

that you see, are already dead. Take up arms and kill them". He did not teach the violence of modern times, where you fight to save the lives of worms and insects. Am I expected to raise the Kundalini of the worms and insects that you are protecting? Shri Krishna said – "Kill all of them. Even your guru has to be killed!" We must try to understand the dharma of that, in a complete way.

Do you know the story of Karn. His feet were entangled in his chariot, and Arjun raised his bow. Karn said "Look, I am a warrior and you are a warrior, and if a warrior is unarmed, you cannot attack him". Shri Krishna pointed a finger at him and asked him, "When Draupadi was being abused and disrobed, where was your warrior's bravery? Kill him, Arjun!" He did not teach him non-violence! He taught the destruction of corrupt and wicked people.

But we people practise non-violence for corrupt people, and violence against honest and righteous people. Among us there are many who protects bugs and insects; but if we have to recover debts from a man, we do not mind putting his wife and children on the streets. If we have to insult and disgrace him, we will do so; even if we know that he is the only bread earner of his family. This is not Dharma. It is adharma (against dharma).

The interpretation and meaning of Dharma, we have to learn from the incarnations. They came in our lifetime to establish the qualities of the chakras within us. And not only this, but they demonstrated by examples, which we should try to understand.

Now the next Chakra after dharma, is the Chakra of Shri Jagaddamba, which was worshipped in a bhajan just now. Shri Jagaddamba is enthroned in the center of the Heart. This chakra comprises of 12 petals. Up to the age of 12, Shri Jagaddamba, whose one name is also Bhramarambha (creator of antibodies), creates these Bhramars (antibodies) in the Sternum bone, which is called antibodies in English. She creates and gets them ready by the age of 12. If any child is attacked by any disease, these Bhramars fight and destroy the attacking entities. After the age of 12, these antibodies spread throughout the body. And just like our All India Radio, this sternum bone sends signals to the antibodies all over our body to go into formation and destroy the attackers. These antibodies destroy all attacks and invasions from negative forces. And sometimes they also get struck down.

Women suffer more from these attacks, because they do not have the confidence that Shri Jagaddamba is our Mother, and She is all powerful. This great Shakti, Who cares for all, nourishes and protects, is our Mother, Shri Jagaddamba. If the husband threatens or scolds her, she becomes timid and frightened, and cowers down. In our country, where brave women like Padmini were produced, they should serve as examples to our women. In history they are very much existing. But today's women who are frightened and timid, the men suppress them more than necessary. And do not care for them. In such circumstances this heart chakra gets affected, and usually causes breast cancer.

This chakra even gets caught up in men. When this happens they become timid, and become afraid of little, little things. The hands and feet start trembling, and whatever he tries to do, he is always afraid. Jagaddamba is the Shakti. Just look here how She is seated in the middle of the heart. When the saintly people rise from the Bhavasagar and travel towards the heart, She protects and guides them, and helps them, and lifts them higher.

You know very well that the Devi took many incarnations on this earth. Even in your Rajasthan She came as Sati Devi and stayed for a very short time, and in that short time She demonstrated Her Shakti. All the rulers and kings of this place worshipped the Shakti. In spite of this, there is a kind of fear in the hearts of the people here. Satya, (the truth) should not cause any fear. The person who stands on the truth does not fear anyone. He stands before the whole world and defends the truth.

In 1970, in the famous Jehangir Cawasji Hall, I publicly pronounced the names of each and every rakshasa (demon) and devil who had taken birth on this earth, and who they were in their original form. I named them all, one by one. And not a single person made a case against Me, nor did anyone try to attack Me. One devotee said, "Shri Mataji, these are dangerous people and they will shoot You or harm You." I said, "Bring one such person before Me and I will see what he can do." They will start trembling and shaking before Me. Even after seeing this great Shakti, who is our Mother, we are still afraid and cowardly. One of the reasons could be that we do not know the meaning of bravery and heroism. We have not understood the meaning of valour. And we did not honour the truth. Those who walk on the path of untruth are cowardly. The Mother only recognises those who tread

the path of truth. She only adorns and protects them. And we realise that within us exists Shri Jagaddamba, and we are going to awaken all Her powers within us. Many ailments are caused due to weakness of the Jagaddamba tattwa.

The Chakra which you see on the right side, is what we call as Right Heart. This chakra gets caught a lot in Rajasthan. It is the Chakra of Shri Rama. Shri Rama is the Purushottam (foremost among men). Those who are afraid of political matters get caught on this chakra, very often. Shri Rama was an exemplary King. They should worship Him. Why should they be afraid of any government. When He reigns here, what is the cause to be afraid of the government. He was Maryada Purushottam (most honourable and dignified), and in the same way if you live within the boundaries of good conduct, no government can touch you. And He is all powerful to protect you in every way.

When this chakra gets caught, a person gets asthma. This is the chakra of the Father, because Shri Rama is the embodiment of Fatherhood. If any child has problems with the father; or the father has problems with the child; or if there is no father, like in childhood the father dies, or there is any problem of the father, or the father is teaching the child wrong things, then this chakra gets caught. And with that you develop asthma. This can be cured. But this does not mean that you bring all asthma patients to Me!

It means that first you get your Kundalini awakening, and then set right this chakra. When the Kundalini rises – some people have a beautiful Kundalini. She rises and takes Her place in a second. And after that they just do not get any illnesses or problems. This is one kind of kundalini.

After this there are some people whose Kundalini rises, but keeps falling again and again. Such people should raise their kundalini again and again, because the injection of Kundalini is your medicine; is your cure. She is your doctor. She is your caretaker. She is your everything. If this shakti does not flow within you, then My Hands cannot work anything.

And then there is the third kind, whose Kundalini is frozen. She just does not rise. It is difficult to set right this kind of a person. Those who have Shraddha, faith and who say that yes, there has been some change in me, something is happening, in such people the Kundalini starts working. There are many. I have set right their problems, I have cured many. I have seen that out of this lot very few people settle down into Sahaja Yoga.

We should realise that why should I enlighten such lamps who are not going to give light. What is the use of lighting such lamps which have only come here to improve their health or get cured. Lots of wrestlers who are healthy, come to Me and ask Me, Shri Mataji please give us peace. If your health improves, will everything else get alright? One chakra will get alright, then the other chakra will become affected. Today you will get one disease, and tomorrow something else will happen to you. Is this My job from morning till night. One requirement is worthiness, and the other is humility. Many people are of the impression that by coming into Sahaja Yoga they are doing a big favour or obliging Me. They don't realise that this is their great good fortune that today I came, and my kundalini got awakened, and I achieved this great happening. It is only when a human being realises this fact, that God accepts him. But man has so much ego that he thinks he has obliged Me by coming here. It is God that has obliged me. We should be grateful to Him. We should thank Him that, God you gave me this opportunity to come here, to Your doorstep.

Those who come only to cure their illnesses, My Attention just does not go to them! Yes, once the Kundalini is awakened, and once She rises within you, then various kinds of illnesses, like what I told you yesterday, and other superficial problems, do get cured. But the Kundalini has to be established with some practices. And of course it is true as Mrs. Pardhal said, she had angina and in ten minutes she got cured. But I know her entire family, and she is different from all of them. What can I do about this. Some fruits ripen and become sweet early; some take longer to ripen, and some get rotten before they can get ripe.

Those who come only to cure their illnesses, My Attention does not even go towards them. Of course, when the Kundalini rises, then all the superficial illnesses like I told you yesterday, get cured. But we have to establish the Kundalini by practising Sahaja Yoga and learning the techniques. Mrs. Pardhal got cured in ten minutes. I know her entire family, but this soul is different. What can I do. That is why it is important that Kundalini should be awakened, and we should know where to take Her attention, which chakra is having a problem, how to take Her Attention to it, and whatever advice sahaja yogis give, we should follow that

faithfully. All this has to be understood.

Now, above this chakra, at the base of the throat, is the chakra which we call as Shri Krishna's Chakra. This is the Krishna who played with the gopas and gopis (young people of the cow herd community). This chakra is situated in the middle of the throat. But nowadays there are funny people who claim that the Shri Krishna who gave us the Gita is different, and the Shri Krishna who played with the gopas and gopis is different.

This Chakra in the throat has sixteen petals. It is called Vishuddhi, which means stainless and pure, because He was absolutely Vishuddh (sinless), as He is Yogeshwara. Nothing impure can stick to Yogeshwara. That you are well aware of. He is Yogeshwara, and a perfectly vishuddh (pure) atma. And when you reach the state of Vishuddhi everything looks like a play. And you become a witness and watch the play. Nothing affects you, when you become a sakshi (witness), and watch. In this new state you know it is all a play. Because as long as you were in the Bhavasagar (ocean of illusion), you saw all the dangers around you. But now you have got into the boat and you are safely watching. You come into a witness state. When you come into this state, you just become a witness and watch without reacting. And nothing disturbs you.

The second thing is that for all the questions that you had, the solutions start coming once you get out of it. As long as you are involved into your problems there cannot be any solutions. It is only when you come out of it, the questions can be resolved. So this place here, on the throat, which is the place of Shri Krishna, this also has two parts. You can say, the left side and the right side.

The left side is the place of Vishnumaya. You know about Shri Vishnumaya who was the sister of Shri Krishna, who went up into the heavens and made a divine announcement (Akashvani). She announced to Kansa that the one who has come to destroy you, is still alive. That same Akashvani works even now, as lightning waves. You will see that in My photographs these waves of light show up in amazing ways. And this camera which we consider as a normal instrument, it captures such photos of Mine that you will be surprised. It has even taken pictures of My face in the clouds. This is the work of Akashvani. That is the power of Vishnumaya.

Regarding Vishnumaya I have to tell you that there is no proper understanding of the relationship of brother and sister. When there is no virtue and purity (shuchita) inside us. When we put our impure eyes on other women, then this chakra gets caught. Or if we keep feeling guilty that we are sinners, we have made mistakes; or unnecessarily blaming ourselves, then also this chakra catches. Because there are some pompous people who come and tell you that you are sinners, you have done wrong, this world is wicked, etc.. And who is that person who feels that he is a great saint or dharamatma (saintly soul). By constantly hearing this kind of talk, people sink low in their own estimation, and this gives a catch on their left Vishuddhi, and together with this catch, if the heart Chakra also gets disturbed, then one can get the dangerous condition of Angina.

In our society, it is the woman who is always blamed by the family, by the husband, or by anyone, that you are not good. That you are bad. This has an effect of disturbing the left Vishuddhi, and many ailments can happen, especially angina.

Now, on the right side there resides, as we call in Marathi as Vitthala, or which you call as the King of Dwaraka, Shri Krishna. When He played with the gopas and gopis, His place in the Vishuddhi was in the Center Vishuddhi; and when He ruled in Dwaraka as the King, then He took His place on the Right Vishuddhi. And on the left, His Shakti, which was in the form of the female energy, came as His sister, Vishnumaya. In the center, His Shakti came as Radha, and on the right side, His Shakti came as His wife Rukmini. As I told you He has five Shaktis; plus 16000 Shaktis in this Vitthal area. The right Vishuddhi is the place of Vitthala. But even here there are so many distortions. The murthy (form or image) of Vitthala is in Pandharpur. He manifests there, just as you have a swayambhu here.

After this manifestation, the people started their usual business there. For a whole month they keep tobacco in the mouth, and keep chanting "Vitthala, Vitthala!" and go walking for miles, towards the temple. Now this tobacco is totally against Shri Krishna. He does not like tobacco at all. Those who eat tobacco, this chakra of theirs gets spoilt, and those who smoke tobacco, also spoil this chakra, and end up with cancer. The treatment for this is to take inhalation of ajwain smoke (carrom seeds). Make a

roll of dried ajwain leaves and smoke that. Shri Krishna becomes pleased with this.

The second treatment is to float a small blob of butter on a cup of hot milk or hot water, and drink this. Butter is the favorite of Shri Krishna. Put a few drops of melted ghee in your nose. Ghee and a little camphor, because He also likes the smell of camphor. So add a little camphor in the hot ghee, put it in a bottle, and use it for your nose. Rub some camphor on your forehead. If you do whatever Shri Krishna likes, he becomes pleased, and your Vishuddhi gets alright. Your cancer can be cured. All your other problems can be cured. Because when your throat gets caught, My throat also gets caught. And I have to spend a lot of time and effort to make it alright.

Some people's Kundalini is like a mountain, and just cannot be raised. It requires a lot of effort. In the Vishuddhi there are three coils or twists sitting. The left vishuddhi gets badly caught if you have taken wrong mantras from false gurus, and are chanting them from morning till night. Now for all these problems there are solutions in Sahaja Yoga. There is a mantra for every problem; there are also other methods, like using water, fire and other elements, or things like vibrated sugar, salt, etc..

Now the Agnya Chakra is in the middle of the forehead. This is the seat of Maha Vishnu, and a description of this has been beautifully given by Markandeya in the Devi Mahatmyam. But who reads Devi Mahatmyam in these times. This is the place of Mahavishnu. And here and here (left and right) these two places, we have Buddha on the left side, and Mahavira on the right side.

Now, even in the case of Buddha, people have spoilt the name of Buddha. He had said, do not talk about God first. Don't talk about God, and not even His images, because until one gets realisation we cannot say what kinds of objects people will start worshipping. If they see a stone, they will start worshipping it. How can one know which stone is to be worshipped and which is not. That is why he said: Get your realisation! Realisation! Realisation! Get this knowledge first. That is why people started saying that He is talking like an atheist. That is not so. He was a very practical person. In the beginning even I said – First get your realisation and then we can talk. Like you saw yesterday, one person announced that he did not want realisation. Then why did he come here. Here there is only one activity, and that is getting your self realisation. Nothing else. This is what Buddha said. Get your realisation first. But what he said was, do not perform any pujas and worship, but just get your realisation. Receive it. But they started creating funny kinds of practices, and started following the falsehood and pretence.

What can we say about Mahavirji. He was Sakshat (verily) Shri Bhairavnath. A very great person. One day he was meditating in the forest, and when he was returning to his palace, half of his robe got caught in a protruding branch, and it got removed from his body. Now don't misunderstand Me. Things which are wrong upset Me greatly. I have been greatly upset, because He was My son. So since half of his dress got torn, he was returning with only half the cloth on his body. Shri Krishna Himself, in the form of a devotee, put him to the test. He said, you are a great auliya (holy person) and you are an avadoot (ascetic). Your need is not so great as mine. See, I have nothing to wear. I am unclad. So he removed the remaining cloth and gave it to him for a moment. He was a prince, and lived a royal life. For just one moment he was without any clothes; and he quickly entered his palace. Now this incident has been wrongly used, out of proportion, by the people, and this pains Me. Ask a mother how she feels. Is this the way he is to be disrespected! They keep parading his unclad form all over the world. And some of them even walk naked on the roads, insulting the name of this great deity. Is this what Mahavir taught. First you become like Mahavir and then we will see. I get so sad and upset, that sometimes I feel the sins committed by these people is too great to be washed away. Those who have openly insulted this great incarnation by making vulgar images in stone, cement, and whatever they could get, how can God forgive such people.

Neminath was a cousin of Shri Krishna – (His father's brother's son). During his marriage, for the feast, many animals and birds were brought to be killed. When he saw this he was filled with aversion. It happens sometimes. So he made a declaration that he would never be a party to cruelty to anyone or anything. But now people are even protecting worms and bugs. Is this what he meant we should do. From where to where people can misrepresent and misinterpret situations. At least we should try to learn the truth of what was spoken by these great souls.

I have spoken to a lot of Jain ascetics and asked them – Why don't you meditate in the way that Mahavira has taught, instead of building temples. So they told Me, Mother if we do a lot of meditation we get shudra siddhis (low level powers). So I told them,

come into Sahaja Yoga and we will teach you the right way to Meditate. It is only now that the Jain community has understood that whatever Mahavirji taught, the same thing is being taught by Shri Mataji. And whatever Buddha taught, that also Shri Mataji is teaching here. And it is not advisable to waste one's money and attention on useless things.

And the third great incarnation was Issa Masih (Jesus Christ). You can say that we wear the blood of Christ here on the forehead. Now what can I say about the stupidity of the Christians. They are so ill informed, that one cannot reason with them. They are dogmatic and stubborn. We think that Muslims are dogmatic. But these people are the most ignorant, stubborn and dogmatic. They have never really understood Christ. Christ is placed on the forehead, here, on the optic chiasma. And that is why He said, "Thou shalt not have adulterous eyes!". That your eyes should be innocent and pure. That no kind of lust should be there. Can anyone find a Christian with this quality. In whose eyes there is no lust or greed. One quality that He emphasised the most, that quality is not there. Everywhere the situation is the same.

We have been taught one thing, that the Spirit resides within all of us. But we have made something else out of it. We have made the Caste System. Classifying the caste of a person by the circumstance of his birth, is absolutely wrong. If this system is right, then Vyasji could never have written the Holy Books. Those who know, are fully aware of the circumstance of his birth. What do you know. He was the son of Matsyagandha, a woman of the fisherman community. And she was not even married! So how could Vyasji have written that birth determines caste. But people have decided that if you are born in a brahmin home, you are a brahmin. You have to become a brahmin. That is what I am trying to explain to you.

Now we have to decide that all the mistaken notions that we have about Dharma (religion) have to be corrected. If we do not understand and accept the truth as it is, we cannot be accepted as dharmic (righteous) people. Like Shri Krishna said, Kill them. They are already dead!" It is like that. Whatever is the truth, we have to attain that. We have to accept that. Only then all the false ideas of religion will go away. And the one, real religion, will be established, and all of us will belong to it. Because all of those who came said one and the same thing.

Now the three chakras that I told you about, are here on the forehead – Buddha, Mahavira and Issa Masih (Jesus Christ). These three came, and their lives were one of Tapasya (austerity). Now in the Vedas our seven stithis (states) have been described. Bhu – Bhu means the earth. Shri Ganesha is made out of the earth. Bhurva – means Antariksh (firmament, space). Shri Brahmadev made this Antariksh. It only means the tattwa (the element ((t, the principle). Bhu, Bhurva, Swaha! Swaha is on the Nabhi Chakra. Where we eat everything; where the fire consumes. This is the seat of Lakshmi Narayan. Bhu, Bhurva, Swaha.

Mana, this Mana, the place of Ma, is the place of Jagaddamba. Jana, Vishuddhi. Jana becomes Shri Krishna. Awakened concept of Jana is collectivity. He descended among the Jana. He was verily Viraat. Shri Krishna is sakshat Viraat. Every cell and limb of the creation is within Him. He is the Collective Body.

And then Tapa (austerity). All three of these did Tapa. And finally, on the crown, Sahasrara, is the Satya (Truth). The truth given by Adi Shakti. In this way, all the Tattwas (elements or principles) that are mentioned, the same thing is in a Vishad (clear, lucid) form in Bhakti Marg as described by the devas and devis, is the truth. The absolute truth. There is one limb on this side, and another limb on that side. But that people would catch hold of one hand, and fight with the people holding the other hand, what should we make of this? In this way both the hands will break, and in fact they have broken!

But fighting between sakar and nirakar, (form and formless) is also pointless. All of you come into sakar, and then you will understand how nirakar becomes sakar, and how sakar becomes nirakar. This is a point to be understood.

But I will do varnan (expound) Satya. And apart from Satya, we are not going to accept anything else. Today I have told you as much as possible about the Chakras. To explain Sahasrara will require a lot of time. So today I will tell you something about the Atma (Spirit).

The Atma resides within us. And many people call it the reflection of what we call as Sadashiva (God Almighty). Sadashiva never takes an incarnation. His reflection within us is called as Atma. And His Shakti (energy) which is His Desire, is called as Adi

Shakti. Her reflection within us, is the Kundalini. When the Atma comes into contact with the Kundalini, then we say that Yoga has taken place. This is a happening which has to take place. It is not just a saying, or a certificate which is given to you that you are a realised soul. You cannot wear a label on your head saying that I have become a realised soul. Or I am this, or I am that. No. When this self realisation happens, the light of the Spirit starts shining in your attention.

As soon as that light comes into your attention, just like Dr.Talwar told you just now, that as soon as Shri Mataji enters She knows all about each one of you. If My attention is enlightened, then definitely I will know everything about you. If My attention is all encompassing, and there is also light, then definitely I will be able to know everything about you. When your attention gets enlightened, then you will also know what is the truth.

Like some person gives a very fiery speech, speaks very powerfully, and does a lot of drama too, every one falls into his trap and starts chanting Guru Maharaj, Guru Maharaj. Later on you will discover that only ten days ago he was released from a jail. Ten months after that you will see this news.

(Aside – You please come inside and sit down, because movement disturbs the attention of the people. Tell the children also to come inside. No need to peep from outside.)

So these kinds of people you will meet almost every day. Today one babaji will come. Then tomorrow another will come. They have taken so much money and gone. They have taken away so many of your valuables. I really don't know how they come. Just like, during monsoons we have a lot of frogs croaking, in the same way these false gurus mushroom all over. Today I saw so many people admitting that they are followers of this guru or that. Wherever I go, I hear about new babajis.

So it is only through your Atma that you will be able to judge who is genuine and who is false. Because this is the complete Tattwa, which you call as Absolute. There are no two options. It is "Kevalam" – One, and only One. We may not say it openly, but from inside we have been able to make the right judgement about a person. And whatever we feel, that is the truth.

You might ask, how is this possible. Because the one who knows is only the pure Atma, and is the pure knowledge. Only pure knowledge. He does not know non knowledge. And in that pure knowledge, he will tell you that this is what it is. Means he is the embodiment of truth. Before your eyes he will become verily the witness.

In the beginning you will have to use your hands, and the vibrations on your hands, to get the information as to what chakras are catching in a person, or what negativities are within him. But with constant practice you will become such an expert, that just by looking at someone, you will be able to judge the truth. Many people will deny that, no we do not have a guru, or we do not follow any guru. But the realised soul will feel that something in your void is having spasms. But they will insist, no, we have no guru. But we have to coax them to tell the name, so that they can be released from the catches of that guru. But they will not reveal the name. This is only wasting My time and their time. I have so much work to do, involving the whole universe, and you are stuck in these small small things. Why cant you get rid of them. In this way when you become aware of your own truth, you get surprised that you can look within yourself, and wonder how did this negativity enter my being. From where did it come.

I was speaking with a girl. I asked her why is your liver having a problem, and you are so young. It is the person who thinks too much who gets problems with the liver. Do you eat too much of fried foods. No, she said. I don't even like such food. It seems this has been with me from the time I was born. Did your mother consume alcohol? No, she said. My mother never took alcohol. But my father used to drink. I saw that if the father is an alcoholic, then the child will be born with a bad liver. So you give such a boon to your child. The child gets a bad liver even before it is born, and after it is born it gets jaundice. If the father is an alcoholic; if the father's liver is bad, if the mother's liver is bad, the child will get a bad liver.

So to know the truth, we must keep our chitth (attention) clean. This does not mean that you sit and wash your attention. When you sit in meditation, and when your kundalini crosses the Agnya and enters Sahasrara, you will become Nirvichar (thoughtless). This space of thoughtlessness, between two thoughts, should be extended again and again, and lengthen the time of thoughtless awareness. At that time your attention becomes peaceful. You can see that when there is peace and quiet, then only

a plant grows. In this way, when you become Nirvichar, and you are in silence, then only your tree will grow. And there is progress. You will know the truth about everything.

Of course, My case is different. But many sahaja yogis have also said, that Shri Mataji we don't know how it happens, but we can feel that a particular shop will have what we need, and when we go in they have exactly what we require. And we get what we want. Also, something made us go in a particular direction, and there a sahaja yogi was sitting and waiting for us, saying that I was waiting for you because one of my relations is sick and we need your help. Little little things here and there, become into big events, and it is really surprising. And you will know the truth on its tattwa (principle). That where has the tattwa gone wrong. Like in a tree, if the leaves are getting spoilt, then you cannot cure it by attending to the leaves. You have to go down to the roots. The root of the problem. And then the tree gets alright.

So first of all you get the knowledge on your finger tips. You get the vid, the knowledge, on your fingertips, and you know what is the problem and where it has to be cured. Knowledge of the whole world comes within you.

Once I was travelling in Maharashtra. There we have to sit in bullock carts. And when I started talking to the cart driver, I thought, this is the great poet Kabir sitting here are driving a bullock cart. I asked him, how do you know all this divine knowledge. He said, "Ma, this was already inside me. You gave me the light inside, and now I can see everything and know everything. Whatever I am saying is right, isn't it." I said, "Yes. It is so amazing that you are speaking so much of truth". What university did Tukaram attend. Which university did Gyaneshwarji study in. Nor were they incarnations. But what knowledgeable people they were. Where did this knowledge come from. All this knowledge, this pure knowledge, which is within us, that is the knowledge that you also achieve. This is the light of the spirit, which when it starts burning, enlightens your attention and you can know a snake from a snake, and a rope from a rope. There are innumerable such instances, but there is no time now to go into that.

So this is the truth. It is also the attention. Atma is the collective consciousness. It is like, within the Virata's body, you are every cell inside. But this cell is not aware that it is a part and parcel of the Virata's body. When his atma is awakened, then he becomes conscious of the fact that he is permeating the body of the Virat. His collective consciousness gets awakened. His attention becomes collective. The person inside whom the light of the spirit starts to shine, his attention becomes part of the collective consciousness. It not only tells you what is wrong with yourself, because it has manifested inside you, but it also makes you aware of the problems of others.

And if you know the technique of curing the problem, then that also becomes alright. That is the whole Samagra Gyan (complete knowledge of the whole), not compartmental. Like if you go to a doctor and you have a problem in the stomach, he will send you to a Dentist. He will remove all your teeth. Another doctor will tear your eardrums and say now your ears are alright. The third doctor will remove your eye and say now your eyes are alright. And in the end you come back really sick. Doctors in the audience, please excuse Me! But in sahaja yoga you get samagra gyan, meaning that someone comes and says "Ma, there is a pain in my stomach. Give him medicine for the stomach". But this problem is not of the stomach. Some other entity has entered the stomach. That has to be removed. He is under the influence of someone else. Some black magic has been done. That has to be removed.

Samagra gyan comes in sahaja yoga. Not this, that take him to some psychologist, or someone else. These are like children. Up to now they have known nothing. The absolute knowledge is within you, and even little, little children know all these things. Small, small children know this absolute knowledge. I have a grand daughter. When she was very small her father and mother had gone to Ladakh, and there they met a Lamaji. Lamas will only be Lamas. So the Lama was sitting. They are all strange, one bigger than the other. How many names can one take. The girl was small. She looked at him. Everyone was touching his feet, so her parents felt it will look bad if they didn't also touch his feet. But this made the little girl angry. She looked up at him and said loudly – "If you shave your head and wear a Toga, you do not become a realised soul. Why are you making everyone touch your feet." She felt his bad vibrations, and just stood up and said "You get down from there!" A five year old child told him off.

There is another one called Prachhanandji. And there was a very great Rishi – What was his name. A great soul from South of India. And for this Rishi there was a big function and we all went. There this Pakhanandji was sitting, wearing a big Choga. My

grand daughter who was sitting in the front row, called out to Me. "Naani (Grandmother)! The one who is wearing a maxi, chase him out. A lot of heat is coming from him. We are all burning!" A lot of sahaja yogis were also there, and they all started laughing.

Such great saints, these little, little ones are produced. The reason is that their attention is enlightened with the light of the spirit. But the biggest gift of God is this, that your bodily ailments get alright, your mental condition improves, and you get all the material benefits which makes you comfortably off. After all the arrangements are taken care of, the greatest thing that you get is Anand (Joy). Only Anand. You experience Niranand. In Anand there are no two things like happiness and unhappiness. Anand is one, absolute. You cannot experience that without the knowledge of the self. It is the simple minded, innocent people, who grasp it immediately. While those who are intellectuals, get lost in asking questions, like why this finger, why that. How to work it from here, and why in that way, etc..

But those who are simple and open hearted, they are swimming in the ocean of joy. And get all their knowledge in a spontaneous way. In this way, the spirit which is the embodiment of Sat (truth) Chith (attention) Anand (joy), that manifests in their clean and pure understanding; and people who see him, they are amazed that this man, O God, from where to where he has reached. How did this rough stone become a diamond.

Today the time has come. This is verily the blossom time, when countless, countless flowers are going to get transformed into fruit. All this is working out, because the time has come. This is the time, and may all of you transform from blossoms into fruit; and whatever merits and rewards you have earned, you collect them now. Whatever you have imagined or believed in before is not God. Paramatma is paramatma (Almighty) and cannot be changed. You will have to change your concepts and understand the actual Paramatma . Leave aside your beliefs and expectations, and behold the truth; just like a scientist accepts after the experiment gives proof. That what is this thing in reality, and see it in its true form.

May God Almighty bless you always.

#### REALIZATION PROGRAM

Today is the last day. I came here only for two days, but I see there are so many of my devotees. I thought it was going to be like the last time when many people were eating my head. So I thought it is better to go away in two days. Next time I will come for eight days. You people can also go to Delhi, where there is a 7-day program, in Barakhamba Road, Shankar Lal Hall, at 7 p.m. People come from Madras also. Jaipur people should definitely come. You know that many foreigners have come several thousand miles to come to this program. Three hundred and seventy foreigners had come. I bring only selected people, because it is very difficult to arrange their stay. Most of them have left. Very few who were remaining who have come to Jaipur.

I had told you that if you have any questions, write them down and give them to Me, but no one has asked me any questions, which means no one has any questions. Now, it's a matter of experiencing. So today we will raise the Kundalini again and like yesterday we will also meditate today. Doctor has explained to you in the morning how you should improve your chakras and how you can keep yourself in Mother's shield. There are people who have many badhas or blocks. They should get rid of these badhas religiously and humbly. With effort, all kinds of diseases can be cured. Some people may need more time, some less. Mental diseases also can be cured. It is free of cost, but with effort and reverence it can be done. Getting Self-realization is effortless, but not for all. You must have noticed that some people get it after very hard work. The reason for this is there are many twists and turns in our lives. No problem; I have come here to work very hard with you.

Remember one thing, that to collect money in the name of God is a great sin. It is all right if you contribute money for the construction of a temple, or buying a bulb, and so on, but you can never buy the All-pervading Power of God's Love. You cannot pay for that, as God doesn't understand money. This is simple, or Sahaj, and simple people will get it very easily. The more complicated you are, the more difficult it is to get this.

Today, I have to take leave of you, and as a mother I am feeling very sad to leave you all. The seed has started germinating in you, and you are like small children. Take care of this, and yourself, and grow in Sahaja. Don't leave this. Try to grow in this. As



long as the seed does not germinate, it is all right, but once it has started germinating, it should start implementing also. Otherwise it will go to waste.

Now, like yesterday, this is the left side and that is the right side. I will address the left right only, so that most people can understand. Our left hand is the power of desire, which is Mahakali's power, our right hand is the power of action, which is Mahasaraswati's power, and the center path is that of Mahalaxmi. I could not talk about these deities as there was no time. Whenever I have time, I will explain all the information about Mahalaxmi, Sitaji, Radhaji and so on.

Now, keep your left hand towards Me, and use your right hand. The left hand should be towards Me, all the time. If anyone wants to go, please go away now. It is not right to disturb anyone in the middle of meditation. It will take ten to fifteen minutes. You should not cause any fuss during meditation sessions. So, if you don't want this, please go away. This cannot be forced on you. You have to ask for it. You have to ask for it. Remember, I am not going to gain anything out of this.

Now, with your left hand towards Me, put your right hand on your heart. Today, we have spoken about spirit. So here, we have to ask our spirit a question, three times, with our eyes closed. Then, on the left side of our upper abdomen, we have to ask the second question. Then, you have to take the right hand to the lower part of your abdomen. Then, you have to bring the same hand back to the upper abdomen and then to your heart. Then you have to bring your right hand to the neck and shoulder joint, on the left side. Many people keep from this side, from the other side, like you wear the sacred thread. Then, you have to put your hand across your forehead and press on the temples. Then take your hand behind your head, press it and push back your head. Then stretch your palm, putting it on your fontanelle bone; push your fingers backwards, and give pressure and rotate your scalp seven times, by giving pressure on your hand. This is all you have to do.

Now close your eyes. Yesterday, people were using the wrong hand. This is your left hand. Keep your left hand towards Me throughout the session. Now, with the right hand, the action is done on the left side. If you understand this, then there is no problem. Now, close your eyes, and remove your spectacles also. Now, sit comfortably in sahajasan and keep your body straight. The neck should not lean to the front or to the back. Keep it straight. Now your left hand should be towards Me. Left hand all the time towards Me.

Now put your right hand on your heart, and ask a question, "Mother, am I a spirit? Mother, am I a spirit?" Ask this three times. This is a prime question.

Now put your right hand on the left side of your upper abdomen and press. This is the place of the great Masters. Here you ask Me another question, three times: "Mother, am I my own master?" If you are a spirit, then you are your own master.

Now take your right hand to the lower part of your abdomen, on the left side. This is the place of pure knowledge, and I cannot force this knowledge on you. Knowing full well the Divine law and the true knowledge of the Divine, you have to ask here, "Mother, please give me the pure knowledge." Leaving behind your ego, ask very humbly, "Mother, please give me the pure knowledge." You have to say this six times as there are six petals in the Swadishthana Chakra. Hmmm.

Now, bring your right hand to the upper abdomen again, on the left side, which is your master's place. Now that the Kundalini has started awakening, you have to convince her. So, with full confidence say ten times: "Mother, I am my own master." Say this ten times. "Mother, I am my own master." You should have full confidence. Say this ten times with full confidence. If you have any problem on this element, it will clear away.

Now, after saying this ten times, put your right hand again on your heart. With full confidence, here you have to say, "Mother, I am a pure spirit." Say this twelve times as there are twelve petals in the heart chakra. "Mother, I am a pure spirit. I am not this body, this ego or this soul, but I am a pure spirit." This is the absolute truth, and you have to achieve this. Haan! Say this twelve times.

Now, take your right hand, on the neck and shoulder joint, from the front side; not like this, but like I told you, like this, and press hard. This is Vishnumaya's Vishuddhi Chakra. Here you have to say the mantra, "Mother, I am not guilty. I am totally guilt-free."

You have to say this sixteen times. I told you before that God Almighty is an ocean of compassion, kindness, and love, but more than all these he is an ocean of forgiveness. So don't keep any guilt inside you, because he is so powerful that all your sins will be washed out by his forgiving quality. Just say, "Mother, I am not guilty. I have not made any mistakes." This chakra is catching very badly. People who still think that they are guilty, say 108 times, "I am not guilty."

I told you in the beginning to be cheerful and not to underestimate yourself. You are going to the Kingdom of God. So don't demean yourself. Hmmm! Say with full confidence, "I am not guilty." Hmmm. Say this sixteen times. Haaaan!

Now, put your right hand across your forehead and press on both sides. This Agnya Chakra is present both in the front and back. Here you have to say, "Mother, I forgive everyone. I have forgiven everyone." Don't argue with yourself that you cannot forgive. Actually, to forgive or not to forgive, both are myths, but if you don't forgive you are playing into wrong hands. So, from the bottom of your heart say, "Mother, I forgive everyone." Today one person was not able to feel the vibrations at all. I told him, "You have not forgiven properly." So when he said from his heart, "I forgive, I forgive, I forgive," three times, his vibrations started flowing. Say from your heart, "Mother, I forgive."

Now, take your right hand to the back of your head, and lift your head towards the sky. Here, without feeling guilty, without counting your sins, for your satisfaction, say from your heart, "God, if I have made any mistakes against your dignity, please forgive me." From the bottom of your heart. You will see that his power of forgiveness is tremendous. Hmmm!

Now stretch your palm, and keep the centre of your right palm on the crown of your head, which was a soft bone in your childhood, and press hard. Rotate your scalp seven times, and you have to say, "Mother, please give me my Self-realization." I cannot force you, because you have the freedom. Press hard. Press with all your fingers. Stretch your fingers outwards, and rotate your scalp seven times, each time saying, "Mother, give me Self-realization." (Blowing air).

Now slowly bring your hand down. Now open your eyes and look at Me, and observe that you are thoughtless. There are no thoughts coming. You are established in the state of Vilamb, which is called Nirvichar Samadhi. Now you have to establish Nirvikalpa, which may take some time.

Now keep your left hand towards Me, and stretch your right hand also towards Me. Now, bend your head. Now take your left hand, four, five or six inches above your fontanelle bone, with your head bent. Bend your head, and see if any cool breeze is coming out of it. Bend your head and neck a little. Aaaaan. Haaaaan! Now lift your hand a little more above your head and check. For some people, the Kundalini rises very high. Shri Adi Shankaracharya has described this same Kundalini as "Saleelam, Saleelam, Saleelam". Haaaan! Now bring the other hand towards Me. With your left hand towards Me, bend your head again and check with your right hand. Some people may get a hot breeze from their heads; no problem. Some people may not feel anything; no problem. But try to feel. Hmmm. Now again bring your right hand towards Me. Keep your left hand above your head and check with your head bent. Check with your attention on your crown area, and try to feel if anything cool is coming out.

Now please lift both your hands towards the sky, look up by bending your head backwards, and say, "Mother, is this the cosmic energy of Brahma? Is this God's Love? Is this the All-pervading Power of God's Love?" Ask this question three times.

Now bring your hands down. Bring both your hands down, keep your hands like this in front of your heart, and check if you are feeling a slight cool breeze from your hands. Is it coming? On your head also you are feeling a little cool breeze. Check again. It's coming. The Kundalini has awakened in you. The fontanelle bone has been pierced, but only a hairline thickness of Kundalini's power has come out by piercing the fontanelle bone. You have to awaken all her powers, for which you will have to practice a little. Everyone can do this. You don't need to be educated for this. Everyone can know about this. It is very easy. It is Sahaja. You don't need to pay for this, but you have to spare some time for this. Much peace will settle inside you, and all your diseases will be cured, and many people can get rid of their addictions, too. Whenever you think of your addictions, please think of Me, and you will get rid of them.

Today I am leaving you all and going away, but I will come back after a year, and I hope to see you all in the form of a huge tree

which will make Me say, "These are the saints who are realised souls." May God bless you all.

Please sit down for a moment. Don't be in a hurry. I am still sitting here. Whoever felt the cool breeze from the head or in the hands, raise both your both hands. Either on the hand or from the crown. Wow! Wonderful. My salutations to all. Now you all have taken rebirth, and you have to respect this. Now, you are the knower of Brahma.

Sahaja yogi brother: Shri Mataji ki jai! Gentlemen, we the Jaipur people are very lucky that Shri Mataji came here and taught us everything. We are grateful to Her. On Jaipur public demand and their wishes, Mataji has arranged a center in Sarojini Marg, 49 c, where She is staying, on Saturday evening. On Sunday morning at 9 o'clock in this same place, Shri Mataji's learned disciples will guide you through the program. We hope Shri Mataji will come here from time to time and guide us to establish whatever She has taught us and show us the path ahead. Jai Govind.

Shri Mataji: Please, all of you take the photo.

Sahaja yogi brother: I forgot to tell you something: Shri Mataji's photo is available in the front. Please collect it, and whenever you are meditating, keep this in front of you and practice.

Shri Mataji: And whatever you want, ask My photo.

Sahaja yogi brother: Keep the photo in front of you and make use of it.

## 1986-0220, The Essence of Gita

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20 February 1986

The Essence Of Gita

Public Program

Sir Shankar Lal Concert Hall, New Delhi (India)

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

I bow to all the seekers of Truth.

I am very happy that this book is now published and a subtler side, a deeper dimension of 'Gita' is being brought, to the readers. As Krishna was a great diplomat and understood that human beings are very clever and they cannot accept truth in a straightforward manner. He, in His advice to Arjuna used His diplomacy and the essence of His diplomacy is always specially of the defined, Divine Diplomacy which He used that give absurd conditions and solutions to such difficult people who are so proud of their limited intellect. That's a difference between a father and a mother I should say. As we say in Hindi 'Sidhe Haath ghee na nikle tho tedhii ungli karni pardti hai' [Meaning: when we can't take out ghee with straight finger, we have to bend our finger. Famous proverb implying that when we can't get a work done in a straight way, we need to bend our ways.].

The first and foremost thing we have to understand that Shri Krishna is a Divine incarnation and He came at a time where we needed to understand what is the essence of dharma. For example I have been quite surprised the way people explain Him as far as the hinsa is concerned. That Shri Krishna preached ahinsa to such an extent that we have to look after all the mosquitoes of Delhi. Such absurd things people have deducted by what Krishna tried to emphasize in Shri Gita.

When the war started, Arjuna actually became nervous I can say and He said, "I would not like to fight My own kith and kin and My Gurus."

So Shri Krishna says, "They are already dead, they are killed. Because they were not enlightened people, are already dead people their eyes are not open. Whom are You going to kill here? Just You have to remove some people from this Earth to establish Dharma."

Now the idea of Dharma according to us is some sort of a Hinduism or Islamism or some sort of a ism; it is not. Dharma is the valency in a human being just like carbon has four valencies; dharma has ten valencies in a human being. And when a person falls down from there then he loses his powers as a human being.

One of the examples He said at the time of war - Karna the great generous man very well known for His great virtues was caught up by a wheel of His chariot and He could not take out His leg out of that chariot. When Arjuna faced Him and raised His own Gandiva and Karna challenged Him saying that, "I am a Vira" - a chivalrous person, a person who is fighting, "and You are another warrior and in Dharma when I have no weapons on Me, You cannot kill Me with Your weapon."

That time Shri Krishna pointed at Him like this and He said, "Kill Him. Where was His warrior virtues when Draupadi was insulted? Draupadi's insult was the greatest sin that was committed and what was He doing at that time?"

And Arjuna killed Karna. This is Dharma. He's called as the Leeladhara - the one for Him the whole world is a play. And that's why He says that already they are killed. That doesn't mean that you start killing people, becoming violent because you do not agree with some people. Shri Krishna can say whom to kill. You have to be a realized soul to understand why Shri Krishna had to ask Him to kill and why the Goddess had to kill so many demons.

But the idea today is - we should try to be sympathetic towards also demons and the devils who are spreading 'asuri vidya'

everywhere. And we should be sympathetic with all the people and there is good in everyone. That is not Krishna's message. He showed His love by killing the demons. I don't know in this book if I have talked on this point or not because he had very limited subjects, which he dealt with, and I didn't want to pressurize him with some new subject matters.

But there's one thing definitely, which I didn't say there which is a very important point one should try to see. That the awareness 'chetana', the awareness grows downward of a human being, and the roots of the tree of the awareness are in the brain. So, one has to take to 'urdvagati', means the ascent and not to the descent. A human being is born in the Bhavasagara, which is as we call, in the Void, as you can see here clearly in Sahaja Yoga. Either he can go upward or he can go downward. Now see the, how the human awareness has reached 'adhogati', it's a downward descent. Very simple to see if you understand what Krishna meant that the roots are in the brain.

When I've been in the Western countries, I realize it's much more because they are supposed to be advanced, developed, sophisticated, educated, intellectuals, whatever you may call them. I've been to all Communists countries and all the democracies and all kinds of 'isms'. What I realized that exactly what Shri Krishna had said that 'asuri vidya' will take over. The descent of awareness is seen clearly in those countries. Thank God we are not that advanced.

The descent starts from the Nabhi Chakra as we call it where a person starts seeking the food this that and other requirements, then it starts moving downwards. The essence of the Nabhi Chakra is 'swaha'. 'Swaha' is the consumption. It consumes everything, it aggresses everything, consumes, just like the fire. In the same way, once upon a time, these developed countries spread all over the world started consuming everyone: ruling our country, China, all kinds of countries, they went round all over the world.

Thank God Columbus missed his point otherwise we would not have been here. He went to America and you cannot find aborigines unless and until you enter into some far-fetched places like Peru. Then the consumption of money on the economic ground started. Then the consumption of the Mother Earth started at the 'Bhu' level. But the 'Bhurva' is the 'Antariksha' in the whole Universe. We are going to the Sun, we are going to the Moon, we are going to this, we are going to that. What about going inside, in the ascent?

Now little bit they are seeing it that there's intelligence also plus the energy. But you are seeing it from the outside. That's the intelligence of God Almighty, whether you like it or not. So now we are going to the 'Antarikshas', we are going to all these Universes to find what? So the 'Bhurva' is the essence - the 'Antariksha'. Awareness reached there also. Then it has gone further. In the Sahaja Yoga we can say that from Nabhi chakra they started moving downwards towards the Swadishthana, which deals with the Antariksha, with the Universes, which was created by the Creator Brahmadeva. Below that they moved again, comes the Mooladhara, which is the essence of human life, which is the support of human life. For which Christ Himself has said, "Thou shall not have adulterous eyes." I have yet to find real Christians of that kind who do not have adulterous eyes. And that's why people have gone to now nothing but they have become sex points, I can tell you. The whole awareness of your intellectual movement has gone to nothing but to this filth beyond Ganesha. You have left everything that was holy, that was auspicious, much behind and crossed, and one step forward and the hell is there, the hell.

Where our awareness is going today? But we have not thought of the 'urdvagati' that Shri Krishna has said. Giving lectures on Shri Krishna, having bhajans about Shri Krishna, makes no difference. What about the urdvagati?

In the sixth century a great saint Gyaneshwara was born. In the sixth chapter of Gyaneshwari He's clearly described, is the Kundalini, which is going to raise you higher, very clearly, openly He said it. Of course as usual everybody tortured His life. He didn't have sometimes water to drink, that's different. In the sixth chapter when He described, even today in Maharashtra it is said that sixth chapter is tabooed. You are not supposed to read the sixth chapter of Gyaneshwari. Why? Because they don't know a word about Kundalini and they don't know how to ascend? Because it is the knowledge of the roots you have to go to.

If you are honest please try to understand that what Shri Krishna has said that the roots are in the brain and the awareness grows towards 'adhogati'. He did not say precisely that Kundalini is the one that gives you the urdvagati. He did not say; that was

not the time. At the time of war when He was talking about Dharma, He did not mention the word Kundalini doesn't mean that there was no device behind it.

Mark said that we would like to have a country without State. How? How will you have? I've been to most of the Communist countries I think the state is very powerful. The democrat said that we would like to have a free nation. Free? Abandonment. It is demonocracy they are practicing. If you want to deceive yourself and all the time, accept something that is falsehood nobody can help you. But the time is precarious and is important that we should see to the truth that the name of democracy and the name of communism and the name of capitalism is just a myth. It has not given what it had promised. So let us come back to the Saints - to the deeper people, to the people who understood life beyond life. There we find the *urdvagati*, has to be, the ascent has to be achieved. How, is the point?

Then later on Mohammad Saab also has talked about it, not that He has not talked; He's talked about the Resurrection. He said that at the time of Resurrection your hands will speak. Who's bothered about that? The whole Namaz is nothing but Kundalini raising. But it leads to another kind of stupid fanaticism. Christians are sophisticated fanatics. Hindus are another type of fanatics. Everybody is become a fanatic because it's all a dead flower. All these flowers grew on one tree of life. They've been extracted, taken over as mine, mine, mine and they are all fighting about it. So it's only the Kundalini awakening which is going to give you your Self-Realization and this Self-Realization is going to let you know that you are a part and parcel of the whole. It's not just a mental conception. This is the point we miss every time. All these democracies and capitalism and all these theories are mental projections of human beings. All these mental projections are nothing but your own jails, your own bondages into which you are caught up. You have to get out of it. Even to such an extent that people start saying that Adishankaracharya did not write *Saundarya Lahiri*. Who says that? Intellectuals again. What makes them think that he did not write? They have explanations for everything. But he did, which we can prove after Self-Realization. How all the essence of all the religions are so much one can be proved only after Self-Realization and not through discussions. Because Self - the Spirit, is the absolute and is the collective being, that is not the awakened within us. One may say that why Buddha did not talk of God? Because he knew human beings very well and he said, "No use talking about God, better talk about Self-Realization". Same with Mahavira. But what are the Buddhists and Mahaviris doing? God alone knows. Where are they?

But today is the time as described in the Puranas many, many seekers are born on Earth. A special time is a time of real blossom. Maybe in the olden day there were only one or two flowers like Nachiketa. But today is the time when thousands are there just to become the fruit. But unfortunately a market has been opened out where the seekers go and get lost. Get lost into the convictions and the ideas of some other person which is gone into their heads and they just finish off there. Their seeking finishes off there, they end up as sick or obstinate people. They do not want to go any further.

Shri Krishna is to be understood in Sahaja style. Leela - He was Leeladhara. In the Sahaja Yoga we believe that on the left hand side, the left sympathetic nervous system is represented by the 'Ida Nadi' - which we call as also the 'Chandra Nadi' and the right hand side it is represented by the 'Pingala Nadi' - the right sympathetic. The left we use when we desire. The right we use when we act. The left is the 'bhakti marga' [path of devotion] and the right is the 'karma marga' [path of action] that they used for doing all kinds of yagnas and all that. The central part of ascent is the 'Sushumna' is the path of dharma. 'Dharaiti Sa dharma' - means the one that is your sustenance is the Dharma. It's not an outside concept but an innate nature of human beings is the dharma. This dharma we have achieved through evolutionary process, as you know 'matsya rupa' and other things took place. And afterwards we are today human beings. But why? Let us ask a question, simple question to ourselves 'why are we here on this Earth? To seek what? To seek the truth and what is the truth?' The truth is that you are the Spirit. Not this bhakti, not this karma. But you are the Spirit.

Now Shri Krishna's diplomacy can be seen very clearly, if you want to see even, even without Self-Realization. He says for bhakti [devotion] - "patram" [leaf], "pushpam" [flower], "phalam" [fruit], "toyam" [water]. All these things you give it to Him, He'll accept. But see the diplomacy on one word He has played the whole people and nobody has seen the point. What does He say? He says that you have to do 'ananya bhakti'. 'Ananya' shabda [word] itself means, the word itself means when there is not the other; means you are a realized soul. Logically let us see what does it mean? If there is no connection with God whom are you praying to? The connection has to be established. You may go on describing God as a myth, you may go on supporting Him doing

anything you like. But you have not yet been connected with Him what are you talking? Something in the air. 'Ananya bhakti'.

Now about karma, see the diplomacy. If you keep your mind open as a scientist you'll see My point clearly. For that He says that do your karmas but put the fruit of your doing at the Lotus Feet of the Lord. This is the absurd condition; is not possible, cannot be done. Before Realization you cannot do this. Many people come to Me, "Yes Mother You know whatever we are doing, we are putting at the Lotus Feet of the God" - black marketing, everything. What does that mean? That you put it at the Lotus Feet of the Lord, that you are no more there. It's only after Realization you realize, that a Sahaja Yogi would tell you, he doesn't say, "I give him Realization", he doesn't say that, "I am moving his Kundalini." What he says, "It is not moving, It is not coming up."

There was a lady who traveled with Me to America once and her son came all the way from Honalulu, a very rich man and all those things. So he could not get his Realization. So she came to Me and said, "Mother, give him the Realization."

I said, "You give him."

She said, "No, no, no I cannot give him."

So I said, "I can't give him either, the Kundalini doesn't move what to do? Then give him a false certificate you are a realized soul. He can say 'born again' or sort of a nonsense he can go about, talking about."

She said, "No, no how can you give such a false certificate?"

I said, "That's it. If the Kundalini has not risen if it is not broken the Brahmarandra we cannot even say it is awakened, leave alone calling him a Sahaja Yogi."

She agreed there.

You cannot give a false certificate about it. That's what happens when you do your karmas. You don't say that you are doing it. It's done 'it' in the third; like small children always talk like that. "Mother this boy Munna wont listen, is a bad one." In the third person they talk so many times you must've seen. In the same way a realized soul always talks in the third person. That's the different world in which they have lived and they have been very, very few tortured, and never understood by the people who were ruling or the people who were the intellectuals or whose who were the priests. And the public was helplessly watching all their tortures.

In Maharashtra we have a great saint called Namdev. Very great saint - Namdeva, he was a tailor, ordinary tailor and when this tailor went to see another saint whose name was Gorakumbhar - is a potter. The words he says is so beautiful which you can understand with little subtler feelings about it. He says, "Nirgunachya bheti aalo sagunashi" - I came here to meet the nirguna - the formless and here is standing in the form. Where do you find these talks these days? If two great meet they go with swords, with pistols. Here he goes and talks to a potter that I came to see the 'nirakara', the 'nirguna' - the formless and here it is in the form. But he was a tailor. How can be a tailor a realized soul? And when Namdeva went to Punjab Shri Nanak Saab gave Him all the honor of a saint and told Him that He should also write some beautiful verses because He compiled the Granth Saab out of all the realized souls poems - that You compile the poems in Punjabi or Hindi. Namadeva, coming from such a far-fetched place He studied Hindi and Punjabi and you'll be amazed that half of His book, which is so big is in Hindi or in Punjabi language. For that you need Shri Nanaka who can recognize.

But today seekers run after somebody who pampers their ego, where you can pay some money, where you can befooled by getting some Rolls Royces or some sort of a Geeta pravachana [discourse] he gives or gives you some sort of a name in the ear so that you become mad. This is the quality of the seekers, which I have to face. Whatever it is, the concern is so great; whatever is the quality today it has to happen, it has to work out. Which one now I heard to My complete surprise that now people - the intellectuals are propounding, that the Namadeva who came from Maharashtra was not the same as the Namadeva who was a tailor because he was not an intellectual.

I am talking about the unlimited not about the limited. Like in any one of your spacecrafts you have different cylinders, which explode one after another and accelerate the one, which comes. First one will explode and accelerate the second one; the second one will explode and accelerate the third one. In the same way the intellect is to be exploded to go into the space, to jump into the space, is the most important thing that the intellect has to leave its limitedness to the unlimited intelligence, which covers the whole universe. That is the 'Brahma Shakti' described, that's the All-Pervading Power of God, that is the power of love of God. And is such a tremendous one where Shri Krishna Himself has said 'Yogakshema Vahamyaham'. First He said 'yoga'. Why did He not say 'Kshema Yoga'?

Many people ask Me in the West that how is it in Your country there's so much of poverty and that You talk that it's a Yoga bhumi? Because we have not taken to yoga so far. And Kshema doesn't mean how many pubs you have in your village, it doesn't mean how many drunkards move about in your village, it means, how many saints there are in your country. Let the Yoga come up, you'll be surprised this great country of Bharat Bhoomi will one day show its merit to the whole world. In its reality, in its glory and in its Divinity which resides in this country.

You are great people that you are born in this country but you don't know, you have no idea as to where you are born? What is your heritage? There are people I've met very surprisingly so stupefied by Hegle and Kant and all such people that they believe that all these saints and all these great people including Krishna or Rama, all of them are false. This is the height of arrogance and ignorance both put together because they are ignorant one has to forgive them, there's no way out. God is the ocean of love, ocean of praise, ocean of wisdom, ocean of this All-Pervading Power, which is so efficient, so kind, so understanding, works out everything so well. But above all He is the ocean of forgiveness I can tell you. I really tell you in My experience, I feel this forgiveness is so greatly effective today otherwise I don't think I could've managed this job so well.

May God bless you all.

As a Mother I've try to explain and express My concern. Try to understand. It is Sahaja - is born with you, 'Sahaja' - 'saha' means with, 'ja' - born. It's your fundamental right as a human being to get your Self-Realization. But if you want to deny it because you have some convictions because you are following certain people, because you think this is all right we don't want to have Self-Realization. God is not going to fall at your feet. You have to ask for it. You have to knock at the door and the door will be opened. In Sahaja Yoga we can prove today that there's no quarrel between Moses and Christ, there is no quarrel between Christ and Mohammad Saab and there is no quarrel between Mohammad Saab and Shri Krishna. They are all one together. As Christ has clearly said, "Those who are not against Me are with Me." Who wants to see that? Who are those? Christ was not even allowed to work out for more than three and half years. It took Me four years to give Realization to seven English men. So you can imagine what must be His plight? Three and a half years with all the mad people around. But not in our villages.

Yesterday I went to Jaipur; first we had a big meeting in a big sophisticated hall and all this and this, My Indian English. I was trying to explain to them and I thought it's all gone over their heads; nothing went inside or maybe under their feet. Then I said, "Let's go to a place where ordinary people live. And there I found thousands thronging together to get their Self-Realization. They don't want money, they don't want power, they don't want anything, they don't want any conviction, they want their Self-Realization. "Maa humko atma bodh dijiye. Humko atma gyan." They understand that 'bodha' doesn't mean lecturing, it doesn't mean, it means on your central nervous system you have to feel the All-Pervading Power - that is 'bodha', that is the "vidh" which is described in the Vedas.

They understand; they live with the life, they are natural people. They know all this talking is on and on and on. They know something has to happen and the second thing they said was so encouraging - "Ke Maa parivartan hona chahiye ham mein" - we should be transformed. It's not our mental idea that we have become some great yogi, this, that. We should be transformed. I said, "Not only transformed but you'll have your powers as realized souls". By God's grace even in Delhi, which is supposed to be the most sophisticated place where after English left we became merry more, much more westernized; when they were here we were better off. And in this place also I find there are so many great Sahaja Yogis who are now completely endowed with the



power of Realization, of curing, of doing all the things that can be done as a yogi.

I hope today all of you will get your Realization, but you have to establish yourself. It's just a wee bit of your Kundalini, I should say like a hair comes out through the Brahma Nadi, but with humility, abhyase [practice], for few days you establish yourself. Of course today you might get your 'nirvichar samadhi' [thoughtless awareness] just like that, maybe. But you'll have to establish your 'nirvikalpa' [doubtless awareness]. You must give some time to yourself and some respect to your Self-Realization and to yourself [pratigya? - It's not pratigya but can't make out the word said by Shri Mataji].

May God bless you.

I don't mind if you people want to ask Me any questions. Whatever I have seen is this - they are very irrelevant and unnecessarily violent. I've not come here to fight with you. I've come here to tell you that you have all these powers within yourself and then you should have it. I've come here to tell you that you have to cross about two and a half feet at the most to reach to your spirit. So there should be no argument, which is violent or aggressive. In one lecture as you know I cannot cover such a great subject like this and your desire to know more is understood. But the best way is to first get your Realization. Like - let the light come in and then we'll talk.

Only yesterday's experience was such that most of them got Realization, few did not get and they were just talking. One of them I asked, "Why don't you talk?" He told Me, "Maa jab mast hue phir kya bole?" - In another word 'why should I talk? Let these people talk to You'. Everybody has a possibility. You are all just there to jump into that. Some of you might have read some horrible books about Kundalini don't believe them. I don't want to condemn anyone. But only thing I want to say is not true. Like a open-minded scientist you keep yourself open. If it works you are fortunate, if it does not you are going to work it out again and again and again and again till you get your Realization. But we have to co-ordinate. So now if you have any questions would be better that you write them down and tomorrow I will try to answer these questions. If you like it that way I would like now to start the meditation and the awakening of the Kundalini.

Translation from Hindi

Haan! Son I wanted to talk in Hindi only, sit down. But it so happened, I wanted to talk in Hindi only, I have never learnt English language in My life. I was studying Medicine and in that where anyone would teach English? All this, everyone speaks Indian English only. Here they think they speak English, but they don't. They write also like that. Here our big writers also write Indian English only. Does anyone write the English of Chaucer here? But we think we are English. And this Sahaja Yoga can be explained in Hindi only, even better in Marathi and more better in Sanskrit. But in Hindi the way I can tell clearly that much I can't tell in English. Now see English language is so strange that for 'Atma' they say 'Spirit', for alcohol they say 'spirit' and for dead Ghost also they say 'spirit'. In this language there is no 'gyan' - knowledge, better than that is French language; where there is no word for 'chetana', leave alone 'atma'. These are the languages that take you to 'adhogati' - downward movement, to tell you the truth. Now, ok if we think ourselves to be English, we may think so. But in reality if you have to understand in this language only, is a little difficult job; you have to learn some Hindi. Even otherwise I think that we should learn our 'Rashtra bhasha' - National language. But Hindi speaking are also strange that they cannot speak simple Hindi.

My mother tongue is also not Hindi and neither have I ever learnt Hindi. But for 'spasht' [clear], they say 'aspasht' [unclear]. "I would like to say unclear" What unclear are you trying to say? So Hindi people also don't know Hindi. Like this nobody knows Hindi and if I give any lecture in Hindi they say "Mother, You have spoken in very difficult language". So I say, "What difficult language can I say? I have not even read any big literature. Now I can't speak Delhi language. This you understand. Now because of this whatever I will say in Hindi tomorrow, you please keep your attention on it. And language should be correct. If I talk in incorrect or absolutely pure language you will not understand. The language should be correct. That is why I will definitely speak tomorrow but in correct Hindi. From this you will not be angry. Why because I cannot talk 'kichidi' [mixed up/ broken] Hindi. English I am able to speak in broken language but Hindi I cant speak. Because it is My National language. Now the English I've learnt in this birth, that is more than enough. Now I don't want to learn anymore.

Now the biggest mistake in this is what I see today, that very great poets who are born now, one person by the name Kavi Krup is born in South [India], whose name you have not even heard because you Hindi speaking are like this and non-Hindi speaking are like that. But I have read Sharat Chandra. I have read all the poets, have read Bhaarti, because they were all translated in Hindi but in English language those days the poets were so great whatever got translated to Hindi got done but in present days all will die of suffocation.

All Hindi poets also should understand. They write so vulgarly, they have not kept any depth for Hindi language and have not even respected it as National language. In this language such vulgar poems are written that are not even respectable/presentable (shobhaniya) as country's language. This is the major problem of Hindi speakers. Whether you feel bad or good about it, I will tell you this that whatever you write in Hindi at least make it less vulgar. For vulgarity, there are many languages that you can use. For that there is English, even French is better than English, in that you can write a lot vulgar. But there is no need to make people of our country more immoral. Who have become immoral, you go and see, have become monkeys and are roaming. If you want to become monkeys then you become like them. Ask Me their state.

In Hindi language many things can be told about Sahaja Yoga, lot can be told, it is very very deep language. But the Marathi and Hindi languages we use these days does not have that depth. Please learn some Hindi, all of you. And when I talk from tomorrow then you don't tell, "Mother you spoke in difficult language." O.K.? But when I tell I will speak in Hindi half the crowd will come, you can see. Because all 'English' are sitting here. Tomorrow you see, while talking in Hindi how many people come in this hall. All those who come in this hall are those who know English. But when I speak at Ramlila ground then many will come. Our Country's specialty is at the Ramlila grounds. There My real children are there. Tears rolled down looking at their Bhakti (devotion). Such simplicity, such love, such spontaneity should come in you people also.

Now there are many journalists sitting here now what all they'll write about Me. I request you with folded hands that whatever you write keep, your attention towards urdvagati [upward movement] and write so that people are benefited. Sometime at least think of their well-being. Otherwise, "She was in a white sari, or she was in a yellow sari", all this is what is written in Hindi. Look at the subject with depth, should proceed with depth. Such great poets were there. See Kabir Das, but he wrote in Sadukadi language. But in Bihar, I don't know what they tell in U.P.[a state in India] for 'Kundalini', which is called as 'Surti', they call tobacco as surti. How else can Shri Kabir be insulted? And another very shameful thing I'll tell you, there's nothing wrong in discussing among ourselves: Vydasji - who was such a great saint and Kabir Dasji, they were told "you are untouchables". And here in India they did not allow even one temple of theirs to be built. But in London in Birmingham their temple is built. Isn't this a shameful thing for us? They are untouchables! In the God's Kingdom it will be seen who is touchable and untouchable. All such things within us should be seen. From tomorrow I'll talk in Hindi only. It is decided.

