

Adi Shakti Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Today we are all going to worship Me - first time. It has always been the puja of an aspect of Me or a part of Me. Now, one has to know very clearly what is Adi Shakti.

As we say, it is the pure desire of God Almighty, of Sadashiva. But what is the pure desire of God Almighty? If you see your own desires, come out of what? Not out of the Divine love but out of carnal love, out of material love, out of power love. Behind all these desires there is love.

If you do not love something you will not desire it. So, these mundane types of love that you have, for which we spend so much of our time uselessly, actually they do not give you satisfaction, because that is not true love that you have. Just infatuation for the time being, and then you just get fed up with it, and from there you jump to another thing, to another thing, to another thing. So, Adi Shakti is the embodiment of God's Divine Love, is God's pure love, and in his love what did He desire? He desired that He should create human beings, who would be very obedient, would be sublime, would be like angels. And that was His idea: to create Adam and Eve.

So, angels have no freedom, angels are made like that. They are fixed, they don't know why they do it. Animals also don't know why they do certain things, they just do it because they are bound by nature, they are bound by God Almighty. They say, "Shiva is Pashupati", means He controls all the animals. He is Pashupati. He controls all the animals. So, all the desires from animals come in, but they don't repent, they don't have ego, they don't think that: "This is wrong or that is good". They have no karma problem, because they have no ego, because they have no freedom.

At this point, Adi Shakti, which was pure love- so, think of a Father who has put all his love into one personality, then what is left in Him is nothing! He is just watching. Then what does He think? He is just watching the play of his desire, of his love. He is watching it, how it is working out. And when he is watching that, then he is very careful, because he knows that; "This personality that I have created is nothing but love and compassion". And compassion itself is of such a noble variety that he cannot bear anybody challenging that compassion, troubling that compassion, or also in any way demeaning it, lowering it, insulting it. He is so alert on that part, and He is very watchful. So, a rift has taken place, we should say, from Him, from His own desire of love. Now this desire of love was also given a personality, means ego, and this ego has to act on its own. It became sort of a very independent personality, which was free to do whatever it liked. I mean, we cannot think, in our mundane life, that a husband and wife are absolutely free to do what they like, because there is no cohesion, there is no understanding, there is not that oneness, that rapport. But it's like a moon and moonlight, sun and sunlight. It is such a cohesion that, whatever one does, the other enjoys.

And in that beautiful rift Adi Shakti decided to change his plans. She is known for Her "sankalpa vikalpa karothe": anything you try to decide too much, She will make it break, like today's eleven o'clock puja. So, when this Adam and Eve business started, She thought that "They will be just the other animals or angels; what's the use? They must know what they are doing, they must know why they are doing it, they must have the freedom to understand what is the Knowledge. Fixed machine like life that animals are having, why should they have?". So, in her arbitrary power, which was considered of course, She is the one who came as a serpent, and told them that, "You taste the fruit of knowledge". Now, for people who are not Sahaja Yogis, you cannot tell this, they'll be shocked. But this serpent came to test them and then to tell them that, "You better taste this fruit".

This serpent told the woman, not the man, because woman is supposed to accept things easily. She may even accept bhoots, she may even accept nonsense, but she is the one who accepts. While the man doesn't accept easily, he argues, he discusses. That's why he came and told the woman.

SHE came and told the woman, I should say: this Holy Ghost actually is a feminine, and so nearer to a woman. This feminine force came as a serpent and told that, "Better you taste the fruit of knowledge". Now it was the job of the lady, Eve, to convince her husband, because women know how to do that. Sometimes they may convince them wrongly, tell them something which is very wrong, very sinister, as you know in Macbeth what happened. So, many places we are seeing women have misguided their husbands. But men could be guided, or could be emancipated if they have a proper wife.

So, he had all faith in his wife, believed in it and they tasted the fruit of knowledge, under the guidance of this e Holy Ghost, who was a feminine personality of God. This cannot be conceived by the people who are just getting a glimpse of Christ, or a glimpse of Mohammed Sahib, or a glimpse of Nanak Sahib; they cannot understand. We just had a glimpse of them. If they had told, people would have said "Bah! What is this?". They wouldn't have ever listened to it. So at that time, the way the attention was, the way the reception was, they told about dharma, about ascent.

But in India people talked about Kundalini since long ago, and [know] that she is the Adi Shakti reflected within us. Now you see she has already read it out to you that I will be in every one of them. Now understand that this Adi Shakti is the Power of love, of pure love, of compassion. There is nothing else she has: only the pure love within her heart. But this pure love is so powerful, is so powerful! That is the love She has given to this Mother Earth. Because of that, this Mother Earth, [in spite of] the amount of sins we may commit -we may do anything- is pouring out her love through these beautiful things to all us. Now, we have also this beauty expressed in every way of her love, through the galaxies you see, the stars you see. Now, if you want to see it from a scientific way, then science means... it has no love in it there's no question of love. Even people talk of Yoga but they don't talk of love and compassion. When there is no love and compassion, there cannot be any divine spark in that person. Everything is non completely submerged in this Divine love. Everything that is created on this earth, everything that is created in this universe, and universes, and universes, is all because of the love of the Divine Mother.

So, this Adi Shakti's love is something so, so subtle, is so subtle. You cannot understand sometimes. I know you all love Me very much. It's tremendous love for Me, and when I get the vibrations from you, it is like the ripples that reach the shores and again they return back and lots of little, little sparkling drops are there, on the shore also. In the same way in my heart I feel your love echoing the beauty of this divine love... which I cannot la explain to you the experience that it creates. The first thing that it creates is that tears come into my eyes, because it is the compassion which is Sandra Karuna, is Adra, it's not dry. Like a father's compassion could be very dry: "Alright, do this, otherwise I'll shoot you, I'll do this". Mother will say, but she will not say something that will be that hurting. She will have to say, sometimes, to correct you, but her saying is very different from the father's, because she has got Sandra Karuna, Adra, Adra is that which is not dry. And this kind of a heart she developed because of this Divine love that she was carrying. So every part of Her body, everything is created out of Divine love. Every bit of it emits nothing but Divine love, vibrations are nothing but Divine love.

Now, I have told you before also that this incarnation had to come. The time had come, it was all seen that the time had come. But there is difference between fixed time and time which is sahaj. Fixed time is such that you can say that "This train leaves at this time, it will arrive at this time". You can say that some machinery is producing something, in such and such time it will produce so many things. But living things, which are spontaneous, which are sahaj, you cannot say that. In the same way this process of freedom. You have the maximum freedom. So one could not say what time this will happen, that people will be available to receive this subtle knowledge of divine love.

Knowledge also could be very dry. We had terrible people in India, who were busy with reading and with recitation of mantras, this, that. And they became so dry, so dry they were, just bone structures they were, just bones left; and so hot-tempered that they looked at anybody, that person would become ashes. I mean, is this the way you have come on this earth, to do all the tapasyas, everything, just to make anybody, somebody into ashes? But that is how they thought that they were very great, because they looked at somebody, that person disappears or becomes ashes, "bhasmisar" they call it. But there was no idea of benevolence in their heart.

So the first thing that is achieved through this divine love is your benevolence. Now, 'benevolence' itself is also a kind of a very

misguided word. 'Benevolence' means whatever is good for your Spirit. Now, as you know, the Spirit is the reflection of God Almighty. So when the Spirit in you starts reflecting itself in its full beauty, then you become the giver, you are no more a person who has to take anything, you just become the giver, you are so fulfilled!

Now this advent came at a time which was judged, what time it should come. As I said you had freedom, people were going amuck, doing all kinds of things. So, if you see that, just before this, we had a big problem of people working out their power. Like people would go to India to occupy the territory of India, or to China, or they decided and went up to Africa, and all these places. Even Americans went to - so called Americans - went to America and occupied it. So this was the time when they were using their freedom for power only. That was not the for the Adi Shakti to be born.

They were the people who were power oriented. Not that today we don't have, we have, but these were seeking only power and also these territories, which is not important. So, it could not be at that time. At that time one had to fight for your freedom, for getting out of the clutches of these imperialists and people who were trying to overpower.

Now gradually it changed. It changed, and changed in such a smooth way! It's very surprising, I saw the change coming up myself; it worked out. As you know, I myself took part in the freedom movement of India, it is important. India started, in India it started; first to have freedom from imperialism, and then gradually this freedom from imperialism started spreading in every country, people started thinking about it, they started understanding that "No use having colonies and all that, better come back to your own position".

So, when this happened, I mean, this happened in my own lifetime, I must say. First, people who tried to have freedom in our country died, so many were killed, you know, we had people like Bhagat Singh. In every country all the revolutionaries were thrown out, were ill-treated and killed. It's not a question of India only. But that one had to go through.

So their freedom was tested. Now they thought: "This was nonsensical thing we did, this was no freedom". Because, after all, doing all that, then they started repenting, and developing a kind of a fear, and a fright from others, and kind of a... what you can call a very disturbed Left Vishuddhi started. They felt very guilty, that they have done very wrong, they should not have done it.

Of course, so many saints came and they talked of nobility, of forgiveness, of unity, of oneness, everything they said. Big seers were born, they also reached that point to talk about it. But still people were not prepared so much. Gradually, I think -they had teachings and all that- started working in people. But the biggest problem came with these so-called religions that they started. These religions, all religions got derailed, and they formed kind of puddles, you see: Muslims here, Christians here, Hindus there, this is this, this is this... So you really needed this River of Life to fill up all these puddles and make them One. It is complete ignorance, sheer stupidity to think that one human being is higher than another, You can only say one thing: that you are at a different state.

Some are at a different state, some are at a higher state, but in general you cannot condemn somebody that he is no good, this society is not good, that society is not good; in general. Individually you can say, in general you cannot say, But this ignorance was so dark, because it became collective, it's a collective ignorance, collective ignorance. They all joined the hands together collectively to say that "This is the religion that is the best, we are the only ones which are the saved ones". Another said "No, no no, no... These are absolutely condemned people. We are the best", And under the name of religion, under the name of God Almighty, they started this nonsense.

So, now Adi Shakti had to assert, put the complete force. So, the first thing. She realized that one should know what is a family. A child grows in the family. If the children do not get the proper attention from the father or mother, we can say if they are also spoiled, or if not spoiled, if they are over-indulged, or they are neglected, then the child does not know what love is. If a child doesn't know what love is - love does not mean that you spoil the child or you give him lots of toys to play and get rid of him; it means that all the time your attention is on your child. And that attention is not indulgence, but an attention for the benevolence of the child. So all the time you are seeing that there is benevolence. And thus I thought the family life has to be, first of all, substantiated. Very important. Because these days also, under the name of religion, they started nunneries, and then priests, and then sannyasis, and all kinds of "babas" are there. They are so dry! And they are so misleading to people that people started taking to this kind of sannyasa, getting out of their running away from their wives, their children.

So, the first point, I realized human beings cannot have love who haven't known what love is. And this love is more effective if it is collective. You must have seen that in India people really love each other in a family. I mean, so many relations we don't know how we are related to them. Be just call them brother, sister, this, that. We don't know what is the relationship, whose father was who, whose sister, nothing. But we just feel "This is our brother". And if you are asked "How is your brother?" you wouldn't know how your brother is. The reason is we had a joined family system,

The joined family system is just like a collective family system. So nobody, knew who was a real brother, who was his step-brother, who was his cousin, nothing. They all lived together as just relations. But then this also broke, this joint family also broke, because of economic reasons and things like that, whatever it is. So now, at this time, (when, see) this very crucial time it was when the people had to know love and the family had started breaking in every country, specially, say western countries. For men and women never realized the importance of family life, they never had faith in their family life.

So it became such a shifting thing for poor children! They were on shifting grounds, and they couldn't grow properly. So they, created a generation of violent, horribly possessed children. This generation, then, vent into warmongering. They don't know, they feel like fighting, I have seen children fighting with a tree. I said "Why are you fighting?". "It's nice to fight, you know". But "Why are you fighting?", they don't know. The reason (is that) there's no love. So everything that you see you detest; "I don't like it, I don't like it". Detest everything. You try, out of your frustration, to destroy anything that you see. So a new trend started. Apart from the war, when it was over, naturally the value system dropped down. People felt: "What's the use? You see, we had all these values, so what did we get? War, and war, what is the war for? War has just killed all our societies, they have killed our children, everybody. And what is so great about these wars also? So the mind of the people, on the whole, was that "You see, somehow or other, you must fight" Like the fittest man is the best. So the one who can dominate, the one who can come up is the best.

So the domination of these imperial style of government was over but individually it became a process of domination. With this process of domination, ego started developing. Even to children they used to give an education in such a way that children became very arrogant, very artificial, extremely arrogant and artificial. It was impossible to understand why these children were not at all controlled, were told that "This is wrong". Because the parents also took a very, very defensive attitude. They would not face their children and tell them what is wrong. They were so attached to their idea that "These children will leave us" that they decided "All right, do what you like but stay with us". Under these circumstances even human beings as such were dwindling between a good family life and divorces and a funny society, which believes in sharing women or sharing men and all kinds of things.

So what a terrible situation was there for Adi Shakti to assert Herself! Then also there was a very big problem about these religions asserting themselves, their own ideas, their own conditionings on people, and absolutely blinding them. So it was a turmoil, it was a turmoil, and at this turmoil state only, Adi Shakti had to come to establish the dharma. She had to work it out, to establish the dharma. It was a very shifty place, very shifty sciences were there but, when I was born I was shocked the way people were.

At that time I do not think I met many setters. Of course I met one or two realized souls, but mostly they were worried about their insurance, their money, their this... that. And if you talked to them you would not know where you have come, into some wilderness or what. We didn't know what to say to them: how could we start telling them about Divine Love when they were not seekers even? Then, gradually, I felt confident. First I thought "I have come a little early, I should have waited slightly more, would have been better, because here the people hate everyone and every individual is against another individual, and they are cheating each other and they are also very jealous of each other and also want to have higher positions, and this and that over others.

They want to pull everybody's legs so maybe it's not yet time for Sahaja Yoga to start". But then I saw all these horrible false gurus also throwing their own charms on people are trying to control them. That made me really, really think that "Now I'd better stop worrying as to what the atmosphere is, worrying as to what sort of people there are. let's start!"- And that's how the first "brahmarandra chidra" [opening of the brahmarandra] took place, in India, that 5th of May. (And) 1970, 5th of May, in the morning

time. Of course there were acme, also some events which made me hurry up to do it. I was quite ready, I knew what was the problem of human beings but I thought that maybe they may never accept that they can get their Self-realization.

Now, this incarnation is really a very unique type. So many incarnations came, they came, told you everything and said "This in good, this is good, this is good...". Some people who were enamoured by them followed them, but nothing was inside their heart, whatever they heard "Alright, it's a sermon, it's a lecture, it's a Gita, that's all". And the life of such a person did not have that spark of the Divine love, within that person. We have had lots of good people during this short time, if you see. If you see, Mahatma Gandhi was there, Martin Luther was there, all kinds of people you see all over, Abraham Lincoln was there, George Washington was there, (we have) William Blake was there, we had Shakespeare.

All this style, you see in the literature, in every way; Lao Tse, then we had Socrates, if we start from Socrates to today, we have had lots of philosophers, lots of people who talked about a higher life. Despite that, people were thinking "These are some absurd people, there's nothing in it, too much to understand" would read anything about, say, Guru Gita they would not. They would think, that "What's this nonsense? What's the use? It's all humbug going on", like that. With this attitude, you see, you find all around, when I looked I said "Oh, how am I to tell them what they are, and what they have to find?". And it was really my desire that there should be some keenness in people, just a little bit. "If they give Me a little chance, this Divine love is so subtle, it will just penetrate into their hearts". But they would not, they were just like stones. You could not talk to them, you could not tell them about anything. And they thought no end of themselves, that is the worst part of it.

Under these circumstances Sahaja Yoga started, and there I find that the powers of Adi Shakti are much greater than the problems you see. I saw it very clearly myself: because these powers are awakening the Kundalini. I knew I can awaken the Kundalini, no doubt, I knew that, and I also knew I can do (it) en-masse realization, but I could never think that people whom I awaken will come back again, because, you see, they are ignorant people. I never thought that "They'll come back, they'll practice Sahaja Yoga" or "They'll go to this level", never, never, never, never thought. If somebody had told Me I would have laughed at that person. Exactly what happened was that, when I gave the first lecture, anywhere, that hall would be finished, everything would be finished. I had nothing to do with that hall, I was staying somewhere else, the hall was taken on hire and for the follow-on of course very few. So I thought that, you see, "Doesn't go into their heads, just goes over their heads I think, they don't want to understand anything".

They did not understand anything. Under the great pressure, you see, and the family problems, this ,that, It was not so Important. The most important thing was that "How to penetrate into human beings?". So the only solution was to raise their own Kundalini, to create that little light in them, because if I go on sitting down, with the idea that "They will come round and ask He for Kundalini awakening and then I will awaken them", was the wrong idea. I could realize that. So en-masse realization started and this really surprised people. It was no magic, it was not story-telling but it was the Truth. They could feel it on their fingertips, they could feel it out of their fontanele bone area.

The actualization of Sahaja Toga has worked wonders. Otherwise it would have been impossible. All these wonders that you see today are because of your reaction, because of the way you reacted, the way you received it, otherwise Adi Shakti is what? Good for nothing. If you do not accept (it) I am nothing. Actually it is again, I say, your wisdom, your sense, your seeking (that) has brought you to Sahaja Yoga. I never write letters to anybody, I never call anybody, that, you know, all gurus do that: as soon as they go to any city they write down the names of all the important people, and then they send them letters, and get about two or three at least for such programs. But without doing all that, you see how we have managed this en-masse Kundalini awakening, by which people started understanding Sahaja Yoga, it started penetrating into them.

Now for that I have to raise my own Kundalini like that: every time in a public program I raise mine also. And in my Kundalini itself I catch all your problems. It is painful, that is why after puja I become very, sort of... like a atone I should say, for a while. (The) reason is I'm absorbing all that is within you, like I have put you all in my body. You are part and parcel of my body. Every cell that I have is for you, for your abode, and you have to be that subtle to understand that if we own something or if we have something to be done about Sahaja Yoga, anything, if we want to start an ashram, or anything, immediately I know. flow do I know is because you are inside Me.

Most of the things I know very clearly, but some of these things I do not know that clearly because of one thing: the relationship between you and Me is of course very intimate, that you should be in my body. But if you people are not meditating - it is very mundane thing, I must tell you - "dhyana gamya", if you are not meditating then I have no relationship with you. You are not my relation, you have no right to me, you have no question to be asked "Why is this happening, why is that happening?". So, if you do not meditate - I always say "Meditate, meditate"- I have nothing to do with you, you are no more there for me. There is no connection with you, then you are like all other people.

You may be Sahaja Yogis, you might have got your Sahaja Yoga degree from your leaders, maybe, I don't know and maybe (that) you are regarded as something very great, but if you do not do your meditation every day, evening, morning or evening, you will be really not any more in the realm of Shri Mataji. Because the connection is only through "dhyana", through meditation. I know people who do not do meditation, then they suffer, their children suffer, then something happens, then they start coming and telling me... but I see clearly that the person is not meditating, I've no relationship with him, he has no right to ask me anything.

In the beginning of course meditation take some time, but once you (will) know what meditation is, how you enjoy my company, how you are one with me, how we can have a rapport with each other, there is no need to have anything else in between like writing letters or maybe some sort of a special connection, nothing of that kind. Only thing that is needed is the meditation. In meditation you grow, in that spiritually you become higher, and when that happens you start, in a way, I would say that, when you reach a state of that, I should say, maturity in Sahara Yoga, then you do not to give up your meditation, because at that time you are absolutely one with Me.

That does not mean that for three or four hours you should do meditation. How much intensely you are with Me is important, now, it is not how much time you are with Me. Then I am responsible for you, for your children, for everyone. I am responsible for your ascent, for your protection, to save you from all your negativity. So it's not like a father who will directly punish you. It is not that, but it is just "Alright, you are not my relation, I am out". That is the only thing that can happen- If you are not meditating, alright, I cannot force you, I have nothing to do with you.

You may have other relationships outside, outward, but this inner relationship by which you get your benevolence you cannot have without meditation. I have been telling all of you "Please meditate, please meditate every day". But I think people also do not understand the importance of what I am saying, because they tell me "Mother, we don't meditate". "Why?" "Now we are realized souls, so why should we meditate?". Now this instrument is fully made, but if it is not all the time connected to the mains, what's the use of having it? In that meditation you will feel the love, the Divine love, the beauty of that Divine love.

A complete panorama changes, A meditative person has a very different attitude, a very different temperament, a very different life, and he lives always in complete satisfaction with himself.

So today, as being the first day, as you say, of the Advent, (say) we can say that it is the first day when the Advent took place, as we are worshipping today. Of course it was not today, but still, we can say that it is so, if it has happened, it has been helpful to you, it has been a great blessing to you, then you must know how to preserve it, must know how to enhance it, must know how to enjoy it. You should not just get satisfied with one, we can say, one nice drama, one this thing, one that, but you should have a full oneness with the Divine, full oneness, and that is possible only if you really meditate, which is quite an easy thing to do, to meditate.

Some people say "Mother, we cannot get overtime", "We are all the time thinking something", or "At that time we want to see the watch". In the beginning you may have a little, little problem, I am not saying you may not have, you may have, but that's only in the beginning. But gradually you will be alright, gradually you will master it, gradually you will know it so well that you would not like to have anything else of a cheaper type, you wouldn't care for such things. You see, so to get to your beauty, to get to your glory, to get to your own great personality, which is now exposed, the only thing you have to do really, religiously is to meditate. That is not that "Tonight I came very late so I did not meditate, tomorrow, you see, I have to go for work so I cannot meditate". Nobody wants to know the excuses, it is between you and yourself. It is your gain, nobody else's. It is for your gain everything is

happening.

Now one has to know that we have achieved a certain height of evolution, and from this height you might go up to here, up to here, up to here. I am not saying it is not possible to do that, but, the first and foremost thing is that whatever you may be, you may consider yourself to be a very high-class Sahara Yogi, you have to be humble about meditation. This meditative quality even when I am talking to you I am just getting into it, it is so joy-giving, you just jump into the ocean of joy. First It will be difficult, but after some time you will know that this connection that you have with Shri Mataji is the only connection that you are looking for.

Also there is another point people get lost with, which I have seen very common with some people who get lost. They meditate individually very much, it is very correct. Individually they will meditate. And they will sit down, meditate, will do puja but collectively they will not meditate. So, this is another point one has to remember, that you have to be collectively meditating, because I am a collective being of all (of you), and when you meditate collectively you are really very close to He. So even if you have a program or something, you must do some meditation: always have meditation as the priority for any program. You sing the songs. It is over, everything is done, then you meditate. If I'm insisting on something you must know that this must be the truth I am telling you, absolutely the basis of it, though it looks rather mundane, but it is very important.

Now for us to worship Adi Shakti.

I don't know also because there have been no prayers or anything about Adi Shakti. Up to Bhagavati they have gone, but beyond Bhagavati they have not gone, so I do not know what sort of puja we will have, but let's try something. Maybe, I think the meditation is the best way we can really achieve something.

So, we can go into meditation for about five minutes.

Can you increase the volume?

Please close your eyes.

[Shri Mataji blows into the microphone]

Eleven Rudras are awakened and they will destroy all that is negative. [Not on video] Now ignorance is the greatest negative force. And I am sure they will destroy this ignorance of people. May God bless you.

[Aside:] Could we have the puja now?

May God bless you all.

1993-0625, Experience the Truth on your Centres

View [online](#).

25 June 1993

Experience The Truth On Your Centres

Public Program

Royal Albert Hall, London (England)

Talk Language: English | Transcript (English) – Draft

Public Program. Royal Albert Hall, London (UK), 24 June 1993.

Shri Mataji: It's all right.

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 conceptualize it, with this human awareness. We have to be in another state where we can understand it, know it, on our central nervous system. Whatever we have achieved in our evolutionary process we can feel it on our central nervous system. In the same way we have to feel the truth, the absolute, on our finger tips. It has to be tangible. It's not a make belief, it's not a blind faith, but one has to experience it, on the central nervous system. But the problem is that so far, those who achieved something also of this nature, were singled out and they were never respected.

A great poet, Kabir, says that, "How am I to explain anything? The people are so blind." Even William Blake was treated as a lunatic in this country. It was impossible for these seers, these prophets, to explain, to talk about the Divine. But, till they lived, nobody understood them and followed them. And then when they were no more, people built mosques, temples, churches. And when we see the mess of these religions we are surprised, how can it be. How can people kill each other in the name of God? How can they make money, the way they are making in the name of God? People are amazed, who are little bit aware, that there's something wrong somewhere. And whatever was told was not followed properly. There is no connection. One starts feeling, when they see the private lives of people who are in charge of those religions, that there's something definitely wrong. So then, they take to science. And science is amoral. It has no morality. It deals with matter, and matter is controlled by the Divine. It cannot deliver the goods as far as our spirituality is concerned about knowing the Absolute. So we are stuck at a point where we call ourselves human beings, we have the human awareness. But we don't have the absolute knowledge, that's why everybody is quarrelling, fighting, wars, in some name or other we are hating each other. If the Divine has created all of us, why there is such a problem? In the nature there isn't. Look at these beautiful flowers here. On the tree, they grow, all the leaves are spread properly. No problem, nobody tries to aggress anyone or to kill anybody. Everybody, if you call them some bodies, then they all help each other to get the maximum sunlight. You go in a forest, there may be a tiger and all kinds of animals there, you don't have any bad smell anywhere. They know how to, the whole cycle of nature is worked out beautifully. But if you feel that there's some dirt filth and you smell it, then know there must be some human beings living there. Because men only have the power as human beings, to spoil everything, or to become the Spirit. Because human beings are at the epitome of evolution. They have no ideas to how glorious they are, how great they are.

I find in the West people are trying to find their identity, they curl their hair, or do all kinds of things. The identity lies within yourself. When you say, "These are my eyes, this is my nose, this is my body", that means you are not this body, this mind. This is yours, but you are not the same. So you are not this body, this mind, these emotions, this ego, these conditionings, but you are the pure Spirit. And that's what you have to become, every religion has said that, every religion. Mohamed Sahib has said it, clearly, that there have been so many wallis before. And there are going to be so many wallis also. You have to be a walli, He said it clearly. I met in Turkey, sufis. Of course, in India, we have very great sufis, Nizamuddin Sahib was there, and also we had Chishti, in Chishti we had another one. Everywhere we had sufis like that, and they believed in Sahaja Yoga only. But they remained in different category. But in Turkey, thanks to Ataturk, I think, that these prospered very well. And they came to Me, and

they just surrendered to Sahaja Yoga. They wanted their Realization, they got their Realization. When their guru came, he also got his Realization, and he said, "This is Sahaja Yoga which is going to transform the whole world". They, of course, they are in a way Muslims, because born in Muslim families, and that they sing the praise of Mohamed, of Ali, of Fatima, of everyone. But they don't consider that, "We are the only chosen ones". Such beautiful people they were. They got their Realization, "What it is? What about Christ?" He said, "Those who are not against Me, are with Me". Who are those, who are with Him? He was hardly given three years to express Himself. People were so blind at that time.