[Audience claps]

Now we'll do some meditation, all of us with humility. Before we meditate just remember one thing that we are the temple of God. God has made you from amoeba to this, human being. Special class you are. So you should have a pleasant attention towards your self. Human being should have a pleasant temperament. Not that I have done this wrong. If somebody has said anything, forget everything. All that is of no use. "I have done this wrong. I have done that, I am so bad how can I get Self-Realization?" This kind of inferiority complex you remove from your head completely. You are the temple of God. This, if I have your permission I'll tell in English also.

Transcription from English

Please try to remember one thing that God has created you from amoeba stage to this stage and it has a purpose. You are like the temple of God. The light has to just come in. The light is already there as your Spirit it has to just come into your attention and you will be a realized soul, in a split of a second. So please give up these ideas, 'I have done this thing, that thing' or 'I am guilty'. Is a common fashion to say, "Oh I am very guilty" because the language itself, English language is such, at every point you must say sorry. So many times they'll say sorry that you don't know what, what's wrong with you. 'I am afraid, I am afraid, if

should say such.' Every time they are afraid. No, you are a human being; you are at the epitome of evolution. Just a little break-through and you are there. So you should be pleased about yourself. Now there's no word like 'prasanna chit' in English language I am sorry to say. But it means a person who is pleased with himself. He has got, rather difficult to translate. One should not have any inferiority complex about oneself, any kind. Neither a superiority, but that you are going to enter into the kingdom of God. So be relaxed. You are not to be tensed; you need not go into padmasanas and all these horrible asanas of standing on the heads and things like that. Sit in Sahaja Asana. Sahaja asana is where your legs are opened out.

Translation from Hindi

Sit nicely and comfortably. But keep your neck straight, back straight and keep both the hands like this towards Me. These are the five chakras. This is the sixth and this is the seventh.

Transcription from English

These are five centers, the subtle centers - sixth and seventh. On the left hand side, which is the power of desire - 'Iccha Shakti'. On the right hand side again the seven of them, which is the power of action.

Translation from Hindi

You people also sit this side at least. I should be able to see. Please come this side, in front. See son please do not feel bad about what Mother says. Sit on the chair if you want but come in the front. If you are here I will not be able to see. So place both your hands towards Me like this.

Transcription from English

Now all the action you will have to do because I want you to learn as well as get your Realization, how to raise your Kundalini, later on. So if you do it when I tell you, you can again repeat it, that's why. Otherwise it is all Sahaj. You don't have to worry about it but it's better to know about different chakras. Now the first one would be that we put our left hand towards Me: meaning that you are desirous of Realization. Now Kundalini is the 'shuddha iccha' - is the pure desire. As you know in economics wants are not satiable in general because the pure desire is Kundalini and She is the desire of God Almighty, which is reflected as Kundalini within us. So when this pure desire rises which is of Yoga, which is of Union with the All-Pervading Power, then all the desires disappear. Like when you want to enlighten a light you have to use a light to enlighten it. But once you have enlightened the light, the light enlightens everybody. First you take the light, enlighten within yourself and then you give the light. You become the giver, so the desires disappear. So the left hand is towards Me and the right hand moves from heart.

In the heart resides the Spirit. On the upper part of the abdomen on the left hand side, we are working everything on the left hand side.

Translation from Hindi

Keep your left hand towards Me and right hand on your heart. Here is the place of Atma. After that on the upper part of the abdomen on the left hand side, all the working will be on the left side. Guru tattwa is there. This tattwa has been made by many Gurus. About this I will tell you later.

Transcription from English

This is the principle of mastery.

Translation from Hindi

Below that on the lower part of the abdomen is the place of pure knowledge - Swadishthana. Pure knowledge.

#### Transcription from English

The lower part of the abdomen is got the center of true knowledge. It means that knowledge about the laws of All Pervading Power, of God - laws of God's domain. The whole action takes place by this center. This is the instrument that works out the laws and the technique of Divine laws, is called as 'shuddha vidya' - is the pure knowledge. Then you go back on to guru tattwa again, then onto your heart. Later on, the center, which is, is the center here is of Shri Krishna. On the left hand side is the center of Vishnumaya of this what you call the electricity - Vishnumaya. And this center you catch when you feel guilty, for anything. That's terribly catching just now. You have to push back your hand. Now so many people make a mistake of putting the hands on this side. You have to bring it from front like this and hold it tight. Now, then you have to take your hand on your forehead just across like this and press it hard. Then on the back put pressure on your hand and push you head back. Then stretch your hand. I'll tell you one by one everything, because you are going to close your eyes, I am telling you before hand. Stretch your hand, and put the center of your hand on top of the fontanel bone area, which is a soft bone.

#### Translation from Hindi

Now I'll tell in Hindi. Lifting your hand from your heart, keep the hand between shoulder and neck joint, towards the back and press it hard. All of you do it. Today it is catching very badly. Don't know why? Let there be 'prasanna chitt' - pleasant attention towards yourself. Forgive yourself, forgive yourself. Completely forgive yourself for Me; completely forgive. No mistake you have made. Now maybe something I have said in My speech, forgive it, and forget it. But don't think you are guilty. Please do not think you are guilty.

After that, this hand on your forehead, hold it like this and press it like it pains, from both the sides. After that towards the backside of the head, resting your head on your hand, lift your head; bend your head towards the back. Then stretching the palm fully, keep the center of your palm on the fontanel bone area and rotate it seven times, pressing it hard. This I will tell you later. It's very simple, not difficult. Because you may have to do this later again to stabilize your Kundalini. In Sahaja Yoga Kundalini is awakened, but to stabilize you have to practice. Like the seed automatically sprouts, but we have to look after the sprout carefully when it is a small plant. Similarly after Realization, what ever is individual will have to be looked after.

Now please all of you close your eyes. While closing your eyes some people raise the eyeballs upwards, don't do anything like that. Straightforward manner like we sleep, bring down the eyelashes and close your eyes.

#### Transcription from English

Please close your eyes. Without turning your eyes upward or anywhere, just close your eyes as if when we sleep. We just allow the eyelids to fall easily and keep the eyes closed. Don't keep them half open.

Now please raise your right hand on your heart and keep the left hand on your lap towards Me.

## 1986-0221, Public Program Day 1: Bhakti aur Karma

View [online](#).

21 February 1986

Public Program

Sir Shankar Lal Concert Hall, New Delhi (India)

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

Public Program Day 1, "Bhakti Aur Karma", Delhi, India, 21-02-1986

I bow down to all seekers of truth in Delhi.

Today's questions which have come before me, have been written with a lot of interest, curiosity, intent and intelligence as is apparent in the Bhautic (material) world. As it has been mentioned there were already a number of Avatars (incarnations) which have come on this earth and people ask why this seeking was not done before? Now how do I know? You can call and ask them. Is this a question to be asked? If someone is doing this work then it should be thought that a very important work is being done and that it is a very good thing. If it was not done previously, it is fine. Earlier, a lot of work has been done, which has taken a lot of time because of its intensity. When a tree grows, it has different phases - the phase that is currently going on, I had told you yesterday that this is the time of Spring. Many people are going to reap the benefits in this life. You are now getting the fruits of all your good deeds of previous lives in the form of your self-realisation as a blessing. This has been written since times immemorial and you are all learned people.

If you read the story of Nal and Damayanti which was written thousands of years back. When Nal one day encountered Kali, he caught his leg and said that "You are the evil who is going to destroy everyone and you are going to cause illusion in everyone. It will not be good to leave you alive as because of you I had to separate from my wife. In a similar way you will create illusion in the minds of everyone and make them fight with each other. If we have to stop any of the destruction that will happen in the Kaliyuga, then it is best that you are destroyed. I will do this good deed now." Then Kali replied "Yes this is right, but I too have an importance which you should be aware of and listen to me. My importance is that when my time (Kaliyuga) will come, when the darkest phase of Kaliyuga will advent, at that time all the sages and the saints who are seeking God, those who are living a simple life as a householder, but they will be unusual (special) and will get their Aatma Sakshatkar (self-realisation)." After hearing this Nal released Kali from his clutches and asked forgiveness of Kali. Nal said that he was not aware of this greatness of Kali. There have been certain incarnations in Kaliyuga, but there was never this darkest phase of Kaliyuga in this world earlier and there was no such work done at this large scale in this world earlier.

One more question that arises is that why Mother has to do everything herself? The Father should also do some of this work. You will only say with complete heart that Mother you are so disturbed every day. Every day you have a program in the morning and the evening. Maybe you say that out of concern as only the women has to do the work and that is why people feel bad about it. But you need to understand that it is about giving you a "re-birth". A Father has never given birth till now to a child. (Claps can be heard in the background). Also there is so much hard work to be done now, one needs to have a lot of patience, lot of love is required, lot of understanding is required, lot of caressing is required, lot of comprehension is required and the strong desire to take some one through their self realisation till the end should be profound. If Shri Krishna would have been there today then he would have killed half of the people in Delhi with his Sudarshan Chakra itself. If Shri Rama would have been there today then he would have gone back to exile (vanavas). If Shri Jesus Christ would have been here today then he would have crucified himself again. If Shri Buddha or Shri Mahavira would have been here today then, they would have taken their renunciation as well and continued their work. This work can be done only by a Mother. I know that in our country (India), the women is not given the respect that she deserves, especially in North India. "Yatra Nariya Pujiyanthe, Tatra Raman Te Devatha" which means "The household where a woman is worshipable and is respected is the place where the Gods reside." But when the women starts behaving like a man, then she takes all the wrong qualities of the men and their way of live becomes so bad that no one can believe that a women who is the form of mother can do a auspicious work. I will only blame this to ignorance.

This is a very difficult task. The Kundalini which is as heavy as a mountain needs to be raised. In many people the Kundalini is so damaged and is restless like a snake and is pleading that Mother please anyhow give me this opportunity to do this auspicious work because each one is your personal mother, your own mother is your Kundalini. The Kundalini is so restless and says that see how my son has made my condition and how should I give birth to them? The Kundalini needs to be taken care of, asked for and then needs to be awakened. Also, this task today has to be done benefitting the collective, because earlier definitely some people benefitted and got their self-realisation, but everyone cheated them, no one believed them, everyone persecuted them. Some gurus were asked by the disciples who had got cancer that why they were not cured. There was no individual Mother for them then, all were only enemies. It is also possible that some of them may not have been self-realised souls. Hence, there is no use of this wasteful talking. There is no fighting with you and us. In Mothers' language we say that, my child the food is ready, eat when you feel you are hungry. This is a spontaneous, easy talk of your Mother. This is a very deep subject, this is a very subtle subject, that it is very difficult to get stability in a person. I can see that even when a child moves from one place to another, everybody's attention is diverted to the child. It is so difficult to have concentration and then after that you have to become the whole. Hence, I request you that please whatever you wish to tell me, first listen to me with complete concentration.

Like in science, there is hypothesis given and after it gets proved, people believe that this is the law. In a similar way you have to approach Sahaja Yoga and see your Kundalini. If you talk against everything we won't reach anywhere. But due to the antithetical intellect we keep searching and protesting everything. Like what is the difference between Mother and any other guru? There is a lot of difference. All those gurus who seek money from their devotees are your servants. There is a difference between those gurus who seek money from you and your Mother. They cannot raise your Kundalini energy. It cannot be done by just talking. When someone says that my child the food has been served, come and eat, but there is no plate or food, but go on insisting to eat, you should ask what is there to eat? But people don't think like this. Whatever delusion is planted in the mind, people start believing the same, because this is the darkest phase of Kali Yuga. Any kind of delusion can be planted in the mind, like the guru says, "I will give you a mantra (naam)". But for giving a mantra why do you need a guru? I do not understand this. Sage Narada had told Sage Valmiki the name of Shri Rama. Where is Sage Valmiki, where is Sage Narada, because the Right Heart of Sage Valmiki was catching, Sage Narada gave Sage Valmiki the name of Shri Rama as the Right Heart catches for all the dacoits. But are you a dacoit, then why are you taking the name of Shri Rama? You will only be given a name to chant based on the chakra which is catching for you. Even after the catch is cleared, you just go on chanting the same mantra. Anybody and everybody is giving a mantra. One guru takes six hundred pounds and gives mantras like thinga, inga, pinga and asks you to keep it as a secret. Are you stupid? Any guru who only gives you names to chant can never be right. Why don't you ask the guru, which chakra is catching? The name that you have given me is for which chakra, what is the defect in that chakra, why have you given me this name? You should question this. But you will only question your Mother as she has given you all the freedom to ask such questions.

This freedom should be given, you should ask these questions, it makes me happy that my children are inquisitive. That children are asking the questions in their freedom is a matter of pride for Mother. But we have never asked questions to those gurus who only seek money. There is a guru sitting on the seventh floor, everyone is donating money but the guru never speaks, only gives a name. Crores and Lakhs of rupees are being donated, but no one knows where it is going. No one questions there, because such gurus mesmerise you, keep you spellbound. In your own freedom you should also think, that what is the benefit to me from the name given by the guru to chant? You will even ask a doctor giving you a medicine about your illness. In our country there is no dearth of gurus specialised in giving names, that any person who has just come out of jail and wears saintly clothes and comes and sits at Bara Khambha road and starts giving names to chat, I can tell you that all will start running towards him. First thing you need to understand that just having any name to chant is useless.

Today, I am talking about 'bhakti'. The question asked is can I keep two gurus, four gurus or ten gurus? Don't keep any guru. In Kaliyuga, it is difficult to get a Satguru. I am asking you to become your own guru. There have been great gurus who have prepared the place for you to become gurus and you should take that place by becoming the guru and you should take control of yourself and help others by providing direction and guidance. You don't need to search for any guru. Don't prostrate (bow down) in front of any one. The Ekadasha Rudras are placed on the forehead. It is a very awesome and subversive (vidhvanskaree)

chakra and you go on bowing your forehead in front of anyone. You go and bow down in front of a non pious priest in a temple, the priest puts a tilak (vermilion) on your forehead. After you come out of the temple you faint. Then you complain, I don't know Mother what Shri Hanumana has done to me, I fell ill after visiting the temple. You need to understand that it was not Shri Hanumana's doing, but was done by the priest sitting in front of Shri Hanumana in the temple. You should understand the mistakes of such bhakti. Bhakti does not mean blind faith (andha shraddha). Faith is developed only after receiving your Self-realisation. I tell you so many times not to touch my feet. Why do you touch my feet? What have I given you? When I have given you something and if you think there is something in me, then you should touch my feet. But why should you bow down your head in front of everyone? Shri Gurunanak has done such a wonderful work that he summarised the work of all the self realised gurus and made the holy Granth Sahib. If you wish to bow down, then bow down in front of Granth Sahib, which means you are bowing down in front of the consciousness (chaitanya). Shri Mohammad Sahib also said the same thing that do not bow down in front of anyone.

Today morning, lot of ill people had come of whom 99% of people were ill because of false gurus. Some had cancer, some had heart trouble, some had paralysis, all of which they had obtained from the false gurus. So you are buying illness by paying money to such false gurus. Is this real bhakti? In bhakti, one thing is very important, in marathi it is called "Dolas Bhakti" which mean open your eyes in your bhakti. You should see what has happened to the person who has already gone to a guru. What is the guru offering? Is the guru giving the ultimate (param) or giving some ashes (vibhuti) or diamond from somewhere. Your servants or drivers will not get diamond from such gurus. If you have twenty five diamonds, you will get one and the rest will disappear. You will be under such illusions and then have a heart attack and then come to me saying, Mother I have a heart attack now. This is the current state of our Bhakti. Dr. Warren respects you all a lot and he thinks that you people are very religious (dharmik).

But there is a limit to naivety (bholepann). It is not good to be so naive. It is not good to remain under a wrong perception. Any person who has come from anywhere or jail, about whom you have not enquired enough, but you are following them. All civil servants, my husband is a civil servant who is a very famous person is very honest, all go to such gurus only. Don't they have brains? This is the case with lot of ministers, then what to say about the civil servants. What has happened to their common sense, has it become dull (Kunthith), cant they think that such person is talking only about money, talking only about diamonds? Such person is only asking for money. Should we not think that if for a civil servant it is important to be honest, then for a person who is doing the service for the God Almighty how much important it is for them to be honest? And even if they scream at their top of their voice, you are ready to splurge your money on such people. In our country, even women are not left behind in behaving in this manner, hence even the men do not trust women. Any false guru or baba comes and sits down then they would like to talk privately with women. What is private in the Kingdom of God? Is God private? He is the All-pervading, what is the question of the God Almighty talking in private? I do not understand.

You would have heard about all such things happening in our temples, all that you hear and you think, oh God in your name what all unrighteousness (adharma) is happening in this country of ours. When people go there, they ask to let it be. Is ganja (type of tobacco) sold in your temples nowadays? Yes, in Mahalakshmi temple in Mumbai these things are being sold. If you inform the police, they say they have nothing to do with this. They say please take note of the plight in your temples. But we ignore these things. We do not think that God is pure, sacred, auspicious. When our attention is towards all that is inauspicious, then we will invite such inauspiciousness, how it can bring auspiciousness to us then? So first of all we should know that in Bhakti that you should keep your eyes open all the time.

Shri Gyaneshwara has written a lot on meditation. But in Maharashtra people are consuming tobacco and walk for a month chanting constantly the name of Vithala. Is this Bhakti? Or else they buy bodhi from Oxford street and wearing loose dhoti (clothing) go on chanting Hare Rama constantly. The dhoti is also constantly slipping. Even if you talk to them they go on chanting Hare Rama constantly, what is this? This is not Bhakti. This is irony (vidambana), irony of God. Keep yourself away from such irony. I have mentioned this to you before itself that Bhakti should be Annanya, you should achieve exclusiveness (annanyata) and this can be achieved only through your self-realisation. If you believe in any false person, it is a very big mistake that we do in this country. Dr. Warren doesn't know that if any false guru (baba) that comes in this country and if he comes in an elephant then they are more famous. They say that Shri Mataji we are going to perform yagnya (Havan), I asked then what? They say atleast give me five kilos of ghee. I tell them janab (mister), I don't even have half kilo or 250 grams of ghee. Then they say

okay then atleast give us some jewellery. I tell them let me check with my husband. They ask me what does your husband do? I told them that he is the Secretary to the Prime Minister. Then they revert saying no.. no.. we don't need anything and then they go away. They say in Dharma there is no need to ask permission of your husband. I told them, only once Shri Seeta did not listen to her brother-in-law and there was a big problem. I am not going to do anything without enquiring with my husband. This innocence of ours, which I call as stupidity. A person who is innocent is extremely sharp (atyanta kushagra). The knowledge that such innocent person possess is not that someone who is cunning will possess. But the stupidity that we keep doing from morning to evening, can never be termed as Bhakti.

Another thing that everyone tells you to do is fasting. We have to ask some people which day they are not fasting and when they will be eating food. I don't know till today which God has asked you to fast? Which shastra says that you should fast? Why are you fasting? You should not fast. You fast the day when God was born. You will fast the day when Shri Ganesha is born, you will fast the day when Shri Rama is born, you will fast the day when Shri Krishna is born. Has anyone died on that day? Intelligent people also get caught in the trap of the women of their household and agree to fasting on a particular day in the house. They will go out and eat as there is fasting in the house. When we look at our Bhakti with such inertia (jadata) and we are unable to enter into the intensity of our Bhakti, such Bhakti does not give us the depth (bhakti rang nahi deti). This type of different Bhakti like singing ghazals when one is drunk, which is written by a drunken person, but it is justified that such person has devotion only when they are drunk. I have never heard of such thing before. Such strange things are within us and we have been following this for ages. This is because the eye within us that should be open for us to know God is still closed. Because of such things, all the Deities residing within us get angry with us. Then people say by even Shri Shiva consumes bhang (a type of intoxicant), then what is wrong with us consuming it? Are you Shri Shiva? Shri Shiva had consumed halahal posion, you also consume halahal poison then. One who can drink halahal posion can consume the whole poison of this world. He drinks it as poison, what are you drinking it as? This kind of perversion in Bhakti will not take you anywhere. When there is exclusiveness (annanyata) in Bhakti, then a person can enjoy it in a state of meditation. This cannot be described as there are no words to describe it. It is a state of eternal joy (nirananda). That is why it is said "jab mast hua to kya bole" - what to say when you are in a state of deep joy? The amazing thing is that all saints have written about this so much, but we still continue with the old habits. Look at Sant Kabira, Shri Guru Nanak, Sant Tukaram - Sant Ramadas Swami has written so many things about it - in marathi there are no abuses - he has made abuses in the mind and has described all the false gurus as "Mahisha Mardila Chandane" which means applying sandalwood to a buffalo and then praying it. When the buffalo hits them then they say that the guru has showered blessings on them. It means even in those days this kind of things were happening, in times of King Shivaji. So in this way our Bhakti has taken a weird form that people cannot understand whether it is scandal or what? In a way what you are doing, I don't say it is scandalous (dhakosla) because you are doing it with belief. But you have believed in the wrong thing and you made the wrong belief your own, which takes you in the wrong path.

The other thing that I see here is that in the governmental Delhi there are tantriks in abundance. Some of them have ran away, but there are still some around. Now these tantriks are fulfilling the belief in Indian people. We cannot see anyone rising above us, if anyone is then we pull them down. Tantriks specialise in such work. There is a story that somewhere there was supposed to be a big display of scorpions. Scorpions came from many places including some special scorpions from India. One of the jar did not have a lid. They said that the scorpion can come and bite. Someone said, it cannot happen as the scorpion has come from India, if one scorpion climbs up, the other will pull him down. That is why the Tantriks are in demand, as if you go to them and ask them to put someone right (thikane laga do). You know that what these tantriks do, this is a monstrous knowledge, demonic knowledge (rakshasi, aasuri vidya). This is a knowledge which will eat away the whole country. If one tantrik comes to a house, then for seven lives you cannot be at peace. Don't even allow their shadow to come near you. Let me tell you that any of their acts will have an effect for seven lives. One doctor came to me in London, he mentioned that he has left his job as he is unable to do anything due to his bad condition. I enquired if he had gone to any tantrik, he said no he had not gone to any such place. He said, I feel so worthless, I have become mad, I am leaving my job, wife, children, everything. I asked from where you got this disease? He said his father used to go to a tantrik who used to come to their house. I told him see the effect would be for four more lives. Doing tantra in name of the God is an insult to God. Please do not enter into such things. Bhakti is self-realisation. Sant Tukaram has said that I am smaller than the molecule but bigger like the sky. How is it? When the molecule become one with the sky then where is the molecule? Unique (annanya). Read their Bhakti, songs of separation only make us cry, read the songs of union. Those who sing the songs of union can only tell the real meaning of self-realisation. "Paancho Panchiso



Padho Bulau, Ek Hi Dor Sunao". It is the voice of rights. There is so much authority in this. One who is self-realised has the authority, they have the right at all places. Such people don't come asking for your vote. They don't say yes to everything that you say. What is bad is bad, what is good is good. Where you can hear the voice of rights, you need to know that there is a self-realised soul nearby. Look at Shri Jesus Christ who is nothing but purity and is himself the "Omkara". He has no relation with any impure women. But when an impure women was being stoned, then he came in front of her and told the people that those who have never committed a sin can throw stones at him. No one could dare throw a stone at him. With this right of voice, who sings the song of God, believe them. Shri Krishna has said that using the "Bhakti marg" and "Karma marg" a human being can reach God. This is because only when the person realises that one goes beyond the both, then only they can achieve the real knowledge. Having the knowledge does not mean that someone has become a priest (pandit). I will tell you about a case today. One lady came to me and mentioned that her Mother used to go to visit a person, she used to visit Gurudwara, she took his exam, he had good knowledge of the Guru Granth Sahib and was regularly visiting the Gurudwara. She told him that she will marry her daughter to him. But he already had wife and children. Every day he used to come with ladies and fooled everyone. He took money from the lady's mother as well. He knew the scriptures very well, maybe he would have remembered it by heart. Everyone felt that he was a very good person. This is not the real knowledge (gyaan). You should feel the knowledge in your nerves. You should know that the power (shakti) which changes all the season, which does all the work which is alive, that power surrounds us on all the four sides. When Bhakti and Karma come together, it has been said that the real knowledge is received then. You need to use your Bhakti in your Karma, but it is not the case everywhere - people doing Bhakti only do Bhakti, people doing Karma only do Karma. Today you have done Bhakti, Bhakti of Shri Rama, it is ok. But you should also see that when we are in Bhakti of Shri Rama, how does our Karma match to such Bhakti. Are we like Shri Rama, Maryada Purshottam Shri Rama? Are we from speech, mind, intelligence, deeds (Karma), like Shri Rama? if we are not, then we are not one with God yet. Now in Sahaja Yoga, there are two (2) channels Ida and Pingala. When they cross over at forehead, because of Bhakti or good sacraments (su sanskaron se). Whatever work we do, from that whatever state is achieved, is called as superego. And by engrossing ourselves in work, whatever state is achieved, is called as ego. When ego and superego cross over at our forehead, calcification happens on our fontanel bone area. The fontanel bone becomes very strong after the age of twelve years. The soft bone becomes very strong. Now we have seen that in some people Bhakti is very strong, it becomes more difficult, because if Bhakti crosses over to the right side or the ego crosses over to the left side, then it becomes very difficult to give self-realisation to such a person. But the Dharma only happens when a devotee in his Bhakti he becomes a reflection of the God to whom he prays, he does Karma like the God. One person whom I met, I asked him, you are a Bhakt (devotee) of Shri Rama, why did you leave your wife? He said, Shri Rama had also left his wife. Then asked, what about Shri Rama going in search of Shri Seeta to Lanka. He replied, I cannot go till there. When I ask, why do you have five wives, the answer comes, Shri Krishna also had done it. But he is Yogeshawara, it does not have any effect on him. Then the response comes, I believe in Shri Krishna and will follow him in this aspect, he did a very good thing by having five wives. Such people who are unaware (nirbuddha) are called as stupid people (moodh) cannot do Bhakti and neither can they follow righteousness (dharmacharan). This is following the Dharma (dharma ka aacharan) in which you follow the righteous path as guided by the God in whom you have Bhakti. Now someone like Sant Gynaeshwara who was the obvious form of Brahma (saakshat Bharmaswarup), he mentioned only the technique of meditation (dhyani), understand this. An on top of this, all the places where his temple has been created and his statues have been placed, there is only excessive chanting (dindi karna) like Ram, Ram, Ram... Everyone who comes there, remove their hat (topi) and starts excessive chanting of Ram, Ram, Ram with a lezim (type of musical instrument with jingling cymbals) in their hand. I asked them for the hall for one day as we need to do meditation, they mentioned that you cannot do meditation here, only dindi is allowed here. I asked them, Sant Gyaneshwara whose statue is here, which dindi did he perform? The reply was, he was Sant Gyaneshawara..When I asked where has he written that you should only perform dindi? The reply was, how does this matter? We will only do dindi. I did namaskar to them and told them that if Sant Gyaneshwara would have been alive, I would have told you what you are. They are completely stupid (murkh). Sometimes by doing Bhakti in a wrong way, we are creating our own path to hell. You have to become alert and in that alertness we should understand where we are going wrong in our Bhakti. The biggest defect (dosh) in Bhakti is that when Shri Rama came on this earth, people said that they believe in Shri Parshurama. Shri Parshurama was not alive then. When Shri Krishna came on this earth, people said that they believe in Shri Rama and not Shri Krishna. When Shri Jesus Christ came on this earth, people said that they believe in Shri Moses and not Shri Jesus Christ. Because people who are not alive are good as they can be controlled. Keep a plastic photo with you, the work is done. But where is that plastic photo going to take you? What have you kept on yourself, you need to understand this. And then you come and ask, Mother we have done so much Bhakti, then why is our condition like this? You say that Shri Shiva resides in the Heart

chakra, we are Shri Shiva Bhaktas (devotees), but still we had heart attack. The reason is that by just praying (vandana) Shivoham, Shivoham you do not become Shri Shiva. Did you get your self-realisation? By shouting that I am the spirit, I am the spirit, Shri Shiva has become angry with you. By chanting Ram, Ram, Ram, Ram, Shri Rama will want to go away from you. It is surprising that the Deity to whom you pray the most, the corresponding chakra of the Deity within you only catches. From that only I ask, are you a follower of Shri Shiva, people are surprised and ask, Shri Mataji how did you come to know? However I recognised, I could recognise it by understanding your chakras. There is no special knowledge required for this. The Deity that you follow and if you do not do your deeds (Karma) according to them, you just go on chanting their names (bhajan) day and night. You should do bhajan also, I do not say that you should not do bhajans, but by only doing bhajans, you are not going to reach God. By doing Bhaj, Bhaj, Bhaj, you will not reach God, you can only reach God through your self-realisation. When the light of the spirit reaches our attention (chitta), then we know where Shri Rama resides within us.

Now you see, I am telling you that those who follow Shri Adi Guru Dattatreya, they always have problem of stomach. Those who follow Shri Rama generally have problem of the lungs. Those who follow Shri Shiva generally have heart attack. Now how is this possible? It is only because you have done something wrong. Sahaja Yoga is very pure and clean. In the Bhakti of Sahaja Yoga, you know why you are doing something, why are you saying something, why are you reciting a specific mantra, what is the relationship of it with you, what is the relationship of it with the masses? Because now you have the knowledge of your spirit and also the knowledge of the collective. The time has come now to change the form of Bhakti where people are saying that there is no God that exists. In Algeria, some people who were looking at fundamentalists believed that it was better to forget God instead of following the path shown by such fundamentalists and instead adopt communism. But one of the boys there who was a scholar by mistake came into Sahaja Yoga. Then he went and told others that God exists, but the way to approach him was not correct. Those who believe in God cannot be fanatics, cannot be at all. And those who have got their self-realisation cannot teach (shiksha) you to separate from each other. Like, now I had gone to Aurangabad, there was a big fight going on. Although, it was a mistake of the people, but the fight started because the people were playing loud music (baja) in front of a Masjid (Mosque). I told them that Mosque is a place for meditation, whatever it maybe, you should respect that. Where it is the question of God, do you that when Shri Mohammed had talked about "Allah o Akbar", he was talking about the Viraata who is Shri Krishna. Do you know that when Shri Jesus Christ talked about his Father, he showed these two fingers (Shri Mataji shows the fingers representing Naabhi chakra and Vishuddhi chakra) which represents Shri Vishnu and Shri Krishna. Do you know that Shri Mohammed is the incarnation (saakshat avtaran) of Shri Adi Guru Dattatreya who came on this Earth as Maha Medha. But if you tell this to any Muslim, he will be behind you with a knife and any Sikh would be behind you with a gun. That Shri Guru Nanak and Shri Mohammed are both one and the same is known by many Sikhs, but are they willing to believe in this. How can they be two different persons? Not only this but Shri Moses, Jews and Muslims are fighting amongst themselves, he was also the incarnation of Shri Dattatreya. Today the gentleman who garlanded me is from the Jewish community. he is a Doctor and he believes in Shri Jesus Christ as much as he believes in Shri Moses or Shri Ebrahim or Shri David or more than him because he resides in Agnya chakra. Because you have not seen their houses, you have not seen their relationships and hence become fanatics and are fighting with each other. They are all deeply related (pakke rishtedaar). Their relationship is similar to the relation between the Moon and Moonlight, or the relation between the Sun and Sunlight, or the relation between the word and its meaning, so deep is there relationship. Beware if you separate them or talk about them separately, you will then have to bear the consequences. The work done by these incarnations is also been looked at with suspicion. In the time of Shri Mohammed, there were so many fights, there were so many stupid people, what to say. They even poisoned him. At that time he thought there were so many women and the men were less in comparison. So to give prominence to the institution of marriage, the women should be married and she should get married. Today if the population of men increases significantly which has happened in South of India, a women was married to four men so that the institution of marriage continued, because marriage is a collective sanction. That time has passed, but we are still following the same. The people who talk about shariyaat, you may not be aware, that it was introduced by Shri Moses at a time when Jews had performed decadence (adham se adham). If you read Bible, there is reference in a chapter called Inmaya, it is clearly written about shariyaat. One that was made by Shri Moses for Jews is now being followed by Muslims as they are now following the books written by the five ingels. The same five are being used by Sikhs, Christians, Jews and Muslims. But it was originally made for Jews, at that time there were no Muslims. Now the Shariyaat is followed by Muslims. Similar is the way of Hindus as well, very strange. I say that the word Hindu should be taken out because Alexander had named us as Hindus. We are Bharatiya (Indians). Alexander when he had come to the Sindhu river, they could not pronounce certain words, he mentioned Sindhu as Hindu and all residing on the side of the Sindhu river became Hindus. This is

how we came to be known as Hindus. There is a theist, Atheist, Aarya Samaj followers amongst others, all are Hindus. We are first Bharatiya (Indians). This culture has been here for thousands of years (anaadi). Alexander had come only some time back before Shri Jesus Christ. So for us now Bharatiya (Indians) has become an old reference and the word Hindu has now taken precedence for which we are fighting with others. Our tradition is so great on the basis of which the whole world can be raised (enlightened). Who has not sung the praise of this tradition? You can read the Quran, he has written about the "Roohani life" and the Kundalini is called as "Assas". Shri Guru Nanak is standing on this very premise. Shri Buddha is standing on the same culture (sanskriti). They have no difference amongst themselves, we are behaving in such a stupid manner. They are all sitting there and here human beings in their name are fighting with each other which has become their habit. But atleast don't fight in the name of God. This misconception is within us. You should know this that, this life is very important, this time is very important, know this at this moment, if you do not get your self-realisation at this stage (paar nahi hue), then you will be lost. What did Shri Nanaka say - "Kahe nanak been aapache ne, mite na bhram ki kahi" What more could anyone say, what I am saying now is what they were also saying. The only thing was that at that time, self-realisation could not be given, but all of them are our own. By taking whose name vibrations start flowing, such is Shri Guru Nanak's name, anyone who wishes can get his realisation. So is Shri Rama, Shri Krishna, Shri Jesus Christ, Shri Mohammed, Shri Mahavir, Shri Buddha, all these great incarnations have come in this country and we are still in this bad condition. On this, it can be said that there was no mode of getting to yoga (yoga sadhan). What they said, we didn't follow, what they told, no one did, we are doing all unnecessary things. I asked the Jains what are they doing by making so many temples, they make so impure temples and impure statutes, why are they making it? They say, it is because, Shri Mahavir has asked us to meditate, but by doing meditation, we get a state of lowness (shudra siddhi), that is why we make the temples. You come now and get your self-realisation. You should get your realisation. You should get your self-realisation. The point is that, you have gone on many incorrect paths in search of God and have been lost. A Mother's heart cries out looking at this. All these are my children, where are they going? Whatever identification they have for themselves - Muslims, Sikhs, Hindus, Christians, anything they call themselves, but I know that they are all seeking God. When you go into darkness, you cannot even see that who is sitting next to you and you are all over each other. Only in the light you can see that everyone is sitting here and are in a composed manner (itmeenaan) and are talking about the same God. So the one who has Bhakti can never bring such type of severity (teevrata). Bhakti is love, and for the one from whom there is only a flow of love always, can bind everyone in that love. Under the management (avagunthan) of love, they can bind everyone. The thoughtless (alhad) love in which they ask, why did you make your life so miserable? Why are you making your own homes as a jail, you will get finished in it. I am telling you specially with special words, with insistence in my love< I am telling you that you should get your self-realisation. And after that in its light you should see your dignity, and the grace of the God who has made all this for you. This beautiful world (mandal) that has been made for you, to see that you have to only walk a little and you will have to believe that everything else is in vain. Like it was mentioned by Surdas after writing all the Sur Sagar that "Surdas ki sabhi avidya door karo nandalal" which means Oh Lord Shri Krishna (Son of Nanda), please remove all the false knowledge. In a similar way you should become absolute (nirpeksh), childlike, you should get your self-realisation. This is the fruit of Bhakti, this is the fruit of Karmas, that you are in meditation.

May the God bless you all.

Today again we will give you your self-realisation and I wish that like yesterday when you all in large numbers had achieved your self-realisation, it happens the same today. Today also there may be many questions in your mind, I have spoken about this topic in a very simple and Sahaja manner. You should only know that Mother has spoken (aar) with and filled with lot of compassion and that is why she is telling again and again that my child get your self-realisation. Please don't feel bad about anything that I say. Also, if you have any question please do ask, I will definitely answer those for you. One of the questions asked was by doing Sahaja yoga does one get cured of illness. The answer is yes, you do get cured. When the Kundalini is awakened, I will talk about this tomorrow, then you get cured of your illness. Many diseases get cured, it has been done as well. But we are not here to cure illness. We are here to awaken the Kundalini energy. When the Kundalini energy is awakened, all your illness are cured. Your Kundalini cures you. That is why people who want to cure themselves of their illness should also get their Kundalini awakening. One more question was that do only healthy people get their Kundalini awakening? That is not the case. "Swastha" means - to establish yourself in the self for which you need to awaken your Kundalini energy. However it is, in whatever condition, in whatever state it is, we need to awaken the Kundalini energy and it will happen. You need to have that belief. Don't have any complex about yourself. I consider you all as my children and based on that I think that all of you should get your self-realisation.

Don't keep any complex about yourselves. Somehow ensure that you do not drop yourself. If you want to trouble any Mother, it is said that you wily say, I am a waste, I am ruined, then the Mother will start crying. So to please a Mother, you should only know one thing, you are all in the Kingdom of God, have belief in me. You just trust me on this, that you are all in the Kingdom of God. You have to try, you have to put some effort, so we will do it. The labor pains (prasav vedana) that your Mother had to go through was not felt by you. One person mentioned that he felt like some 5 explosions on the top of the head. Now don't know to which all gurus he had been where he got this feeling from. Now this is something new that I heard, there is lot of heat here. One of the persons just sat in front of me with the legs facing me. Then they said, atleast don't face your legs in front of Mother. Then he said, that it is not about her, but when my Kundalini energy rises and I sit cross legged, I start jumping like a frog. Then I asked how is this? He said, my guru has told me that when you Kundalini energy raises then you start jumping like a frog. I asked where, he came and showed me a book where it was written. The guru's name was Vishnukeerthi, that when your Kundalini is awakened, then you jump like a frog. I said, oh God, are you now going to become a frog, a scorpion or a snake? This is the limit. Then I had to get him down, the frog like behavior had to be undone, made him a human being and then gave him his self-realisation. You should leave all this kind of delusion and you should know that today we have come here as human beings and to become a super human (ati manav) you need to cross a little distance. I am here and if your Mother is the master, it will be done. Then someone asked me, Mother who are you? I only want to say that whatever I am, I am. You need to recognise it, I am not going to tell you who I am. Doctor here (Mother is referring to a Doctor) spoke about it, but I am not going to tell you. If you crucify me, then who will do the work. I am dealing with idiots. That is why I am not going to say anything, you yourself should find out who am I and what is my work? Slowly, you will understand. But in the beginning, it is sufficient if you can know yourself. Is it ok? Many questions that I knew, I have answered them now. If there are any further questions, please write and give them, I will answer them tomorrow.

Shri Mataji giving realisation now:

Now one thing, is that for people who cannot see me, try, come and sit in front of me, there is lot of space here and should get your self-realisation. No one should get up and go in between. Those who want to go can go now. This is not something that will happen with force. It is lot of hard work and then if you do it by force, if someone says that I am sitting on the back of a crocodile, then how can you bring him into the boat. That is why this cannot be given by force, you have to ask for it with judiciousness (samajhdaari). (Mother is asking someone to bring another light in front like that one. Warren, please bring that light. Hello, that light you bring down below. Down below you bring it, keep the light on my feet, that light). Now you have to be relaxed, sit leisurely. Sit in Sahaja Aasan, which means that the legs should not be kept on top of each other when sitting cross legged and you need to sit in such a way that the weight of the body should not be felt on our legs. The body should first be kept straight (vertical) and the neck should be kept straight, but there should be no strain the body or neck. When we sit, there should be no strain.

Now keep both your hands, palms facing upwards on your lap. Like I had told yesterday, the seven chakras are placed on our left palm represent our "Ida nadi" (Left channel) which is the power of our desire and the seven chakras are placed on our right palm represent our "Pingala nadi" (Right channel) which is the power of our action. When both the nadis (channels) comes together, it forms the chakras and the channel that runs in between the Ida and Pingala nadis is called as "Sushumna nadi" (Central channel). Sant Kabir said "Ida, Pingala, Sukhaman nadi re".

Now in both these hands, one left hand represents desire, that you need to keep it facing me and the right hand which represents action, we will use that hand and understand how to raise our Kundalini energy. Because, the Kundalini energy will get awakened, but as I had mentioned, it's only a small strand of the energy, it's just one hair bit of energy will come out of the Brahma nadi (Central channel) and pierces the Brahma marandha (Fontanel bone area). hence, it is necessary that for its support (aadhar) more strands of the Kundalini energy should be awakened. Sometimes, even the nadi slips and falls down, then too it needs to be raised again. This is an important work that has to be done in Sahaja yoga. That is why, even though you would have received your self-realisation, to ensure it is done in a systematic manner and to make it a tree, you need to know why the Kundalini energy falls down. What is the defect of the Kundalini energy? Why is the Kundalini energy not stabilising within us and after understanding this what should we be doing, its diagnosis as it is said, should be done. Whatever needs to be done then, will also be told to you. That is why you need to come to the Sahaja centers. That is why center has been specifically kept for all new

seekers a day every week for them to understand more about Sahaja Yoga. But you have to come there. For that you have to leave your bigotry (badappan), because we do not have any air-conditioned ashrams (centers). Someone has been virtuous (dharmaatma) and given us a place, where we have opened the ashram. So, however is the place of Mother, Mother is not rich, no problem. You should surely come there, learn more about Sahaja Yoga and become an expert. You will then become a guru yourself. From one, there should be thousand, from thousand there should be thousands of lights and due to such lights in the country, we can celebrate Diwali across the country. There is no other treatment except change.

Now keep your left hand towards me, right hand which represents action, on your left heart. I knew punjabi earlier. (Right hand is called dayna haath in hindi and sajja haath in punjabi, left is called khabba in punjabi). You have to use your right hand all the time and always keep your left hand palm facing upwards towards me and all actions are required to be carried out on the left channel (Ida nadi). Just memorise this:

First you need to keep the right hand on your left heart;

then move the right hand to the upper part of your stomach on the left side;

then move the right hand to the lower part of your stomach on the left side;

then move the right hand back to the upper part of your stomach on the left side;

then move the right hand back to your left heart;

then you need to move the right hand to the left side of the Vishuddhi chakra (from the front side of the neck and not back of the neck) and press it;

then move the right hand to the front side of the forehead and press it which is the front window to the Agnya chakra;

then move the right hand to the back side of Agnya chakra which is the back window at the back of the forehead where you need to rest the right hand and then rest your head weight on the right hand;

then use your palm (talva), keeping all the fingers widely spread, the center of the palm should be kept on the central part of the fontanel bone area on your head, press it hard, and with fingers widely spread, press the central part of the fontanel bone area seven (7) times in clockwise direction.

That is it. This is what needs to be done. You should not open your eyes during the meditation. Do not open your eyes. During the meditation keep your eyes closed. because the attention goes outside when the eyes are open. Because there is no mesmerism here. Let us assume this is the attention (Mother is pointing towards her shawl), Mother puts her hand in the shawl and pointing it upwards, shows how the Kundalini energy raises at first. After the Kundalini energy raises and pierces the Brahmarandhra, then in the same attention the light starts spreading across the realised person. But on the top of Brahmarandra which is the place where Shri Sada Shiva resides, the God (Paramattma) resides, it is considered the place of formless (Niraakar). As soon as it touches the place of the God, in the left heart, where the reflection of the God resides, the light of the spirit is enlightened and it enlightens (aalokit) our attention (chitta). All this will happen to you. You can slowly inspect (partaala) this growth within. You need to understand this, obtain this and know about it. You will be surprised to know about yourself. Like I had told you yesterday, if you go and give a television to a village, the people will ask what is this box? Then you will tell them, see how the whole world can be seen in picture through the television. Then you connect the television to the mains, you can see its miracle. Similarly, you are the most beautiful instrument made by God which starts working after your self-realisation.

Now keep your left hand towards me. Keep your attention happy, forgive yourself, don't think negative about yourself. There should not be anything that diminishes your self-confidence or makes it defective. Those who are sitting on a chair are required to remove their shoes. It is better to keep your eyes closed and remove your spectacles as it also benefits your eyes. (Mother is

asking to keep the candle near the feet and for clearing her chakras from behind).

Now keep your left hand towards me;

Now keep your right hand on your left heart and keep your eyes closed. Now ask this question to me, Shri Mataji, am I the spirit? Like you would ask a computer, you should ask this question to me: Shri Mataji, am I the spirit? Ask this question three (3) times;

Now the second question is linked to the first question - if you are the spirit, then you are your own guru as well. Now keep the right hand on the upper part of your stomach on the left side. Now ask the second question to me, Shri Mataji, am I my own guru? You are your own guru, but you still need to ask this question;

Now keep the right hand to the lower part of your stomach on the left side and press it. Here you do not ask a question, as here I am accepting the freedom that you have, so you need to say for this chakra, Shri Mataji, please give me the pure knowledge. This chakra is the source of all of the Divine laws, regulation and techniques. All such knowledge is called as pure knowledge. Ask for this with all humility six (6) times as this chakra has 6 petals. On the Swadishthana chakra you are asking, Shri Mataji, please give me the pure knowledge, because this cannot be given forcefully;

Now keep the right hand back to the upper part of your stomach on the left side. This is the chakra for the guru tatva where you need to reside. When the Kundalini energy raises, if this chakra is blocked, then the Kundalini energy cannot go any further. here you have to say with full belief, Shri Mataji, I am my own guru. Shri Mataji, I am my own guru. Tell this with all humility ten (10) times as this chakra has the 10 guru tatvas;

Now keep the right hand back to your left heart. This is where the Shri Atma resides. Here with full belief you need to say, Shri Mataji, I am the spirit. Shri Mataji, I am only the spirit. Tell this with all humility twelve (12) times with full belief. This is the biggest truth that you are the spirit. I had mentioned before, that God is the ocean of love, compassion and happiness. But beyond it, he is the ocean of forgiveness. That is why we shouldn't do any mistakes that he cannot forgive from his generous (udaar) heart. You should completely trust his power of forgiveness;

Now move the right hand to the left side of the Vishuddhi chakra (from the front side of the neck and not back of the neck) and press it. This is the intersection of the shoulder and the head on the left side, like I had shown earlier. Here, with complete belief say, Shri Mataji, I am completely not guilty (nirdosh). Mother, I am not guilty. I am completely innocent (nirdosh) and serene (nirmal). Tell this with all humility sixteen (16) times with full belief as this is Shri Krishna's chakra;

Now with full heart you have to say keeping the right hand to the front side of the forehead and press it hard and with full heart you should say, it does not matter how many times, Shri Mataji, I have forgiven everyone. I have forgiven everyone, now don't start counting how many times you need to say this. Mother, I have forgiven everyone. Not on your head, but keep your right hand on the forehead, where we keep the bindi; You don't need to count, as this is the most easiest thing to do. We do nothing, whether we forgive someone or not. If we are under the delusion that we have not forgiven anything, then we are playing ourselves to others. Hence, please say that Mother, I have forgiven everyone. Tell this with full heart;

Now keep the right hand to the back side of Agnya chakra which is at the back of the forehead where you need to rest your head weight on the right hand. Not at the top of the head, but at the base of the head. Here, for your own satisfaction (samadhan) you have to say that, Oh God, if I have done anything wrong, then please forgive me. Please forgive me. But in any ways, do not start looking at your mistakes or you don't have to think lowly about yourself. Oh Lord, please forgive me, if I have done anything wrong. This is just asking God for forgiveness;

Now spread your palm (talva), keeping all the fingers widely spread, the center of the palm should be kept on the central part of the fontanel bone area on your head covering the complete head, press it hard, and with fingers widely spread, press the central part of the fontanel bone area seven (7) times in clockwise direction at a slow speed. I am telling you again, here you have to say, Mother, Please give me my self-realisation. I cannot force your self-realisation on you. Hence, please tell this 7 times in your

heart that Shri Mataji, Please give me my self-realisation. Press it hard. (Mother is now spreading vibrations through the mike).

Now keep your right hand back on the lap. Slowly, open your eyes now and look at me. Are there any thoughts that are coming to your mind? Have you become thoughtless (nirvichar)? Are you able to look at me without any thoughts?

Please raise both your hands above the lap (palm facing upwards) till your heart level (not very high).

## 1986-0222, Public Program Day 2: Dharm Acharan

View [online](#).

22 February 1986

Public Program

Sir Shankar Lal Concert Hall, New Delhi (India)

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

Public Program Day 2, Dharm Acharan, Delhi, India, 22.02.1986

Translation from Hindi:

Yesterday, I told you, when devotion and deed unite together, you start behaving in the same manner as the one to whom you are devoted to, and you start following the path, shown by him, and then the actual religion is awakened within you, the religion is established in you. There are many people, who follow others but they do not have devotion towards them, and there are many others, who have the devotion but do not follow their manners.

For example, I have seen that there are many people who get the feeling that " we should do social service. We should serve people". But, when you serve people, it is very surprising that involuntarily you develop the feeling of ego. As an example, you would have seen that the people from the missionary, when they try to spread their religion, they forget that they themselves are not in the Path of Jesus Christ. Many times, Jesus Christ must have told that first of all you have to be resurrected. You consider yourself blind until and unless the spirit is awakened within you. In spite of being told in different ways, these people are in imaginary illusion (bhramak kalpana) that they are doing the work of the missionary. And by serving the poor, or by treating few patients they think that they are serving the God. This is not the service of supreme Being. This is the work of human beings. This poverty has been created by you, you have faced all the nuisance, and human only is responsible for all the calamities he is facing. And now if you are trying to undo them, then you are not serving the God in any way.

Many people say that service to the poor is equivalent in importance and piety to service to God. This is a huge misunderstanding. I have seen many people who have received many medals, many songs have been sung in their praise, they have received many prizes, received noble prizes. But when we look into their personal life, we find that many of them are very cruel, and angry people, they are very selfish and self-centered people.

So, this is also a very subtle facet of Ego, which when done, gives a person happiness, but others are not happy because of this. When the ego starts working inside us, we cannot see it. Because, we hurt others, but we are not sensitive enough to understand that, we are hurting them. We think that we are doing something very good. Because when we presume or assume that a certain thing is going to make a person happy, then this way on that way, somehow forcefully, we try to do that. Okay, let us assume that your intention is to Serve the People, but still your ego is going to be intact. And if someone talks against what he's doing, he will forget that he is doing a virtuous deed. This ego cannot be controlled by you in any way. Because, whoever is blanketed with ego, does not know that he is sunk in ego.

We keep doing this kind of many deeds and think that we are doing something great. But in truth, we have done nothing except satisfying our ego. But the work of the supreme Being is Living action (jivanth). It is not necessary for him to tell any person to call 20-25 people, and give him the spiritual initiation of this religion, or that religion. A person who is authorized by the almighty, his one glance can awaken the kundalini. And with that single glance he can give realization to many people. Not only this, because of his kundalini Awakening, he can become healthier, his mental state may improve, his intellectual status may improve, his worldly problems also may end. And there can be a radical transformation in his whole state.

But when this incident takes place in a human, he does not have Ego of any type. He does not



have the feeling that "I have done something". Like today, Doctor Spiro spoke about me, I was very doubtful that "have I done all this"? And if something happens because of us, still I don't think there is anything so great, because for example consider this Mother Earth. If we sow a seed, the seed get nourished by itself and germinates by itself. So does the mother earth become egoistic that she has germinated the seed? When this is our nature, then what is so special about it?

But I can definitely say that this is something special for Sahaja Yogis, because they have allowed themselves to get transformed. They have accepted that they have to transform from within. This is a very great thing because, it is very difficult to get rid of ego. To enter into this hall, itself is the indication your ego is standing a bit away from you and saying that you are going to achieve something better than what you have. After that Awakening of Kundalini also is not so easy.

Today, in this Hall, very beautiful songs were sung, because of which lots of vibrations were flowing from us. Still some people were seen moving around. Depth could not be seen in them. Some were coming in, some people were going out. This action can annoy the deities present inside us. They start thinking "are you going to talk about yourself, or about kundalini to these people? On one side you people are there Who are seeking the truth, but you are covered with layer of ego, and apart from this you are filled with super-ego also. And on the other side these deities are there who get angry for every small thing. Stuck In between these two things, Mother sometime feels like laughing and sometimes feels like weeping. But still, this mother has hopes, very high hopes, that one day from this India many great personalities will stand high before this world.

But to understand this subject one should have some wisdom, should have some respect towards the self. "Now that I have come to this earth, what is the purpose behind it. Have I taken birth just to save money for my children, or have I come to this earth to become some minister, or have I Come here to take care of my children, and keep saving money and then grumble and die? Or there is some special purpose of this body"?

When this kind of a serious thought comes inside a human mind, then he starts thinking that "there is something special inside me, which I have not achieved yet". So, the thing which you have to achieve is your spirit.

[talking to a seeker]-- see, it is not right that you come so late and sit in the front. Please go and sit behind. Not right.

And we should look at it in a serious manner. if it is a lecture given by some political leader, you can be as you want but here something very serious and subtle matter is going to take place. And for that the kind of people who wants to receive and achieve, are required.

But people come just to watch the fun. This is not the place for fun lovers. And some people come here just with the intention of criticizing, and they think that they are very clever, and they are very intelligent, because they are laughing at everything. They come here to show their intelligence. But because of this stupidity, you are going to lose the very precious time. You are not supposed to lose this time, instead you have to achieve it.

Now the Kundalini energy which is inside you in a dormant stage, is your pure desire, as I have already told you. This kundalini passes through every chakra (plexus), and comes on top of the head, (see the chart) and pierces the fontanelle bone (brahmarandra). The Kundalini which pierces fontanelle bone, does a live job. This is a living performance, and characters in this also should be live. The meaning of live, is that one is alert and understands what is happening around them. We see that there is loud lamentation around us. First of all, a human feels sad that there is so much of violence happening around him. Wherever there is plenty of money, there is plenty of violence also. What should be done to clear this violence and to bring it completely to an end? Many, many organizations have been made to establish peace. But unrest has been spread by the human, and so there has to be some inanimate thing inside human which makes him spread unrest. We should know where is this inside us. This inanimate body is sitting on our left side inside swadishthan chakra. When the left swadishthan chakra becomes agitated, then the human becomes disturbed. And when the right swadishthan chakra starts over working, his lever starts working overtime, and a lot of heat is generated. As soon as this heat, attacks the left swadishthan, a person becomes very aggressive and his eyes become bloodred. Then he doesn't understand what he is doing. Now if someone says that we should start peace

movement, then it is not going to work. The one who starts the movement, will be the one to start the fight.

I heard that, in Gujarat there was a big world Peace movement, and the people who were leading the movement started fighting among themselves. How can this type of people establish peace? And, the situation now is such that, in spite of our having a better lifestyle, better clothing, and we can even get a certificate for our advancement, but a brother cannot take care his own brother, a son cannot take care his mother, and a father cannot take care of his son. There is so much of a difference between the human beings. And so a person who is alert and vigil, sees this and says " mother, how can this happen"? If we have really advanced, then what is the reason for this kind of a difference? The reason is, there is ego in your heart. When this ego gets into our head, it covers heart chakra which is also present on our head. And the same ego envelopes our heart also. But we do not know this. If you ask the father he says he is right, and if you ask the Son, he says he is right. Then the argument continues, they will go to the court, fight among themselves, break their heads. This is the way of living of a human being. The animals are better than us, who are in a bond, they don't fight among themselves. Sometimes when they are carried away by anger, fight a little. Mostly the animals which are human beings are more aggressive.

Go to a jungle. You will find a lion in his own grandeur. You go to a jungle and if you ask how to know where is the lion in the jungle? Then the answer is wherever there is complete silence. Because all the animals know that "the king" is sitting there, and so they all are keeping silence. When a lion dies in a jungle, the whole jungle mourns for the lion. Other animals stop eating food thinking that "our king is dead". That situation is not there among human beings.

See the nature, how beautifully it works. During the fall season, all the leaves from a tree falls down. And the nitrogen from the fallen leaves, is absorbed by the roots of that tree, because of which they are nourished and the tree again is laden with new Leaves. Fall season also is very important because, the Earth can receive the sunlight better, which is essential for the earth. The whole nature work in a synchronized manner, and keeps the whole circle intact.

But the human being breaks all the circles or rules, because human beings have only one thing, which is their freedom. But it is not freedom. A person who understands his own mechanism, Is truly independent. When a person thinks " what's wrong", like the saying goes In English for everything, for example in foreign countries apply blue and yellow colors on their head, and wear dresses with big holes in them, and when I ask them "why you are dressing like this", they replied " what's wrong in that"?

In this Cold weather, if you roam around with a dress full of holes, want to catch cold? The more the cold weather, the less the clothes on the people there. This is human's adverse behavior or nature. This does not apply to the animals. Which are in the cold place have plenty of hairs on them. But you will be surprised to know that women in places like Norway, Sweden and Belgium, roam around half naked. In this cold weather, women go around without proper clothing. And you come to know after few days that they are no more. From this kind of mad people, which according to them is right, we don't have to learn anything. But human beings are slightly mad.

And he becomes mad because he doesn't know how to make use of his freedom. He is sitting on a horse but he doesn't know how to ride the horse. So, his own freedom acts against him, and he moves forward unbridled and that leads to his destruction. About this kind of ego, all the Saints and seers have told that "God save me from this ego". And see, this ego can lead to stupidity. You will not find a more stupid person then an egoistic person. Something worth listening. A person who becomes egoistic, can either become extremely cunning or can become extremely stupid.

I see lot of stupid people in foreign countries every day. And I don't understand whether this people are advanced people, or perverted people or people who are ready to go straight away to mental Asylum. There, mental Hospitals are full of mad people and we can see mad people roaming around in the streets. I'm not telling lies. But now same thing is going to happen here also. (IN INDIA).

And the Ego can convert a person an inanimate object, that it gets on his nerves. It affects the nerves so much that a person loses his sensitivity. Whatever you talk to an egoistic person, He will neither listen to you nor talk to you, for anything you say. And until you poke him with your words, it is not going to reach his brain that you are saying something. So, now a days, whatever

music is famous in foreign countries, I call them as "microphone eating music". Because when they sing they make noise like, "hahahaha" million others dance to tune, because they don't understand the simple music based on the traditional notes. For them, there should be something which can shake your whole body and get to your nerves also. This is another aspect of ego.

Now, the pingala nadi inside us, which originates from our right side and crosses over to left side, and which gives us ego for our deeds, is in fact a very useful thing, but only When our deeds are "pure". And meaning of "pure" is, filled with genuine love.

People may give big lectures, but are you giving this lectures out of love and affection? Do you genuinely love people? Or you are lecturing for selfish reasons? Before lecturing ask ourselves one thing that "am I talking for other's benevolence? Are my lectures really going to give others benevolence"? Then you'll really understand.

But to get this truthfulness also, we have to establish the True Religion inside us. Now see, how complicated matter is this. You have to do good deeds to establish a religion, and you can do good deeds only when the truthfulness is established inside of you. So now it is like, whether the egg came first, or the hen. How should we start the matter, so that truthfulness gets established inside us, and after that on the basis of that truth we do deeds which are pure, sacred and full of love.

There is only one treatment for this. As soon as the Kundalini is awakened, the religion which is inside you in a dormant stage, gets awakened. What an amazing thing it is. You don't have to do anything. I will never tell you that don't consume liquor. I will never tell you. I won't even tell you that don't steal. I will not tell anything. But when the religion inside you is awakened, you yourself will not do all these things. Great saints and seers were never told by anyone, "don't drink liquor", "do not beat your wife", "don't do anything wrong". They never used to do anything wrong. They don't require any government, they don't need any police or anything, they can never do anything wrong. They always do what is right. How does it happen? Because, religion which is present inside our stomach is Awakened. And as soon as it is awakened, there is a new enlightenment inside us.

There was a gentleman, who is a great doctor, nowadays he is in Riyadh. He is a famous doctor, When he started coming to me, He completely stopped drinking. And when he went to Germany, he had a thought that, "for some reason i'm not able to drink, but very good wine is available in Germany, I should definitely taste that". He dared to drink that wine. And he said "as soon as I drank that wine, mother! I smelt some rotten butch from that wine". "And the smell was so bad that I felt I was passing through a sugar Factory, but I forcefully drank that, thinking there is something wrong with my tongue. I could easily drink bottle after bottle earlier, and what has happened to my tongue now?" And he said "after that I started vomiting and vomiting so badly that finally I thought my whole intestine is going to spill out, and then I asked for forgiveness and it stopped". I said drink some more and see what happens? He said "Now I pull my ears, I can never drink again, my stomach itself has become religious, what should I do? This is standing against me. I said "who are you? Are you this so-called doctor"? He said "no, that is no more my identity". Then who are you?

He said "mother! I am a spirit, now I have become a spirit".

Spirit is absolute. It cannot get used to a specific habit. It can neither get stuck in any habit, nor in any kind of ego. When you become the spirit, you also blossom into a unique kind of lotus. The people abroad are in a worse situation than what was mentioned by the doctor. And in foreign countries there is real hell. As an indian women, it is very difficult for me to explain their way of life style. When I go there I get the shock everyday. But, in that slush, in that hell also how did these (sahaja yogis) lotuses bloom?

How did these people made this place so aromatic, how did they spread such nice fragrance in the atmosphere? This has to be some good deed from the previous birth or else it has to be the thought of a very pure mind which recognized and accepted it.

But by God's grace, you people in this country know what is religion. If you go against religion, still you know that you are doing wrong. We do it, no matter, but we do knowingly. But these people (foreigners) do it un-knowingly. It is very surprising that this all pervading power forgives the foreigners, but it doesn't forgive the Indians. It forgives the foreigners very fast, but Indians are not forgiven. Because the vibrations or all pervading power thinks, knows and loves. It knows that you people are doing mistakes

knowingly, so you should bear the fruits of your mistakes. That is why I see that many Indians come to Sahaja Yoga, take the realization, but vanish after that into the thin air.

All the halls will become full, there will be lot of crowd but after that, everything will happen, but after that they will never turn up. The sole reason for that is, we still want to take the path towards degeneration. But these foreigners come out of the hellish atmosphere of their country, and they do not want to go back into the same hell. They have seen what exactly is that. If you people want to experience that, please do so. But I may not be there by that time, and you also may not transform.

So, the Awakening of the true religion takes place in the abdomen, and you start seeing whatever is wrong, not with your eyes but your nervous system can feel it. A gentleman was overwhelmed by his Guruji but he had many physical problems. I told him see! Your Guruji is not genuine we have to make him all right and whatever treatment Mohammad sahab has suggested, you have to do that. But he was not ready to accept it. Now what can be done about it? I told him okay, Stay with your complain, and stay with whichever Guruji you want.

At that time he was gripped by both ego and conditioning, and so he said that he cannot accept it. I said all right. After 8 to 10 days his condition became very serious and then he came to me and said mother! I will listen to you.