It is, every religion has talked about the Spirit, and the spirituality, but it has become now spiritism. These all kinds of black magic and things, that has become the religion. Or it has become a power oriented thing. All kinds of nonsense you hear and you are really so sad. Like in Bosnia, so many Muslims are killed. For what? Because they are Muslims. In some places Christians are killed, because they are Christians. It's going on, everywhere, and now it's time for us to stop it. We have no problem now with Russia, and we'll never have a world war now, I hope so, but we have a problem of fundamentalism. And that comes from the ignorance that we are all part and parcel of one personality. And this ignorance has to go. And that can be done very easily once you become the Spirit.

Now, it's not question of I'm telling you, as a sermon or a lecture. but it's a happening, it's an actualization of that experience, which is important. This experience is something, which is extremely valuable today, for the whole world, because this is the time of Last Judgement. And this is the time when people are going to get their Self Realization. One has to understand, is a very important time now, Say, we say from chimpanzee we have come to human level, supposing even if we accept that, but there were two other races, which came as human beings. They disappeared. In the same way there are people who are still seeking power, money, in the name of God. Can you imagine? Those who are seeking all such things, should know that it is not reality. Now when those people who see them, also they say, "No, there's no God", abhor that name, they are also wrong, because very unscientific. Have you found out, if there is God or not? By seeing a Hindu misbehaving, or a Muslim misbehaving, or a mula misbehaving and a pandit misbehaving, you cannot blame God for that. You cannot deny God. If you are denying God, I would like to know in these modern times, what is the scientific proof that you are saying there is not God. Have you found out? Have you made any discoveries about it, that there is no God? So with a very open mind of a scientist, you have to understand that there is God, which is a hypothesis before you, which you should not accept blindfolded. but if it is proved, then as honest people you have to accept it.

It's very important today, that this world has to change to the emancipation and transformation of human beings. All the problems of the world today, if you see, really, are from human beings. And all these human beings are having problems, because of their centers are in trouble. If somehow or other, we could cure these centers and connect our being to that All Pervading Power of Divine Love, we enter into the kingdom of God, which is promised by every religion. Again I say, you see these beautiful flowers here, and we take them for granted. We never even think how they are here, on this earth, with a little seed. How does this Mother Earth gives this beautiful flowers? It's such a miracle. It's a miracle like that, the photographs you are seeing. This is another miracle. But we take it for granted, all living processes. Everything we take it for granted. And we never try to judge whether it is a miracle, or how it has come. We never even think about it. Who does this living work? Supposing we extend our imagination, who does this living work? This living work, I say, is done by the All Pervading Divine Power of Love. This may be called as Ruh, could be called as Brahmachaitanya, Paramachaitanya. Patanjali has called it as Rithambhara Pragnya. You may call it by any name but this power exists. Now, only thing is, you are to be connected to this power. Like this instrument is connected to the mains, otherwise it has no identity, it has no meaning. Only thing you are to be connected to this All Pervading Power. Once you are connected, you'll be surprised at yourself, how glorious you are, how great you are, what powers you have and what you can achieve. You suffer from stress and physical troubles, mental troubles, economic troubles, political troubles. All these troubles get solved. Say there's complete darkness here, and there's commotion, you will in any way, stamp it onto other people. You will, because there's darkness, trying to run, not knowing which is your aim, where to go, what to do. That's what is world today. Is it to be pitied, that people are not genuinely seeking the truth? If they are, is their right to get their Self Realization, that is what Sahaja Yoga is.

So the truth is that you are the Spirit, pure Spirit, the second one is that there is this All Pervading Power of Divine Love, which does all the living work. It runs our heart, it gives us children, it gives us beautiful nature, everything that is spontaneous, Sahaja,

Saha is "born with you". The right, to become united, yoga, with this All Pervading Power. But it is so simple, that people don't understand. They think, "How can it be so simple?" It has to be. Because it is so vital, it is so important. Supposing if your breathing was difficult and you had to read books for that, what would have happened? It is extremely vital. But somehow human beings always think that you shouldn't eat your food like this but go round and eat like that. It is a very, very simple thing, Sahaj also means very simple, spontaneous. So the Kundalini is there, She is residing within you, She is your Mother, She knows everything about you, very anxious to give you, your Self Realization. It's like the primule in the seed, which has to sprout. Now, what you have to do is to put this seed in the Mother Earth, and the Mother Earth has the built-in quality to sprout it. and the seed has a built-in quality to get sprouted. It is, you can't explain. In one seed, do you mean to say there are maps of all the trees it is going to produce? Go to the microscopic thing, and it is vast. Go to the universe, it's vast. The cosmos is vast. But a simple thing is that you are the epitome of all this creation, and you are the one who has that source of knowledge, of joy, and absolute truth. This is what you are, and it's your own, so why not have it.

People sometimes, told Me that, "Mother, if you say that, <>, then we can't believe it". I said, "But why?" "Because supposing if it doesn't happen to us, we can go to the Courts." I said, this human mind doesn't understand, that it is something your own, your own evolutionary process and what have you paid for it? Nothing. Do you mean to say God understands money and bank? No, no, it's all man made problems, complications. What is within you, is a beautiful Spirit, which is reflected in your heart. And this, your Mother, who is your Kundalini. It has nothing to do with paganism and all that, you see, just to discard something as paganism. If Indians have to learn science from you, why not learn the science of the roots from Indians? What's wrong? But people take to falsehood very easily, even in religion I have seen. You must first of all verify, the people who are talking about God and religion what is their personal character. Are they genuine? Secondly, what are their disciples like? Do they have any powers? Do they know anything? Unless and until you are verifying these things, you should not take to false people. And falsehood is so rambling, is so evident, if you just use your logic, you'll find out, falsehood. What's the use of using false things? If reality is within you, why not achieve it? This is such a beautiful thing that you are. You must accept yourself, you must honour yourself, respect yourself.

Another western problem is a fashion to feel guilty, which I just don't understand, why do you feel guilty? After all you are human beings, you are not gods. If you make mistakes, what's the use of feeling guilty? If you have done mistakes, just face it. Face it up and finish with it, that you will not do it again. But no use feeling guilty all the time and spoiling your centre here on the left hand side, which can give you not only spondylitis but also angina, and lethargic organs. The Sahaja Yoga today is on a scientific basis explained. We have doctors who have proved how Sahaja Yoga has cured cancers and things. And also we have scientists who have proved many things, which are said in Sahaja Yoga. So it is tangible, it is not that something is said, which has no basis. And that is what one has to do, is to have an open mind of a scientist, take to Realization and see for yourself. If it working out, then you prove all these saints were correct.

Like Guru Nanak has said "Sahaja Samadhi Lago". So what is the meaning of "Sahaja Samadhi Lago"? Who understands that? What is Samadhi? All of them have talked about it. I do not want to mention all of them, but you can find out after Realization, that they were everywhere, telling about this, Of course they were not in a group but they were tortured, troubled, hanged, poisoned. Now, these are the days, are different. You can't hang a person for that. But also for our benevolence we have to accept it. We have to accept it because it's our own, and we have to have it. It's a very, very simple thing which one has to understand that you cannot be only a human being. Must be something more to you. If only being a human being solves the problem, then there will be no problem at all. But there has to be something more. And that is not that you shave yourself off or you, you wear funny dresses, it's not that. By that you do not change. But a inner transformation is needed and for that you have got the Kundalini. But it cannot be forced. First of all, you have to ask for it. If I am born in a Christian family, I'm a Christian, if you are born in Muslim family, you are Muslim, you are born in a Hindu family, you are a Hindu. It's not a matter of choice. But what is needed is to understand that all human beings are born in some religion or other. But do you find that religion has gone inside them? No. You can find, whenever they get a chance they will do anything they feel like against what their religion has told them. So reason is they haven't got that power. of religion within themselves. Only after Sahaja Yoga you'll be amazed - I mean, I am myself amazed that people have given up drugs overnight, alcohols overnight. I don't have to tell. I don't tell anybody, because if I tell "Don't drink", half of you will go away. So it's all right. You come along into the area, you can give Realization to others, you can diagnose the diseases of others, you can cure people. Apart from that you get all the knowledge which is so subtle, which is

real. All other knowledge is called as avidya, is not knowledge, but is non-knowledge. The real knowledge is the knowledge of the Spirit, which cannot be challenged, it cannot be changed, it is, it has been and it will be. All these things people have said, only the difference is today, you have to get the actual experience of that. That's the only difference. And also that is en-masse. Thousands of people can get Self Realization. It's the blessings of these modern times, which are called as Ghor Kali Yuga, the worst times. This is the time only this was to happen, and it's happening all over the world.

I don't think I can explain to you about Sahaja Yoga in this short time. After all I don't know how many lectures I must have given in English language itself, and so many other languages. But what is the use of talking about it? As I always said that there are so many beautiful lights here. For that, you have to just put the switch on, because it's all built-in. But supposing I start telling you all the story about how electricity was found and how it was brought to London, and then to this Royal Albert Hall, you'll be all absolutely bored. Best thing is to have your lights on. As you have seen today, all the Sahaja Yogis were sitting, and on top of their head there was light. Also there are many other photographs they have not shown of the children, Sahaja Yogi children are born to Sahaja Yogis. They are born realized, and they have a glow around their head, you can see. All this is happening maybe to prove you people something. But cameras are wonderful thing I have seen, that those people used to mesmerize and play some tricks were found out by the cameras. And with Me they play these tricks. So these modern times are something special I must say, that cameras are discovered and they can really somehow or other make the picture of these vibrations. It is hard for people to give up their conditionings, because they think now, we are born into this thing, born into... No, you are born, but you are not that. To be that, in whatever religion you are born, you have to be a realized soul. To be a real Englishman one you have to be a realized soul, otherwise you cannot be. To be a real Indian, you have to be a realized soul. Because you don't know the glory of your country. You don't know what your country is. Like they said that I have told them that is the heart. Now the proof is there. Heart of the universe is England. That's why everything circulates, you see. Anything goes wrong here, circulates all over. Of course we have now yellow journalism, and the media and all that nonsense is going on. But even that circulates.

So you are placed in a very important place, is the heart of the universe. And see the proof is shown by the cameras. This is the small portion they have taken out otherwise there are hearts, hearts, hearts everywhere. So just to feel that you are here in England, you have to also feel that you have not yet felt, the reality of England. And the reality can only be felt when you are in the realm of reality. And this realm of reality lies within yourself, which is very easy to achieve. So the power that achieves it is that of Kundalini, and it's the pure desire. If you have the pure desire, it will work out. But if you are arrogant, if you are here to criticize, or to make some sort of a commentary, Kundalini won't rise. You have to have pure desire to become the Spirit, that's all. Depends only on one point that you have to have pure desire. You don't have to pay anything, you don't have to think anything, you don't have to do any mantras, nothing, but just the pure desire to be that. Because as you know, in economics, in general, wants are not satiable. But once you achieve the state of Spirit, then you become the giver. The only want you have, that how many people I can give Realization, how many people can be saved. And without any ego about it. You will see that after Realization, you will start talking in the third person. It's a beautiful state within yourself, which is dormant, which you have to achieve. There's another point I have to tell you, that today Sahaja Yoga is a collective happening. It is not that in your house, you sit down and do Sahaja Yoga, you cannot do it. You are a part and parcel of the whole. Like, if my nail is cut out, it doesn't grow. So you have to come to the collective. You don't have to pay for anything, nothing, but you have to come to our collectives. As we do not take money, for maintaining big temples, or big places, you must understand that wherever people are feeling this All Pervading Power, is the best place to go to. And you shouldn't think about what was the hall like, or where they were doing all these, or what sort of people were there, because the door of Sahaja Yoga is open to everyone. Sometimes we really get lunatics walking in. Doesn't matter. But some of them do get cleared out. Some of them do get cured. We don't criticize anyone. Let everyone come. And I'm amazed that so far those who have come to Sahaja Yoga, have all achieved their selfhood. And I wish you all good luck.

We'll do a little meditation just now and I'm sure all of you are going to get your Self Realization, no doubt of it. I know there are questions in your heads, quite a lot, doesn't matter. You can write them down and send it over, we'll answer them. But this question and all, that you I become an expert now, dealing with this kind of thing for the last 21 years. So I can answer all of that, no doubt. But it's just a mental acrobat. You have to ask for the experience of your being. What's the use of discussion, argument and conferences? What have you achieved out of that? So just to ask for your Self Realization, it's very important. Now, those who do not want, I cannot force on them. Your freedom as a human being, is worshipped, is not only accepted but it's also worshipped. If you want to go to hell, you can go. If you want to go to heaven, you can go to heaven as well. So, cannot be forced.

As I said, it's the pure desire, is the one that is going to work it out. All those who do not want to have it, should leave the hall, could be better, and not to sit down here, watching others and criticizing. That would be a much better idea, to leave others to have the experience. It is a chance that My husband got elected to a job here, and I came to England. And it has been really a great experience because I found that this is a place where, if Sahaja Yoga is established, it will work out everywhere very well. And it did. But amazingly it has worked more in Russia, more in the Eastern block. Because they had no religion, imagine. They were clean slates. No bindings. And you won't believe that in Russia we always have it in big stadiums, sixteen thousands to eighteen thousands people. And people are sitting on the ground. And all of them get Realization. And Eastern block, all of them. So this too much of freedom, has made us mad also. That's why our attention is not so good. But despite that it has worked. I could not have worked in communist countries, only in democratic countries I could work. But as now, in Russia and all these places, we have got a regime so called, which says they want to be democratic. We had a chance to get in. And they wouldn't accept any false person. All of them were thrown out. I don't know how they knew. Only I know about the writers, Russian writers, that they are very introspective, very introspective. And they put even the hero into introspection, and the heroine into introspection. While in democracy we do not introspect. That may be one of the reasons that they are extremely introspective. So, it is for you to accept or not to accept.

As I said, it cannot be forced. But the whole thing works out beautifully. There are few things which I'll tell you how to do it, and I'm sure it will work out very well tonight. So again I would request, those who don't want please go away. It's better for us, it would be very kind. First of all, I would request you to take out your shoes, because this Mother Earth, as I said you are sitting in the heart of the universe. So if you could take out your shoes, will be a better idea. You can't imagine sitting in your chairs you can get your Realization, you don't have to go to Himalayas or anything, nothing of the kind. All right. Can you get somebody to show? Doctor, can you come here? That's dr. Spiro from England. Now, first I will show you, how you yourself will have to enrich your own centers. It's very simple. Because you have to know, that the centers if they are in trouble, then the Kundalini takes time to rise. So there are two things I would say, which are important, or can be conditions. Firstly, as I told you, you don't have to feel guilty. If you feel guilty, this center catches, on the left side. And it is catching, today. It's a common fashion, you know, it's like as they say, "it is in to feel guilty", to be miserable, to show that you are very miserable. If somebody looks very happy, people don't understand.

Like I went to France. First they said, "Mother, You look very happy, they won't like You". I said, "Really?". "No, they are very miserable." I said, "For what?", "They are. They are worried about this world will be destroyed very soon." All right? So I started My lecture with "Les Miserable". So we need not have that kind of an attitude towards ourselves. First of all, you are not to feel guilty at all. I request you again and again not to feel guilty. There's nothing to be confessed, nothing to feel bad about. Past is past and finished. It doesn't exist anymore. Future also doesn't exist. In the present if you have to be, then forget the past, for the time being. Secondly, you have to forgive everyone, it's very important. Many people have told Me, "Mother, it's very difficult to forgive". I said, "Why?" Logically if you forgive or don't forgive, you don't do anything. What do you do? Nothing. But if you don't forgive then you play into wrong hands. So, during the course of this raising of Kundalini I'll request you to forgive everyone, and before that if you forgive, is well and good, because then, this centre catches. Between the optic chiasma is this centre, is closed like this, the most constricted centre we have, in the modern times. But if you forgive, it opens out, and the Kundalini can rise. As it is, you have suffered so much, playing into the hands of wrong people, and again today you may miss the point, may not get your Self Realization, if you don't forgive. Don't think about them, it's a headache. Just say, "I forgive everyone of them". "Everyone of them I forgive". Or you can say, "I forgive all of them". It's the best. You'll feel much lighter even now.

Now, we'll show you, what is to be done. Just now, don't close your eyes. Put your left hand like this towards Me on your lap, comfortably. You have to be comfortable. If there's anything tight here or tight on your waist or anywhere please loosen it, but you have to be comfortable. Now, put your left hand like this. This is just symbolic or the expression that you want to have your Self Realization. Left side is the power of desire. the right side is the power of action. All these things you will know. It doesn't take much time to know all these things. So now, you put your right hand on your heart first, because in the heart is reflected the God Almighty as Spirit. And then, you have to put your hand on the left hand side of your abdomen, in the upper part, because the left side will be working with our pure desire, working on the left side. Now, if you are the Spirit, you become your own master. You become your guide, you are your own guru. So this is the centre, where you become yourself, your guru, which is created by all the prophets and seers and saints, for us. We have to just awaken it. Once it is awakened I don't have to tell you what is your

religion. You just follow it. You do it yourself. Then below that, it's the centre here, is the centre of pure knowledge. which is quite surprising for people how can it be there. But it is there. And how it is there and how it gets transformed to the brain and all that, you will know later on, how it works out. So it is in the lower portion of your abdomen, on the left hand side, is the pure knowledge, as you call it, shuddha vidya. Then you raise your right hand in the upper portion of your abdomen, on the left hand side. Then on your heart again. Then, in the corner of your neck and shoulder, where I told you this left Vishuddhi is catching, and turn your head to your right. Then please take your right hand, on your forehead across, and put down your head as far as possible. Here you have to forgive everyone. And don't feel guilty. So best thing would be then to put your left hand, right hand on the back side of your head and push back your head. Here, just for your satisfaction, you have to ask forgiveness from the Divine Power. If you have done any mistakes, let the Divine Power forgive you. because this is for your satisfaction, again I say so. I don't want you to feel guilty about it and count your mistakes. Now, then stretch your palm fully. In the centre of the palm is very important because you have to put the centre of your palm on top of the fontanelle bone area, which was a soft bone in your childhood. As we call it in Indian language is talu, which was a soft bone. Put it nicely. Now here, you have to push back your fingers. This is very important. And your thumb so that there's a proper pressure. Now put down your head as far as possible. And this now, turn your hand, clockwise, very slowly at this point. Please put down your head, first of all, put down your hear.

Now... Now, push back your fingers, push back, otherwise you cannot. Now seven times you have to move. Push it, don't move your hand as the scalp. Move your scalp. Good. Seven times. That's all we have to do. You will know, that today, tonight only you have to do this. You don't have to do it later on, you don't have to remember anything. Is once you are a realized soul, you are very different. Like, when you have to climb the steps, you see, you have to climb. But once you are up there, you don't climb any, that's all. Once you reach that state you don't have to do. But in any way if you go to the centres they'll explain to you everything they'll tell you everything and nobody is going to charge any money. Maybe they might charge some nominal for the maintenance of a certain place, maybe. But so far, as I know, that mostly it is done by the people who are already Sahaja Yogis or by the centre itself. Because after all we have to pay for this hall. And they have organized that money. Last time I payed. This time, I think, I don't know how they managed to make that arrangement. And they repaid Me also. So this is the Sahaja Yogis who feel that they have to do something for you. They do it themselves and organize it. But you will not be put to any pressure or anything, and you are not responsible for paying anything, at all. Now, so now, we'll have to close our eyes. We better take out our spectacles, because you are not to open your eyes till I tell you. Just take out your spectacles. Also good for the eyesight. Now, you don't have to say any mantras, any prayer, nothing. And you don't have to force your attention to anything. Automatically will happen. You just leave it alone, your attention, your thoughts. Don't worry if there are thoughts, doesn't matter. Everything will be cleared out by the Kundalini. All right.

Now, please put your right hand on your heart, both the feet away from each other, left hand on your lap comfortably. And now close your eyes. On this center of the heart you have to ask a very fundamental question in your heart. It's like a computer working out you can say. You have to ask a question in your heart. You can call Me, Shri Mataji, or you can call Me, Mother, whatever you like. Ask a question three times in your heart, "Mother am I the Spirit?". Ask this question in your heart. As I told you, if you become the Spirit, you become your own master. So now please take your hand, on the left hand side of your abdomen, on the upper abdomen. Here, press it hard and here you ask another important question three times, "Mother, am I my own master?" Ask this question three times. As I have told you I cannot force your Realization on you. In the same way, I cannot force pure knowledge on you. You have to ask for it. So now, please take your hand, in the lower portion of your abdomen on the left hand side. Here is a center, which has got six petals. So, six times, you have to ask, "Mother please give me pure knowledge". As soon as you ask for pure knowledge, Kundalini starts rising. So we have to clear out the upper centers, with our full self confidence. Please know that you are at the epitome of evolution, as human beings, and have full confidence in yourself. In no way degrade yourself and feel inferior to anyone. So now raise your right hand, in the upper portion of your abdomen, on the left hand side and press it hard. Here you have to say with self-confidence ten times, "Mother I am my own master". Please say it ten times. I have already told you that you are not this body, this mind, this intellect, these emotions, this ego, these conditionings, but you are the pure Spirit.

So now raise your right hand on your heart, and here you have to say, with full confidence twelve times, "Mother I am the pure Spirit". Please say it twelve times. You have to accept your position first of all. You see, before taking the throne, the king has to say that "I accept the throne". In the same way. Please say it twelve times, "Mother I am the pure Spirit". You have to know that

this All Pervading Power of Divine Love is the ocean of love, compassion and bliss. It is the ocean of absolute knowledge. But above all, it is the ocean of forgiveness. And whatever mistakes you have committed, can be easily dissolved into this great ocean of forgiveness. So please forgive yourself. You have no business to in any way, condemn yourself. So now, raise 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, with full confidence again, "Mother I am not guilty at all". I find this is the worst center today catching, here, in England. Say it emphatically, "I am not guilty at all". Again, I have told you that whether you forgive or don't forgive you are not doing anything, logically. But if you don't forgive you play into wrong hands. And as it is you have suffered because of that, while the person who has troubled you is quite happy. So now, at this point, you have to forgive all of them, not thinking about them, in general.

So now raise your hand, to your forehead across and put down your head, as far as possible. Here, you have to say, from your heart, not how many times, from your heart, "Mother I forgive everyone in general", Now, for your own satisfaction. Please don't count your mistakes and don't feel guilty, but for your own satisfaction, you have to ask forgiveness from the Divine Power. So now take back your right hand, on the backside of your head, and push back your head as far as possible. Here, you have to say, "Oh, Divine Power, please forgive me, if I have done anything wrong knowingly or unknowingly". This also you have to say from your heart, not how many times. Now, the last centre is the most important one. For that you have to stretch your palm and put the centre of your palm, on top of the fontanel bone area, which was a soft bone on your childhood. And now put down your head. Press it hard. Push back your fingers. Now, put down your head please, push back your fingers, it's very important. Again, I am sorry, I cannot force Self Realization on you. You have to ask for it. So now please move, move your hand, or I would say, move your scalp, slowly, seven times, clockwise, saying seven times, "Mother please give me my Self Realization". You have to ask for it. None can force it on you. Seven times. Now, please, take down your hands. Now, put both the hands towards Me like this, and watch Me without thinking. Watch Me without thinking.

Now, please put the right hand like this, and bend your head, and with the left hand see if there's a cool breeze, coming out of your head, out of your fontanel bone area. Bend your head and see for yourself. Some people get it hot, some will get it cold. Some will get it close to the head, and some far away. But don't put it on top of the head, but away from it, and see for yourself, moving your left hand, if there's a cool or a hot breeze coming out of your fontanel bone area. Bend your heads please. Now, please take left hand and bend your head, and see for yourself, if there's a cool, or a hot air, coming out of your fontanel bone area. Some people can get it very far, you know, some people get it closer. Now, again, with your right hand. Please put your right hand towards Me. Now, again, bend your head and see for yourself. Little far away, some people get it. Now, raise your both the hands towards the sky, and put your head up there, like this, and ask a question, anyone 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 Ruh or Brahmachaitanya?" Ask anyone of these questions, in your heart, only three times, anyone of them. Now, please take down your hands. You'll feel very relaxed. And now put your hands like this. Those who have felt the cool breeze or a hot air from their fontanel bone area, or on their fingertips, or on their hands, please raise both your hands. May God bless you.

That's it! All of you have got it. Now, believe in yourself, have faith in yourself, that you have got it. And don't waste your Self Realization. It's very peaceful, and all the miracles will start happening in your lives. So many will say that they have got so many miracles in their lives. But the most important thing, that you become a universal being, you become a collective being, and then you realize what a potential you had within yourself. Respect yourself and respect your Self Realization. So may God bless you all. You have got pamphlets I am told, where you got the addresses, of all the centres we have. Please look after your Self Realization. Those who have not felt so clearly, should not doubt and go and see for yourself. In those centres they will help you, explain to you, everything. Please understand that you have to grow. This is the beginning which has to grow. May God bless you.

Sahaja Yogi: So if I could have your attention again, just for one moment. When you came in with your ticket, you should have been given a blue piece of paper. On this, we have the details of the follow-up meetings which we've arranged. They are Sunday 27-th of June, that's this coming Sunday, at 3 p.m., and on Tuesday, next Tuesday, the 29-th, at 7.30 p.m., and the place is the Remembrance Hall, Flood street, in Chelsea. On the back of the leaflets, there are details of all the meetings which are held throughout London, every week. These are regular meetings which happen every week, and as Shri Mataji has said, we very strongly recommend that you come to these meetings and we can show you how to meditate at home, how to feel the chakras,

how to clear the chakras, and how to balance the system. If you are from outside of London, there are contact phone numbers throughout the country. If you didn't get one of these leaflets we'll arrange to have them available, at the main entrance. Thank you very much.

Shri Mataji: Tomorrow at 11.45 we have, here, a great soul, who is a Sahaja Yogi. Come (in Hindi). (Hindi) We are going to have their program, tomorrow at 11.45 in the night, and they are starting at that time. So, if you have time, please come along. I'll be here for their program. Thank you very much. Thank you. Of course you know them, I need not tell you their names, you see. They are very well known people, more known than Me. (Hindi) Shivkumar Sharma. Ghulam Mustafa. (Hindi)

1993-0702, Talk: No death for a Yogi, Friday Evening Program, Guru Puja Weekend

View [online](#).