I asked him " who is your Guru"? He said Mohammad sahab. I said Mohammad sahab cannot be wrong at all. Then he told me that, in fact he was a devotee of some mullah, or peer who was a Muslim, but he was not a "peer" at all. Because the meaning of "peer" itself is a realized soul. Now, many of us here are in the same situation, that is why I told you this now. You all want your kundalini Awakening, It should happen and it will happen. But "Sarva dharmanam paritajya, mamekam sharanam braja", this means "come to the religion of Krishna". And what is Krishna's religion? Hindu religion or christian religion is not krishna's religion. Muslims also call Akbar who is none other than Virat. why not? So, muslims also believe in Krishna.

So what is the religion of Krishna. His religion is to plough. The deity of stomach is Lakshmi narayan ji. He incarnated as Shri Krishna to plough us (krishi). That is why he was known as Krishna. 6000 years back he told that, you forget all religions and do the job of ploughing. Today I would say that leave all other religion and come to the religion of Awakening. The situation has changed. First we do the ploughing and our self realization also should happen and if we miss this opportunity now then we are not keeping up with the time.

It means that we are not alert. But now if a peculiar person comes here, like a joker or a clown, and if he sings with microphone almost inside his mouth, then everyone will run after him and dance with him. But if someone says that today's time is for self-awakening, Then very few people will accept it. Very few people will accept it.

There was a big ambassador. I asked him why do like "Swide" more than "Yung"? He said because "Swide" had told something new, which he liked, where as "Yung" constructed his fort on the old sayings. I said "wow" thats great. We were having food at that time. I told him "Let me ask you to do something new. Will you do that"? He said "yes, definitely". I said till now you have not eaten a table, so eat that now". And what ever was a living thing, "Yung" did that.

So, the Eternal things are always built on the things which are already existing. For example, there is a root, on top of the root a plant grows, It starts branching out, and then leaves grow on it, then it blossoms, and then the flowers become fruits. So now, if someone comes and shows you a new kind of fruit, then it definitely has to be a plastic one. Does anything come out of wind?

So, up till now whatever religious work in total, has taken place, the Final Destination for everything is self-realization, which you have to achieve. In Sahaja Yoga you will come to know that, great incarnations and great personalities have done a lot of work to establish this. Now all you have to do is to achieve the Final Destination. They have laid the whole path for you. And all those who have laid the path are respectable for us, great for us. But, the thorns which were there at that time, in those paths are present today also, but you don't recognize them.

In Sahaja Yoga you will come to understand who are thorns and who are genuine. This path has been used for thousands of

years. Seers took this path first, then many Saints followed, then many different people came and constructed a tall tower of religion. Today, the summit is going to be in your hands. Sahaja Yoga is not against any religion, but it has to be a true religion. These Mullahs, these priests, these almsmen, and these pundits are not part of religion. They are not responsible for religion.

Sometimes I used to think, that these people are under the impression that there is no God at all. If they really believe in God, how could they cheat others, tell lies or do anything against a religion? Maybe, they even think that "we only have made the "God". We only have made the God, that is why we are fooling others, everyone knows there is no God or anything".

We should understand that, to know the genuinity of anything, the Awakening of the truth inside us, can be done only by Kundalini. So, the Awakening of Kundalini should happen on our chakra, which is related to Dharma or religion. And then this religion chakra awakened, you can very clearly see that, whatever was right according to you, is in fact unrighteousness next.

In Maharashtra there is a very famous temple of khandoba. I also went to the temple which is a self existing temple (swayambhu). One of our Sahajayogis, who was an old person also came behind us to the temple. And when he came back he fell unconscious. I asked "What happened". Mother! You went to the temple and so we also followed you". I asked,

"What happened then"? "Nothing happened". I asked "who applied that "teeka" on your forehead?

reply- Oh yes! There was a priest sitting in the Temple, he put that teeka on our head, and we gave him ten rupees please". I said, "very good, and you have taken this unconscious state in return". What is necessity to let him apply the teeka. You are awakened Sahaja Yogis and your agnya chakra is open, and you are allowing everyone to apply teeka on you?

As you know, the priests in the church give baptism. Keep their hand on top of your head, sprinkle some water and say now you are self realized. This is a kind of drama, Same as thread ceremony in our religion. For this, William Blake said that, "a priest cursed on my head in my childhood". So, these rituals are there in our country and which we consider as religion law, are not so in fact. Only the person, who is self realized can lay the religion law. If a person does the religion law, without self realization, then he will be harmed by that.

A pandit ji (priest in the temple) came from Brindavan. He said mother! I don't know the cause but everyone in our family dies of high blood pressure. And now my young son also has high blood pressure. And I am doing only good deeds". I said "is that so. In what way are you doing good Deeds? He said " the name of our temple itself is "hita mandir".

"Okay, and what do you do there?". We change Radha Ji's dress and we do the religious offering of food to Krishna. I said why do you do that. Krishna doesn't eat your offerings. And What does Radha ji wear? He said " I mean to say whatever money I get from the devotees, I use this way".

I said " how much do you swallow out of that, you let me know". He said "but I am spending my life in religious things (charitarth). I said when there is no meaning for your character (charitra), then what religious life can you lead?

So we should understand that the idea of religion we carry, is very wrong. In our food habits also we carry a very wrong religious notion. A person who is very "right sided", should eat one particular type of food where as a person who is Left sided should eat another type of food. It is an old belief that a person should eat according to his nature. But I think there has been plenty of attack on that belief also.

In Sahaja Yoga you will be told about your nature, and what type of food is right according to your nature. Now, you don't need to go into the history of why some people are right sided, and some are left-sided. Whatever we are seeing in person, should be considered. So, in Sahaja Yoga, at present, this moment, what ever problem you have will be considered. Tomorrow, you might be completely alright.

Recently I was in Madras, when a lady came to me and she told that she had inflammation of the glands in the neck, and doctors

saying that she has cancer. She had her neck covered with a cloth. I asked her to sit with a candle. After some time I asked her to remove the cloth from around her neck. The inflammation had vanished. Everyone started saying "her neck was swollen so much, now everything has vanished. How did it happen"? She had problem of the left side, and when that cleared out, her inflammation also vanished.

A mad man comes here and becomes all right within minutes. How? Because he had some negative effect and when that cleared out, he became all right. So, the Sahaja Yoga directly effects the essence. It doesn't work from outside. It works on the essence. And, religion is our principle. To live within the religion is our principle. There are many many such religions as religion towards mother (matrudharm), religion towards father (pitru dharm), religion towards our country (desh dharm), and religion towards the whole world (viaswadharm). Our whole body is reared and decorated with these religions, which beautifies us. When these religions are awakened within us, all other religions become a right. That is why it is told that by awakening the kundalini, our relationships with others become healthier. The ten religions, which in old testament has been described as ten commandments, have to be established inside us. These 10 commandments were told long back, and today the rules, and laws which we have made are based on those ten commandments. And when these ten religions are situated in the same place inside every human being, then how can we be Hindu, Muslim or Christian externally, when the definition of religion it's a same for everyone. We are just human beings.

The divine did not make us out of plastic, with the similar looks, because he had no intention of making military out of us. He made every one with different looks, one leaf does not resemble the other, one human does not resemble the other. This diversity and difference in the looks of human beings, gives us joy, when we look at them. And because of which beauty of a person thrives.

But we don't understand that, the divine made us like this externally to fascinate us, And we get carried away by this. So we have to remember that in Sahaja Yoga that this is based on principles, it is Yoga within to enhance peace, which can not happen from outside. For example, you may dye your cloth in some colour and consider yourself a great saint. That does not happen in Sahaja Yoga.

In Sahaja Yoga the saintly changes happen from within. Like, Guru Nanaka said the whole dirt from inside is gone. When there is no attachment with anyone then where is the question of leaving anyone. All of them were married, but none of them showed-off anything. For Raja Janak, It is said that he was Weaned from bodily and earthly enjoyments (videhi), and because of him Sita Ji is called as vydehi. When he was a king, he lived like a king. When Shri Ram Chandra, became a king, he accepted the crown on his head, and when he had to go to the Jungle, he wore the bark of a tree, and left. This kind of a people are king by Nature. He doesn't require anything, he does not bow in front of anyone, he does not ask for anything, he is not a beggar, He is a king. He remains a king either you keep him in a jungle, or you keep him in a palace. Kingship is in his nature. This kingship is awakened inside us in the form of religion, when we sit on the throne. This Kind of people are not frightened of anyone. This kind of a religious conduct is very special because people who have balanced themselves on this principle, get their self-realization Within seconds. It is very very easy for them. Very easy.

But the greatest thing we all should be knowing that inside Sahaja Yoga, we respect all the religions. Because when Mohammad Saheb is inside us and shri Krishna also is inside us then whom can we insult? But, we don't sustain ourselves in the religion, we get diverted.

After coming to Sahaja Yoga also, for some time this kind of disturbance prevails. Afterwards, Kundalini starts binding you, and you also get bonded, when the Kundalini pierces the fontanelle bone completely, you sustain yourself completely in your spirit, and you start enjoying it completely, then it is said that you have become dharmateet, beyond the dharmas. Gunateet, beyond all gunas (virtues). Does it mean that he leaves all religion? It means that the religion itself is established inside him. He need not adhere to any religion because he himself becomes the form of religion. He will never do anything against the religion. But his religion is living religion.

To kill Karna also is religion, and to kill Dronacharya also is religion for him, and to carry Govardhan on a single finger also is

dharma for him. To understand the complete definition of dharma, firstly, the Dharma inside us should be awakened.

I will not discuss any kind of religion with you, where it is said that "be in your religion". Now a days, meaning of religion is " you give me everything of yours, and become a beggar and follow the religion. Instead, I will tell you that the meaning of religion is become alert and awakened. Wakeup. Be alert towards yourself. After the Awakening of Kundalini you find that we are holding a snake (negativities) in our hand, but we are not able to get rid of it. we just want to leave it somehow. many people get rid of it spontaneously, but some people are not able to leave it, but with little attempt it can be shaken off. That is where, I say Is bravery and that is the uniqueness of human beings.

I told you about religion today, so that I can talk on spirit tomorrow. About the spirit, What is attaining a spirit, and after achieving the spirit, how to take care of this lamp. When The spirit is enlightened in your heart, how should you take care of it? But when a mother gives castor oil also, she adds a little chocolate in that. Like that, your kundalini gives you a lot of things beforehand itself. For example your health will improve, and half of them will leave Just after that. Many people come here only to cure themselves. After that, it is possible that your mental problems also get cured, children's mental problem may become alright. After that it is even possible that all your worldly problems come to an end.

There was a person who got plenty of money after coming to Sahaja Yoga. After that he thought "now my job is done" and left Sahaja Yoga. He will come back when he becomes bankrupt. Or supposing, somebody's hands are treated, they will not come back until they have some other problem. So, this has become my job that "come child, I will wash and clean you, and again you go and become dirty, and I will wash you again". This is what I keep doing particularly in our country.

So, Kabir Das ji has said that "saints and seers covered themselves with this blanket and dirtied the blanket, but I, that is Kabir Das very carefully covered himself with this blanket and maintained it as it was". This kind of sanctity should be achieved, and to achieve this sanctity, we should have the dignity, and the Magnificence. It doesn't mean that others are unsanctified, but see how overjoyed we are in the intensity of our sanctity.

Tomorrow I will tell you how enlightenment of the spirit shows us how sanctified or unsanctified we are and we should be prepared completely to get rid of all that is Unholy inside us, you don't need to hold on to them. Come prepared for this tomorrow, and I shall explain everything to you. I hope, you will go back tomorrow, completely bathed in Ganges river.

May God give you wisdom.

Today, we will again devote sometime towards meditation. Please, sit peacefully for some time. You all know that I am also married, I too have children, and they also have children.

And for the past 3 months every night I have been giving lectures like this sometimes in The Villages, sometimes in the countryside, sometime in your Delhi. We also should devote sometime towards self, a little attention towards ourselves.

In olden days, when Gandhiji started agitations, my own parents went to jail, and we who were used to staying in aristocratic families, stayed in huts. How much of sacrifice they did at that time. And today, for our selfish purpose, to know thy self can't we sacrifice a little? Can't we come before time? can't we set for 2 minutes? That too when it is for your benevolence and more benovence. Only with little effort, all your diseases, all your problems will be rectified by the kundalini. There is no doubt that all your troubles will come to an end. But, you should be prepared to work hard and also to spare some time for this.

Now, whoever wants to go can please leave and whoever wants to be in meditation can meditate. You can meditate by sitting on a chair also. Whoever cannot sit down can sit on a chair, no problem in that. Whoever can sit down please do so, and whoever can sit on a chair please do so. That is absolutely no problem and that.

Some people want to go out and come, let us wait for 5-10 minutes for them. Be patient. If you want to go out, please go and come and then sit down patiently. Now this is your mother's house, so there cannot be any kind of restrictions. Whoever wants to

go out can go and come, I shall wait for 5 minutes. Go and come. And then sit peacefully.

See, how a mother knows everyone. and she recognizes everyone's problems. Because, mother loves, and the love gives knowledge about everything.

Shri Mataji: Tomorrow, shall we keep the program at 10 AM? it will be good.

Sahaja Yogi: [Inaudible]. we have already told them.

Shri Mataji: 10 o'clock? Sahaja Yogis, come before 10 o'clock tomorrow.

Everyone has Come? Now, everyone sit peacefully. Like I told you, sit in Sahajasan, with your legs placed comfortably without any veil or covering, and when you are sitting, keep your back straight. No need to put any strain. comfortably, like the sahajasan is, where you sit comfortably. And, if anything is tight or uncomfortable around your body then loosen it. So that while meditating your attention doesn't get diverted. So, this is a living phenomena. And how the live phenomena happens, even you do not know. For example, how does a seed germinate? You will not be able to say that. And, I cannot explain to you because still you do not have the capacity to understand this.

You all can achieve this living phenomena, you all have the capacity to do so. You are a capable, and the time also is perfect and this incident can take place very easily. Whoever got realisation yesterday or day before, again awaken their kundalini, so that it is established on our fontanelle bone. No one should have any degrading thoughts for the self. Don't blame yourself for anything like I am bad, I am useless, this kind of thoughts do not suit Sahaja Yogis and it doesn't suit you devotees also. Because, devotees are very dear to that God. And how can a person who is seeking the truth be bad? So, you should have a feeling of love and reverence towards yourself.

It is possible that you have certain habits which you think is not right, it is possible that you have spoken something against the religion which you should not have, And like this there could be other things because of which you are angry with yourself.

But God is not angry with you. He is very anxious that you come to his kingdom, and he wants you to be there. So, you forgive yourself. So, like I have told you that of a left hand is the power of Desire, and the right hand is the power of action and the Kundalini is our pure desire. The chakras are made of the combination of left and right and in the centre is the central channel (sushumna nadi).

When you extend your left hand towards me, symbolically, you say that, "I desire to achieve this". And when you use your right hand, You symbolically say that, "I am combining my desire with the action". So, keep your left hand towards me and do the action with the other hand, which is your right hand. You will keep your right hand on your heart first, after that on the upper part of your abdomen, then on the lower part of your abdomen, then again on the upper part of the abdomen and then on the heart. All this, you will do on your left side. Then the right hand should be kept on the left shoulder and neck joint, now you see how I am doing this by turning your neck to the right. Then this hand (right) across the forehead, which is called as "kapal", keep it horizontally. Then the same hand (right) should be kept on the back agnya chakra, which is present both in the front and back, lift your head up to the sky. And after that stretch your fingers and the center of the palm, should be kept on top of the fontanelle bone, which was a soft bone in our infancy, and rotate that 7 times, clockwise, by pressing that hard. Do you have to do only this much.

Very good. Best By doing this much, many people's kundalini has awakened. okay. Now Keep your left hand towards me. Don't think anything like, "I am old", "I am this". Don't think any such thing. Forget everything. Forget everything like this is my Guru, and so on. Just observe the force of the kundalini. It will cross all the obstacles and come out. keep this hand towards me. (left), and close your eyes. Remove your spectacles, because the eyes also are benefited by this. Remove your eyeglasses. Now this hand towards me. If you are wearing many finger rings, remove that also. Sometimes that is also not helpful. And now keep this hand (right) on your heart. Close your eyes. Don't open your eyes in between. Because, the attention goes out when you open your



eyes. So keep your eyes closed. Under any situation don't open your eyes.

Now, keep your right hand on your heart. And all these actions you have to do on your left side. With your right hand on your heart, a question be asked 3 times, which is a primary question "Mother, am I the pure Spirit?" "Mother, am I the pure Spirit?" "Mother, am I the pure Spirit?" Ask this question in your heart.

Now along with this question one more question arises. If you are a pure spirit, then you are your own master. Now, keep your right hand on the upper part of your abdomen, on the left side, and press it with your fingers. This is Guru's principal, which has been made for us by true masters, from the time of creation. Now keep your hand here and ask the second question 3 times "Mother, am I my own master? Mother, am I my own master? Mother, am I my own master?"

Now, take your hand to the lower part of abdomen, which is the place for pure knowledge. Pure knowledge means, the knowledge by which the rules and regulations of the Divine, and his technique are manifested, and which is used by you. That knowledge is known as pure knowledge. You'll have to press here and ask me, "Mother, please give me pure knowledge". I cannot force you for this, because you have the freedom. So, please ask me, "Mother, please give me the pure knowledge". Ask me this 6 times, because this chakra has six petals.

Now, keep your right hand on the upper abdomen, on the left side, and press there again.

This is Guru principle. Now, the awakening of the Kundalini has started but without your self confidence, it will not raise further. So, with full confidence say that "Shri Mataji, I am my own master". Say this 10 times. "Shri Mataji, I am my own master". Yes, say this 10 times. Just now I told you that inside us there are 10 principles of the Masters, of the religion. When a human awakens these 10 principles within himself, he becomes his own master.

Now, take your right hand on your heart, and again with full confidence say that "shri mataji! I am a pure spirit". Say this 12 times. "Shri Mataji, I am the Spirit. Shri Mataji, I am the Spirit". With full confidence say this.

Now, keep your right hand on the angle between your left shoulder and neck joint and turn your neck towards the right side. Right side. to your right. Here, you should know that God is an ocean of forgiveness. So, say with full confidence that, "Shri Mataji, I am totally guiltless". "Mother, I am not guilty". Say with full confidence 16 times. I am guiltless. Trust me, you actually are not guilty. Keep your hand on your neck, not on your head. Keep your hand on your shoulder. Keep your hand on the angle between your neck and shoulder. Keep from the front side, not from the back. say 16 times.

Now keep your hand On your forehead, on the area where we keep sindoor, (red mark on forehead), across the forehead, and press both side of the temples exactly as we Press, when we have a headache. Here, you have to say " mother! I forgive everyone from the bottom of my heart". Mother, I forgive everyone. From the bottom of your heart if you see this even once, this will work out. Don't think it is difficult to forgive. To forgive or not to forgive is a myth but if you don't forgive others then you are playing in the wrong hands. So, please tell that mother! I forgive everyone. See, how light you feel afterwards. You will feel light-headed. The biggest weapon a human has, is to forgive everyone.

yeah! And now keep this hand at the back of your head. Somehow, transfer the weight of your head on your palm and raise your head up towards the sky. Here you have to say " oh my God! If I have done any mistakes, please forgive me. Please don't count your mistakes, don't consider yourself guilty, nothing, just for your satisfaction say that if I have been any mistake please forgive me. He is god almighty, so he can forgive you for everything. Have faith in him. okay. Wholeheartedly.

And now, stretch your fingers, and keep the center of the palm, on top of your fontanelle bone. That is the center of your right palm, exactly on the center of your head. Press hard, and with pressure, rotate your scalp 7 times. Now, I cannot take your freedom. So you have to say that " mother! I want my Self-realization. Please give me my Self-realization. Say this 7 times, "Mother, please give us Self- realization. Press it hard. [Shri Mataji blows in the mike]

Now bring your hand down slowly. Now, look at me and see if you are getting any thoughts. Because thoughtlessness gives you peace of mind. Earlier, you had kept this hand (left) towards me, now keep the other hand towards me. Meaning, keep your right hand towards me and with your left hand check if you are getting anything cool from your head. Keep your attention on your head keep your eyes open and see if you are getting cool Breeze or heat is coming. It is possible heat also is coming. For some people, kundalini may raise up to 8 feet or, 10 feet also. Yeah, coming?

Now, keep your left hand towards me and check with your right hand. A little about the head. See 4 to 6 inches above the head. yes, now check again with right hand. Is it coming or not? Don't get immersed in thoughts. Sometimes, some people do not have sensitivity in their hands. It is all right. To be thoughtless itself is a big think. Thoughtlessness is the first step for this.

Now, raise your both hands towards the Sky, and bend back your neck, look up and say "Mother! Is this the all-pervading power God's love? Mother! Is this God's power of love?

Mother! Is this supreme state of God's power? Ask any one of these questions 3 times. Ask three times. Raise both your hands up. Lift your head completely. Now bring your hands down. All of you bring your hands down. Now, spread both your hands, and check if something cool air is coming out of it. This is what is "salilam, Salilam ", the cool breeze, which performs all the living works all around. This is the same cool vibration.

People who are getting Cool Breeze from their hands, fontanelle bone, please raise your both hands up. Today, all of you have achieved the Self-realization. All of you are Self-realized. Now, fold your hands, be thoughtless and in your thoughts, bow to your own selves, because you all have become Saints now. You are awakened.

If someone has not achieved the self realization, no problem. Everyone has to be awakened. Whoever has Come Today for the first time, may not have got the Realization but there is no need to worry, every one will achieve the Self-realization. Please come again tomorrow. The program will 7 a.m. Tomorrow. So come before time and sit here.

[END]

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## 1986-0223, Devi Puja: Sahaj Dharma Kya Hai (What is Sahaj dharma) (Morning)

View [online](#).

23 February 1986

Sahaj Dharma Kya Hai (what Is Sahaj Dharma) (morning)

Devi Puja

New Delhi (India)

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

[Hindi to English translation]

Shri Mataji: In Delhi, Sahaja Yoga is growing with a great force. And when something starts to grow, it should be remembered that, while it is spreading more, its most precious aspect, its quality, should not go down. If its quality falls, then such spreading out will not be beneficial. That is why the quality of Sahaja Yogis should remain good.

Now, an appeal has to be made to you about one thing. That your Mother (Shri Mataji) has already granted you the three things asked from God Almighty: One of them is Salokya, as we can see God Almighty. Sanidhya—that we can be with God Almighty. Companionship. And, Samipya, meaning we can be close to God Almighty. Three things you have attained. And there are many other things happening by which you can understand that, I am, in reality, Bhagwati.

Now, a photo has come from France where you can see over My Heart, there is an enormous great light, standing at the seashore. So, many such things have happened. In the sky, over the clouds also My photos have appeared. In a variety of such ways, you can prove it. See.

I have given you one more thing that is even greater than these, which is called Tadatmya. And this is the most difficult thing for Me also and through which this work has taken place. Tadatmya means I have taken you inside My Body. You all reside in My Being. Which is why, whenever you remember Me – then the work gets done, everyone benefits. As soon as you remember Me, all parts of My Being get that information that this one is in need. Like, if a finger gets slightly hurt, or even if a needle is put on the finger, the whole body rushes to help the hand. So all the ganas, devdoots (angels) of God, they all rush to protect you. That you receive happiness. That whatever you believe, you desire should be fulfilled.

But if you develop any shortcoming, then I have to bear it. Earlier, I never had bad health. But now-a-days My health is sort of deteriorating because Sahaja Yoga is spreading. And when it spreads, it collects some rubbish with it. Like yesterday, My health was really bad. That is why I spoke about dharma at length. It means that we have not yet understood Sahaj dharma. We have not yet come into Sahaj dharma.

Now, what is Sahaj dharma? We have a special thing and that is to understand chaitanya (vibrations). We can know chaitanya. We can recognise what chaitanya is. And what it is saying.

But majority of people, whenever they embark on something, I mean the Sahaja Yogis—they do not know the chaitanya, the vibrations; they do not recognise them (vibrations), they do not ask them (vibrations), do not rely on them (vibrations). Meaning, they do not depend on them (vibrations). They continue to go by their old ways. And that is why their behaviour becomes 'asahaj'. If you each time think that we should go by chaitanya and go by the sensitivity of the chaitanya, then you will come into Sahaj dharma. And when you all will come into Sahaj dharma, then My troubles will recede on their own.

Because, as soon as you get into some trouble, immediately My chakras start moving with great force. And they move with such a great force that I get troubled. Although, I do not fall sick ever – only My chakras move with force. And it is futile. Because you have no inkling of it. You do not even know it sometimes. You cannot even benefit from it. Because, with your mind, heart, intellect and every which way you should keep thinking and be alert whether I am in Sahaj dharma or not.

Now, in Sahaj dharma a person cannot compromise with anything. Because "I have now become a Sahaj dharmi" . You try to compromise, you will face trouble and I will also be troubled. "Now what can we do, Mother? This needs some compromise". So then, I have to bear it. What can I do? In so many matters, Sahaj thing is not understood. Like, one gentleman said yesterday that to print Nirmala Yoga here, You please get this machine and that machine. So I said at first, 'Alright. Get it'. Because, not to displease anyone. Because just saying no outright would have worsened the situation.

But there is a gentleman I know, who is a printer and he was asked to come today morning. Because, on vibrations, it did not feel alright. So I thought that telling them outright would hurt their feelings. But based on the vibrations it seemed nothing was required. Alright. Called him. Talked to the printer and he said, "In three months one small newsletter is to be published. What is the necessity to spend so much money on it?" He began to laugh. He said , "Saab, even a person who writes books after books will not invest so much, then why are you spending so much on such a small book?"

I said I felt the same and so I thought I should ask you. He said, "My friend has a printing outfit and he will give you half price for whatever you need. He has one machine better than the other. And if you want to print a small book once in three months, and for which you want to buy an entire printing house – what can be said about that?" So this is not Sahaj. If I say it outright that, "Don't do this", then they'll feel bad . And if I say it after some time, then they think somebody has poisoned Mother's ears. Someone said something. This is very common.

The one who can poison Me is not born yet (yogis laugh). No one can influence Me. I am simple. But I am not so simple that anyone can sway Me. Because the big difference between you and Me is that, within Me, there is only Sahaj dharma and nothing else. I go only by Sahaj dharma.

One gentleman—I do not know if I told you this the last time or not—In Rahuri, some big, 'Barabai karasthan' [name of a secret alliance in Maharashtra history] what we call, came over. They started explaining to Me that, "This person, who you think so highly of, is into politics. And he is here for political reasons. And you be careful of him. And we have come to make You understand". I said, "Alright. Anything else about him?" "No Mother. He is a politician. He will try to influence you". I said, "Is that right? He will influence Me? Is that all you know?" Said, "Yes. Do not listen to anything he says. He is highly political."

I said, "Now, can I tell you? This man's wife is not his real wife. She is the wife of some brahmin. He has eloped with her. Because the child that was born to her is not even his child. It is the brahmin's child. And he eloped with her and is living with her." Told them a multitude of such things and their faces which were like this became like this (Mother makes a face to show how their jaws drop in surprise) (yogis laugh). And they said, "Mother, you know all this about him?" I said, 'Yes bhai. I know all of this. Now you say.'

[Aside] This is very cold. Please remove it. Here, some...Yes, please put on the shawl. Now, this is also an example of a Sahaj thing. If you keep a cushion there, and if anyone steps over it, then the whole thing will get pulled. Now on a hot day, if someone keeps silk down there, then it's all gone for a toss. You all are sitting comfortably. And by seating Me on this silk. you are cooling Me [yogis laugh]. You are comfortable and have seated Me on this silk. It's alright now. I am joking. No, no, I have no problem like that. I am just joking. No, no, I am fine.

Now this is about Sahaj. It is about being Sahaj. Now, if someone does it the Sahaj way, then the work is so well integrated, so beautifully done that I immediately understand who has done it. Overthinking with your brains leads to a mess. That's one thing. Second, we feel that we are Sahaj Yogis, so we can do anything that we want. No, that is not the case. You cannot do whatever you want.

Now, in My house, there are so many accountants. There are so many who have learnt accounting and I do not know a word of accounting. And, in My house, there are so many lawyers that I do not know at all what human laws are. Never. But the day before, Gagan brought over someone, and I said to him you have made this mistake here. He said, "Mother, I forgot to write it

here” and I said that it was alright. Then he was astonished. How did I know? “Mother, how do you know this? You do not know accounts.” Vibrations! Immediately My attention went there, the vibrations were not right over there.

Because the one who is in Sahaj – he keeps getting all the information from a humongous organisation. This is wrong; this is right; this is alright; this is bad. This is nice, etc. Instantly. For Me, there is no need to think. My computer is such that it is instantaneous, at that very moment. Now, whether I show it or not, that is My astuteness [yogis laugh]. But I know everything. And all of you come into Sahaja Yoga. Then you will benefit and I will also benefit.

In everything, one should be sahaja. And to be sahaj, we must remember that we have now been reborn. And that we have come into this like an infant. There is still a lot to be learnt. And whatever is the Sahaj marg (path/road) by which Mother takes us, we will only follow that. We are making a lot of mistakes. And mistakes will be made. If you do not make mistakes, then what is the point of My coming? But we must admit that we are making mistakes. And as much as possible, make use of vibrations.

Like, there is now one gentleman. He had a fight with his wife. So I said, “Have you checked the vibrations?” He said no. So I said, “Alright”. Suppose someone tells you that, [Aside: Can’t hear. Loud. Loud. Volume is at the maximum, is it? Or I’ll shout now]. ‘Saab (Sir), your wife is very bad,” and you accept; it means you accept hearsay. See your vibrations. Even if you accept hearsay but be sound with vibrations.

Now suppose I tell you that I cannot come tomorrow. “No, you have to come.” Then the one who insisted will himself not reach on time. There will be some problems in his house. Because I can see – forward, backward, upward, downward – everything. So there should be no coercion. Like yesterday, I had not called anyone to My house. I said come over. But I did not say I would meet with anyone. Not with anyone. I had just one girl [to meet] but not anyone else. I said come over. There may be some confusion in what I said. I had said to come over. But by no means, it meant that you would find Me or I would meet you or hug You. That I would sit and chat with you. Who has time to spare?

‘Come over’ means you may come and meditate there. It does not mean anything else. “Oh, we were sitting there waiting for You.” But why did you keep waiting? They could have sat down, meditated and left. Even Warren Saab got a fright from the Delhiwallas. He is running back to Maharashtra. Better catch his tail or he will escape. He has been telling Me from the start – I am saying this plainly – he is saying that, “In Maharashtra, even if ten thousand people pass in front of You. Not one will touch Your Feet; Notone. [They] will offer a flower at Your Feet and leave.

If they come to meet anytime – say, someplace, sometimes it can happen [Mother says], ‘Come over’ – so there, I have a small flat. All of them cannot sit inside. Then they remain seated on the lawn outside and return from there. But they will never say, ““You should arrange a meeting, you never let me meet, you have to arrange a meeting. I had come to meet Her. Why didn’t you let me meet her? Not like this. Not like that. Why does Mataji not see us?” Because, in sahaj feeling, it is known that we have no right over Mother’s time. No one in this universe has the right. That is correct.

Now, the first time I was in Delhi, I saw that some sindoor was kept in a plastic container. And they got a plastic mug from some bathroom to wash My Feet. And a plastic container for My feet. Now I, if you have seen My photo from that time, I had a fright. ‘Oh God, I wonder what calamity is going to befall upon them’. Slowly, the sahaj protocol came into being that no, this is not the way; this is the way.

In the same way, now, with Sahaj gravity, it should be taken to heart. It was why, yesterday, [I] spoke about sahaja dharma, that you love Me, I know. Too much love. And that you have faith in Me. That also I know. You feel like giving everything you have to Mother; that also I know. I know it all. That you love Me very much. But this devotion has to be brought into practice. And practice? What has Mother to do with it? You give something to Mother or not; it makes no difference to Mother.

How much of a Sahaj Yogi are we becoming? How much of Sahaj dharma is growing within us? How much of the Sahaj attitude do we adopt in life? That should be observed. In the Sahaj buddhi (intellect), first of all, there should be ‘Nirapekshita’ (no expectation, also means detachment). Nirapekshita means this – ‘Saab(Sir), my house, my wife, my children. My ashram. Or my

centre. "Mother, you must come to My centre." Before that, "Come to my house"; this used to happen very frequently. Now tell Me, if I go on visiting everyone's homes, then what remains of Me?

"Alright, if not at home, please come to the centre." Now going to the centre is also not so simple. "Alright. If not the centre, can you at least come to the 'nukkad' (street corner) over there?" [yogis laugh]. Why? Because people see that, means everyone comes to know that – It is 'I'. 'I' was the one who called Mataji and She came over to the street corner. This is the subtle thing. The subtlety here is – "I" told Mother, and Mother came. Mother respects 'me' and so you should all respect me as well. That is its subtle thing.

When this is understood – that I am there for Mother, my house is for Mother, everything is for Mother only – then Mother may or may not come. Does anyone invite themselves into their own house? Like, I am inviting Myself into My home. [You say] "It is Your own home" – then why do you invite Me? And if all your money is Mine, then why do you give it?" Speaking in everyday terms, if I say I am going to gift My kada (bangle) to Myself, you will say how is that even possible? Or if I invite Myself to My house [you will say], "Did you fight with Your husband?"

In the same way, in expressing sahaaj, one must not think that "This is my house, these are my children". They are all Mother's. So wherever Mother is, it is Hers. And then I put you into confusion; that is another problem. And then they say, "Mother, we don't know what happened. We went there with so much affection." Alright. But bring it into practice. That should be understood. In Sahaja Yoga, the first thing is Nirapekshita. The habit of being bound to anything should start going away. If someone feels that, "My wife; this [problem] of my wife should be made alright." That should be detached immediately.

One should be very attentive towards one's own self. You may very well think, "My son, he should go to Mother". First, detach from that. Your son will be completely alright. Nirapekshita (Detachment) is the solution to everything; you will be surprised. Yesterday someone had come. She was saying, "Mother, I had paralysis. I had this sickness, that sickness." I couldn't even remember her face. Had met only once. And she is now in first-class condition. She started saying, "I just used to sit with the photo. And my faith in that did the rest".

What happens is that when you take the photo and work hard with it, then you have to increase your faith. Because I am not in front [of you]. You have to increase your faith, increase your depth. And when you reach the depth, that is when you get results. That is why, those who have got their Self-realisation using the photo, they are sometimes much more [in quality] than those who got it (Self-realisation) in front of Me. It is quite surprising.

Or sometimes I see if Modi has given Self-realisation to someone – they do a lot to serve Me compared to those whom I gave Self-realisation directly. Because he has already drilled into them – "This is Mother, you should understand it. She is Mahamaya. Do not come under Her illusion. Observe all protocols with Her." He explains it to them. But, if I give realisation to someone directly, they sit on My Head. Then, "I had come. I had especially come to meet You." Who told you to come especially? What kind of an 'especial' person are you? Why did you come? So this 'I' ness has to reduce. 'Me', 'mine'. That should be finished.

Just like Kabirdas has said so beautifully, that when a goat roams about, alive, she keeps on saying [bleats], 'mein, mein, mein', 'mein'. All this which we say, what he meant was this 'mein', 'mein' ['me' is pronounced 'mein' in Hindi] – means we are all goats. 'Mein, mein, mein, mein'. But when she loses her goat form, meaning when the goat dies. Her intestines are pulled out and when 'dhunke' go on the roads, pulling the strings [intestines made into a one-string instrument], then it says, 'tuhi, tuhi, tuhi' (only you). What a wonderful imagination. He was a 'julahe' (weaver) and how he could see God Almighty in all his things. He would say, 'tuhi, tuhi, tuhi'. This idea will not enter our heads.

So, when you become nirapeksha, then in everything you will see only Him, you will know only Him, you will understand only Him. And it will be surprising how, from all directions, it is all coming together. How this matter is coming together. Like, one girl arranged flowers for Me, on the ground. She said, "Mother, look, I have made Ganeshji. I just arranged it, how did Ganeshji get formed?" Your heart guided your hands in the way needed to make Ganeshji. Who is very dear to Me. Just that was made, the one that is dearest [to Me], she made that. Because she had a surrendered heart, it [flower arrangement] became Ganeshji all on

its own.

The moment I saw it, I was in tears. 'Who has made My Shri Ganesh?' So we must keep the example of Shri Ganesh in front of us. Just like His devotion, so are His actions. One must follow the dharma of Shri Ganesha. For him, 'tuhi, tuhi, tuhi'; besides that nothing else ever matters. He is ready on one leg. No need to say anything. No need to even desire. Someone just says something and He is gone after it, all the ganas running after Him and resolved it. And if you are useless, then in the other hand He is also standing with the 'parash' (axe). Will fix you. "Why did you go and say such a thing to Mother?" Keeping [the ideal] of such Ganeshji in front of you, you should also get into Sahaj dharma.

As soon as you come into Sahaj dharma, you will experience such peace within. Because whatever insecurity of thoughts that is inside of you, insecurities – they just are finished. We are playing in the lap of God Almighty; what do we care? Insecurity or anything else. We are completely secure. Indeed more than secure. In a Sahaj person, there is a different type of attitude and we have to accept that attitude. Stubbornness goes away, speech changes, natures change. Diamonds have to be chiselled out. Sahaj Yogis are themselves diamonds – as the diamond of the Spirit within comes forward – the diamond's different facets appear by themselves. And as I watch it, I keep smiling and feel happy, "[wah bhai wah] [Splendid]. How this diamond is shining."

Be alert to oneself and remain in Sahaj expression and Sahaj dharma. "I am Sahaj dharmi". One gentleman started saying, "Mother, I am Sahaj dharmi." "Alright? What do you do?" "I worship you every day. Offer flowers. etc." Later it was found out that the police arrested him. [yogis laugh]. "[wah bhai wah] Great. What kind of Sahaj dharma are you?" Then came a message, "Tell Mother, that the police have arrested me." "So what did you do?" All types of asahaj (Anti-Sahaj) things. Not one or two. Where could I go to save him? And why save him?

In the same way, Sahaj Yogis think they are Sahaj Yogis. But yog has to be of two things – bhakti (devotion) and karma (deeds). Unless and until there is a yog of bhakti and karma, you will not settle into Sahaj dharma. And only after settling into Sahaj dharma will you get established into guru tattva. The one who himself is not alright, what can they lecture others?

Specially in the matter of money, I see that Delhiwallas have a peculiar condition. Just do not stick to money and money will come and touch your feet, I tell you. This I tell you is the first key. Now I do not understand money. It is the truth, I tell you. When I have to go to the bank, I take someone with Me – Warren or someone else. Rajesh or someone. I will just sign, that's all. But you have to fill in the cheque. It's true I tell you. I still do not know how to write a cheque. I do not know why I go to the bank.

But, because there is nirapekshita in it. And who keeps track of the accounts and balances? Now Mr Modi was saying, Mother, don't know what is happening. The account is not balanced – there is an extra thirteen, fourteen thousand in it. I said, "Let it be. God has given it. Leave it. Now that God has provided the fourteen thousand extra, let it be. They will be required somewhere." What is there in it? This kind of thing. Nirapeksh.

Nirapekshita means just that we have left everything to God Almighty. 'Jaise rakhu taise hi rahu' (The state you keep me in, I will abide). Leave it. In this Sahaj dharma one must be settled. You should leave money worries or any other worry. Just bring your actions into Sahaj. The man who says, "Mother, I am in great distress"; that man is not Sahaj. Cannot be Sahaj. "I have this trouble, I have that trouble." Day and night, "I have this trouble, I have that trouble. I have this trouble. I don't have a house, then I don't have so and so. I don't have a wife. My children are lost, then so and so happened'....etc. Anytime you meet him, and see the look on his face, "Oh, again he has some problem."

But that should not be the case. The one who is Sahaj is, "How are you?" "How meaning? I am swimming in the sea." "What sea?" "The sea of bliss, what are you asking?" That is the thing. Is it not? The right thing. Or the one who keeps complaining of troubles all the time – in the end, he will be trapped in such a problem that no one can help him.

Specially, Hindustani (Indians) have this practice that if someone asks, "How are you?" "I am fine". "How is everything?", "Let my enemies be in a bad way, I am well." Although he may have cancer. He may have cancer but he will never say I have this trouble. This is our Hindustani, Bhartiya culture. "Oh, I heard your child is not well". "If I have ten children, what can happen? One or the

other is likely to fall sick.” ” This is the Hindustani way. And ‘problem’ is also a modern word. Earlier we knew the word ‘problem’ when studying geometry only. [yogis laugh] No, it is true.

Now, “I have this problem, I have that problem” is a common thing. I am old now, but in our time no one used the word ‘problem’. That, “I have this problem.” We used the word ‘problem’ in geometry only. And when we learned geometry in Marathi, when everything was proved, it was ‘iti siddham’ (it is proved). Proved. That problem is solved. Or people would fail you. Now whomever you see, they have a problem.

Sahaj Yogi can never have a problem. Because the One who is giving the problem is also the One who has to solve it. So how will you have a problem? This word has to get out of Sahaj Yoga. Problem. Get rid of it completely. The English left it on our heads perhaps. But they also never said it. ‘Problem’. I have never; the English during our time never said, ‘I have some problem’.

And on top of that, in Sahaj, it should never be that you come and tell Mother the problems of others. That is even lower. If you have faith then all will be well. If someone comes to you, “My son is sick.”; “Come along, let’s make use of the photograph. Come along. He will become alright.” But as soon as a man gets self-realisation, he first thinks, most surprisingly – “How many relatives of mine are sick? Find out all of them.” Send a telegram to everyone. A list is made. Daily. Telegram everyone. Pay for their journey to come and meet. When Mother is coming to visit, then for Her reception, at least fifteen lepers, twenty lame, twenty-four sightless – all such should be standing there. Otherwise, Mother has not been honoured. Without the disabled being there. [yogis laugh]

Then [I] have to ask, ‘Is there at least one able-bodied among you? Or is everyone like this?’ [yogis laugh]. So, in Sahaj, a person thinks that, ‘I have to give something for Mother. Let there be a beautiful flower for Mother. A nice flower. How many flowers can I present to Mother?’ Instead of that, they have put up a line of twenty-five people. This is not any kind of honour, gentlemen. Maybe that is why there is this tradition – when a guard of honour was presented, they held up very strong batons – they must have had it so that only able-bodied people could do this. That is why they made the guard of honour. So that only able-bodied persons could be presented. But now, if we do it, then all the blows will rain on Me [yogis laugh].

So the organisation of Sahaj is ‘swastha’ (healthy). It is a healthy organisation. Beautiful. Exceedingly beautiful. In bloom. Joy giving. Incomparable. That is the Sahaj organisation. I look at all things minutely. And feel happy in My mind. Like, the way you have made arrangements on the stage. Each and everything you made, the elephant, fish that you made; I know even the colours of all of them. My love overflows towards the one who made them. But if you put up a bhut in front of Me, as soon as I arrive, then My face will show it, no matter how you try That is what happens.

So, in a sahaj attitude, whatever pleases Mother should be offered to Her. And what pleases Mother? Our ‘prasanna’ (full of joy) faces and all the things in the world that are joy-giving. Means children and flowers. I get great joy from them. Children and flowers are those beautiful things that God Almighty has made, that are full of joy. The flower will wither tomorrow or maybe in two hours. But when it is in front of Me, it is joyful. And I have seen that when a flower is kept in My room, it grows automatically; its size increases. It feels so much joy.

In the same manner, you should also understand that when you come in front of Me in joy, then the boon of that very joy you will find in your well-being, in whatever ‘problems’ you have [laughter], only that will solve it. The joy with which you face Me. Crying will never work. If you bear it and face Me with joy – then, as soon as you stand in front of Me – it will work out just like that. So we have to take to Sahaj attitude; we have to take to Sahaj dharma. And to attain Sahaj joy, first one must remain in joy.

Earlier, there used to be a word ‘manhoosiyat’ (wretchedness). Nowadays it is hard to hear it because it seems like all the wretched are roaming around. And in foreign countries, if someone is not wretched then they say “he is not handsome”. One gentleman was very wretched and people there used to appreciate him a lot. I asked why and they started saying, “He is very handsome.” I said, “This one, who is like a skeleton, is in such bad shape. His eyes sunk in. As if he is coming out of some graveyard.” “He is very handsome?” Everything of theirs is wrong side up. [Because], their heads are on the wrong side. So everything is seen in the wrong way.



I could not understand it in any way earlier. Now I am beginning to understand why they consider him handsome. Women who are, what is called 'chidimaarka' (slang – like a twig) in Hindi; they like them. Don't know. One puff and they will go and fall somewhere. They started saying that this is beautiful. How? From which angle? [yogis laugh].

There is a gentleman there, a Punjabi. [Aside: Punjabis are not like that; it's not so bad with them. Right?] He married a woman there. He left his first wife. So when we saw his first wife, we were quite astonished – his [new] wife is such a 'khoosat' (mean) woman, he married her – we felt, why did he left his first wife who is like a goddess? So he says to me that, "She is much better looking than my wife." [yogis laugh]. So My son-in-law says that "Better change his glasses." [yogis laugh]. So, people's mindsets are going just the wrong way and, if we follow the English, then I do not know who we will consider as beautiful. Sometimes by seeing someone you feel disgusted, people start calling the same person as beautiful.

Not able to understand, someone leaning at an obtuse angle [yogis laugh] – how do they see everything the wrong way? In Sahaj, a man can see right through. In and out. The one who can recognise the beauty within, he only is a Sahaj Yogi. Not outer [beauty]. What's there about outer? Now if you want, you just pay some money. You put up a 'Dalda' (a popular vegetable oil brand) tin on top of your head if you like and tie your hair around it – you are now fashionable, modern. It is called bouffant or something like that. [yogis laugh]. Nowadays Dalda tin has gone away. Out of fashion. Or you show off like this, then you become good-looking. How strange it is.

And what should our thoughts be, what we should think about others – we do not understand. The one who is beautiful inside and the one who can recognise that is a Sahaj Yogi. Because they themselves are beautiful within. The one who has such beauty inside; only he can recognise such a person. It is not necessary that such a person is going around in a car or a bullock cart. Nor if they are on foot and their feet have blisters. Even then it is felt that, let us massage their feet with some oil. So that they feel better. Such a love develops even for the feet of the one who has a beautiful heart working within.

Unless and until you are able to recognise such a heart, you are not in Sahaj dharma. In that, there is no expectation, no greed or lust. Just the beauty of such a person feels like a radiance of our own beauty. It just appeals by a look, by thinking, "Wah re wah. What a human being." This is Sahaj. One can talk so much about Sahaj dharma. This is not an outer; it is a dharma attained through inner yoga.

We can know it in many ways. Like, in Sahaj dharma, speaking ill of someone, criticising any religion is a sin. A sin. It is considered a sin. Criticising a realised soul is considered the greatest sin. Not only that, but even considering any country's saint or incarnation as less than another's is also considered a sin. All are alike. Just like our one eye and the other, one hand and the other – we do not differentiate. In the same manner, we fully respect all religions. There is no need to go in front of a mosque and start singing songs like some monkeys. As it is, you are no kind of melodious singers. Ordinary, decent people will get up from their sleep and run away.

And those with mosques – just going about anywhere and constructing mosques. So that Ramachandrachaji's bhoomi (Shri Rama's kingdom, Ayodhya) – it is not possible to attain it. It will get destroyed tomorrow. Yes, yes, even the mosque that is made is Ramachandrajī's mosque only. Who was Ramchandrajī? He is the one you are remembering when you speak of Akbar. Who else are you remembering? Even if Mohammad Saab did not say it clearly, I am saying it. Akbar was Shri Rama only. Whether you make a temple there or a mosque. Or a church. The 'ibadat'(prayers) are being offered to Shri Rama only.

Call Him Rama or call Him Rahim. Then what is the quarrel about? Alright, there is a mosque. Alright, we will come to your mosque. And we will offer Namaz there. But not from the mullahs; we will offer it in our way. What will the quarrel remain about then? This is not a mandir-masjid quarrel. It is the quarrel between the mullah and the priest. Because it is a matter of the stomach [income]. Whether the masjidwallahs earn or the mandirwallahs earn; it is just that.

In Sahaj dharma, because money has no importance – this quarrel is no more. This quarrel is just no more. In Sahaj Dharma, the

greatest thing is, that we must understand that we are the religion of the Spirit. We are Atmaj (Born of the Spirit). Placed in the Atma. We have chosen to embody the Atma. It is the one and only – to know, to attain, to give importance to – the sole means and the sole object. And the rest is futile. That is why, there is no question of fights or quarrels in Sahaj dharma. Because the Atma is the same in everyone.

And when I see love and friendship between all of you, I am filled with joy. Nowadays there is friendship between Dr. Warren and Dr. Talwar. Let it endure. Because both of them are 'roaring' [probably vocal] people. Slowly it is decreasing; the 'roaring'. But it is pleasing to see such a friendship has developed.

[English transcription]

Shri Mataji: How many friends you have, Venugopalan?

Venugopalan: All are my friends.

Shri Mataji: All are. No, one – you tell Me. No, no. I don't believe you. First start with one friend. Then with two. Then with three. All means it is lost. "Let us see; there is one friend of mine." Start it like that. This is just a crowd then. All are your friends. Who is your friend, Subramanian?

Subramanian: You.

Shri Mataji: No, no. Me? Forget about Me. I am like a bubble.. How many friends have you got here? Let us see.

Subramanian: [unclear/I have no enemies here].

Shri Mataji: No, no enemies. Friends? Mr Verma, who is your friend? Name one friend. No, no you have to tell this [laughs]. "Everybody" – that has no meaning.

A Sahaja Yogi: I have got one – Yogi Mahajan.

Shri Mataji: I don't think so there. I wouldn't say that. I wouldn't say that. That is not friendship yet. So many foreigners have come. How many have you made friends with? They remain untouched [separate]. Become friends with one and show. One friend first. Let us see. But one thing I will say is that the foreigners are great friends among themselves.

[Shri Mataji speaks in English]

What is the criteria, let us see. The criteria of the friend is this – that even I am challenged.

In the sense, that I try to test you – suppose. I will tell you something against, say your friend Yogi Mahajan. And if you support that, then you are not his friend. Alright? And that's what I find. But supposing I tell something to Warren or to Doctor [Talwar]; they will support each other. Thick and thin. That sort of a friendship. I just test you. And I like people who support the Sahaja Yogis. Who come forward and say, "Mother, please forgive him. even though, I know, he did some mistake. But please forgive him." I feel very happy. That's how we correct each other. Through friendship.

But most of you will say one thing, "My wife is my friend". Or "my husband is my friend." But there also I would like to say, I am not very sure [laughs]. Then what will happen? Imagine that all of you are cells in My body. And nobody is friendly. How am I to carry on the message? How am I to carry on this Body of Mine?

So, in Sahaja dharma, we are collective beings, and we stand by each other. Even if we face our Mother. That's friendship. You have to support each other. Help each other. "Please forgive, Mother. He might have done a mistake. Please help him, Mother".

That I love the most.

[Hindi to English translation]

Doctor Chugh, who is your wife? Do you have any friend other than her or is she the only one? Are you two sitting together? She is over there, at least. So make each of you make at least one friend. We have Rakhi Bandhan over here. But we should have 'Bhai Bandhan' (bond of brothers) also. Organise one 'Bhai Bandhan'. What is the objection to that? There is Rakhi Bandhan, now we will have Bhai Bandhan also.

[English transcription]

Venugopalan, you find out your friend. And now we will have Bhai Bandhan. Yogi Mahajan, you too. Rakhi bandhan is alright. That is for the safe married life. But what about Bhai Bandhan? So today we decide, that in Sahaja Yoga, we all will have a Bhai Bandhan to begin with. Then how many 'bhais' (friends/brothers) you'll have, that's not the point. First you have one Bhai(Brother). Start with one. I mean, You don't have eleven children all together, isn't it? So you can have one brother. Then another brother. I can't have all the brothers together. So, if that has to happen, you must have one friend, to begin with. Then a second friend. Then a third friend. Alright?

[Hindi to English translation]

So today, we have learned that in Sahaj dharma, that brotherhood should start with one and then extend out to everyone. And as you ascend you will find that those who have reached high, you will find that they have great friendships with one another. Like Gregoire is in Geneva, Switzerland, and Warren is here, and James is in Australia. All of them will give their life for one another. That is right. These people have attained brotherhood more than us because they had not known it.

Right at this moment, My brother has also come, see. Come. So, this has to be known. That we should have one firm friend. Among Sahaja Yogis.

[Marathi to English translation].

Alright, now let us have the puja. I was waiting for them only. Before we start the puja – have you made the list? Is it made? It's not sisterhood, is it?[laughs]. [yogis laugh]. Else the list will be made of all sisters. It's not that, is it?

Now I am also feeling well. Because you are happy, so I am also happy.

[End of recording]

## 1986-0223, Dharma Ki Avashyakta - Why is Dharma needed (Evening)

View [online](#).

23 February 1986

Dharma Ki Avashyakta – Why Is Dharma Needed (evening)

Public Program

Sir Shankar Lal Concert Hall, New Delhi (India)

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

I bow down to all the seekers of the Spirit. What can be even said after listening to today's heavenly music! Especially Shri Devdutt Chaudhary and Shri Govind Chakravarti, who accompanied him on the tabla. They have provided so much joy of the Spirit that, without even saying anything, I think the Kundalini has awakened in you. Another thing that should be known in the Sahaja sense is that Indian music has emerged from Omkar. This thing is so right, its experience, its proof is such that in foreign countries, those who have never heard any ragadari [Indian classical music] music, who do not even know what Hindustani music is or what it is made up of; whose way of playing and understanding of music is totally different - when such people also receive their Self-realization and go deeper, you will be surprised that without knowing any raga, without knowing the rhythm, without having any knowledge about this subject, they just get lost into it.

And as Chaudhary Sahab played in front of you today, when he was playing in London, then for hours, people got completely immersed into it and became one with the flow of the music. I was surprised to see that they have never known any raga, they have never been interested in such music before, the musical notes have never fallen on their ears before, today all of a sudden what has happened to them after listening to such music! After that Amjad Ali Saheb came. Whenever any singer or player of classical music comes over, they get completely lost in it. Secondly, something like qawwali; that should be understood. A big famous qawwal had come from Pakistan. I don't know what happened, but on seeing Me, he said, "Mother, You come in front and sit." Just on seeing Me. He was a famous man. He sang such a beautiful qawwali written by Awaliya Nizamuddin on the dargah of Chishti Sharif. I could understand it, but these Englishmen, who had never heard anything like a qawwali before, weren't even aware what he was singing. Even his words they could not understand. And they were absolutely engrossed in it.

In this I will say that Guru Nanak has done a lot of work. Because in the gurdwara, although now I do not know how it is, but, whenever we used to go earlier, the ragis used to sing in such a beautiful ragdari. Now I do not know how it is there. Because they too had recognized that Hindustani music system has that specialty. Similarly south Hindustani music is also very captivating. But for that I think that we Hindustani are like stubborn ponies. It becomes very difficult to learn any new thing for us. Especially one who has never listened to classical music; he says that I don't like this music. It is very surprising! After Self-realization this music has to be liked.

I also never learned music. Although there was a very musical environment in my house; this I admit. All are singers and all of them are very famous people. But then there is Me, I have never learned to sing, never sat down and sang any song. Still then I will not say that I never listened to the songs because My father used to call great people and have them sing. We have heard such people that probably you may not have heard.

But it has some deep connection with the Spirit. These were playing music, but those who sing, they like them in the same way and they are given so much respect there, among the Sahaja Yogis. But when our young Hindustani people arrange any music program, I came to know that they steal the money of these poor artists. Means, there is no respect for music at all in them.

There is also a stubbornness in some Hindi speaking people that they do not want to learn the language of anyone else. Like Englishmen. Once you learn English, then you cannot learn any language. But the British are never able to learn the language of others because they all speak English. And even if they speak with great difficulty, then it seems that they are speaking in English only.

This is what Hindi-speaking people are doing. Now if they never listened to ragdari, then they do not like ragdari. But look at them. Many More people listen to this music there than you. Hope you too will open the gates of your heart and you too will listen to this resonance of the Spirit! It seems to Me that all this music creates a resonance in My Spirit. And after resonating it, its echo is reaching towards you. This music flows like vibrations inside all of us. Vibrations flow from it. What a deep thing we have in this country. This deep thing should be obtained. We should know about it. Then you will be able to understand that the depth of the Spirit has settled inside you.

It is due to ego that a human sometimes does such a thing that the awakening of the Spirit in him becomes difficult. Yesterday I told you what is the significance of dharma. And this morning, I told at the ashram, "What is Sahaja Dharma? What is Sahaj Dharma?" Today I am going to tell you what is the need of dharma and how we attain our Spirit. The need of dharma is for balance. Today you saw how balanced the weight, it is called as weight, on the tabla was. How balanced was the weight of the hand on the sitar. Where to give weight, where not to give, how the style of playing was correct. Similarly, the weight of life should also be kept balanced. To keep it balanced, human beings should not go to any kind of extreme.

Some are such that they give so much importance to their desires, that they do not do any karma [work] for attaining them. And some people believe in their karma [deeds] so much that they do not pay any attention to their desires. But the person who keeps his life balanced, his desires are also balanced and his karma is also balanced.

For example, suppose that I thought to myself that I will also erect a big hall like this one. Suppose. Now, I do not have enough money and nor do I have land. So how can I erect such a big hall? But if I start thinking that I will do it. Now if I become obstinate and I start wishing that I can go and stay in the Governor's house. So will that wish come true? But when I get engaged in that karma, then I will come to realize that this desire which I have is not balanced. Because the desire that does not translate into karma, that desire is useless.

Now there are other people who are overactive. Like there are many in this Delhi. Because of the government jobs they have to do. So after going to work in the morning, if they do not return till 11 o'clock in the night, they do not think they have shown their officers that they have done enough work. And the officers think that if they do not work till 1 o'clock in the night their ministers will not believe that they have been working. As insanely, they remain occupied with their work all the time. And for their other desires and responsibilities, such as their wife, children, relatives, friends etc., They will say, "we don't have anything to do with anyone. We are martyrs, we will only work." Such people, I saw that if they live for even 40 years, then understand it's their good luck. But after 45, they will be hard to find.

But a man who is balanced, he can do good work too, can do great work, he is also efficient and his old age also goes well. But you will find many people who work like crazy. And the amount of work that is being done in our country, the less said about it the better. And everybody does a lot of work. I do not see any work. There, it is dug up, still dug up. The one that is broken, it's still broken. One game we used to play in childhood, its name was 'where it lies it rots', that thing belongs to our country.

But the number of people who work here, never work that many in any country. And the most inefficient country is our own. The reason for it is that, after reaching a limit, the person doing this work also gets tired. He should also look at the other side, and then must be checked again in his desires. If I want to listen to music and I do not have time, I will become dull. This My One Life will become very dull. Just like you must have seen many people nowadays, they are running like crazy. They are jogging. I have seen many people from among them; they come and tell me, "Mother, we have become Sthitapragnya [in witness state]." I said, "How?" "My mother died but still tears did not come into my eyes! My children died but I still do not care. My wife is dead, I do not care." Amazing! Where did this Sthitapragnya definition come from? They become so dull and monotonous to this extent.

Then we have Hatha yogis, who stand on the head [do asanas]. And extremely right-sided. Today, standing on the head, I do not know what they will do tomorrow- maybe remove intestines from their stomach! I get nervous just seeing these people. I start thinking, what is going to happen now? Now those who are engaged in it will get into it so much that they will not even think about the reason why they are doing this in the first place. Like crazy, they get engrossed in it.

And due to lack of balance in them, such people can get a heart attack very soon. And the important thing is that their heart itself becomes like a stone. There will always be divorces in such houses, there will be quarrels with the wife. They do not like anything. They become like an avatar of Hanuman. It is best to talk to them from a distance. If they are sleeping, better to wake them up with a wooden stick from a distance. Otherwise they will harm you.

And those who do so much work in the office also are extremely hot tempered. The reason is that in the office, their boss always gets upset. And when he comes back home, he starts getting angry at the wife and shouting at her. Because 'I am working', they will say. What I have told you is a very routine thing.

But when we go to the extreme even on the path of our dharma, and when they go too much on the left side, now engaged in devotion, that they will wash their hands sixty five times, and eighty times they will wash their feet. Even in Sahaja Yoga too, some people do it like crazy. I see that I am giving a speech and they are working on their chakras like crazy. On the head, they are giving bandhan. Is there any need for this? I am sitting there in front. Fixing this and fixing that. This is what is extremity, leave it, and stay in the center.

Now if someone thinks too much, "I am good for nothing", especially miserable people, alcoholic people. The alcoholics will always cry and say, "Sir, nobody is more sad than me." The whole world is sad just to see them. Now such people have moved to the left. Such people are caught by bhoots. One who tells himself, "I am a bad person, I have done bad things" then all the evil people will come and sit on your head.

And those who go a lot on the right side also catch a kind of bhoot only. You can call them demons [rakshasa]. Just as Hitler had put rakshasas on the German people. That was the right sided movement. That no one is greater than us. We are the greatest and if we wish, will cut everyone's neck. In this way people start feeling very angry and then they go on killing whomever they want. They think, "Okay, we must kill them."

This way there are two kinds of deranged people who go to the two extremes and if the movement [to the left or right] is too much then it is very harmful for human beings. So a man should remain in the center; should remain in balance. This is dharma.

Now why adhere to this dharma? Because the thing that wants to fly in the sky, if there is no balance in it. If there is no balance in any airplane, if there is only one wing in it, then it falls down in two minutes when it starts to fly.

Therefore, when there is balance in a person, the Kundalini rises very easily. In our head, as I said earlier, there are two institutions. Which we will call mana and ahamkar, and in English it is called superego and ego. They both go and move on top of our brain in this way, then our fontanelle bone becomes completely calcified. Both these things come out of these two natures, one is the jada [potential] nature and the other is the active, functional [kinetic] nature. And you can say what we call one as tamoguni and one as rajoguni. Because of these two, these institutions develop and when one moves up more than the other, then you can understand that the upward movement of the Kundalini becomes even more difficult. Now when Kundalini is awakened, which is the pure desire, the Kundalini after piercing through these chakras, fully illuminating every chakra, comes finally to Brahmarandhra, pierces it and flows out of it.

As soon as the Kundalini goes to the Agnya chakra, it starts from the Vishuddhi but on reaching the Agnya both these institutions are sucked in. There is special power in these two chakras to pull these two institutions inside, suck them and dry them out. Due to this, a hole is formed in the fontanelle bone and the Kundalini comes out of it.

Now we have heard about the Spirit that the Spirit is the form of Sat Chit Ananda. Sat, Chit and Ananda. Still there is a lot of ego sitting here. Sat, Chit and Ananda are considered to be the form of the Spirit. Truth is not just something that we think is true. Knowing something through thinking is actually not the truth. Because thoughts are actually unreal [illusory]. We can hide in it. We can put such a thing in it that you will not be able to understand if it is true or if it is false.

If this is not the case, then why do such false gurus flourish so much? So many false people are attacking the world so much? They are sitting in such a big place. How does this happen? Why does this happen? The reason is that we do not know the absolute truth. We do not know what is the truth? Now understand this, that I am saying anything in front of you, saying anything. What I am saying is the truth or untrue? Can you say that I am telling only the truth? I am not saying anything except the truth? And is this the only truth? You cannot say that! Maybe I am also lying to you. It is possible! This confusion will always remain. Till when? Until you attain your Spirit. When your Spirit is awakened inside you, then that power flows in each and every vein, which is called Chaitanya. Through which you can know if it is true or if it is untrue. Just like Doctor Sahab told you just now, how he came to know the truth. You too can know the truth only when the Kundalini is awakened and you are immersed in the nirvikalpa [doubtless awareness]. Before that you have to use your hands. When you see that it is coming in this finger and not coming in this. So what has happened is that this is the finger of the Agnya. Finger for the Agnya chakra! So this means that I have become egoistical. Now they will come and say clearly, "Mother, please correct my Agnya. Fix my ego."

But if you think, you can tell a man, even standing far away from you of course, "You have become egotistical", then you are done for! But after realization the man himself will come and say to you, "Oh my God! My Agnya chakra is catching like this" Because the ego that once seemed pleasant, seemed joyful, saying, "Yes, come and put a garland around my neck. Everyone was praising me so much. Everyone was applauding me." The person who becomes very happy with this, that person after receiving his realization starts getting a headache.

As his ego rises, he will say "My God! Mother, my head is hurting so much, my Agnya is catching." So he runs away from things that give him ego. He then tries, "how should I keep my ego from growing? This is like a balloon sitting inside me. Even when someone says a slightly good word to me it just goes up instantly above my head." So he detaches from his ego and watches it. "Aha! You have got on the horse again. Come on, get down!" Before that, the man does not know that he is sitting in ego. Only when his ego hurts him will he understand. Only after Self-Realization will you know the agony of this ego. Now see that if man's ego is broken in this way, there will be righteousness and calm in the world and peace will come.

Many people in the world will fold their hands and say, "Sir, what can I say? I am the dust of your feet." And by taking such a heavy burden of ego on their head and talking like this, a person will think, "Aha, what a humble man." But only a Self-Realized person knows who is humble in reality. Even if that person shouts and screams and scolds, still he will know that this person is scolding with humility. The job of the ego is to destroy others. But it also destroys oneself. So man knows the Truth only in the light of his Spirit and he sees that there is this ego in me which he should give up.

Therefore it is said that the embodiment of the Truth is the Spirit. This is the light of the Spirit in which man sees the Truth. Someone asked, "Sir, how did you know we have this disease? How did you know?" In the light of our Spirit! You have come inside the light of our Spirit and we know what problem you have. Just sitting here, you can know about anyone, if you are Self-Realised, what is their condition. One day I said about Nixon saheb, let's see what is happening to Nixon. Sahaja Yogi asked, "Mother, what is happening? Our hands are trembling." I said, "I understood it, so that is why I asked you to find it for yourself, so you will understand about it later." I had understood it but I said he should also see it. You can know about the whole world, about the truth, if you are awakened in the light of the Spirit.

Now we have a lot of places with Swayambhu [manifested from Mother Earth] in the land of India. Without the light of the Spirit how will you know whether it is Swayambhu or something false? Because whatever would be a Swayambhu place from there, as they said, cool breeze start coming from there. And when nothing has happened to you, you do not even have eyes, how will you know that cool breeze is coming on your hands? To know the Truth, one must be the Spirit. Today's Sahaja Yoga, I have built in such a way that somehow even a little light should come inside them; even just a little dim bit also. No cleaning is required. There is no need to clean the lantern first. Many lives have already passed by doing that.

Now first light a lamp in their lantern, then they will see for themselves that there is a stain in this lantern here, there is a stain there, they will then clean it by themselves. When the light of the Spirit comes and when the human is identified with the Spirit,

then he sees that the light of my Spirit is not shining. Because my lantern is a bit bad, so I should clean it up. In this light of this lantern only, his body, his mind, his intelligence, his ego, all the faults they all can be cleared together. If someone says that you wash the cloth in the dark, no one can wash it. So first of all, it should be known that you have not yet known the truth, so without Self-Realisation we cannot know the truth.

Nowadays people fight because of issues. Now suppose there is going to be a nuclear war here. You then fight that there should not be a nuclear war. Then you will pick up something else. In this way, one after another some issue is created and then people quarrel about it. But who made this nuclear war? Man. Do you agree? If man will himself change then how will this nuclear war remain? And if man does not change, then why would even God think of saving him?

You know that the lamps which we light on the day of Diwali, those earthen lamps that are broken, useless; they are thrown away. Who will get attached to them? But if lamps are prepared that are burning continuously, then the whole world can be saved. Those are preserved, and stored. That's like with the human race also. If some people from the human race become that, for whom God Almighty gets aware and thinks that my sons are sitting there! Then whole world can be saved

It is said that if one end of the sari is saved, then the whole sari can be saved. Similarly, only a few Sahaja Yogis can also save this world. Nuclear war can be ended. They can take care of the whole atmosphere. But that state has to come, until that state does not come, unless there are enough people here, then this work cannot progress. Those who come to Sahaja Yoga only to listen to lectures and go away. They should know that they have got the news. And even if they listened a little and even got their Self-Realization a little, but if they do not immerse into it, then whatever will happen in this world they are themselves responsible for it.

Just now I had gone to dinner at someone's house, a professor came there, saying, "If Mataji comes, I will come for her darshan". She came over to see Me. And I saw that she became very happy just by My darshan. Now the darshan is over. She is a professor of Hindi. I said, 'Do you teach Kabir?' She replied, 'Mostly I teach Kabir. 'How do you teach Kabir?' 'Now I teach what is written. I said, 'Arre, you teach that Kabir you have to take seven births' She said, 'That is true'. I said, 'Take your Self-Realization and then you can explain him in this birth itself.' But it's not that. They don't have time. Then there should have been time in that era at least because they were all on strike. There is bound to be some benefit from a strike so that these people can come to some lectures at least. But they don't have time. Because they have got hold of an issue and are now fighting for that cause.

This awakening of the Spirit gives immense peace to man. Because there is no other option left in the head. Due to which man becomes completely calm from within. As you must have seen the wheel of a chariot that the wheel of the chariot keeps rotating on its circumference. But the centre point of it has to be established completely. It has to be steady, otherwise it cannot move forward. When you get your Self-Realization, you settle down at that midpoint where you stand and watch the whole circumference moving but you are sitting there silently. You don't get distracted by anything. You see the whole drama and you are not disturbed, you get into a witness state.

As a man gets nervous in the rising water and in the falling waves, but after sitting in the boat he looks at them in joy. Similarly, when a man sits in the boat of the Spirit, he is not disturbed by anything. Peace is established in him. It is from the inner peace only, the outer peace is going to come. And from the outer peace, inner peace cannot come because all the peace that has been created on the outer side is all artificial, all this is artificial. We say Chinese and Hindus are like brothers. Are they brothers? They don't even see each other's face today. Earlier the Sikhs who came into the world came for the protection of the Hindus. Now they no longer see each other's face. How did all the friendship end? What has happened to us? Have you forgotten? The reason is that the one thread that connects everyone is this one Spirit. Or we should say that that principle is this Kundalini and the Spirit is like a gem within it. This principle was threaded into this gem. And when everyone is just one, with whom is the fight to be fought?

So, the second state that comes within us, which is the truth, is that we become awakened in the collective consciousness. It means collective consciousness. The consciousness of human beings today is limited. This infinite consciousness comes inside us after which you can know at your fingertips what is bothering the other person and what is bothering you. Sitting here,



like I said, you can know about Nixon. Similarly, you can learn about any person and you can also take care of them. Not in any bad way, but in a good way. This dimension, the dimension of new consciousness that settles inside you, to achieve that dimension is the ultimate goal of our evolutionary development. The person you have become today from amoeba is because you can achieve this last ultimate goal. Therefore, it is our right to have Self-Realisation and it is also our ultimate goal.

The third thing, the attention of such a person or of such a person in whom the Spirit is awakened, that attention can remain fixed in time, at that very moment. It doesn't think about the next, the previous thing, it stands at that moment. As you are now sitting in front of Me, you are standing in front of Me like in a photograph. Now I am looking at all of you, I know who you are, where are you sitting, what you are. Whenever I see you, I will know where you were sitting, what saree you were wearing, what clothes you were wearing, how were you sitting, like that. Like how the camera works, in the same way a photograph is taken inside the mind. And the one who should not be seen is not seen at all. So, due to the awakening of your attention, dharma automatically gets awakened.

This dharma in the form of your attention is spread inside our stomach. Because the attention is awakened, whatever a man sees, maybe some other person may not see it. But it also sees, knows and also understands, apart from this, it can also work things out through his actions. It can also treat him. When you can have all these powers, why not illuminate your attention. When there is already a lamp present, light present and aura of the illuminating attention is also there. I don't know how many lectures I must have given about this attention. Maybe when you come to the temple, listen to these tapes and know.

The people who come in Sahaja Yoga in the beginning, we don't have to tell them everything at once. Although everything that is there I have to tell you, and give you the full authority over everything. Whatever My powers are, all of them have to be given to you. But at first put your steps slowly. You will not be able to bear the burden of many things. Therefore you will be perfected before you can completely understand everything and as you gradually move your steps, then the whole truth will be revealed to you. And then, you can experience it. You can also check for yourself if this thing is correct or not. You can verify it.

But the greatest thing that belongs to the Spirit is joy. That too, only joy. Happiness and sorrow are two things – two sides of the same coin. Sometimes happiness, sometimes sadness, sometimes sadness, sometimes happiness. Man thinks what a farce this is! When it comes to the Spirit, there is only joy. But when your ego is satisfied, there is happiness. And when the ego is hurt, or the superego, there is some misery in the mind, then there is sorrow.

It is a simple thing. Whether you put water in this pitcher, whether you put water in that pitcher, the pitcher where the water is there the effect will be felt. But there is only this state of joy where both happiness and sorrow can be witnessed. Just like some play. While watching the play, sometimes people can also think that they are themselves Shivaji Maharaj and start taking out the sword! Later they realize that "It was just a play. We were just watching the play." That's how your plays break down. And then only joy remains. Man remains engrossed in joy all the time. There is no duality of happiness and sorrow present in it. That is the third state, about which I told you - those who had never listened to music before, those who didn't know what ragadarsi is - they say 'Mother, this is a joyful thing.'

When you look at something beautiful. So you may feel that you want to buy it. How much money has this come for? How many were bought? Some or the other thought will come to your mind. Falling on any object, falling on any human being – wherever your attention goes, it returns back in the form of thoughts. But this is the state of thoughtlessness. In this amazing state you are just witnessing. For example, a beautiful thing is kept here made of clay. I am just watching this. Whatever joy the creator has put into it, it is flowing into me from top to bottom. I am also listening to music in thoughtless awareness. The artists who are trying to fill the joy in this, that whole, formless joy is flowing in me like a whirlpool. Like I am taking a bath in the Ganges! Then man remains engrossed in joy. But he doesn't go mad. Many people think that when a man receives Self-Realization, he is like a madman on a road. He is completely conscious.

No one can have as much awareness as the Self-Realised person has. He is alert in full consciousness, he knows everything. He knows what is auspicious and what is inauspicious because immediately it will start bothering him. Going to some place, he will feel that something inauspicious is happening here, leave it. We do not even have the idea of auspiciousness-inauspiciousness.

If such a person goes to any house, then the house becomes auspicious. Many people say, "Mother, ever since I became a Sahaja Yogi, everything is going well in my house. Everything is going well." Because you yourself have become auspicious. Auspiciousness is such an environment that because of a Self-Realised person, all the inauspiciousness coming from the environment flows out and the inauspiciousness is removed.

This wave of joy comes very quickly in the villages. Because they do not think. Whenever Sahaja Yoga starts here, the first question will be why the ones who had come before did not do it then? Why are You doing it now? Why are you only doing it? Various such thoughts come to mind. If that doesn't happen, then sitting down they will think that Mother is saying but I do not know what this thing is. It should be found out who Mother's father was. Who was Her Mother? Who was Her brother? Third, people will come and look at their watches. What is the time now? When will we go home now? Arre, you go home every day, son. If you remain here today then what is the issue? I haven't gone back home for four months. I have been going around just in the service of you people. So that's what they say leisure of life- you are just sitting there comfortably.

Now to catch the airplane. The airplane hasn't arrived yet, there is a stampede in the house. Have to go, have to go. Everyone is worried. But a Self-Realised person will keep seeing what this madness is happening, sir. The plane is going to arrive late. After running from here, reaching there, come to know that the plane is three hours late - then kept sitting. But a Self-Realised person knows that the plane is late. Laughs and says "Come on, we were sitting here, just like that we will go and sit there. Who would tell anything to these mad people? None of them is going to listen. Leave it." In this way, many special powers of a man come flowing out because their frustration and its suppression ends. Due to thoughts, the movement of our powers has stopped. Otherwise, you are so powerful that while standing here you can say that you can do whatever you want. One of My disciples or you can say son is in Bombay. He belongs to a family of fishermen. He is an educated man. One day he had the desire to go to another island and give a lecture on Sahaja Yoga.

He sent the news that he was going to come. When they reached the sea, they saw that the storm was coming from all sides. And it was about to rain. And the clouds were thundering, there was lightning. Didn't know what happened to him, but he stood up and said, "Beware, do not rain till I leave." Those people who were with him, said that he stood up and said it. He sat in the boat. When they looked at the other side, all the clouds had quickly dissipated. Suddenly stopped there. This is the true thing.

I don't even say anything about Myself. This camera definitely tells about Me. It is a traitor. And just now came this photo of Ganapatipule. Do I ever tell you anything about Myself, 'I am someone'. Let these people speak about that. So such a big sun is present here on My heart. What do I do now? Everyone has the photos. I made My hands like this and there was such a big sun on it. If I do this with My hand, then light comes out from here and such currents are coming out and writing Om. There is a Ganapati in Zermatt, called Matterhorn, Mother's Peak. Some people had gone to that place, on the day of worship of Vishnumaya. A cloud appeared in the sky. That cloud seemed strange to them, it was so bright and out of it such threads came out and two other clouds came. I said, "Come on, let's take a picture of it- we have never seen clouds like these." No one takes a photo of the clouds. They took a photo of the clouds. My entire photo was inside it, even the thing on My nose, this place in My teeth, from that point, My entire photo was in it.

Now if you show it to some intelligent man, he will say, "You have manipulated the photo in some way." So it is better to not even talk about it. Never should be argued with doubters, absurds [fanatics], nonsense chatterers. Three kinds like that only, stay away from them. They are helpless with their habits. As such, many types of photos, just like a photo, have come now where My [many?] hands could be seen. I said "Is this a camera or nonsense? It falsifies Me in everything!" I say that, I am a simple person just like you. At one place, sitting in one small school, I was giving a speech. Its[place's] name is "Mian Ki Takli" there. I said, "There must have been a great saint here." So they started saying, "His name was Miyan, he was there." I said, "Okay." While giving the speech, the light came on Me seven times, but I did not tell anyone that the light was coming. I said, "Okay, stop now, stop it". Just as I said that, all of it was captured by this camera. A gentleman was sitting there. Maybe puja was going on there. He passed in front of Me. I was on camera, even through him. That's right, isn't it? Many things like this just happen.

This was about the camera. But with the other amazing things that keep happening in our life, then man starts thinking that there must be something truthful in this. This is not false. This is not wrong. Come on, it's all right then. Now let's keep walking on this

path. Then he keeps moving slowly. To reach the ocean of joy, some people took five to ten years, twelve years, some even took fourteen years. But a simple hearty village man gets up and starts walking; jumps into it. 'Oh Mother, we are lost in it, now where are we to say anything!' These are the very lucky people in our country. Millions are sitting like this. Now they are trying in Delhi. Let's see how many of them will truly understand.

With folded hands, I just have to say to everyone that they have to attain the light of their Spirit. Where are you wasting your time? This time will not come again. The time you keep seeing on the watches that you have put on, is only because that time has to be saved for this. Not for, so you can go to the ballroom and dance and sit in the cinema. Today everyone said, 'Mother, please start the program a bit late as people will be watching television.' That's true! I was really surprised. People used to go to the Himalayas in search of God. And today Ganga has come flowing to your house. If you don't accept it, then you can't blame Me for that. If you do not want to accept this abundance of joy, this wealth, this resource, then no one can force it on you.

But the word "saburi" [patience] is used by our Sainath of Shirdi. Need patience. I have patience; you also need patience for yourself. Only that, there is no patience. Everyone is very busy. What are you doing there? Breaking each other's heads. What are you doing here? Sitting in a bar. Some would be doing something better than that. Don't know if there is something even better than that. Man, like this, remains engulfed in these things. This time is extremely important. Our time is getting wasted.

And when it comes upon me, every person reaches My house. I said, 'Come to My house'. I am a very smart woman. I said, 'Come to My house.' But I did not say that I will meet you there. "Come to My house", meaning you should sit there for meditation. You will find other Sahaja Yogis there. So, "Why didn't Mother meet us?" What do you want to do with meeting Me? What are you going to get from Me? This is an antarayoga [the union within], isn't it? What is the point of meeting Me? Am I, any minister, that you want to meet Me? If you want to meet Me, then meet Me at your Sahasrara. Outside meetings have happened with so many people. All useless people. But the one who will meet Me at the Sahasrara, only will say, "Mother has given me something." A fight broke out there. Even Dr. Warren Sahib got angry and started saying, "I do not want to do any work in Delhi." He started saying, "In Maharashtra, everyone comes, they just put down a flower and leave. You cannot even know who Sahaja Yogis are and where they are sitting." Now here they come and say "give us our rights!" I thought that tomorrow they will be back after forming a union, saying, "Mother, you didn't give us our rights." "What?" "You did not meet with all of us." I will meet you in this worldly life, but at the peak. Will meet you at the peak. There you will receive [Me]. Do not get trapped in useless things and in useless quarrels. I am the only one who sets up these traps in the first place. So don't fall into these traps, such that the Mother did not meet us today, so we are aggrieved.

This is a great way, I have, to throw out such useless people. Like those who come asking for meetings, I do not even meet them, then they never come back the next day by the grace of God! I only set up these traps, I'm telling you this again. Because I do not want to spend My head on useless people. So how to drive them away? Let Me tell you the truth, I am your Mother, why should I lie? So those who come, do not meet them. The one who is true among them will come back tomorrow, otherwise he will not come. I don't want any vote from you, I don't want anything. I just want to test you. Tell Me is there any other way to test, is there any?

Without testing, even the gurus never used to give anything. Instead they used to hang their students upside down, then they used to drop them in the well. The guru used to put water on them four or five times. Give them two or four slaps. Then make them sit on the donkey. Don't know what else they used to do. You will be surprised if you read about it.

When I sent a fellow to a guru, he dropped him into the pit, broke both his legs. He came back to Me with his legs hanging around his neck. I said, "What is this?" He said, "Mother, I criticized you a little bit in front of him." I said, "What did you criticize about Me in front of him?" He said, "I told him that, Mother, whomever She sees, even any Tom, Dick, Harry - She gives Self-Realization to them. I criticized you. So this guru broke my legs." So I said, "Now what? What did he say?" He said, "Go back to Mother only, she will fix your legs, I am not going to do it." I said, "Okay I will fix your legs, now don't go there." So the real gurus, firstly, they throw stones from where they are. When you have been hit by twenty-five stones, then they will say, 'Ok, come son, it's fine if one or two of you come along.'

What can Mother do? This is the best way to catch the real people. That Mother is not available. Whoever wants to come, come. And who is real, he just comes and sits in meditation and gets drowned in the joy. Sahaja Yoga is not going to run after the ones who don't even have the need. God will not touch your feet and say you should come into Sahaja Yoga- we will give you self-realization.

Now it has also been thought that when people come to the temples, some money should be spent to keep tea and water for them otherwise people would not come. My God! Otherwise people will not come here -no food then no prayer. But even after giving food to such people, even if they listen to these devotional songs, there is not going to be any benefit, as no one is going to get their self-realization. No one is going to become a Sahaja Yogi. Here, many marketers [meaning useless] also used to go to war. But these marketers won't be useful in the battle of Sahaja Yoga. As Ramdas Swami has said, "Tyala pahijet jatiche" [It requires those of this creed]. It needs the one who is strong! It's the work of the brave. Sahaja Yoga is not the work of fools, weak and egoists. This must be understood. You people have come, you are most welcome. Get your self-realization and rise in your self-respect and in your strengths. Don't waste your time just like that. With a little hard work for the first one-two months, you can very easily overcome everything.

There is not any excessive trouble in this. There is no money involved. There is no such thing. Your life will get organized automatically. Your diseases will go away. But patience is needed. Like yesterday a person said, "My wife's health has not improved yet." He came just for one day and that's it. Today he was saying that health got better. Yes, what is the problem if it takes a day or two for someone? You need some patience. And try to live in the present. Try to live in the present. Try to live in thoughtless awareness. That's it. These are very easy things to follow. And with these easy methods, next time, all of you who are sitting here today, if all of you become and sit here like a great tree, as a guru, I will bow you all.

It is the desire of a Mother that whatever is Mine, you people take it from Me. Everything is useless for Me. If this thing [Self-Realization] is not established within you, then My life too is meaningless. No one asked any questions today? Are there any questions? Is there anything sensible [Shri Mataji asks another sahaja yogi].

Even after telling them people still have fixed ideas in their mind, ideas of non-violence. I have told you earlier also that a person should eat whatever is suitable to him. But by killing and eating animals that are bigger than you, your muscles will also become like them. Animals smaller than you are to be eaten only when you need it. And there is nothing wrong with eating them. In our country Ram used to eat it, Krishna used to eat and Buddha used to eat too. You must be known, how did Buddha die? His disciple had brought meat after killing a wild boar. And Buddha went to his place and said, "Give Me this food quickly." His disciple said that it will not be right to make this meat till some time has passed as it may cause some problems. But Buddha had to go somewhere. So he said in a hurry, "Give Me however it is." He died because of that.

So those who say that Buddha did not eat meat, it is a wrong thing. Not that I say that everyone has to eat meat in Sahaja Yoga. But Nanak Sahib used to eat. So was he worse than these hypocrites, who do not eat meat but trouble other human beings? And also think, what realization am I going to give to chickens? There are even some people who try to save bedbugs. They even give money to brahmins so that bedbugs can feast on them. They give money to the brahmins, so that they suck your blood, now we have saved these bugs! Now should I let these bugs sit here instead of you? Use your head sensibly. I already have said that, in the Gita, Krishna has not said anything such as non-violence. He in fact, has said that you kill! Kill your own guru too, if he is unrighteous. So these are [nonsense] mental calculations that people have created that non-violence means to save even these bugs.

So a person started saying, "Mother, Sahaja Yoga will not work unless you tell people that you have to become a pure vegetarian." I said, "Tomorrow people will come and say save the bedbugs. Even then should I allow it?" And if you say so, for the Goddess to be vegetarian, then who will drink the blood of Raktabeej? You people? And who will kill that Mahishasura? You people? Those flag bearers of non-violence are the most violent people. I have seen most of them like this only. I have also lived in Gandhi Ashram for many years and I know that some people there were such that you cannot even put a finger on them, absolutely fire! They were angry like the fire. Don't have such deceptive ideas. And many people think that you get many diseases

because you eat these animals or that animals. It's the opposite thing.

It is important for some people in our country, that they eat protein, eat protein food. Their muscles will become weak otherwise. Due to which many illnesses can occur. If you do not eat protein. You must have seen that those white spots appear on the body. This mostly happens to vegetarian people. What is the reason? There is no protein in them. So their liver has become lethargic. And if even a slight badha [obstruction] comes inside them or if they eat any such oil like Postman oil [brand of peanut oil sold back then], peanut oil, then they will get those white spots. The only cure for such people is that they should eat proteins. They can eat something like soybean. Definitely. Yes, for some people they have never eaten since their childhood, they may have aversion; leave them.

But I tell the British that they should become vegetarian because they are like big tyrants. They are aggressive with everyone. It will be good if they become more vegetarian. If they all turn vegetarian then it will be very good. But there are no vegetables there. Here you get brinjal for fifty rupees, but what will you do there? And one should think that there are some countries where there are no vegetables at all. Like Greenland, there is not even a single leaf of vegetable there at all. So has God done such an injustice to them that He is making them do sin? If the biggest sin is that you eat meat- who gave you this idea? In this [way of being non vegetarian], Jesus Christ left, Muhammad Sahib left, Nanak Sahib left. Most of the people have left like this. And all the false gurus, I will tell you, who take money, Rajneesh, that other one, who teaches the transcendental -these are all true vegetarians. True ones! They don't even eat garlic and onions. And if you show garlic to the disciples of Mahesh Yogi, they start dancing like this. They are scared of garlic. If you show them lemons, then they are really gone. What is the need to eat vegetables if they are afraid of them?

This is the work of heroes. You should build your muscles. It does not mean that everyone becomes a wrestler. Again, this is the matter of keeping balance. Stay in balance. You must have seen, should not say it - but Arya Samaj, they are absolutely vegetarian people. But their anger is so intense. Dear God! And among them, if any of the Arya Samajis has become old, they speak so much that you do not understand what they are speaking. Will keep on talking, keep on talking, keep on talking. So much energy gets accumulated in them. Where does this energy come from? Where does so much energy come from after eating this grass[vegetarian food]?

But that doesn't mean that you should start eating only meat from tomorrow, that's not what I mean. There has to be a balance. All our time is spent on thinking about food and drink. We have created this, in some way or another. The style of the Brahmins is like that, "Brother, you don't eat this, don't eat that, but I will eat everything." One who is going to eat meat, "You don't eat meat. Your money will be saved, so give it to me." It's straight-forward. "You do this- fast for four days in a week in the name of God. One day for Shiva, one day for Vishnu, one day for Guruji, one day for Devi, four days of fasting. Money saved - now give it to me." Food and drink should be eaten in such a way that the body which is for our Spirit is nourished.

Nothing is forced in Sahaja Yoga. But yes, animals bigger than you should not be eaten; otherwise you will look like horses tomorrow. Now the second thing, what we say is that by killing an animal, we are committing violence. Then it comes to what Krishna has said that whom are you killing, I have already killed them. But more than that, I am going to tell you scientifically. It is easier to understand, what Krishna has said is still difficult to understand. That is, when you eat the meat of small animals, the meat that is in their body, it should be said, the muscles that are there, by coming in contact with our muscle, they get evolved. Now think- there is a fish, how will it obtain higher life? It needs muscles, where will they come from? This is the transition.

Like in our body, I told you that we have gray cells in our brain. Now to replace these gray cells, we need other cells, how will they come? So whatever fat you have in the stomach, gets converted and goes to the brain. So you will say, you are killing the stomach for the brain? Similarly, when the muscles of any other animal come in contact with you, and if you consider the whole world as one creation and consider the body of the whole Virat as one body, transition takes place in that body and they get a higher life. But sometimes I also say that so many animals have now become human that now it is better if this does not happen.

Now because night and day it is being filled in our brain that by being vegetarian, you become saintly. I haven't seen a single one yet. If you have met any person who has become saintly after becoming vegetarian, then let Me know. Whatever communities

here who are vegetarian, they are extremely miserly, number one miserly people and the other thing is they will take anyone's life for money. I won't take names, you know. They stick to money so much, where does this come from? Because the muscles are weak. They have to stick to something. The one who is powerful stands in his own self respect. This is nowhere written in our country. I don't know how everyone has been taught these new-new things and man has now started walking on that path.

Even Gandhiji used to say, "what is the violence of the Nirmals [pure ones]? What violence will a Nirmal [pure one] do?" He was right. He used to say, first of all do non-violence with humans, and then do it with animals. Did you stop doing violence against human beings first or not? Meaning that this is not going to happen and so you will not go there also. He used to say it clearly. I had been with him for years. And maybe some angry people were needed at that time. They needed to be made angry. The British had to be driven away, so vegetarianism must have been started.

Vegetarian people are very angry. It is said that they have a very calm demeanor. Not so. Because only those whose muscles are in turmoil will keep getting angry. If someone slaps, they will go and fall there. Now, he gets angry and wants to hit back two slaps, but they cannot do it. There is no strength in hand. He will keep nagging inside himself that how should I eat the person who slapped me? If the person who can hit back gets angry, then he will give back two slaps and the anger goes out. But the one who cannot slap, he will keep on getting angry, will keep accumulating anger. And then he will bite somewhere else. If you find any vegetarian who has a calm demeanor, then bring him to me. I want to see. There should be a calm demeanor. I am not saying that the non-vegetarians don't get angry. They can also be very angry. But those vegetarians say that by eating vegetables, we become very much like a cow, then to Me, they look like a buffalo with horns. I have never seen them [like cows]. I have been watching this for forty years. And My age is a lot now, but I have not seen it anywhere. That is why there is no difference in this.

The other intoxicating things that sit in opposition to our attention. Those intoxicating things should not be taken. But I will not say this, otherwise half of the people will get up and leave. But I would say that you will leave it after coming to Sahaja Yoga. Everything should be experienced first, I repeat Myself. Don't think just with your rational mental calculations. Everything should be evaluated practically. Today, just by doing your hands like this, the cool breeze has started coming inside you. And you will be surprised that even those who are non-vegetarians have their chakras caught up in such strange ways, but those who are vegetarians have their Left Nabhi caught up so badly that there is no limit to it. Non-vegetarians do get caught up, but chakras of vegetarians also get caught up very badly.

This is how these gurus work. Now these foreigners will come and they will tell them to become vegetarian. It was told to us that six thousand pounds were taken in Switzerland and everyone stayed in the hotel and they were told that you have to become absolutely vegetarian. And your muscles should loosen up a bit. Then only you can fly in the air. They were making them fly in the air. And these donkeys went there by spending six thousand rupees. Six thousand pounds. One pound means about fifteen to sixteen rupees. Reaching there, they said that they had made such a menu, that the water you get after boiling potatoes for six days, they had to drink it. Pani Prashan [water diet]. After that, you have to eat potato peel one day, and on the last day, if you have little life still left in you, then you eat potatoes, without salt. After that you will anyway start flying in the same air. And its cost is only six thousand pounds. And their guruji, sitting there, was laughing at them, that he has made a fool out of them; they have all been made a fool. He was giggling. I am not going to tell you such stupid things.

## 1986-0224, Address by Shri Mataji to Students and Cultural Program

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24 February 1986

Address By Shri Mataji To Students And Cultural Program

Public Program

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Honourable Minister Sahab. Honourable guests. Respected teachers, staff. And dearest students. It is very heartening to see. Students taking up. The cause of peace. When we were students. We had to fight the British. We could not think of peace at that time. We had to become free.

And people sacrifice so much for the cause of freedom. But today for the cause of peace. People must know they have to sacrifice. Why human beings, after being evolved to the state, when they are so developed, the more developed they are, the more dangerous they become. Why when we are so highly advanced. There is such a difference between our own kit and kin. What has gone wrong with our development? That's what we have to first see to the roots. To the basic cause why there is no peace in the world today? Actually, we are not at peace with ourselves.

Our physical body. Our mental body our emotional body. And the spiritual body are not integrated at all. There is no peace within, how can we have peace without? Sir, with all due respect to the United Nations. My husband is a secretary, one of the secretary generals of the United Nations. I feel the members of the United Nations also should see their peace with it. That's very important and the nations who support them also should try that.

What we need today is a transformation of human beings. I would like to court something what Shri Krishna said thousands of years back. That the human awareness, the chetana "" grows downwards and the roots of this chetana or the awareness is in the brain. So when we started growing in this advancement we started moving from a pedestal downward. In our Sahaja Yoga we consider 3 chakras as the lower chakras, the centres. One is the Nabhi where a person starts seeking food, shelter. All these life's necessities. Either he can go upward or he can go downward. At this point, the essence of the centre is what we call swaha, meaning the consumption. So all those people who started developing. Started consuming. Countries after countries, thank God, Columbus lost his way. Otherwise none of us would have been here.

And then the same countries went to the 2nd chakra which we call as Swadhisthana. At that point, they started entering into the space. That is Bhurva, Antariksha (). Into the space they went, tried to find out what is on the moon, what is on the Jupiter. Why not find out what is within ourselves? Instead of going outward. Now I heard to my great joy that Nalidkar has found out that there is energy as well as intelligence in those realms of the universe where all the stars move with certain speed and understanding.

But still this you are learning from outside. Now the third awareness has grown into the Muladhara in the other way round. I mean the same centres when ascending gives you another aspect. And so the attention went to this horrid thing called sex. And in the West people have become nothing but sex points. I've seen it everywhere that just filth exist with this movement. What do you expect people to be? They have to be violent.

If you make them worse than animals, what will happen? They have to be cruel, despotic And after this, the next step is hell. Nagasaki or anything that I have seen myself. Gives you a shock for a while, but human nature is such that it can overcome all these shocks, can go ahead, which is adhogati () is downward movement. So how to go upward, how to go to the roots?

I would say in all these advanced sciences in this universities what you learn is the knowledge of the tree. We have to know the knowledge of the roots. And for that we have to become subtler beings. With this gross mind you cannot reach them. We have to

know that all the great saints and incarnations and prophets have said that you are to be born again. Mohammad Sahib has clearly said, at the time of resurrection, your hands will speak. He said that you have to become pir and I'm very happy to know, sir, that your name is Nabi, and you know the meaning of Nabi. So you have to become a nabhi. You have to become a pir. Christ has said you are to be born again.

In this country Everywhere In every place wherever there have been saints, they said, you are to be born again. Even a Brahmin is not a Brahmin unless and until he's born again. [unclear], the one who is born again. So we have false certificates. I'm born again. There are people who just certify themselves, oh, I am born again. This is the other problem of human beings that we have a conviction and a concept and an ideology and the issue for which we fight. But the absolute we cannot reach unless and until we ascend. This is the last breakthrough one has to achieve. Where you have to become the Spirit.

And the Spirit has the nature that it is collectively conscious. You don't have to tell that we are brothers and sisters. We become part and parcel of the whole. We become part and parcel of Akbar of Virat that we become on our central nervous system, not a mental conception. We fight with mental conceptions and ideologies. I've been to democratic countries, communist countries, socialist countries, all types. You have seen how Hitler was. He came out with a concept and he tried to ruin the Jews.

Now the Jews have taken over. I hope the Muslims don't take over from them. It was like a derailment, the violence moves from one to another. The reason is the assent has to be achieved. The movement is the other way round. I understand the science and the scientists have done great advancement in one direction. But the ones who have done this on the other direction of the roots, why not we see to them and listen to them and pay some attention to it. These outside conceptions and outside organisations and outside understanding can never never cure. Or eradicate the roots of violence within us.

For that, you have to become the Spirit. My mission works on a subtler plain where I work for people that they should become the Spirit. Spirit which is absolute. When you become the Spirit, you become collectively conscious as Jung has said it. Jung has clearly said that you have to become collectively conscious and that's how you become on your central nervous system. You know what's wrong with you, you know what's wrong with others. Automatically you get cured of your mental, physical, emotional problems, also your material problems get solved as Shri Krishna has said "Yoga-Kshema-Vahaamyaham" ( ) I will look after your well-being when you get your yoga. Now the yoga doesn't mean standing on your head, it means. The kundalini, the power that is within us, which is of pure desire, should rise and should meet the divine, the all pervading power which is doing all the living work. This happens and has happened to thousands. I'm working now in about 16 countries. And I find that whatever maybe the conditions, whatever maybe the styles of that country. It works. But this country of mine It's so great, not in the city so much, but in the villages, in thousands. They become that.

They have given up all their bad habits they have become like [Shangsha?] or [Baksha?]. They have no habits nothing can dominate them. They have no violence in their mind but only the love, the love that is so powerful, love of God, which is all pervading. It is easy to say there is no God without seeing Him, without knowing Him without feeling Him, but why not? Try also this, all this living work that he does, these flowers he creates out of the flowers he makes the fruits. Is done by one power that is the power of God of His love we have never used the power of love. We have used the power of hatred so far.

Let us use the power of love and see how it works. It transforms human beings. Overnight people can change. It looks miraculous and fantastic, but you are fantastic. You have come out of amoeba stage to the stage for a particular purpose. Like supposing you take a television set to a villager, he will say, what is this? And if you say it has got all the power to show you all kinds of pictures. He won't believe you, but if you put it to the mains, it starts working and then you see how fantastic it is in the same way you receive that glory, that greatness, those powers that are within you as soon as you get connected, and it is spontaneous. You cannot pay for it. Those people who take money in the name of God and all that have ruined the name of God and religion and everything.

You cannot pay for it. You cannot force for it. It is so spontaneous because it's a living process of a living energy of living gods living love. I hope the modern students who are today in a great confusion. This is Ghor Kalyuga ( ) as they say. At this time it's important to keep your feet on your grounds. And see to it. That you can achieve it. Much faster than anybody else. Try



and get to it.

It's so simple, it's so easy. Only you have to pay your attention to it. We have now some people from my children from abroad. And their ideas and their attitude and the whole thing is so much change. you can make them out from their faces. The whole face glows. I must thank we are so fortunate to have such a prime minister. I value him very much. Because he himself is a realised soul. Perhaps he does not know.

If I ever happen to meet him, I'll tell him about his own powers and yours too, sir. This is what one has to know. What am I? Once you know what you are, you can assert yourself and you can know how to manage it. Even if you have the power, if you have the electricity, you don't know how to use it, how will you manage? You have to just know the know how, and then you don't have to have any computers. You are the computer as it is. Nobody can create a computer like a human being, but then you become such a computer. That you know everything about everyone. This is what it is.

It is fantastic, no doubt and you are fantastic. I'm sure you realise your own worth and respect your own self and get to your Spirit. May God bless you all.

## 1986-0303, Going from Swaha to Swadha

View [online](#).

3 March 1986

Talk to Sahaja Yogis

Brompton Square House, London (England)

Talk Language: English | Transcript (English) – VERIFIED

"Going from Swaha to Swadha," Shri Mataji's residence, 48 Brompton Square, London (England), 3 March 1986.

This was the last thing I used in my lectures, in Delhi; that Shri Krishna has said that the human awareness goes downward and the roots of the human awareness are in the brain. And when human beings start going downward they move in the opposite direction of the Divine. That's all He has said. He's not said more than that.

Now see, what happens [is] that you are born in the Bhavasagara, at that time. Now, when the human awareness starts growing, what is the essence of Bhavasagara is swaha and the aim is swadha.

Swaha means consumption: consumption of all the poisons, consumption of everything.

And swadha is the one [which] means: the swa is the Spirit and dha means the one that sustains. So the dharma of Spirit when it comes into you, then you become a guru.

So in the Bhavasagara it is swaha and swadha. So from swaha you have to move to swadha.

If you come to swadha state then the Mahalakshmi is awakened within you and you start rising higher. So it is called as 'urdhvagati' ( ) : going to the ascent side.

The descent side is called as 'adhogati' ( ). Now adhogati starts because to go down is very easy, first of all. Secondly when you are on the steps, on top, you see the steps very nice, done with nice platforms to go down, but you don't see the heights. You just go down, easily.

So the first step you come onto is the Swadishthana. But before that the step of the Nabhi, which is swaha, is the consumption: it starts acting in the awareness. Then you start consuming: attacking other countries, taking those countries and going to them and overpowering them and getting others. So as you say the imperialism, that kind of a thing starts. Thank God Columbus went that side! As I have said many-a-times.

Now, when you have done that, then you start also digging out your Mother Earth and consuming Her things and through your machinery and all that, you start doing it.

Then the second point is that, when you go a little lower, then you go into Swadishthan which is antariksha, which is called as bhurva. Antariksha means all the universe, universes. So you start going to the stars; you start going to that. I mean, it is of no avail, unnecessary. You have to go within. You have to go higher. You have to go urdhvagati. But you start going to these and feeling very happy, "Oh, we are going to moon!" You are going to sun, you are going...what are you going to get out of it, God alone knows!

And when that happens then, after that, you come to Mooladhara. Awareness has to grow. And once you come to Mooladhara then you start [becoming] absolutely depraved, or you become perverted. You start all kinds of funny ideas about sex. I mean, you don't know what to do with the sex: eat it or dump it or do what you like. And that's how we become. And one step forward and you are in hell - direct!

So that's how the decadence of all these [happens]. I mean, if you see the television or anything you don't know what are these people up to! What's this? Going from bad to worse! Idiots, I tell you! Idiotic! Like Pelsham marrying his secretary: all this nonsense, is idiotic. This idiocy comes in because of this downward movement. So you go downward and go to hell and finish off.

Now when the human awareness little bit tries to go upward also, without going through the Mahalakshmi process, then it comes to the heart where it is mana - is the heart. And then you start giving your heart to this person and heart to that person and all this romance and all that. So you go like that and again you come down.

But, when you start the steps from downward (below), the first step when you start, what you see is the height [to which] you have to rise. To what? To your innocence, to your chastity. And you rise on that. Then going upwards you see other things. While going down you see other things.

Now then, from there, you go to the other higher level of bhurva, is the creation. Then you become creative. You see to the aesthetics. That's why they don't understand aesthetics. I am not surprised! Their aesthetics are becoming bland, nonsensical, funny. Absolutely it has no meaning. It is not connected with any creativity. Human creativity has gone down. It's all machine creativity. You go to plastics, this, that, and we start appreciating all that is modern. You cannot appreciate anything that has been and which could be better.

Instead of that you are accepting something so insipid and so horrible. Because of bhurva you come to the prithvi tattwa and you start becoming materialistic; you become materialistic, money-oriented, at the Nabhi Chakra. Absolutely money-oriented, no dharma, nothing. No dharma at all; because swadha is not there. But while going up you get aesthetics; you become aesthetically rich. You understand aesthetics because you feel the vibrations of the thing. Anything you appreciate. You appreciate this house because you have vibrations. Without vibrations you would like to have something, what you call an insipid place, some funny looking, jazzy, nonsensical disco-like place. I mean, that's the end of it: a disco-like place. Imagine! Imagine a disco compared to this house!

Then you go higher, you go on to the Nabhi. Then at Nabhi point what it becomes is dharma. You enjoy your virtues. You enjoy it: enjoy to be virtuous. And then you become swadha, and in that way he becomes a guru.

You go to the heart, then you become compassion. It expands! It expands. While the downward movement makes you smaller, smaller, smaller, till you become a sex point and then to hell.

Then it expands your heart. When it expands your heart you become compassion and love and generosity.

Then janah: janah is higher. Now the same awareness, human awareness, when it goes on its own, it becomes political orators, political this, political that: is janah, is going to the public.

Janah is here [at Vishuddhi] because He's Virata. So you become attached to things where you have a popularity. It's a very cheap type, there's nothing deep in it. Like Mrs. Thatcher coming now. And now they'll call her 'thatcherite', then 'thatcherism' and all kinds of views are coming up. Then another is this Heath! I mean, not only in this country but Reagan, this, that, all of them are horrible!

So that happens. That is trying to solve some issues. This should not be done; that should not be done. But there's no peace. Peace has to be established. That cannot be established by this. So that also, such people who are politically motivated, they also go down. Up to Vishuddhi Chakra.

Then here, when you rise, is the people who say, "Oh, we must sacrifice this. We must do this and we must achieve this through

sacrifices!" Tapas, tapas they do. Like going to wars, this that, they also fall out.

But here [at Agnya] is tapasya for God.

And then we come to Sahasrara. Sahasrara is satya, is the truth. You discover the truth. You will have to know the truth here, because these are the roots. And that's what you have got it. You have got the truth, now with you.

And that's why the people here, the decadence can be understood. They don't understand colour, you know. Even they said, say for my bathroom, this thing, they are very particular in bathrooms: "Should be white!" "It's ivory." What's wrong with ivory colour? Even that they won't have.

And now the faces they are painting white, trying to look pale. Just imagine! Like death. Like, walking like deaths. They don't like colours: how will they have flowers? Nature is full of colours. Don't do, they don't like any colour. Even they don't like transparent things, they want to have it coloured white, ghastly as that is. They look ghastly, don't they? And why these people appreciate, is because there is decadence. No colour, nothing, just insipid. No designs. It's terrible. It's terrible things are happening!

Out of that you all have come out. I must thank you for that. The way you have risen from that low-level atmosphere. Such a low-level atmosphere: think of it. They will die out. Like hippies came, they died out, they finished. The other will come; they will die out. But those who are rising are the people who are important to us.

I mean, imagine, you think of hippies, where would they be? Absolute complete decadence, absolute, finished people! Wearing rags, this, that.

There's a Hong Kong fellow who is selling jeans. So I said, "What is the speciality about your jeans?" He said, "You see, these are washed in a washing machine, in which there are stones." So I said, "Then what happens?" "Then it becomes, you know, a little oldish." They put stones and the stone [washed jeans] are sold in the market. Such idiocy, I tell you! And they are the most expensive jeans! Such decadence, such decadence.

When are you going through your head, to Sahasrara?

So the Sahaj Yog, it is possible through Kundalini; there's no other way out. Krishna didn't say about it because He didn't know whether Arjuna would understand or not. But in a way he did.

Did you get the book, Geeta Enlightened? It's nice.

Sahaj Yogi: No, I haven't seen. This is of Yogi's (Yogi Mahajan)?

Shri Mataji: Ha. I'll give you. We inaugurated it. I'll give you one. It's come out very well, I'll give you. I've got upstairs in my room.

## 1986-0305, God's Shakti is the power of love

View [online](#).

5 March 1986

Talk to Sahaja Yogis

Wimbledon (England)

Talk Language: English | Transcript (English) – VERIFIED

"God's Shakti is the power of love", Wimbledon (UK), 5 March 1986.

It's such a great thing to meet your children after such a long time. And this country was really pestered with cold so I had to come here I think, just to make you feel warmer with love. It's a very heartening thing to see so many people who are in England, who are Sahaj Yogis.

As you know England has to do tremendous effort to keep Sahaja Yoga afloat; not only that, but you have to set in examples for others. As England is the heart of the universe it circulates. Whatever example you set in, circulates. People try to follow you. As I have told you before also, that English people should not try to follow other people but establish their own proper character. But not to be insular by which you don't appreciate anybody else or you cannot understand international relationships. We are one world and it's only one great Viraat in Whose being we circulate.

Moreover for the people who are from the heart, [they] have to be much more open and moving and giving because that's the job of the cell of blood that passes through [the] heart; and that's how you are made specially for this.

I have been speaking after you finished your tour on a subject in India. But I think it is more related to us here in the West than to Indians. And that is something we have to understand: that we are in the midst of terrible conditions, horrible conditions which are taking us to hell. And we realise how important it is for us to get together and save this area which we called as 'the Western world'.

So I have already given a little talk which you may hear when you have this seminar or this Shiv puja. But I would like to tell you about it: that Shri Krishna, a long time back, told that the roots of the awareness are in the brain, but the human awareness grows downward. That's how we have grown downward. We have grown towards things which, if allowed to grow that way, may take us away completely from the roots.

Now if you start the movement, as I said, from Bhavasagara, from the evolutionary process, of going downward. Now in the Bhavasagara that is in the viscera of the stomach and all these places, we have a capacity, what we call as of consumption. We can even consume the poison. The liver can consume the poison; it has the capacity to consume the poison as heat and then it delivers the heat to the water of the bloodstream.

So the capacity we have to consume all those things makes us, what we call 'swahaa': 'swahaa' means 'consumption'. And from this consumption, when we consume all these things: we consume our ego, we consume our conditioning, we consume all those things which are detrimental to our growth [then] we become 'swadhaa'. 'Swa' is the Spirit and 'dha' is the dharma. We get the dharma of the Spirit. And you know what is the dharma of the Spirit is - is Sahaj, Sahaja.

But when we start going downward only with our awareness, from the Nabhi Chakra we start moving downward, what happens to us [is] that we move to the second position of Swadishthana and the Swadishthana has got the essence, I mean, has got the capacity to be 'bhurvah'. 'Bhurvah' means the whole Creation, the universe that is created. That's how we get creativity through Swadishthana. So when we start moving downward, what happens to us [is] we go to all the stars and the planets and all that are created, that's what we are doing, wasting our energy for nothing at all. But apart from that in the wrong way when we move, our attention goes to creativity which is destructive, which is negative, which brings death, which suggests insipidness. Like the art

today is, when you see the art, you don't know whether to vomit, to run away or to cry. So that explains why people are producing such horrid things and when you look at them you don't understand what is this going on. So the art, the creativity, in every way, the creativity of every kind becomes so horrid.

So the third stage is that we go to 'bhuh'. 'Bhuh' is this Mother Earth. Mother Earth is the one which also creates Shri Ganesh. Now when we go towards Mother Earth we start extracting Mother Earth, taking out all that is precious, that is needed out of proportion - because we have got machines. Now we have got machines so we must produce. The machine must produce more and more and more, out of proportion it should go on. And when it wants to continue it has to go on that way so that you feed the machine to produce more.

Now this production is useless! There is no need to have so much production for us. You see plastics after plastics, then there's nylons after nylons, then there's all kinds of polyester and I don't know all kinds of things that they have started producing. All man-made nonsense that they have. There's no need to have so much. Then we go on accumulating things and that's how we become extremely materialistic people.

Actually to be materialistic in the real sense is that we understand the value of matter. And the value of the matter is aesthetics. Artistic things, real artistic things. And beyond that the value of matter is that you can give love to others through that matter: by giving as presents, by your generosity. So you lose that also! That power also you lose. That is, you start extracting your Mother Earth in such a way that you don't know what to do with the acid gas that is coming out of these productions and then all your trees are getting destroyed. It's so destructive. The whole thing is so destructive.

So then you move to the essence of Mooladhara which is innocence. And when it is innocence, you start attacking innocence. Now you read horrible things, when you come here. I got the jitters when I heard about the six year old girl and a three year old girl: I just can't bear it. Supposing that was my child what would have happened to me? And it's my child. That's how I feel. Then we are attacking the innocence everywhere in every place and we have no sense of Mooladhar. That's how we go down. And one step forward where do we go? Into hell. That is our movement. We are going towards hell! Straight forward, our movement is towards hell! Because I have explained in that little talk, you can hear it again, that, when you see the steps, you see the downward steps, then you just see the platforms which are very good, maybe of marble, very attractive, very sensational, whatever you may call it. And you feel like going down, it's easy to go down with the gravity because you have come out from amoeba state or even earlier from carbon stage, so you feel it's easy to go down. It's much easier to go down, so you go on stepping on these steps and go down. You don't see the heights.

But when you are going higher, rising higher then you start seeing the heights. And when you see the heights what do you see from down below?

Absolutely this is our task. From the hell we have to pull out people up. That's hell! And this is what we call as the 'adhogati' - going downward. 'Adhogati' - going downward. We have to take to 'Urdhvagati' ( ) - going higher. How do we go higher? Only Kundalini is the way. That you can see clearly.

Even people who try to go higher without the Kundalini, say from Nabhi upwards, how do they do it? They go up to mana, this is the emotional side, that's the motherhood. And you go against the mother. When you go there what you find [is] that you get attached to this woman, that woman, then that thing. It goes on to this family, to other things and again you come down.

Then you go ahead, you go into 'janah' - is the one which is what we call 'the public', 'the others'. 'Janah' is 'the public', is the Viraata's place. As you know this is the Viraata's place. And when you go to that place, to Viraata's place, what happens to you [is] that you start becoming very conscious of yourself, "Oh, I am a public man. I am a public person. This is my reputation. I am this and I am that." And then you start exploiting people with your politics and all other things like that. And you develop your egos; all kinds of nonsensical things.

With your mana, from your centre heart, you develop also your conditionings and that's how you develop a funny personality

which is not urdhvagati, which is not going higher, but is actually giving you additional problems on your back!

Then the third thing is here at the Agnya, as I told you, you develop your ego. The other day Patrick rang me up to say, "Mother, why are we developing our Agnyas so much nowadays?" I said, "Stop reading newspapers!" The prime ministers are fighting for their seats and this and that and if you read newspapers you will also feel that you are a prime minister [and] you better fight it. Because when you see a picture or any drama sometimes you get identified and you think, "I am Napoleon myself!" So don't read newspapers! Don't read about these mad people who are just trying to overpower each other. Like this [Ferdinand] Marcos fellow. The other day somebody said that, "Mother, you get rid of this Marcos!" Now he's out! So many will be out but what about us? Do we have some of them within our heads? Do we also have the same ideas of materialism or ego or all these trips that these people have had? So as a result, when you see these things, on the contrary, you should try to avoid it and jump on to urdhvagati.

Then you go higher, from there, in the head is the Sat, is the Truth. That's what you discover, Truth; should discover in the normal way. But in the abnormal conditions when you try just to climb up to the brain, what happens is that whatever you know through your mental conception becomes the truth. Everyone is like that.

You see, about religion you will find a person believes that, "This is the truth. Now this is the truth!" "I am the one who represents Christianity", "I am the one who represents Mohammad Sahib", "I am the one who represents Nanak Sahib", "I am the one who represents Shri Rama, Shri Krishna." None of them represent. It's just a concept. And with that concept if you move about like that then what happens [is] you just get stuck on to that idea. That is how fanaticism comes in as far as religion is concerned. There are many, many things like that, "This is a concept and that's the fact, and that's the truth and that's what I believe in this!" But why do you believe in that? Who are you? When they say, "I believe," just go and ask them, "Who are you after all to believe in that?" That's Mr. Ego, that's all.

Then there are people who are conditioned. And that's what, whatever is their conditioning, they think, "This is the conditioning. This is the thing I am brought up. This is how I have lived and this is how I am, and this is what is the truth." Both things are absurd, mythical. That's not the Truth.

So when you start through your urdhvagati, through your Kundalini you see the height. You see that, "Now we have to rise! We have to rise. Rise with our innocence. We have to get to our innocence." We have to be innocent people. But even in Sahaja Yoga you will find some people, I call them sometimes like monkeys, jump from urdhvagati to adhogati, adhogati to urdhvagati. You don't know which side they are going! You have to hold on to these steps which you have got. First is the innocence. Your morality, as you call that, or a chastity. That's the first step you have to achieve. Unless and until you achieve that step how are you going to go further? But it's the other way round. They think if you tell something very truthfully to Mother, "I have had five love affairs, I have had six abortions, ten this thing, then Mother is going to be very happy with me," because they have told the truth. That's not the truth. That's not what is wanted. Are you now a chaste person?

Have you got the ideas of chastity and dharma? That is the second step you can move into. Aesthetically, are you rich aesthetically, are you generous? Can you appreciate the art of every country? Or you just say, "Oh it's not good because it's not English!"? Or "It's not good because it's not French!"? Or maybe, "It's not from Wimbledon!" Could come to that point! I mean, what is happening to us? We are becoming so insular, so small, so narrow in our outlook, that's impossible. We cannot appreciate another person at all. You ask anyone, everybody has an opinion about others, what about yourself? What is your opinion about yourself? Can you laugh at yourself? And when I am giving lecture we also sometimes think that Mother is talking about somebody xyz, not about me. That's not so. We have to project to ourselves and find out: are we in chastity? Are we in dharma? Have we achieved that? Have we achieved our innocence? Have our eyes achieved that innocence, that simplicity, that power?

So then we move up higher on the bhurvah state where we have to know: are we aesthetically equipped? Do we have proper aesthetics? In our behaviour, in our dress, in our lifestyle, in everything? Or are we still going on with the same things? Like some hippies when they come to Sahaja Yoga, it's impossible to make them understand that - no more hippies now! Then some come

from another group, another funny style, then they have the same style of behaviour. No! 'Sahaja': we have to be in the Sahaja style, which is a common style for all the Sahaja Yogis all over the world to dress up decently, to talk decently, to have sweet words, no harsh words, no anger, no temper, nothing of the kind. But very, very gentle and a dignified personality.

Now here some of the so-called dignified also can be very bhootish, I have seen that. They can be very dignified and they can be very inauspicious. So another quality of innocence, which is auspiciousness; or we can say the combination of innocence and bhurvah state is auspiciousness. Does your house give auspiciousness? Does your countenance give auspiciousness? Is your talk auspicious? Is it a mantra when you talk? Have you purified yourself so much that everything that you do, every movement that you have, is auspicious? Is it blissful to be in your house? To be in your company? To be with you? Is it blissful? Let us direct ourselves to ourselves and see that: are we blissful? Are we emitting vibrations that are good? It's a very tremendous task because you have to do it! You have to do it! Nobody else is going to do it! If you want to save this world, you must know it's a tremendous task and one has to go into a tapah for that, to know that you have to be pure people. Otherwise there could be hypocrites. There are many who are Sahaja Yogis and not at all Sahaja Yogis.

Sahaja Yoga is not for hypocrites at all. You cannot be a hypocrite. You have to be what you preach, what you say, what you understand and what we stand for. It's not like this, "Oh I am a Christian, all right, I am a Christian, but it's all right, I can have adulterous eyes, all right because after all, you see it's all allowed." "Then what else?" "Oh, I can drink, smoke." "What else?" "Oh, I can also kill some people, it doesn't matter you see. It's all right I'm Christian after all." How are you a Christian? Then, "I am a Hindu, you see I am a perfect Hindu, but doesn't matter if I try to discriminate between Sikhs and Hindus, doesn't matter." How, why? There's no discrimination allowed in Hinduism. No discrimination of any kind. Everybody has the same Atma. How can you discriminate? How can you have dowry system in a Hindu society? How can you have any caste system in a Hindu society? You cannot have, just cannot have. It's not the religion.

So they speak one thing, do another thing, it's all hypocrites and all fanatics. And that's how they become fanatics! Like you ask Bishop of Canterbury, he says that, "Holy Ghost, I don't know, I am agnostic about it! I am doing my job!" That's all! This kind of frivolous attitude or we can say a very hypocritical attitude is not for the Sahaja Yogis. They have to be what they are preaching, what they are standing for. They cannot have that kind of a personality that one can say, "Oh, I have seen this hypocritical fellow, calls himself Sahaja Yogi!" We can't! There has to be somebody who is genuine, who is real, who is truthful. We cannot live with that kind of a compromise. We have to be what we are because we have got the light of the Spirit.

So then you go ahead and you have to become the higher personality of a guru through consumption. Consume, how much I consume! Go on consuming all the time. This time I came, I am consuming your Left Vishuddhis, I am consuming your viruses. I don't know, in two days I must have consumed oceans and oceans of troubles. No, we don't consume at all! Because if somebody says something to us we must come back with a harsh word, somehow or other to kill that person that is finished forever - that's smartness. We can consume all that. That consumption is taught by Christ very well. Can we consume? No! We come out with big, big talks and big, big things, you see, "We must do this, we must do that!" We are not here union leaders, are we? We don't want to appear in the newspapers or anything. What we want [is] to consume, we are here to consume things. Newspapers are to advertise, expand it. We are here to consume all that is bad. Do you follow your responsibility please?

Consume [all] that is wrong. How do we consume? Through meditation, through prayers. Now this is happening in this country. What are we doing about it? So we have to consume it, not to get into explosions, not to get into expressions, but to consume it.

Then you become swadhaa. 'Swadhaa' is that you become the dharma of the Spirit - 'swa', 'dha'. You sustain that dharma within yourself. Then you become that. It's not any kind of hypocrisy about it. I mean, if I say, "Don't drink." You shouldn't drink wine. I don't drink at all I mean, no question! I mean, you cannot make me drink even if you want to. If I say, "Don't tell lies!" then you don't tell lies. You don't just do it because you have to just say that way, or you say that, "Don't kill!" I cannot kill anyone. I cannot be tempted. In the same way you all have to feel, "I cannot do it, I cannot be tempted. How can I be tempted?" Say, "I shouldn't get into tempers. I shouldn't be angry for nothing at all." For the slightest thing, people just jump into a temper. That means, "I should not be tempted to do that." That wisdom, that dignity, that balance, that poise must come into a Sahaja Yogi. Unless and until that comes into you who is going to believe you that you have achieved anything of this transformation? You are still on



adhogati, sometimes into urdhvagati. Then going into adhogati, again to urdhvagati. You are jumping from one to another.

So now you move on to another higher level, is from there to [where], what you call, the 'Mahalakshmi tattwa' starts; where you start jumping on to a much higher position where it is mana. 'Mana' is emotions. Your emotions become compassion. Now see the difference between emotions and compassion: is very different. When the tree hasn't got flowers it takes, when it gets the flower, it gives, it gives the fragrance. In the same way, when you become the compassion, you give. You don't expect how others treat you, how others behave towards you, but you think [that] by giving you will win over the person. You give. And that is what you have got: to give compassion through your vibrations. But to have that you have to be swadhaa. Unless and until you have that you cannot give vibrations either.

So then all these smaller ideas, "It's my wife, my husband, my child, my house, my this, my brother, my sister." In the beginning everybody comes up with the whole family list. They may not have seen their father for ten years but they'll come, "My father is sick, Mother cure him first. I have not seen him for ten years." Doesn't matter! So every person becomes a liability on Mother that all the relations, all the great grand parents and all the great grand children must be cured by Sahaja Yoga. But there is no compassion! And in compassion you do not see these relations. So, when you become the compassion, before this you are to be enlightened. You are to be enlightened, you have no light, you don't know how to walk the path, you don't know how to go round, you don't know how to know others, you don't know where you are sitting. If in a group, you put off the lights everybody starts hitting each other or trampling over each other because they don't know. But now the lights are on. So you know how you are related to each other. You are under the light. You can see each other. You can feel each other. You can understand each other. That's how the compassion works. Compassion works automatically - you don't have to do much about it. But know that you have to be a compassion.

But if you are still are a person wanting others to love you then it won't work out. How much did you love them? Is your love for another person doubted? Do you doubt? Then you are not compassion. In that love you may even scold the person, you may even shout at the person. But the love should be there for the benevolence. So the compassion should be for the benevolence of the person. If you are not benevolent you have not been compassionate. Like spoiling somebody, spoiling your child, spoiling your wife, spoiling your husband. This is not compassion! Compassion is a pure ray of beautiful light of God's love which gives benevolence to another person, hita.

So that should happen to you when you talk of compassion. You go further with the janah - public. Those people who cannot carry on with Sahaja Yogis are absolutely useless people. These are the cream, these are the best people in the whole world. Of course some are like this, doesn't matter. But they are the topmost people, they are the people wedded to such high ideals. Where do you get anybody with idealism? You go to the UN, you go anywhere you find people, they have no idealism of any kind. It's only for the job, only for the money, or this or that, [that] they are working there. You are the people who have idealism. You are the people who are striving for something higher. You are the people who are going to save the whole world. And those who cannot carry on with Sahaja Yogis and find faults with Sahaja Yogis are really no good for us. They should get out of Sahaja Yoga.

What is your public? First and foremost is Sahaja Yogis. The rest of them are outsiders so far. But your attitude should be that you have to pull them out. You have to emancipate. You have to be kind to them. You have to be compassionate. And you have to bring them to Sahaja Yoga. You have to be extremely nice to them. But more than that you have to be very, very, extremely nice to Sahaja Yogis. I can't understand Sahaja Yogis being nice to others and not to their own clan or you can call whatever you may call it - to their own brothers and sisters. When I see Sahaja Yogis together loving each other, being kind to each other and also giving some good news about each other I feel extremely happy. That's one of the most joyous times for me. When I find that you are giving.

So then you come to the point where you are in the public, you are in the public. You have to circulate now. You have to articulate in the public. You have to move in the public. You are not only for a secluded group of Sahaja Yogis, you are not that. But you have to articulate, you have to circulate. Now for that, what should we do? You have to understand that we have to form other groups, other things by which we can circulate. Let's see now in England we can form some societies. Let's form some society

which are not what we call them as the Sahaja Yogas. Because you are different from them. So now let us form some societies. We form certain societies, say let us form a society where we talk about the decadence of this country; how the decadence has come in, why it is there, why are we spoiling our young children, why are we behaving like this. Let us see. Let us start a society under this name. Let us start a society which will fight all social problems. Like I said in India: let us start a society which is against dowry system. That's how you will circulate with them. And later on when they come up to a point they will see your character and then you can talk to them about Sahaja Yoga.