2 July 1993

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

You know what has happened. You know Mathias, how great he was, how much he fought for Sahaja Yoga, how much he worked for it. So generous, so surrendered and very innocent person he was.

He was such a precious son of mine. I did feel that he is having a bad time because of other activities. And I warned him twice, once individually. But he didn't take it that seriously. Perhaps he might be thinking that Mother is always so careful about us, concerned about us. But when I called him individually and told him for half an hour, he should have understood what I was saying. Apart from a great Yogi, he was a great patriot. He was working for Poland trying to help them to improve their financial conditions in there. But for that, he has to go- he had to go to Poland many a times. I had warned you not to go anymore. But I don't think it took me that seriously, as I told him. I don't know how to make things look very serious.

You all have to take one lesson from this. I have to make very earnest request that if I tell you not to do something, please just listen to me. You are under my protection, no doubt, we had miracles recently of people being saved from death traps and things. But for that, if I warn you, if there's some internal trouble, you all should take it very seriously. I will never waste my words for nothing at all ! For him, it is no loss because he'll be born again. It's just like changing your clothes, I know. But we'll miss him very much. No doubt. For everything, not for work but for his love, for his compassion, for his forgiveness and extremely gentle handling of things.

There were lots of problems in Switzerland, funny type of problems, which he solved very carefully, beautifully, and many things he solved on his own, without telling me, which was really very remarkable. He never wanted to trouble me for anything. I don't know how to count all the good qualities he had, and how he was an expert in many things.

He had bought one watch for me as a present from Swiss people, I think, and it was known as Patek Philippe, it's supposed to be the best. And that got spoiled. He says, "Mother, this hits the ego of these Patek Philippe people". So rightly said! I said, "How?" He said, "They think no end of themselves, you see. They give guarantees. When I showed them, they said, "We don't know how it is spoiled!" I had not used it even. I've seen it, that's all. So, he said, "They felt very much frightened as to what had happened how their watch has been spoiled". I said, "They need some introspection". [Laughter]
That's why it has happened.

There're so many beautiful memories of him all that I'm thinking of the nice beautiful stories he told me about people. Last time, he brought a newspaper, saying that, "Mother, see what these Catholics are doing in Switzerland. Now show them". I said, "You'd better show them. They are not bothered". He said, "They'll bother if you go on hitting them like this, they'll bother. They'll have to bother. People have to bother".

All the time, his wisdom has helped. And very practical sense of dealing with things.

But I feel now after the death of a Sahaja Yogi, the sadness becomes collective. Also, it bothers me too much. I haven't slept last night at all. And I'm sure his soul would be very disturbed to see that we are all very sad. And he would not like it. If I had changed the program to Switzerland, he would have blamed himself that, "Because of me, my sudden departure, it has all been changed or stopped". So, as Sahaja Yogis, we must understand the death that there is a soul, and the soul is here, watching all of us, even me. And it wants to see that you are all very happy, that you are not feeling it within yourself. So, to give him complete peace and joy, we have to just think that he has left us, and he'll be back very soon with us.

May God bless you all.

Normally we don't have any programs on Fridays but they said, "We'll have programs". I said, "All right, have it". But it was nice because I think, little bit, it will change. The clouds will go over.

We'll have Guru Puja on Sunday. It's a good day. But we should have little early, it's important. Not very early, but little early. I hope we'll try to do that.

Now your stage is done, everything is done. I don't know what the corrections you want to do. Whatever it is, let us try to do the Guru Puja a little early. Normally, we start at two o'clock. It's too much. It should start say, about twelve, if that suits you.

Another request I have to make, is that our water supply has suddenly - I don't know what has happened to it. So, it's best is that you go to the river to have a bath. You might find that the river is very cold but this cold water is very energy giving. You see, when you go into the river Ganges, in Haridwar, you feel as if it's a freeze, freezing point, and your feet start freezing. But once you get out of it, you are red and feels so energetic and so happy. So, I would request you to go to the river and all of you, if you go there, it won't be that cold also.

[Laughter]

We had no water at all. So, I think that the consumption of water is bit too much, compared to the tanks we have. So, it's all right. So, it's all right, morning time, you can do anything. And also people who will be in Daglio, there's this beautiful river there. You can go in that river.

But here is a river, there's also swimming pool. And we have no- they have no objection for that. So, it's a nice way to go there and have some nice time.

Thank you very much.

1993-0703, Evening Program, Guru Puja Weekend

View [online](#).

3 July 1993

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

Audio 1:

"Please, do not give up hopes.

They are created by the Divine as human beings and they have to reach the kingdom of God.

I will incarnate myself as Mahamaya and get myself a human Realization, [to get] the understanding of human beings.

You did not know their problems as human beings.

Human beings are not Realized souls.

So, they were misguided by false masters and crooked priests.

All your work is not futile. Once they get the proof of the Divine, they will open their eyes.

The fundamentalism in your name will disappear as all your promises will be fulfilled.

With my power of love and patience, of a Mother, I will lift them into higher state of awareness of Self-knowledge.

They will discover their beauty and joy of their inner beings.

There will be only pure love and generosity among themselves. They will enjoy it forever in their own dignity and glory.

Thus, Satya Yuga will be established and the truth will rule this universe."

Audio 2:

It was such a surprise for Me, we have such a talented and such a beautiful drama. Very intelligent, I must say, very beautifully put, very artistic. You have to know that all these gurus are watching you, just now. They are all here. They are very happy to see the way you have portrayed them. In such a short time, such a big vision to be seen is really remarkable and that you have touched all the dimensions of the work of the gurus.

So, today, it's a great day for us to know that you all have to be the gurus and you have to do the work what they have left undone. I'm sure this beautiful talent that you have manifested, will be also manifested in spreading Sahaja Yoga.

May God bless you all.

There will be a little interval now and after that we start our music program. Babamama has a Qawwali to start with and then, we'll have the great musician who is another surprised to Me, mister Apte. Surprisingly, I learnt that in the Egyptian language, Apte means Omkara, can you imagine!

So, it's such a combination! So, we'll all enjoy that music. For about fifteen minutes, we'll have an interval and the Qawwals will be organising themselves by that time. Thank you very much, thank you for the whole thing. Beautiful! Thank you.

Before Audio 3:

Babamama: Yesterday, he had decided not to sing having seeing the audience, having seeing the impact of the audience, having seeing the vibrations, having seeing the divine presence of Shri Mataji. I also felt he should sing. But before I could say to him, request to him, he said, "Babamama, can I sing?" I said, "Go ahead, because you are singing after somebody's heart, you are singing and pouring I to somebody's heart". And he sung yesterday, and believe me it was an experience, even for a person who is addicted of music. It was tremendous. And I can assure you that rendering has been rendered by so many musicians in India, but he was outstanding obviously before he was singing before the Divinity.

Today, he commences his program with a "stuti", that is a praise of Shri Mataji. Then he will sing "stoka" royal [unsure], of Madhukauns, "stoka" means "the small" because, Guido I am sorry, we are running out of time and despite of your request, I have

to reduce. Then he will sing a few bhajans and in the end he will conclude with a raga Malika that is a chain of ragas, beginning from Bhairav and ending on Bhairavi. Let us see how much of time he is going to take. And after that, of course, is the qawwali.

One more introduction. His guru and guru of Ajit Kadkade, that is the pandit Jitendra Abhisheki, they are the disciples of the same guru. But his style of rendering and the style of rendering of Ajit Kadkade are quite different. Ajit Kadkade is brilliant but he is basically singing out of his intelligence. I found Arun to be very spontaneous. He lives in the present and he brings you in the present.

[30 minutes later]

Babamama: Shri Mataji, I don't think we will get up before the puja, I think we'll just- [Hindi]

We have the permission of Shri Mataji to continue until you want to sing. That is vibrations, that is her Divinity. He says that, "Every song is getting a new experience. He has never rendered like this before. Obviously, how could he? Because he has never sang- maybe he sang once or twice before Shri Mataji, but not in this way. And not in such a beautiful audience and beautiful atmosphere. So, he has written a letter to me, yesterday, saying that, "I am so thrilled Babamama, and I don't know how to contain myself and therefore, I am pouring my thoughts in this letter". And he says that, "It is such a rare experience to be here, to be before the Divinity, before Shri Mataji. And I feel as though my heart is pouring out when I am singing and as though I am being guided by somebody, as though there's an inspiration, there's an inspiration which makes me sing in a particular style which I don't think it is me, it is somebody else". This is what he has written to me. I think he deserves a clap on this.

Audio 3:

Shri Mataji: This is really absolutely a Sahaj song, sung I think- Namadeva lived about, I think, sixteen century. And with him was another very great saint who was Gora kumbhar. Namadeva was a tailor and Gora kumbhar was a potter.

So, Namadeva went to see Gora kumbhar. And Gora kumbhar was, that time, trying to make the clay for the potter's job. That time, he saw standing before him Namadeva and he stopped his work. And what he says that, "I came to see you for your vibrations, for your formless, but I see you in form! The Nirakar is becoming Sakar, the Form is appearing before me of the Formless". I mean only a saint can say to a saint, nobody can say this. Nobody can praise another person like this that, "You are standing here before me in form which is formless". And then, he says this in a very beautiful way, that, "At this time, at this incident, at this "prasanda", [context] I have gone into the state I am beyond all the gunas, all the three gunas, I am beyond, gunatit". You understand the word "gunatit". I mean this only a saint can say to a saint. Who can understand this? You go and tell anybody else, they'll say, "What is all this talking about?"

And he's so beautifully describing the whole meeting and then, ultimately, he says that, "Spontaneously, we felt into embracement, embracing". But he said it in such a beautiful manner a saint can only say to a saint. And the love and the admiration and the adoration of another person is only possible if both of them are saints of a higher values.

To them, it doesn't matter what you are, whether you are standing in the mud or whether he is a tailor, doesn't matter. But he says that, "Just this meeting has taken me beyond all the gunas", means all the conditionings, egos, everything. Something, such a great poet he was, and both of them were.

Now, Namadeva, as you know, he was a very great poet, went to also Punjab, where Guru Nanaka, there, respected him very much. I mean only the saints could respect saints; you understand. And he asked him that, "You must learn Punjabi language". And I've seen such a big book written and I have one already written by Namadeva in Punjabi language. And in the 'Gur Granth Sahib' also, it is included. Even his made servant, was called as Janabai, even her bhajans are there. See, how these people transcended all the casts, communities and positions, everything and just there they were nothing but saints.

It's such a beautiful song, I wish I could have more time to explain to you everything. But it's really very beautiful and I must say that Arun Apte has really done a good justice to the bhajan written by Gora Kumbhar. Beautifully done.

May God bless you.

Audio 4:

This is a song from a Marathi play and as you know that on the stage, such a fast number they can sing standing- and I don't

know how they manage, really- but this one especially is very lyrical you can say, so much of words being beautifully rhythmically woven that it sounds extremely very, very soothing to your ears.

That they say like, there is describing like a beetle, a black beetle which is going on saying, "Boo, boo, boo, boo, boo" all the time. But he says that he is lost into himself and he is just singing he is not bothered about anything. And then he goes and sits in the lotus.

So, the lotus as you know is called "kamala", "tala" means the petals of that lotus. They close. And once they close, you see, still he's singing. He has such a fondness for singing, he is hamming the name of God, that he is busy with it, even if he is inside, encaged, he is not bothered, he is singing.

It's a very thing. But in this what you'll see that, "[Marathi]", "macaranda" means the beetle and "milanda" and all that. It's so beautifully [inaudible] you'll like it very much. IT's very nice. It's one of the really, very favourite song of mine I should say, and it's very difficult also to sing. And it's very enjoyable. I hope you'll all enjoy this song.

And his description of a saint who is just lost in this hamming of God's name.

Audio 5:

How to express my feelings for the musician, because he really has taken you much higher, in the realm of divine enjoyment. I don't know, if he says I was doing it, "I have nothing to say ". But it is the instrument which is so good, so surrendered. So beautifully, he has taken you to a very high level of awareness. And this sensitivity, you should maintain. This is a puja only, what else? By which your awareness blossoms and manifests: that is the puja.

I'm really very much thankful to Babamama for bringing him here. It's a rare, rare opportunity for all of you to enjoy such good music. And I hope we will see him again and again and again.

H.H. Shri Mataji Nirmala Devi

1993-0704, Guru Puja: Gurus who belong to the collective

View [online](#).

4 July 1993

Gurus Who Belong To The Collective

Guru Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Guru Puja, Cabella Ligure (Italy), 04 July 1993.

Today we are going to have Guru Puja.

I am supposed to be your guru but I feel sometimes that the idea of a guru is very different from mine. Normally, a guru is a very, very strict person and has no patience of any kind.

Even, say [in] music: there are gurus who teach music in India; so all the disciplines have to be absolutely followed. I know about this great musician, Ravi Shankar. We had been to Maihar where he came and my father was very much respected by his guru, Allauddin Khan saheb. So he asked him, "Why don't you play something?" So he didn't tell him anything [at] that time. Then he showed a big bump here. He said, "Sir, do you see this?" He said, "What?" "My own tanpura he broke on my head, because I was a little bit out of tune."

Otherwise, he was a very nice man, I must say; I knew Allauddin Khan saheb. But when it came to teaching...

It's a tradition I think, that you have to put all kinds of disciplines on the students but still the students stick on to the guru. They look after all the time. They are bothered with the guru. If the guru, he wants this thing, they'll run, if he wants this, they'll do.

A guru goes on taking different types of tests of the disciple. Like Shivaji's guru asked him that, "I would like drink the milk of a tigress." So he said, "Alright. If my guru has said it, it is his lookout." So he went to the forest and he saw a tigress sitting there. She had already finished giving milk to her cubs, so he bowed before the tigress and he said, "See, my guru wants your milk. Will you please give some milk for my guru." And the tigress understood it. She stood up and he took out the milk of the tigress for the guru.

So, in this, one can see in the obedience of the guru, one achieves even the impossible things. Another time his guru said that he has got a big boil on his leg and that it is alright and anybody who will suck it has to be my disciple and my disciple, when he sucks it, I will be alright. Now, everybody was so averse to a thing like that. Shivaji maharaj said, "Of course I will suck it." He bent down and he started sucking it from the bandage that was there, and it was a mango!

So there are two, three types of tests [that] are all the time taken, of the disciple.

Firstly, how much they obey you. But, as you all have got Realisation, and you are your own gurus, I don't put that condition on you. I leave it to your freedom. I tell you earnestly, in all the way possible, what I think [is] good for you, but I don't compel, like these gurus used to do. I mean, they used to beat! They used to hang them on a well. They were so very strict with their disciples. And I have had an experience of this. They never used to smile. No question of laughing! And would never show any kind of weakness of kindness for the disciples. This is about the spiritual gurus I am telling you. But those who wanted their ascent, wanted their Realisation, would go on passing through all kinds of tortures that they put on them.

Some of the gurus, who didn't like some disciples, they would tell them, "Alright, you now stand on your one leg all the time." So they're standing on one leg like a crane. Another one, they would say that, "You stand on your head!" The way they used to treat

their disciples was rather difficult for me. I can't do it. All the time the compassion becomes the tears in my eyes; I find it impossible. I may just say it in a way, sometimes also, say it in a way that looks like little scolding. But to be a Mother and to be a guru is the most difficult thing.

I do not know what comes first. But, of course, every mother wants her child to be good and the Holy Mother wants Her child to be a holy person. The first thing is the holiness. Now for that, how can you compel someone? Only thing that makes you understand is this - that if you don't become holy, how will you get your ascent? We have to be holy. What discipline one can put for making a person holy? What can you force? What can you get angry for? Only method I use, normally, is to forgive. Maybe the forgiveness is the highest quality, I think, for teaching people. When they know that they have done wrong and they confess it then you have to forgive.

Like, in the life of Buddha, there was a man who was abusing him without understanding, and when he finished with his abuses and Buddha had left, people told him, "Do you know whom you were abusing? It was Lord Buddha!" He got a fright of his life. He said, "Where is he gone?" "He's gone to another village." So he went to another village and he said, "Sir, I am sorry [for] what I said. Please forgive me. It's all wrong and I should not have done it. You can punish me the way you like." Lord Buddha said, "When did you do that?" He said, "Yesterday." He said, "I don't know yesterday. I know only today." Even when you tell these things, how great one feels, isn't it?

So your greatness, your nobility, will definitely influence people. It's not by fighting, by quarrelling, by saying harsh things [that] it is going to work out.

Also the gurus used to control the children very much, the disciples very much. Absolutely control. You have to get up at four o'clock, sit down for meditation. If you have not got up, they would beat! I can't understand [this]. Sahaja Yoga is very different from all other gurus because we believe in the power of love. Power of love teaches you how to be forgiving. It makes you noble. It makes you very balanced.

So the gurus who were there for bhavasagara, to establish dharma in the human beings: first thing they had to [do was to] balance themselves, against all practical things, as they call it. They think it is not practical. But they said, "No! For us, this is higher, nobler and important." So they would balance people because they had this power of love within themselves. All these Adi Gurus and their incarnations, if you see them, they always had balance and always praised the love of God.

When we talk about Realisation one has to know, first of all, that we have to have patience with ourselves. I know some people don't feel so good, some people still have sicknesses, some people don't even feel vibrations sometimes.

Have patience with yourself! When you become your own guru, first thing, as the guru has patience with his or her disciple, you must have patience with yourself. In that patience, you will learn that you can tolerate so many things without any trouble. There is, say, one person who goes on grudging, "Oh, this is not good. That is not good," because they have no patience with themselves. If you have patience with yourself, everything you'll accept.

Wherever you are, you are with yourself, because you are Realised-souls. So you won't frustrate, you will not get angry and also you'll not go on grumbling and grudging, because you are enjoying yourself. Even if there's a mattress, alright. If there isn't, you can sleep on the grass. If [there's] no grass, you can sleep on the stone. And also you need not sleep, like last night. Makes no difference whatsoever.

The first thing I find with people [is] they have no patience with themselves. Firstly, maybe, because they are conditioned. Say, if you have a Left Vishuddhi, [if] by any chance you have been a Catholic or TM or something - then all the time you start pitying yourself, thinking no end of your miseries and troubles and always try to condemn yourself. You are a Realised-soul and you have no business to condemn yourself - no business. Like a person who is getting drowned, has been saved, has come to the shore, now is doing nicely, he's got his second life, and there he's still trying to express his agony, as if he's getting drowned. So you have to awaken yourself: "No, no! No more I am there. I'm finished. It's gone now. I am different. That was somebody else. I am

not the same person." This is how you have to tell yourself, very clearly, that, "I am not going to condemn myself."

It was your right to get Self-realisation. You got it. And then you cannot enjoy it because you have these conditionings. Especially in the West to be miserable, it is very fashionable. There are miseries of people who have no miseries! So, for such people who have imaginary miseries of the past, which do not exist in reality, they cannot have the joy of reality. They cannot.

So, for a Sahaja Yogi, it's important that he should have joy within his heart. It's like an ocean. It's like an ocean which is there, all the time, to give you such thrills. Even little drops of this ocean, when they trickle down in your being, it is so soothing. The experience can be only experienced. But it's all waiting within yourself. And such a person also makes others joyous. He cannot see another person unhappy, in trouble. He himself is full of joy and spreads joy all around.

You can get joy from small, small things, because you have the ocean and a little thing that drops into the ocean creates such beautiful ripples; they touch the shores, not only of your own being, but of others. Very, very small things make you so very happy, and that all the time you are just like a surfing, as they call it these days, on this beautiful lake or a beautiful ocean of love.

Love is joy-giving. It's not carnal love, it is Divine love. So, as Sahaja Yogis and as gurus, we have to love ourselves and understand our own value. I think Sahaja Yogis have not yet understood their value. How many people in this world can give Realisation? How many know about Kundalini? How many have seen people being resurrected all the time? You are made so powerful that even looking at people, you can give Realisation.

In ordinary love, in carnal love, people have fear. They are afraid that their beloved might depart or might get sick, might happen this and they might be all the time under fear; resist enjoying. But, for you, you are with your Self and you are always protected. If your attention is bad, for a second even, immediately you know you are going wrong. You protect yourself from yourself!

As soon as you get some physical problem, you can feel it. You know how to cure yourself. But again, one has to have balance. If you are off the balance, then you don't even feel vibrations, you don't even feel what's wrong with you, you don't know which direction you are moving, whether you are getting destroyed. And this balance has to be established by all the Sahaja Yogis.

These imbalances come to us because we still think about our past or maybe about our future. We worry about these things. What is there to worry when all the angels and all the ganas are working for you? You just have to order, that's all!

But it's like sometimes a person is made a king and is put on a throne, but before that he was a beggar, so anybody who comes to bow before him, he says, "Alright. Give me one pound." You have to know that you are all Realised-souls and that you have all the powers within you. Only thing which is very important is the balance.

In Sahaja Yoga also people get into imbalances. How? Like I have seen people who are, say, afraid of these worldly laws. They don't know there is such a powerful energy all around you. Nothing can stop you. Nothing can arrest you. Nothing can find faults. But when you start doubting, like yesterday's doubting, when you say, "But..." "But..." When you start thinking about the man-made laws, then the God's laws fail you. Otherwise, nobody can punish you, nobody can arrest you, nobody can do anything to you. You are absolutely protected.

So the main difference between the old style of guru and the modern style of guru is this, that the old gurus used to say, "You must suffer." Alright, you have to be arrested is very good. If they give you poison, take the poison. If they want to slap you, take slaps. Whatever they want to do, you should accept because it is your suffering. Not in Sahaja Yoga, because your Mother is sitting here. How dare anybody touch you! No one can harm you. You have to believe me when I say that. No one can harm you, but you must have that faith within yourself. Nobody had Adi Shakti as the guru! Adi Shakti, the one who has all the powers of the world. So who can harm you? Who can torture you? Who can trouble you? Except for yourself, if you want to torture yourself [then] nobody can help you.

So the greatest difference between this disciple of other gurus and yourself is - you don't have to suffer. You are not to suffer.

And even if there's somebody who has some negativity, in that person: some Sahaja Yogis still carry on poor things they cannot help it they have been to wrong gurus or something. So they'll meet with an accident, maybe they might face something terrible. But suddenly they'll find they'll get out of it. [It] may be the negativity of somebody else, some relations, some brothers, sisters or maybe of the nation. But you'll get out of it.

It is a very remarkable thing in Sahaja Yoga that there are people who are catching: "Mother, my heart is catching. My this is catching. That is catching." But once they want to give Realisation, it just moves, the Kundalini moves.

Whatever you may be, whatever may be your problems, but you raise your hand and Kundalini moves. I mean, any instrument which is spoiled - say, supposing this fan is spoiled - it won't work. But not Sahaja Yogis, they work out. Of course, if they don't practice Sahaja Yoga or if they don't give Realisations to others, then, of course, it can be a junk then. Supposing you don't use your car, may be very good and you don't use it, it becomes a junk.

So you have to give. You have to give Realisation, all of you, whether it's women or men, whatever country you may belong [to]. You have to give Realisation. You have to allow this energy to go and work, otherwise it will suffocate. I have seen many Sahaja Yogis who have not done anything like that, they are very nicely [saying], "Mother, we worship you at home." They suffer from, also, arthritis or other kinds of things, spondylitis' sometimes they'll have, or they may have cellulitis. All kinds of things they can have!

So you have to use your energy for giving Realisations to others. It's alright, in protocol, if you don't understand, you are forgiven. Anything you might do out of innocence or ignorance is forgiven. But knowingly, if you want to do something, then I don't know the repercussions, because the area where you are is safe, but if you want to get out of that area, then [on] all sides there are horrible negative forces working and you are captured into that. That's not the mistake of Sahaja Yoga.

To find faults with Sahaja Yogis or with Sahaja Yoga is another mistake we commit sometimes. Say there are ten disciples with a guru - very good excellent guru - if they complain about any one of them, immediately the guru will say, "You get out!" They have no business to complain about each other. On the contrary, if this hand is paining, then this hand doesn't complain to the brain, but tries to soothe it.

So, Sahaja Yogis are gurus who belong to the collective. They move in a group, as described by Gyaneshwara. That you move now like the enlightened forest, which gives whatever people like, want to have - kalpatarus. And he says, "You move like oceans and talk about God." It's not one single man standing and saying something. We saw yesterday in [the] drama how a single man had to suffer. But you are in a group, and all of you move in a group, together, with one understanding. Such a powerful group it is. They bring ambrosia to the people, according to Gyaneshwara.

But this power of collectivity that one feels is the first judgement of a person. Those who cannot be collective are not yet Sahaja Yogis. Some people think that they have served me, they have looked after me, they do my puja or something, so that they have a right to scold others, to get angry with others, shout at them, tell them work, do all kinds of things. It's not so. You are a Sahaja Yogi when you are absolutely collective, otherwise you are not a Sahaja Yogi when you are not collective. It's so simple that ego, the conditionings of ego, or conditionings of the past may keep you away from others and there is no connection to the Divine any more left. Those who are not collective people have no relationship with the Divine.

You have understood now what is collectivity is. Most surprising thing is, for me, that, by giving Realisations to you, I find it very easy to talk about subtlest of subtle things to you. All these things I don't think any guru could have talked - not possible. It would not go into their heads. Very subtle it is. You have become subtle and the subtleties have their own beauty: in expression, in talking, in behaving with others, in understanding. It's so sweet and so beautiful. The collective feeling is something like a little particle of clay thinks it is a mountain; like a drop becoming the ocean. But if there's one drop who says, "No, no, no! I can't be collective. I stay on the shore." Alright, the sunshine will evaporate [it]. "But, Mother, I worship you, I do this. I do that!" With all that, if you do not develop collectivity, better not worship me.

For that, how a guru should act with the collective? In Sahaja Yoga nobody should feel that you are some hierarchy or a higher personality. If you start feeling like that, then at that point, you must know that there is some possession on you. What is the highest in the body? Nothing! Everything is just the same. It's the way it is there. It has to be used for its own purposes.

And the cruelties sometimes people indulge into is unimaginable. How can this kind of satisfaction be there if you are Sahaja Yogis? I don't know, they say so, that gurus used to beat and they used to do all kinds of things. I mean, they must be bhoots. I don't know. And very angry gurus. You cannot afford to be angry. You cannot afford. Anger means imbalance.

You get attached to, say, your family, you start talking like that - you are no more. Attachment to anything shows you have no balance. Those who have balance have to be detached. Otherwise you get attached to somebody, "This is my daughter. This is my son. This is this," then you don't see the truth. So any kind of attachment, if you feel, then know that you are not in balance.