Like these women have, what is that called? 'Women's lib' and all that. I mean, it is nonsense, you know that very well. But they have formed the society, so they are there, they are circulating. We have to have sensible, wise people forming a society. So from Sahaja Yoga group we have to move to society: where you need not talk about Sahaja Yoga, you need not tell them there is emancipation. But let us circulate through them and let them know about dharma. Forming no religion as such. It's inner religion as we have. Just without any religion you can start it off. So that's how you meet the public. There are many such ways, which you can think, by which you can meet the public. And then you have to know you are the part and parcel of your Mother.

There are three things asked from God: that there is salokya, that, "Oh God, We should be able to see you," salokya. Samipya is, "Oh God, let us have your company." And third one is, "Oh God let us have a rapport with you." Rapport with you. Rapport with you. These are the three things are asked from God. But the fourth thing that has happened to you is tadatmya, means you have become part and parcel of my body. As a result of that you have to keep your body all right, you have to be pure people, you have to be sensible, otherwise I get into trouble. But it's a very venturesome thing I have done, doesn't matter, I don't mind. But you people look after yourselves. You be sensible people. And when you have funny ideas in your head, know that these funny ideas can trouble our Mother very much. So out of love for me, you have to keep loving yourself.

And you can love yourself only if you have pure intelligence to know what is frivolous, what is nonsensical, whatever is asahaj.

So you move like one body, always support each other. If one person is troubled the rest of them should help. That's how the collectivity is going to work out. Not to criticise each other, to sit down and just to show off. So then you rise even higher to this state of Jesus Christ, Mahavira and Buddha. Then what do you have to do? Is tapaha, is the penance. You have to do the penance. Like living in Brahmapuri was a penance, I thought, but you all enjoyed it bit too much. Or Ganapatipule, you thought it was too much. Some people did do some penance by sitting in the sun! (laughing) But penance means 'sacrifice'. Sacrifice. Without feeling the sacrifice, do the work as a sacrifice. You are bound by work. We have to work. Human beings have to work. But the work that is a sacrifice is the most nourishing thing, is the most joy-giving thing. And that's what happened: in Brahmapuri I must say it was very spartan, both for you and for your hosts it was quite a funny place to live in. And one snake crawled into somebody's shoes I am told, but still you all enjoyed it because you didn't feel the sacrifice. It was in a way [a] sacrifice for both the parties I think: your hosts and the guests. But you still enjoyed. And that's what it is. Now you will enjoy your sacrifices. Apart from all other virtues you will enjoy your sacrifices. That is one of the quality of the Spirit, because you are so detached. You will enjoy it! So that's how you come to the state of tapah.

And the last is satya, is the truth. That is what is in the brain as Shri Krishna has described, are the roots where you have to go. Of course, the doors are open to you. You must know that you know the truth! You know the truth, nobody else. Are you aware of this, that you are the only few people under this roof who know the truth? The rest don't know any truth whatsoever. So you have to be compassionate to them because they are blind, they can't see. As we are kind to the blind people we have to be kind to the people who do not know the truth. You know the truth! And the truth is that you are the Spirit.

And then you know, through all miracles, that you are walking in the Kingdom of Heaven. That you are blessed by God and that you are looked after by Him. So many miracles happen, so many of these, that suggest that you are really looked after by God Almighty. So many beautiful things have happened to you. Just think of them one by one from where to where we have come. From down below hell rising up one by one, step by step, now we have come to the brain. Thanks to our Kundalinis that we have come up there, that the Mother has brought you there. This Kundalini which is your Mother has brought you there. Respect Her and respect your Realisation. Respect each other and know that you are higher than billions and billions of people of this earth. You are special people and as that you have to behave in the most humble, respectable and a loving manner.

I say love is the highest. Everyone who has developed a language of love is working out God's wish because God's wish, His desire, His iccha, that Shakti, is the power of love. We work out everything with hatred: what's wrong with that person, what's wrong with that house, what's wrong with this association, with that. That is all hatred. But let's see what's good with that, what's nice, what's joyful. When your eyes turn that way, when your attitudes turn like that, then you must know that you are Sahaj Yogis.

For that Christ has given us a big weapon called forgive, forgive, forgive. And the truth has dawned upon you. You know the truth. Through your vibrations you know, through your vibratory awareness you know. But, there is a very big 'but' for which I have to tell you again and again and I am telling you again today which is the most important thing for a Sahaj Yogi - is to use your vibratory awareness. They don't! They just don't use their vibratory awareness. In judging others they never use their vibratory awareness. Then how do we say they are special people? Because you have the same eyes, you have nose. What about your vibratory awareness? Did you see the vibrations when you did something? You did not! That's why the mistakes. Because these vibrations come as an indication from something that is your Spirit, which is an absolute thing, which is in absolute state - it is not relative. It's absolute. So whatever information it gives you is absolute. And you should take to that absolute understanding. This is where we miss.

So today just before Shiva Puja, Shiva Puja is the puja of the Spirit within you. It's the Spirit within you. And for this puja specially you have to determine that now we will use our vibratory awareness to judge something. "I think..." is not there. "I think..." is a wrong idea. I know through vibratory awareness. We have to develop a word for this, which we say, "I feel..." it could be something nonsensical. But you really, as they say in Marathi there's a word, 'zanee': is a feeling. But it's a new awareness. Through this awareness, this Divine awareness, through that, you have to judge everything, to know everything, and to do everything through that. This is what we have to use. And when we start doing that then you will know that God is working out everything for us. It's so simple. Life becomes much simpler. All your complications, all your angers, all your troubles, all will vanish as soon as you start using this, because it is such a universal thing and such a benevolent blessing.

It just makes you wonderful. You become a wonderful personality: happy joyous, straight-forward, open-hearted, fearless. Absolutely enchanting.

May God bless you all.

You want to have any questions?

This lecture has been rather complicated I think, in a way, so it's better to repeat it or them, sometimes, again. Maybe at Shiv puja would be a good idea.

Any question please?

New Lady: How can you forgive a person like Hitler?

Shri Mataji: Actually, you see, you don't do anything. When you forgive or not forgive, you really don't do anything. It's a myth. It's just a myth. "I don't forgive." Means what do you do? It's a myth.

New Lady: It's how you feel towards a person who has committed so many crimes and the detention of Jews.

Shri Mataji: But what about Jewish now? If they had forgiven Hitler, God would have looked after him! God is looking after him. But when the Jews didn't forgive him, they have become more like Hitler, sometimes. They behave like Hitler sometimes I feel. The way they are treating PLO people is something horrible. You see, so if you do not forgive you become like the person you are hating. If you forgive you don't become like that. Just that person goes out of your mind completely. I mean, they have imbibed certain qualities now. I can't imagine Jews behaving like this! They are behaving in a very funny manner. You can see it clearly! I

mean, they had no place to go, they had no land to live, they were given a land. And now the way they are troubling PLOs, I was amazed. Because I met some of the students of this PLO people who came to India, who have been given asylum. And when I heard how Jews tortured them - just like Hitler, just like Hitler. I wish they had forgiven. I mean, if they had not forgiven Hitler, what did they do out of it? Nothing! Hitler is punished by God, not by you. What can you punish him? You cannot punish him. Alright?

When we forgive, we don't imbibe that cruelty within ourselves. That's the biggest thing that happens. Apart from that we do not suffer when we forgive. I mean, if you go on thinking about it, what people did say, imagine, think of the people when Mr. Columbus reached America, who followed them [and] what they did there! Horrible things. I mean, worse than Hitler. They wiped out each and every person from there. Then when they tried to consume other countries, going to other countries and ruling them. If you go to China you will be shocked, even about English, what they have to say. Even in India, if you go, you will find. How can anybody forgive them if you think what they have done? But that is finished now and gone, forever! You are not to think about it at all. It's finished.

Today, what is the situation, we have to see. You will be amazed, if I tell you, that myself, I was tortured by English very much. So what? For me you are my children. I don't think of that at all because that's finished. They were bhootish people, that's all - finished. Where are they? Where is Hitler today? Where are those people who died? Finished! Better to forgive so that God punishes them well.

Now, today, is not the time of punishing anyone, it's the time of evolving, of helping people to rise above that. So there is no more danger of getting any Hitlers on this Earth. We have to create such a beautiful garden! Why to think of the thorns? Forget about all that nonsense, you see! These are special blossom times: let us think of the flowers and not of the past and the thorns that we had finished off. We have to give something very beautiful to our children. Isn't it? A heritage where people will say, "Oh, I see. There were people who forgave all such things and created a beautiful world for us!"

Isn't it a nice thought? Better than not forgiving.

Like that we go on thinking about, "He did this and he did that." There's no end to it! God looks after! He'll punish. He's punished him so badly. Now nobody wants to take Hitler's name! I mean, if somebody sees Hitler's photograph somewhere he will go and have a bath in India. He'll just go to the river Ganges and have a bath, "Oh God! How did I see Hitler's face anywhere?" What more you want as a punishment for Hitler that they can't even face his photograph? And some person who looks like Hitler, they'll say, "You just shave off your moustache at least! Don't look like that. It's very inauspicious!" Yes, I know somebody who looked like Hitler and they said, "You shave off your moustache and comb your hair from the other side, or make it a parting in the centre. We can't see you like this early in the morning!" Imagine! What an inauspicious face! (laughter) He's hated by anyone. You go to any place. Even in Germany they hate him. So what's the use of such a character being so much dominant on our heads? Have nothing to do with it. Because once you start thinking about him you also develop certain habits that he had. A little cruelty comes up when you become angry and when you cannot forgive others, you also think it's right that you can punish others. Here we are not fighting the sword with a sword but with a shield. We are fighting the sword with a shield. We never fight sword with a sword, we fight it with a shield. That's a wise attitude towards life, I think. Otherwise you will create more Hitlers. One Hitler is dead and now ten Hitlers have come out - already have come out! They are all to be finished now, once [and] for all.

You can help by creating a new pattern, a new world of beauty.

Any other question please? That's a nice question, I know it happens to her. But now you are feeling better inside aren't you? (laughing) Much more! That's how we have to bring peace on this Earth. How are we going to bring peace if there's still lurking anger? Not forgiving means anger! That's all. Hmmm. What else?

Ask some questions at least! Must ask some questions.

Yes, what's that doctor?

Dr. Brian Wells: Shri Mataji, sometimes in my work I find myself getting very angry with the people I work with is this ever appropriate or should one always try and love and forgive them and be gentle.

Shri Mataji: Yes, better try that! (laughter) As far as possible! But sometimes anger can also help. But I think, just now, for us, we are developing now, it's better to take to the more gentler ways and things like that and not to get angry - for the time being. But we'll have to show anger sometimes. Let God show the anger. Let him take the credit. You will be more effective if you are gentle, I tell you. By anger you cannot correct people, you cannot make them more efficient; but by love. Those days are gone where anger and hot-temper used to impress people.

Nowadays these people don't like such people. Anger or some people are also very silly. They think [that] by being silly they'll impress others: like clowns or something. It's not so. Now we are different people in this world and they just know that this is a silly person, that's all. They expect a leader or anybody who has to give something to others has to be something of a higher and a better personality - it's expected. Cheapish things or anything that is publicly people may like you to do, if a leader does that they don't like it, they don't like it.

A leader is supposed to be something above, above the normal. But the idea of leadership these days is alright: everybody is doing the 'shake' so the leader is doing the shake. Then everybody wears a tight jean [so] the leader also wears the tight jean and he can't sit on his chair! So that's not the way. That's not the way you can be leaders. A leader has to make a pattern of his own. And he doesn't have to solve the problems of the people but give them the problem to be solved. That's how leadership works out. So for anybody who wants to get anything done, must learn that the pattern should be of such a level that others should not take advantage, should not think that they can bring you to your level. For example, I'll tell you: in India there's a habit of eating tobacco, dried tobacco. Now, those people who eat tobacco, say there's a high court judge - he'll call his peon and ask him "Have you got the...?", they call it 'dubbi' means a small little pouch, so, "Have you got the dubbi?" So, the whole dignity is finished! Whole dignity is finished! That, just an ordinary peon can say, "Do you want your dubbi?" So then it's done. What about his great position and dress and everything? He makes a big gown and wears [and] on the head they wear a kind of a wig. And all that is useless because you are asking for a dubbi from a peon!

So what impresses people is dignity, balance, poise, humility and truthfulness - straightforward truthfulness - even in day to day work. Of course efficiency comes like that. Peacemaking. You must make peace between two persons, ten persons. Try to make peace instead of supporting one person or taking sides. Best is to make peace. But if somebody is doing absolutely wrong, then you have to take another attitude.

Any other question?

Yes?

Yogini: (unclear)

Shri Mataji: What's she saying?

Yogi: She's asking you to tell us how we settle down in Sahaja Yoga. For the new people.

Shri Mataji: Settle down in Sahaja Yoga? You are already settled!

Gavin Brown: Some of the new people have come quite new to Sahaja Yoga, they haven't met you before Mother.

Shri Mataji: You see, I was born so settled down I don't know! (laughter) First of all, in Sahaja Yoga, one has to realise that you have got vibrations. Now, put it on that. I think that's the best criteria. "Am I getting my vibrations alright? Are they flowing

alright? If not, what's wrong with me?" Direct your attention to yourself to find out. "Is there anything wrong with me that I cannot get my vibrations alright? Alright! There must be something wrong. Now what is that wrong?" Try to correct it. First of all they must direct their attention to themselves then they will start settling down. But all the time, supposing, I have seen many people who come to Sahaja Yoga: out of them some say, "I saw one Sahaja Yogi who was like this!" They see to others: how they are, how they are, how they are. You should see to yourself because this is for your benevolence, for your betterment. So the first attitude should be, "What have I gained? What have I to gain? How am I to get better?"

Or else there could be some people who think that, "I must get better. My health should be alright. I didn't get kshema, benevolence, as was promised by Sahaja Yogis!" No, something wrong with you: still the yoga is not established. First establish your yoga. If you have not established your yoga how can you get what you want? So, first of all it's such a genuine effort. One has to be absolutely genuinely asking for that yoga. And you cannot force people. You cannot force it. Whatever lecture you may give. You may like my lectures or anything, they might sound very good but it doesn't matter. It must go into your being. It must work out in your being. You have to become something. You should certify yourself that, "Yes, yes. I am like that."

We may be very few - doesn't matter. It's meant for the few. It cannot be given to every funny type of a person or a person who is just forced into Sahaja Yoga. You cannot force it. It's not like winning over election, you see, that you make somebody a communist and overnight he becomes a capitalist. It's not like that. It's the inner growth. And only those who are deserving, who have that value of their own existence - only such people can come.

So you cannot force on them at all! They have to see to it. And what they have to see in other people [is] that what are they doing that they are so much settled. And there should be an understanding that we have just now entered into the university, say for example: a new class we are in. Now how are we to go higher and higher? Their attitude has to be that way. You cannot force things into them. It's like I always say [that] I have cooked for you, the food is ready. If you are hungry you will eat it. I cannot force the food into your mouth! You have to taste it yourself and enjoy. But there's a gap, gap between when they get Realisation and when they feel joy because specially in the West they have no idea as to what Realisation is, they have never known the Kundalini. It's a new language to them, everything is new, so they have to be given little assistance and help to tell them that, "No, there is joy! You have to go beyond. You have to see [that] these things exist. Whatever the saints have said is true. Whatever the scriptures have described is true and you can find out. But you have to have patience with yourself." But if they want to criticise and they want to say, "Oh, how can that be? And how can that be?" Such people will take too much time!

But there must be some genuine seekers. And there are some slow movers also so accordingly they move and you cannot force them. At the most you can support them for a while but then again they drop down. You have seen that. It's happening every time in the West specially, not in India. Not in India. Not that, also, in [Indian] villages - it doesn't happen. Once you get six thousand you get six thousand - finished! I have known least of them. I don't know who they are [but] they are there. You meet them somewhere and they'll just come and fall at my feet and say, "Mother I am a Sahaja Yogi." I said, "I know that. I know you are. You are my children I know just from your presence I know you are my children."

So they have to become that. You cannot force. That's one thing we do not realise. You see, now, in the churches they are compromising, "Let's have a disco dance! And in the disco dance when the people will come then we will have some Christians there." Imagine! People who are going to disco dance how can they be Christians? And this kind of a compromise is there because it's a money-oriented stuff. It is not God-oriented, it's money-oriented. So, "We must have more people so that we have more money so we can have more clergies, we can give more pay." It's all on that level [that] it works. But not in Sahaja Yoga. In Sahaja Yoga everyone is a temple of God, everyone is a church of God and everyone has to come up to that. And those who do not have that respect of oneself, we cannot force. How can you say, "You must have respect for yourself!" Can you say like that? I mean, it's something not possible. That's what you all people should know. Also we should reconcile to that.

I have done my level best. Except for standing on my head I have done everything that is possible but what I find is that it's very difficult. Too much of ego! Too much. Too much of ego in the West - absolutely - and they are so ignorant. They have never heard the name of Kundalini, can you imagine? What tremendous ignorance there is. But those who are wise, those who have pure intelligence, came to Sahaja Yoga, they learnt everything, they know so much. And some of the Sahaja Yogis in the West

know more than Indians know, I know. We can say that there are many good Indian Sahaja Yogis but there are some excellent ones in the West. Par excellence, I should say, some of them are.

So that's it. So why worry? We have the quality, if not the quantity. But this quality only is going to attract these ego people. That's only going to attract them, nothing else. This quality of your personality, of your temperament, of your behaviour, everything is going to attract them. But supposing tomorrow you say, "Alright, I'll make a holey jeans," and walk about with the holes in the jeans and then people will say, "What a nice Sahaja Yogi he is!" It's not the way! You must have your own personality, you must have your own dignity. You shouldn't behave like them. But you should not condemn them either. Know that they are ignorant. They have no idea. They don't have the knowledge of the roots at all. You have the knowledge, so you have to be kind like a teacher is kind to his students.

I never expected that in the West I'll be able to talk to so many people myself. I mean, in the beginning when I came here they used to say, "This Victorian old woman!" And all kinds of things they branded me with. So it's alright. I didn't mind that time. Now they are alright. That's how they are, what can you do? To begin with they brand you, they do this and do that.

Hmm. Any other question?

But the society you can form and get to people who believe in a proper life, a healthy life and healthy society. You can start a society like that, saying that, "We want to belong to the healthy society." You can take your children to that kind of a thing. You can get other children: where there are no drugs and things like that. You can start on that level. Maybe from there you might get some people.

Anything else?

Gavin Brown: Shri Mataji, whenever you speak the questions go away!

Shri Mataji: You jump into thoughtless awareness, I know that.

Gavin Brown: There's one thing we'd like to ask you is to accept your birthday present a little early.

Shri Mataji: A birthday present? I mean if you have so many birthdays I'll become older very fast! (laughter)

Oh, Gavin. So sweet!

Gavin Brown: Something very little.

Shri Mataji: You always say so! Thank you very much. Thank you. (applause) You better open and show them, I don't know what it is like. They'll be very happy to see that.

Those who have got Left Vishuddhi, I would suggest you sit down with your left hand towards me and one hand on the Mother Earth - will solve the problem immediately. Just have it. Left Vishuddhi.

Call your mother here. Let her have a candle.

Left hand towards me and right hand [on Mother Earth]. What's it Gavin? It's quite a big thing. It's so many pieces. I hope not you have spent so much money.

You can say the mantra in your heart, "Mother I am not guilty."

First [for] your mother, just give her this candle.

What's that? Oh Gavin! Beautiful isn't it? And a dolphin there! Just imagine! Thank you very much it's beautiful. It's beautiful. It's very, very beautiful. Beautiful. Thank you very much. Haa!

Gavin Brown: It's French.

Shri Mataji: It's French? Why not get something English from English? Alright. It's alright. For me it's alright.

Aha. Working out!

Better?

Cancer patients should be treated with this, those who have got cancer or anything left-sided, psychosomatic. The other day, doctor - you will be amazed - there was a lady who came, she had cancer of the glands and she had tied up her head with a scarf, in Madras. So while talking I told her, "You take a candle and sit there with your left hand towards me and right hand outside." And after ten minutes I said, "Alright, remove your scarf." The whole thing was cured. It's tremendous.

And they have now started that PhD thing in India.

Better? Much better.

It's working out. Good.

(Shri Mataji talks to some children)

Akshay, you didn't give me a kiss! You must give me a kiss too! Alright give it to Olympia then!

Feeling shy!

So I think I'll take your leave Gavin. Is it alright?

So tomorrow I don't think you can come early in the morning, it's too early - to the airport. And I'll be leaving about seven o'clock from the house, at seven thirty-five I'll be there.

Are you alright now? Good?

So where's the baby? Where's Wendy's baby?

Rodrigo Sanchez-Castro: It's in Southampton Mother.

Shri Mataji: Oh I see. So you want to have the name? When was she born?

Rodrigo Sanchez-Castro: He was born on the thirteen of February.

Shri Mataji: So call her 'Himakanya'. Himakanya is the name of the Goddess born when... 'Hima' means 'the snow'. That's the time she was born, when it was snowing.

Rodrigo Sanchez-Castro: It's a boy Mother.



Shri Mataji: No. Then 'Himanshu'. 'Himanshu' is alright. It's a boy. I thought it's a girl they said.

Rodrigo Sanchez-Castro: No, no. It's a boy Mother.

Shri Mataji: Alright, so 'Himanshu'. It's good. 'Himanshu' is a good name. 'Himanshu' means 'the one who is born out of the..' 'anshu' means 'the essence' 'Hima' means 'the ice'. He's the essence of the ice. 'Himanshu'. Is the name of Shiva.

(Mother meets another young child)

This is a new one? New Sahaja Yogini? Aaah. That's Leela. You want some chana?

Leela's sister: She likes that.

Shri Mataji: Do you like that? Alright, I'll give her some chana. Now only two can fit in here and let's fit the others there. Alright. So you carry some more. She has big hands now! Come along, have some more. You have big, big hands now. You've become a big girl I must say!

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Mahashivaratri Puja

Pune (India)

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

This punya nagari is called as Pune but in our scriptures, it is known as Punyapatnam. The Punyas of the entire world are flowing through this Punya nagari and you all are the carriers of those punyas. It is a great divine coincidence that you are having the puja of Shri Shiva who is the source of Punyas in this place.

Unless and until a person gets the Shiva Sthiti (state of Shiva), unless and until he gets his Self-Realization, he exists like a blind man. Any human belief is illusory like a shadow and man spends his entire life holding onto and following that belief. Until one attains the Atma Tattva, he cannot know the essence of the world. Not only that, he cannot know the essence of even his daily life and daily routine.

This Shiva Tattva (Essence of Shiva) is reflected in the heart of every human in the form of the Spirit. Without knowing this reflection of the Spirit of the Universe which is in the heart, we cannot understand even the thread that binds the Creation. We keep walking in the dark and do not understand each other, do not recognize each other and do not have any understanding that is absolute. We are under illusions in that darkness.

To get this Absolute Experience, we have to take to the Spirit. Only the Spirit can give us this experience in each and every nerve of our body. Without the power of the Spirit, we cannot get that which is called as 'Vid' in the Vedas in every nerve of our body.

Whatever we may say today like 'let us end caste discrimination' or take those things known as 'issues' like international issues concerning 'destruction of all bombs' or 'a single country in the whole world' or any such thing, how much ever we work it out on the outside, yields no fruits. The reason is that the person who made this or the humanity that made this, is still not on that level where it can understand the oneness of the Universe.

The Spirit of the Universe is present in our heart. Through this Spirit, we can know that this universe has been made by one God and a small part of that same God is present within all of us as the Spirit.

On the outside, how much ever we say that we are one and we are all brothers and sisters, it remains superficial. Now the Spirit is sitting in our hearts and only when the light of the Spirit comes into our attention, we truly understand that we are part and parcel of one Body.

Now, we have established the Vishwa Dharma (Universal Dharma). It rests only on those people in whom the reflection of the oneness of the universe is present. If you make anything like this outwardly then it does not bear fruits as it does not have the nectar of Truth.

So, first of all, the Spirit has to be completely awakened within us. It is awakened but its awakened state should come into our attention. People say that it is possible to achieve that state by working on the outside but I feel that it happens from within. This awakening can come only from within. This awakening is the awakening of the Kundalini.

The Kundalini shakti within us is in a dormant (sleeping) state. When She rises then, just as a spark in a stove gives light when in contact with the gas, the entire attention gets enlightened. Until this light spreads in our behaviour, in our lifestyle, in our society, in our country and in the entire world, there is no use of being a Sahaja Yogi. Your nature might have become peaceful by this light within you. Perhaps your mental state or physical state or material state would have become alright. In spite of that you have not got the Shakti of Shiva. By this shakti, we understand the oneness of the world. This understanding is not mental but the experience comes from within that we are one. This is the most important quality of Shiva that he is spread all throughout the universe. His work is so full of understanding and wisdom that he knows everyone.

For example, if we light a lamp, then the flame does not know how far its light should go or to which place its light should go. These thoughts don't come to the lamp. But it is not so for the Spirit. Once your Spirit is enlightened, then it starts flowing through your hands as chaitanya. Its enlightened intelligence that flows through the chaitanya tells where you are going wrong and where you are going the right way. This means that the intelligence of God starts flowing through the Spirit. Also, all the work in the world which is done by God flows through your hands now and works out. That's why first of all, we have to take to the Spirit, take to Shiva.

Now we have to see, how we can go to Shiva on the outside. We get to know the Truth through the Shiva Tattva. That's because I told that all the shaktis in the world are as if they are flowing in one body. Due to this, no matter what happens where, you can know the truth through collective consciousness. You can know the Absolute Truth which tells you what is true and what is false through the Spirit.

The special quality of this light is that when it comes into the heart, man gets drowned in Joy. Waves of joy start flowing in his body. His intelligence, his behaviour all start shining. A special personality is awakened within him who is charming and who has great principles. A person who comes near such a personality gets emancipated. He takes to the righteous path. All this happens spontaneously. The company of such a personality itself works out such a thing.

Such a personality is always immersed in joy. There is no duality to joy, it is absolute, which we call as Niranand. Absolute joy means that it does not have happiness and unhappiness like two sides of a coin. The person is in an absolute state and this state is the state of joy (anand). In this state he is like a witness who just sees the waves of happiness and unhappiness like a person sitting in a boat sees and enjoys the waves of the sea. Once you attain this state you understand what the waves of joy are, what is the comfort of joy and what is the kingdom of joy.

Despite achieving that state we do not get fulfilled with joy. The reason is that the one who is the source of the Spirit is the Spirit of the Universe. So until we take this joy to every shore of the world, we cannot get completely one with this joy. For example, if a flower falls into the sea, then it floats from one shore to another. That is the path it takes and that is what it enjoys. In the same way, once a person gets into the kingdom of God, he feels, 'whose heart I should touch', 'whom should I tell', 'whom should I meet', 'which country I should go to' and tell them to take to their Self-Realization. So, until we attain the Universal status (Vishwa swarupa), we can't say that we are Realized Souls.

Those who call themselves as Sahaja Yogis are still holding on to this caste-creed thing. They say, 'marriage should take place within OUR caste', 'OUR caste', 'OUR this' and 'OUR that.' We have to come out of this limitation. 'We are Indians', 'We are Englishmen', 'we are superior, you are inferior', 'we are from north, you are from south', all these distinctions have been formed by man, not God. He created these different countries only to give variety to His beautiful Creation. But the human mind is always looking to create classes and differences. So, now there are Pune residents and there are Mumbai residents. Within Pune residents, there are Sadashiv Peth residents and within that also, people might be classified based on the well they have. A Sahaja Yogi should not live in a well but he should be like a flower in a lake. The Sahaja Yogi who is still living in a well like this should understand that he has not yet taken to Sahaja Yoga completely. So first of all, we must acknowledge the form of the Universe within us, only then we can get to the Shiva Tattva.

Through meditation, we can understand how to get to this state from the outside. When we meditate, the attention should be on ourselves, not on others. We should look at ourselves and see what thoughts are coming into our head. What sort of beliefs we have built into our minds. 'I am this', 'I am that', 'I am from this caste', 'I am from that religion', every person thinks himself to be smart. So you should ask, 'Am I involved in all this?' 'Am I a citizen of some country or some small street in some city or am I a citizen of God's Kingdom?'

When we pay attention to ourselves in meditation, because we are now connected with the Spirit, as soon as we put forth this question, the light of the Spirit will shine before you and you will be surprised that 'No, I am part and parcel of one world.' Why don't you feel that a small drop should dissolve into a great ocean and enjoy? Instead why does the attention go into separating the molecules and atoms of that drop?

The reason is that many things ego, superego etc. have developed in the mind of man. So because of all this, his intelligence or his mind has developed certain limitations. He is not capable of breaking those limitations. He does not have the strength to overcome these limitations (maryadas). 'What will my society say?', 'What will my parents say?'

So to destroy these limitations, Adi Shankaracharya said that 'I don't have a father nor mother, I am Shiva tattva.' This means that in Shiva tattva, there are no limitations. He is Amaryad (beyond limitations), eternal. I am Shiva. So he who is this Ananta Shiva, should not even think about such petty, limiting things. Even if such thoughts come, he should not feel bad that 'why didn't I do this?', 'I am from this religion or that.'

So, all these limitations arise within us because of our beliefs or the things that we believe in. From childhood, we are taught which caste is bad. Once it sits in our head, then it does not move. Once these conditionings set in then even if someone tells us, they don't go. But once you see the joy in the light of this Vishwa Dharma, then you feel, 'Why was I indulging in these false beliefs like a fool?' When this state comes, we can say that our development is towards emancipation. So, first of all, our intelligence must be completely enlightened with the light of the Spirit. The darkness present in us should go away and for that

we have to simply pay attention to ourselves.

Suppose, there is a very angry person and he is short tempered since childhood. It may be so because in his childhood, the environment was such that he had to be hot tempered. So suppose that he was troubled by mother or his father or there was some other reason. So, if he is still troubled by that anger then the sword of the Spirit has not come in him. This sword is that of Love and is decorated with flowers. So the third thing to be kept in mind is that Spirit is the embodiment of Love. Only love. But we need Self-Realization to understand that love. "Atmanneva atmana drishtaha" means only through the Spirit the Spirit can be known. It is like this- if you don't have eyes then you can't see your own eyes in a mirror, in the same way, if you don't know the Spirit, you cannot understand the swarupa of the Spirit which is love.

The main form of the Spirit is that it is a storehouse of love. It is love. But this love is not the love that we know of. This love does not have any greed or lust, any pressure or any expectation. This love flows eternally and the benevolence in this love is worked out. While giving this benevolence, the Spirit does not have any jealousy and does not pressurize anyone. The working is spontaneous. Once this love starts flowing in a Sahaj (spontaneous) way then you will be surprised to see that everything works out by itself and you don't need to do anything.

First we have to see the kind of love that we are giving to someone. First of all, it should be unconditional. I will give a small example. I bought some saris from America. Then I told someone that 'See, I have brought 11 saris, so find some ladies to whom I can give these.' So he chose his mother, wife, daughter then sister-in-law and relatives like these and gave me the list. So I told him, 'it is alright if at least the surnames are different... How did you find so many people with the same surname?' Then he told, 'Mother, I know them that's why I gave their names.' I said, 'Is it so? But aren't you a Sahaja Yogi? How don't you know others?' So I called someone else and he did the same thing. I was in a dilemma as to what to do.

So the love has to be unconditional. Now, how does this unconditional love look like? Wherever there is a feeling of 'my', like 'MY brother', 'MY son', 'MY wife', there this unconditional love does not exist. Now, whatever relation you have with someone is there but you should not stick to it. I have given this example many times that if the sap in a tree sticks to just one flower, not only will the tree die but also the flower will die.

So this unconditional love flows everywhere and gives a person whatever he wants. Now see, all of you are sitting here and we have this electricity here. This electricity is flowing through the small lights, the big lights, the videocamera, this mike, the fans etc. whichever device needs it, it gets the electricity. Does it stick to any one device? This power does not stick to one place.

But when it becomes living then it starts sticking. Especially in human beings. Sometimes I say that man should be called 'chikku' (sticky) as it fits him. He wants to stick to everything. Any small thing happens, he wants to stick to it. This stickiness takes away his power and deforms him.

First it is 'MY son, MY son' and finally it is 'Mataji, somehow get me rid of this son, he is ill-treating me.' So, even this gets cured, it is not as if it does not get cured.

So we must know that this unconditional love should be present in man. If it is your child, then fulfil your responsibility, there is no need to have any expectations. Secondly, don't say that it is MINE. Tomorrow, if someone else's daughter comes to your house then you must know to love her also. Then you are unconditional.

This is the beginning but the joy that comes out of spreading your love to the whole world only God can describe. It is in His love that He has created this universe. In fact, this Creation is like a headache. First create the world, then make human beings, then they come to hit you, they behave like mad, then you make them alright, give them Realization, even then they run here and there like mad, then somehow make them sit and tie them up and even then their heads are going here and there!

But all this is a play for Him as His love is unconditional. The only thing is that God does the Bhakti of Love. He is in the joy of Love. His joy is that 'I Love.' He resides in that love. He does not think that he hit me or he said something to me. He says, 'I have love for you, do what you want.' This is the quality of God. This quality when it comes to Sahaja Yoga, is called as Nirapekshita (without any expectations).

But we don't see this. If you behave rudely with someone, then you continue with the same thing. You can't get rid of it. So, it again becomes stickiness. If you are behaving in a nice way with someone else then you continue to do so but with the first person you still behave rudely. Suppose two brothers had fight before coming to Sahaja Yoga, then even in Sahaja Yoga they continue with the same feelings. Then why did you come to Sahaja Yoga? To get to the Spirit. What is the Spirit? Spirit is the source of love within you. So we should accept it and enjoy it. We should accept it this way that whatever is there in me is for the Bhakti of the love of the Spirit. Let the Spirit do as much Bhakti of love as it wants. Nothing like - this is my body, mind etc. but let me see and enjoy the Bhakti of the Spirit.

Most importantly, we should know that we are sitting in the court (darbar) of Love. Hatred, anger, attachment all are the same. I don't see the difference between a person who you like or don't like. They are the same. The only difference is that one seems good and the other seems bad. But both types are the same. Love should be unconditional.

Secondly, love should have sweetness. If someone gives two slaps on another's face and says, 'I have slapped you in love.' That's not love. Moreover there are certain customs like if you meet a person then he continues to shake your hand till half its weight is reduced! What a way to meet! But there is nothing in the heart, it is all superficial. In that superficiality, they shake your hand saying 'Oh I am so glad to meet you!' and you are only worried about when your hand will break!

But there is nothing in the heart. The love should be in your heart. The love should flow from your heart. It should not be superficial.

Sometimes because of this superficiality, man fools himself into thinking, 'Oh I am such a good person! I am so loving and behave lovingly with everyone!' If it his business, then obviously he has to behave nicely with people.

But in love, a person is extremely sweet, both inside and outside. Inside and outside. He is compassionate. Even his harshness seems sweet. So until this sweetness comes into Sahaja Yogis, no one will be ready to even believe you. There are too many people in our country who give lectures, who give big talks and the common man is tired of it. In every street you can find such a person. You will get many such in Pune itself. But do we get any satisfaction out of it? It is all false, superficial. So, the love needs to come from the heart.

Now I get many letters saying, 'Mataji, let the love flow from our hearts.' Now how am I supposed to do that? First open your hearts. I will tell you how to open your hearts. Start with a small thing. Make a list of the people whom you love and whom you hate. Then write a loving letter to the ones whom you hate... (Yogis start laughing) very difficult thing! Extremely difficult! Write to them saying, 'I remember you a lot as you are great.' It is ok even if they are not, nothing wrong in saying so! Then say, 'I will feel very nice if you send an answer to this letter.' Try it out. It will work out because the Spirit has made you capable of that love. There should be no superficiality. He should not feel that, 'Oh, today he has sent a good letter so tomorrow's is going to be horrible. This first letter is an introduction to what will follow!' So, you should send a heartfelt letter full of love. Send to those people whom you hate or feel bad about.

But start with Sahaja yogis. Firstly, they should be Sahaja yogis. But you will be surprised that when you write for the first time, there will be at least one line expressing that anger of the past. So write one more, then a third and after a hundred letters, there will be at least one letter where this anger is not at all expressed.

We should open our hearts to the person with whom we are angry. We should see, what he did, am I also doing? If you have done, then what is the need to be angry? If he has behaved like that then I won't behave in the same way. In reality, you must love him.

Now, in our country, so many problems are there because we do not know the real concept and definition of love. One of the main problems is that of the women's status in our country. We have both types of women in our country. The third type I have not seen, if I see it will be a lot better. One is dominating and the other is submissive. There is no one in the middle. The one who dominates sits on the head and the submissive one goes under the feet. Due to this, the society has become extremely strange. The society goes on torturing the submissive one and goes under the feet of the dominating one. Then, unknowingly, you are committing a very great sin. The sin is that God cannot accept the torture of a woman who is forbearing.

There are many such problems. Now we have this caste problem. In order to get rid of all these things, we have to see, how much love we have.

This love has been described by many incarnations.

(This child is unhealthy please take him to the back, I feel that he has some negativity, he is not able sit in front of Me. Take him slowly, no need to hurry)

So, how many people can we cover with the cloak of love. How many people are close to our hearts? The other day, in Mumbai, I asked a question that men generally feel that their friendship is much deeper than that of women, so I asked a man, who is your friend? He told, 'This gentleman here.' I told, 'Really, but just now he was complaining about you to Me. How is he your friend?

So the friendship in which one friend does not see the bad qualities of another, if it deepens, then your heart opens up.

Next, is the generosity. Generosity means the power to give. Your Mother is famous for Her generosity but you try being

generous. If you have five saris and another woman has less then just give her a sari and see. If your heart is open then you will have the good fortune of getting 100 saris. We should have the power to give. Go on giving.

This generosity starts in Sahaja Yoga when people's hearts start opening out in Pujas. They say, 'Mataji, I have made this kheer (a dessert made from rice) especially for you, this puran poli (another dessert) I have made especially for you.' This is the beginning. But if you make the same thing for another Sahaja Yogi, then I feel more joyous. I feel extremely joyous when you distribute this love amongst yourselves. When you say something nice about a Sahaja yogi, I feel very joyous. When you praise him then I feel extremely joyous. But yes, if you are wrong then I will warn you to be careful.

But I have seen many times, that these special moments come rarely. When you people enjoy each other's company, friendships and good qualities, then I feel that the Kingdom of Love has begun.

We have not so far known this kingdom nor have we used it so far. We have not yet accepted its power. We don't pay attention to its tremendous dynamism. Its power is so great that whatever big empires you have set up or whatever big bombs you have and whatever is a product of hatred will all be completely destroyed. All these will be razed to the ground. But you must know how to use it.

You should experience its power. You should say, 'I am a priest of Love. I don't want anger, hatred and anything of the sort but I only want to do the Bhakti of love. Our Mother has told us this and She has made us one with Her in that Bhakti. We should get completely immersed in that love. Then 'this caste and that caste' all drop off.

In hatred, if someone sees a bad quality then he sticks on to that. But try to remember even one incident that has love like 'How sweetly he talked to me that day!' and build your building on that. To build the building of the heart, just think 'how lovingly he talked with me!'

But if you talk harshly to someone, then he can never have good thoughts for you. How does it not come into our attention that if we speak bad about someone then obviously he is going to speak bad about us. Is he going to say, 'Oh what a good thing that he has given me abuses!' With a simple intelligence we have to understand that if we talk against a person in such a harsh way then is he going to put a garland around our necks?

So while opening your heart, you must keep this much in attention that 'I have given this person a place in my heart.' Now this heart has the power of love which purifies. This power will purify this person. Leave it to that power. Now he may trouble you a bit but try a bit harder. It is not difficult to try. You will be surprised; you will feel 'Have I become like the entire world or what?'

As a child, I used to always feel, 'How will this universal work take place? How will I meet people?' Then my heart used to expand so much that I would feel as if the whole universe is coming into it. At the moment I used to feel so joyous. I used to see only pictures then but now I can see it with my own eyes. In every place there are thousands of Sahaja Yogis who are enjoying this bliss. May you also give the same amount of love to everyone.

On this special occasion of Shiv Puja, make a promise in your heart that now onwards, I will love everyone. Mother has said so and I will do the Bhakti of love. In that love if I face any troubles then it is like a penance and I will bear it. I will love the whole world unconditionally. I won't say 'my', 'mine' like a frog in a well but I will do all that is possible for others in love. Sometimes, people will treat you harshly, they have done so with Me also but the power of love is tremendous and you must give this love with complete faith and bhakti in its power.

So now the time for the Puja has come and I have decided to build a house in Pune. (applause)

In the whole world, India is a yoga-bhoomi. The Kundalini of the whole world is in Maharashtra and any amount of description of this great land is less. Pune is the heart of Maharashtra and it is here that we have to establish Shri Shiva.

It is my desire that once I build a house over here, Kailash should come down here and everyone should help me in doing that. The residents of Kailash are those of cool nature, a cool temperament and Sahaja yogis should become like that. People should say that in Pune, the Kingdom of Shri Sadashiv is present. With this hope, I have decided to build a house over here and I request everyone to help me.

## 1986-0316, Public Program Day 1

View [online](#).

16 March 1986

Public Program

Modern High School, Pune (India)

Talk Language: Marathi | Translation (Hindi to English) - VERIFIED, Translation (Marathi to English) - Reviewed

[Translation from Hindi and Marathi, talk starts at 18 min]

I bow to all the seekers of truth in Pune. Pune has got the name of Punya Patnam [place of virtue] in ancient Indian texts so that it should become meaningful. This fortune of pious deeds is in this place. This has been told by our ancestors, and those who have accumulated pious deeds from a hundred births, only those are born in Pune. This has also been told. But is it like that or not? Sometimes I have doubts about this because whatever was ours in the past, we have considered that gone is the time and gone is everything related to it. And now the thing we are hurriedly going after correction in that something must come in us and we should do something new. This is a tremendous desire of all people. But I see we have lost synchronisation in both these thoughts.

20:05 Tukaram said: "I will bring peace and happiness to the whole world." Similarly, Marx said that we should establish such a state in which there are no police, and without any apprehension and fear people will be well-behaved. We should establish a state like this, but the question is how to do this? How to try this feat and how to achieve this? He didn't shed any light on this. Similarly, Tukaram has said: "I will bring peace and happiness to the whole world." But how will he do this? He did not say. Gyaneshwar has also very beautifully described today's Sahaja Yoga in Pasaydan, but how it will happen he has not particularly described clearly. The reason being even if it was mentioned, "The 6th chapter is not to be read," was told to everyone. So people did not pay attention to that. Those sages and saints who blessed this land with their teachings similarly nourished the land with their exemplary beliefs. In this land we have taken birth, and so there must be some truth in whatever the saints told us. They have not been bluffing; nor have they directed us to the wrong path. So when we are indulging in today's modern thoughts we should give some attention to them.

Shri Krishna has said in Gita that when a man enters his consciousness, then according to his awareness, say human awareness, he moves towards self-destruction. Because the tree of consciousness is growing towards destruction, its roots are in his mind [Shri Mataji points towards Her brain]. It has been said clearly that whenever man goes towards any progress or development, then he moves towards decadence. If we want to see an example, we should go and see it abroad.

Suppose we begin from Nabhi Chakra. The element of Nabhi Chakra is "Swaha". Swaha means that whatever we see, we observe that or try to understand that by turning it into ashes. The Nabhi Chakra is in our belly, and is known as solar plexus, which works outside. This plexus has a job that whatever is in it of the world, it has to Swaha it. So when this chakra is active in a healthy man, at that time if anything poisonous or defective goes in the stomach, it destroys [Swaha] that, and in this situation a man gets Swadha. The Swadha state means establishing in the self, meaning establishing the religion of Atma in ourself. Swadha.

But opposite to that are those people who only grow mentally, using only their minds. This is observed more abroad. Then we should see where these people are going. First, Swaha develops in them and they begin to use this Swaha. Then they develop a new calling in their awareness of conquest. Which country should I swallow and which one to eat? Which country should I attack and which country to add to ours? In this way the British came to India, and by luck Columbus went to America. I bow to Hanumana that he took Columbus to America. So we are sitting here. Otherwise, not one of us would have remained.

I went to America. In South America I didn't find any indigenous people for name sake; when I asked they said, "You can find them in a museum." I didn't find a single Red Indian. Similarly, here you would not have found a single Indian. So by luck

Columbus went there. Otherwise, we would have been finished a long time ago.

Due to this tendency of Swaha, when they started swallowing everyone, then their treaty reached up to China. After that, now where can they go? There is a limit to it. So they return. But now they have started the era of machines in which whatever resources Mother Earth has, they have started to dig it out. Now the situation is such that whatever fumes and so on the machines emit, there is acid rain because of it, and it is destroying all the trees with their roots. From this, an ecological imbalance has come about, resulting in an imbalance in the atmosphere. This is the the outcry everywhere.

Now after that, moving forward, they went into space. Now, our Swadishthana Chakra is the whole universe. So they went into space and went to the moon and further. Where they will go, you cannot tell. Simply wasting their money and time in this way. Instead of looking at themselves, instead of introspecting, they have wasted their lives for these useless endeavours.

But the next decadence is such that when what we know as Mooladhara Chakra, due to which all elimination takes place, they reached to that Nadir of morality. I tell everyone that, "Your culture has become a bathroom culture." We are running after these foreigners. So we should keep in mind where they have reached. Living in this country, it amazes Me that they have lost all judgment and behave however they want. They have no ethics and morals. There is someone called mother and sister; it never comes to their minds. Such a dirty culture they have developed abroad everywhere, and now our children are also going on the same path.

But Shri Krishna said that man has to move towards self-improvement, meaning that his consciousness and attention should move towards his mind, and for going towards that intellect in God's master plan he has been provided with this Kundalini Shakti [power]. [Shri Mataji points towards board.] Maybe six thousand years back, Shri Krishna did not mention Kundalini. However, he said one needs to move towards self-improvement. How is it to be done? If someone had asked, he would have told him. But at that time Arjuna had a different dilemma. He never asked Krishna this question. If he had asked Krishna, Krishna would have said clearly that, "The Kundalini in you will be awakened."

But it is a great fortune for our Maharashtra that Shri Gyaneshwar said a lot about Kundalini, and after that Nanak Sahib and Kabir Das have elaborated on it a lot, but at least we believe that. I should say it's My good luck, and I am thankful to the sages and saints, not only that I am grateful to them, but that we believe that they were superior to us. They did not lie like us, did not have any addictions, had no ego, were not fluke. So they were a kind of special people filled with peace and forgiving natures and bliss. So there was a special enlightenment in their consciousness. At least we admit that. But why did they become like that and how did they become like that? What was their mechanism, and how did they they interact with each other? How did they recognise each other? It is really worth knowing.

Nowadays, we have castism, this, that. Simply fake ideas have come up. At that time our Sant Namdev went to meet Gora Kumbhar. When Sant Namdev saw Gora Kumbhar he said, "Nirgunache bheti Aalo Sagunashi." Now, the meaning of this, either he can understand or a yogi can understand. "I came to see here Formless, the vibrations, the Chaitanya, but here you are standing in 'Sagun' form. It means I see only the vibrations in you."

But now certain Shivajis of Marathi bhasha have come up who say that this Namdev was a different Namdev from the one which Guru Nanak had honoured. Because of this fact they cannot tolerate how a tailor was so highly respected by Guru Nanak. "How can he give so much importance to that tailor?" Namdev went to Guru Nanak. He lovingly made Namdev sit beside him and told him, "Now you should write some poetry in Hindi because your words are very glorious."

Namdev stayed there and learned Hindi and Punjabi, and whatever he has written in Hindi and Punjabi, half of it surprisingly is about identification of saints. At that time Kabir Das and Ravidas were such big saints of the time, but you consider them Untouchable, and till now there is no temple for them in India. But in London I was surprised that in Burmingham the British said, "We do not believe this [untouchability]. You can build a temple here."

This is really a moment of shame. Numerous times our incarnations have told us that love is the only religion, but by getting



caught up in things that do not exist, we are losing our large heritage of religion and the joy of the spirit. So we should pay attention to it. Not only is it our heritage, it is also our responsibility that we need to dig out all that and ask what was the divine miracle by which such great saints were born here.

Now the time has come. Now is the time, and this time you all will easily get the divine blessings. Guru Nanaka has said, "Sahaja Samadhi Lago." [You get your enlightenment in a simple way.] He has said very clearly, "Kahe re mann khojan jayee sada nivasi sada alepa tohe Sang Samay. Pushpa Madhya Jo Bass basat hai mukura mahi Jaise chae, taise hi hari base nirantar Ghat hi khojo bhai." [Why go here there to find him? He is always there within you, just like there is fragrance in a flower and just as there is reflection in a mirror. In the same way, God is residing in you eternally. Seek him within.] Seek him within. But there in the temples they are singing, "Ghat hi khojo bhai", for entertainment only. Singing, "Seek, seek," but who is seeking? He says, "This is the medicine. Try to find in your heart." Instead, they are only singing to the beats of the drum, "Ghat hi khojo bhai. Vithala Vithala." I have never seen anyone finding God by singing "Vitthal Vitthal". Instead, people who become ill, people who developed cancer by stuffing tobacco in their mouths, I have seen lots. Also I have seen people becoming ill due to unnecessarily doing gazar [sound of many music instruments being played at same time] of Vithala. Sir, doesn't it take some authority to take the name of that Viththala [Manifestation of Vishnu in Pandharpur, Maharashtra]?

Now, if you call out, "Rajiv Gandhi [the then Prime Minister of India], Rajiv, Rajiv," and reach his house, then won't the police take you away? Any Tom, Dick and Harry who simply assumes God is in his pocket starts out and says, "Vitthal, you do this work for me." Have we got any appreciation or respect for him? Without knowing him and without meeting him and without union with him, all the worship is useless and is only showing off.

Even the meaning of Bhakti [devotion] has been explained very beautifully by Shri Krishna, but those who are hypocrites and escapists do not want to understand this meaning. They should not even try. But those who want the divine blessings, for them I am explaining, "Patram pushpam phalam toyam yo me bhatya prayachhati." [Whatever flower or food you will offer, I will accept that.] But he was a diplomat. He threw a spin by a single word, but devotion should be done so that you feel there is no other [Ananya Bhakti]. But how will you do Ananya Bhakti if you have not merged into Him? Till then you cannot do Ananya Bhakti. It would only be any [other, different from self] bhakti.

Krishna had bewildered everyone by using a single word, because people do not take things at face value. Let's try some other way. But now they say, "I am chanting 'Vitthal Vitthal', our Gazar is going on, and now we find relish in it." "We talk to Vitththala every night." "Really? Then what did your Vitththala tell you?" "Now he told me the number of the horse to bet on."

Ha ha, by this superficial thing you are never going to get inner satisfaction because whatever happens you are a spirit. This is eternal truth. You are a spirit. However wayward you may become, keep in mind you are a spirit. You are not this body, mind and ego. You are a spirit. Until the time you become a spirit you are not going to get satisfaction from shallow things. Birth after birth, you will not get satisfaction, and you will continue a purposeless existence as if in a trance, and even if you go anywhere in the world you will reach nowhere.

So leaving all this, you should take to the Sahaj way, and the Sahaj way is a spontaneous way of life. God is dynamic and spontaneous. Things happen in a Sahaj way. Like if you put a seed in the earth, it germinates automatically. It sprouts by itself. Similarly, whatever is there in you, it should germinate by itself. It should manifest automatically, and when it happens you don't have to undertake any labor for it. You don't have to do anything. But after that sprouting you have to nurture it. You need to understand its importance and see how we can grow in it.

Now we are quite expert in receiving initiation from a guru. Here there are few people. However, in Mumbai seven, eight thousand people came to the program. For three days continuously they were coming. All were initiated. However, how many of them settled and how many made a big tree out of that sprout? That's something that I have to go now and see.

Because of our nature of being halfway, being neither here nor there, we don't attain maturity. We should immerse ourselves in it completely, and for that we don't need to do anything. We need not do anything special, but only meditate. Once we learn this by

going to the meditation centre, then we can manage.

However, many people are pretentious. "Mataji, how will I go? I am the headmaster in the school. How will I go in that meditation centre?" "What will happen to you if you go there?"

"No, but there are all kinds of people who come. There are people there who are ordinary workers in our school."

Sir, they are going to Heaven before you. They will go in God's Kingdom. In God's Kingdom they are going to be enthroned, and no one will recognise you as a headmaster there. Keep this in mind: God only loves those who accept him from the heart. There your pretentiousness, your high post, your cars, your this and that, are not recognized. These have simply no recognition there. Only whether the Kingdom of God is in your heart or not will be seen.

And now today it so happens that now the time has come, and this atmosphere is conducive to it. I call this time the blossom time. At this time in the world a lot of evolved souls are born, out of which I can see a lot of them here who will be realized by a simple touch. But due to the atmosphere we do not understand how to take care of our roots. Abroad, people simply do not have roots. Even if Rajnish comes to them, they will go to him. If Muktanand comes, they will go to him. If Hare Rama comes, they will go to him. They simply have no wisdom regarding this. They do not know how to identify a guru. They have no idea what are the traits of saints and seers. Whoever charges more money is better!

Now I am living my life in two ways. One is the Sahaj way, and the other is with my spouse. Now he has a big government post. So I regularly meet fools like them. They talk like this between themselves: "Have you met so and so guru? He charges more but he is good." This means people have made a business out of that. These people who are halfway are not going to get Sahaja Yoga. If we have wisdom and we begin to dig a well, wherever we find some water after digging, only there we dig deep. We don't dig up at ten places. A man like that will never find water.

So after you get your initiation, I humbly request you to come again tomorrow, the day after tomorrow, and in one month through determination you can establish yourself in Sahaj Yoga. There is a pact between you and Me of giving, but what after that? We should make a pact for later also. "Mataji, after you initiate us, we will show you that we establish ourselves in it." Only then there is some meaning in it. Otherwise, all is wasted.

Now, is there a Kundalini or not? It starts from here, because doubting Thomases have a lot of questions. "Is there a Kundalini or not? You say this about Kundalini, but so and so said this about Kundalini." Let's see whatever anyone says, but I say that Kundalini is your own mother, of your own, and she is pure desire. She is pure desire, unadulterated. Desire means all the other desires that you have. In Economics, you know that wants are insatiable in nature. Suppose today you have a desire to build a home. Then you build a home. Then the second desire, then the third and so on. Whatever desire you have, it was not a true desire, because if it was a true desire, then you would have been satisfied in yourself. But it doesn't seem like that. So at that time we clearly understand that whatever wish we have made is not true. It has some elements of falsehood in it. After a desire is fulfilled, why aren't we satisfied? So it means there is only one pure desire, and the power of this pure desire is this Kundalini, and this Kundalini is settled in three and a half coils in our sacrum bone. Now when this Kundalini rises...

One gentleman was sitting with both his feet towards Me. I asked him, "What is this you are doing?" Another fellow told him, "You shouldn't sit with both feet towards Mataji. This is not right." He said, "When I sit cross-legged I jump like a frog. My Kundalini is awakened." Then the Sahaja yogi asked him, "Sir, who told you this?" He said, "I will go and tell Mataji." So he came to Me and told Me, "My Guruji has told me this. Not only this, he showed me a book in which it was written that when your Kundalini is awakened you will jump like a frog." I said, "Is it so? Now are you going to be a frog? Are you going to be an earthworm? You decide first, and then fly like that. How much faith can we have in any idiocracy just because it is printed in a book? Sir, what does it take to print a book? If anyone prints a book, does it become a scripture? Are all books scriptures? Scripture is one by which rules can be formed that can be proved. I have come to prove all the scriptures and will prove them in front of you. If it is a fluke how it can be proved? Because it is non-scientific."

So, odd things like these do not happen. Instead, after awakening of the Kundalini we experience a lot of miracles. The first is that our physical wellbeing improves. It improves automatically. A lot of people say, "Mataji, you have improved my health." I laugh at this. Your Kundalini is awakened. That's why your health improved. I have done nothing. It has no relation to Me. Whatever it was in you, it was awakened. Whatever it is, it belongs to you, it was with you and I gave it to you. For that, why do you say I gave it to you? It was yours in the first place. Now if this earth is sprouted, then it is in her nature. That's why she has sprouted the seed. For that do you thank the earth? "Oh, you have given me so much!"

So you have no obligation to Me, except that, being a mother, I need to tell you this time is very critical, and this time you need to make a full effort to establish yourself in Sahaja Yoga. You should take to Sahaja Yoga. Sahaja Yoga is a very big dharma. Not only that, we now take it as a religion of the world. The gist of all the religions is in us, only in the form of a living process, but it has not completely awakened. It has not been completely enlightened in us. That's why we move towards unethical behaviour. And these sages and saints, in them the light of the spirit had come, and they went beyond ethics and always behaved morally. I mean, no one needed to teach them ethics.

Now there are many examples that they had offered a donkey water to drink. People said, "What's this behaviour? You came so high carrying the water and now you have given this water to a donkey to drink." Namdev said, "Vithala had climbed down here in the form of a donkey. I offered him water." We have a lot of examples like this in front of us, but still we stick to old rituals. Someone tells us something in the form of a bhajan and lectures, and we stick to it like anything, as if we do not have brains. We should use our brains also. Without any experience of it, we need not have faith in anything. But the experience in Sahaja Yoga will not be like this, that you start jumping like a fool. Are you to go into a vegetative state of mind?

The day before yesterday, a gentleman came to Me and asked, "If one comes into your program, then does one go into a vegetative state of mind?" I said, "No, nothing like this happens." He said, "No, I mean my son went to a renowned mathadhish [someone in charge of a monastery, where sadhus live]. He entered a transient state. He was a doctor before, but now he does nothing." "Oh, I see," and I can see the photos of the mathadhish plastered all around. All of these are sacrilege of the name of God. They give themselves a big title, and everybody simply bows at their feet. All the diseases that are spread nowadays, half of them are due to wrong ideas like this. And if I tell people to quit these ideas then people say, "Mataji speaks against our guru." Don't I have any better word than speaking against your gurus? But they are not your gurus. Those who could not even give you good health, how can they be your gurus? I am a mother. Any mother will say, "What kind of a guru do you have? You are always falling ill."

We should put attention here also. My work is only that of a mother. So I am explaining this all to you that in Maharashtra, whatever customs are there, there is a foolish custom that whoever comes, people fall at his feet. People fall at My feet also. I ask, "Have I done any good to you? Why are you falling at My feet?" Wherever I go, people come to My feet. Why? Why are you coming to My feet? Have I given you anything? No, but people say, "She is Mataji. So we come to Her feet. If we had Darshan of Her, then it is enough." But is there any benefit by having a look at Me? Better take something from Me. There are already a lot of temples to pay a visit to. Did you get anything there? At least now take something living. But people do not appreciate it if I explain like this. Instead, if it is said, "Do not take Darshan," then it is the end. If it is said anywhere, "Mataji says, 'Do not take My Darshan'," then all hell breaks loose. "How can Mataji say this? We have come from so far for Darshan only. Took a rickshaw and came for Darshan, and Mataji says you should not take Darshan." What is this? Is there any meaning in that Darshan from such shallow people?

Those modern educated people are better who say, "There is no God. We are socialists." Really? Then where have you come from? Were you hanging from a tree? How are you born? How was your body created, when you even cannot create an eye? First do even one living work. Then only you can say there is no God. "But we are socialists," they say. Only fighting for these mental conceptions, creating multiple issues of these, and fighting for them, and wasting our whole life for it. This, too, is an example of man's idiocracy.

Man wastes his whole life in many such ideas. Till now his human awareness has not gone towards completeness. He is not

complete. He has not yet achieved it. He still has to go a little further. Agreed, we have come from amoeba and become human, but now we have to be super-human from human, and in that there is no book to help. Your mind is also of no use. Nothing else will help you, except that you should have your Kundalini awakened. You should get your Self-realization. When that happens, Chaitanya flows from each and every one of your nerves. Not only that, on your nerves and ligaments, what you call your central nervous system, you should know that Chaitanya is spread everywhere. Chaitanya is everywhere, and this Chaitanya, which is named cosmic energy in scriptures, or All-pervading Power of God, or named Ruh by Mohammad Sahib, this Chaitanya we should achieve. And when we feel this Chaitanya in our hands, we say, "What is the meaning of this? We are feeling a little cold in our hands. What significance does it have?" Sir, your so big guru, Adi Guru Shankaracharya, has described "salilam salilam", "Cool, Cool Breeze from the hands". All this knowledge will go to waste! And man has gone so much off the track that if anyone comes and gives any lecture, says anything, now this ism, tomorrow that ism, day after tomorrow a new ism! With all this, man has become perplexed and baffled. How many of these things should I put in my head? Gandhidham and Nehru are on one side, and now new isms have come up, like Marxism or blah blah blah. The many types of man, the many types of isms. God has no different ism like these. God only knows that you are an Atma, and the spirit should be awakened in collective consciousness.

I will explain the importance of Atma on the last day. However, today I will tell you this, as they have told Me that today the introduction must be done. So I will tell you clearly, whatever penance we have done, whatever efforts we have made, you are going to get the benefit of all that today. Today you are going to receive the benefit of all your good deeds. Forget the effects of ill deeds you have done. "I have done so many mistakes. I am such a big sinner," because from morning till evening people tell you you are a big sinner. Now donate a cow so that all your sins are washed away. Hearing this every day, we are convinced that "I am a big sinner. So at the least I need to donate a cow, or I need to fast for forty days, and if I can't manage to fast for so long, then my sins will not be destroyed."

This is the business of greedy people, and none of them has any idea about God. It is clearly visible. Means you have to fast on the day Ganapati was born, fast on the day Ram was born, fast on the day Shri Krishna was born. Really, should people grieve as in death on that day? And then if Shri Rama becomes angry with you, you develop problems of right heart, and if Ganesha is angry then your prostate is caught up, and if Shri Krishna is angry then you will face a lot of problems of the Vishuddhi Chakra. Then you come to Me and say, "Mataji, we do so many fasts. Then how are we like this?"

The tragedy that we have created of religion by our imaginations now needs to be stopped. We need to awaken Dharma in ourselves, and after that our spirit shines. We should become glorious, and in that light we should see for ourselves how many powers we have. Only shouting, "Peace, peace, have pity, blah blah blah," means nothing. I have seen big, big people, people who have got Nobel Prize, Nobel Prize for Peace, but if you go and meet them, they project only heat from themselves. They have so much heat in them. They have uncontrollable anger. How can they talk of peace? How can they have peace in themselves? Peace has a power, pity has a power associated with it, all things have a power. Just talking about them yields nothing, and even if they get a Nobel Peace Prize by talking about peace, they have no space in the Kingdom of God. They are told, "You have a Nobel Prize. You stay outside." So whatever is the truth – pure, genuine, real – we should achieve that, and all the fakeness will fall off. With this mental preparation we should sit here and we should get that.