Also I have seen people get into a kind of a pride that, "We are Sahaja Yogis." We have become Sahaja Yogis to save the whole world. It's like I see so many government servants who think no end of themselves. They are servants of the people. They may be called 'officers', but officers to serve. In the same way, we are in this world to serve God. And the purpose of your service is to save the world, save the people. But if you have pride, false pride, how can you do that? The way you'll talk, the way you'll behave, nobody will come near.

You cannot be jealous of another person - cannot be - because jealousy means that you are trying to harm yourself, really. I don't know what is jealousy so much. I see people getting jealous, but I don't know what it is really, jealousy. It's a funny stuff, isn't it? It must be coming from animal kingdom maybe, I don't know. Because what is there to be jealous? I mean, you are Realised-souls, how can you be jealous of anyone? Say, supposing, you are a diamond and another one is a diamond, very good. Both put together will become even more brilliant.

Now, supposing somebody is no good and you are very good, then there is nothing to feel jealous of the man who is no good; or also somebody who is good, to feel jealous. What is your gain? If you think that gentleman is good or that lady's good, better try to follow what she is doing: how is she good, how she has got this goodness. It's better to study.

I really enjoy the most when Sahaja Yogis start expressing their feelings about other Sahaja Yogis. "Mother, he's like that. Mother, he's like that." So, they see the goodness of others. They see the greatness of others, the nobility of others. And when you start seeing that, you start becoming.

If you feel jealous - I mean, I don't know what sort of a thing it is, as I told you - but you are condemning yourself permanently. Today you are jealous of somebody because he has got black hair. You are jealous of somebody because he has got a grey hair. You're jealous of somebody because he has got a long nose, jealous of somebody because he has got a short nose.

(Somebody starts talking very loudly and disturbing the talk)

Shri Mataji: What is happening? What happened? Ha?

'Yogi': Mother....

Shri Mataji: Are you a Sahaja Yogi?

'Yogi': Yes

Shri Mataji: You are a Sahaja Yogi? Then you know the protocol. Let me speak. Alright? You can ask me later on.

This is not the way. This is not a parliament here. I know. I know that I don't force any discipline, but this should be

self-discipline. You should be self-disciplined. I am speaking just now. Listen to me. Maybe I might answer you in my speech.

So the relationship among yourselves cannot have anything to do with jealousy, cannot. Because it kills your joy. Now, as I told you, that, you get rid of your fear, you get rid of your jealousies, you get rid of your pride, false one, and also you get rid of your impatience. You must have patience.

This is another style of guru who has patience, tremendous patience. Nothing to get angry, nothing to get upset. And gradually, you will see, without telling people, they'll discipline themselves. It is you [who] have to discipline yourself.

In the system of Sahaja Yoga, we never had so many disciples. Imagine till Shri Gyaneshwara, there was only one disciple. And some of them never had any disciple, like William Blake, I don't think had any disciple. Perhaps, they must have thought that nobody can come up to this level or understand. So many of them had no disciple. Sai Nath had no disciple. They came on this Earth...Or maybe they might be thinking, "Useless people! What's the use of having disciples?"

But, for you, it's so great that we are so many of us together now, so many. We understand each other. We know each other. We know all about Kundalini and we are so aware about everything. We know what's happening in this world. We are not just sitting in a cave in Himalayas and just we are taking the name of God - no! We are in the world. We are not running away from the world. We are in this world. We are facing, every day, every problem that is there. But we are in reality and they are in ignorance. That's why we know, we know the solution, we know the problem and we can solve it.

Now, you have to just experiment with your powers, of course with humility. That I have to warn some people. You see, they just sit on the horse, immediately I say that. First of all, you must know that you are a store of knowledge, complete store of knowledge, about everything, except for banks, I would say. That's a problem for me!

So you should have projection towards that source of knowledge. For example, everything can be interpreted in the Sahaj language - everything. You see this pandal is standing there because supported by this. Just like Sahaja Yoga - we are supported by our dharma. Very simple thing like that. Everywhere you'll find the comparison of Sahaja Yoga with everything else that you see. This is very important. That will give a double joy.

The other day I was coming back and in the airport it was, I was perspiring, perspiring absolutely. And the Sahaja Yogi who was with me, he said, "Mother, You are sucking all the heat of this place, the negativity." It was a fact. But only a Sahaja Yogi can see. Everybody was sitting nicely. I was the one fanning myself! Everybody was so comfortable, feeling the cool from me and I was fanning myself!

One day it happened, I was going to a shop and all the Australian Sahaja Yogis were following me, in a Chinese shop. I don't know what these Chinese do. Climbing up I was feeling so hot and exhausted. I was just trying to soothe myself. And they were saying, "Mother, such cool coming from you!" I said, "Very nice! I am the one consuming all the heat and giving you all the cool." But that is what my job is, to take all the heat from everyone and transform it into something cooling and soothing. When people shout, scream, this, that, be peaceful, listen to them and then you can pour water on them completely and the whole heat can go away. So this absorption is very important, not to be afraid of absorption. But, for that, I would say one should take care. And the care, as you know, is a very simple thing, is kavacha, is this bandhan that you have to take.

For all this, whatever I have said, there's one guru mantra, to remember that we are Sahaja Yogis. Just remember this. We are Sahaja Yogis. And once you know you are Sahaja Yogis, this projection will start. What happened to William Blake? If you see, he started projecting his imagination and he reached the point of knowledge.

So anything that you see, anything you do or others are doing, try to relate it with Sahaja Yoga and project, then you will also reach the Ocean of Love. Once you have that, then what? Who can disturb you? Who can trouble you? Who can make anything that is difficult for you? Because you are sitting in the ocean, the fellow is sitting outside somewhere - how can it come into the ocean, to trouble you?

So this is what is to remember that you are a Sahaja Yogi. Take a bandhan morning and evening. It's so simple. Even to say on the mic it seems stupid to me. But I have to say because people forget. You forget that you are realised souls. Use your vibratory awareness for at least protecting yourself! Because there is negativity sitting next door. So be very careful about this, to remember that, "I am a Sahaja Yogi."

Once you say that, you will know how you have to behave, what is the protocol, you will know what is the discipline you have to follow, you will know how to love others, everything. This is the essence.

How many have been Sahaja Yogis before? Poor things, all these gurus suffered so much. You are not to suffer, not to go into any kind of a misery anymore, no more. But don't forget you are Sahaja Yogis, that's why. That will give you complete confidence in yourself and you will be absolutely secured.

Try to establish the state that you are Sahaja Yogis.

Thus, you become gurus of yourself and of others.

May God bless you all.

1993-0708, Discovering Your True Identity as the Spirit

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8 July 1993

Discovering Your True Identity As The Spirit

Public Program

Geneva (Switzerland)

Talk Language: English | Transcript (English) - Reviewed

I bow to all the seekers of truth at the very outset. One has to know that truth is what it's, we cannot purchase it. We cannot conceptualise it. We have to feel, we have to experience it. Also, only those who are seekers of truth will find it. Those who do not want to seek the truth and are satisfied with themselves, it cannot happen. One has to be truthful seekers and honest and must have a pure desire to seek the truth. Now, whatever I'm going to tell you today, you don't have to accept it as blindly people, but keep your mind open like a scientist and if it works out, then you have to believe as honest people because this is for the emancipation, a whole human race because it is the solution for all our problems. It is for the benevolent of human beings. It's the fulfilment of the promises given to us by all incarnations and it is the last breakthrough of our evolution, but it cannot work out for people who are conditioned, not can it work out on people who are egotistical and an aggressive when asked to accept that we do not have the truth.

We do not have the solutions with that humility, only you can achieve this real state of awareness. It's as you see here is a subtle centre placed. It's a subtle system which all of you have. All of you have a right as human beings to know the truth. Now, what is the truth? The truth is you are not this body, this mind, this conditioning, this ego, but you are the pure spirit. The second truth is that there is all pervading power of divine love, which does all the living work. For example, you see in beautiful flowers, very beautiful and we take it for granted. It's a miracle that they have come out of some simple one seed. Who runs your heart. They say autonomous nervous system. Doctors say it's autonomous nervous system, but who is this auto? Instead of going to the moon, we have to go in ourselves, into ourselves and find out what are we.

We have to find out why we have come on this earth. What is the purpose of the life? Is it just to follow something blindly or become some fundamentalist or a racist or fall into some sort of a group? Only way we can have our full freedom is when we know the truth. So everyone has a right to have this yoga in the union with this all pervading power of divine love. It is called by many names, one some Quran they call it Ruh and in Patanjali [UNCLEAR], they call it [UNCLEAR]. So there are different names for it. Now this is the science of the divine laws, but when we start looking at the religions, we get a shock. They talk of God and they have big, big organisations in the name of God, but they are money oriented or power oriented. They are not spirit oriented and they're misleading people.

They themselves are in darkness and ignorance and they're misleading people. How can you explain a person who thinks that he's religious is doing all these kind of things? Sometimes the Christians torture the Muslim, sometimes the Muslims torture the Christians. It's going on like that. When we introspect ourselves, we can see for ourselves that definitely there's something wrong. Human beings have lost their nobility. They have lost their families, their societies in the West, their children are taken to drugs, there are AIDs. You said that 65% of people in a place like America, in a country like America might become schizophrenic. So much of stress and strain on human beings and the media is taking full advantage of it. They are giving sensations to human beings, horrible gossips and horrible things. No good news anywhere. They don't want to tell about some hopeful human beings to exist because they have to just make money, nothing else. Where does this money going to lead us?

Money cannot give us joy. It just gives us nervousness and speedy, speedy nature, aggressiveness and it closes all human qualities of nobility, of generosity, and we become worse than animals. And they are swindlers everywhere. Swindlers, means that they want to swindle money. I hope this word for that in French. I see Italy now. What's happening in Italy? I mean Italy, I'm amazed in these two years everybody's in jail. Everybody's in jail. Well, this kind of democracy, I don't know where it's going to end. If you go to America, you can't even a wedding ring. I mean it's such a violent country. So where are we going? We have to

think there must be some solution. After all, God did not create this universe to be destroyed like that by our stupidity and this stupidity is coming to us through our ego. It doesn't give us the correct idea about ourselves and the whole thing is to be understood that solution cannot come from science. Because science deals with matter and it is amoral.

There is no morality about science. Any democracy without morality is useless. If money becomes the basis of everything we'll know very soon that there's going to be a big shock for people who believe in such things. It has already started with [UNCLEAR] and now people are thinking. Now what is the solution? The solution is that we have to know the absolute truth. We know the relative. Somebody says that this kind of government is nice. Somebody says that kind of government is all right. Now Swiss bank is making money out of the third world. Who can stop them? It's an open [UNCLEAR], but who is going to tell them? There is one thing. One has to realise that if we do all such things, we have to repay for it. It really [UNCLEAR] on you like we call it collaborative or something because we believe that it is all right, but if you know the absolute truth, you'll know that this is wrong and this is very, very, very wrong. Physically if you see so many people are sick and I don't know how people are going to survive in the West, especially where the population growth is going towards minus to know the truth, you don't have to pay for it. It's an evolutionary process.

As we have become human beings without paying anything. The monkeys did not go to any church or temple. They became human beings. There is no need to all do all the outside artificial things. It's inside that you have this power. This is in every human being in the triangular bone, which is called a sacred. That means the Greeks also knew. It's a sacred bone, makes you a lot because they call the primordial Mother is Athena means in Sanskrit primordial. But everywhere what I find, all the ancient knowledge is destroyed. Destroyed and some sort of Artificial was destroyed by Paul. This Paul was a bureaucrat, was killing so many Christians. He just took over, he edited the Bible, He! With the help of Peter who was the worst disciple of Christ. Supposing I want something to be done. Will I tell somebody who the worst disciple that I have and the whole aspect of Christ's beautiful life has changed. After knowing the truth, you'll know that he was the son of God. It is not just blind faith about anything. It is absolutely tangible as a scientific. So what happens, this power within you rises. Passes, through six subtle centres pierces through the sixth one, which is the actualization of baptism and you feel that cold breeze coming out of your head. You can feel it clearly a cool breeze of the holy ghost coming out of your [head]. You can also on your fingertips for the first time this all pervading power. So all the things that look like some sort of a blind field become absolutely tangible. Now, when you get this on the fingertips, you can feel your subtle centres, but as this power rises within you without stopping without you giving any problems physically, mentally and emotionally, your problems are solved.

Now there's a doctor [UNCLEAR] from India who written a book who has proved how Sahaja Yoga can cure incurable diseases. There are seven doctors in London who are also being - I mean noting down how many people have been cured in Sahaja Yoga and scientifically you'll understand how a person gets sick and how he's cured without any money, without any torture to you of diagnosis because these subtle centres within us are the basis foundations of our being. All human problems come because of these centres have all world problems come because of human beings. So if these centres are pure, most of our problems will be solved as it is and you enter into a new dimension of your appearance. That is you become collectively conscious. There's no word for awareness in French? Conceptual French language [laughter]. English is even worse because in English the spirit is a dead spirit. Spirit is an alcohol, spirit is the Atma. So you enter into a new dimension of collective consciousness in which you can feel the other person on your fingertips. You can feel their centres, talk on centres. You don't say he is wearing a black coat or he's having nothing of the kind. You just see the centres. If you know how to correct those centres, you can cure others, you can cure yourself because you get self knowledge. And you can correct others also because you know what's the problem is.

Then the second dimension into which you come up is that you become one with the present. Either you live in the past or in the future, your attention is jumping on the cusp of the past or the future. But if I say come to the present, you cannot. The reason is the centre between one part and another is the present with the awakening of this power within you, the thoughts separate and your mind is stationed in that point where there is no thought. If you want to think, you can think, but if you don't want to think you can't stop. That is thoughtless awareness, a new dimension. You become peaceful and joyful. It's like you are standing in the water and the waves are high so you are afraid of it. But somehow if you can come out of the waves and be in a boat, you can watch the waves and enjoy it. but supposing you know how to swim, you can jump back and save any of us. The present day stress I think is for you to come to Sahaja Yoga. That's the only way it reduces your pressures of the present and the past.

You see here there are two balloon-like structures built on your limbic area of your brain. So one is ego yellow one and the blue one is the super means your conditions. Once this power passes through the centre of the crossing, then these two things are sucked. So the pressure on the limbic area is sucked. So this locus of thousand petals open out and this power becomes one with all pervading power. Now this instrument is here. If it is not connected to the mains, it has no meaning. This is how we have no meaning. We do not understand the value of our life. We do not know how fantastic, how dynamic we are, how much of knowledge is within us. Whatever we know is not even a tip of an iceberg. All this is waiting there because it's built in. I would say that in a more [UNCLEAR] of a very poor country. If you take a television and tell people that you can see films and things they won't believe you. They would say "this box of plastic?", how can it? That is what we think about us, that we are just box of plastic. But you're not. You have all the powers within yourself. You have to just know that. Through your connection with this all pervading power. It's very simple. It should happen.

The nature of the spirit is that it is the source of absolute truth. Take about 10 children who are enlightened souls and ask them to put hands like this towards somebody and close eyes, they'll all tell one finger, this is the finger that's catching. That is something wrong with the throat of that gentleman, this finger means that, there. There are many people who came from India just from jail, wore a saffron coloured clothes and they became 'great' gurus. Superficially you see, all these dresses and all that impressed people. But they befooled all them but they cannot be full realised souls. Immediately you know on your fingertips, fingertips will start burning, giving indications about the man who is cheating. Also, the spirit is the source of joy. Joy is not happiness and unhappiness, it is absolute. When you are in joy you just witness everything like a drama, like a play. And as you are out of that you can correct it. One has to achieve this state of the spirit unless until you achieve that state of spirit, you are incomplete. I cannot say that everybody in the world will achieve it. First they are very blind conditioned and just like a bat. You don't know bats? What do you call bats in your language, in their language? Bats? Hitting here and hitting there, they never see.

But those who really want to have can have. It's very surprising. That Sahaja Yoga is working very well in all the eastern blocks, especially in Russia it's spreading like fire despite the fact they have problems. In Sahaja Yoga they are just take it to eat as fish takes to water. I do not say communism is a problem [UNCLEAR I would say] democracy is a problem. But they have [UNCLEAR]. There's no pure democracy, there's no pure communism. But this kind of stupid freedom that we are enjoying also has taken away our sense of direction. We have lost all the wisdom that was required for democracy. Still I must say only in a free country we can have Sahaja Yoga, but I was amazed in the West also, I don't think there's any freedom because suddenly we have come here as agnostics and they call us cult. And they brand us with that thing. While the Catholics are I think at the stage of fundamentalist. They have weapons, they use child abuse. They have done all kinds of nonsensical sinful things. They're not men. They brought such a shame to Christ. But they don't even know [UNCLEAR laws ruled] by that. If you cannot freely choose your spiritual life, I think the rest of the freedom are [UNCLEAR]. I agree that there are many false gurus but also all so-called religions are all false, absolutely false! They are all money makers.

What in Italy if you see it's the Catholic church which was dealing with all the politics throughout. Murdering people, inquisition. How can they be religious? In Bosnia, these Muslims are killed by whom? By orthodox Christians. This is orthodox also Muslims are openly fundamentalist, they're openly stupid, but what about these who are hiding their sins and trying to show that they're very good people. You people would belong to this country should see this what they're up to. I was told that three, four went to our country, my country India is Switzerland owned by the Masonic horrible people. So many people are starving and dying because of these Swiss banks and who we share the sin of these greedy people. For that you people have to take to your own being make yourself, a spiritual person. Then the power of God in you will correct. One Christ cannot fight all these horrible people but if Christ is awakened in you, if Mohammed Sahib awakens in you and you all become spiritually powerful, you can fight all the evil. So one has to know that we are now in an era of great revolution where the whole world has to change, all has to be destroyed. There's no choice. If you are supporting which is wrong and you're not standing up, you are failing in your duty as seekers of truth.

What we need is the light in your being to be enlightened and in that light the whole thing will be changed. It'll automatically change. Like when there's light, darkness disappears by itself. You cannot destroy darkness, you have to have light. Maybe one

day a country like Russia might be very powerful. People are so sensible. They see clearly what is going to happen to them if they fall a trap to the western influence. Now this kind of understanding we should all try because we live as one world. And we must all join hands together to bring the divine power on this earth. You are the instruments of this divine power. You can do all this because you have Powers within you.

It's your own power, I'm talking about. Not only for one country or another country for the whole world, you can come round. There are now I was told 55 nations who are following Sahaja Yoga. So you are not of the whole. Once you become part and parcel of this ocean. The whole ocean is with you. The microcosm has to become the macrocosm. And that's what happens. And I'm talking about happening about actualization, not about a lecture or a seminar, but also you have to value yourself. You have to have respect for your self realisation. You have to grow into it because your life has a purpose. It is not just you are here to live and ensure your life and die. So I'm requesting the people of Switzerland now that just to listen to my lecture is of no use. You get your realisation today. But it should not be like the parallel of Christ that the seeds who fell on the rocks. You have to decide within yourself that if you get your realisation you will grow and you'll know about yourself and about everything else. Then I don't have to tell you don't do this, don't do that. You yourself become your own masters. Just you do whatever is benevolent for you and you give up all that is destructive. This is what we have to know through absolute truth.

So now you can have the experience of the divine power, but those who do not want, I'm sorry to say I cannot force. Because I respect your freedom and those who do not want can give leave the hall. It is something very fantastic and can happen to you without any problem. I know you have some questions. I can see that if you have questions, you can write those questions and send them over and I'm sure people will be able to answer. Also, we have a very good follow on programme in which if you come, your questions can be asked. I must say that in Switzerland we have not so many Sahaja Yogis as we have anywhere else, but those we have are very great quality and very, very dynamic people. So I'm sure they can help you whatever you want too. You don't have to pay for anything, again and again I tell you. It's not a money making proposition.

There's one more thing is that you cannot do it immediately at home. We are doing Sahaja Yoga [UNCLEAR]. You have to come to the collective. Like my nail supposing cut out, it won't grow. Of course at home also you can practise, but you have to come to the collective otherwise you drop out. When you come to Sahaja Yoga, you'll start writing to Me. Mother this miracle has taken place, that miracle taken place like that. I had asked him to collect all these miracles but too many letters and within one month he has said, it has come up to my head now. What am I to publish? So again I'll request those who don't want to have realisation, please leave the hall. You have to be humble about it. You have to go beyond thinking, it's not thinking or doing anything. You just go beyond thinking.

Why don't you sit down? All of you should sit down please, madam, please.

At the very outset I have to tell you that there are three conditions. The first one is that you not to feel guilty for anything, especially for Catholics. You catch this centre on the left side. By feeling guilty and as a result you can get angina. You can get spondylitis or others become lethargic.

Translator: What was the last, the last?

Shri Mataji: Spondylitis and all those people who [UNCLEAR].

So why do you want to feel guilty If you are committed? Any mistake, just face it, finished. Actually feeling guilty, become a fashion now if you don't feel guilty, the thing you are abnormal, so this is a very dangerous thing to feel guilty. After all, you're human beings. You're not Gods are you? Gods that you won't do any mistakes and if you have any mistakes, this all pervading power is the ocean of forgiveness. So what's the use of feeling guilty for nothing at all. It's just a mental acrobatics.

Now the second condition is because if you feel guilty, the kundalini won't rise above. Then second condition is that you have to forgive everyone in general. That means you don't have to think about also these people who you have to forgive. Because they're headaches just see logically whether you forgive or you don't forgive. What do you do? You do nothing. But if you don't

forgive, then you play the wrong hands and you torture yourself for nothing at all. So don't you think about the people who you have to forgive. You just have to forgive everyone. And the third condition is that some total of this is that you should be pleasantly placed towards yourself because you have to enter into the kingdom of God, so that's how you should look at yourself.

1993-0709, Beyond Happiness and Unhappiness: The Ocean of Joy Within

View [online](#).

9 July 1993

Beyond Happiness And Unhappiness: The Ocean Of Joy Within

Public Program

Basel (Switzerland)

Talk Language: English | Transcript (English) – Draft

Sorry. Please, you have to translate. I'm sorry, I don't know German language.

[Unclear conversation about the mike]

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 pay for it. You cannot conceptualize it. It is an experience of truth. So, whatever I'm going to tell you today, you have to treat it as a hypothesis. Please, don't believe it blindly. If it is proved that it is true, then you have to believe in it as honest people. Because it is for the benevolence of the whole world and for transformation. It is the most important thing that we will have to know what is the truth. The truth is that you are not this body, you are not this mind, you are not these conditionings and this ego. But it is that you are the pure Spirit.

The second truth is that there is an All-pervading Power which does all the living work. This is the power of divine love. It is called by many names that in Quran, it is called as 'Ruh'. In the Bible, it is called as the All-pervading Power of God's Love. And in Sanskrit scriptures, it is called as Paramchaitanya.

You see all these beautiful flowers here and we take them for granted. We don't even think what a miracle it is. From one small seed, such beauty has been created. Who does all this? Who runs our heart? They say, it is the automatic nervous system. But who is this 'Auto'?

So now, we must now understand that there is something beyond our normal conception, beyond human awareness, which we have to know. Today, we see the present situation in the world; we are shocked. The way people are going down in so many ways, destroying themselves from within. What is the quality of life? Look at America which is supposed to be a very developed democracy, 65% of people of America, will be suffering from schizophrenia. Everywhere people are under stress and strain. Affluent countries, even Switzerland and other countries, as you know, of the Scandinavian countries, people are competing in how to commit suicide. We have AIDS and we have many other secret diseases, we have no solutions to them.

Diseases like cancer and so many in the sense that we diseases that we don't know how we get them. Where are our children going? If you see the whole situation of the Western society, we are in great trouble. And the security of people is uncertain. At this time, they are many people who are intelligent. I'm thinking about them. Those who are worried and concerned are thinking about it.

So, you come to religions. And what do we find? Fundamentalism. Muslims are openly fundamentalists. But what about the whole Catholic people? And the whole [unclear] Christians, what are they? In both [unclear] Muslims. They have nothing to do with Christ. The Catholic church made artificial dollars, man-made dollars and distributed it to their church.

Translator: Sorry?

Shri Mataji: Catholic church made, you see, artificial dollars, man-made, and distributed it to their church. Can you imagine? So many people are killed, so many people are finished to hide these things. The whole Catholic religion has come from Paul, not from Christ.

I was also born in a Christian religion. And I could see through and through who is this mister Paul, really. He got hold of Peter who was the worse disciple of Christ. And Christ has said that, "The devil will take you up, The Satan will take you up". So this

Paul took over. He took over and he completely destroyed Christ's life and his message. And we cannot see, and we don't intend even to see, in 2000 years, what this religion has done to you? What has it brought to you? It did not make you evolve. All religions are like this.

Even Hindu religions has so many problems. But thanks God, we had so many sages, there's not one book.

So, people started correcting [unsure], one after the other. But here you cannot sell it as we are saints. You just have to listen and to obey and get nothing out of it. You are taxed, you are giving money, you give money all the time, for what?

I read that in London, so many priests, the high priests have abused of children. Then here, it went to Austria, there were some priests, what they did, do you know? They carried on with married women and they created children. And so many of them! When they were asked, "Why did you do it? Why don't you marry? " The answer of [unclear], "We don't because we'll have to pay a pension". Such stupid things, you believe, have we [unsure] lost our intelligence!

Thanks God, in these modern times, they are many intelligent people. And they think, they understand, but there is no way of taking up to truth. . They don't know how to work it out. It is such a [unclear], that it's impossible to tell anyone, "This is wrong". Anyone who calls himself a priest cannot behave like this. So, where do we go?

Why do we think like this? What is the solution? Is there a solution for that? There is. Actually, all these great religions were born to the same tree of spirituality. All are beautiful flowers and these beautiful flowers were taken away by the people who are in charge. They are [unclear] . So, what can you do about it? They are fighting with their flowers saying, "It's mine; mine. This is mine which is the best". Another is saying, "It is mine which is the best". How can there be differences in any religion if there is one God? This is how the fundamentalism works.

But you should not accept anything in these modern times as science, whatever is not handleably. Whatever they say has to be tangible. Of course, science cannot give the answer because it is immoral. It deals with matter. So, to take the answer or to ask for answer, first of all, we must know, we are honest about it and we have a pure desire to know what is the truth. These evolution, so-called religions have not given no [unclear]. But still, the Divine knows its purpose [unsure]. You are one with it, despite you don't know his purpose. You are human beings [unclear] his purpose. And that's why you are thinking that there has to be a solution. These are the seekers.

William Blake has said that men of God will be born in those days. They will find the Divine and they will make others divine. All these great wise men were thought to be mad. In England, for example, they thought William Blake was a mad man. In a mad house, everybody thinks all the sane people are mad. It is now time to use our intelligence, our superior intelligence which is not conditioned, which is not blind, which has to see everything that is tangible.

This power which is in the sacrum bone is within all of us. You all have this divine chance. It just waits to be awakened. Once it is awakened, it passes through the six centres, as you see, last on is here (at the top of the head), the fontanelle bone area. And it is the actualization of the experience of the divine Power. It is not just a sermon or a lecture. But it is a happening. Then when it happens, you just get connected. You are connected. The yoga takes place with this the All-pervading Power. It is your birthright. You have been bestowed with it. It is just there and you are going to get the blessings. It's very simple and spontaneous. What do we do when we want to plant a seed? Just plant it into Mother Earth.

[Shri Mataji speaks in Hindi]

So, this seed sprouts automatically because it is built in, built in the seed. And built in the Mother Earth so that it can sprout. It is something, something that you don't have to do anything about it. It's already done. It's all built in within you. So, you don't have to do any effort, you don't have to stand on your head.

Of course, there has been lost of Tantrikas and devils who said that, "Kundalini awakening gives you this and that". Nothing of the kind, really. None of the people that I have seen got this kind of horrible experiences in his life.

None of the ancient sages who wrote about it, it's some sort of a Tantric nonsense.

Some German went to India, and what did they know about Kundalini? And I don't know where they got all nonsensical reports. Such a big book I saw, written about Kundalini. They said, Kundalini is in the stomach. It is not. You can verify, everything. It's something [unclear].

As this instrument has to be connected to the mains. Otherwise, it has no meaning. In the same way, we are not connected to the mains. So, we have problems.

All the world problems mostly come from human beings, physical, mental, emotional, all kinds. All these problems come from the centres. Some way or another, you can correct these centres, nourish them and connect yourself to this All-pervading Power, then there is no problem. All the time this mighty power falls upon you. All your worries will be finished. So, you reach a stage by which you start feeling this All-pervading Power on your fingertips. Left hand, 5, 6 and 7. Right hand, 5, 6 and 7. These are the 7 centres.

Today I [unclear], you know that. These, for example, are functions connected to the three centres.

As if your whole being becomes electrified or enlightened with Divinity. You can feel it on your fingertips, your sympathetic centres. Right side is feeding your physical and mental side. Left side, you see, feeds your emotional side and mental, in a funny way.

So, when this Kundalini rises, she passes through these centres, she enlarges them, nourishes them, put them back in proper place. And ultimately, she pierces through the last centre, which gives you the actualization of your baptism. And you can yourself feel the cool breeze of the Holy Ghost. Because kundalini is the Holy Ghost. She is the reflection of the primordial Mother, Athena.

Paul hated women. He talked about Christ's Mother in a very, in very decorative ways. He called her 'woman'. And, imagine, in Koran, Muhammad sahib has said, "Never to say a word against such a chaste woman". How can it be that a person like Muhammad sahib could see the Divinity in her? And he [Paul] was not married. So, just to condemn the women, [Paul] he has done all these kinds of nonsensical arguments. And they are so primitive that in England they were fighting to make a woman a priest!

But in India, the woman is the shakti. She is the power and respected. But she is respectable also.

This kind of stupid things, we have been following for years. I can't understand, intelligent people, independent people, how can they accept such nonsense? We have to have our own understanding, that unless and until it should be proved, you are not going to accept it. And if you are accepting something blindly, then you are going to do that. But it cannot give you any results.

Understand that your life is very precious. We have not yet [unclear] to our lives. It is not to be wasted with all these nonsensical things like drugs and all kinds of diseases. In those days, in modern times, people who are born are very great people.

Translator: Sorry, Shri Mataji?

Shri Mataji: In those days, in modern times, those who are born are very great people. And they just have to understand what is the value of human life.

It's like, yesterday, I have told you that in a remote village of India, you take a television and tell them that, "In this box, you will see all the films." They won't believe you. They will say, "What nonsense! This is just a box". But as soon as you connect it to the mains, they will see how fantastic it is, all the beautiful things built in, maybe in Germany. [Laughter]

That's how fantastic you are! You think yourselves as a plastic box, but you are not. All this is within you. It's your own, already built in. We have to open our eyes and see for ourselves. When this connection takes place, the first thing that happens to you that you start feeling the cool breeze on your own fingertips. This gives you an absolute truth.

There are many, from India, who came from the Jains to Germany, especially, I must say, wearing those Safran clothes. And they started in the [unclear]. And people start going [unclear] like this.

They don't know how cunning Indians could be, because they are very intelligent, over. And they started following it.

These are the ones who are prospering in these modern times. Because you don't know how to discriminate! After getting your

Realization, when you just put your hands towards these hypocrites and immediately, you'll get triggering, or something heat on your fingertips and you'll run away from them.

You will feel the vibrations of that person. Immediately, you'll know that he is a cheater.

So, this is how you will know the absolute knowledge about everyone, about anything.

Say, if you have 10 children who are Realized soul and you cover their eyes and ask them, "What is this man suffering from?" You ask the children; they will all point out one finger. Maybe this (left small finger), maybe this (right index). Maybe this (right small finger);

which means something is wrong with your father or something wrong with you, that you don't treat your father with respect. And if you ask the person, "What is your relationship with your father?" He'll say, "I don't know." I mean, we know that on our fingertips. Somebody is suffering from cancer? You can know on your fingertips; you don't have to go to this diagnosis by which they half kill you. [Laughter]

Thus you become collectively conscious. You can feel the centres of another person. You become collectively conscious of a new dimension. A new dimension is born. And this new dimension makes you like a microcosm which becomes the macrocosm. Like a drop becomes the ocean.

So, the second great thing that happens to you is that you become one with the present moment.

You live in the past or in the future. The thoughts are coming from the past or from the future. And you are all the time jumping on the crests of the thoughts, the crests is the top of the thoughts. But between one thought, which rises and falls, another rises and falls, there is a space, that space is the present. The past doesn't exist. It's finished and the future doesn't exist at all. So, the present is important. When this Kundalini rises, she separates the thoughts and you become one with the present. So, there is no thought you are fully aware but there is no thought.

That give you peace within yourself. Whenever a thought comes in, you can see. But unless and until you are in the present, you cannot grow spiritually.

The most beautiful thing about this happening is that you jump into the ocean of joy. Then all these precarious spaces become bubbling with joy. It is not joy which is frivolous. But it is the joy of knowledge.

You become Gnostics. 'GN' in Sanskrit means knowledge. And you must be knowing how early Christians tortured the Gnostics, because they did not know them, these knowledgeable people who had the knowledge of the Divine.

This is what one has to get. By this your attention, attention becomes enlightened. The attention which is enlightened acts. The eyes become innocent. Innocence is never lost. You'll be surprised, whatever you might have done, your innocence is not lost. It is always there, intact.

[Aside] Please don't disturb. Please don't disturb.

It is always intact. There are some clouds which are removed and your eyes become innocent.

Such innocence, such innocent eyes that even a glance acts. It gives goodness, peace, joy. And a person becomes righteous. You don't have to tell, "Don't do this, don't do that". No, just he becomes. In the light of the Spirit, he sees clearly and he knows what's, he knows what is right, what is wrong.

The greatest thing is you get, you get the power to raise the Kundalini others, to cure them. And all the knowledge that is within you starts pouring around.

In any time, I have seen people who have been ordinary artists, have become tremendous artist. In every line of life, everybody had prospered. All destructive habits disappear. And your attention becomes so pure and fruitful.

All these things you get it, just when you are connected with the Divine. But for that, you have to be connected.

You have to, for the time being, get out of also, the slavery of the watch. People in the West have no time for themselves. All the time, they are busy with others.

Translator: All the time?

Shri Mataji: They trying to please others. It is so artificial.

Now Sahaja Yoga is working in 55 nations. And it is working very well. You'll find your brothers and sisters all over the world,

living in the same collective consciousness. But I must tell you, the best place which has prospered- forget about India- is Russia. We have programs always in a stadium; 16,000 to 18,000,000 people come. And they get their Realization. And they stick on it. They work it out, they grow. Why? Thanks God, they didn't have stupid freedom. I am not for communism at all, of course! But it has failed up in there. Because it was not real communism. Democracy has also failed, it is demonocracy. But people do not want to accept it.

There is a central path and where there is stateless state, stateless state: without any state. Everyone is connected collectively. They are recognized. they are transformed with power.

For example, now supposing, I have all the powers and I am a great capitalist. But I'm also a great communist, because I can't do without spreading it. I have shared this long before. I'm now over 70 years of age and I am travelling every day and come back. It has to whittle out.

So, why don't have it? It's your own. It's within yourself. Now, the only thing is, I cannot force it on you.

You are completely free to choose. Absolut freedom. Of course, I assure you, that have full confidence that all of you will get your Realisation. Just you have to have full desire to have your Self-realisation, and the people also.

I now will have questions, one or two. I would request you to write down your questions. And we will have follow-up here, where people will answer. But all these questions and answers are only mental activities. Better get to the point, why waste your time? There's one thing I must tell you which is very important, that today this Sahaja Yoga is collective. It is not for one person. Supposing you say, "I am doing it at home". It won't work out. If a nail is cut off from the body, it doesn't grow. You have to go to the collective.

Now the door is opened to all kinds of people and sometimes you might find some crazy people also getting in. It doesn't matter. They'll all improve. The solution is the compassion. With compassion, everything can work out.

We have certified lunatics who got it.

[To the translator]: Lunatics. What to say for lunatics? You call lunatics, mad people. [Laughter]

All right. So, it's something so tremendous, so fantastic. But you have to have faith.

[To the translator]: It's very tremendous and fantastic. But you have to have faith in yourself, that's very important.

So now, before we start and forgive me, I've a request that those who don't want to have their Self-realization or their ascend, should to leave the hall. It will take about 15 minutes at the most. Even if you keep the watch.

[Laughter]

So, those who want to go, please go now.

In Russia, not one person would leave the hall. Not one. Very simple.

[Unclear conversation aside]

They can't be mental because this is the machinery of God. They can do a lot.

All right. So, there are three conditions for that. The first one is that you should not feel guilty for anything. This comes from Catholic church. If you have done any mistakes, all right, face it. Why keep it here, in this centre here?

But if you put the guilt here, what happens that this center goes off. I mean with that you might develop angina. You might develop spondylisema. Also, you are getting lethargic.

So why have a guilt?

Now. I know Germans also have also the guilt of the last war. You are not the ones who did anything. Why are you guilty? You didn't do anything wrong. Why do you feel guilty? If you have to feel guilty about anything, better feel guilty about Swiss banks.

[Laughter]

3 out 4 of Indian land is supposed to be of poor people. You have to know the statistics. If you come to know, they are openly doing plunder [unsure]. And they are carrying a white cloth with the all the blood around of the developing countries.

But they are there and Masonic people are joining them and the Catholic church has all the blessing on them.

[To the translator]: All the Masonic are there. Masonic. Yes.

It is very surprising how things are working out under your eyes. You don't see that the people are suffering. We can only see Bosnia people. But the Swiss Bank has created economic Bosnia all over the world. And you can see that [unsure]. They give loans to the World Bank.

[To the translator]: They give loans to the World Bank.

And the World Bank gives loans to us, the poor countries. And the money is transferred from these poor countries through Vatican to Swiss banks.

[To the translator]: Recycled, taken away through the Vatican.

And again we are in debts. We are in debts and they are rich.

In these modern times, such horrible things are happening. This is one thing that we accept. We accept it. It's very wrong.

So many people are dying of starvation, but nobody can do anything about it.

Thieves, criminals. [unclear]

We are the thieves, all right. We are thieves, we are criminals. What do we do? We are not burglars? We are!

They are very hard. They don't feel guilty. Those who should feel guilty are different people who never feel guilt. They have no shame about it. So, you'd better not feel guilty. You are seekers of truth, you're great people.

Now the second thing is that you have to forgive everyone. Even not to think of anyone. You won't forgive "in any case": see, logically, whether you forgive or don't forgive, you don't do anything. But if you don't forgive, then you torture yourself and you play into wrong hands.

So, you have to forgive in general. Don't think about them. They are [unclear] Because this centre has you see is where they cross each other, at optic chiasma in the brain.

So, we have to be very careful that it's better to forgive all of them and get to the summit.

And the third condition is that you have to be absolutely pleasantly placed toward yourself. You have to be absolutely confident that you'll get your Realisation. There should be no diffidence about it. If you have been to some wrong guru or wrong things, it doesn't matter. Everything can be corrected.

[Realisation process starts]

1993-0711, Shri Mahakali Puja: Within us She creates desires

View [online](#).

11 July 1993

Within Us She Creates Desires

Mahakali Puja

La Plaine Saint-Denis, Saint-Denis (France)

Talk Language: English | Transcript (English) – Reviewed

Today we have decided to have the puja of the Devi. This time we are not talking about Adi Shakti, about Kundalini or about Saraswati, Mahalakshmi. We are talking about the Mahakali. That's the Goddess which is the first one, which comes first and establishes Shri Ganesha in the form of Gauri. She's the complete form of Mahasaraswati and Mahalaxmi. Out of Her only these energies emit. So She's the one who is the power of desire of God. Within us also She creates desires. These desires within us start emitting outside and we develop a kind of a reaction to all our desires.

The first and foremost desire, as you know very much, the most primitive, is to feed yourself. And this is given to us by the Goddess. She gives us the desire to feed ourselves.

Now if we don't feed ourselves, then we cannot survive. We have to have food. It is very important that we should feed ourselves sufficiently enough to exist on this Earth.

And also we have seen that when this kind of desire grows very much more than normal, then you become slaves of this desire and any amount of food cannot satisfy you. All the time you think of nothing else but food.

I have told you many-a-times that the French are very particular as to what they should eat. You see, they take at least forty-five minutes on a dinner table to decide what they will eat. Ultimately, it's just the same. I mean, I don't understand how can you need forty-five minutes to decide what you want to eat? But this desire starts acting through your ego.

So it satisfies you. And also those people who are manufacturing food or who are supplying food in hotels and all that, know how to satisfy your desires. So they bring it in a way, show it round and then will place it before you, so that you approve of it, and when you approve of it then they serve it.

They know how to befool you and you feel quite happy, "Oh, it's very good".

Even the wine is given for testing first of all and, whether you like it or not, you have to say it's very good and you better show that you like it.

So this desire gets completely controlled by your ego and when it becomes a kind of a collective desire and a collective ego expression, then we become like gluttons, you see. I would say sophisticated. They're sophisticated, but we are gluttons.

Now with that, other things also people want to have, like proper sort of a table laying and linen, this, that. Of course, if ego is not there, then people would like to see to please others by feeding them. This desire reacts.

And then the new desire comes in through the blessings of the Mahakali that you like to see others eating the food. You enjoy when others eat the food cooked by you, served by you, given by you. Just want to watch. That gives you satisfaction. But food, to any extent you may go, you will never be satisfied. Today you will ask for this, tomorrow for that. This, that.

Now, in the Western life today, it has become very important to ask a child every day, "What will you have?". In olden days the food was cooked for all the family. Everybody would eat the same food. But now you must ask the child, „What will you have?“ Then the child has to say, "I'll have this". Now, supposing you don't have that in your fridge, you are finished. Early in the morning there will be no shop open, nothing. How will you please that boy in his ego because he wants a particular thing?

So gradually we build up even the ego of our children. We have to say, "This is cooked, this is nice and you eat this".

It's the duty of parents not to allow children to grow their ego by what they want. You should know what they have to have.

Then it starts growing and growing and growing till they become quite grown up, but very primitive.

So, actually, the blessing of the Devi on this point is that She gives you a desire that you should serve others. Also you then get concerned about people who are starving, want to find out why they are starving. The another extreme of this could be that some people think we should not eat so much, a kind of a sacrificing nonsense.

Whatever one has to eat, one should eat. Then they say, "Why should we eat so much, Mother. After all, there are people who are starving".

By your eating less or more, you cannot save those who are starving, can you?

So there's no wisdom in this kind of austerity.

And when the people enter into this kind of austerity, then they have sufferings and troubles and such people become extremely, I should say, ascetic and hot-tempered and you should never go near to a person who is of that kind without a bargepole. God knows when he will jump on you. So a person who is hungry is as bad as a person who is overfed. I think hungry is worse.

Now if you look at yourself, the second desire that comes to you is that everyone should love you. This comes because that makes you good person. You know that everybody likes goodness. So people try to be good to others, nice to others, say a hundred times thank you, do all kinds of things to please others.

By pleasing others, they think others will like us very much. But then it develops again out of bounds and then all the time you try to please others so that you become absolutely slavish.

You become so artificial that people can make out that it's nothing natural with this gentleman. He's just trying to please us. Now, with that, the pleasing, behind is some sort of an advantage out of it.

If you please another one with a detached mind, not expecting anything, that should be done for you, or that could be achieved through that pleasing, it's very pure pleasing and it's very good. That makes you really righteous and good. But supposing you try to please others only just to take advantage of that person, then you develop hypocrisy – hypocrisy of the worst type. And you get lost. People mock at you, laugh at you. They're never pleased. They know that you are a hypocrite and you're doing it for some sort of an advantage or an exploitation.

You are not doing it because you want to be good really, to be nice. A person who is good, automatically pleases others. But he doesn't try to please. He's just – his nature is such, his temperament is such that he just pleases people.

This, when taken over again by Mister Ego, then really you can't beat it. Then they become diplomats, you see, could be politicians, all these doomed classes they become. And they cannot get out of it. They get so much used to it, that they cannot get out of it.

Now what does the Devi do? She brings the truth before them. She shows that what you have been doing for a particular exploitation doesn't work out. After a point it does. She exposes them. The exposure starts and with that exposure, they're surprised, "How am I exposed? How am I caught, how people know?". This is the job of the power of Mahakali. She exposes all that is wrong, all that is falsehood, that is untruth, She exposes.

Then the third desire people have is to possess material things. From which materialism has come. But there's no end to it. End can never come because they have no satisfaction in getting one thing.

Supposing today I want to have this carpet. All right, I'll get this one. Then I want to have another one. Then I want to have another one. Then I want to have a car and then I want to have a helicopter, then an aeroplane. I don't know what I want to have then. So it goes on and on and on and on until you reach a time where people start thinking, "What's the matter with him?". And you cannot enjoy anything that you get. This is also a human failing and this human failing creates economics, you know that. Economics is created because wants, in general, are not satiable. They are not satiable.

So what happens? We go on from jumping from one to another to another to another and another.

So then you become slaves of entrepreneurs so much so, that you lose your individuality completely.

For example, an entrepreneur produces a funny kind of a dress, one year. So everybody wants to wear the same without thinking if it is necessary or not.

Then he brings in another form. Next year everything is given up, buy the another one. Third year, another one. So pile of all these clothes are there and nicely the manufacturer has become a great man of designs – means, very good designs, how to befool human beings - he has become a rich man and you have become poor with all this kind of clothes which has no meaning for you anymore.

About the same thing, about everything, something is fashionable. That means you have no individuality. We talk of individuality, but we want to do things which everybody's doing. I mean, you know that all kinds of absurd things people have done in the name of fashion and specially people who are not traditionally bound, who have had no traditions like Americans, I would say. They go on changing after every six months. Every year you go, you find a new type of people there, new type of clothes. It's very surprising how they change so fast, without even thinking whether this will suit me or not. Somebody says wear tight clothes, they'll go with tight clothes.

Then they develop varicose veins, so they wear with the holes. Then they develop some other problem, then they wear another kind.

Nobody wants to think, "Why should I change my dress?". Like, say, in India we wear saris, finished. Nothing doing. No problem

with the tailor, nothing doing. Whatever sari we like, we'll buy.

And a sari came called as mini sari in India, which was up to here maybe, I don't know, not six inches, but at least up to the knee. It came for about, I think, eight, seven days in Bombay and went back. People said, "Get lost. We don't want it".

So this headache of all the time getting into a fashion, like herds, without any sense in the head has to be understood properly. Why people do it? Because they have no brains. They're brainless people. They're not intelligent to see that we are befooled every year.

But, for Sahaja Yogis, the Mahakali power works and She teaches them that „All right, this dress suits you. Have this one.“ And it's the best for you. Once for all, your lifelong problem is solved. With this kind of blouse, I started wearing from the very beginning perhaps and I've been wearing it and now I find everybody wears the same style.

Why to waste your energy in changing every day this blouse starting from here to here, to here and going back again like this, you see. It's such a waste of energy, such a waste of cloth.

And we make ourselves so cheap running with the race of reducing the sleeves, reducing this, reducing that – or increasing them.

Is all a desire to impress people that we are very up to date. Who wants to know? Who wants to find out that you are up to date or not?

And we have no courage to keep to our own dress that we have purchased. Why to waste so much money? We don't even think.

Go on changing, changing, changing for nothing at all.

So this desire is there to impress others with our outside things. So many thing like dress there are, which we try to impress.

Now, hairstyle. I read an article. They said that these hairstyles are responsible for many divorces.

I was wondering, "How can it be hairstyles responsible for divorces?". Because they had made a survey. A man had liked a hairstyle of his fiancée and then she changed her hairstyle, so he divorced her. And the other way round.

When (?) it is so cheap way of disposing of such a deep relationship of husband and wife.

Now certain facts start.

I also saw one documentary about a lady who'd said that it was in one of the advertisements, something, sort of a thing appeared that your legs should be of this shape and what you should do. So poor thing spent so much time, energy, ran up and down to make the legs.

I mean, what is the importance of these legs, except for walking?

So she went to make the shape like that. And she used to measure it – would be always something missing here or there.

Then many people joined. They had a class for it. And a group joined to make legs like that. That's why. And, ultimately, they found out that that leg was made out of wood.

And they spent so much money, so much energy to make legs like that.

For what? What is the purpose? If anybody says, "You run like this," they start running. They say, "Jump like this", they start jumping. But why?

Have we gone all nuts in our heads that we should accept whatever one said, we start doing that. What is the purpose?

So this kind of stupidity comes in our heads when we start using our ego.

With the ego a person becomes absolutely stupid. Because he'll say, "What's wrong? What's wrong if I have just a little hair here? What's wrong? If I just try to wear a very short dress here, what's wrong?".

The wrong is why are you wearing? Why don't you ask a question? Why are you wearing?

If you ask a question to yourself, "Why do I have this kind of hairstyle?", "Why do I do like this?". It is really difficult to tell people to do right things, but wrong things people take to like that.

For example, I told everyone that you put oil, if not every day, just before bath, a lot of oil in your hair and wash.

Now I find many people getting bald. But they didn't put the oil. What can I do about it? But such a simple thing they won't have.

Such a simple thing they would not believe, that you need something for your nourishment. But they will do something which is absurd, nonsensical without even thinking, "What is going to harm us".

Here the Mahakali, what does She do? She punishes you. Your body is punished. If you wear very tight clothes, you develop problems of your legs. If you wear holey pants, then you get cramps. Anything you do abnormal, you have to pay for it. First you have to pay for doing it and then you have to pay for it physically. So many things can be avoided if you just have a simple life, decide once for all that, "I will have this kind of dress for this lifetime, finished". Every day to change, itself, is a headache. But that satisfies the ego, not your Self.

So the Mahalakshmmi Principle in us raises higher and higher. Despite that, we are pulled down. Then this Mahakali, She comes

forward and shows what wrong we have done, how we have gone wrong, how we have missed the point.

Instead of thinking what is wrong, She teaches you, "It is wrong".

Then another thing She does, - which is a very beautiful thing She does, I think sometimes - that She creates an illusion to test your intelligence, to test your sensibility. She creates an illusion. Bhranti rupena samstita. She makes a bhranti in your head. Illusion. So you become illusive or others become illusive or a situation becomes illusive. And you are lost in it. Then you really understand that it's wrong thing I have done.

It's a very nice story about Narada.

Narada was under an impression about himself and ultimately he became ego-oriented and he started saying, "Oh, look at me. I am never enticed by any woman. Even Shiva was enticed by Cupid. I am never enticed. I am the highest of highest Brahmachari". So Vishnu sent two gandharvas to entice him.

So they met him in a forest and told him, "Oh, Narada, you are such a handsome man, such a beautiful man and all your beauty's wasted. You must test your beauty. You must see how beautiful you are. You're so handsome". He said, "Really?". "Yes." he said. "There's a very simple way of testing you". "How?". He said, "There's a wedding coming up of a very beautiful woman. She is the princess of the beauty city, is called Rupnagar, and you should go there and see how she will appreciate you".

So he, in his ego, became so stupid that he went there. And he was sitting and lots of people were coming, big big maharajas, rajas, all of them were sitting and he was thinking, "Oh, I'm the best among all of them. Who are these? The princess will just garland me, no doubt about it". And these two were putting that illusion in his head, bhranti.

With the Agnya, you get bhranti. This princess came round. She looked at him and she laughed aloud. She couldn't control herself and she moved on giggling. He couldn't understand why she laughed at him. She didn't garland him or nothing but she just laughed.

So he couldn't understand, "I'm such a handsome man", this thing. So these two gandharvas told him, "Oh, it doesn't matter. You see, she doesn't understand. She'll come back", this, that.

Then they went out and near a lake and he sat down to wash his face and looked at in the water his reflection. He looked like a monkey.

He looked at these two and he cursed them. He said, "I look like a monkey". Said, "To us, you look like very handsome". "But I really look like a monkey".

So this bhranti, this illusion was created in his mind by his ego. But this power, itself, Mahakali's power, She puts this ego right by creating illusion, bhranti. And this is responsible for many illusions we run after. It's a mirage, running after it, running after it.

Once we are satisfied within ourselves, then we don't run after mirages. This illusion, if it is not created, people would be so egoistical that whole world will be finished.

So this is the great work of Mahakali Power within us, that She creates illusions.

Many people talk of maya. "This is, Mother, maya. This is maya. That is maya". Is the work of Mahakali. She wants to test you. She wants to test you. But in Sahaja Yoga it's not such a strong one.

For example, you know Abraham had a son. One son he had after a long time. And God asked him that he should sacrifice his son. His wife Sarah also was feeling terrible that he has to sacrifice his son. So he went down to the place where the child was to be sacrificed. He made a fire, everything and was about to put the child on that pyre of fire when the voice came. This is Mahakali, that you don't have to sacrifice your child. We have many such stories in Indian mythology also where they were tested.

So to test Sahaja Yogis also, this Mahakali helps you.

There was a gentleman who was very egoistical, so I told him to come to Delhi because I didn't know how to do it here. He came to Delhi and he told everybody, "See, Mother told me to come here just to cure Her". I said, "All right, come along". He came, I said, "What's wrong with Me?". He said, "Mother, Your Nabhi is very bad". I said, "Really?" I said, "You put a bandhan to yourself and now see for yourself". "Oh my God, you see, what's happening to me here?". I said, "That's My Nabhi, you know".

So this is how the illusion corrects you. If there is no illusion, you would not ever be corrected directly. Supposing I say, "Don't do this". You may not like.