Today, because it is an introduction, I will not say too much. In what I say I will speak in Hindi, and I should speak in Hindi too, and we are citizens of India and should know Hindi, as it is our national language. How could it be that we don't even know our national language? There Madrasis are against Hindi, there Keralites are crying, and here you Maharashtrians are shouting. What does this mean? Full stop, but these Hindi-speaking people also do not know proper Hindi. This is the main reason that they do not know proper Hindi. We speak better Hindi than them. I need to tell you clearly. What is this? So you can learn Hindi. Learn pure Hindi, and you should learn it. Due to not knowing Hindi, all our languages have been so much disadvantaged.

In Maharashtra there are so many high-quality writers but no one knows about them. In my time I have read from Sharadchandra, Bharti. All of them I have read in My time. Nowadays, no one is doing translations of them in Hindi, and if translation is not done in Hindi, if these distributaries of languages do not fall in the Ganges, how will they fall in the sea? Then no one will know about anyone. No one knows anything. Great writers were there, and where were they? No one knows anything about anyone. To avoid this impasse, first everyone must learn the national language. Secondly, those who put so much stress on English, do they speak

Chaucer's English? This is Indian English. Indian English. In fact, I also speak Indian English. My father may have spoken Chaucer's English, but I do not speak like that. Nor have I seen any politician, writer or even one Indian speak Chaucer's English. Everyone speaks Indian English. Then why the fuss over English? We can be expert in Hindi. So we should attain good control over Hindi, and we should be able to use it fluently.

So if I speak in Hindi you should accept it. We should respect Hindi. We are first Indians and then belong to our state. It is true that as the heritage of India it should be spread out of Maharashtra, and we should never forget the greatness and blessings of Marathi language and of Maharashtra. Even if we accept the need to spread Marathi all over the world, do we not need to know Hindi? Hindi-speaking people will never learn Marathi. Even if they live here for generations, still they will not learn Marathi. But you learn Hindi. They are like the English. They will never learn anyone's language, and they never expect everyone to learn their language. When your thoughts reach them in their language, only then will they know the greatness of your language, how glorious it is.

To nurture our Sahaja Yoga the most apt language is Marathi. There is no doubt about it. It is easiest for me to speak in Marathi. The reason for this is not that Marathi is my mother tongue, but this language has been blessed with the largesse of saints. So for you to spread all over the world, first you must learn Hindi language. And I will now speak a little in Hindi, as Hindi-speaking people have come here, and they should not feel bad. And they should learn a little Marathi. For this reason I spoke in Marathi first.

Hindi: Now, I have to request you all that whenever you listen to any talk about Sahaja Yoga, then you should understand that it is not mere talk. It is reality. It is reality because it is about something tangible. Now someone said, "Sir, this is something very difficult. This cannot be solved in this way. This is something very difficult." Then I say that this is escapism. When a man wants to run away from logic, then he gives these types of arguments. Actually, we see, the path of Kundalini, most of all Kabir Das has spoken about to us. He told us very clearly: "Ingla pingla sukhmana nadi, paach pacheeso pakad bulao, ek hi dor udaun." Ida, pingla and sukhmana nadis. I will call and gather five, twenty-five [many] and raise a single thread [Kundalini]. With such authority he has spoken, that we should understand that this man was a great master. But who reads Kabir Das nowadays? Those who are experts and scholars of Hindi language said that the language of Kabir is Sadhukhadi. There is no grace in it. His language has no elegance. Because they are not able to reach the depth of what he says, they reject him like this. This, I think, is just their incompetence. In Hindi language so much has already been written about Sahaj Yoga, but I don't know how people's brains have become so twisted about this. When Kabir Das referred to Kundalini as Surti, then I am astounded that in my Lucknow and in your Bihar, here people refer to tobacco as Surti. What can be more foolish than this?

So to Hindi-speaking people especially, my request is that they should become deeper, should take to depth. Saints have nurtured this land a lot. It's a great blessing that you are in Maharashtra because here, every true Maharashtrian, the only thing he desires in his life is Self-realization. He may go through many trials and hardships, but whichever Guru he finds, his only prayer is for his Self-realization. His attention is not on money, not on fashion, but his attention is on only one thing: "How will I find God?"

Maybe this is the reason I see that when people from outside have come here, they become wealthier. Even in Mumbai when I see wealthy people, they have all come from outside. Let it be. All this dominion of wealth will be finished one day. We should have divine wealth. We should be nurtured only by this divine wealth. Otherwise, because of this, many people get sick and land in trouble, and I see big, big people in a pitiable state. Whoever has come in Sahaja Yoga has prospered. Not only that, as Shri Krishna has said, "Yoga shema vahamayam." When yoga [union] takes place, then I will look after your welfare [shema]. But shema does not mean money, which gives headaches. Shema means Lakshmi, which gives you sublimity and grace. You shine in the world, and there is respect for you in the world, such that you are wealthy, just as Karna was, generous and benevolent. But to have an understanding of this, first you should understand that today you are in this land of Maharashtra, where even Shri Ram walked barefoot after removing his shoes, where Shri Sitaji also didn't have shoes on her feet, who also bore the thorns in this land with pleasure, because this land flows with Chaitanya.

As you have come to this place, at least learn the local language. It has become difficult for Me to talk in two or three languages at a time. In fact, they told Me to first talk in English language, then in Hindi and then in Marathi. Now, there are fourteen

languages in our country, and if I start giving lectures in fourteen languages, then when can I say something? So everyone needs to learn the language of this place, Marathi, as I told these people to learn Hindi language. Both these languages are quite similar to each other. They are based on Devanagari which, if you learn it, would be very good because to understand Sahaj Yoga it is very important that we learn it in our own Indian languages. How can I explain Sahaja Yoga in English? English language is such a useless language! It has no word for Atma. Now take the word, spirit. If you understand spirit as Atma, then spirit also means ghosts. Also, spirit means alcohol. How can anyone talk about God in this weird language? So it is better that we take to our Indianness and try to learn more in our Indian languages.

Within us, the Divine Power that resides there is called Kundalini. It has to be awakened, and from it we are to be nourished. It is the only goal of our life. Now today when we have reached from amoeba to the stage of human being, so that we can achieve God. But if we are caught up in absolutely shallow, superficial engagements, then it becomes difficult to focus on a deep subject. That which is the aim of our life, that aim which has become clear to us after many lifetimes of seeking, the goal which is the blessing of the punyas [good deeds] we have been earning since eternity, we leave it, and we waste our time in useless things. Then after that when we get diseases, hardships and troubles, then we pray to God, "God, please help me." First come into the Kingdom of God. When you become citizens of the Kingdom of God, then only He will look after you. Like if you are Indian, then the government here will look after you, if you are British, then the British government will look after you, and if you are in the Kingdom of God, then God will look after you.

But the working of His Kingdom is so beautiful and faultless that it never makes a mistake. It is so precise and effective that people are astounded, that here we haven't even said it, and there the job is already done. In the blink of an eye, the job is done. Here, in that, in God, the greatest power is what we call intelligence.

Recently, a great learned man, Maharastrian, whose name is Narlikar, said that between planets there is an energy force, but beyond that there is an intelligence. That intelligence you have to submit to. When you are in union with that intelligence, when you become aware of its divine principle, when you have complete knowledge of that, then whatever work you undertake, it will be so faultless and so great that people who see it will be amazed.

Many people say, "Mother, miracles have lost their meaning in Sahaja Yoga." Yes, it is true. Miracles have lost their meaning but God is full of miracles. All His works are like miracles. No matter how many stories are told of God, you will not be able to believe them, so long as you do not come into Sahaja Yoga and are not nurtured by His blessings. When His blessings shower upon you, then you will yourself say, "Mother, it's really amazing! We never knew we had so many powers. We also never knew God is so generous, so benevolent, so joy-giving and such an Almighty Father." To know Him, first we should have some relationship with Him, be in union with Him. Only then can this work be done. May God give you wisdom.

And now, after this, we will have a program of Self-realization. All of you, please accept it peacefully, but firstly one needs to be humble; humble that, "We have not yet received it and we are to receive it from Mother."

People are put off by small, small things. Even if I say, "Please take off your shoes," even then people think, "Ohh, Mother says take off your shoes." Even when I say, "Remove your glasses or hat," even then people are offended. To appeal to such people, will God have to fall at their feet? We ourselves need to fall at God's feet! We should attain the depth of it, the depth that is already in us. We should reach to that. After that, you will tell me, "Mother, there is so much joy!"

So, senseless talk that is superficial and does not have substance, stop wasting your life on such things. After Self-realization, today, have full confidence in yourself and pledge that you will grow deeper. Only then can this work be done. May God give you wisdom and power, that you are able to enter into His Kingdom. 1:07:22

[Marathi] If you have any questions, please ask.

[Hindi] If you have a question, you can ask.

Tomorrow I am going to talk about Kundalini, and the day after tomorrow about Atma.

Male seeker: What saints have called Namak Namasmaran [reciting his name]? Is it right?

Shri Mataji: Sir, Namasmaran means when Narada took names of the Lord, it has meaning. Even in Sahaja Yoga we tell people that [You sit down. I will tell], we tell people that on whichever energy center the movement of Kundalini is stopped, you need to take the name for that center only. Do you understand that? It is the scientific way. It is not that you take random names.

First, the Kundalini should be awakened. If your motor car is not running, then we need to at least see on which road it has stopped, what papers we need to show. At least we should see to that. Do you understand? So on which chakra the Kundalini has stopped, you need to take names, but now any Tom, Dick or Harry gives you a name to take and charges money for it. Names can be given only by realized people, by people who are very deep, who know how to awaken Kundalini and who know which chakras are blocked. Do you understand? This is a very big science. But you see, there are no regulations in the field of science. Any Tom, Dick or Harry, even Hitler, has given lectures on religion. You need to learn this technique. After you have learnt it, you will learn which name, which mantra is to be taken and how to take it. All this is scientifically proven.

Next question.

Man: Do we need to take to aestheticism? Is there anything like this?

Shri Mataji: No, nothing like that. Sit down. I will give realization only to those who are leading a normal married life. If you have given a family, please excuse.

Man: I came here and sat for two to three hours but [unclear].

Shri Mataji: Have you joined yoga? Then leave all that now. That path will not work out. You can only light another lamp by using a lamp. Right, sit down. If a lamp is not lit, if he says he tries so much to be lit but it doesn't light. No, you need not make any effort. Sit effortlessly. Sit in inaction. It is going to happen spontaneously. Now if you decide to stop making efforts, then only it is going to happen. You only need to put a seed in the Earth, but if the seed says, "No, I will germinate myself," then will it germinate?

Speak.

Woman: Awakening of Kundalini is not possible by ordinary folks. We have heard this.

Shri Mataji: Agreed. Commonfolk cannot do this, but then I must be something out of the ordinary, isn't it? If I can manage that, then you have come the right way. If you put reasoning to everything and apply your logic, then you will know that if Mataji is doing something like this, then She must be something out of the ordinary. But I will not say that for Myself. I am a simple woman just like you, because unnecessarily I do not want to get myself hanged. So wisdom lies in getting your Self-realization first and then identifying who I am. Do you understand that?

Next question.

What does she say?

Man: The story of Tukaram. In fourteen days his manuscript reappeared floating on the river. Is it true? [There is a story about Tukaram in which brahmins force him to throw his poems written on Vitthala in the Indrayani River. It is said Tukaram commenced a fast until death, and on the fourteenth day the manuscripts reappeared in the river.]

Shri Mataji: Of course. Sir, it is the work of God. Let alone manuscripts; He can even make the whole Indrayani flow backwards! Who did you think God is? Even in this Kali Yuga we are seeing incidents like this. Of course there is no need to doubt it.

Man: If I tell anyone about me, whatever I do, I don't see myself settled inside.

Shri Mataji: That's right, because up to now your Kundalini is not awakened. When the Kundalini, after awakening, crosses your Agnya Chakra, then thoughtlessness is established.

Man: Sometimes I feel trance-like. Sometimes my thoughts stop while doing [unclear].

Shri Mataji: But are you realized? Have you come in Sahaja Yoga?

Man: [unclear] there is a book I have read.

Shri Mataji: Can anything be achieved by reading? Sit down. I said earlier that nothing can be achieved by reading. This is a living process. Suppose if you go and read a book in front of a tree, will it start giving flowers and fruits? First, drill this thing into your mind that this is a living process.

What does he say? I need a little water. There is no place to keep it.

Hmm. Relax, relax. There are new people. So don't disturb them a lot.

So, what do you say?

Man: They say after two thousand years there will be the rule of Hindus.

Shri Mataji: It is true, but are you Hindu? Hindu means who? When Alexander came in this country and crossed the Sindhu River, he couldn't pronounce Sindu as he was Greek. So instead of saying sind he said Hind. So we became Hindus. This means Hindu has not originated here. Is there any reference to Hindu in the scriptures? If you can, show me the word, Hindu, in any of the scriptures. Unnecessarily you all do Hindu Hindu. Better to call yourself Bhartiya, which means Bharat, the son of Shakuntala. Our race is since then only. Even Shalivahan didn't know there is a word like Hindu. Shivaji Maharaj had to use this word because otherwise nothing else could have entered the brains of people. But then he was a realized soul, and at that time there was so much aggression from Muslims. That's why we used this word.

But why after two thousand years? After only a few years, there will be the rule of yogis. There is no need to go that far. But for that, deranged people won't do. For that we need people of high calibre.

Speak. Do you need to ask any more questions? Does anyone want to speak?

Come. What do you say? What does he say?

Man: The definition that Savarkar gives for Hindus, is it acceptable to You?

Shri Mataji: See, do not put Me in between there. That war is over now, those freedom fighters are not there and now we have Independence. And now when within you, come let's think like this. Overall, we should think like this, that when in a river if you used a coracle to cross, it doesn't work if you put the coracle on your head. Whatever was done to gain Independence is gone now. We have Independence. Even I was in the War of Independence. No more. What I have to say is now, if you mention Savarkar's topic, I don't have to say anything about him. I respect him a lot.



Man: What is your opinion of his description of Hinduism?

Shri Mataji: But what I have to say is, even if he has made a definition of Hinduism, it is not applicable now. You miss the point. Today this definition will not be applicable, because today who I consider Hindu, he should be Indian. He should be in Indian culture. Now women roam wearing jeans and make everyone count them as Hindus. I am not ready to accept this. Whoever immerses himself in our culture, he is a true Indian. Whoever lives within our culture he is Bhartiya [Indian]. I have not come here to criticise anyone. For Me, Savarkar was also a very great man, but the definition was made at that time and is not applicable now, the reason being that today we are talking about establishing a world religion. Without the establishment of a world religion, this is not going to end.

You would be surprised to know that today there are many Muslims who are Sahaja yogis, there are many Christians who are Sahaja yogis. In thousands, from abroad, they were Christians before. Now they have become Hindus. Do I have to say this? Then if they are Hindus, then if we compare them to such Hindus, what will it look like? Can we compare these pseudo Hindus to them? Those who have no idea about their religion, who have no value for their country. Those who suck dry our country's wealth. Here only I hear, "In our country he eats money. He eats money. That one eats money, too!" No one here eats food, I think. So these people are not Bhartiya.

So on the topic of any personality, I have only to say that whatever happened has happened. At this moment now we are going to establish Vishva Dharma [world religion]. If you have any opinion on that, then please say. What?

Man: Tukaram Maharaj had his enlightenment with his willpower. Some people have come here who say, "We tried the same but it did not happen." After this, can it happen in the same way if there is willpower?

Shri Mataji: What do you say? OK, sit, sit, sit.

Sahaji (explaining): Tukaram Maharaj had his enlightenment by reciting a name. Can this happen with the rest also?

Shri Mataji: Aho, he was Tukaram Maharaj. He was an incarnation. This we should keep in mind. He went by plane to the next life. Will we go also like that? There is no comparison between him and us. We should look at our own state! He was Tukaram! Do you understand?

You would be surprised to know that at Dehu our Sahajis from abroad had come. There were nearly 370 of them. When they finished their meditation, they rubbed the soil of that place on their foreheads and rubbed their foreheads on the ground. After coming back they told Me Chaitanya was literally bubbling from there. Where he had kept his feet, from there Chaitanya was literally bursting out! How can you compare yourself to him? His Kundalini was already enlightened, and you are comparing his taking names with you! This is the problem! Tukaram never knew what level the people were at. Maybe he thought everyone was at his level. This, this is the big problem I have. These big, big people who were born never realized the level of the ordinary people. They should have at least looked at what level man is.

Man: Without the blessings of a guru your Kundalini cannot be awakened. Is it true?

Shri Mataji: Of course. Without the blessings of a guru it is not possible, I agree, but now that Mother is here, why do you require a guru? It's better to have a mother than a guru. You can sit on Her. You can ask Her lots of questions. If you go and ask questions of the guru, he will give you two tight slaps and ask you to sit in the corner. Mother is better. But yes, I agree. I know two to four gurus to whom I sent some people. They literally left them in shambles. They have no pity or mercy. They say, "Who is going to give these worthless people realization?"

I said, "Why you do you call these people worthless?" They said, "How else to describe them? They are of no use." And they told one gentleman to walk three miles every day and pour water on Shivalinga. So I asked him, "Why are you making him so

conditioned?" He said, "A donkey needs to be given donkey work only. I am not a mother to give him for free."

So it is like this. If you want to get hit by stones then go to a guru. They even hang you upside down in a well! [Shri Mataji laughs]. But you have a mother. Who is better than a mother? We even say Saint Gyaneshwar is Guru Mauli [caring mother-like guru] because if only Guru is said, it creates fear, but if a Guru Mauli is said, we feel better.

Hmm. Now I'll make you your own guru.

Woman: To master Sahaja Yoga, when should we come to You?

Shri Mataji: To Me? I will give you realization right now. No need to come to Me. I will give you realization right now. Right now I will give you realization. What is the need to come to Me and meet Me? And I am just near you. Why will you come to Me? I am with you. When I am with you, why should you come to meet Me? So it is like this. Isn't it so?

Next, this is the benefit of Marathi language for Me, that if anything is spoken in it I can manage the answer correctly.

Speak up. What's next?

Now, enough of these questions. Haven't you have had your fill of questions?

"Mite vaaad samvaad Aisa karawa." [You should speak so that it removes all conflict]. Did you understand it or not? Hmm.

What do you say? What .... What... Come here. Take care while walking. Come from the middle. There is space there.

Shri Mataji to man with microphone: Now you go there and ask him what he wants to say.

Shri Mataji to man in public: You tell him, now do like this for tomorrow. Bring all your questions in writing.

Ok, sit, sit, sit. I am saying let it be. Let it be. Mane let it be. Now have some patience. We have had lots of questions and answers. Nothing is achieved by questions and answers. The question before Me is whether they will get their Self-realization or not. Now, this is the question before Me. So let Me give it a try. I hope it happens. The main question before Me is this. So for tomorrow do like this. Whatever doubts we have today, bring them in writing, and I will cover everything in my lecture only. I think it would be better so our time will not be wasted. The main purpose that you are here is that you should get it. Isn't it true? Now, all should sit down and don't roam.

Shri Mataji asks someone backstage: What did you say?

Man: Should I give You another chair?

Shri Mataji: No, it's OK. Nothing wrong with it. It's good.

OK, sit down, sit down, sit down. Sit in front, sit, sit, sit sit. Come and sit here or sit there, doesn't matter. Wherever you sit, it doesn't matter. You are children only. If you sit on the floor, it is excellent. For your Kundalini it is excellent to sit on the floor. OK, sit.

Man: What is Kundalini? It was beating loudly in my heart for the last six months. Now that the knocking is gone I am very much pleased.

Shri Mataji: OK, sit. It's good. Now you all sit. The question and answer session is finished. Now all of you sit down on the earth. Relax.

Now whatever I am going to tell you, you need to do it humbly.

[Hindi] Whatever I will tell you, please follow that humbly. Don't doubt it and raise questions in your mind, because the benefit is for you. The welfare is for you only.

Now first of all we should come into balance and be in balance. We have two sides in our body. One is left and the other right. On the left side are our emotions, our desire. The pure desire is Kundalini but desire is on our left side, and on the right side is the power of action. You need to have a balance between both of them. Only then will you come to the middle path. First of all, we need to bring ourselves into balance. Our left side is our desire, our emotions, our conditioning, and our right side is our power of action by which we work, whether it is mental or physical. First we need to bring these two into balance.

For this there are two nadis. The one on the left side is called Ida and the right is called Pingala. Ida and Pingala are two nadis which run the left and right sympathetic nervous system within us. We need to bring balance between these two first. After that, the middle part, which we call as Dharma Shakti [the Power of virtues], is sought, and within the six energy centres we have, their path is opened so that the Kundalini easily pierces these six chakras, pierces the Brahmarandhra at the top of the head at last and comes outside, and a Cool Breeze starts flowing out of the top of the head. Like this. This is the beginning of the yoga.

Now, did everyone understand when I spoke in Hindi language?

Now for balance, first before sitting in meditation, I have to say that everyone has to close their eyes the whole time. There is no mesmerism in this.

[Hindi] Everyone has to keep their eyes completely closed. There is no mesmerism here.

Secondly, if you are sitting on chairs take off both your shoes and keep your feet on the ground, because this land is very pious. Also, those who are sitting on the ground, if they are wearing shoes, please take them off. The piercing of the Brahmarandhra is very important. Also, take off your glasses, as there is nothing to see here. You have to close your eyes. Now after one minute take off your glasses.

[Marathi] I have told them that if people who are sitting on the earth are wearing shoes, they need to take them off and put them at the back or put them on one side. Also, take off your caps. Later, you need to take off your glasses also. In the beginning you can keep your glasses on When I will tell you, you can take them off.

Now put your left hand towards Me like this.

[Hindi] Keep your left hand towards Me like this. Keep both feet apart on the ground, not touching each other.

[Marathi] Not you, not you. You relax. The people on the ground need to sit cross-legged like this, spreading your legs, with no weight on the legs. Relax. It means you need to sit with your legs opened. Put your knees apart. Don't squeeze your legs. Sit cross-legged. How we sit at home, sit like that. No need to squeeze your legs. Relax.

1:30:5 Now, left hand towards Me. This is your power of desire, and right hand towards the ground if you are sitting on a chair, but if you are sitting on the ground, nicely take Shri Ganesha's name. Bow to this pious land. Put your right hand on the ground and your left hand towards Me.

1:13:11 [Hindi] Left hand towards Me and right hand towards the ground, remembering Shri Ganesha and bowing to this pious land in the heart. Keep your left hand towards Me. Now what we are doing is that on the left hand, from the front of the energy centres that are there, we are pulling energy and removing static from inside us using the earth element.

[Marathi] What we are doing is, on our palm there are five chakras on the fingers, the sixth on the centre of palm and the seventh on the wrist, like this. Seven chakras are in our hands. We pull the Chaithanya [cosmic energy] from our left hand and from the right hand whatever is the static we are releasing in the earth element. This means that wrong notions we have within us leave our body.

1:32:20 Now, right hand towards name and right hand like this.

[Hindi] Left hand towards Me and right hand like this.

[Marathi] Again, you are doing it wrong. Right hand towards Me.

[Hindi] Right hand towards Me.

[Marathi] Left hand, like this, not like this. Like this, facing back.

[Hindi] Not like this, but like this, please. Everyone, do like this. Please do.

1:32:50 [Marathi] There is no need to have ego, whether we do it or not. Everyone should do this. This is a very important opportunity, and how will egoistic people be blessed by Sahaja Yoga? Now what we are doing is that the right side, meaning [1:33:26] the power of action, has developed certain flaws like ego and so on that we are pulling (putting?) it into the sky element.

[Hindi] The right side is our side of action and in which the ills like ego and so on that are developed, we are pulling (putting?) them in the sky element. We do not know how much ego has come in us, because we trouble others with our ego but don't put any trouble on ourselves. So the men think, "I am a big conqueror like Hitler was." Now after this balancing, how you yourself have to awaken your Kundalini, I will tell you. It's a very easy thing.

1:34:33 [Marathi] After this, how you yourself can awaken your Kundalini I will tell you Myself. It is a very easy. You need to listen very attentively. Left hand towards Me means your desire is to have the awakening.

[Hindi] Put your left hand towards Me. This denotes that it's your desire to get the awakening. The whole time keep this hand towards Me.

[Marathi] Keep this hand towards Me the whole time. The right hand is the power of action. So, this right hand, first put it on your heart.

[Hindi] Firstly, put your hand on the heart. In the heart resides the spirit. With this, many heart problems and so on are also solved by keeping the hand on the heart, as the spirit resides in the Heart Chakra. We will be working on the left side.

After that our hand will go the upper portion of the abdomen which is the principle of the guru [master].

[Marathi] On the left side.

[English] Left side.

[Marathi] Our right hand will go to the left side on the upper portion of the abdomen. Press it a little. The reason for working here, just below that, on the waist, again on the left side, is so that you put your right hand where pure knowledge resides. Pure knowledge means knowledge of the working of God's rules and regulations of God from where all his work is done. This is that chakra. Suddenly it has to be awakened.

After the Kundalini is awakened, how can we move it above? So again put your right hand on the abdomen, again on the heart, and then put your hand here on the neck. Now this chakra is caught up a lot in Maharashtra as we have the dirty addiction of tobacco. Due to that, this chakra is caught up, but for that you don't need to feel guilty. So there is no need to think that, "If I eat [consume? chew?] tobacco it is a big sin." If you feel like that, this chakra is caught up more, meaning there is a double problem. "I have not made a mistake. I am not guilty." You need to think like that. "There is not a defect in me." In English [1:37:03] say, "Mother, I am not guilty. I am not at fault." Put your hand at the place where your neck and shoulder meet, and turn your neck towards the right, like this. You need to turn your head to the right.

After that, put your hand on your forehead. This is the Agnya Chakra. This is very important, and after that, put the hand on the back, like this. At this place is the second window of Agnya.

Then stretching your hands, stretch this hand, stretch, and put it on your Sahasrara, the place where your fontanel bone area is. Place the centre of your palm at this place. Press firmly and rotate seven times. At that time, what you have to say I am going to tell you all in theory.

[Hindi] Lift your hand from the lower part of your stomach. Put it at the upper side which is the position of the Guru Master. After that you need to put your hand on your heart, and after that see here very clearly, as most people make a mistake here. At the intersection point of our shoulder and neck on the back side you need to hold, and after that on your forehead. Put your hand horizontally like this, on your skull like this. You need to hold horizontally as if you have a headache, and then take the same hand to the back of your head and press, and drop your neck backwards. Then stretch this hand completely and put its middle on the fontanel bone area and press, and then slowly rotate it seven times. After that you will see the Kundalini clearly flowing from here completely. [Mother points to Sahasrara.]

So now please take off both your shoes and keep your feet parallel on the the ground. Keep this in mind that the feet are kept parallel. Don't change position. Do not put one leg on another because just now I told you that both these hours [Mother points to both legs] are different.

[Marathi] Now sit down. Relax now. This will take a total of ten minutes, but put all your focus on it. If you do it with focus then it will happen, and if after going home you find your Kundalini has come down, you can raise it, because if you are not well or you have any other problems, your Kundalini will fall down. So I am teaching you how to raise it again beforehand.

Now, without asking any questions, without having any doubts or qualms, have only one desire that, "Mataji, I should get my Self-realization. I don't want anything beyond that, and I should experience that."

[Hindi] There should be only one desire that, "Mother, I have only one desire, that You give me Self-realization, and I have no other desire." Now like this, keep your left hand towards Me.

[Marathi] Now close your eyes.

[Hindi] All of you, close your eyes. Take off your spectacles. If anything is tight on your neck, then take it off. If there is any pendant, then take it off. If anything is tight or heavy, take it off.

[Marathi] If there is any pendant locket around your name then take them off. No need for Rose [Rosary?] beads. Better to take them off. Take them off for some time and put them down. Take them off for some time later. Only your mangalsutra necklace worn by married women in India [Mother's words or the translators?]. Put your left hand towards Me. Take off your spectacles. If the wrist watch is heavy take even that off.

[Hindi] If your wrist watch is heavy, better take it off.

[Marathi] This means everything is done to ensure that your attention does not run helter skelter. If there is anything tight around your neck or throat it is better to loosen it. There is nothing special about this. As you know, yoga is achieved inside, but your attention is drawn to these things. Sit in a relaxed state without any discomfort.

1:41:23 [Hindi] Sit in a relaxed way.

[Marathi] But don't put your neck up, down, here, there. Keep it straight like this. [Shri Mataji demonstrates.]

[Hindi] Keep your neck straight. Don't put it sideways or backwards. Keep your neck straight. Keep your body straight but pressure of any kind should not fall on the body.

[Marathi] There should be no strain in your body. Relax. OK, now put your right hand on your heart and your left hand towards Me, and keep the left hand towards Me the whole time.

[Hindi] Keep your left hand towards Me for the whole time, and now put your right hand on your heart, and after that, as I have shown you earlier, put your hand on the chakras there. I will tell you to do so at that time. Pay attention as I tell you to put your hand, right hand, up or down.

[Marathi] Carefully pay attention so that when I tell you to keep your right hand on whichever Chakra, you keep it there. First, I am not guilty. I have done no wrong, I am not unscrupulous and I will definitely get my Self-realization. We need to have self-confidence in ourselves.

1:42:40 [Hindi] First, I am not guilty. There is no fault in me. Even if you have felt guilty during My lecture, then forget everything. You should not feel that there is any guilt in me. Instead, sit with the confidence that, "Today I am definitely going to get my Self-realization."

1: 43:05 Next, you should keep in mind that you are a human and the Temple of God. The only task is for it to be enlightened. So we should not have self-depreciation of any kind.

14323 Next is that you are the Temple of God. It only needs to be enlightened. So don't have a feeling of inferiority complex for oneself of any kind. We should not think that there is some inadequacy within us. Kundalini, fulfill all the deficiencies within us and enlighten us with this complete confidence, and having confidence in yourself, keep your right hand on your heart and left hand towards Me.

1:43:58 Now ask Me a question which is a very fundamental question: "Mother, am I a spirit?"

1:44:15 [Marathi] Your right hand should be on the heart and the left hand towards names, and you need to ask Me a very fundamental question, with closed eyes. It should be asked in your heart and not loudly: "Shri Mataji, am I a spirit?" Ask this question three times. Keep your hand on your heart. Your right hand should be kept on the heart, and my spirit. This is a very fundamental question.

Now after this, a second question arises automatically. If you are a spirit, then you are also your own guru.

1:45:15 Why are you not doing meditation? If you don't want to do it, then go outside. Those who do not want to do meditation, please go outside. Do not trouble others.

Please close your eyes. Do not look towards others.

Now the second question arises automatically. Put your right hand on the upper portion of your abdomen and ask the question, "Shri Mataji, am I my own master?" Ask this question three times.

1:45:43 [Hindi] Now with this question, the second question rises automatically, because if you are a spirit then you are also your own master. Therefore, ask Me this question: "Shri Mataji, am I my own master?" Ask this question three times. Take your hand from the heart and put it on the upper portion of your abdomen. Keep it on the upper portion of your abdomen on the left side.

1:46:22 [Marathi] Now put your right hand on the lower abdomen or on the lower side of the stomach. Press your hand on your stomach on the left side.

1:46:50 Now keep your right hand on the left hand side of the abdomen and keep pressing with force on the lower side, on the lower side of abdomen. Keep pressing with force. This is the place of pure knowledge. This pure knowledge is the knowledge of the workings of God, His working mechanisms, His rules and regulations. All of its knowledge manifests from here only. Therefore you need to say, "Shri Mataji please give me your knowledge," because you are free. I cannot force you.

1:47:49 [Marathi] Because you are free I cannot force My will on you. Put your right hand on the lower portion of your abdomen. It is the place of pure knowledge. Therefore you have to say it yourself, "Shri Mataji, please give me pure knowledge." Say this six times, six times because this Chakra has six petals.

1:48:10 [Hindi] At this place there are six petals in this chakra. So you say six times, "Shri Mataji, please give me the pure knowledge." On the lower abdomen, on the lower abdomen, on the lower portion of your abdomen on the left side. [1:48:40] Just guide, just, just see it. Somebody go round to see.

1:40:05 Only by saying this, your Kundalini power will be awakened. This power residing in the triangular bone awakens and climbs upward.

1:49:22 [Marathi] When we ask this, the power residing in the triangular bone starts to climb up, but now we need to slowly increase the chakras above. I mean, we need to, we can say, we need to loosen them. Currently they are sitting tight. They need to loosen up, by which the middle path will open up and the Kundalini will rise up.

1:49:56 [Hindi] So the Kundalini rises easily from the middle path. For this we need to meditate on this chakra so that they loosen up and open so that from them, the Kundalini easily rises up in them. Now keep this right hand on the upper portion of the abdomen on the left side.

1:50:25 [Marathi] Now keep this right hand on the upper portion of the abdomen on the left side and press. This is the place of the Guru Principle. It has a Guru Principle so that the Kundalini gets a push. With full confidence you should say, "Shri Mataji, I am my own master." You should say with full confidence, "Shri Mataji, I am my own master."

1:51:02 At this place, for the Kundalini to rise easily, say, "Jay Shri Mataji, I am my own master." Please keep both your feet on the ground. Please keep both feet on the ground separately. Don't cross your legs. Say it ten times.

1:51:23 Say it ten times. This is, this is the Guru Principle. Say, "Shri Mataji, I am my own master," with full confidence. Now do as I say. Otherwise later you will complain, "I have this illness. I have that illness. Please, when should I come to meet you?" You will do like this.

1:52:20 [Hindi] Now, whatever diseases and troubles will leave you in this way. Otherwise, later you will say, "Mother, when should I come to meet You? I need to tell you I have this illness, have this trouble." All these things are useless. You will get your Self-realization now because the spirit resides only in collective consciousness, and this time when we are meditating collectively the power flows very strongly, and all your troubles will only be cured by this.

1:52:56 [Marathi] Say ten times. Now keep your right hand on the heart.

1:53:09 [Hindi] Now keep your right hand on your heart. Keep your attention on your heart.

1:5 3:11 [Marathi] Keep your attention on the heart. Herein resides the spirit. So with full confidence, say the element which nurtures Kundalini. "Shri Mataji, I am the pure spirit." Say this with full confidence as this is the supreme truth, that you are a spirit only.

1:5 3:33 [Hindi] Therefore, keep your hand here and please say with full confidence, "Shri Mataji, I am the pure spirit." Say it with full confidence in yourself. This exercise is going to be done only by this confidence, because only this is the ultimate truth, that you are a spirit. Rest whatever you have in mind that you are this and that. It is only your misunderstanding. You are only a spirit and nothing else. Due to ignorance, you think you are something else, but after getting the pure knowledge, you will know you are a pure spirit.

1:54:12 [Marathi] Due to ignorance, you feel you are this or you are that. You are only a pure spirit, and as soon as ignorance is dispelled you will realize you were unnecessarily wandering here and there. Mankind has moved to destruction due to ignorance and ego. Hmm.

1:55:06 [Hindi] Now lift your right hand and put it on the joint of the neck and shoulder, on the back side, from the front side.

1:5 5 :18 [Marathi] Now lift your left hand and put it on the angle joining the neck and shoulder and hold strongly, touching the vertebrae. If you feel you can pull your neck a little upward, lift up your neck.

1:55:38 [Hindi] Either lift up your neck or turn towards your right.

1:55:42 [Marathi] Or look towards your right.

1:55:46 [Hindi] This is the place of Shri Krishna, and the whole world is a play for him. When you are a spirit, there can be no blemish in you. Therefore you need to say here, sixteen times, "Shri Mataji, I am not guilty." [1:56:11] Sixteen times.

1:56:19 [Marathi] We should say sixteen times, keeping the hand here, "Shri Mataji, I am not guilty. I am not guilty at all." This should be said remembering Shri Krishna, Vitthala, that "There is no flaw in me. I am not guilty." Keep your hand from the front, not from the back. It should be said sixteen times. Please say sixteen times, "I am not guilty. Shri Mataji, I am not guilty." Don't look towards the earth, towards others. Put the hand on the right side. Please say it sixteen times because God Almighty is the Ocean of Love and Mercy, but most importantly He is the Ocean of Forgiveness.

1:57:07 [Hindi] God is the Ocean of Mercy and Love but mainly he is the Ocean of Forgiveness. There is a no mistake of yours which He cannot forgive. Hmm.

1:57:27 [Marathi] If anyone still feels he is guilty then as a punishment he should say it 108 times. You should be careful. You are going into the Kingdom of God. How can you go to Him saying, "I am guilty. I am guilty."

1:57:42 Just tell him to put it from the front, please.

15749 [Hindi] You should be cheerful. You are going into the Kingdom of God. How can you enter God's Kingdom if you keep feeling guilty? From the front, not from the back. From the front. [Shri Mataji explains the hand position.] Hmm.

1:58:15 [Marathi] Now put the right hand on the forehead horizontally.



1:58:19 [Hindi] Now lift and keep this hand on your forehead horizontally, on the forehead. At this place press with force from both sides.

1:58:57 [Marathi] Press from both the sides as if we have a headache.

1:58:59 [Hindi] At this place you should say, "Shri Mataji, I forgive everyone."

1:58:42 [Marathi] Keeping your hand here, you should say, "Shri Mataji, I forgive everyone."

1:58:59 Keeping your hand here, you should say, "Shri Mataji, I forgive everyone," but a lot of people will say, "Shri Mataji, it is very difficult to say this," but say it from your heart, and it is absolutely not difficult as it is only an illusion that we forgive or don't forgive because actually we don't think, but if we don't forgive them we play into others' hands. So please say from your heart, "I forgive everyone." No need to remember any particular person's name. "I forgive everyone completely."

1:53:30 [Hindi] Keep your hand like this and please say, "Mother, I forgive everyone." If we forgive anyone or not, this actually does nothing, but if we do not forgive anyone we fall into the hands of others. Therefore, say from the bottom of your heart, "Shri Mataji, I forgive everyone." No need to remember any specific person's name at this time.

2:00:00 [Marathi] Now say it from your heart. Now put your right hand on the back of your head.

2:00:07 [Hindi] And bend your neck backwards.

2:00:10 [Marathi] Head.

2:00:11 [Hindi] Head, hold head. Put your hand on the back side of the head and drop your neck backward.

2:00:17 [Marathi] And put the weight of your head on your hand like this. At this place, for your satisfaction, say to God, "God Almighty, if I have made any mistakes, please forgive me," but there is no need to feel guilty. Simply say, "Please forgive me."

2:00:39 [Hindi] At this place say to God, "God Almighty, if I have made any mistakes please forgive me." You are saying this for your own satisfaction, not to feel guilty.

Now stretch your hand and put your hand on the fontanel bone area.

2:01:09 [Marathi] Now stretch your hand and put it on your fontanel bone area. Keep your palm there and then rotate it seven times slowly.

2:01:24 [Hindi] Rotate it seven times slowly. At this place also I will request you that, as I respect your freedom, you have to say, "Shri Mataji, please give me my Self-realization."

2:01:45 [Marathi] Again, I cannot force it upon you. This freedom is given to you by God. So in your own Stadium you should say, "Shri Mataji, please give me my Self-realization." Press your hand. Press, press your palm, and fingers straight, and rotate it seven times slowly. [Shri Mataji blows in the microphone.] Now take your right hand down.

20326 [Hindi] Take your right hand down. Open your eyes.

2:03:33 [Marathi] If you have spectacles put them on. Open your eyes. Look towards Me thoughtlessly.

2:03:42 [Hindi] Look towards Me without any thoughts. See if any thoughts are coming. Now take your left hand about three to four inches above your head.

2:03:59 [Marathi] Now open your eyes. Use your spectacles if you need to and look towards Me without any thoughts, right hand towards Me nicely, and with your left hand check about three to four inches above your head, if there is any Cool Breeze coming out above, above, little above. Keep your hand in the air about three to four inches above. In some of you, the Kundalini also comes about eight to ten inches above the head. Check if there is any Cool Breeze coming. A little above. Is it coming? Now put your left hand towards Me and check with your right hand above. Keep the left hand like this, facing upward.

2:04:41 [Hindi] Left hand towards Me, and check with your right hand if there is any Cool Breeze.

2:04:47 [Marathi] Hand a little above. You should feel it a little above on your head. [2:04:57] You should feel cool, cool. Now right hand towards Me and check with your left hand, attention on the fontanel bone area. OK. Now put both hands towards the sky. Drop your head backward.

2:015: 17 Ask a question, "Shri Mataji, is this the Power of the Divine? Is this the power of the Love of God Almighty?" Ask this three times, "Is this the All-pervading Awareness?" Ask this three times.

2:05:36 [Hindi] Ask three times, "Mother, is this the Power of the Love of God? Is this the Divine Power? Is this the All-pervading Awareness?" The head should be backwards. Now put your hand down. Now both hands towards Me.

2:05:58 [Marathi] Check if you feel cold on both hands. Some may feel it in one hand. Some may feel it in the other hand. Are you feeling it? Whoever feels cool on their heads or in their hands, all such people should raise their hands.

2:06:18 [Hindi] Whoever felt cool in their hands or on their heads, all such people should raise both their hands.

206 to 9 [Marathi] So all of you are realized. Namaskar [greetings] to all of you. I do namaskar to all of you, to all. You are saints and monks. Those who didn't feel it, they also will get it very soon. Don't wear your beads back again. Take them home and put them in water. Don't wear them, as you catch because of them. When you go to your home put them in water.

Come back again. Again I will explain what this Kundalini is. Now on this there is no need of debating or even talking. Better be in silence. Be in silence and stay in yoga nidra. Also, those who didn't feel anything, they will surely debate and tell someone, "You didn't get it but we did." There so many people who have got it, and only two people didn't get it. Then it should be kept in mind that something has gone wrong somewhere, and you will feel pure thoughtlessness and joy. Come back again tomorrow. Bring your friends and Fox here because this is the biggest blessing that you can get. There can be no bigger occasion than this. So kindly bring everyone with you.

2:07:46 [Marathi] Now do like this. Put flowers here. Otherwise whoever comes for Darshan, put flowers here. Also take those flowers there.

Sahaja yogi: Form a queue.

Shri Mataji: Form a queue, make a queue.

2:08:17 [Hindi] So did you get your realization? Did you? [Woman nods her head]

Shri Mataji: It's amazing. Now take it. Here you are. Darshan.

Sahaja yogi: No queue here, please.

Shri Mataji: Some from one side.

2:08:37 Keep your head here on this, not on the feet. Stop. Let women come first. Wait a minute. Let that women [those women or that woman?] come. How many of you got your realization? Oh, you are realized! Your eyes are shining. Look into the eyes of each other. Well, this is speciality of Maharashtra.

We were waiting from long ago to get your Darshan. It gives Me great joy. Now always be joyous. Did you get your realization? If you got it, you got it. Take a photo with you. Come back again tomorrow and bring more people with you.

2:09:29 Keep books on this side at this place. And Prasad? Haven't you brought the Prasad? OK, bring Prasad tomorrow. How can it be that you come to Mother's place and go without Prasad?

Sahaja yogi: For all those who are new, we have provided photos and books, here on the right side. So kindly please take them with you.

2:09:56 Shri Mataji: Tomorrow all will get Prasad.

Sahaja yogi: Tomorrow all will get Prasad.

Shri Mataji: No need to hurry.

2:10:08 Sahaj yogi: All of you, please come in a queue.

Shri Mataji: Remove the wire from here. Yes, all, all are realized. Wear a baniyan [vest] inside or you will get cold. It is compulsory to wear a baniyan in Sahaja Yoga. Everyone should wear baniyan, or the cold settles inside you. Good, good, great. Now all are realized. Yeah, you got it, right.

2:11:07 Come tomorrow, early, and bring your friends. Will you bring them? This blessing is very fortunate to get. Also, maybe you people are someone in previous lives. Otherwise how can one can get it so easily? My hands ache giving realization to the English. Also they are of no use. You are useful in the Kingdom of God.

2:11:31 So you got your realization? Right, great. No, we do not take money. This does not require money.

2:12:08 You got your realization? Did you get it? No? Why? All the Marathi speakers got it. You should also have got it. You got it or not. OK, you got it, but then why didn't he? What happened? Come again tomorrow. You have to come.

2:12:50 Sahaja yogi: Someone seems to have left his watch here. Is the mic not working?

Another Sahaja yogi: Say it loudly. Women? Is it gent's or lady's? Man's? It's a gent's watch.

2:13:09 Shri Mataji: Did you get it? OK.

2:14:47 Where is our Professor Sahib?

2: 16:49 What happened? Go and enjoy. I am with you.

## 1986-0321, Birthday Puja

View [online](#).

21 March 1986

Birthday Puja

Mumbai (India)

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

Birthday Puja Talk, Bombay, India 21-03-1986

[English translation from Marathi]

Today all of you have decided to celebrate My birthday, for that I am thankful. Birthdays increase your age from one side and decrease your life from the other side. But in Sahaja Yoga it is opposite. When it is your birthday you should understand there is growth in our spiritual level (spiritual tree) and it has been growing regularly. Though our life is decreasing but the light of our spirit will keep on increasing and the rays of light will enter within us and make us divine.

So till we are alive this light of spirit will keep on increasing in our soul. We should not be thinking about our life span. Once you become a yogi (realised soul) or the life after being a yogi is most important one. Each and every moment is important and you should understand that you grow on each and every moment. Like a seed which sprouts, so the seed thinks its life is over, but in real sense it has grown in to roots. The life of Yogis is important. When Yogis' die they, in the form of seeds, sprout in to mother earth and get transformed into beautiful trees. Meaning after death people still remember us for our good deeds in the same way the time after realisation is very important. We can take a look at life of saints. People troubled Saint Dnyaneshwar, they say he always said abstract things. Kabir and Guru Nanak were also troubled. People never agreed to what Saint Tukaram said. They also said Saint Namdev does not have any special qualities. They all suffered. Every one suffered. Sai Baba from Shirdi was also troubled. When he became (digambar) i.e. bare, when his soul departed his body, he became deceased in real sense. Meaning, the people who were saying wrong things about him and troubled him all that were dissolved and only his glory was left behind and even after 1000 years he still resides in the hearts of people. These are the qualities of a Yogi. So though the life is decreasing still it refills in tiny forms, we need to understand this.

I had mentioned once that I had gone to Kashmir and on a distance of 5 to 10 miles, I got some vibrations and on that same route when we went ahead, we checked with some people if there was a temple around. They told us that there is no temple in and around this area, as only Muslims reside here. So we asked them whether there is a masjid around, this place. They told us there is Hazrat Bal. So I asked what is that, they said there is a hair (one hair) of Shri Mohammad Saheb, the vibrations of which I could catch on a distance of 10 miles, when it belonged to his head, it may not have given so many vibrations, these vibrations were emitted, as it (the hair) had got dissolved in mother earth. We know that yogis are given Samadhi (meditative trance) and we build graves on that. Graves are not built for common people. Reason being, bodies of yogis have specific aroma which gets mixed in to mother earth, in which many big yogis are buried due, result being in the whole environment there is spiritual strength or spiritual happiness which is being farmed. There is a specific aroma of mother earth and in this environment a human being becomes spiritual.

The religious merit or credit which Maharashtra has earned today and the way Sahaja Yoga has spread here, the saints are responsible the same and we should be grateful to them as they died here in this place and they are present in the form of their glory and because of their blessing this has worked out. In the same way Sahaja Yogis should look at their life, that though their life is reducing but their spiritual life is increasing. The light of spiritual life after our death shines brightly and has huge effects. Today you are celebrating My birthday, but a lot of work is left. So according to your wishes let us celebrate many more birthdays to come and be happy and joyful and may this light of spirit turn into a torch which should burn in your hearts and the whole world should know.

## 1986-0321, Birthday Puja Evening Program

View [online](#).

21 March 1986

Evening Program

Mumbai (India)

Talk Language: Marathi | Translation (Marathi to English) - Reviewed

[Translation from Marathi]

I bow to the Sahaja Yogis of Mumbai, Maharashtra, Madras, Delhi, Calcutta, Nagpur and other countries. All of you have gathered here in such a great number to celebrate My birthday and it seems that Kaliyug has ended because I could not imagine that a Mother would be given so much importance in Kaliyuga.

Also, I could not imagine that so many of My children would be enveloped in this heavenly joy. Whatever has happened has been so fast that it is unbelievable. All this is God's grace.

In your joy is My joy and in your desires lie Mine. I have no existence. Whatever is the desire of Sahaja Yogis, that is My desire; how the lives of the Sahaja Yogis are, that is My life.

To come to this superhuman stage from the human stage through this ascent is extremely difficult. Those who are godly, they too find it difficult to become human. But more difficult than that is for humans to achieve the state of Brahma (Brahmatva).

You have achieved this, established it, developed it and today you have decorated all this like a beautiful Nandanvana (forest of delight) for which I have to thank you.

If the emancipation of the world could have been done by Me then there would have been no need for Sahaja Yoga. In that, the Vishwa Dharma that I have established in which the true Dharma has been established – that sea in which all the dharmas have come and become pure, could not have been established without you.

If you did not have the intelligence and the wisdom of, first, believing in Me and then believing in the subtle elements of Sahaja Yoga, then, today, in this world where people believe in different 'ism's, you would not have been able to give up these 'ism's like a lotus arising from the mire.

On this birthday, I truly feel that I have grown.

A few days ago I was alone and now we are so many, I can see so many manifestations and in many countries, many 'awakened' places have come up which are giving form and personality to this beautiful love.

Words cannot describe what a Mother feels upon seeing all this. I see you and you see Me and we keep looking at each other – such is the state of this love.

You should have complete faith in this path of love upon which you have set. This path is that of ascent.

Two days ago I told you that if we have to ascend then we have to get rid of all that takes us downwards. The Kundalini is more than capable of taking the human awareness on the path of ascent. But if you desire to get into a boat with one foot on a crocodile, then it cannot be done. You have completely expunged it.

You have thrown away all the bad conditionings which are ancient. You have come out of that. You have gotten rid of all those

ideas and ideologies which are causing so much destruction in the world even today. You have abandoned all kinds of false beliefs and today, you have achieved union with the whole, you have achieved this integration and I should congratulate you for that.

But this struggle does not end here. In every struggle, man has to sacrifice. In Sahaja Yoga, there is no use of sacrificing worldly things. But on the subtlest level the hang-ups we have, the false conceptions of God, religion, nation or other ideologies that we have on the subtlest level – these have to be given up completely.

For that, although the Kundalini is capable, the path has to be clear. Still there are people in Sahaja Yoga who start all kinds of differences based on caste and other distinctions.

For the Shiva Puja, many had fasted and My stomach was aching badly. I had told you that you should not fast on Shivaratri because Shiva, although does not take birth but had manifested in form.

On that day, instead of rejoicing, many people had come fasting and finally ate at 2 in the night, but My stomach was aching.

So, you should not fast on any day of celebration. But this simple thing is not understood by people because they have been fasting on Shivaratri for so many years and they feel that they might be committing sin by not fasting.

In this way, we are making many small mistakes. So, we have to understand the real form of Dharma and imbibe it.

Everything within us that does not benefit Sahaja Yoga should be given up. Unbefitting things are not needed in this beautiful Nandanvana. You people are well developed and have gone to a high state.

Despite that we have some people who are on the 'periphery.' We have to pay attention to them. But unless you become strong enough and capable enough, it will not be easy to take them out of the mud. In Sahaja Yoga, all beliefs are born out of the awareness of reality.

Let anyone doubt it but you have experienced it for yourself. So, keeping complete faith in that realization of reality, in complete honesty, you should accept things.

You have become saints now, you have attained the highest state, you have gotten so many powers and through these powers you can awaken the Kundalinis of people, you can give them Self-Realization. This has never happened before.

I now have many hands which are you people. But you should behave in a manner that befits that hand and that hand should be kept decorated. Our attention should be concentrated. Small things can disturb it.

Now, this little girl came here and our attention was disturbed.

The attention should not move. It should be made steady. If the brush keeps shaking, then no picture will look good.

So, most importantly the attention should be made steady.

It should become deep. Only when it develops depth and gravity can it give results.

In Sahaja Yoga we say that we have become collectively conscious but to make that collective consciousness work, firstly, the attention has to be made steady.

For that, one has to meditate. Kundalini has to be kept awakened all the time. Apart from that, there has to be mutual love. All of us are Sahaja Yogis, no matter from where you come. Be it from France, England, America, Australia or India, all Sahaja Yogis are

one. These are our true brothers and sisters.

So, we should have collectivity. This is a special quality. In times of hardship, it becomes evident in human beings, but when this quality develops in times of peace and comfort then we should say that everything has become heavenly.

We have many other shortcomings. One of them is that we sit and analyse each and every thing. We think about each and every thing. Thought is a concept. God is Reality.

So, by attaching any concept to God, we are simply hurting ourselves. In this way, we have made many prisons for ourselves and we have to escape those prisons, we have to burst out of those prisons.

God is not a form made out of our thoughts. What He is, is the Truth and we have to know that.

A form of God made out of our thoughts is not God. We cannot make the one who has made us. So, we should pray for the intelligence to know Him as He is.

Now, you all know that I am coming back soon to India and will be having a house here and in that house you have to do a lot of work. Till now you have done the job of receiving, now you have to do the job of giving. We have to work as one, there will be some hard work but Sahaja Yoga has to spread. There is no other path apart from Sahaja Yoga. In Maharashtra, Sahaja Yoga should reach every home.

After that, in other places this work can be done in full force. The work should befit the name of this land Maharashtra (meaning 'great country').

On this auspicious day, I grant you endless blessings.

In your spiritual ascent, may God help you and may you, with wisdom, attain the highest state. Not only this, may all My powers be established in you.

Such is My intense desire.

May God bless you all.

[Conversations in Marathi, Shri Mataji speaks again in Marathi. A gentleman speaks on the microphone in Marathi in front of Shri Mataji]

Yogi: I would like to appeal to My friends from abroad as we are going to have right now a puja of Shri Mataji – there are 64 lamps, there are 64 lamps put in one plate.

I request Warren to organize if possible one male and one female to represent the centres from abroad. Would you please stand at the left corner, so that we'll call one by one.

(Marathi) Those who have brought presents for Shri Mataji - those who have brought presents for Shri Mataji, please keep them aside. After the ceremony is over here, then you can pick up your presents, give to Shri Mataji, and then you can go by this side.  
(Marathi)

Yogi 2: Now we will all say the mantra to Shri Mataji – first three mantras.

Om Twameva Sakshat Shri Mahalakshmi Mahasaraswati Mahakali Trigunatmika Kundalini Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Om Twameva Sakshat Shri Kalki Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Om Twameva Sakshat Shri Kalki Sakshat Shri Sahasrara Swamini Moksha Pradayini Mataji Shri Nirmala Devyai Namoh Namaha.

Yogi (in Marathi):... Om Twameva Sakshat Shri Nirmala Devyai Namoh Namaha.

(Yogis repeat three times. Then yogis go to light the candles in the plate mentioned earlier)

Yogi (in Marathi):... Ganapati Atharva Sheersha... ("Ganesha Atharva Sheersha" is recited).

Om Twameva Sakshat Shri Nirmala Devyai Namoh Namaha. [This mantra is recited repeatedly while some yogis light the candles and other yogis make aarti with the plate. Recitation of Sanskrit mantras follows. Three great mantras, then Shri Ganesha Aarti and Sab.ko Dua Dena are sung. Then the song "Hare Ram Hare Krishna" and other songs follow, and the recitation of "Jagadamba", and of "Allah Hu Akbar"].

Yogis: Our Father, Who art in heaven - Hallowed be Thy Name; Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; lead us not into temptation, but deliver us from ordeals: For Thine is the kingdom, and the power, and the glory, forever and ever. Amen.

Shri Mataji, we, all the Sahaja yogis of the world, desire Your good health.

Shri Mataji, we, all the Sahaja yogis of the world, desire Your good health.

Shri Mataji, we, all the Sahaja yogis of the world, desire Your good health.

(Three Mahamantras)

Yogis: Bolo Shri Bhagavati Mataji Shri Nirmala Devi ki! Jai!

Yogi: On behalf of all the Sahaja yogis in the world we would now garland our Shri Mataji and offer Her roses. (Applause)

(Shri Mataji speaks aside in Marathi with a yogi. She uses some English words: "... What is the reason?... Sahaja yogi... Vibrations... Vibrations... left Nabhi... Left Swadishthana... May God bless you. (Continues in Marathi)... for no rhyme and reason...")

Yogi: The inscription on the cake is as follows: "Our dear Mother, Shri Mataji Nirmala Devi, from Sahaja yogi children".

May I now request, on behalf of all the Sahaja yogis of the world, that "Shri Mataji, please give us the Prasad on this most auspicious day, by cutting the cake. Thank You".

(Yogis sing: "Happy Birthday, Shri Mataji")

Shri Mataji: Thank you very much!

(Shri Mataji tries to blow all the candles in the plate – She blows all of them apart from one)

[Then a concert with the musicians of Babamama's group begins. Ultimately Shri Mataji says "Wah wah" repeatedly.]



Babamama: (Marathi) For the benefit of the foreigners, may I tell you that we are going to perform, tomorrow in the evening at seven o'clock, and it'll be a function entirely of the artists, so you'll have more of them to hear. Thank you very much. Good night.

[Finally all musicians go to bow to Shri Mataji]

## 1986-0323, Birthday Felicitations

View [online](#).

23 March 1986

Birthday Felicitations

Mumbai (India)

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

[16:43]

On behalf of all of us Sahaja Yogis, I thank Shri Kadekar, Shri Byankar and their colleagues from the bottom of My heart. [Sahaja Yogis applaud] And with such beautiful singing, and even more subtle words, they have so moved Me that I feel like meditating. Seeing such young artists in our Maharashtra, I feel that this great knowledge, which has come down through tradition, will at least be preserved in Maharashtra.

[18:01]

All Sahaja Yogis, I have already said, must understand classical music. Because this is Omkara. And when you listen to its rhythm, vibrations automatically start flowing. And it is so effective in your Kundalini. It all happens very easily. Not only that, but wherever Sahaja Yogis [are] abroad, today there are sixteen countries, everywhere I tell them that we should all learn classical music and all the people have made a full effort to learn that music. Not only that, but without understanding it, because it is the music of the soul, they all become immersed. Similarly, today, as many Sahaja Yogis as there are in India, they should fully embrace their classical music because it is the matter of My heart. This is the form of the soul which is flowing in a manifest form. All artists should be respected and this art should be respected. Music is of the highest standard in all art. So without making any kind of criticism, one should understand it with respect. So, Sahaja Yoga will become very Sahaj [spontaneous], even for Me.

[19:43]

Anyway. [Shri Mataji smiles] We are very grateful to you for making us all engrossed today. [Sahajayogis applaud]. Yesterday I thanked all the groups of Nagpur on Our behalf and today I am also very grateful to them for coming back and showcasing their art here. [Sahajayogis applaud]. Apart from that, Chittibabu, who is coming from South India tomorrow, has a special message that "Mother, I must play in front of you", he has come and we should understand his music too. It is of a very high standard. In this way, if we leave the hostility and understand the essence of all music as we have said, then the soul in it always makes us happy. Tomorrow all the Sahajayogis must definitely come. I will not accept anyone who says that because it is South Indian music, we will not come. Listen to it once and you will be surprised how much art there is in that. And how engrossing it is. Apart from that, our Dhakde Guruji will also play the violin for about an hour tomorrow and will enchant us again. [Applause].

[21:33]

I also invite you all tomorrow, that please everyone should come and listen to that music and understand it. We can become the masters of our music and become masters of their music too. Their, what we call the Taana, or their Alaps, their style, just like you took the Punjabi style, took the Banarasi style in Maharashtra, similarly if you take a little Madrasi style, there is no problem. And it is very beautiful. In this way we can get a completeness, and we can become proficient in it.

So tomorrow, all the Sahaja Yogs, wherever they are, must come tomorrow. It should be understood that tomorrow is a special program. They have come from all this distance, from Madras, to enhance the prestige of your mother, they are very famous in the world. Therefore, you all should come and respect them.

[22:41]

You all have come for so many days for my birthday, for four days no one considers birthday [Shri Mataji laughs], but for four days My birthday is still going on, you have taken so much trouble, and you have shown so much love from your heart, seeing that, a Mother's eyes just fill with tears. And what can I say further?

My infinite blessings to everyone.

Note: The song in the start of the video is Kaivalyacha chandiyala bhukela chakor

Lyrics:

Kaivalyachya chandanyala bhukela chakor

Chandra vha ho panduranga, man kara thor

Baalvayi kheli ramalo, tarunya naasale

Vruddhapani deva aata dise pailtir

Janmamaran nako ata,nako yerjhar

Nako aihikacha natha vyarth badivaar

Charachara paar nya ho jahla ushir

Pandurang, pandurang... Man kara thor

Translation

The bird chakor\* is hungry for the moon of Kaivalya (liberation)

Become the moon, Panduranga, make my mind great

In childhood, I enjoyed playing, my youth has passed

In old age, God now appears beyond.

No more birth and death, no more wandering

No more worldly pleasures, no more vain pursuits

Take me beyond the worldly things, it is late

Panduranga Panduranga .. make my mind great

\*Chakor bird is used to depict spiritual seekers' yearning, representing longing for divine truth and fulfillment.

## 1986-0324, Birthday Felicitations: Please Devote Your Time

View [online](#).

24 March 1986

Please Devote Your Time

Birthday Felicitations

Mumbai (India)

Talk Language: English | Transcript (English) – Draft

I bow to all the worshippers of truth and love. After hearing so many things about yourself, you just start wondering that I never knew all these things were there. As kind as they are Sahaja Yogis, full of gratefulness, for I've done nothing for them. It's just in My own nature it works out. Like the Mother Earth, which sprouts the seed in her own nature, in My own nature, you get your realization. I haven't achieved anything whatsoever. Whatever is your innate quality, you can never be aware of that. But I must say, I congratulate all the Sahaja Yogis for achieving this state. This is a very difficult thing to achieve. As you know that human beings are crowded by so many things, that it is very difficult situation to understand what is absolute. Actually, we have also created some things around us which act like jails, bondages, which are detrimental to our ascent.

I don't know how these scientists of that level could take to Sahaja Yoga so well. I would say they're pure intelligence, must have pointed out to them that Sahaja Yoga is a simple method by which you achieve your last breakthrough. As in a spacecraft, we have containers between containers, one into another, and when the speed of the first one, which is just a normal speed, is accelerated, then only it could go to that height where is the space. And to solve this problem, they built in a method by which the first container explodes, which gives an acceleration to another, then the second one explodes and gives acceleration to the third one. It goes on till ultimately the spacecraft enters into the space where there is no gravitational force. In the same way, Sahaja Yoga acts. Human beings have evolved through this explosive method, which we call as evolution. So we have come to a state where we are human beings. Now we are on a human awareness level. At this stage, we have to have the breakthrough, and for this breakthrough, something has to trigger it.

As Dr. Vandikar has told you that even one raw cell, which represents negativity, can act and spoil all the rest of them. In the same way, one good cell can activate it to do something good, like it has to be triggered. I told him that DNA is to be triggered by outer force to start. There is carbon, there is nitrogen, there's oxygen, hydrogen, all built in amino acids. But there has to be triggering from outside. And for that, in our country, when we had the knowledge of the roots of this knowledge, we found out that the triggering comes because there are avatars, they are incarnations from the Divine. So there is a parallel system that works to trigger it. One side is the evolution going on, another side is the entry of a triggering agent, what we call as an incarnation, or what we call as the avatar. Now this meeting point can only be achieved when human beings have reached the state of Self-realization. Otherwise, a doctor will have, say, a photograph of Christ, and he'll say, this is the Savior I have, or he may have Shri Ganesha in his house, and he'll say, all right, I've worshipped Shri Ganesha.