Of course, mostly you like, but sometimes you don't. And then the illusion works and then you realize, "Where was I and where am I now? I should not have done this. How is it I have landed into this problem? What has made me so stupid?". So this is something which She does.

Another is She's the one who relaxes you completely. When you are tired and fed up, when you don't know what to do, then She makes you sleep. She's the one who gives you sleep. All day's work you do, ultimately the Mahakali power acts on you as sleep.

She makes you sleep, sleep like a child.

You know, at that time, all that wrong we have done to ourselves and to others are forgiven. In Her lap we sleep nicely, quietly and all our problems are solved.

those dreams, when you are, She brings forth solutions to you. I know so many people told Me, „Mother, you came in my dream and told me that this is the medicine you should take. You came in my dream and You told me that this particular type of life will suit you.“ They see Me clearly coming, but there it is not whole of Me, but I think the Mahakali Power acts.

Into very deep sleep you are, it is called, at the Sushupti. There She appears. One lady came to me and she said, “Mother, You came in my dream and you said that I’m here in Bombay. Nobody told me”.

So, so many things happen like this. In the dream She guides you and tells you. Now what happens sometimes, people tell Me that I had such and such dream, which is all falsehood, I know. They never dreamt like that. They never saw like this. But, just to impress Me, they tell Me that, “Oh, we, I had a dream”, this, that. I just show complete ignorance. I ask, “Must be”. Then they are put into again bhranti, means illusion. Gradually, they realize that it was wrong to tell lies to Mother.

So the correction part takes place, but the greatest thing that She does is to give you the sense of chastity and security.

When the children are born, they have sense of chastity, shame, decency, decorous behaviour. But gradually, when they start others misbehaving, they start misbehaving.

To them, decency becomes a bondage.

But, naturally, She’s there to tell you that “This is indecent. You shouldn’t do it. This is wrong. This is not the proper thing to do.”

But gradually, you grow up and mature, then you (say), “Oh, what’s wrong?”. You start disrespecting your chastity and you start becoming like immature, stupid people.

All this, if is understood through meditation, the Mahakali helps you a lot. In meditation, She helps you a lot. because She’s the one who creates the proper passage for Kundalini to rise.

Mahakali is the same as the Kundalini because She is the residual energy of Mahakali Power, full of it there. But the function is different. The function of Mahakali is to protect you, is to guide you, to give you wisdom. And the function of the Kundalini is to cleanse you, to clear it out, not to play about with you, to forgive you and help you to grow properly.

Now in your life, as Sahaja Yogis, you will see how Mahakali helps you in every way. It is so interesting to watch Her work, how She brings forth all kinds of satisfactions to you.

The greed goes away. The temptations go away. The temper goes away. All these things disappear. The most helpful thing She does, that you get rid of your bad habits. Absolutely. Automatically, in the light of Mahakali’s power, you just do not want anything destructive to be practised. If you have been practising anything destructive, you try to get rid of it. Just you stop it. “I don’t want to have it”.

I never tell you, “Don’t do this. Don’t do that”. It’s the Mahakali power within you which is awakened, does all these things. And She has made you so beautiful, so angelic. She has, by Her corrections and by Her illusions, She has made you like this. So you don’t get so much attached to money, to greed, to lust, all these things which are responsible for putting you down.

Also possessiveness for children, possessiveness for husband, possessiveness of matter. You just start understanding that the joy is in sharing. You want to share everything with others and that sharing starts when these Mahakali Powers start giving you blessings of joy, of sharing, of being collective, of being pure. These blessings come to you from the Mahalakshmi... (She corrects Herself) ... Mahakali Power.

So today we are going to worship that Mahakali power.

May God bless you.

1993-0712, Spiritual Traditions

View [online](#).

12 July 1993

Spiritual Traditions

Public Program

Palais des congrès de Paris, Paris (France)

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Public Program "Spiritual Traditions" Paris (France), 12 July 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 conceptualize it, we cannot change it, we cannot transform it. We have to feel the truth. At this human level, we do not know the absolute truth, that's why there are all kinds of different opinions about everything. Absolute truth is for everyone the same. So, what is the absolute truth? The first is that you are not this body, this mind, these conditionings, this ego, but you are the pure spirit.

The another truth is that there is an all pervading power of Divine love, which does all the living work. We have these beautiful flowers, we see them all around. It's a miracle, the way from little seeds, how they have come out in different colors, in their own personalities. We take it for granted. Who runs our heart? Doctors will say, it is the autonomous nervous system. But who is this auto? Who does all this job? We should, at least put our attention as to how the things are happening in this world. There are no answers given in the science, it cannot give, because science deals with dead things. It has nothing to do with the living work. Also it is immoral, it has no morality behind it. Some of the calamities that have come to us are by science only. Still, I will request you to have a very scientific attitude toward Sahaja Yoga. That is to keep your mind open, to what I am saying. In case it is proved, then you have to accept as honest people. Then you'll be amazed, that all Divine laws are more tangible than science is. They are absolute and eternal in nature. But we have not yet felt that Divine power.

This all pervading Divine power is called by various names. Some call it as the Divine love, some call it as Ruh, and some call it as Paramchaitanya. So before being connected to it, whatever we think is only mental. And whatever we try to solve the problems are on mental level. And every mind thinks differently. They do not think absolutely. And that's how we are astray.

When we think that science is not going to give us any answer, we turn to religion. All these great prophets and great incarnations were born on the same tree of life. On the same tree of spirituality, but people plucked it. And said, "This is my flower, this is my flower." And they are fighting with the dead flowers. This is why we cannot find answers, and we do not find that understanding about the Divine.

But, we have to know the God Almighty who has created us, will not leave us to our stupid ideas. He will not allow us to destroy ourselves, how can it be. He has created us with such great difficulties which such delicacy, how can He completely allow us to have free hand to destroy ourselves? He is a great creator, and a great planner.

So now, I'm going to tell you about the subtle system that is within ourselves. This system was known to all these great prophets and all these great incarnations. But they had no chance to talk about it. They didn't have people around them to whom they could talk. They were not so subtle. In that short time that they lived, under their struggle, they have good ideas, how to keep a balance. But it has not been properly understood by human beings.

Now the time has come, this is a special time, which is the time of resurrection, of Kiama. Is the special time of last judgment. Where you have to judge yourself. Even Christ didn't have so many people who asked that, "What is the truth?" Muhammad Sahib never had so many people to support. Their lives were full of struggle, and that's how the whole exposition of the inner being was not given.

This exposition that I'm going to give you today was known to Indians thousand of years back. They have described even Muhammad Sahib has Maha Medha. He is the greatest enlightened soul master. So to understand all these things one should not think it is coming from the East, this knowledge. In the eyes of God there is nothing like East and West, it's just the same. Only we, human beings think this is eastern, this is western. The western civilization has grown so big, like a big tree. The tree, which is not connected with roots cannot prosper. And even if it's prosperous he cannot exist for long. So this is the knowledge of the roots.

Within us lies this beautiful power. It's the power of your ascent. In the triangular bone, called as sacrum. That means the Greeks knew that this bone is sacred. You can see with your naked eyes, when it starts pulsating like a heart, this bone, and this Kundalini, this power rises and pierces through your fontanel bone area. It is the actualization of baptism, it is not some priest put his hand on your head. But it's the actualization of your baptism. That means you get connected with this all pervading power. Like this instrument (microphon), if it is not connected to the mains has no meaning, human beings have no meaning because they are not connected to the mains.

Once you are connected to the mains, you see the light, and the darkness disappears. As a result of this happening, your spirit starts manifesting. You start feeling this all pervading power on your fingertips. And that, these are, as you know in medical sense, are our sympathetic endings. So you start feeling this on your fingertips, and they become enlightened. In the Koran it is clearly said that, "At the time of your resurrection, Kyama, your hands will speak and will give witness against you".

For example, if this finger is burning, that means you have got too much of ego in your head. Or if this finger is burning on left side, that means something's wrong with your heart. That is how you'll learn from this five, six and seven centers on your fingers, on your hands what's wrong with you. Everyone knows the same thing, because it is absolute. So what is there to quarrel or what is there to argue?

So all these centers are for your physical, mental, emotional and spiritual being. All world problems are mostly because of human beings, we have to admit. And most of the human problems are because of these centers. Take any incurable disease, cancer, AIDS, all kinds of disease, can be cured by awakening this power within us.

Today some Sahaja Yogi came from Australia and told Me, that one fellow is cured of AIDS, for the last eight year, he never had AIDS. This is on the physical side. Also mental side, where people are crazy, they are suffering from schizophrenia. You see what is happening now in America, 65 percent people may get schizophrenic.

All these problems can be cured, if this power could connect you to the mains. Now the emotional problems we have, we have also problems of habits. There are so many destructive habits we take to. We always take to something destructive. I've seen people who are dying of taking too much of drug or alcohol, but others who see them dying want to do the same. All the affluent countries especially like Switzerland and all these Scandinavian countries, the young people are competing among themselves who's going to commit more suicides. That means there's no happiness, there's no joy. All the value system is absolutely finished.

This frustration comes into people who want to know what is the reason. They are the seekers of truth. William Blake has described them. A great poet from England has described them that, "Men of God will take birth at this time and they will find the Divine". And also, "They will make others Divine". These were great seers, who saw this clearly, this will be the future of the world, of the people who are seeking the truth. Of course it is not meant for stupid people. Also it's not meant for frivolous. But it is meant for people who want to know the answer of what's happening to the whole world, and why we are in a mess.

Now the nature of the spirit we have to know. The nature of the spirit is, that it is the source of absolute knowledge. There is so much knowledge within ourselves, we only know like a tip of an iceberg. This knowledge starts revealing itself, and letting us know what is the truth. Same thing is with the attention. Such a person, who gets his connection with the Divine, and the light of the spirit shines on his attention. He becomes, his attention becomes extremely active. The attention itself becomes Divine.

Sitting down here you can feel the vibrations of any person, whether dead or alive.

Now if you know how to correct these problems, your own and others, then all the problems of the world can be corrected. There's only one God, who is reflected in our heart, which is the spirit. And when the spirit is enlightened, we jump into a new awareness. Because the spirit is the collective being, we jump into a new awareness where we become collective. Not that we can feel our centers but we can feel the centers of all the rest of the people in collective consciousness.

Also you develop powers to raise this Kundalini of other people. Suddenly you develop a new type of a culture, we call it a Sahaj [Kalpa?] culture, means the spontaneous culture. You don't have to tell them, "Don't do this, don't do that", they just don't do it. And a new race in a new age is coming up. They have no physical problem, they have no mental problem, they have no emotional problem. And such friendship, such love, such understanding.

Sahaja Yoga is working in 55 nations. And when I see this people, I'm amazed, that there's no quarrel, there's no fight, there's no argument. They're all in the ocean of love and joy. There is no state, there is no government. I don't even have a secretary, you'll be surprised. Don't even have a typewriter. Everything works automatically. With very little money and no effort at all. It is so spontaneous. Because, all of them realize, how important it is today to get into this collective consciousness.

The second thing that happens to you, is very remarkable. You are all listening to Me just now, but if I say that you get into the present moment, you cannot. We either live in the future or in the past. We are jumping all the time our attention, on the crest of future or past. All the time the thoughts are coming to us. In between these two thoughts, there's a little space. which is the present. There is no thought there. So the first thing that happens to you, is that you come to a state, higher state of thoughtless awareness. That is the state of peace.

We may talk of peace you know, I've known people who talk of peace, have organizations of peace and they've got awards of peace. But no peace within, they are so hot tempered, you know. You have to go near them with a barge pole, any time they might jump on you. And they talk of peace. The peace is within ourselves. And when this peace is established, you reach a state where, from where you see everything like a drama.

You've seen a wheel, which is moving, and the axis is steady. Our attention normally is on the wheel. And we get disturbed, but supposing our attention goes on to the axis, we are steady. Or else, we can see like this, when the waves of these thoughts are there and we are getting actions and reactions, we are disturbed. We are afraid that we'll be drawn by these waves. But if by chance, if you can jump on a boat, you can see all these waves and enjoy them. But supposing, you learn swimming, you can jump in and save many of them.

This is the state that Christ has said that, "You are to be born again". Well it's not a certificate, I'm born again, you see, just taking a self opinionated certificate, I'm born again. But what powers have you got? You are just born again, you are this you are that, but nothing in you, you are just the same like any other human being. This is what is a Nabi or a Walhi, as called in the Koran.

So we all have to become Walhi, and the time has come. In Sanskrit it's called as a Vijaha. Is a bird is also called a Vijaha. Because the bird is first an egg and then it becomes a bird. In the same way, human beings are in the egg -shell. They have to mature, and then this shell breaks, and they are born again, as free birds. But this freedom is blessed with wisdom, with compassion, with love for everyone. It's so much different, from every day to life... day to day life.

See for example, you see a problem, you get disturbed, but you cannot solve it. But once you get out of it, then you know how to solve the problem. But the greatest blessing of the spirit is that you enter into the ocean of joy. Joy is absolute, it is not like this happiness and unhappiness. Joy is a state which is to be experienced. Then you transcend all this [racism ?] all this fundamentalism, everything. And you are one with that all pervading power of Divine love.

So you will be surprised that in Sahaja Yoga we have Jews who worship Muhammad Sahib and vice versa. Everybody worships all theses great prophets and great scriptures. Because they understand the unity between them. They don't have to read, they

just know it is so. You can ask on your fingertips.

I said, Muhammad Sahib never said that he was a Divine person, I also said the same thing for quite sometimes. Because if you say you are Divine everybody will jump on you. But he was sent by God, he was definitely Divine and a master. Master of Divine. But this is the society, and the times are so horrifying that you cannot tell the truth to them. So, they had to use analogies, parables, you see, in a subtle way they told.

But I'm going to tell you everything frankly. In these modern times nobody can crucify Me, or give Me poison, thank God. And they were all people of a very different realm. Christ has said, "Those who are not against Me are with Me." He has predicted about Muhammad Sahib that, "I will send Him, He will be coming on this earth", He predicted in the Bible. But nobody wants to see this point. Everybody thinks they are the chosen ones. It's a very sad affair, but thank God to these modern times, the situation on human level is so [extenuating ?], is so much [telling?] upon us, the tensions are so much that they have to find out the solution.

And the solution is your self, your self knowledge, your spirit. The self which is the collective being within you, and when you know that, not as a knowledge of the brain, but on your fingertips. On your central nervous system, part and parcel of your being, that you become one with that Akbar, that Virat as in Sanskrit is called. And then you realize what you are, then you are fantastic. You are glorious, you are very powerful, you are tremendous.

All these things, when you know, you are amazed, but above all, you are humble. You are humble down, Islam, Islam is to surrender. You surrender, you surrender, really you surrender. It's not just lip service or outside. Because you can feel the reality now. All hypocrisy all nonsense drops out. This is the state everybody has to enjoy. Sahaja, "Saha" means with, "Ja" means born. Born with you is - so the, You have got the right. Born with you, is the right to get this yoga, union with the Divine. So all of you have got this right, a birth right to get this Divine ascent and this connection, yoga with the Divine.

Do not condemn yourself. You don't have to suffer also, it's a wrong idea. God, the almighty is the father of all the fathers. Why will He make you suffer when you are seeking God? If you are seeking God really, He will don't have you to suffer, that's wrong. He is just waiting for you. He is the father who is nothing but love. So please don't suffer. If you have to suffer, suffer from something else, but not for God. Which father would like his child to suffer. It's illogical. It just happens to you because you are just there, it's all built in within you.

You take a seed, put it in the mother's earth and it sprouts by itself, it's Sahaj. How it happens? Because the mother earth has got the capacity built in to sprout and the seed also has got. So you too have this capacity. I know there are so much of falsehood, so many people came from India. Also they came out of jail and came here, became great a - I don't know what to call them, false gurus.

The other day I saw some young people saying some mantras, chanting some mantras. By chanting like this, are you going to get connected with God? If your telephone is not connected, what's the use of using the telephone. You have to get connected. All other things are mental problems. You cannot solve them mentally because everybody has very great big, big brains, [ego / they go?] like this, you see.

It's the light of the spirit which will solve all our problems. And we will bring credit, we'll fulfill the messages of these great incarnations and prophets. Otherwise people doubt if they were really true. They were, no doubt. But for blind people what's the use of telling about colors? Nowadays, I find people are much more open, much more alert, much more asking, and is working out in thousands. Surprisingly, in democratic country doesn't work out that well. But in communist countries it does. Now wherever there has been the communism's, finished.

Maybe, we don't understand freedom. And once they've got the freedom, they jumped onto their spiritual ascent. Of course communism was never pure communism, neither democracy is pure democracy. Everywhere some cunning people manage the rest of the [world]. But I hope people from Paris, as they are today here so many, will understand that it is very important. That you are born at a very important time. And if you do not understand the value of your own life, which is very important also, you

will be a person who will be supporting the destruction of this world.

If you really want to save, and if you want to be part and parcel of that, just get your Self Realization. Of course you cannot pay for it, it's a living process. You can never pay for it. You can pay for the hall, you can pay for electricity, but not for your Self Realization. So please, understand how important you are, and take this opportunity to get your Self Realization.

I know you have questions also in your mind. Now I've been working like this for the last, I think 22 years, and I'm quite an expert, I can answer all your questions nicely. I became very clever. And I know all the questions. But it's a mental acrobat, no use doing all that. See, there are beautiful lights here all over, see so many of them. Just to get the light, you have to just switch on one switch, and then everything comes up.

But if I go on telling you about the history of electricity, how it came to Paris, how it came into this place, you'll be tired and bored. So best thing is to have your lights. It's already built in. It looks very fantastic. But I say, you are fantastic, you don't know what you are. You have to know yourself. That's what Christ had said, "know thy self". All the time he said, "Know thy self". But this part nobody bothers to say. Because now the religions have become money oriented and power oriented. They are not spirit oriented, they don't talk of spirit. But it is your luck, your chance, your, I should say, your great good [deeds] that you are born in this special time. And I hope all of you will make full use of this power.

May God bless you all!

Now, please put your feet apart from each other, your hand on your left lap. Seat comfortably and put right hand on your heart. Here now, you have to - please close your eyes, please close your eyes, don't open them. Till I tell you please don't open them.

Here you have to ask Me a very fundamental question about yourself, three times. You may call Me Shri Mataji, or you can call Me Mother. Ask the first question three times: "Mother, am I the spirit?" I've told you, if you become the spirit, you become your master.

So now please, bring your right hand on the upper portion of your abdomen, on the left hand side. Here, you have to ask another fundamental question three times to Me: "Mother, am I my own master?" I've already told you that I respect your freedom. And I cannot force Divine knowledge on you. You have to ask for pure knowledge. So now please, take your right hand in the lower portion of your abdomen, on the left hand side please. Here you have to say six times, because this center has got six petals. Six times, you have to say: "Mother, please give me pure knowledge".

As soon as you ask for pure knowledge, the Kundalini starts rising, you may not feel it at all. So now we have to nourish our upper centers with our self confidence. So now, please raise your right hand on the upper portion of your abdomen, on the left hand side. Here you have to say with your full self confidence, ten times: "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, please raise your right hand on your heart again. And here you have to say, again with full confidence, full self confidence that: "Mother, I am the pure spirit". Say it twelve times. This Divine power of love is the ocean of knowledge and compassion. But above all, it is the ocean of forgiveness. And whatever mistakes you have committed are completely dissolved by this ocean of forgiveness. So first forgive yourself.

Now raise your right hand in the corner of your neck and your shoulder, and turn your head to your right. Here again with full confidence you have to say sixteen times: "Mother, I am not guilty at all". I've told you 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. Thus you have tortured yourself. Now, at this special moment, please forgive all of them in general, from your heart, not how many times. Please say: "Mother, I forgive all of them in general". Say it from your heart. Not how many times.

Now, just for your satisfaction, not counting your mistakes or your guilt. Not feeling guilty at all, you have to ask forgiveness for

your own satisfaction. So now, please take your right hand on your back side of your head, and push back your head. Now, here you have to say again from the heart, not how many times: "Oh Divine power, if I have done any mistake, knowingly or unknowingly, please forgive me."

Now the last center is important, very important, and you have to stretch your palm fully, and put the center of your palm on top of your fontanel bone area, and put down your head. Push back your fingers, please. Now, I cannot force Self Realization on you, you have to ask for it. So please, push back your fingers, put down your head, and move your scalp with pressure, saying seven times: "Mother, please give me Self Realization".

Please take down your hand. Please open your eyes. Now [bring/ with?] both your hands like this towards Me. Watch Me without thinking, you can do it. Now, put your right hand towards Me like this, and put your head down, and see for yourself, if there's a cool or a hot breeze coming out of your head. Don't put the hand on top of your head, little away. Some people get it very far also.

We would like to present a kawali to you in honor of a - we have got a great personality. In his honor, we want to present a kawali. It says that God is limitless, and you don't put him in the limits. Is a beautiful kawali.

[something in Hindi]

[Kawali starts]

1993-0715, Dinner with Ayatollah Rohani

View [online](#).

15 July 1993

Conversation

Montfermeil Ashram, Montfermeil (France)

Talk Language: English | Transcript (English) – Draft

Dinner with Ayatollah Rohani, Hotel in Paris, July 1993

PART 1

Shri Mataji: ...About what's happening all around the world about Islamic people. And they said that "Mother we will join you in every way because we will bring peace." I was very happy.

Ayatollah: Is it?

Shri Mataji: So they said they have had lots of conferences and this and that, organisations but nothing has worked out. And in Sudan, most of them are Muslims. And educated people even in Senegal, I know, are very well-educated people are there. And fundamentalism is not so much in Sudan, but the fight between the two sides of the Muslims; one on the Arabic side another on the African side. I said I will come to Sudan and let us see. In America, we have lots of Iranians. I met them in Los Angeles. There are 900 families, Muslims. And they want their Realisation. They're very, very good people.

[Ayatollah speaks in Arabic about a Hadith]

Djamel: He says that there is a Hadith in Arabic from the Prophet. There's a Hadith which says that "Whoever knows himself knows God"

Shri Mataji: Who knows? Ah, that's it! That's the point. I mean, you see, as you know, Mohammed Sahib was a great person, a great enlightened person. And he did say the same thing, I mean. How could he say something else?

Ayatollah: It's my son. [In French]

Shri Mataji: Son.

Lady: Nice to meet you.

So they, you see, they have not understood Mohammed Sahib. And worse than them are Catholics. They are the real murderers. Because also there was a problem, this Paul who was, who never met Christ, who was a bureaucratic, who had killed so many Christians, he thought it's a very good platform, so he jumped on the platform and he wanted to take over. And he fought with the disciples of Christ. And Thomas ran off to England. He has written in his treaty which we have now discovered this year and is all nothing but Sahaja Yoga. And the worst disciple of Christ was Peter. And Christ has said that Satan will take over him. He (Christ) has said it clearly.

So this Mr Paul got hold of Peter and then he wrote that Christ said that Peter should be head of Christianity, he should build the church, and he should have worked there, it's all false. Now, think of somebody who is such a bad disciple of Christ, who denied Christ thrice, why will Christ make him the head? And if you see this Paul in the- Paul, throughout he has written many chapters in the Bible. And he wrote that he went to Damascus and met Christ. He never met Christ. And in all that doesn't write anything about spirituality. He writes how to organise, how to arrange people, all these things like a bureaucrat. And he suffered from

epilepsy.

Now, in Sahaja Yoga, we have proved that epilepsy comes with possessions. And he hated women. So he called Christ's mother as a woman, just a woman, no even a lady. But because of the Pagan religion before, they wanted to have a Goddess you see. So they said: "No, we will have her as a Madonna". They promote her, not in the Bible she is not mentioned.

Now, there is also "sharia". I must tell you about "sharia". So the Bible has the five books, of the Old Testament, five? [Pentateuch; Torah; Tawrat] they call it. Out of that, the 3rd one is, in English, it is "genma"[unsure] but actually it is "inmara"[unsure] in the Hebrew language. Inmara [unsure] is the name in Hebrew, original.

So he wrote in that book that when Moses came from the mountain and brought the Ten Commandments, he saw a complete decadence and he got so upset with it that he wrote this "sharia" for the Jews. At that time, only for that time. So it was not for Muslims. In Quran, there is no "sharia". I told you my father was a great researcher, scholar and he wrote, translated the Quran-e-Sherif in Hindi language. He told me all these things, that it was not meant for Muslims. It was meant for the Jews. Also, Fatima was absolutely sort of neglected by the people at that time. They wouldn't listen to her what she had to say. Her ideas about women were very different from Abu Bakr.

Djamel: Yes, I mean, Abu Bakr was with the other companion.

Shri Mataji: Abu Bakr, with other companions, they just wanted to put women down. For Sahaja Yoga, we worship Fatima. She is a Goddess to us. But. My father has done a lot of research on this and he said that Muslims are misled completely by these mullahs and priests, and especially Sunnis.

Yes, Sunnis. And the Shias are still sort of moaning the death of Hassan and Hussein. But now it's over. Once you've got your resurrection, once you've got your Realization, then there is no more, no more at all of moaning should be there. It's finished. Also, this makes the souls of Mohammed Sahib and also Hassan and Hussain very unhappy to see that you are still moaning. They want you to be happy. They came on this earth to make you happy and joyous. No to be disturbed. Their work was-could not be finished. But now, you can see the Qiyama has come and once you get your resurrection then you should no more feel the moaning. It's over now and we must give them peace in their heart.

In India, these Shias do such horrible things, they have, what you call, chains, and with that, they hit themselves to blood. I mean, I have seen it and I talked to them: "It's over now." We have many friends who are Shias and I told them that "it's over now. You just don't have to do all these things because it hurts them (Mohammed,) their souls." And I said: "He is a father, a loving father and a father doesn't want his children to suffer."

Sahaja Yogini: [In Hindi]

Shri Mataji: All right, just a minute.

So I've got something for you, sir. Can I give you? [Majid translates]

Ayatollah: Yes.

Shri Mataji: I am your Mother. So, you get over the moaning. I thought that [inaudible] there's a little thing for you.

Instead of the black now you have to wear the white.

[Laughters]

And this is for the neck.

[Majid speaks in Farsi with Ayatollah.]

Shri Mataji: Why don't you wear it now?

Let Me see how it looks.

A mother can't see her child moaning.

Shri Mataji: Ah, beautiful. This is for the neck to be put.

Wow! Now, Mother is happy.

And this for you [to someone else].

You see, you open and see.

Antonio: It's wonderful. She thanks you very much.

Shri Mataji: May God bless you.

You see, normally we never give an empty purse. We never give an empty purse so we have to put something in it.

In that purse is our scent.

This is for him and this is for her [other perfums].

Lady: Merci. Merci madame.

Shri Mataji: In my language, we call it attar. [?]

Majid: Ether. [?]

Shri Mataji: In Urdu language, it's ether [?] and in your language it's [inaudible]

Majid: Atse [?]

Shri Mataji: In French language, I know [inaudible] it's a difficult language.

Once you know English you can't know any other language. It's a very dominating language, English is.

Ayatollah: It's becoming more and more.

Shri Mataji: It's becoming more and more, yes. Especially in the diplomatic circles, now, English has come up. It used to be French now it's all English. I don't know why but it has happened like that.

Ayatollah: t's nothing. It's because of the economical domination.

Shri Mataji: Because of the?

Ayatollah: Because of the economical domination.

Shri Mataji: Is it for your family?

Ayatollah: No.

Shri Mataji: Is it [inaudible]?

Ayatollah: No. It's only to share here.

Shri Mataji: Oh.

Antonio [translates into English what the Ayatollah says in French]: And then the very first letter sent by Muslims was sent by Ayatollah Rohani. The very first letter.

And then, in this letter, he asked them what they think about Islam and what they would like to do to unify the different point of view of inside the Catholic Church.

And he asked that Islam was also be considered in this Council and be treated as the unification of other branches of the Catholic Church.

Shri Mataji: Of the Catholic Church with Islam: how?

Antonio: Just what the Vatican considers about Islam and also the way that the Catholic Church and Islam could be approached to work in one single way.

Shri Mataji: Yes, impossible.

Antonio: 22 years ago Shri Mataji!

And all these documents are still there proving that is was done 22 years ago.

And he prepared them for you Shri Mataji.

During two years, they were in permanent contact with this Council. And then, after many years of deliberating about this, they did judge and consider that Muslims were a monotheist religion.

Shri Mataji: Oh, my God! [Shri Mataji is laughing.]

Antonio: And they accepted also that the Muslims believe in the Resurrection.

Shri Mataji: Ah, the Resurrection?

Antonio: The Resurrection. So, the Catholics approved, accepted the idea that the Muslims were believing in the Resurrection as well.

And until this judgement of the Catholic Church towards the Muslims, the priests used to calumniate the Muslims and to insult them until that judgement.

Lady: Openly.

Antonio: Openly. And sending letters and speaking openly against the Muslims.

And then, after this judgement, the Pope told to all the priests that the Muslims were believing in the Day of Resurrection, that they are monotheists, and they forbid them to say things against Islam. So this was a very great victory of Ayatollah Rohani.

And at that time, the Pope Paul the Six asked Ayatollah Rohani to go to the Vatican to speak with him, to meet him.

Shri Mataji: Which pope?

Antonio: Paul 6.

Shri Mataji: I see.

Antonio: And then he went to the Vatican and they spoke together about 45 minutes.

And he (the Pope) allowed him (Ayatollah Rohani) to have a big speech to all the priests that were there.

And officially he gave to Ayatollah Rohani the verdict that the Catholic Church accepts that Muslims are monotheists, that they believe in the Resurrection day, and that any priests is not allowed anymore to say things against Islam.

And then the Pope asked him to transmit this verdict to all the Muslims and Catholics.

And then he gave him an award, a golden medal (and a big letter).

[Shri Mataji is laughing.]

Lady: This was before Lutanie.

Antonio: When he came to Paris, he did an international school and the whole world was speaking about this matter.

To that point, the whole media in France gave lunch in his honour. And mainly in the countries that needed a good communication relations between Islamic and Catholic people.

Then he wrote an article that he published in his own revue that is "knowledge of Islam" showing whatever he had done in this matter previously. And he prepared everything to offer it to you Shri Mataji.

Shri Mataji: Oh. [inaudible]

Antonio: And one year before the revolution, he founded an association "the monotheist front", for all those who believed in God. He founded an organisation.

And so this movement was done at Tehran and it was done by Ayatollah Rohani and the Ambassador of Vatican at Tehran.

Shri Mataji: Oh.

It was really warmly welcome at Tehran, this movement was really successful.

Then, he will show you the photograph that was on the first page of the newspaper of Tehran.

Shri Mataji: How many years back it happened?

Antonio: About 14 years. 14-15 years ago Shri Mataji. One year before the revolution.

So nobody else could promote this movement in Tehran except him because he came from very a religious family that has been religious for 150 years. So it was very much accepted.

And he is saying all these things just to show you, dear Mother, that this is the starting point of the work that he would like to do with You also.

Shri Mataji: Yes, very well.

Antonio: The world presently needs You and him and Muslims.

Shri Mataji: Yes.

Antonio: And he would like You to work hand in hand with him so that this population can live happily and get out of the oppression.

Shri Mataji: Beautiful! [Shri Mataji is laughing.]

Antonio: And when he knew, the very first time, that You are coming to Paris, he immediately prepared this letter, this lecture-

Shri Mataji: It's very good.

Antonio: To welcome you.

[The Ayatollah says: "I let You eat now." Antonio answers: "It's OK, there's no harm."]

Shri Mataji: But there is one thing, you see, the Catholics have gone astray completely. You see because they are so money-oriented. This Vatican counterfeited 9 million dollars. Imagine! It's a religious thing and distributed to its bank. Now, that's one thing.

Then, the priests are such hypocrites that they have women as their keeps, children. They go to married women. It's all now in the books in Austria.

And they were asked: "Why don't you marry?" So they said: "Because the Church does not want to give money to the widows." Now, also they are abusing, these high priests are abusing children in Canada. There is a book!

In Italy, Christian Democratic Party was ruling for 40 years. Pope told people that: "You must vote for their party", Pope. And this party is so corrupt! And they killed so many people!

In Italy, I was shocked because this Calvi [Roberto Calvi] was killed was hanged, and the one who murdered him said that: "I am from mafia but the Pope paid me." See, they are one with mafia and with Swiss banks. In that book, it was written that this Luciani, the one who was before this pope, was murdered. They suspect that this pope (PJP II) was murdered. See, how can this be God's work? Tell Me.

Antonio: He says that according to him, Shri Mataji, we should separate the reality today with those who pretend to be in the name of the religions.

Shri Mataji: Of course.

Antonio: We have to be clear-cut that there is a difference between the followers of the real religion who are sincere and they are looking really for the redemption time.

Shri Mataji: They are so simple, innocent. You see, they don't know what sort of people are there. But these horrible people are still there. They will be exposed. This year they will be exposed. They have crossed all the limits.

Antonio: He doesn't want to speak politics with you, Shri Mataji. He would like your communication to the on the spiritual and human level that -

Shri Mataji: But they don't like Veena? [Unsure]

Antonio: He has a politic life that is apart from that and he would like to tell you something.

Shri Mataji: Now, what I am saying you are in politics, it's all right. And you can talk to them on political things. But they have mixed up spirituality and politics. Especially Catholics.

Antonio: There is a judge worldwide well-known that is Khal Khalid.

Shri Mataji: A judge.

Antonio: A judge in Iran that is wordly well-known.

Lady: Which name is Khal Khalid. His name is Khal Khalid.

Antonio: He did kill 27 000 people after the revolution.

Lady: After the revolution this very famous lawyer, Iranian lawyer, he killed apparently 27 000 Iranians.

Antonio: He went to the Vatican with a delegation of 3-4 people and he was received by the Pope.

So he [The Ayatollah] reacted very much against this. In all the media, he reacted against them.

And so, he reacted so much that the official represent of the American radio went to Vatican to ask the Pope: "Why did you receive this man whose hands dirty with blood?"

And even if he doesn't agree at all with whatever is being held in Vatican, whatever else, wherever, his goal is much higher than that because he would like the respect of all the religions.

Shri Mataji: But they cannot, you see, because they are criminals. Vaticans are criminals. They got all these war criminals, protected them, took them to Argentina.

Antonio: Who?

Shri Mataji: These Vatican's.

Lady: War criminals.

Antonio: That's exactly the purpose what he is saying, Shri Mataji. We have to divide and to share one side, the ones who are taking the advantage of religions and on the other side, the ones who are following sincerely a religion.

Shri Mataji: Yes, very much. I'll tell you, they are so simple, they are so simple.

One man came to Me and he had this problem here [Left Vishuddhi], you see, this comes from the Vatican or from the Christianity. I was born in Christian religion myself. So I know.

So, you see, he had this problem [of Left Vishuddhi]. So, I asked him: "Why do you feel guilty?" "Because I am a sinner." I said: "Who told you that?"

So he says: "I have to go and confess at the time that I am a sinner." I said: "You are not." He says: "But, I am a Catholic. So what am I to do?" I said: "You don't confess, don't go to Church." He said: "I see this see these priests, they are very money-oriented and they are not good people."

And he is a simple man, you know." And their intentions are not good." He sees that himself. "But they are human beings, isn't it? So, I think that God is different and they are human beings." So innocent! He said- I said: "Then, why do we confess to such people?" I said God is not in the church. He is above. So you should not confess to a man who is not a good man. Then, he was convinced. And then I gave him Realization. But he was so innocent, so simple, educated.

Such faith they have, I tell you. They are exploiting their faith.

Antonio: Very interesting. He is saying that even when he sees that he is dealing with some people who are spiritual leaders that are not honest and that he says that he feels obliged to go a little bit in their sense because he thinks about the millions of followers that they have and that have to be saved. And he says you can convince one, maybe two, maybe three hundred. But he says that there hundreds of millions of people in this world that have to be convinced, what can we do?

Shri Mataji: Realization!

[Laughter]

But I tell you there was a Sufi in India. And very well known as Khwaja Nizamuddin Sahib. And that even Hindu - [cut in the audio].

[Shri Mataji is talking about the day when She wanted to go in a mosque and policemen were afraid of the reactions of some Muslims. So Shri Mataji asked them who were those people.]

They said: "It is Nizamuddin's people." I said: "They are mine!" So, I went there, inside [the mosque]. And, as you say, that gentleman who was supposed to be in charge was a great, great hypocrite. First thing he said: "We need some money". All right. I said: "How much?" He said: "10 000 rupees." I wanted to go his way. I thought that you see, this fellow, everybody thinks he is a big Nabib. I gave him 10 000 rupees. Because so many were there, so innocent, good people. And he also said that: "You can come in and this and that." But he was a hypocrite. Immediately, he took the money, put it on him. But can you imagine? When I came away, he died. It has happened with three like that. So, there is also another force which works. This hypocrisy will be exposed. Now, you see, if this thing happens, then all the people who are faithful, who believe in God, will receive the knowledge. And the time has come for this to be exposed. So, it's a tremendous force. But they wouldn't like us, these people who are in charge of religion they wouldn't like us. Because they are only money-interested. They are not concerned about spirituality.

Ayatollah: Exactly.

Antonio: He agrees with you Shri Mataji.

Shri Mataji: Yes, so.

Ayatollah: Exactly.

Shri Mataji: We have to do something in such a way that it is a-mass evolution. My father told Me the same: "That you have come here for a purpose." I also knew that. "So, you don't talk about religion, don't say anything about it, till you have found out what you have come for."

Now my mission was, of course, people used to get their Realization no doubt, there were people who were Nabibs also, everything. But my mission was to create an a-mass Realization. So, because of my father also, because of my husband, I met many, many people. And I could study also what was the problem inside with the human beings, you see. And when I discovered the permutations and combinations, as described in the Quran the seventh heaven was opened. That is how this a-mass business started. The seventh heaven had to open, otherwise, it would not have worked out. So, this is what is troubling these people who are hypocrites that now what will happen to them? They are quite worried because it's a-mass. Like in that hall, when you were there, everyone raised there hands except for two or three.

Antonio: He is asking if it's just before you were in London.

Shri Mataji: You were?

Antonio: In London.

Shri Mataji: In London. Yes. London in the Albert Hall. [June, 25]

London is another taken by word. London is -I can't understand - the whole of that hall, such a big hall!

I think the English are very sort of alert and they are following it up. They are trying to understand. Because in England there is lot of scholarship. Even Prince of Wales wanted to see Me, but he had this problem of this woman. So.

Antonio: Mr. Maliki is a very spiritual man who is very active as well.

Shri Mataji: I saw yesterday his hands were as cool as ice.

Antonio: He was teacher in the faculty of Bonn.

Shri Mataji: Of?

Antonio: Professor.

Shri Mataji: But, you see with all this happening now, yesterday they were there, their hands were cool. I was really happy. And you will find out, the life will change completely.

Antonio: He has lot of sympathy for you Shri Mataji.

Shri Mataji: Now we have to work together. It automatically cures you of disease, automatically. Yesterday, we had an architect there, who had blood cancer, doctors said he will die within one week's time. And now it's 8 years have passed, he is still there.

Antonio: His son is a doctor, he's in charge of 25 patients of cancer in the hospital.

Shri Mataji: Oh my God! So I will tell him how to do it!

[Laughter]

It's the control of the parasympathetic. It's absolutely scientific and tangible.

Son of Ayatollah: It's much more complicated than that.

Shri Mataji: What did he say?

Antonio: It's much more complicated than that.

Djamel: But she knows it's complicated.

Shri Mataji: No, no. I will tell you what, we have some doctors now in England, seven doctors.

One of them is a Muslim. Another Amjad is in Australia, now gone, very academic. They are now trying to record how many people have been cured. So we deal with the basic, the sympathetic nervous system and the parasympathetic. And there is one doctor, Rai, who was the head of the physiology department in Delhi University. He has written a book. So, better give him this book and let him have a look at it. And we are going to have conference of doctors, as he has been saying, because we never had any in Europe so far. So, that also I hope you will attend.

Also, there is a symposium of people who believed in the non-racialism and non-fundamentalism, mostly Muslims. First, we decided that they wanted to have big conferences. But I know these conferences are never result-oriented. So, I told them that what we can do is to get people who are wanting to do something about it. Now, then give them Realization. So they go above mental level. And then, these people can form an organisation. There could be Muslims, Christians, anything. Those who believe that fundamentalism and racialism is the greatest danger to humanity. And they can work it out.

We have to move in a different way, not in the normal way of having conferences, organisations. Now there are so many organisations floating in the air. And I told my husband, and he was very happy, he said: "I had enough of conferences." So he wants Realized souls to be in charge of even UN, my husband says that. That is his idea. And he said that by this because the people will be of a higher awareness, it will be result-oriented. And so we have to do something about it and we are thinking of doing it in September and I have to very humbly request you to come to my humble place.

Antonio: He is asking where will it be held?

Shri Mataji: It is in a small place called Cabella, Italy. It's a small village, but very beautiful. I have bought a castle there. And it's a very, very comfortable place. And the people are also very nice. So there were also some communists, also who were coming. And they said they wanted some 5 stars hotel, you see. I said: "You are not communist then if you want 5 stars hotel." [Laughter]

But we have very beautiful hotels, a very beautiful area, absolutely. It's in a valley and there are rivers flowing. It's very beautiful. And if this works out, then we can have a very international forum.

Antonio: Which date will it be, Shri Mataji?

Lady: 25th, 27th.

Shri Mataji: Please, you should also come. Because you could lead them very well. You see they are more younger people and I think your guidance will definitely be of very great help. You see, they are very well-read people of Islam, I must say. And one of them even knows Mubarak. But as you know in Algeria, and Egypt, all these places, they are having great trouble from the fundamentalists.

Antonio: He says that this is exactly the problem today.

He says that before this kind of revolution with the present government, Mr Abbas Madani,

Djamel: The chief of the fundamentalist party, Mother.

Antonio: The chief of fundamentalists in Algeria, before he was in prison, he used to phone him and to speak with him about the reality of Islam. And he never listened to him.

Shri Mataji: But they don't want. They are Jerabos [unsure]. They don't want.

Antonio: He says this man is moderate, he doesn't know. That's all.

So he told him that he should come to Algeria so that they can speak about this problem and try to solve all these, but definitely, the government of Algeria and the French government didn't want that to happen.

Shri Mataji: No no. It's dangerous with them, they are blind.

Antonio: He says that the people is almost lost, because he was betrayed for 25 years. And now there is the unemployment, there is the debt, there is all the social problems. And they do not know what to do.

Shri Mataji: But the solution is not the fundamentalism.

Antonio: He said to him that he cannot held Quran in one hand and problems in another one to solve the problems.

Shri Mataji: Because you see, they to extremes. One side they will become fundamentalism, another side, they become over-indulgent, corrupt, make money.

Antonio: According to him, Shri Mataji, the definition of fundamentalism is that these are oppressed people who reacted towards the dictator and these people didn't have any knowledge and they just reacted that way, this is his definition.

Shri Mataji: It's action and reaction, true. But, you see, they are creating a problem in their own country with their own brothers. You see, their own country is messed up. So, Sahaja Yoga is in the centre.

Antonio: He has been asked to condemn this man and he said: "No, I don't want to condemn him. If you asked me to cover a kind of negotiation-

Shri Mataji: You'll never approach him that way. You'll never approach him. You should not condemn him. But you should tell him once: "Have you seen your own country? These are your own people. You are killing your own brothers." You see? Now, what is the solution? Why they are doing this and why you are doing this? Because you are in ignorance, you are in darkness. If they see the light, they will see it clearly. This is why they should see the divine light. Then they will see that it's stupid. Because the government will also realize that this is stupid and they will also realize this is stupid.

Why, you see, what has happened now in Iran is a good example. They fought the Shah, they fought, I mean because they thought that he was not good. But now, what is their situation? Have they improved? Are they better off? Whatever their condition was at the time of Shah, it is much worst.

Ayatollah: Yes.

Shri Mataji: So this is an example to be put to all these fundamentalists that you will not achieve anything.

Now, the best way is that the government people should be given Realization so they'll become non-corrupt. And the fundamentalists also, the leaders are given Realization, they will solve all problems. There are 500 people already in Algeria who are Realized souls. All right, we have one barrister Achalan, he is a Realized soul. His parents are Realized souls, his sisters are Realized souls.

Djamel: They are quite a few people in the government who got their Realization. They came to the UK.

Shri Mataji: They came to London.

Djamel: In London and the rest [Now speaks in French]

Shri Mataji: So they have to come to the middle path. Because it's obvious once they, these militant people come in, they will become equally corrupt.

Antonio: He says, it will be worse!

[Shri Mataji is laughing.]

Majid: Mataji, he explains the sense of "integrist" and fundamentalists.

Antonio: Djamel is explaining that in English, we say fundamentalist and in French we say "integrist".

Lady: Integralists.

Antonio: But you said yourself that you don't agree with the word "integralist".

Shri Mataji: Inte?

Antonio: Integralist. Because if they were integralists, that means they would be sincere, integrated and they are not integrated. That's what you have said.

Shri Mataji: You see, the human beings, whether you are Christian, Hindu, Muslim are just the same it's a human being. All right. Once, you see, they get the power, they get corrupted. They are very few people who cannot be corrupted. But, anybody, whether you come from fundamentalism or come from this, they are corrupt. Only after Self-realization this doesn't happen.

You see, now we have people from 55 nations. Some from poor countries, some from rich country, some from, say, who have just come out of communism, all kinds. But nobody cheats, I mean. It's everything open. We, actually, don't need much money. It's done extremely spontaneously, it's a living organism. I am so bad at banking and money. I am absolutely hopeless. I'm very bad. So they have to write cheques for Me. So, despite that, you see we have no organisation, we have no president, we have no one like that. And I have never seen them fighting or quarrelling, never. No argument. But, we pull each other's legs, it's all right,

it's all right. And such purity. Nobody runs with anybody's wife, nobody looks at anybody's wife, such purity. No problem on that point, no problem at all. You see, just their eyes become so innocent. Can you imagine? This all is there for everyone. My husband says you have made them angels, really, always he says. He can't believe it.

Antonio: He is asking, how many people in the world are doing Sahaja Yoga? I said a few tens of thousands, but it's difficult to say and excluding India because India is much more.

Shri Mataji: We can't say.

Djamel: We can't say, maybe fifteen, twenty, thirty thousand perhaps, you know.

Shri Mataji: We are bad at mathematics, I agree.

Antonio: But we can make a kind of count. You are travelling for 23 years Shri Mataji giving 20 conferences per year minimum. And every conference thousands of people, so.

Shri Mataji: No, no. In Russia it's 16000, 18000. In India like that 16000, 18000.

You know, places where I never expected also, I'm surprised, never expected. Just spreading like fire. And how they have changed, you know! They were all, some of them were very great cheats in the government. They have given up. I never told them: "Don't drink". They don't drink. The drugs, they gave up overnight. I never told this. If I tell them, half of them will go away! No smoking. I mean, it's such a pure life. And they enjoy their virtue. I don't have to say: "Don't do". They just know what is -

Yesterday, those who were playing, come from a community in India which is called as scheduled caste, it's the lowest. And my brother worked on them; and look at them, can you believe? How talented they are! And we have many musicians, Muslims. They played in my presence and suddenly they got it. And they are famous all over the world.

Antonio: He could see the sincerity.

Shri Mataji: Yes, very sincere, simple and straight forward.

[A lady wants to take a photo with Shri Mataji]

Shri Mataji: She's got her Realization all right.

See her eyes. Sit down, see on her head. Shes has got it. She's feeling it. She is very religious.

Lady: Yes.

Shri Mataji: This is the "ruh".

What is it?

Lady: Arthritis.

Shri Mataji: She has arthritis all over?

Lady: She has some arthritis here.

Shri Mataji: Only in the hands? Can you take out your watch? Only here?

Lady: Only here, also here.

Shri Mataji: Just now, I told her to put her hands. This is the centre that is expressed.

She should not feel guilty at all, for anything. Not at all, never.

You see, we are human beings after all. We are not God. You tell her.

So we make mistakes, doesn't matter. God is forgiveness.

Antonio: She hopes so, Shri Mataji.

Shri Mataji: He is. He's our father. All right?

Antonio: She said that she's sweating.

Djamel: Because of heart.

Shri Mataji: Heart, only on the heart. If you catch this centre, you get angina, the heart. He can show you, angina.

Djamel: Also she has this catch between heart and Vishuddhi. Just above the heart.

Shri Mataji: What's that?

Antonio: Lalita chakra?

Shri Mataji: So, if you clear out her Vishuddhi, she'll be all right.

Now, you see, better? What is she saying?

Antonio: Very well.

Shri Mataji: Ah. See doctor? She is cured! [Laughter]

Just see, ask her to move.

Son of Ayatollah: Yes. My principle is that I don't say that something is impossible.

Shri Mataji: Yes, of course.

Son of Ayatollah: Everything is possible.

Shri Mataji: But we should open ourselves, doctor. You see, as a scientist, we must have an open mind. There could be something beyond science also. Because parasympathetic, the doctors don't know. There are so many things they don't know. So go to the basis. The fundamentals. It's much easier.

Shri Mataji: Ah, now you're all right. Her hand is cured, you see.

Can you show him, it's cured now.

They should not wear black any more in Iran, they should not. It's over now. No more. It's finished.

Antonio: I am explaining Shri Mataji, that, all that you are doing that you are curing people, giving Realization, but you are also giving the power to all these Realized souls to do the same.

Shri Mataji: Of course. Of course. Of course. Of course. No doubt. You can cure also. Of course. It hardly takes one month to master it. One month. Not seven years of education of medical science.

Son of Ayatollah: We need seven years to start medical science.

Shri Mataji: I did the same that's why.

Shri Mataji: She thinks too much. The daughter in law didn't eat her food. Where is she?

Antonio: I don't know.

Lady: She's gone out.

Shri Mataji: She didn't eat her food. She (Victoria) has liver, lots of heat, she has liver.

Shri Mataji: Better now?

Lady: Better. Heart is better, left Nabhi is there.

Shri Mataji: How is she?

Antonio: She feels better, she is good.

Lady: Peaceful. Still Agnya.

Antonio: In Iran, there's a lot of Agnya and Left Nabhi, Shri Mataji. He was the same at the beginning, Shri Mataji, a lot of Agnya and Left Nabhi.

Majid: Also, I was the same.

[Laughter]

Shri Mataji: They think too much, they think too much.

Majid: We have so many problems in Iran, every day we think about everything.

Shri Mataji: Here?

Majid: Yes.

Antonio: They keep on thinking about all these problems going on.

Shri Mataji: But with Sahaja Yoga that you don't think and problems are solved

Majid: Yes.

Shri Mataji: Better now. Ask her to watch Me without thinking.

Antonio: I'm saying because she says: "When we think, we cannot help it." I say that we can do in Sahaja Yoga. And you'll see that when the thoughts will be lower then you'll feel much more peaceful.

Shri Mataji: Now, you are no thinking.

Antonio: She says, right now I am not thinking.

Shri Mataji: Ah! Beautiful. [Laughter]

Take a photograph at the end.

Majid: I think it's perfect.

[Laughter]

Shri Mataji: She's quite enjoying it. Please stay for a while. Nothing serious, smile.

END OF PART 1

1993-0716, Why we cannot come to a common point?

View [online](#).

16 July 1993

Why We Cannot Come To A Common Point?

Public Program

NH Amsterdam Grand Hotel Krasnapolsky, Amsterdam (Holland)

Talk Language: English | Transcript (English) – Draft

Public Program, Hotel Krasnapolsky, Amsterdam, 16th July 1993

I bow to all the seekers of truth. At the very outset, I have to tell you that truth is what it is. We cannot change it, we cannot transform it, we cannot conceptualise it. Truth has to be known, through our evolutionary process, on our central nervous system. It has to be tangible. When we are seeking the truth, we have to know what we have to seek. Whatever I want to tell you today, you need not take it for granted and you should not believe me blindly. But you have to be a like scientist with an open mind and see for yourself if it is true. Then, as honest people, you have to accept it because it is for the benevolence of yourself, your country and the whole world at large.

These days we see so many problems in our life all kinds of struggles going on. On one side you see our family life is breaking; our society is breaking; people are becoming materialistic and have no place for love and affection. Everybody seems to be starving for affection and compassion. These are the worst times for peace also. There is no big war on but every country seems to be on the war path with each other. People take to all destructive measures automatically. As a result we have people who are suffering from all kinds of diseases which are incurable. There are people who are taking to drugs and heavy things which are just to destroy themselves. In the most affluent countries of Scandinavia and Switzerland, the young people are trying to compete in suicide. So this so called affluence has not helped us. There is something missing in us that we cannot come to a common point.

All these problems come to us because we do not know the absolute truth. We are following some sort of blind faith or some sort of a dogma or some sort of an artificial theory. And we believe through our rationality that whatever we are doing is good. It has not helped anyone. If you go to science, you'll find out that science is amoral. It deals with matter, but what about the living process? So I have to tell you what the truth is.

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 an all pervading power of divine love that does all the living work. Now you see all these beautiful flowers all over, especially Holland is known for its flowers, but it's a miracle that out of one seed a particular type of flower comes up. But we take it for granted; we don't even think how it works. We take everything for granted; our heart is running, how? What is the remote control for this heart of so many people? The doctors say it's the autonomous nervous system. But who is this auto?