But he would never try to understand that this Shri Ganesha exists within your body. That is a landmark of your evolution. On the Muladhara chakra, He exists and it is only to be awakened. He won't believe that Christ exists on your Agnya chakra. Till the Kundalini is awakened, how can they believe that these deities, which are different milestones of our evolution, exist and that they act on the parasympathetic nervous system, affecting the activity of the others, we can say, other plexuses, which are physical, or also, say, ductless glands, and all the nervous system can be acted upon by them. For example, if you can just form a idea, like a scientist should, because if he's an open-minded person, he must keep his mind open to this hypothesis that is put forward before them. That supposing there is someone inside your being, which controls an activity which cannot be explained. For example, the Acetylcholine and Adrenaline, these two chemicals are chemicals. They are just chemicals and the chemicals act the way they are. But when they are in the body, they act very differently.

Sometimes they relax, sometimes they augment. So the doctors are honest and they say that the mode of conduct of these chemicals in the human beings cannot be understood. Another simple example I'll give you, that the body of a human being is

such that any foreign body, if it enters into the body of a human being, is thrown out. It is not tolerated. But when the fetus is formed in the mother's womb, it's not thrown out at all. On the contrary, it is looked after, it is nourished, and at the right time it is thrown out. Who does that? If I say, it's done by Shri Ganesha, nobody is going to believe it, but it is. So if you can say, for example, in a country, if there is a problem you have, if you can go to the king of that country, you can solve the problem. It's very easy.

So if the area which is covered by these deities are Kshatriyas, as we call them, if you can approach them somehow, these deities, and if you can awaken them, they can immediately release energies to solve the problem of that area. It's so simple as that. And to understand this, first of all, you have to be a realized soul. Now it is a vicious circle. When you are not a realized soul, then you start asking questions. You say, how can it be? It's not possible. How can Ganesha be within us? How can there be this? Now by saying this or by talking about it, nobody can convince you.

Like somebody is blind, how can you talk to a blind person about the colors that you see? It's just a waste of energy and also it is very disgusting because the other fellow gets so frustrated with you and you also feel disgusted that you cannot explain to a blind man about the colors. But supposing if you can open the eyes of a blind man and if he sees the colors, then it is very easy to explain. And that is what Sahaja Yoga means, Sahaja. Saha means with, ja is born, is born with you. For that you don't need any race, particular race or community or caste or religion or anything because innately we are all human beings. We all laugh the same way, we all smile the same way, we feel bashful the same way, we look at people and people know what we are feeling about. For that you don't need that this is a Greek face, so Greek face laughs in a different way or an English face laughs in a different way. So basically we are all just the same but God has created this variety to make life interesting and beautiful. Inside ourselves the innermost part of us is this special instrument which God has created within us.

In different Yugas or in different times when we were born as Amoeba, it started or we can say as carbon. So we start with carbon ending up to the human level. Now at the human level we have crossed the Agnya, that is Christ's advent that happened two thousand years back. Now the only job is to break through here, to come to some compromise. We have to know that Christ would not tell us lies, was He? Telling us lies that you have to have your baptism, that Christ said that you are to be born again. But instead of understanding Him, what He said that you are to be born again, we just self-certify ourselves, I'm born again, I'm a Christian because I've been baptized artificially by some priest. Or some Brahmin also says that I'm a Brahmin because he has a ceremony, when he was eight years of age he becomes a Brahmin or born in a Brahmin family. You cannot be born in any caste or community, you are a human being, straight forward thing is that. That is what God's laws are.

He treats you as a human being. He doesn't treat you as an Indian or an American or an English or anyone. For Him this world is one and that you are a human being which are at the epitome of your evolution and that you have to now break through. When you break through, what happens is that your Spirit, which is the reflection of God Almighty in your heart, starts emitting light in your attention. That means now if you put attention to someone, you can feel the different centers on your fingertips. Our Dr. Rustom is making a thorough study of Koran and My father also translated Koran and Sharif into Hindi and I happened to be very close to him on this. And what he has told that, Mohammed Sahab has clearly described at length kamaya, that is the kayama, is the evolutionary process by which a state of, we can say, revelation will come. At that time of revelation, at that time of resurrection, your hands will speak. He has clearly said it. Even namaz is nothing but raising of the Kundalini.

Of course, in this great country of ours, thousands of years people have been talking about Kundalini. Fourteen thousand years back you can say that people have talked about Kundalini awakening like Markandeya. Even before that, Indra got his realization. But it was never accepted in India that you can get realization just by joining some organized religion or anything. That's why religion was not organized in this country, thank God for that. Once the religion is organized, then the unrealized people start organizing the religion the way they are and then they create a big barrier for people who want to achieve reality. Reality is what it is, you cannot make it, you cannot conceive it, you cannot force it to be the way you want to be. You cannot organize it either. It is what it is and you have to see to it that it is so. For that, what he said to surrender.

Surrender doesn't mean that you give away your money, give away your brains. It means that ego which is there, which says, no, no, no, how can that be? This is a personality which we have developed within ourselves which makes everything look mythical,

which is reality. You start challenging everything that is reality. Now between this vicious circle, the breakthrough is very difficult because if you talk to a scientist, it's very difficult. You see, they will start asking questions to you like, I would say, a person like Dr. Vorlikar, I mean, he's so knowledgeable. But somehow I have this knowledge also about atoms, this, that, so he gets impressed by My knowledge that, but it's nothing great that I have, it's just I know it. So if I tell him, he feels impressed that I know all these things. But still if he does not want to accept to go further with it, that this knowledge is useless, this doesn't work out. You see, what works out is this All-Pervading Power of God, which they do not want to believe till they have an experience of it.

I'll tell you an experience, how people experience it. In the beginning when I was working on some seven English people, you'll be surprised, for four years I was struggling with them, four years for seven English people, and it was so difficult. Imagine Christ, who was just given a public life for three and a half years, what could He have achieved? And after that, I mean, after their realization and all that, one of them, he said, All right, Mother, you said that once you are a realized soul, you get charged with collective consciousness. I said, yes, your central nervous system expresses that. That is what veda is from veda, that is what we call it, is realization. So he said, then I should know about my father, who is not telephoned to me. I said, all right, you just find out. Put your hands and ask the question. He asked the question and he gets a burning on this finger here.

I told him, now this means your father must be down with very bad bronchitis, because this is Vishuddhi chakra, on the right hand side is bronchitis. This is, these are all the centers of your father. He couldn't believe it. So he telephoned to his mother, and mother came on the phone and she said, exactly the same sentence, your father is down with very bad bronchitis. So when you start seeing that this is something beyond, that whatever communication system you have, whatever computers you have, whatever you have created, is really the copy of what you are inside. But when the inside starts working, you are amazed at the fantastic qualities you have, the fantastic powers you have, and you just start using them as soon as you develop complete faith through experience, not a blind faith, but through experience. Then you start using them and you are amazed how it works out. Like in India, people get realization with the other difficulties. So, you see, one gentleman told Me, Mother, if You ask them, who is your kula swamini? And ask the kula swamini to say, is Mother your kula swamini?

And vibrations work out. This is the knowledge of the roots, and to go to the roots, as Shri Krishna has said, you have to go back in the Urdhva Gati, to the ascent, to the brain. The roots are in the brain and the awareness goes downward, and when it grows downward, we go to Adho Gati, downward movement. In that, we start becoming nothing but ultimately a sex point or something like that. So, to achieve the knowledge of the roots, we have to have an Urdhva Gati, that is the ascent, and for the ascent, there is Kundalini. Though Shri Krishna has not talked about Kundalini, He has not said a word. But we are so grateful to Ganeswara, who was our great poet and a saint of Maharashtra, who very clearly in the sixth chapter said that it is the Kundalini which gives you the ascent. Of course, 14,000 years back, Markandeya has talked about it so. But the way then Kabira or Nanaka talked about it clearly, we should now know that we have to have this ascent. We are not on the absolute point.

Whatever is our knowledge is not absolute. You put ten children with their eyes tied and ask them, what's the problem with this gentleman? They will all raise their one finger supposing this one, means the person always feels guilty. But if they raise this finger and this finger, the fellow is suffering from angina. Without opening their eyes, they will tell you the same thing because knowledge not only is absolute but is the same. Whether I'm wearing a saree with a zari or not, you can see with your own eyes. In the same way, whether this gentleman has this problem or not, you all can see with the eyes of your hands and you can make it out, what's the matter with this person. Now if you just learn how to overcome that, if you can find out how to do it, if it is decoded, the message is decoded to you and just told to you how to find out and how to rectify, then you are a master. And that hardly takes for some people even eight days are sufficient for them to master it. It has to be simple, it cannot be difficult.

People think that it has to be very difficult, Kundalini awakening has to be difficult. It could be for people. I would say that supposing you put a seed inside this wood, it won't sprout and then you'll say, it's very difficult to sprout the seed. Put it in the proper place, which is authorized for sprouting the seed. And then it works out spontaneously, has to work out spontaneously. And when it works out, it's the easiest thing to do because you are on the principle, on the essence of everything. Once you are on the essence, you can create so many permutations and combinations. And this exactly is Sahaja Yoga. I don't know, all these tributes have been paid to Me, it's very kind of them. And the age now I have reached also is something says that now Sahaja

Yoga has to prosper very fast and it has to.

Men have to, women have to become Self-realized souls. That's the part that God has asked us to play. Those even who do not believe in God, like Russia, China, also they, they feel the vibrations. I've given realization to many people in Russia and also in China. Thanks to My husband's job that I travel and they have tremendous respect for Me, tremendous respect. And they think that there is something, a power like that. And they have been asking Me, what sort of a power is this? We want to know all about it. And a day will come when it will spread there also, though it is spreading more in the democratic countries because there is freedom to spread it. But in the democratic countries there is also freedom from demonic things to develop more.

And that's why is another fight one has to do. So the life becomes easier if the person who is a seeker tries to find it. The truth, in a truthful, honest manner, we have to verify it by saying, what sort of a life the guru is leading? What are his leanings? What is his seeking? What does he do? You can find out. It's very easy to find out. But if you just want to have a retainer like a guru, you can have it. The mistake is not so much of the gurus because they are out for a business.

But the mistake is of the seekers because they do not want to understand that you cannot purchase God. You cannot purchase a saint. We have here Tukarama, as we have seen it, that when Shivaji Maharaj, the great king of this, noble king of this Maharashtra, brought all the ornaments and everything for his wife, he told her, No, we don't need it. We are just villagers. What do we need these ornaments for a queen? You are not a queen. You better return it. But if you are a queen, you have to live like a queen. But that doesn't mean that a person who lives like a queen is attached to it. Whether you wear it or not makes no difference to such a person.

Thank God, we have so many examples in this country of these great saints. And especially this Maharashtra has so many saints who were such great incarnations, I should say, who brought forth the main essence that you have to have your Self-realization. Otherwise this human life is useless. It is all going to be wasted. All your endeavors, all your enterprises will end up into nothing, into zero unless and until you are a Self-realized soul. That's why I always say that Maharashtrians are about to become Sahaja Yogis. It's very easy to make a Maharashtrian a Sahaja Yogi. In the same way it is easy for Indians also. And surprisingly so many seekers are born in America, so many. So many are born in England, so many are born all over the world.

There are sixteen countries where we are operating and I find so many are born. But the problem is that they have no knowledge whatsoever about the roots, no knowledge about the knowledge of the roots. They think the tree is everything. So for them those people who can maneuver or manipulate or can find out ways of impressing them can cheat them. It's the greatest sin to cheat a seeker. But people are doing it from this country and we should be ashamed of them, the way they are behaving. In 1972 when we had a big lecture on, in Kavasi Jhange Hall, I named them, I told their names and I said, this is what is happening. Still I saw so many Indians going after them and getting hit. Everywhere they have really created such menace, such poverty, such illness that a mother can only weep and say that these are the seekers of truth and misled and deceived by these people. So all of you who are Sahaja Yogis, who are felicitating Me today, here on this birthday, I have to say that I've been traveling too much.

I want you to be My hands, to help Me out. Go out all the way, everywhere that is possible. Spend your time to spread the news that everybody can get realization. You are all empowered to give realization. Dr. Warren must have given to thousands, Mr. Modi must have given to thousands, Rustom must have given to thousands. You all can give realization. So many of you who are sitting here have given realization to so many people. So first of all you have to give them realization and establish their realization and make them empowered fully as you are and then let them go ahead. It's very simple to enlighten another light because you are enlightened and then this light can enlighten another light. But first of all we must respect our Self-realization, develop into it because that's your glory.

That's what you have to achieve, that's the end of life. That's where your human awareness finishes and you jump into the space where there is no thought, no worries, nothing. You are in the realm of God's Kingdom. Then He looks after you. So many miracles now people are talking about Me, Mother, you have done this, Mother, you have done that. I just keep quiet. Because it is the All-Pervading Power which is like an ether which acts everywhere. It's like the ether that gives you television, scenery or a vision. But this is more than that because when you put your attention to somebody across, then this attention, as if from the

television the man gets out and treats you, gets you well and goes back. This attention acts and this is the attention of God's love.

So the whole thing boils down to the love of God. We have never used the power of love of God. Whatever we have issues, whatever we fight for, is some sort of a hatred. Never the power of love. And when we use the power of love, it's the most effective, most accurate, most efficient and so clever. The whole intelligence is so much above all the stupidity and all the crookery of the world that you are amazed how suddenly you find everything is worked out. You have to trust yourself. You all have this power, just get it and build it up. I hope this birthday of Mine will give you one request from Me that please, please devote your time to your self-evolution and for the whole world. Don't live for yourself.

You have to live for others, you have to give it to others. This is to be spread if you have to save the world from all the calamities that are so shocking. May God bless you all. After this, we are going to have our program in a little dance recital by Miss Vorlikar and then there will be Shri Chitti Babu's program, which is very interesting. And if you don't mind, I would like to watch that, sitting down, if you allow Me. But nobody should come to touch My feet. If you allow Me to sit down, I'll be able to enjoy it more. But for that I have to request that nobody should come and touch My feet, because any time I want to go down, everybody start touching My feet, the whole program goes off. Otherwise I'll sit here. Is it promised?

After Cultural Program:

I feel so proud to hear the great musician playing here on the adivadya such beautiful ragas and melodies to enthrall us with spiritual ascent. It proves that this is the adivadya we can say primordial instrument because it emitted the maximum number of vibrations. I wish other people also learn this great instrument. This integration between different styles of music in India must take place and I am so very happy he has so much knowledge of north Indian music as well and that all north Indian musicians who were sitting have appreciated this great music and have realized that such lot of wealth is lying in our country which is to be mutually appreciated and understood. This experiment of integration must go on.

As a great artist like you must honour the (hearts/arts) of all these great listeners also and give them the full ideas of what heritage lies in this country and I personally think people are not so deep enough to understand and to enjoy this music. Through Sahaj yoga I am sure all over the world will create such human beings who will go beyond the aura of eastern, western, southern, northern styles but enters into that home which is rendered through our ragas and (taals), and different styles of music all over the world. You need not understand the raga, you need not understand the taals, the name of it but you understand everything if you are on a spiritual level. This is what we need to achieve and I am trying my level best all over the world to create such people with such (ears) that they can feel divine music that is being played. It is divine and that divine person can appreciate without any difficulties. In the same way, we all can appreciate all such music played by divine hands to create divinity this is what we all should aspire. I must thank you very much (babu) you been so kind as to create this atmosphere of divinity here and to make the people feel the blessings of God all around them. May God bless you, live a long life all of you. Thank you very much, thank you.



## 1986-0329, Patience is the ocean that you get when you love someone

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29 March 1986

Birthday Public Program: Patience Is The Ocean That You Get When You Love Someone

Public Program

New Delhi (India)

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

India I bow to all the Sahaja Yogis and to all the seekers of truth. After listening to all these beautiful words of My children, Mother cannot know what to say. It is very difficult to express My feelings of complete joy! Keval Anand! First time when I came to Delhi, I met a set of people and I felt it might be an impossible situation in this place, where they have not even heard the word 'kundalini'. They had heard the word 'Kundali'. And they asked Me, "Is this the Kundali that we have to see before we get married?" I was really shocked! I said, "Now, this is too much, that I have to talk to them, from the very beginning the meaning of the word Kundalini." While in the west, the seeking has been so intense, that people went into deeper seeking into books and those who came to me knew about Kundalini. Also they told Me, that most of the seekers have reached the conclusion, it is the Kundalini, which will give us realisation. But today to find so many people, those who have got realisation, not only that, but they are so well equipped, so highly evolved, that I can only bow to them.

When we deal with new people the Sahaja Yogis have to understand certain basic things as I understood Myself, when I first came to Delhi. Must know that they do not know a word about Kundalini. It is like the people, the tree or you can say the birds which are sitting on the tree, do not know anything about the bush. They may be very well read people, they may be Panditas, they might be anything, but they have no idea about the kundalini. And those who have read some of the books, are absolutely frightened with the word Kundalini. So, you have to start from the very scratch in the sense, when a child has to enter into the school, he gets such a fright with the ideas that he has about the school, or with the new environment, that he just runs back. Many a times and you have to again bring him in, and bring him in.

So one thing you must have realised, that the all pervading power of Chaitanya, Omkara, is nothing, but the power of love of God. In love, one thing you have is patience. Patience is the ocean that you get when you love someone. But to love also is not very easy. For human beings to love means, you get attached to that person. You get fond of that person. You get attached to one or two persons. You like only few persons. But, as I have told you before that as a sap in the tree rises, goes to all the branches, to all the flowers, to all the fruits and comes back, nourishing all of them, the way they want to be nourished, comes back. In the same way, the Divine love has to nourish every thing to be detached.... absolutely nourishing every soul and then it comes back. If that cannot be achieved, then we should say, it is not love that is Divine.

Today, I wanted to speak to you in Hindi language, because Hindi is a much easier language to explain Sahaja Yoga or Kundalini. English is a very confused language, I think as far as the inner side of the life is concerned. For example, when we say mental, we do not know whether we say, it is Buddhi or Mannah. Buddhi or Mannah We say, it is a mental projection. But a mental case is a person, who is suffering from Mannah. is a psychological. So the psyche as well as the intelligence is mental according to English language. and when they say 'mind' is such a confused word, that I don't understand what do they mean by 'mind'. Now in Sahaja Yoga we have to clearly understand what is Buddhi is and what is the Mannah is. And you must have seen in Sahaja Yoga, here is the picture. When the Sahaja Yogis are explaining to people in English language, they have to be very careful. Is better to use Hindi language, which is very simple, clearcut and gives you a full understanding as to what is what.

But in English, you have to use lot of discretion to understand this word 'mind'. Now here as you know we have two sides, left and right side. Left side is the side which deals with Mannah. The right side is the one, which deals with Buddhi and the Mannah part is the one in which, when we indulge it is not so rational and we cannot explain. We will say it is our desire, I don't like it. I don't like it has no connection with mind. My mind doesn't accept it. It means there is something, which we cannot make understand, with the help of Buddhi. Now if we argue with the help of Buddhi There will be only argumentation by our Buddhi. Then whatever

we present, and you will take it as truth. For example, if a capitalist will come he will eat your brain so much, that you will be convinced, that this is the truth. That you will think that only capitalism is the truth. If any communist comes he will just bother you. and he will prove that only communism is the truth. then, there will be some other 'ism'. Then in the same way, in the case of religion as well, whenever a religion was established and man used his Buddhi, it (religion) was put in such a (Gharonda?)..... and was imprisoned in such a manner that, that religion became a perfect prison. Now these are the (Chakkar?) of Buddhi.... There is no word for (Chakkar?) of Buddhi in English. What can I do?.... Anyway you get a (Chakkar?) in that language. But there is no word for (Chakkar?). In that (Chakkar?), creating all the (Chakkar?) out of Buddhi entangled you in that (Chakkar?). In our religion it is so, it is so in your religion, in this person's religion it is so, and in that person's religion it is so and at last, beat, kill and put an end to each other. This is not possible in any religion. So where did these frogs come out?, you should ask.... If it is not possible in that religion, where did these come from? If you take water to some place and leave it to rot, What will be the result? Where the water remains still, it stagnates, there every type of insect breeds.

The same is the case with this Buddhi. When you categorise Buddhi in a particular (Gharonda?) any thought process, called as an opinion (dharna).... you accept it as something special, then everything gets exposed and everything becomes useless and the same thing which you have accepted, your accepted (Gharonda?), becomes null and void (Sadasya?).... Then it is difficult to come out of it. If somebody tells you, you won't like it. Because this work is done like this, that when a person gives full importance to his ego and as I said, makes his palace or call it a prison, gets it completely done, when other people get impressed, enter and settle down there, then it is impossible to take them out of that, because they too develop the (Gharonda?) of ego.... and in that they are satisfied.... They feel they have achieved it. But a person who thinks that i have not acquired anything as yet Recently, while delivering a lecture in Poona, I said, "whatever dharmas you have done, did you achieve any thing out of that?" Everbody waved their hand to suggest 'no' And it is a fact, that till now we have not achieved anything. Then were those religions false? Now I will say "yes." But, those who gave Dharma, those who had professed it before, they were not deceitful. We made them deceitful. We used our Buddhi to prove it false. We created the (Chakkar?), and got entangled in these (Chakkar?). These (Chakkar?), of every type, of every category, whatever suits him he joins that.

Now to save oneself from these problems, a solution has to be found out, first of all. Because if you want to fly towards the sky, it has to be seen, that your gangway should atleast be empty. but in that only, if ox, buffalo, cow, goat and birds are grazing, how will you fly? The same way, path to our spiritual ascent is full of stange ways Which we are not ready to accept, that there is something within us. Now the same is the case with Sahaja Yogis too. No, it is not so. E.g., right now we had Shivratri Puja. Shivratri, I have said that, that day Shivji manifested In the universe, he took the place of Sada Shiva. It is a great thing, you should celebrate that day. That day it is spring time, it should be celebrated with great pomp and show. On the contrary, everybody keeps fast. Puja was during the night. It went on till 12 o'clock, 1 o'clock. The puja was over at 1 a.m at night. Everybody's face looked ,as if they had beaten somebody, somewhere. I enquired, "What happened?" They said, "We were on fast since morning." Why? why did you keep fast? When you are in Sahaja Yoga now," Why do you keep fast?" When you have been forbidden to do so, still you will keep fast. because , Parents and grand parents, have been fasting, so we too will do so. If your parents or grand parents have made any mistake, why should you follow it? Your parents and grand parents would not dress up in pant. They would dress up in dhoti. "Do you dress up urself in dhoti ?" Today, when you know that in Sahaja Yoga fasting is totally forbidden, Yes, you do fasting, do it for your body but, don't do it in the name of Shivji. To fast in the name of Shivji I cannot understand, because He would never fast. When He didn't get anything, He would drink whatever the poison was there. People fast on the birthday of Shivji like this.

In Sahaja Yoga too, we follow both the things. And that is, our old traps in our neck, we are influenced by that stretch. And when it pulls, we find that the horse has followed the other route and not only one. No problem Mother had said it is so, and you go that side. In reality, in this way you are disrespecting Shivji. Those who are not Sahaja Yogis, will be pardoned for hundred crimes because they are not connected to God. They don't know the truth. So, they are pardoned for their hundred crimes. But those who are Sahaja Yogis, all that is totally forbidden to Sahaja Yogis, when you do that, it effects you definitely. and after that four, five people had heart trouble. Then he came to me to say, "Mother, I am in Sahaja Yoga for the past so many years, why did I get heart trouble?" I said , "Did you keep fast on the day of Shivratri?" "Yes, did it religiously. " I said: "Then you have to suffer (Bhogiye?)." Now you please Shivji by taking a lot of food! No, doctor has forbidden absolutely. Doctor has said to lie down, do this, do that. I said, "Either, listen to your doctor or to me." Sahaja Yogis must know that now they have come into the kingdom of

God. When you have come to the kingdom of God, we cannot do, what is not there. The law of this country is, not that of London. In the same way the law that God's kingdom has, should be followed. You slip down sometimes, in little little issues. As I had told the day before yesterday, one shakti is Urdhvagami. and the other is Adhogami, which leads us downwards. We, like monkeys sometimes follow Urdhvagami and sometimes Adhogami. So in this way, how can you ascend if you jump like this.

Many a times, people ask, "Mother, How can this be done?" Just hold one string ! Walk in one way ! Understand that ! You may fast or not it makes no difference to me. It is not so, that you keep fast and I will get some money, or you may not fast and confectioner will get money. All the things mixed together is that, it is absolutely deep and subtle. It is not a frivolous thing It is a very deep thing and its connection is with your understanding. If inside you (Shunyata?) doesn't take place. then Sahajayog will spread as such but will not raise you higher To raise it higher it is necessary to understand its depth. Today there are mostly Sahaja Yogis, new people are few. I am not telling them anything because if I tell them anything they will just run away. that SHE is telling something else, We will have to give up this, give up that Automatically it drops off. Automatically this thing drops off. If we observe otherwise there are so many people who have so many diseases they are unaware of. And they can't even understand that how and when did they get this disease when they go to madhouse, they come to know that they have become mad They do not know till the end that they have become mad but other people know that they have become mad The reason is that had they got their self realisation, from the beginning only left side, swadishthan and agnya's catches will indicate that he is following that path I am about to have some mental problem He will understand at once and at once he can treat it and get well. But suppose he did not take the treatment at all and would go on following the same path without paying any attention It is certain that you will reach the place where you have to reach.

First of all it should be decided where we have to reach. We have to reach the Kingdom of God. To go there first of all a human being must have joy (Allhad). He should feel joy There should be enthusiasm Half dead people cannot go into the Kingdom of God. Fasting people cannot go at all There is (Chaaon?) of eatries. If you want to trouble any mother, then you should fast If you have to trouble your mother, you say "o.k. i won't have my food today". It is over then for the mother, the whole day is waste. It is the same thing that I told you such a minor thing, there are so many major things in which we get entangled. then we become politicians and then get involved in something else. You are saints. You have got innumerable powers which you can awaken yourself and can use. But when we say, "Mother we surrender to you", what did you surrender to Me? I don't want anything. What are you surrendering? Just think, what are you surrendering to Me you are surrendering what you have self made rules (Bede?). all these (Gharonde) in which you are residing all these what are called, self made individual prisons in that prison you are thinking in an organised way that you are in the Kingdom of God. This has to be surrendered and the easiest way to surrender is that you should first of all go into thoughtless awareness in meditation When you get thoughts through that thought itself your past actions we should say, your home, (Gharonde?) will encircle you. The amount of time you can be in thoughtless awareness, that's how much your tree will grow. In thoughtless awareness only (Atmic?) tree grows. and there is no other environment where it can grow. Somebody will say, i sung a lot of Mother's bhajans, not with that A person may sing any number of bhajans, recite any number of mantras or may say anything, with that mantra or bhajan if thoughtless awareness does not establish, you have missed the goal.

There are many people I saw, 'Hare Rama', 'Hore Rama', 'Hore Rama' just like mad people the whole world is running. Where are you going ? Entertaining and running all, saying 'Hore Rama, Hore Rama'. What will you get out of that? Did anyone get anything out of that? Was there any change in anybody? Did they acquire any good quality? Only instead of wearing these type of clothes you wear something else. And on the roads you are running and shouting 'Hare Rama Hare Krishna' Did you get any consciousness of Krishna ? Krishna's consciousness is to be in the witness state. Are you in witness state ? Then in such external affairs involvement also a human being sometimes from his Urdhvagami Gati can turn to his Adhogami Gati. For example, I told you about a small subject, ENTERTAINMENT. Entertainment is not forbidden in Sahaja Yoga but the entertainment should be such that it establishes thoughtless awareness. Lecture should be such that it establishes thoughtful awareness in you. Mantras should be recited in a way, so that thoughtless awareness establishes within you. Dhyana should be such that it should establish thoughtless awareness within you. While doing any work, if you become Nirvichar all the powers of God will activate within you. So the first thing is that you should get thoughtless awareness But people like such things which make them thoughtful. in which man goes on thinking, like mad people thinking and thinking He feels Ah! Ah! how much did i think! or while reading, suddenly think like this yes, i am a great scholar ! These scholars don't have any place in the Kingdom of

God. There is a place for those people, who allowed their spirit to enlighten their attention thoroughly. And its medium is only one, Nirvicharita. So first of all, you should establish Nirvichar Samadhi. After getting thoughtless awareness you see that by and by, there will be a change in your attitude on its own. In thoughtless awareness, you start looking at yourself Apart from others, you start finding faults with yourself. First of all when Sahaja Yogis come from outside or first of all when, we should say (Satya Shodhak?) come they go on finding, oh ! is he a Sahaja Yogi ? He was like this is he a Sahaja Yogi ? he was like that. On seeing them, they take an about turn. Sahaja Yoga is open for everybody. For everybody, the door is open. Some people who are in its womb are great ! And those who are in its periphery Those who move about, those who move on the periphery, they can have many defects and they too can become alright You took a turn upon seeing them, and where did you land? When you will come inside you will see those who are sitting in womb, is there any quality in them? is there any miracle in them? They have acquired something. then while seeing them we should think that we too have to achieve something and there should be a transformation in us too. When you are in thoughtless awareness, you look at yourself in witness state and at once you understand that now a days i am playing tricks it is O.K. you are getting very tricky you look at yourself in a mirror You great tricky fellow! What do you want to say! In no time your trick collapses down on earth and comes to an end. The reason is that whatever is useless whatever overburdens us whatever is an obstacle to our ascent that sheds off by and by. In thoughtless awareness only, you can watch everything which should be called by a feeling of indifference in which you can't have any attachment to anything. For example your son is there, you watch him with indifference. you should watch him in a witness state. Just see this innocent child ! How beautiful is he ! How nice he is and how much loving he is to God ! Then you will watch his talking, walking and in every thing his joy, which God with His own beautiful hands has endowed him in his each step, in his minutest act in his walking, in his talking, in his laughing you will see how much he is absolutely some form made by God only. But it should not be that he is my child Again you have done so give him two slaps again you have gone, you have done that all that joy is to be enjoyed is finished. By being in the witness state, child also can understand you. and the child will think see they are watching me and i too am watching them. and by and by, the power of thoughtless awareness, he too can get Atma Sakshatkar what is called 'neutral', after being neutral in thoughtless awareness, you watch others. When you come to Sahaja Yoga first of all you must be neutral For example, when a scientist goes to a college in the beginning he goes neutral, to see what is there further ? But if from the beginning only, you are wise then to you Sahaja Yoga says, 'Forgive, (please) go!' 'Go with your wisdom'. Now what these people said, you should be above Buddhi It is o.k. to say to be above Buddhi but how ? The effect of Buddhi comes on one's own Agnya chakra. And to remove the effect on the Agnya chakra also, the treatment is thoughtless awareness. Buddha had only said that you know only your spirit. leave the rest, don't talk about God, don't talk about anything. Talk about (Nirishwarwad?). He said leave it. Only to talk about how to seek God, it is better to seek your own spirit (Atmanubhav?). And don't talk about anything else. The reason was to talk more in detail such people ask me also, 'Mother when shall we become God ?' O.K. You will be ! Shall we be? Yes you will be ! When? They didn't give me any date in written, when you shall be so ! You be only the spirit you can come to the first step We have to be only the spirit. Mother said,' Only be the spirit '. First be the spirit, then we will talk further. But as you are highly educated, you think all the more that we all in one go can be great Shankaracharya, is not possible. To be Adi Shankaracharya just on coming to Sahaja Yoga, you will not attain all the qualities. but first step is to know the spirit (Atmanubhav?), you get that. For knowing the spirit is again the same thing, you have to go into thoughtless awareness. This Delhi city of yours is such that I came and since then, MY right swadishthan chakra was working so much, that I could not even sit. It means that people here think too much, and don't work at all. At least, if they will do something, the heat of thinking, will get released in doing something. But they don't do anything, they think too much, planning this, that. Now there is so much planning and see the condition of the country. Can't understand, in which country we are residing. The same, where there is so much planning. The reason is that, when you think also, till you do not work on it, what is the use of thinking, except this, that your head gets upset. And this right swadishthana catches here so much that, from the beginning only, since I am coming to Dehi, I find right swadishthana catches here, too much. It's reason is, there is newspaper here, here people are always talking about politics. here, there were some on a political post and are not anymore, they speak all the more. They got something else, then from here there are others, like this something or the other keeps going on here. Some are sitting on throne, some down the throne. Some are coming up the throne, some have come down from the throne, and are creating friendship, here and there. One is cross with the other, he has mixed with the third one. They are doing all this nonsense. It is utter nonsense, wasting time ! Nobody is going to remember anyone. This didn't give them any joy. They didn't get anything special. But one who is used to run horses, doesn't give up it. Then it is a (Gharonda?) of one type. For that too, it should be thought, if it is all useless, If some time has to be wasted, then stand on one corner why is he wasting his time like mad people ? If you have understood this, then think that now, your witness state is starting, slowly and slowly. In witness state a human being does not get entangled in any problem If there is any problem, he

simply witnesses it. He only witnesses. Of course, in the beginning, one feels that he is standing there. For example, I was making Dr. Sahib to understand, If while passing by a crowd, you reach a hill and you look at the crowd from that hill, if there is a forceful brake or something, you feel that you, only you, move a little sideways. But when you will come to know that you are sitting on the hill, I have simply to see, then you won't move. To get this, this is called Nirvikalpa state. In this state, a human being, sees, knows, even then he doesn't get disturbed, he goes on watching peacefully. We will say, what is there in such peace? If such people become quiet, if nobody fights, nobody says anything, then how will there be any revolt? Such a person's peace is mightier than an atom bomb. and it does majestic work. What importance shall I say about its work, that if one such peaceful person, goes to any such place where there is chaos, in no time, situation will change absolutely. But that person must be in that state, where he can spread the impact of peace all around himself. Everybody can be spell bound and become peaceful. All the chaos, can settle down systematically. As if he, has some, special magical skill, or has swirled some magical stick, that everybody becomes quite peaceful. To get this shakti is for those, who are Sahaja Yogis. Nowadays we see that everywhere 'peace foundations' are being built this is of peace, that is of peace. How can it bring peace? Peace is within us. Now if a human being says himself that he has found peace, but how can the other person get peace ? The other person gets peace, by being impressed by your peace. That effect is not on account of Buddhi. That effect enlightens the inner being and enlightens others also. and in this way, a human being becomes peaceful. Now you know, that in Sahaja Yoga , every type of people come, some very violent, some very hot tempered, some very short tempered some revolutionary, and too much argumentative, I have seen every type of people. But after coming to Sahaja Yoga, by and by, they become peaceful. But it doesn't mean that they become cowardly. It doesn't mean, they run away out of cowardice. No ! They stand on the basis of their confidence and others become peaceful, by watching them. There is a chinese story, a very good story. Chinese stories are very good. One such story is that, earlier there would be cock fight. A king thought, that there is a great saint, the people who visit him become very strong and capable. So he took both the cocks and gave him to be trained. and when there will be fight, i will take them. So the cocks went to him. One month later the King came and said, "Ok, give the cocks to me." The cocks were standing gracefully. The king picked them up and took them and left them in that area where there was going to be a fight. All the cocks entered into that area Now, all the cocks were fighting among themselves, but these two were just standing. During the fighting everyone was surprised that these don't fight. And when they would think of making them to fight, they would just go on watching. All the cocks left, after being defeated. The intent of the story is that, when a person is in the ocean of peace, is present fully, like a lotus flower, on account of its fragrance, people become aromatic and peaceful. They get complete peace. What can be more powerful than this Shakti of peace ? The Shakti of forgiveness too is great. You should also learn to forgive. I see that, in Sahaja Yoga people forgive very little. Learn to forgive, Without forgiving, you cannot get realisation on your own. For example, if somebody has hurt you, and you didn't forgive him, then what did you do? You didn't do anything. If you didn't forgive, means, you didn't do anything. Even if you forgive, strictly speaking means you didn't do anything. But if you say, i forgive, then by not forgiving, you were playing in other's hands he loses all his Shakti. The destructive power gets destroyed. But those who are forgiving, their Shakti is so powerful, that wherever they stand, because of their forgiveness, people can become pious. Their vices of numerous births, can be washed out. From all previous birth's whatsoever problems, they have accumulated, can be over, because, he they have forgiven. Redemption from all sins is obtained only by kshma Shakti. Many a times, we say to God, "You are ocean of forgiveness !" We also say, that you are the remover of sins. We also say, "Destroy our papaas." How can He do? Only by forgiveness ! By his uttering only one word 'forgive', by his one sight, by the sight of forgiveness only, all the sins are destroyed. But because we have not seen such people, We don't even think about such people, We can't even believe, that such people can be in the world. We have to find such people today. And you know, what you were, are not today. and what you are today, you won't be like that tomorrow. Tomorrow, such people will be in Sahaja Yoga, who have kindness, forgiveness and peacefulness. All these Shakhtis, are ignited. On account of those, We will get all type of comfort, pleasure and peace in the whole universe. Those who have said,"I will do this, i will do that, will bring all the comfort to the world," and many have said, that the world should be filled with happiness. Marx has said, and you have come to know that many saints have said, that whole world should be joyful. How can it be? There is only one way. When a human being, in his ascent, will find his Kundalini awakened then his mental, spiritual and physical, material assets not only this much, but in all respects his Shakti will be so transformable, that he will be able to transform every thing. If there is any problem he will transform it if there is a wave he will transform it if there is a mountain he can climb it. This great Shakti can come inside your being through Kundalini, because you have achieved your Spirit. So to receive this Shakti, the small small laws of Sahaja Yoga should be followed. First of all, forgive your self, first of all, love yourself, First of all know your self esteem. One who knows his self esteem, will not talk untruth or talk frivolously. He will not talk about downfall. He doesn't drink and fall down on the road. He doesn't talk deceitfully. He has his self esteem. You should have such

self esteem. In that, there is no importance to caste system. There is no importance to woman or man, no importance to any country. It is a human being's own choice that he can get it. Only after acquiring that quality, a human being can know with which special form God has created him... You know, I am quite old now and I have to work very hard too. Also I have to travel a lot. Sometimes, people ask, "Mother, How do you work so much?" I think, I don't do anything, I only love. and the Shakti of love is such that it doesn't allow a human being to feel anything. Now, I feel joyous to see so many people here. From here, I will go to Calcutta. After going to Calcutta, I will rejoice to see, so much love, from all over the world, I get so much love. To get that love, however much trouble I may have to take, I can't see it. Which sadness, which troubles, which anxiety I have? Nothing. This is the greatest gift, Sahaja Yoga has given to me ! You also get it and be glad in it's joy. This is my blessing to you! Those, who have come for the first time, specially for those, All of you. Are they spread all over, or sitting together? Those who have come new today, raise your hands up. If you can kindly come in the first row, it will be very good, do it from this side Rest of the people go to the back. It means that today very few Sahaja Yogis have come to celebrate My birthday. Move a little to the back and sit. Those who are realised may sit at the back. Move to the back. Let them sit in the front. Come and take your seats. Pull a chair also. Those who want to sit on a chair can sit on a chair. Mostly new people have come (Wah Bhai Wah?) Your Sahaja Yogis have not come It is very hot due to right Swadishthana, right Swadishthana is too much You have come for the first time today and it is good that you want to get self realisation. But one thing I request you It is very easy for you to get your self realisation. because you are Indians. Very easily you will get but it is sad that after getting it, it is just like a new seed it has to be taken care of and to go further. But I see that people, after getting self realisation, don't go deep into it. The seed that sprouts and doesn't grow will get ruined That is why every time, I say that we don't have any modern, aircoditioned ashram. Because we don't charge any money and one ordinary, we have got one place some kindhearted person has donated it. There we have set up our own center. When you will be greater in number, and when we will set up a place properly, may be, we too will have a nice hall. But right now we have a center, wherever we got it, we have set up it. Actually, you know that in Sahaja Yoga, self realisation is most important. where, how, when is not important. So, all of you are requested to come there. After getting your self realisation, try for your ascent. Understand Sahaja Yoga perfectly and in this, completely attain your Gurutva. You should have complete mastery over it. Then it is something. Otherwise, you came, listened to my lecture, and got your realisation, then went and heard some other lecture some where else for such people, it won't be useful. For example, if a well is to be dug, wherever you get a little water, there only, you should dig it deep. Now, if you dig the well at ten places, then there will be only holes. So, from you, I hope, that those who have come here now, on My birthday I surely hope, that you will get Sahaja Yoga. Not only self realisation and awakening of Kundalini and its piercing of Bramharandran, something beyond that. In Sahaja Yoga, you yourself, have mastery over it because of that you can give it to others also. For this you don't have to give up your household, or any thing. Whatever is to be given up sheds off on its own. We don't have any rules as such in Sahaja Yoga, which you cannot follow. Neither rupee, nor paise nor any thing else is required But one thing is there, respect towards yourself, and respect towards your self realisation is necessary. If it is not so, it is no use to give you realisation. If you have any question, please ask. You will have to come to our center, you come and as they tell you, you should do and your problem will be over. You too should pay attention It is ok. Don't worry at all. Come to the center surely, and do as they guide you. You will be alright. Ok? You have put a good question, that is what we are going to do. That we will do, We will do that only. See, if we tell you how a seed grows, it grows because of the power of Mother Earth, it is so. That we will do, just now we will do, say Shri Mataji: What is he saying? Sahaja Yogi: (inaudible) Sahaja Yogi: (inaudible) Sahaja Yogi: (inaudible), light will be visible. Shri Mataji: What happened? Sahaja Yogini: He is saying that in your English book it is written that Sahaja Yogini: when you will meditate, cool breeze will flow on your hands and from your head also cool breeze will flow and you will see a light. Shri Mataji: Not light, not light, it is wrong to say that If they have written it, they have written it wrong. Now what to say, i didn't read the book. Light is not going to be seen. It is wrong. Sit down. Light should not be seen. It is reverse. Light should not be seen. Suppose we see the light, that means we are not the light. We have to be the light. How can light see light? Sahaja Yogi: He is mistaking 'enlightened' for 'light' Shri Mataji: Yes, the word can be 'enlightened'. Is it in English or Hindi? Seeker: In English. (inaudible) (inaudible) It is written in the book that...(inaudible) (inaudible) Shri Mataji: It is wrong, if it is written. Not at all. Can't write like this. I have read it. You have misunderstood it. This is English language. Don't read in English. Read in Hindi language. In English language.....that thing is there. Now 'Atma Sakhshatkar' is called 'Enlightenment'. Now tell me, doesn't it contain the word 'light'. Isn't it confusing? God save from English language. Seeker: Before coming to Sahaja Yoga, i used to worship Shivji. (inaudible), I read mantras also. Is this wrong or right? Shri Mataji: What is he saying? Sahaja Yogini: He is saying that before coming to Sahajayoga he used to worship Shiva After coming to Sahaja Yoga, the same mantras come to his mind again and again. And he does 'Paath' also but the same mantras come to him again and again. Shri Mataji: No, they should not come. There should not be any conditioning of anything. It should

not be such that you are getting reminded of the mantras of Shivji. You ask Shivji for forgiveness. Ask Shivji for forgiveness. He is very forgiving. Actually, what you have crammed in the beginning, that is sitting inside you. It should go. Ask Him to forgive you. Every thing will be done. When we worship Shivji without getting self realisation, we didn't get connected to Shivji. and we go on saying "Shivji, Shivji, Shivji". Shivji is not our servant. that when we want, take it out of pocket Do our this work, do that work, give a job for our son, do this, do that. After all, He is God ! First let there be a meeting with God, First you have to take His permission. He is God ! Then remembering Him even once is sufficient. First of all meet Him. Same way, the name of Rama. Walk on the street and say "Ram, Ram, Ram, Ram" By doing so, a spirit with the name "Ram" may enter inside. Ram should be awakened within oneself. When Ram's shakti will come inside you and you will be surprised. God has allotted fixed places for all the Gods inside our being in an organised manner. We only have to awaken them. Even before that, while saying (Bhaktis?), we become mad. Bhakti can never mean any madness. Krishna has said, Bhakti is Annanya. Annanya means, when you get realisation, When you are not connected, whose bhakti are you doing? When your telephone is not set up, whom are you calling? Actually, renowned saints didn't know that we had not yet got our self realisation. They said you do bhakti. Here we have a madness about bhakti.... Question: Two years back I had a spinal injury due to an accident (inaudible)...can I become alright? Shri Mataji: Yes ,you can. Will have to try. Will try. Ok? May be it will be alright by trying. Some people have become alright, some are getting alright, I will try. We must try. First, you get your realisation, at least you will enjoy your life Ok? (inaudible)...didn't come? Is there any other question? (inaudible)...is small Question: Like Shri Mataji said a few minutes back...(inaudible) (inaudible) (inaudible) There is Surya (Sun) and Chandrama (Moon), like this there are so many. Have we to give them up to come here? Or if we have gone to some other ashram, have we not to come here? Shri Mataji: (Laughs) I have understood the question. He is saying that he goes to others Sahaja Yogi: (inaudible) (inaudible)...one has to give it up? Shri Mataji: Ok. See. Sahaja Yogini: If he goes there, let him not come here. Shri Mataji: =No,No,No,No,No, No, It is not so. Now you try to understand, Where there is truth, it is good to go. I will also go with you. In an ashram where there is truth, it is alright to go there. But where there is no truth, your heart will not like to go there. After coming to Sahaja Yoga, you will yourself not like to be there. But you should go where there is truth. May be this truth will be at a peer's (Madaar?) To find this out also, you have to first find the truth, where you will be able to know with your vibrations which place is good and which is not good. Now, you will say, "Shall we go to Hanuman Mandir?" Yes, surely go, but don't apply tika on your forehead there. He will rotate your chakra. He has no right. Go to the temple surely, but don't apply their tika. Ok. These minute things you will understand yourself. Have you understood? You will yourself understand, what suits you and what does not. We will not tell you, you will yourself run from there. Say Question: (inaudible) (inaudible) (inaudible) Shri Mataji: What happens? Sahaja Yogi: (inaudible) Sahajayogini: He is saying he feels good while meditating upon you but people try to divert him from there. When people try to spoil your name, my heart feels very bad. What should I do? Shri Mataji: Where do they try to remove you from? From Ashram? From where do they remove you? Seeker: (inaudible) Shri Mataji: What is he saying? Sahaja Yogini: When he meditates upon you, they say that meditation upon you is to bother others. Sahaja Yogi: There are some people who speak against you. Shri Mataji: Let them do it. Sahaja Yogini: Please grant us wisdom Seeker: (inaudible) Shri Mataji: My dear son, they will say like that only. If they don't say, then what? That should be there. If there is no darkness, light will have no meaning. Don't feel bad about it. Seeker: I don't feel bad about it. But when I hear it outside...I really don't feel bad about it otherwise. Shri Mataji: Ok, you pray for them, that "Mother, let them all come into Sahaja Yoga". "Let them also enjoy with me". Seeker: Please grant them wisdom that they should not think like this (against Shri Mataji) Shri Mataji: Ok, very good. May you be happy. Shri Mataji: What is it? (inaudible) Sahajayogini: Does Atmasakhshatkar cause any pain to the body? Shri Mataji: No, No, No, No, No, No. SHri Mataji: How will you have pain, my dear son? Not at all ! Joy should be felt ! Question: (inaudible) Shri Mataji: What is it? Sahajayogini: He is saying that when he meditates, from bottom to top (inaudible) all (inaudible) tighten It gives pain. Shri Mataji: Are you doing ? Are you doing Sahaja Yoga? Seeker: You were saying that in Sahaja Yoga one has to be in witness state. Shri Mataji: Have you done Sahaja Yoga? Did you meditate by Sahaja Yoga method ? Seeker: I do not know the meaning of Sahaja Yoga, but i have meditated in witness state. Shri Mataji: No! No! That is different. We have nothing to do with that. Sahaja Yogi: You get your realisation first. Shri Mataji: It is Ok, I am telling you, if you have done it because of someone we are not responsible for that. Try to understand that if you go to a wrong medical shop, what can we do for that? Seeker: You are telling to be in thoughtless awareness (inaudible) Shri Mataji: First, what you should have is that, your cords (Tantu?) must become loose. Cords (Tantu?) of your body must become absolutely loose, first thing. Now say, Seeker: (inaudible) Shri Mataji: Nothing, Why did you get pain? Seeker: Slowly slowly when it moves from bottom to the top it gives pain. Shri Mataji: How will it happen? Why will it happen? It has all been arranged. How is it? Sahaja Yogi: He is not practising Sahaja Yoga. Shri Mataji: Ok, son, see. You did not practise Sahaja Yoga, You have come from some wrong lane, now why are you coming on Sahaja Yoga? Shri Mataji: First you try it (sahajayoga) out, son. It is not a matter of discussion. First

try it out. First do it. If you get it, it is ok, If not then you won't get it. But you do it first, nothing happens in this. Where it happens, we have no concern with that. Seeker: If you said just now, in Sahaja Yoga (inaudible) Nirvichar? Shri Mataji: Yes, but till your Kundalini doesn't awaken, till then you can't get it. I was talking to Sahaja Yogis, not to you. The people who are new, will not understand this point. Seeker: Mataji i am also new. Shri Mataji: Yes, for that only you sit down and get realisation. First get your realisation and then we will talk. According to Me, right now, you are just nothing, neither it is witness state, nor something else. Sit down, sit comfortably, son! Son, sit comfortably, it is a matter of getting it. Say! Seeker: If i say, it is 7 o'clock, (inaudible) seeker: (inaudible) I have a request. Shri Mataji: What is he saying? Seeker: (inaudible) I want (inaudible) your feet. (inaudible) Amritsar Shri Mataji: Ok, sit down, so this is the matter. Please sit down! (inaudible) Yes, son, sit, sit, sit, have a chair if you want or sit down. Is there anyone else? Please ask Seeker: I had come (inaudible), did not get sakshatkar (inaudible) Shri Mataji: It will happen, it will happen, please sit down, don't worry it will happen. We have to keep patience with ourselves. Work should be done with patience. Ok? Seeker: In Sahaja Yoga (inaudible) faith in one's religion (inaudible) Shri Mataji: You see, if yours is Guru Nanak, then you should definitely have faith in Him. Those who are real gurus, we should have faith in them and not in false gurus. Clearcut solution. I am not telling for Nanak Sahab. Seeker: (inaudible) Shri Mataji: He (Guru Nanak) is a guru, he is an Adi Guru What to say about Him? Seeker: (inaudible)....some contradiction... Shri Mataji: What is he saying? Sahaja Yogini: Is there any contradiction in that? Shri Mataji: How can that be, Sahab? He and I are same, understand. There is no difference. How can there be any contradiction between Him and Me ? there is none at all, but if you tell somebody, that he is our guru, and is not atmasakhshatkari, and he says that, he believes in Nanak Sahib, I am not going to recognise them. Seeker: My vibrations Shri Mataji: Are you getting it ? Seeker: Sometimes i don't get vibrations, that is why i was saying. Shri Mataji: Are you not getting it? seeker: Sometimes i don't get. Shri Mataji: Then you ask, "Mother are you Nanak Sahab? " Just ask. Ask ! Yes. How can there be any contradiction? Did you get (vibrations) ? How can there be His and Mine contradiction? (inaudible) Shri Mataji: Slowly slowly it happens sometimes that you lose your vibrations. You should find its cause. Somewhere in your heart there is a 'but' that should be brought out in the front, you should express it. That clears the problem. Sometimes vibrations can stop because of some 'but'. It is not so. You should tell. In Sahaja Yoga, nobody takes it otherwise of anything. Let us now, now, For this, since I am here for a day only, I will also tell you, how to go on awakening your Kundalini, because even if Kundalini awakens, and even if it has pierced Bramharandra, even then if there are some flaws in some chakras, some shortcomings Kundalini goes back there. So, how to awaken it again and again, along with the method for that, we will talk to you about awakening. So this hand..because of the shortage of time, I can't tell you much. I was not even expecting so many new people. Meanwhile, you should understand that the left hand is your power of desire. Keep it towards me. You also do it, son, just see, try it, left hand towards me. This is your power of desire. What is your desire? That you should get your self realisation. And this hand (right hand) is our power of action. With this we will not act, but we will point towards our chakras. So, first on heart. After that in the upper portion of stomach, then in the lower portion of the stomach. All this work has to be on our left side, on our left side. Then you, then again on the upper stomach, after that on heart. Here specially, which is Vishuddhi chakra, you have to put hand here, many people keep it from here (from back?) Keep it here from front, keep it like this and neck like this. After that, this hand like this. Hold it like this, hand will be like this only. After that it will be pressed. Then the hand will be shifted to back and like this, neck will be thrown back. After that this hand, palm of the hand Stretch it fully, in the center and press it on the Fontanelle bone. You will have to rotate it seven times. That's it, that's the task. Now which chakras are these, I will tell you. This is the Heart Chakra. And this is Tattva of Guru. Below is theTattva of Shudh Vidya. After awakening all these chakras, we will come up, when we reach Shudh Vidhya. It is absolutely easy. Please take off your glasses etc., and sit comfortably. It doesn't mean that you have to loosen your body in any way. Keep your body straight. But if anything is tight loosen it. Take off your glasses, because the eyes are closed throughout. Take off your glasses, it helps people to improve their eyesight. because, eyesight also can improve. All of you take off your glasses. Now, there is no need to open your eyes. Left hand towards me. keep like this, on earth, in your lap. First thing, sit comfortably. Put right hand on the heart. and close eyes, close eyes, now do not open your eyes. After closing your eyes, put your hand on your heart and ask a question, In our heart, our Atma resides. So ask me a question. It is a fundamental question. It is a fundamental question. You ask: "Shri Mataji, Am i Atma?" Ask this question thrice. Because, it is true that you are Atma, but you ask this question. Now put the same hand on the upper part of your stomach. That too left hand, on the left side, on the left side. Put your right hand, on the left hand side of the upper part of your stomach. And press it. This is the Tattva of Guru. So the second question arises, if you are Atma, you are your Guru as well. So ask , "Mother, am i my own Guru?" Shri Mataji, "Am i my own Guru?" Now ask this question thrice. Now put your right hand on the lower part of the stomach, on the left side. Press and hold. Here it is the center of pure knowledge. Means God's knowledge, which is pure, God's rules and laws, are governed by this chakra, are put into action. All the work is done, with the help of this. There is one thing at this chakra, That I cannot force you.



You will have to say, "Mother, Please give us pure knowledge." It cannot be forced on you. So, please say, "Mother, Please give us pure knowledge". Say this six times, because this chakra has six parts which are called six petals. It is considered like a lotus and it has six petals. So, "Oh Mother, Shri Mataji, please give us pure knowledge". Say it six times. Now, Kundalini awakening (Jagran?) has started. So, the chakra which is of Guru Tattva, which is on the left hand side of our stomach, on the upper part, keep it pressed and say this with full confidence, because, Kundalini has awakened and for her, to help her, to help her you should say that "Shri Mataji, I am my own master". With full confidence, Shri Mataji, "I am my own master". Say with full confidence with eyes closed, with full confidence, "I am my own Guru" because it is very important that Guru Tattva should be opened You will have to say ten times. You are not doing anything, how will you be benefitted? Do it! How will your attention go ? Then, why were you wasting my time unnecessarily ? Either you do or you go. You should not do it like that. very bad ! You won't be benefited by doing all this discussion (Dalilein?). Now, put this hand on your heart. Putting your hand on heart, you with full confidence, say this Param Satya. It has to be said twelve times. Shri Mataji, " I am the Spirit ! Shri Mataji, I am the Spirit !" Shri Mataji, "I am the Spirit !" Say it twelve times. Now, Put the same right hand, on your shoulder. Here, between neck and shoulder there is a corner. On that corner, upto much distance keep holding your neck and turn your neck to the right side. Right side. This is Shri Krishna's Vishuddhi Chakra. Here to get the witness state there is only one mantra, that "Shri Mataji, I am not guilty". "Mother, i am not guilty". Say it sixteen times. God is an ocean of kindness and love. But more than anything he is an ocean of forgiveness. In front of His forgiveness, none of our defects can remain. So, I am guilty, I have done this mistake, that mistake, we should not think like that. "Shri Mataji, I am not guilty". Say this sixteen times because Shri Krishna has sixteen arts (Kalaein?). Some people have come only to observe Now, place this right hand on your forehead horizontally And press it from both the sides. This is Agnya Chakra. This Agnya Chakra has two windows. On the next, we should forgive everyone. Its Bija mantra is "Ham Ksham". At this place you should forgive. "Shri Mataji, I forgive everyone", say it from your heart. It doesn't matter how many times you say it. "Shri Mataji, I forgive everyone", say it with full heart. This establishes Nirvicharita (thoughtless awareness). Now, take the same hand at the back part of your head and bend your head to the back. Here, Agnya Chakra's second Bija mantra is "Ham", meaning, "Oh God, If I have made any mistake, please fogive me" "If I have made any mistake, please fogive me" but that doesn't mean that we should feel guilty. Only say it. Now, put the same hand on your fontenale bone, place your palm, stretch it fully and keep it there. And keep the center of your palm on your fontenale bone and press the head. By pressing it, its upper layer of skin, rotate it, and seven times slowly slowly rotate it slowly slowly, not loosely, not loosely, by keeping your hand on it. Put your hands down slowly. Open your eyes slowly slowly and look at Me and don't think, don't think. Put your left hand on the top of your head like this. left, left, left, right towards me. Now see, is there any coolness coming out of your head? Feel it. Raise it a little higher. Sometimes some feel it at a higher level. Yes, right hand towards me, right towards me, check with left. This hand towards me, right hand towards me. This hand towards me, right, check with left. No No This right hand, put it towards me. Check it with your left hand. Now put your left hand towards me. And check with your right hand. Check. Attention here ! Left hand towards me. Check with the right hand on top of your head. Are you getting anything? A little air? It must be hot at this time. Doesn't matter. Now again right hand towards me. Now check again, Saleelam Saleelam! Is it there? Raise your hand higher and check. Now take your both the hands upwards, and throw head backwards, ask a question, "Oh Mother, is this Bramhashakti?" "Is this God's power of love?" "Is this Omkar Shakti?" Raising your neck like this, ask thrice. Yes, put your hands down. Put your hands like this. Now those who felt even a little cool breeze on their head or hands, raise both your hands. Those who have got, honestly. It seems most of them have got it, here all of them have got it, Yes did you get it? Sahajayoginis: He is saying maybe air is blowing Shri Mataji: With that air will you be able to cure cancer? Don't doubt, that is why you didn't get it. You should not doubt so much. If you doubt you will never get it. Have you understood ? All of them are not fools, those who are saying. Isn't it? Now check, are you not getting? Check. Don't doubt, its a wrongful act. Are you getting it? Now say, "I am sorry, I doubted it" Just one time say only this and you will get it just now. It is intelligence, pure intelligence. Yes is it coming ? Did you get it or not ? See wasn't it a mistake ? Now check it with this hand. Don't doubt it. If you doubt it will stop coming up. Say it was a mistake that I doubted it. Say only this much and it will be done. See how easily it was done Are you getting it, son ? Are you getting it? Now check his, who is sitting beside you. He is he not getting coolness? Didn't you get? He, who is sitting in the front. He was doing it halfheartedly. And who else hasn't got? Raise your hands. You didn't get it, son? Hmm, you didn't you get it? This person who is wearing white? Just check. You have got it. You didn't get? Where do you live? Shri Mataji: Where? From here only? What happened then? You got it in hands, not on top of your head ? Ok if you are not getting it on top of your head, Say, "Mother you come in my head." Say this with your hands like this. Say, if you are not getting over your head, see the magic. Say, "Mother, please come into my brain." Say it seven times. You can ask for everything. Mark, has he got it? Yes ! now, Got it now ! Did you get it? Yes, it is slightly less, it will come up, just tie him up a little. Now see, you will get it forcefully ! Is

it better? Somebody is playing a magical trick from behind you. Now say, is it better? No? Check it. Seeker: A little bit came. Are you getting it? He didn't get it. Who didn't get it? Sahaja Yogini: He is saying a little bit has come. Shri Mataji: You didn't get? Seeker: Hands are cool. Hands have cool feeling. Now your hands are cool in summer. Now say, "Mother, come in my head ! " Go ahead. Everybody say it because everybody's head is very heavy. Isn't it? The head is loaded with everything, with lot of things. In the brain. If you have read newspaper today, brain will be all the more bad. Yes,{LONG PAUSE} Ask for it ! {LONG PAUSE} Now? {LONG PAUSE} Did you get it now? Put your attention here. Did you get it? Didn't come? It's a (inaudible) catch. What's it? What is the matter with him? {LONG PAUSE} Ok, those who have not got it those people, and those who have got it all of them should come to the center. Today it was not expected that you will come, new people will come, otherwise we would have done that programme first. Question: Where is the center, Shri Mataji? Center, I don't know. Where is the center? Now you write down, all of you and all of you come. Check it and make it strong, strong. Sahajayogi: (inaudible) Shri Mataji: No No but let them not read it today. If they read it today, then they will be gone. Let them read it next time. You take it. Read it after you strengthen yourself otherwise you will get confused. Sahajayogi: (inaudible) Shri Mataji:Ok, now in Hindi. Tell him in English and again in Hindi. Sahaja Yogi: On Saturday the programme to be at 6 p.m In Sahaj Temple, (inaudible) (inaudible)...In Sufderjung area...(inaudible) (inaudible)....those who have not felt...(inaudible) (inaudible)...and the effort will be...(inaudible) Shri Mataji: Today also, you take the photo, by working on the photo it may work out. Sahaja Yogi: Here we have Shri Mataji's photograph and along with that a booklet, in Hindi as well as in English. Whichever you want you can take (by?) Shri Mataji: And don't doubt, about yourself or about Me because I didn't charge you any money, so there is no need to doubt. Isn't it? Without doubting, kindly work hard on photo. And I am cofident, that those who have come today, are special people and will get it nicely. When I will come next time, I will find big trees grown up. Yes, in heart? Say,"Mother please come to my heart". Say "Mother please come into my head". Did you have a guru previously? Shri Mataji: You have got it. Check it on your head. Do you feel cool breeze in head? Hot or cold?