So we turn to religion and many religions there are, but we have found that religions are only power oriented or money oriented. They are not spirit oriented. Thus we get lost there also. And out of these beautiful flowers of these great incarnations and prophets what has come out are these beautiful religions. They were born on the same tree of spirituality. They preached, of course, according to the time but people plucked these flowers and are now fighting with the dead flowers, this is mine, this is mine. Thus we have fundamentalism and all kinds of problems arising out of ignorance.

All these problems come to us from human beings. And all these problems in human beings come to us through these centres which are in our subtle system. When this subtle system is out of gear, we get physical, mental, emotional and spiritual problems. Now by any chance, if you could put these centres right and we could be one with this all pervading power of divine love, then all problems can be solved. Like this instrument, if it is not connected to the mains, it has no identity, it has no meaning.

When you are not connected... that is the yoga, it's the union. Sahaja means born with you, "saha" means with, "ja" means born. It is born with you the right to become one, "yoga", with this all pervading power. This is the resurrection. This is the last judgement. This is the last breakthrough of our evolution which we have to achieve. It's a living process of evolution. Our creator was the greatest planner. He has made beautiful instruments within us to achieve this last breakthrough of our second birth and when it happens, you can feel on your finger tips this all pervading power for the first time.

The first thing that happens to you is that you live in your present. We live in the past, which doesn't exist now anymore, which is finished or in the future which also doesn't exist. The reality is in the present. But we cannot stay in our present. A thought rises, falls off, another thought rises, falls off and we are jumping on the cusp of the past and the future thoughts. But when this power, which is in the sacrum bone, rises, awakens, both these thoughts separate and in between these thoughts there is, what you call, the present. There you do not think but you are absolutely aware. If you want you can think; if you don't want you need not think. You can stop your thinking completely. And spirituality grows in the present. As a result you develop a new dimension in your awareness which we call thoughtless awareness.

Then you start feeling this all pervading power on your finger tips. It enlightens all these five, six and seven (centres) on both the hands, fourteen points. And on these fourteen points, you can decode what they are saying. So you can feel your own centres, what's wrong with you. So there is self-knowledge. Also you can feel the centres of others. So you develop a new dimension in your awareness called collective consciousness. You can feel it on your finger tips, of anybody, far away or dead. But if you know how to correct these centres, sitting down here, then you can solve the problem. All these powers are within you. Now the spirit is the source of absolute truth. Spirit is the reflection of God almighty in your heart. So in all of us, when it is reflected, it is the collective being.

Now you can ask any question after realisation, for example, you can ask the question; "Is there God?" And you start getting absolutely a cool breeze of the divine power on your finger tips. Now there are many people who are false, who talk about God and have nothing to do with it. They just want to make money out of you. So you ask the question "Are they divine people, do they have anything to do with God or not?" You'll immediately feel, especially this here, a kind of pins and needles, maybe a little burning. From an individual to anything you can ask the question. You all will get the same answer.

Because we are not standing in reality there are fights and quarrels and nobody thinks the same way as the other thinks. There are arguments, discussion; all kinds of things but without any results. But then you don't quarrel, don't fight, nothing. You know the truth; all of you know the same truth. In the present you have peace within yourself. You become peaceful in the present state. That peace is also within yourself.

I have met people who have got, you see, great awards for peace and big, big money, just as calling them symbols of peace, I have met them. But they have no peace within. Actually they are extremely hot tempered people. So you can find out what is real and what is unreal. And also you get the power to be one with reality because of absolute knowledge. Supposing I'm holding a snake in my hand and I'm ignorant, and you tell me there is a snake in your hand and I am very adamant, I'll say "No, it's not a snake. It's a rope", I'll go on saying; "This is a rope." Till the snake bites me, I'll go on saying "No, no, this is a rope." But if there is a little light, I'll just throw away the snake. So you don't have to be told "Don't do this, don't do this", you just don't do it, whatever is destructive. It happens automatically.

Also when your attention is enlightened by your spirit, it becomes innocent. We should know that our innocence cannot be lost, cannot be destroyed; it is all there, intact. Only we can say there are some clouds. But as soon as this light comes into us, our eyes become innocent, our temperament becomes innocent. And a person of such a calibre, even paying attention to anyone, can do a lot.

As I told you that these centres are responsible for your physical, emotional and spiritual being, so believe me that your physical problems are cured. You'll be amazed to know that many incurable diseases are cured by Sahaja Yoga. A lot of research has

been done in India, as well as in England. Also there is nice book that has come out now by a doctor who was the head of a department. But if you get your realisation, after that you don't suffer from any physical trouble. May be there is some dormant sickness but it can be cured. Many mental cases have also been cured with Sahaja Yoga because you are connected with that vital force which nourishes you completely and your centres are absolutely integrated.

In short you become a saint; but you don't have to give up your families, you don't have to sacrifice and suffer. You have done all this nonsense in your last life. How can you suffer when your father God Almighty is nothing but compassion? Which father would like his son to suffer? Christ has already suffered for us. Are we going to suffer more than him? But I think this theory is there because people want to frighten you and make you suffer. I can't understand.

So actually this is the time for you to enter into the Kingdom of God where there is joy, an ocean of joy. Joy is not happiness and unhappiness; it is absolutely singular; absolute joy. We have not known ourselves at all and our brain is only active like the tip of an iceberg. Actually people become extremely dynamic and extremely compassionate. There are many artists who suddenly have become world famous after coming to Sahaja Yoga.

Now also I was surprised that in Paris, I discovered that there are many Muslims, who do not want to be fundamentalist, who have joined Sahaja Yoga. Because they say whatever I am saying is also in the Koran; and also in the Bible, that you are to be born again. But we give ourselves a certificate: "I'm born again. I'm Christian. I'm Muslim. I'm Hindu." This is all a brand. It has not helped anyone so far. Unless and until you are connected to God, how can you even pray to him? It's very misleading, and no wonder people are now giving up the idea of God. But there is God Almighty. Everything is tangible in Sahaja Yoga. It's not a blind faith.

The most surprising thing is that in countries where there was communism once upon a time, Sahaja Yoga is spreading like fire. They had no conditionings, and though their government was no good, people were very introspective. I'm in no way for communism, but what is democracy? It's a "demonocracy". There was no proper communism, there is no proper democracy. If you are going to America, you can't even wear your wedding ring. They may kill you, even for your wedding ring; where it is supposed to be the height, or the greatest type of democracy; and tremendous slavery of a very subtle nature.

Like a fashion starts in Paris for six-inch skirts (mini-skirts), so all over Europe and America you can't find any sensible skirts. We talk of individuality, but there is nothing; they are like herds, everybody is wearing the same dress. Now some clownish dress starts, everybody wants to wear the same clownish dress. Where is the individuality? There is such a slavery of materialism; all kinds of stupidity also. That they could not do in communist countries. Like this actress Elisabeth Taylor marrying nine times or eight times, I have lost count; and grown-up people going to see her honeymoon; four thousand people waiting in front of her house and ten helicopters hovering over; and the parachutes coming down taking photographs - and they fell on the trees and on the people!

I'm sure the Dutch would never accept such a thing. It's so stupid. Also I saw a film where eighty-year, ninety-year-old actors and actress, dressed up in very dazzling dresses, were going for a shake dance; very seriously. And while getting down from the car only, they were shaking. What was the need for them to go for a shake dance? Such stupid things they do.

In America I was really shocked because the problems they brought to me were so stupid. I said have they lost all their wisdom? They have no maturity of any kind. Because there is freedom, freedom to the media, they can publish anything and people take it without even thinking. They are ashamed to be mature. They do such stupid things, unbelievably absolutely subhuman. So what is our development? In America they have birthdays of dogs and celebrate it in a big way. This stupidity, idiocy that has come through our freedom, we should really be a little careful. And they feel they have no identity. In a free country why should people think they have no identity? So they start all kinds of fads.

Sahaja Yoga is not meant for idiots and stupid people. Only such people can be exploited by some false gurus or something. I mean in Boston they asked me "How many Roll Royces do you have?" - the media. I said, "I have none. I have only one car that my husband has." So they said, "We are not interested. You are not in the business".

The greatest joke is like this. There is a place called Togliatti in Russia where we have twenty two thousand practicing Sahaja Yogis, twenty two thousand. And I went there only recently after Gorbachov declared the freedom, and I have been going to America for years. So we had a meeting in Togliatti and one gentleman asked an American; "How many Sahaja Yogis you have?" So he said "In America we have fifty-six." So the Togliatti fellow says "O my God, you are fifty-six thousand, we are only twenty-two thousand!" So the America which is the epitome of development, this is the growth of their brains.

Now we have to stop and think where we are going? What is our future? What have we to achieve? It's all within you. It's your own power. It's all given to you. Your evolution is freely for you. You cannot pay for it. No effort is needed. No suffering, no mantras, nothing. You are awakened as easily as you put the seed in the mother earth and she sprouts. Because the seed has the built-in quality and the mother earth also has the built-in quality to sprout. So it is for you to know the value of your life. Not to waste it clinging on to this organisation, that organisation; no!

Try to understand what you can achieve yourself. You have all the divine powers within you. You can give realisation to people, you can cure them, you can give them peace; you can give them joy. It's all your own. The fragrance is within you which has to manifest. But we have to have respect for ourselves and concern about yourself. But if you are conditioned and don't want to open your heart, it's going to be difficult because this power of Kundalini, which is in the sacrum bone, is the power of pure desire. This bone is called sacrum, means the Greeks knew it's a sacred bone.

I know you all have some questions in your heads and now I have become quite clever, I can answer all your questions. But it's mental acrobatics. You have to go beyond the mental. So it's no use answering questions. See in this hall, there are so many lights, and you just have to put on one switch and all the lights are there, because they are built-in. But supposing I have to tell you all the history of electricity, then how it was brought to Holland, then to this hall, you'll be all bored stiff. So why not get your enlightenment? Because it is built-in within you. Tonight, I am sure, you all are going to get your self-realisation. But if you are still attached to some organisation or you are attached to some sort of idiocy, then it may not work. But if you are desirous of getting your self-realisation, you will get it.

So may God bless you.

It will take about - because we are also slaves of this watch - ten to fifteen minutes or so. So many slaveries, you see. So if you don't want to have your self-realisation, I would humbly request that you can go because it is not civil to disturb others.

At the very outset, I have to assure you that if you want your self-realisation, all of you will get it tonight. You must have full confidence.

The first thing, or we can say, the first request I have is this, that you should not feel guilty about anything whatsoever. If you have committed mistakes, you should face them that's all, but what's the use of feeling guilty. I must tell you that when you feel guilty, this centre here on the left side gets out of gear completely. And as a result, you get a horrible disease called angina, or you get spondylitis, or else you might get lethargic organs. Also it's a fashion to feel guilty. Like in Switzerland one lady told me "I'm feeling very guilty for Afghanistan". But what have you done? I mean, you have nothing to do with Afghanistan. People even feel guilty if they put the knife and fork in the wrong way. Can you imagine? All stupid types of norms that human beings have found; we start feeling guilty. All this matter, all this world is for your enjoyment, you are the masters. But if you feel guilty and this centre is catching, which I know is very much catching here, then this Kundalini won't rise, she'll stop here. So just tell yourself "I am not guilty at all", tell yourself absolutely you have done nothing wrong. After all you are not God, you are human beings and human beings have to commit mistakes. So why feel guilty, I can't understand.

So the second request is that you have to forgive everyone without even thinking about them. 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. But this centre inside the brain is like this with the optic chiasm and unless and until you forgive it won't open. So there's another hurdle. But you have already

tortured yourself quite a lot for others, now why do you want to miss this point? Many say "We can't forgive". Just say it. When I tell you; in general, don't even think of them, it's a headache.

The third condition, or request, I would say, is that you have to be absolutely confident about yourself. Whatever you have done, whatever so called mistakes you have committed. This all pervading power is the ocean of forgiveness. So be absolutely confident that you will get your realisation. Otherwise you would not have come here. I hope you will comply with these three requests of mine and achieve your self-realisation.

Now this is how it sprouts but you have to look after the growth of your spirituality. Sahaja Yoga is a living process of a living organism. The microcosm becomes the macrocosm. So you cannot just say I am doing it at home or I am doing individually. You have to come to our collective. Also you have to know that our door is open to everyone, it is free; so all kind of crazy people also might come in. You should not worry about them. These crazy people also get alright. So you must have patience with them and compassion for them. It's a collective happening, like if a nail is cut out, it doesn't grow, so you have to belong to the body which is a living organism.

This is how you transcend all races and fundamentalism and all kinds of nonsense, because God has created one world. And all the wars and strifes can end up. It is a very silent revolution and at this important time, you should join hands with us. We'll have our follow on; please all of you after realisation come to it. You won't have to pay at all. But you have to give some time to yourself and respect yourself. In the West my experience has been horrifying. For my program there will be five thousand people and for the follow up hardly three or four. While I must say in communist countries, there will be two thousand in the hall, two thousand outside. And if you say that we will have the program outside, there will be six thousand the next morning. And all the six thousand will get to it. It's very surprising; those who have never known about God are taking to reality. And gradually these countries might become very powerful, even financially. So let us be serious about it.

First we'll show you how to nourish your own centres. Keep your eyes open and see for yourself; and then we'll close our eyes and your ascent will take place. So now you have to be very comfortably sitting in your chairs. We don't have to go to the Himalayas and stand on our heads. In your chair you get your realisation. So first of all place your left hand on your lap very comfortably. Everybody must do it; left hand. Open it out. Please put the left hand; your left hand; not right. Tell him the left. She is alright. He is... the gentleman. Put your left. It's correct. They speak Hindi language? Now put your left hand. Now this left hand is symbolic because the left side is the power of desire, mundane desire. So it's symbolic that you desire your self-realisation. Now the right side is the power of action. So we use the right hand for nourishing our centres, only on the left-hand side. But we have to understand that whatever we are doing is only for tonight. I'm sorry to say but it is better you take out your shoes because this mother earth also helps us a lot. There are people who don't even want to take out...they left because of the shoes, I am surprised. It doesn't matter. So... a very small sacrifice is to take out your shoes, isn't it? Alright, now please put both your legs apart from each other. That means there are two powers.

Now you have to put your right hand on your heart. In the heart resides the spirit, I have told you. If you become the spirit, you become your own master, your own guide. There is a centre for your mastery which is created by the great masters; masters and prophets. Please put your right hand on the upper portion of your abdomen on the left-hand side. This is the centre of your mastery. I respect your freedom and I cannot force divine knowledge on you. You have to ask for it. You'll be amazed to know that the centre for pure knowledge is at the lower portion of your abdomen on the left-hand side. Again raise your hand, right hand, on to the upper portion of your abdomen. Then raise it on your heart. Then raise it in the angle of your neck and shoulder and put your head to the right. I've already told you about this centre. Now raise your right hand on your forehead across and please put down your head. This is the centre for forgiving everyone in general. Now please put your hand on the back side of your head and push back your head as far as possible. At this centre without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask forgiveness from this divine power. Now stretch your palm fully. This is the last centre. Please put the centre of your palm on top of your fontanel bone area which was a soft bone in your childhood. Now the most important thing is to push back your fingers, so there is a pressure on your scalp. Now please put down your head again, fully. Now move your hand, with a pressure on your scalp, seven times clockwise, slowly. That's all we have to do.

There is a gentleman sitting there, he is not doing anything, he should leave the hall. I would be thankful. Please leave the hall, that's very kind of you if you can leave the hall. What is he saying? He is not leaving? Why? (Henno: He is arguing). We can argue later on, just now they want to have their realisation. You are the only person, will you please go out. Yes, we'll argue later on. Thank you. By argument what can you get? Nothing!

(Self realisation)

So now we put our feet apart from each other like this. Take down your hands, take down. Put the left hand like this, on the left-hand side. You can take off your spectacles because you have to close your eyes and you need not open your eyes till I tell you.

So please put your right hand on your heart and now close your eyes. Here you have to ask a very fundamental question about yourself to me. You can call me Shri Mataji, or Mother, whatever you like. So the first question you have to ask three times: "Mother, am I the spirit? I've told you if you are the spirit, you become your own master. (Something missing? – tape goes quiet)

Now put your right hand on the upper part of your abdomen on the left-hand side and press it. Please ask another fundamental question here three times; "Mother, am I my own master?"

I've already told you that I respect your freedom and I cannot force divine knowledge on you. You have to ask for it. So please put your right hand on the lower portion of your abdomen and press it hard and ask six times, because this centre 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 we have to nourish the upper centres with our self confidence.

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

I've already told you that the truth is 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 here you have to say again with full confidence, twelve times: "Mother, I am the pure spirit."

This divine power is the ocean of knowledge, love and joy. It is the ocean of compassion and bliss but above all it is the ocean of forgiveness. And whatever mistakes you have committed are easily dissolved into this ocean of forgiveness. So now please forgive yourself and put your right hand in the corner of your neck and shoulder, and turn your head to the right. Here you have to say it with full confidence sixteen times: "Mother, I am not guilty at all."

I have explained to you already that 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. So raise your hand onto your forehead across and 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." Don't think about them. This is very important.

Now take back your hand on the back side of your head and push back your head as far as possible. Here without thinking about your mistakes, counting, or your guilt, just for your satisfaction, you have to say; "Oh, divine power, if I have done any mistakes, please forgive me."

In Sahaja Yoga, you get the actualisation of your baptism and the Kundalini is the Holy Ghost. The Holy Ghost reflected as the Kundalini which is actually the primordial mother. Now please 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. And now bend your head. Please stretch back your fingers; please stretch them back so there is a good pressure on your scalp. Here again I respect your freedom. I cannot force self-realisation on you. So you have to ask for it and so please say seven times, moving your scalp seven times: "Mother, please

give me my self-realisation." Please bend your heads forward. (Shri Mataji blows in the microphone seven times).

Now please take down your hands and open your eyes. Put both your hands like this towards me and don't think. Watch me and don't move, just keep it steady. Now put the right hand like this and bend your head and see for yourself with the left hand if there is a cool or a hot breeze coming out of your fontanel bone area. Some people get it close by, some far away, but don't keep your hand on the head. Now please take your left hand like this and put down your head again and see for yourself if there is a cool or a hot breeze coming out of your fontanel bone area. You have to move a little, see for yourself. Bend your head, bend your head it's easier. Now once again, put the right hand towards me and put down your head again and see for yourself now if there is a cool or a hot breeze coming out of your fontanel bone area.

Now please put both the hands towards the sky like this and push back your head and ask me one of the three questions which I'll tell you now. Please ask 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 three times.

Now please take down your hands. You'll feel relaxed, and all those who have felt a cool or a hot breeze on their fingers or in their hands or out of the fontanel bone area, please raise both your hands.

Wah, wah, the whole of Holland is now flowering. It's the blossom time! This is the first time you have felt it. (applause). This is the first time you have felt the cool breeze of the all pervading power which is called also as "Ruh". So now you have to grow more and I hope you'll definitely come to the follow on and in the collective. If you have any problems or questions, you should write to me, later on.

May God bless you.

Now enjoy yourself. Should we have some music? (Applause) They want to sing one song to you.

1993-0717, How to reach a higher state of awareness?

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17 July 1993

How To Reach A Higher State Of Awareness?

Public Program

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1993-0717, Public Program, Hotel Metropole

I bow to all the seekers of Truth. We have to know at the very outset that Truth is what is is. We cannot conceptualise it. We cannot change it. It has been, it is and it will be. But we have to know the absolute Truth. So far whatever we know through our human awareness is not absolute. That's why there are so many differences, so many different ideologies. This Truth we have to know on our central nervous system. It cannot be just a sermon from me or a kind of a lecture to you. It has to be tangible. And the time has come for all of you to know the absolute Truth.

But you have to be the seekers of Truth. Now the main problem with us human beings is that we are born into some sort of a community, some sort of a religion. And we accept whatever is told to us blindfolded. But the Truth is to be know as said by everyone, that you are to be born again. It is not just our own certificate that we are born again, that you become that. But it is another dimension of our awareness by which we know the Truth on our central nervous system. Whatever we have achieved in our evolution is known to us on our central nervous system. For example, a dog cannot feel the filth and the dirt.

But human beings do. When we see so many different types of ideologies, we start wondering why, when we are all human beings, why we should have different types of ideologies. It comes because of blindness and ignorance. Artificially we cannot say that you are baptized. It is the actualization of the experience which is very important. And for that this is the best time, I call it the blossom time. Now whatever I am telling you, you need not accept blindfolded. But if you experience it then, if you are honest, you'd better accept it. Because it is for your benevolence, for the benevolence of your country, for the benevolence of the whole world. You should have an open mind of a scientist. Again I say: an open mind. The first truth about yourself is that you are not this body, this mind, these conditionings, but you are the pure Spirit. And the second truth is that there is an all-pervading divine power of Love. Which does all the living work. For example you see these flowers so beautiful her.

Who runs our heart? They say it is the autonomous nervous system. But who is this auto? It's all a miracle. There are so many questions we cannot answer in the medical science. Unless and until you reach that higher state of awareness, you cannot answer all these questions. All this power is within you. It is your own power. Greeks knew that this bone is sacred, that's why they called it a Sacrum bone where this power is resting. But afterwards, the whole thing was treated as myth. And so many spiritual things were just buried under the ground. Everywhere it has happened. We have seen as a result what is happening in our democracies. What's happening to our children. In America you cannot go even with a wedding ring, it is so violent. Today while coming I really saw one girl, her purse was snatched by someone, in the car I saw, I was surprised and the man was running away. Why this insecurity has come within us? If there was God's blessings on us, then there should have been no problems. When we see all these problems around us, all kinds of violence, all kinds of diseases, drugs, we get frightened with it. Then we take to religion. But religion has reached such a state that it is just money-oriented or power-oriented. Formerly they had Inquisition when they use to brand somebody as a witch and used to torture. But what is happening in Bosnia? Christians are starving Muslims, because they are Muslims. The people who are starving them are Christians. Think they are the disciples of Christ!.

I don't think they know Christ at all. If according to their theory, the one who suffers will go to Heaven and the one who make others suffer will go to Hell, then all these Christians will go to hell directly!. In every religion you find there's nothing but fundamentalism. They call us as cult . Because we are not fundamentalists. Because after knowing the absolute Truth, we

believe in all the religions. And we worship all the incarnations and all the prophets. Actually they were born on the same tree of life. With the fragrance of spirituality. But we have plucked the flowers and we are saying this is mine, this is mine and without the fragrance, we are talking about God. I was myself born in a Christian family. And my father told me, he was a realized soul, that the fundamental Christians will never listen to You . Because Christ has said I'll send you the Holy Ghost . What about that? But Muslims are better. Because Koran talks about navis and walis, It talks about it. Even Christ has said those who are not against Me are with Me . Même le Christ a dit ceux qui ne sont pas contre Moi sont avec Moi . He was given hardly 3-4 years of public life. How much could He say?. He has even predicted about Mohamed Sahab. I feel the curse of Christian religion is Paul. He was persecuting Christ, he was christian, he killed disciples of Christ like Steven, such a nice disciple.

But he was a bureaucrat so he thought it was a very good chance to jump on the platform to take over. He was epileptic and also the other day, I read in a book that he was homosexual. And the worst disciple of Christ was Peter. He denied... He denied Christ three times. And Christ said that a satan will take you over . And this is how Paul came in and he edited the life of Christ completely in a very methodical manner. The worst thing is there is no respect of the Mother of Christ. Because he was a hater of women. And this hating of women is responsible for today's insecurity of women in the West. Paul thinks they have to all the time try to please men by showing their body, by pampering their ego. Supposing in India a husband does not care for the wife, the whole society will be on top of his head. And the woman won't care for husband at all, she'll say go to hell if you have committed sins . Their power is their chastity. As the chastity of the Mother of Christ. In the Bible, She is not described, not at all as Madonna. But just a woman. Just still on the cross, Christ said behold the Mother . And even in Koran, Mohamed Sahab says that all the Heavens lie at the lotus feet of the Mother . Among them, among Muslims there are Sufis... Who are realized souls and also accepted in the society. The other day I met somebody in Paris, a very high person in the Islamic world and he accepted Sahaja Yoga. He said it is described in Koran that there has to be kياما, the Ressurrection, we believe in Resurrection. Also it is for Christians or Hindus, everybody, they have to be resurrected to a higher state. It is just for money and power are some people who are trying to mislead others, keeping them away from Resurrection, I must say they are committing the greatest sin against the Holy Ghost. Christ has said I'll tolerate anything against Me, but nothing against the Holy Ghost.

After this ascent takes place, very surprisingly the Jews, the Hindus, the Muslims all worship Christ as the Son of God. They also know that He is the way and He is the Gate. I don't have to convince anyone. It is on their central nervous system, they can ask questions. And they get absolute answers. Christ was the Son of God, it is not a blind faith, it is a fact. But if you do not allow people to know the facts, then who can save him?. Also there is another mystery created I don't know how, Christ must have talked about Kundalini, but with this Mr Paul, it must have been gone underground... might have.... Otherwise how could He say that you are to be born again?. He said it because also in our Sanskrit language, we call a realized soul as a vijaha, means born twice. Meaning first you are born like an egg, and then you get another birth, that's why a bird is also a vijaha . If you really want to get rid of fundamentalism and all the quarrels of fundamentalisms, the best thing is to know the Truth, the absolute Truth. Thanks to Gorbachev that communism threat has gone, but the greatest threat today is fundamentalism. Because I think they are not afraid of God. There is a book about... In the name of God which says that 10 billion dollars were counterfeited. And were distributed through Vatican Bank, what do you say to that?.

And now so many things are coming out of this about Vatican things that they are doing, how can they do it? They are not afraid of God?. We have no bank, we have no organization and they call us a cult . Specially in France, the lawyers told me that the Catholic Church's eldest daughter is France.. You cannot expect any justice. One side is the Church, which is built inside the Palace of Justice. How can you be a secular State? You cannot be! And the other side, they follow Freud. How can you follow Freud if you are Christians?. Christ has said thou shall not have adulterous eyes . We are deceiving ourselves and deceiving others. Thousands of Muslims have come to Sahaja Yoga. And many thousands Christians, many more Hindus, now the greatest hope for me is that the communists have taken to Sahaja Yoga. It is surprising how in these communist countries Sahaja Yoga has spread in thousands and thousands like fire. Perhaps they did not have this stupid freedom, and also they did not have this blind faith. Their government was not alright, but the people were very introspective, this I noticed a long time ago when I visited Russia with My husband. Russians told me it is written, predicted that the Wisdom will come from India. Even the Chinese believed in it. We were ruled for three hundred years by these Britishers, 300 years!. India was the richest country. They took away all our diamonds, emeralds, gold, silver, clothes, everything, they cleansed us completely.