## 1986-0331, Public Program

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31 March 1986

Public Program

Kolkata (India)

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

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Our greetings to all those seeking truth. Searching for truth is the natural duty of man. Wherever his interest goes or his consciousness goes, he searches for the truth. And he follows only that path in which he will attain the truth. But as Shri Krishna has said that human consciousness is heading towards degradation. Its roots are in his brain, in his brain and when man self increases his consciousness, he goes downwards. If you want to see how we have gone downwards, then you will go to Western countries and see that in reality people have reached hell. Earlier I was asked to give a speech in English, so I said that in English language there is a lot of misconception due to which sometimes a big problem arises to say something clearly which is not a matter of science but is a very big science. God's science is infallible. His rules are completely aware of their implementation. Their asana is not such where when you sit, you feel in such a way that you will dwindle from it, but to reach that position, as Shri Krishna has said, we should go upward; may God have made some arrangement for going upward or not. Or we are making all the arrangements today, by what power can we reach from the state of amoeba to the next state and if in this state only our final rise is and if after reaching this state we have reached our goal, then today the world is in such trouble. If you think from the scientific point of view, whenever any concept is put forward, it is called a hypothesis and only after proving it, it is considered that it is a theory, it is a law. This is done by nature but that too keeps on changing again and again because the only truth which is absolute is your soul, unless you are merged in the soul, unless your mind is illuminated with the light of the soul. Whatever you know, understand everything is incomplete and sometimes even wrong. Now look at how our degradation keeps happening within us automatically. First of all, every chakra in our Sahaj Yoga has an element of that. According to that at Nabhi Chakra, we talk about the power of 'Swaha'. 'Swaha' must have come from your Vedas only. 'Swaha' means eating everything, digesting everything, dominating everything, 'Swaha'. See this power when it rises towards God, it becomes 'Swadha'. 'Swadha' means 'Swa' means the soul and its power of perception comes inside us. We attain the Guru Tatvas but when this 'Swaha' starts moving towards the outside, as human consciousness always moves towards the outside, then you can see its example very well in the western countries. Yes, now people are afraid of 'Swaha' and 'Swadha'. In our country they try to walk a little in between, but when the Swaha power increased there, they attacked our country, attacked China; they started overpowering every country they went to. It was the grace of God, I can say that Hanuman ji did some work that Columbus must have reached America otherwise we would not be here today, all the Englishmen are sitting here, here only the Americans are sitting, we wouldn't have been here. This power of Swaha increased there, it is clearly visible that how the same thing can eat away everything. The same thing they did in our economic affairs; take over everyone's possessions. This is the external power. After that, there is a second chakra, which we call Swadhishtan Chakra, which has created this entire cosmos. The power of this Earth has been immortalized by Vedas. When man descends into the power of this Earth, then why travels to moon, going here, going there. What is the benefit of wasting away crores of rupees? How many problems are there in this world, how many troubles are there, but no sight on them? No, for what purpose are they throwing away crores of rupees? What for to go to the moon? What benefit will you derive by going there? What will be the public interest? Whose welfare is going to be benefited? No thought on this; the same aggressive situation that we will settle down after going to the moon. Roaming in space. But when this power turns inward, then there is a disturbance in it, which is called aesthetics, due to which many types of arts and beauty can arise in life and in the entire environment, but when it starts rotating in space itself, leaving the earth apart. So, when they settle on 'Bhu'; 'Bhu' means the earth, we believe that in Sahaj Yoga, what is called triangular bone, which is called Kosiks in English, is made from the earth element and Shri Ganesha, who protects it, is also made from the earth element. And He too is located below it on the Muladhar Chakra, but when we came to the earth, we started machines, it is a man's duty to do implement machines too, but there is no balance; and there should be some balance in man and the machine. Kept on digging the land, excavate this, excavate that; now what has been made of it. Smoke has been spread all over the sky due to which all the trees are dying,

unemployment has come, art has ended due to man's not making things with his hands. People are carrying plastic all around, wherever they go, there is plastic in clothes. It is also plastic. If you touch the door then it is plastic. If you touch the tap then it is plastic. Tomorrow maybe even water will be made of plastic. These people will start giving plastic and it is resulting to cause harm. Then they have troubled the earth in this way also. Even otherwise the Earth is a lot distressed, as much as we have tortured this one who has kept us complete in every way, 'Sashya Shamlam'; We have not done anything for it, the situation ahead of it is even worse than this. Then we come to Muladhar Chakra from which everything gets excreted. There is an excretory function, this is the power of Lord Ganesha, because due to his being in Omkar form, Ganesha may be placed anywhere, just like a lotus He blooms and its fragrance spreads throughout the universe, so by worshiping this Ganesha, man has achieved so much. By disgracing Shri Ganesha so much there; mostly found in that country, there is no mother, no sister, no brother, no other relatives, except that there are some very filthy relations between each other, which we cannot even tell by our mouth and nor can we even see. Now that we somehow live in London, we feel every day that we are trapped in the middle of hell. Now, what effect do these chakras have in achieving upward mobility? When the power Shri Ganesha that imparts innocence in humans is very powerful force. On the face of innocence, even Ravana too had to bow down. This power of innocence gets enlightened within us by the grace of Shri Ganesha. Hence for upliftment it is necessary that we awaken the Kundalini and so we must awaken the Kundalini. Then it will be proved that only Brahma is true, everything else is false, but first we have to reach Brahma, it is said that the love of God is spread in all the situations which is the form of Brahma which is There is a power of Brahma which only is true, and rest is illusion. But for that we shall have to reach to Brahma. In this whole universe it is said that there is love of God spread all over in the form of Brahma; which is the power of Brahma; power that we do not feel and nor can we see, which Patanjali has called 'Ritumbhara Pragna', which in Christianity is called Power of the Holy Ghost, and which Muhammad Sahib has called spirit. This is Omkar, the power of Brahma that we have not even known it. Before that there were other indifferent sagas in our country. So, this is all about matter of up-liftment and degradation, but two more directions are present in us, which we can call left and right. In this direction too, our attention gets directed. And this attention goes on both sides; When we go towards the left, I do not mean communists, but when we go towards the left, it means that we become extremely emotional, in it we get carried away by deep-devotion, human beings get carried away by devotion, devotion is fine, but what Sri Krishna said, we should talk about only Krishna's words today. I have read Gansham Das ji, his books, read his articles and he is quite intellectual, he is transcended, there is no doubt in it and Shri Krishna clearly told that whatever is devotion, 'betel' leaves, flowers, fruits, give me all this and in your time. In one word, he has called everyone, which should be understood, he said, do deep devotion 'Ananya Bhakti'; just on this, he has well set all of you, I will say this because Shri Krishna was very much like me, he was a very advanced Diplomat, it should be said that Divine Diplomacy. Divine Diplomacy and what he said cannot be captured in words. You will have to rise beyond words, only then you will know what is "Ananya Bhakti"; and we can tell it in today's everyday life. Its connection with main If not established, and then what can be its use. So long your phone connection is not connected, whom you are telephoning Ram, Ram, Ram, Ram; and this Ram, is he in your pocket that any time you see, it's lying on the table that whether it works or does not work. You do not even have the authority to recite the name of this Ram; it will be seen because he is God. Now this is your Rajiv Gandhi, Sir, you have gone to their doors and started shouting 'Rajiv, Rajiv, Rajiv, the police will catch. When these Prime Ministers are in this condition, then what can we say about that God. People like mad go on reciting Ram, Ram, Ram, Ram, all the way. At our place, in Spasht street what drama do they create; It's the uniqueness of our country that by standing there, Ram, Ram, Ram, Ram, they would, wearing their dhotis, wear their 'Bodies', they would be getting in the supermarket, they too create so much drama that one feels ashamed of it and then on the way they ask for alms, 'What are you, disciples of your Ram, or you a beggar, or what are you?' One who wants to know the truth should first have the pure intellect of Shri Ganesha. This cannot be true. One who is a devotee of Ram should have his own esteem. He will remain sticking at one place; what does he care about anyone? It is his wish to eat wherever he wants, sit wherever he wants, will he raise his hands, pleading, give me food please or that he will keep shouting like crazy. Don't know how we got into this misconception? Shri Ram's name was given by Narada. So, whosoever gives the name of Ram, is he Narada? If they are worthy of reciting Him name then it is enough to call his name even once. Ram must be awakened within us. You will know in your Sahaja Yoga that Ram's place is where in our heart. If we have not recognized Ram properly and have not remembered him properly, then do you know what it results in? The biggest physical problem will be that your lungs will become weak and you may develop asthma. People say, "Mother! How do you cure asthma? How to fix?" We have a connection with Ram, we say to him, please be awakened; and asthma is cured. There is no need to do much in it; we should get the power of all the Gods and Goddesses that are present within us. It is written in all the things from the Vedas that there should be wisdom. You should feel it in your marrow which is your central nervous system. Wisdom does not mean that you should roam around the intellect or

attend the universities exams or go to listen to lectures or read books. At our place where did Shri Ram attend the University? And which University did Shri Krishna go to? Not only that our great saints and sages who have been the saints and sages of Maharashtra that I know none has ever gone to any university and none of these has read any book. If you haven't read it, then which book did you read from which they themselves knew what the place of Ram is? For those who are worshipers of truth, the first important thing for them is to be honest in this matter and the second most important thing is to purify your intellect. Read something here, read something there, learned something here, I have done everything, all that which is in head, as American Sahaja Yogi says, we have, "there is lot of garbage in my Head". So, with pure intellect we need to say that we need to know what truth is. And whatever is truth will only happen; it will not happen by your saying, isn't that. If you have seen these flowers and if their color is white, now and if someone, not blind, says it is not white, its color is red; Then you will only say right here, brother, you are still blind, look at this, we are all seeing, everyone is seeing the same thing, but the problem is that there is only one has eyes and all the others don't have. Then poison the one with eyes, crucify him, deceive him, torture him, if you do not deceive all the great sages who have become so, then the plight of our country is because of this. We either drift to left or right, we do not go downwards. This is the grace of Ganesha on the country, because this is the land of Yoga, we should Lot have thanks to this Bharat Varsh that has managed to give its people to reside in its lap. All people ask why we are unhappy despite living in such a grand land. Then I would say that we either drift to left or go right. Now the thing is that Mother has to tell the truth, I am not come here to contest elections that I will talk to your choice; whatever will be true, I will have to tell it. And especially to the people of Calcutta, it is important for me to tell you that know what the truth is. What is the matter Bengal, Sonar Bengal and outside everyone tags 'Hungry Bengali'. Why so? Sonar Bengal, Lotuses, one better than the other bloomed here, whose fragrance is world recognized. Why then many big disturbances have occurred in such a pious land; why is there so much clan present, what is the matter why no one thinks of it, that such a situation has come to. As for Maa, what else is Bengal or what Maharashtra is; all one and sometimes it feels very sad that Mahishasura was killed here and then again the kingdom of Mahishasura has returned. We worship Mahishasura only. Ramdas Swami has said that 'Mahisha murdila Chandane' means that buffalo is being bathed and "Chandan tilak applied and worshiped.

Today that Mahishasur is worshiped here. And in the name of Tantric, they have found entry in your every home. I am from the very beginning of coming to Calcutta, of a different mind; the reason was that people will not listen to me. This affair of theirs is very bad, their traps are on you. So, this is of left side. If there is any problem, go to tantric; there some difficulty goes to the tantric, and many of them are roaming around posing as gurus and take the name of God. Krishna has said that when demonic knowledge comes, it will cover the entire creation. I see this in Bengal, I see this in Bengal that demonic knowledge has exhausted everyone and when the feet of these Tantric come to your homes, you are filled with anger and a kind of feeling of extreme revenge has taken over; every person is in arrogance. If you try to touch someone, they will turn furious. Why does this happen? How will peace come by talking about peace? Now if I ask you to leave all this, you will not leave, I will know this because I am a mother, I know everything about children; If I don't know, then what is the use of her love, but if I won't spare from saying. This dab will go away when your own Ma Kundalini will awaken, then I will not have to say anything, I will not have to say anything. You yourself will leave it and get aside. Because as soon as you go to a Tantric, you will get heat, a lot of so hot air will come, so much so that you will get blisters on your hands, there will be blisters on your feet too and you will run away from such place. I don't need to tell you. This is our Sahaja Yoga of the day. Earlier it was fine, clean each and every chakra, and work hard for the Kundalini to rise. Many people say that it is difficult to raise Kundalini Maa. Yes! So it is, any doubt in it. But we too are also something, only then it does rise like this. But to raise Kundalini in this city of Calcutta, I will have to first go to the villages where These tantric do not settle down, the main reason is that there is money in the cities, they are there, they stick to those with money, they stick to those in power, this is your life and until you get rid of these tantric, there will be no Lakshmi in your country. Laxmi will not settle; this way a Tantric has come from here and Lakshmi's feet left. There are so many emotional people who believe in God, so many beautiful artists, despite everything, today they are so sad and poor, the reason for this can only be one that Ashuri Vidya has taken hold of them. It has completely gripped this country and a lot of such Ashuri Vidyas are going on. Whenever I meet any of your people of Bengal, I see how many great seekers they are, how much they are searching for God. There is so much passion from within. It happened that God was found but they could not raise the Kundilini. What is the matter with her that it is sitting collapsed inside? Sometimes I see her writhing here and there like a sad snake. She has got so many wounds on her, but now she is a poor person and now is feeling compelled to go to mental asylum. What is the matter with this sadhak? The reason is that these evil people have surrounded everyone here. Today so many of you people are sitting in Calcutta. I came here, today it has been almost eight years since then, when I went to the hall, there was only a person sitting,

there were not so many people. And in the neighborhood there was a Tantric Sahib with a whip in his hand who was shouting about God knows what, so even the motor vehicle could hardly make way, and I took half an hour to reach there. Neighbor, man must have pious intellect. Nanak Sahib has written a lot on this. Kabir has written a lot on this. Especially for the people of Calcutta, Nanak Sahib has written it. If you ever happen to read his Granth Sahib, at least one whole chapter. The entire chapter is written on it. Today again I have come to tell you that you should leave these issues first. So, this is the matter of the left side. Now the matter of the right side is that we have had rulers who ruled here for thirty years, kept us in slavery; whatever things they had actually inculcated in us, as long as we kept fighting in the war, nothing happened; no one could put it on us.

We kept away from whatever working system they had; but no sooner they left, we seized their up and sat there. The person who is on the right side, keeps thinking about the forth coming things; In that then how to get the power, how to get the money, same what these people used to do, you are doing. Now their children are consuming drugs and dying there. It looks so odd to us that in their London city two children are killed every week, that too by the parents themselves; Good children. These are the only statistics in the city of London. There is no love, love for money or love for the power but no love for their children. There is at least one advantage of poverty that at least we love each other, we love our children. So when this craze of money started, then in that we did get money. Business was done in it, it became okay, whatever one wants to do is okay, what is there in it; Because of this tendency, today they have reached the situation that their children are now taking all the drugs and yours will also take them, that day is not far. You may also take it. Because, when we have realized that due to this madness of money, we did not reach where we wanted to, when we understood that in this power sometimes there are ups, sometimes downs, sometimes ups, sometimes downs, shutting down like cock; Then came to know that there is no joy even in this, then where is joy? It is so beautifully written in our scriptures that you will be surprised that in the entire world that you are seeing today, big trees of civilization are standing, one leaf does not know the other leaf. What I think is there are no roots in them; they don't have roots. What can the uprooted people do? Especially our Indians who have gone to foreign countries and are stranded, I just say that if we go and plant a mango tree in England, then it's not only that the mangoes will not grow in it, but apple will also not grow in it. That is the condition of these people and we who are sitting here are very inspired by them and are following their ways, and when we live on the left side, we follow the rituals of worship, tapas and all the useless rituals of the world. And we get trapped in what is called Brahmanism and when we walk on the right side, and then by following these people, we will fall into the abyss of lust. Both sides there are abyss. So, the only way to go to this origin and to ascend is through Kundalini. Now someone will say that Shri Krishna has not said that Kundalini is a thing, it is a matter of last six thousand years.

This is a story from six thousand years ago. At that time, wasn't it only just Arjuna who was spoken to, and even that was not the opportune moment during a war to talk about Kundalini that what Kundalini is. Whatever He intended to say He said that it should be like this. One should be "stithipragya" a person of steady wisdom. He said it right from the start when he stepped down; he was not a businessman, so what was truth he told that right away first. But how? Brother! If you ask Krishna how, he didn't explain it, there was no time; it was a matter of time and circumstance. He didn't explain how. Many days after him, in Maharashtra, Gyaneshwar Ji came, and he wrote in the sixth chapter very clearly that this happens through Kundalini. But there again it was said, "Look, Bhai, don't read the sixth chapter. Don't read the sixth chapter in this way!" Because then people won't be able to fill their stomachs. Since there is no need for money in Kundalini awakening, what is needed is authority. So it became that the sixth chapter should not be read; read everything else. You will be surprised to know that Gyaneshwar Ji, who wrote so much about meditation, has a very beautiful temple in Mumbai. When our program was to be held there, they said no meditation should be done there. So I asked, "What should be done then?" In Marathi, they call it "dindya galane," like chanting "Hare Rama, Hare Rama" while holding a lezim a traditional musical instrument. They do this for a month and then go to Pandharpur. And when they go there, they break the heads of the Brahmin priests like they break coconuts. What kind of culture is this? How can this be Indian culture, where people's heads are broken? So they said, "You can do that here, but you cannot meditate." Such a beautiful statue of Gyaneshwar Ji was made, I don't know which sculptor made it. I said, "If this statue were to come to life, or if Gyaneshwar Ji himself were to stand here, then we could talk. But what can I say to you all? Did he ever participate in a 'dindi' pilgrimage procession? He was Gyaneshwar Ji, and we are not Gyaneshwar Ji." So I asked, "Who started this tradition of 'dindi'? He never wrote a single word suggesting that people should do 'dindi', run, or jump. Where did this tradition come from? Is there any authority for it in the scriptures or not? You should provide some reference. Is it mentioned anywhere in the scriptures that have been written?"

Another gentleman came along during the Kundalini awakening session and sat with both his legs stretched out towards me. These people said, "You should not sit with your feet pointed towards the Mother." He said, "Look, my Kundalini has awakened, and if I sit with my legs folded in, I start jumping like a frog." I asked, "What is this about? I called him over and asked, 'How did this happen? With your Kundalini awakening, are you now going to become a frog? Instead of becoming a superhuman, how have you turned into a frog?'" You won't believe it, but he brought a big, thick book and showed it to me. His guruji had written that when the Kundalini awakens, a person jumps like a frog. I said, "What kind of nonsense is this? I gave so much money for Kundalini awakening, and this is as foolish as if you wanted to plant a seed and then went and placed all the money on the earth, saying, 'Oh Mother Earth, make this seed sprout.' Does the earth understand money? Will it make the seed sprout if you give it money? If not, it will just remain there. What importance does money have to the earth? It understands only one thing if a seed comes into its soil, it should make it sprout." In the same way, if we understand one thing, we can find the truth. Truth is a living thing, not a dead thing. Humans can only obtain dead things. For example, if a tree falls, you can make fine furniture from it. The tree died, so you made dead furniture from it. Now, if you sit on it and get used to the chair, you can't sit on the ground anymore. That tree has taken over your mind; you have to carry the chair around with you, or you won't be able to sit. You made a dead thing from a dead thing, and you got attached to it because that dead thing has taken a place in your life. It means that the inert has taken a seat over the soul. So, truth is a living thing, and not only living but the source of all intelligence. Recently, I heard that Naralimar, a prominent scientist, has discovered that there is not only energy in the universe but also intelligence. Well, the scientists have reached somewhere. But this is a living thing, and we, being alive, are its source. This power spread all around is a living power, so what is the use of dealing with dead things for this living power? God is a living entity, understand this as a living power, and this living power is spread all around. This is living love, which we perhaps forget, and thus we embrace things that are not living. For those who seek to transcend and attain God, I have a humble request please understand that this living process within us, the autonomic nervous system, is driven by the parasympathetic nervous system, which operates through the Sushumna Nadi. These are all living powers. If these living powers were not within us, how would we have progressed from carbon to our current state? This has happened due to the power of Dharma, and this power of Dharma is alive. If you accept this simple fact, then I would say that Kundalini is the pure desire, the pure desire which is the will of God. This pure desire is the mother of each one of you, and she will awaken you. And she knows, she thinks, and whatever you have done and thought is all recorded with her. No knowledge is as vast as Kundalini. She waits for that moment when you will have self-realization. In today's Sahaja Yoga, we thought that if the masses, the common people, are awakened, then it will be a revolution. However, every individual's mind is not the same, the arrangement inside each person is not the same, not everyone has all their chakras functioning properly. So, after much contemplation, it was realized that if somehow every human's shape, form etc. are so aligned, what we call like permutations & combinations, and arranging them, today's Sahaja Yoga was established. Because if today we tell them, "Brother, look, you should give up this, do that, do this," then no one will sit here, and nobody would consider giving up anything. In reality, this is an external matter. Renunciation comes from within. One who has already renounced, will renounce what? When renunciation has already occurred, then what is there to renounce now? If nothing is grasped, then what is there to move away from? But in external matters, such as "renounce this, renounce that," there is no benefit. So why not awaken Kundalini in everyone, even a little bit, why not make them slightly uncomfortable? Let a little light come in, so that people will think, "Yes, I have grasped something troublesome." If a snake is held in the hand and we say, "Let it go, there's a snake in your hand," what do they say? "Why don't we let go when there's a snake in our hand? No, this is just a rope. Ah, a little light comes, and we say, 'Oh, No,' and let it go. Similarly, we are amazed at this Sahaj Yoga. So many alcoholics, people doing all sorts of dirty work around the world, who were accused of being petty criminals, and the big shots have become completely calm and composed, and have become stable afterwards in that honour, because one gets rid of these things. Today, while I used to see one man, today you see many. Life progresses slowly like this. Today there might be a delay, and work might start late, but one thing should be understood that before making anything a yoga practice, its time must come." "When there's a delay, those who have patience remain seated, while those who lack it leave; whether you start work early or late, those who leave are usually wasteful. Today, when there was a delay, we were observing what to do, unable to make a decision. We were looking at any inconvenience and thinking that whatever it is, when it's time to reach as per God's will, then we'll reach; before that, we won't be able to reach. There was no anxiety at all." "And even the music, everyone was waiting for when Mother would speak, and we were enjoying ourselves because even that can awaken Kundalini. Whether we speak or not, Kundalini can still awaken. But nowadays, if you don't speak, people say you can't do anything, and if you do speak, they still argue. Anyway, whatever it is, a mother is such that she lovingly listens to everything her children say." "All of this keeps happening; it's bound to happen.

Otherwise, how are you humans? But one thing must be acknowledged when humans came into being, the things that are yours, your possessions, your everything, why not nurture them? Why create mental projections behind these ideologies, building fortresses all around oneself? I say, what Krishna said happened, what Ram said happened. So let's keep this in front of us today, ask me, take it, then we'll talk. That's why Buddha always said, 'First attain self-realization, don't just talk about God. Only talk about one thing self-realization. Because saying anything before that is just like that without you, describe about such a beautiful auditorium. What's the point of arguing with someone who can't see? That's why people called them nihilists. Even among Jains, there's a belief in nihilism. You know that Mahavir and Buddha were contemporaries, and both thought that humans who are lost in all these futile things; And the only way to get them out of it is to talk only about the formless. And even in that, talk only about the soul. This is what happened with Muhammad Sahab too, he only talked about the formless. Talk will continue to be saying everywhere; it should be visible and witnessed, and if it becomes apparent within you, then it's your fortune and our's too. I will give all of you enlightenment tomorrow and the day after tomorrow, in more detail; May God give wisdom to all ! Today, whatever music has played, may it bring peace to everyone, and may you all find the Divine in your spiritual path. This is my sincere wish as a mother, and I desire nothing else. If you find anything that you think is my power, then I would be blessed. Right now, whether have you got realization? Not yet, and moving out; Get ascended! Many people only enjoy listening to lectures; after hearing mine now, they will go somewhere else to attend another. That's why I say, Bhai ! Get realized please. Now, if someone needs to go out, may take a little while. After that, it will take another ten minutes. I try to awaken everyone's Kundalini. Please don't get up in between because others get disturbed, and the awakening of Kundalini is spontaneous because it is a living process. 'Sah' means with you, and 'Ja' means born; this is the right of this yoga is for every human being, and everyone can be eligible for it. I won't say that someone is not eligible; if the burdens we have loaded on our heads are burnt by Kundalini or removed, then the work is done quickly. So, to be helpful in that regard, I would request you all to first consider that you are temples of the Divine, you are temples of the Supreme Being. Human beings are created by the Divine with great care and love, and it is not right to constantly say, 'I am a sinner, I am guilty.' From a mother's perspective, it is very painful if a child comes and repeatedly beats their head in front of their mother, saying, 'I am very guilty, I am very bad,' so the mother cannot bear it. This is the condition of your Kundalini that it does not accept that you are guilty, because it believes that the forgiveness power of the Divine is so strong that no fault can be found in you. Therefore, first and foremost, you have to forgive yourself completely. Completely forgive yourself and understand that you are the temple of the Divine. There is no fault within you; in no way is there any fault in you. Do not blame yourself. Even if something is said in our speech that makes you believe that you have committed a fault or done something wrong, please forget our speech. It would be better. Just know that there is no fault in you; you are an extremely beautiful temple created by the Divine. In this, you just have to light a lamp. The special characteristic among the Indians firstly is that many consider themselves to be fallen, and many people also say, 'Mother, how will we be eligible for Kundalini awakening?' Now let us decide this, why are you getting upset, why are you blaming yourself? Everyone should sit joyfully; we are going to the kingdom of the Divine. So what's the big deal in being so serious? Sit with a cheerful mind, sit with enthusiasm, because Kundalini, which is, is a joyful and blissful power. That joy, you attain it first, so keep full faith in yourself. Now, this is a very narrow path, very thin, which from the triangular bone to the Brahmarandhra, there is little distance, you can attain the kingdom of the Divine. So, don't make any effort, don't get into any doubt, sit comfortably, and don't blame yourself in any way. The second thing is, if something is feeling tight in any way, loosen it up. Rest doesn't mean you're sitting loosely, but straighten yourself, straighten your neck, and place both feet on the ground parallel to each other. They should be parallel like this, not one overlapping the other, but ensure both feet are parallel. Now, as I mentioned earlier, don't consider yourself flawed in any way and don't think of yourself as guilty. Another thing is that I am describing the process of awakening your Kundalini to you. In reality, a little knowledge of which chakras correspond to which will help, so it's better I tell you. This hand here is your willpower, the left hand towards me. I say this because sometimes in Hindi, someone might call it the right hand, someone might call it the left hand, so this left hand, you keep it towards me indicating that your will is that you want to attain the soul, you want to realize the self, and this is your hand, the right hand, because it's the power of action, the power of action, through this, the assistance needed to awaken or ascending your Kundalini will be taken. It's a very simple thing. But if you're doing this work while keeping faith in yourselves, first I'll say, place your hand on your heart; here lies the place of the soul, above the upper abdomen, which is the guru principle. All actions will be done on the left side. If all actions are done on the left side, then place it on the upper part of the stomach on the left side, then on the lower part, then on the upper part again, then back to the heart, then on the neck. Here, the Vishuddhi Chakra belongs to Lord Krishna. Keep it turned towards the left side, bending the neck like this. After that, here it is called Kapal, and it should be placed like this and pressed from both sides. Then, bring it back and place it behind the head towards the back of the Agnya Chakra. Then, twist your hand in such a way that its edge, which is equal to the



ankle, is pressed against the surface of head, 'Talu' and rotate it together. Everyone should do this activity. But after this, now we all will close our eyes and not open them. There is no mesmerism in this; this is inner yoga because the attention is drawn inward. It's good that we will close our eyes. If the eyes remain open, the attention will be drawn outward. For this reason, we will close our eyes. There is no need to chant any mantra, express any emotions, or engage in any external activities. This is an internal Yoga, let it happen naturally on its own. No one feels any discomfort; no one faces any trouble. I know that some of you are very eager to ask me questions. I know everything, but I want that today no one asks any questions. Whatever questions you have, write them down, and before I come tomorrow, you can give them to someone here. I will answer them. But today, don't hold onto those questions; leave them aside for a while. Even if you answer the questions, it won't awaken Kundalini, and if it's not meant to happen, then it won't happen. This is your fate and our fate. What will be, will be. For this reason, I say, leave aside external tools and just focus on Kundalini. She is your own mother and will guide you to self-realization. So please, just leave aside any consideration of this. When Kundalini awakens, you will feel a cool breeze emanating from the "fontanel," described as "salilam salilam." After that, you may start feeling the divine power of the Supreme in your hands, spreading all around. Some may feel it in their hands, while others in their heads. Whatever it is, it's nothing. If there's any blockage in some chakras, it needs to be cleared. So first, keep faith in yourself, and know that you are the soul, not the body, intellect, ego, etc. You are the soul alone. Now, place this hand here on the heart, and let it be towards me, and keep both feet parallel to the ground. Now, please close your eyes and do not open them, keep them closed, don't open any eyes. Place your hand on the heart. You have a fundamental question to ask me, which is a basic question just like one asks to a computer. This fundamental question is to ask Mataji, "Am I the soul?" Ask this question three times in your mind. Now, place this hand on the upper part of the stomach, on the left side. Keep the right hand on the upper part of the stomach, on the left side. Here is the chakra of the Guru principle, where the element given to us by the Guru is located. If you are the soul, then you become your own Guru. Therefore, place your hand here or press with your fingers. Now, ask me the second question three times with complete faith "Am I my own Guru?" There is no offending of any Sadguru. Mataji, am I my own Guru? Please don't open your eyes and everyone should do this so that no one misses out. Now, press your right hand on the lower part of the stomach, on the left side. This is the place of pure knowledge, acknowledge pure knowledge.

The knowledge of the Supreme Being. Which we can know. Place your hand here. You will have to say to me. Because you are free, I cannot force upon you. So you will have to say, "Mother, give me pure knowledge." Shri Mataji, "give me pure knowledge." Because it cannot be forced. Say this six times. Because in this chakra there are six petals.

Now the awakening of Kundalini begins. Now raise your right hand and place it on the upper left side of the abdomen. Here, with full self-confidence, you will have to say, "Shri Mataji, I am my own guru." Because as a result of your self-confidence, only your Swadhisthana chakra will open and Kundalini can rise within it. So please say, "Mother, I am my own guru." You will have to say this ten times because there are ten elements of the Guru principle within us.

There are ten principles of Dharma and therefore, there are also ten elements of the Guru principle.

Good! Now, lift this right hand and place it on your heart, on your heart.

And say with full self-confidence which is the ultimate truth, "Shri Mataji, I am the soul." Say it twelve times, "Shri Mataji, I am the soul." Say it twelve times.

Now, lift this right hand, neck and your shoulder in between which there is a triangle, place it there. Move your hand slightly backwards, from the front,

not from behind, from the front across and the neck turn it to your right side,

right side. This chakra is the Vishuddhi.

This is the Vishuddhi chakra. In this Vishuddhi chakra if you consider yourself

guilty, a strong feeling of guilt arises; Therefore, here, you have to say

sixteen times. Because it is Shri Krishna's chakra, sixteen times you have to say

"Shri Mataji," I am absolutely faultless." The Divine is an ocean of compassion and mercy. But even beyond that, even beyond that in its depth the power of forgiveness is so beautiful and so strong that you cannot commit any such fault.

That which is not destroyed by its power So please say while forgiving yourself. If you think you are deeply flawed right now then punish yourself, if you wish. say it one hundred and eight times "I am not guilty, I am not guilty, I am not guilty" But as I said earlier, you should go to the court of the Divine with a cheerful heart. Now lift up this right hand.

Hold your hand across to your forehead and press from both sides Just as we press when we have a headache This is the external window of the command centre, Agnya Chakra. On this chakra, we have to say one thing "Mother, I have forgiven everyone" "Shri Mataji, I have forgiven everyone" From the heart, ask how many times Place the hand on the forehead, not on top of the head. By forehead, I mean the front part of the head Place it on the forehead And press it Say from the heart, say from the heart Many say that it is very difficult But forgiveness is not difficult. And not forgiving is difficult. Both are false things But if you do not forgive Then you play into someone else's hands So say once from the depth of your heart "Mother, I have forgiven everyone" Say it with all your heart After this, take your hand behind your head, press it forcefully and throw your head back. Let it bear that load, not too much, just a little; and at this point if you want your realization say once to the Divine. If I have made a mistake, please forgive me, that's it. But this doesn't mean that you start listing your faults and presenting them all before the Divine. Just say this much and let Him forgive you. You take your hand fully stretched and place it on your head, right in the middle and rotate it gently, not forcefully. Rotate slowly, gently, pressing gently, slowly rotate it seven times. Now slowly bring your hand down and slowly open your eyes. Look towards me and don't think. Everything is beyond thought, don't think; Now bring your right hand towards me, slightly upwards and with your left hand, understand about three to four inches above in this way, see if there is any cool breeze here. Bring your right hand towards me, Place the attention on the head here. Place the attention on the sole, 'Talu' see. Open your eyes. Now bring this hand towards me. Now look with this hand. Some cool breeze is coming. Now don't think that it's the air conditioner or something. There's no air conditioner on your head, right? Yet, there is cool breeze coming from it. Now, do with this hand. Now, both hands towards the sky. Tilt your head back and ask a question, "Mother! Is this the Brahma Shakti? Is this the divine love power of God? Is this the power that is called the soul?" Now, lower your hands. Now, both hands together. Look, there's some cool breeze coming in the hands. Yes, there's some cool breeze coming. Those who feel cool breeze from their palms or hands, raise both hands. Raise both hands up. The whole Kolkata has got realized. This is what it means to get realized, saints. Tomorrow, come again. Come the day after tomorrow as well. Everything will be settled in three days for sure. Today, the cool breeze you feel, that's the 'Saleelam, saleelam' one described. This is the coolness described in the 'Saundhya Lahiri'. You have felt it a bit, nobody else has, it's okay. You'll come tomorrow, the day after tomorrow. I will explain everything thoroughly. And whatever you need to know, you can ask me. There's no hurry to touch the feet today. Because we haven't given you anything yet. Come the day after tomorrow.

## 1986-0401, Birthday Puja

View [online](#).

1 April 1986

Birthday Puja

Kolkata (India)

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

Birthday Puja (Hindi). Kolkata (India). 1 April 1986.

[English Translation from Hindi]

Since 21st March, you all are celebrating My birthday... and, in Bombay too, birthday was celebrated for 4 days with full vigor... after that birthday was celebrated in Delhi, and today too, it feels that, you all will keep celebrating My birthday.

This tent has been decorated so beautifully... with flowers... and with different colors... all decoration has been done so much, that words stop, seeing the artists, that, how, with their heart, they have made such a talent-ful thing, in so little time.

Today, the special thing is such that, mostly, in these days, when, Easter happens, I am in London... and every Easter Puja happens in London only. So they sent news that Mother, wherever You are, wherever Your puja happens, remember us there, and here we will do the Easter Puja that day. Arrangement of the Puja today happened so quickly... and with so much beauty... all this is immense blessing of God, that He, made such arrangement happen. But, here, a very big work is starting from today. Till now, I used to talk a lot about false gurus, and very openly I told about them, that how much they are wicked, how much they are demonic, and how they stop the path of true seekers, and put them in misunderstanding, and put them on a totally reverse path... and for this, many people said that it is not good to talk about such a thing... by this, the gurus will attack You, and will trouble You, but, the totally opposite happened. No one showed Me the court, neither anyone told anything about Me. One by one, every wicked person came in open, and the world knew that whatever I told about them is absolutely true. Today, slowly these false gurus are getting wiped out, but, the tantriks still have a strong hold... and in your Calcutta, I think, its main source is there. Here they thrive, and from here they spread to the whole of the world. Today only, the person who I met with, talked with him so much tantriks.. he told who all came to his shelter, and who all became mahatma. I felt, this campaign has now started... it is not necessary to correct these tantriks one by one... they should all be washed into "Ganga Ji" together. Then only they will understand. So, from today, this Mahishasur which has spread everywhere, the campaign to end this, should begin.[clapping]

This is one very big spiritual revolution, by which the whole world will be benefited. The whole world will become pure with this revolution, and will remain in the ocean of joy, in the Kingdom of God. But for that, with patience, everyone should do some sacrifice, and for that, the biggest thing is that, strength should be kept. If we work with strength, then that day is not far, when our world will be filled with happiness. But, in that, the biggest hurdle comes to Me, when sahaja yogis do not go deep. It should be for sahaja yogis, to go very deep. It is a big responsibility for every sahaja yogi, that they should do such work in this revolution, which should be very special. Till now, whoever sahaja yogi I see, they have this thing that, we are having this catch Mother... our these chakras are catching... this is happening with us... we have this mistake within us... this and that. But, when we start giving... when you start giving to others, start their welfare, then by itself, these things will start diminishing. Your attention should only be here, that to how many we have given, how many we helped cross over, how many we have bought in Sahaja Yoga. Until we do not do this with much force, the work of Sahaja Yoga will not go forward. And this moving forward is utmost important.. for this many other things should be done, which we are thinking, should happen within a year. From that one thing we are thinking such that... we create such an ashram, where sahaja yogis will come and live from different places, and the whole path of Sahaja Yoga will be made known to them. Not only that, the awakening of their Kundalini will be done fully, and they will be activated in the whole world in the form of very great sahaja yogis. We are thinking of this arrangement, and I think within a year, some or the other such thing will be made, where you can come and stay at least for a month, and by staying there, you become master in Sahaja Yoga, and by becoming a master sahaja yogi, you can work in the whole world.

But, the biggest thing is that, within ourselves, we have a kind of, lack of faith about ourself... the diffidence that we have, we should overcome that. I will tell you, one Dr. Warren is here, when he came to Sahaja Yoga, he lived with us for, at the most 8 days, and in that too, he kept fighting the whole time... he could not understand initially how to correct himself. Anyways, whatever happened, when he became alright, he went back to Australia, and after going to Australia, he helped so many people cross over, put to good so many people, that I was very surprised that he, who did not know what was Ganpati, who did not know about any devta, who did not know anything about Kundalini... became alright within 8 days, and spread all over Australia. So, to think, that we cannot do this... or how to do this... this problem is there... what will people think... if you keep such mentality, then Sahaja Yoga cannot move forward. God is with you, Shakti is with you, you are yogi yourself, and it is a responsibility on all yogis to do this work fully. Till you all don't stay united, this work cannot happen. Have to be united, and to be united means, you are part and parcel of one body. One sahaja yogi should never be thought of as different from another sahaja yogi. Like I see, in the beginning, a sahaja yogi, turns more towards a person who is not a sahaja yogi, rather than one who is a sahaja yogi. So, first thing should be there that, those brothers and sisters who are sahaja yogis, in front of them, everyone else is not related to you. Whatever one says, we, under any circumstance, should not agree with them, because they will put you in a fix, and there will be a divide between you people. If you have to avoid this demonic knowledge, then you will have to understand that you are yogi people, and you are in the Kingdom of God. Every demonic knowledge has one-one agent, understand, who wants to pull you, so that you leave this knowledge, and go to their knowledge... and their clever tricks are so beautiful, that you won't understand. So, the first thing is that.. rule... that we sahaja yogis do not go against sahaja yogis... and we don't form a group. If somewhere, even a little group starts to form of Sahaja Yoga, I break that... and have broken. Now like... groups are made, like Delhi people are there... then they are in Delhi, then... like, Karolbag people are there, then of somewhere else are there... Bombay people are there. Then Bombay people... in them too, some are of Nagpada, then some of Dadar, and some of somewhere. Now, doing all this, you will reach such a small place, where you will be sitting alone, and say where have the sahaja yogis disappeared.

So, in this, not a thing can make a group. When cancer sets within a person... then it happens by making a group. If in a person.. DNA which you call... if it becomes bad in a person... if in a cell mistake happens... if only a single cell becomes bad, it will force on another cell, and that second cell will do on third cell, and such a group of their will begin to form... and that will want that our group should overpower everyone. When that starts to overpower everyone, then for example, suppose cells of your nose are there, if they start to grow, then they form a group, and a big lump forms here, and that goes and attacks on your eye, and covers the eye. Then from there it goes, and covers the ear. Like this, one who is cancer understands others lower compared to himself, and forms a group and pushes those, who are the others... who are sahaja yogis. If such a disease spreads in Sahaja Yoga, then I put it away for good nicely, wherever I am. Whether am in London, whether am in America, whether am anywhere... that is put away for good automatically. Therefore, no one should do any kind of groupism. No one should think that we are of one group. If 10 people stay together, and if everytime 10 people stay together, then we should understand, a group is being formed. For sahaja yogis, 10 people should not stay together all the time. When today you sit with them, then tomorrow with them... tomorrow with them... then with them. Like we have in ourselves, small-small cells of blood...which we call cells... suppose if they sit at one place, and 10 cells think that we will sit here only, then that person will die... Sahaja Yoga will die. That's why, us 10 people together, because we are of one group, these are of one group.. those are of one group... "rakta-visaran" which we say, that, which is the circulation of blood, should flow freely within us. So, no group should be formed. Where you see a group is forming, leave that group, and go to another group. Break that group, tell that to come with this group, then that should come with this... till you do not do this way, negativity will keep forming within your collectivity.

Like I say, if you churned and took out butter... butter particles are all around... in that you have to put a big lump of butter, then after that, then around it, all the particles start to stick to it. But, if 4-5-6 particles get together, and sit aside, then the one who has churned, says that, let them go, this butter is bad.. pick up the one that is bigger. So, everyone should get together, and big one... like butter, like that, should become a big group... and doing like this, should dissolve into one big ocean. So, if one drop you have to dissolve in the ocean... then, by creating 4-5 drops, you will only make bubbles. Whoever works by this method, forms a bubble, and those bubbles you know, come for 2 minutes, and then get destroyed... by themselves, by nature itself, nothing has to be done to it. That's why, you don't have to create any group. Should meet everyone the same way, should go with everyone, should love everyone, and should try to understand everyone. You should not criticize each other, in any way, ever. You are not

brothers and sisters with each other, but you are the part and parcel of My body. Suppose if one finger of Mine, criticizes the other finger, then what good will happen... only loss will happen by this. That's why, right is that, man should... what happened, sit down at least(to someone)... that's why, most right is this thing, that we should think that now we are not human, we are super human, and the condition of super human is such that, we should roam everywhere, and keep attention towards God. This one big problem comes in Sahaja Yoga, in the beginning, when a person, don't know why, breaks the collectivity. This is also one demonic knowledge, where collectivity breaks. Now, like I say, in Bombay this work is less, in Delhi, not yet even now... and I don't know the situation about Calcutta yet, but I will say that do not let diseases spread. You all are my sons, and my daughters. Within yourselves, if any kind of difference happens, then its not a big thing, but that, you should not do groupism with each other. If one group forms, then that group will say, that put forward our man... that will say, put forward our man... and the effect of that you see, is that such people go away from Sahaja Yoga.. their place ends. Like gurus have been finished, in the same way, such people are finished... if I don't do, your own nature will do it.

That's why, to you, specially I have to say it, that please, you all give attention to yourself, and also love towards others. Give love to others, and put attention on yourself. Look towards yourself, and see yourself, and say, how are we. Are we alright? Are our chakras alright? Do we have any mistakes within us, or if you think that someone understands, then go and ask him... "if a chakra is catching then please tell, as we can't understand".

The day you accept the thing, that we are sitting as part and parcel of Mother, you will understand how much importance you have. No matter how you are, I have accepted you. Now you also have to accept Me, and have to know that, by living with feeling of immense cleanliness and purity only, your Mother can get happiness and joy.

Today is this special date, the date on which the new campaign is starting, that, whatever tantriks are there in this whole world, I am going to get after them now, and I wish... [clapping]... and I wish that all of you also, should be after everyone... and wherever you see a tantrik... for people who go to him, if you wish, for that, print pamphlets etc, and send there, that this man is a tantrik, and keep running from tantrik. Because, a person who goes to a tantrik, and tantrik comes to his house, then he cannot prosper for seven generations... his children won't prosper... seven generations will suffer of his. Big losses will take place... his home will burn.. and it may happen, that his wife may commit suicide somewhere... his home will always have problems, sadness, and despair.

That's why this campaign... today's day is such that it is called April Fool's day jokingly. So, these people will be made fools and thrown over. These people will be fooled, and thrown over, because they think themselves to be very intelligent. So, their foolishness which is there... their full inauguration, is the work of you people.

With your love, and affection, and with this decoration, really... I am overwhelmed. So much you have spent, so much you have decorated... only have to say, its not necessary to spend so much. Your Mother is so simple, that She does not need anything. You all... whatever is there, whatever you give to Me, is enough... I do not want anything. Whatever you have to take from Me, you all take it. But, for your satisfaction, I say, OK, you have to give a saree, then give, what to do. But, that too, you think that, sarees given 4 years back, are still locked in lock and key. That I do not understand, that later when some museum etc is built, then you will put there. So, all these things, for your interest, whatever you say, are kept with me as your deposit, and its not necessary, but your love is such that, in front of that I cannot speak anything, cannot say anything... whatever you give with love.. whether they are fruits of Shabri... or whether they are expensive sarees of yours, all matter to me.

So now, it is the time for our puja... today like I said, its the occasion of birthday, and exactly at 12 o' clock, I started my lecture, and exactly at 12 o' clock, I was born. That's why, so much time was spent, so much time was spent in flowers, its nothing to worry about, because the opportune time is such that, at 12 o' clock only, today's birthday was to be celebrated. So, in this... [clapping]... all things, all at their own time, set properly... in that no one should feel any guilt.

## 1986-0402, Public Program: About all chakras

View [online](#).

2 April 1986

Public Program

Kolkata (India)

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

Public program. Kolkata (India), 2nd of April 1986.

Translation from Hindi:

Sahaja Yoga commenced as a small blade of grass, which has now grown to the size of sea. But it has to further grow to the size of Ocean. Now, I am totally convinced that this can grow further to the shape of a big Ocean, in this Mahanagar. Today, I would like to tell you about the purpose of Sahaja Yoga and the benefit meted out to mankind by the awakening of Kundalini. Mother's nature is such that whenever she has to give any thing bitter, she has to sweeten the same and give it. But, it is not like that in Sahaja Yoga. In Sahaja Yoga the outer covering is sweet and the inner portion is also very beautiful. Sahaja Yoga, as you are aware is, Saha means, it is born with you. This is such a Yoga, which is your birthright, and you have to obtain it. As told by Shri. Balgangadhar Tilak Sahib in a crowded court that independence is our birth right. In a similar manner, it is our birth right to know about our svatantra. This tatva of 'sva' tantra has been made in our system by God Almighty most beautifully, thousands of years ago. This is the reason, why we do not have to do anything about it. Only Kundalini gets awakened and when you get related to the all -pervading creation of Almighty, and bind with its strength of love, then Yoga becomes possible, and based upon this, whatever has been explained, that which has been described by saints, what has been said by Marks, that kingdom of Almighty will be obtained by you. All this takes place through whatever beautiful creation, that is within you.

Today, I will tell you, just as these people have told, through the medium of Kundalini what are the various gains that can be obtained, and secondly, there is also a request that whatever has not given relief till day, and if relief is the most important thing required by you, then you will have to give up everything else and get down to only selfish interest. Our elders have given beautiful meaning of 'svārtha'. To get the meaning of 'Sva' is itself selfishness. But we get the meaning of 'svārtha' with an opposite meaning. Who has got the 'ārtha' of 'sva', became 'svārtha'. And after getting the meaning of svārth, it becomes useful for self, and apart from self, whatever is connected with self, will also be comfortable. At the very outset, when Kundalini starts getting awakened, Shri Ganesha establishes it in Mooladhara Chakra. In whomsoever the power of Shri Ganesha is strong, the Kundalini rises very fast and will remain there, awaiting.

Like small children, in whose mind, there are no thoughts, there is no dirt in their heart, where there is no harshness in their talk. The rise of kundalini in such children is very fruitful. And after obtaining such beneficial thing, children will distance themselves voluntarily from bad things. They will never take to bad ways. They will never do such things, which will give sadness to themselves, or do anything which will give trouble to society. Their mind does not go in that direction at all. Their behaviour towards everybody is very soft and respectful. They will not make anybody sad and they will not trouble anybody. Their vision is very pure and clean about everything. They will not be touching others' things, will not blame others for their own mistakes. They will be away from doing all these things, and will become good and efficient souls. And their efficiency is such that in case they see anything wrong, they will speak it out boldly anywhere.

There is an example for this quality. My grand daughter, when she was about 5 years, was taken by her parents to Ladakh. There they saw one Lama, who was wearing a big, long gown, with clean shaven head, sitting there. They were from Bihar. When the child saw people

going and touching this mahatma's feet, including her mother and father out of respect, she could not bear it though she was small, sitting on a jhula she turned her neck, looked at him and said, 'you have shaved your head, and are wearing this robe, you

are asking everybody to touch your feet. You are not yet realised'. She was only 5 years of age, when she said this.

I remember once, on the occasion of 100th year birthday celebration of Shri Ramana Maharshi, I was invited as a guest and I was sitting on the stage and my second grand daughter was sitting with me. Near us, one sahib was sitting, wearing a big gown, he was considered to be renowned pandit there. My grand daughter stood up and said 'grandma, please drive away this gentleman who is wearing a maxi. He is exuding so much of heat, we will not be able to sit here.' In that hall, many Sahaja Yogis were sitting, and they also waved their hands 'Yes brother there is lot of heat emanating, just send this man outside.'

From this. It has to be understood, that children, who are very soft and honest, when they see a wrong person has been made to sit on the stage, and everybody is being affected by this, they stand up. This way, they get the feel of truth. Wherever there is no dharma, they stand up. When you awaken to the Ganesh principle, you also become like a small child. Jesus Christ had said that in order to enter kingdom of God, you should become like a child, and there should be innocence. All smartness and cunningness, will disappear in no time. Then the Kundalini awakens within you, only when Shri Ganesh awakens within you, and when Ganesh is duly awakened, protecting the chastity of his mother, then Kundalini rises as per his advise.

Now, when Kundalini awakens and comes into your Swadishthan Chakra, then you feel that a new life has started. The sense of beauty becomes very sensitive. One gentleman came to me and said that 'I do not have any work'. I asked him why he could not take up interior decoration work. He said, I do not know anything about wood, so how can I take up interior decoration work. I told him 'you start the work at least'. Accordingly, he did interior decoration work and he became rich. I told him, when ever you want to make anything beautiful, you just look into its vibrations. If the vibrations are coming, it means that the work is done, otherwise, do not do it. I was surprised to see that he went on making, and it turned out to be beautifully done and no where the vibrations stopped, no where he felt the heat or had any problems.

The sense of beauty sometimes flourishes in such a manner, like that of people who never wrote poetry in their life, who were mathematicians, who did not know in their life, what writing was, they wrote such beautiful poetry that was worth reading. Those, who had not taken any artistic work in their hands, who had not made any pictures in their life, made such beautiful pictures, that one wondered whether Ravi Verma had come back again into this world. Because, the person gets into that philosophy which is having eye for beauty. The eye for beauty in human being, is great. When he gets above this, his sight becomes sensitive. He will not like anything dirty, and cheap. Whatever he makes, he will make it pure and keep it. To understand this, he should be a Sahaja Yogi. Like poet William Blake, who was a great poet, born in England. This poet has written so much in detail about Sahaja Yoga that he has given all minute details of the house, where I was staying. In the belongings of William Blake, he has kept so many things, which only a great person or an Atma Sakshatkari can understand. He has made the Agnya Chakra so beautiful, to make it open from top some how. But, who can understand this. In that they are only showing of Almighty, how muscles have been made, how his nose has been made, how his face has been made from the coefficient of the entire form, how much of auspiciousness is coming.

When I reached London, being the 100th year of birthday of William Blake, I said I will have to attend that. All children started saying, 'Mother, you do not go to any place like that. I told that I have to attend this. As we reached the place, we found the entire atmosphere so beautiful, that from all over the place, beautiful energetic waves were being felt, and the feeling of music was being felt by me. But, people over there were seeing through binoculars, who is naked and who is most abhorring to see and who is standing in which pose. According to them, it was not anything beautiful, which we could enjoy. Whatever we felt as looking beautiful, was not being felt by them in that manner. As you are aware, in their opinion, whatever we saw as beautiful, could not be enjoyed by them.

Now you know that vision has become very vulgar abroad. They cannot see anything other than something vulgar. Their vision is going down to such a dirty level so drastically, but today I see in Sahaja Yoga the system of Sahaja Yogis for whom, seeing an old lady sitting, feel a lot of beauty even in her. The greatness of seeing beauty is seen with lot of skill, wonder how, it is depicted outwardly. To see the beauty through heart, I do not know how it is being displayed out side and it amazes me how these people who were seeing world in such a low level, are today seeing world with respect, saying see what the world is like. You might have heard that a painting of Mona Lisa which has been made by Leonado D. Vinci, has been kept in a very big exhibition in Paris,

where many people go just for seeing it. One day I told them to go and see the vibrations coming from Mona Lisa. It has been made years ago. People come in thousands to see it. And she looks like a modern film star and has a beautiful body and there is smile on the face, there is a simplicity and thousands of people have been coming to see her from so many days and I said 'you people also go and see whether vibrations are coming or not'.

So, when these people went to Paris, and saw, they started saying that mother, there was so much of vibrations as soon as we went inside that we went on seeing, totally wonderstruck, and we have never felt like this before. People from France, who are experts in enthusiasm, hoping that those who are involved in dirty words, whose literature and habits are so dirty, that nothing should be learnt from them. I used to tell them they are used to bathroom culture and do not know anything else. But today, those who are sitting in heaven and are so beautiful, and have become so beautiful that I feel surprised that as soon as their soul was internally lit, their love, being pure, under the influence of pure and impure lotus sitting in the slush, do not know when they opened up and flourished.

This happens when Kundalini comes on Swadishthan Chakra. Those who do not listen to music, they now know that most people like classical music. Now, this is Indian music which has come from Omkara. We keep fighting that we are Indians, we are Indians. If they do not understand our music, I will never accept he is an Indian, from any angle. In this matter, we always run towards foreign countries. We try to learn their music from them. This Gharana, this great Yoga Bhoomi has given such high quality of music, we are not able to understand it. My lecture was going on in Delhi. Amjad Ali Saab, who is a Sahaja Yogi and his friends have also become Sahaja Yogis, and there was a difference in the way he played his Sarang instrument . But, as soon as he started playing his instrument, half the people got up and went away, saying that 'We have come to listen to Mother. I said I am only speaking what Amjad Ali is playing, I am only speaking, sit down.

Such people, who have no interest in music at all, they should think that a day will come, that they will get such interest in music that the singer may get up and go, but they will not. This is the condition of our Sahaja Yogis. To day Sahaja Yoga has reached different countries, thousands in number. You have heard of Pandit Bhimsen Joshi, very great exponent of music from Maharashtra, sings ragas like Shri and Marva Madhyam, which is difficult to be rendered even by great musicians. But, he binds, plays Marva, and those sitting with him see the madhyam being bound as if some building is closed from inside. He is a genuine Indian. I consider him a genuine Indian, who is related with Aumkar. This music is full of Aumkar, which is understood by Indians. Recently, Chittibabu had come from South. Everybody got totally enthralled. Actually, nobody from Maharashtra even knows what South Indian Music is. They know a little bit of theory, but all Maharashtrians and foreigners were just sitting, listening to him, his playing the instrument, and were perplexed seeing him playing the instrument, and listening to music, you do not get to see so much in Madras, as much as they are sitting and listening here.

The person becomes so sensitive. Regarding music, art, anything which is creative, the inner quality, he catches where there is happiness. How does it happen? Because, when you listen to any raga, any music or any drama or dance, any such thing, then your thinking chain starts within. Like 'Mother, when will you talk? Now, this dance is going on, means, your next thought process would have started. Or, you will think, this person has given good dance performance, why cannot she be asked to dance elsewhere, danced very well. Who danced? In this manner, such thoughts start playing around and you will think, there should be enquiry regarding this dance, and also in this manner. With this, the entire happiness regarding this gets over, when you start thinking like this, the artist who has made this and pumped happiness into that, disappears. Your own thoughts only go on, one after the other. Any things made beautifully, if we go on seeing it continuously, and think of who made it, and how much does it cost, from where it has come, then that happiness with which the artist has performed it, just goes waste. Just like water overflows from Ganga. This becomes apparent, only after Self-realisation . Because with thoughtless awareness alone, you can realise all this.

Now, we will go forward and come to Nabhi Chakra. Only through Nabhi Chakra, lotus-like Brahma comes out and makes creation, through which we obtain eye for beauty. But, when we come to Nabhi chakra, it is the chakra of finding. Through Nabhi Chakra only, we have started our searching. It means, think that through animal only, searching has commenced. In the beginning, they were searching for food, and when matsyavatar came into existence, somebody put a step forward, saying come and see on land, then he made slowly crawling-like tortoise crawling on the ground. In this manner, animals came on earth. This



search went on and on and when it reached the stage of human being, then dharma dawned within them. Dharma evolved in such a manner that for us some things became dharma and some adharma. This matter could only be thought of by human being. An animal can never think about it.

Once, one of our young Sahaja Yogi asked Me, 'Mother please tell me what must be happening to cubs of tiger?' I asked why? Because tiger must be telling its cubs to eat this cow, and they must be eating it also. So, a sin would have been committed is it not? I told them that there is no sin for them, because they are animals. There is no sin for them. Only human being feels the thought of sin. Now, in human beings only the feeling of sin occurs. This feeling of good and bad in human being enlightens from within. And this is the dharma, which when arises within us, we call it the dharma of Nabhi Chakra, has gone into ten dharmas and on those ten dharmas those ten great Adigurus have been established. On having established them, our Kundalini establishes Dharma within us. Meaning, we do not have to say 'do not do this work.' Some Sahaja yogis have come here, some more of them are in foreign countries and more from elsewhere.

We have never told them not to drink. If you were to tell this in England not to drink liquor, more than half the crowd would get up and go away. Even here, condition will be somewhat the same. But I have never told. I have not told them not to eat tobacco. I have not told them not to take drugs. I told them to just come. And as soon as they acquired Sahaja Yoga, they stopped taking drugs from the next day. Second day only, they stopped. This is snake, you leave it. It went off by itself, I did not say anything. Whatever problem that is there in Nabhi Chakra, like we go to false gurus. Go to one Guru, whomever you see, we keep doing namaskar to them.

The Gurutatva is that which spreads on all four sides through the Swadishthan Chakra. Swadishthan goes around all the four sides and whatever limit that is there, in that lies our Guru Dharma. While searching, the human being again comes back to Guru, foremost, he will search the place, then money, then position, he will search in this, that, but when he does not get any where, just go along and make a Guru, like we keep a regular help to carry on our household work. Money will be sent across to them, pay them this much, that much money, give them food facility, we feel amazed regarding how such quantum of food is consumed. Make this arrangement, that arrangement for them, and they will be nicely sending money to their Banks. They do not even think that the dealings that they are doing, is it the dealing of Gurus? And those who are their students, who are obediently running after them are not even aware whether these people are worthy of being called a Guru. Their entire attention is on our purse. Even then, why are we consistently following them, expecting some happening of wonder from them? If people get something from somewhere, they go after them.

At this point, our Guru Dharma gets broken, and bad period starts. When a person instead of searching for truth, runs here and there, which I call as right side, left side, when it turns towards left side, his sub-conscience and thereafter collective sub-conscience will be coming down and coming down to that world, where everything which is already dead is past, just kept the entire past. And that person who speaks about future, thinks of future, keeps planning, thinks of position, philosophy, punishing the body, talks of going after siddhi, goes on the right side. Now Gurus belong both to the left side as well as right side. Similarly, some drugs, put you in the right side and some on the left. You may be surprised that disease like cancer is termed as psychosomatic. Many people think cancer is body-related, but it is not. It is psychosomatic.

On your right side, you carry on your physical and 'bhouthik' work. And on your left side you carry on your mental work. English language is so strange. It has the same word for different things. It could be for intelligence or mind-related. The work you carry on from your mind, it is left side, and the work from your intellect and body, it is right side. If you work too much from right side, you undertake number of troubles, for which I say in your Nabhi, you have left Nabhi, on left side where your special "sanstha" which is called spleen, I think it is perhaps called pliha, in Hindi. Which you call as extreme, is being used like this. You get up in the morning, immediately start reading news paper, start getting agitated, speedometer has started shaking, with news something like this person has been beaten, that person has been hit, Vishwamitraji's sensationlisation which has started in such news, which shakes people, soon after reading. The chakra, which is resting in your stomach, this speedometer is showing its effect. After this, get up and rush, and you thought that if we go by vehicle, there is lot of jam on account of heavy traffic. Again you are frustrated, and with great difficulty, on reaching office, there you find lot of problems. Have not taken proper food, neither have you brushed. Whatever food that is given by wife, you are just gobbling. There is lot of trouble in this, and it results in

blood cancer.

In olden days, in this state of Bengal, husband used to sit comfortably eating his food, after having a good bath. Wife used to fan, and serve food carefully. It was considered that the speed of eating should be equivalent to the speed of fan, and husband used to eat slowly, nicely digesting, and afterwards go to any place he wanted to go. But, there is nothing like that anymore. Now, such things just do not work. Now it is not like that, because of hectic life, running here, there. Because of that your speedometer gets spoilt on account of which, the red blood corpuscles which have to make blood cells, go mad. And in this madness, which we call 'go crazy', it does not know which method to be used to supply blood to this mad person. Now this, what you call vulnerability, has started with regard to your cancer. With this, say call it either black magic, 'bhoot vidya', or Guru Prasad, or any such type of things, if they enter your internal system, then blood cancer will be caused. If any mother is of this type, who is in trouble from morning to evening, saying will have to roll out papads today, and something else tomorrow, in order to keep husbands in control, will work very smartly. She will be planning for preparation of different varieties of food. She is always planning to do some thing or the other.

This disease can happen to her children also, if she is pregnant at that point of time. In case the child is born normal, she will be after the child saying 'common get up, be quick, you have to go to school, with great difficulty we have got admission, have paid so much of money for that etc.' The entire society is made like this where everybody is working in troubled condition and in chaos. On account of this, there is possibility of getting blood cancer. We are always sitting in examination and in spite of sitting in examination, nothing will be lacking. Everything will be going on properly. According to my thinking, there is nothing as such, for which a human being has to hurry up and create confusion.

Now, how can this be treated? The treatment is that, as soon as Kundalini comes to your Nabhi Chakra, then peace will prevail. Human being becomes peaceful. He will be looking at things peacefully. He will be going on seeing, and that peace tells him 'become peaceful', 'become peaceful'. Now see, I have to travel by flight, and others are worried, saying 'you have to go, get going, get going.' In the last minute, 'leave this, leave that'. I said, brother, who has to go yourself or myself? I have to go, why are you getting troubled? So, you leave it. Let me go. I will go comfortably. Now, sometimes, some funny thing also happens like, reached the Airport very quickly and came to know that the flight is late by 8 hours. I had already told that 'why are you going so early? Leave the house conveniently. You should have asked earlier.' But that restless nature which is within us, for that, I have given an example, that today's nature is such that you are making venue for cancer to put its effect on you.

Now, in London, we have cured three to four people of blood cancer. I will not say I have done it. By raising their Kundalini, they became all right. I have not done anything. Those, whose Kundalini was awakened, were cured. Besides confusion, we make many types of mistakes. Like, Doctors who are associated with us, are one excelling the other. If we explain to them, they look with such amazement, as to how Mother is telling this? Because, I know this with sensitivity. The sensitivity which is within you, should know that there should be peace within your body. There should be peace within you. And your entire system should be peaceful. If you are in a hurry, you will get such sickness. More than this, I would like to tell you regarding sensitivity, some doctors sitting here, may not even know and perhaps not even agree that when your Swadishthan chakra acts, this has to take care of all the organs of the stomach, like liver, pancreas, spleen, and kidney etc.

Besides this, in the head, there is what is called brain, requires grey matter, which is made by converting fat in the stomach, and after transforming, to be sent to brain. This is not the only important work it has. One more work is there. But, when a person thinks too much, thinks of future, keeps planning, he does this, that, with brain thinking all the time, at that time he has to do all the work by himself. At that time all other work comes to a stand still. That is the reason people get liver problem. Especially in Kolkata, largely, many people have liver problem, because there is Surya Nadi, and the excessive working of Surya Nadi, already in the influence of heat of sun and over and above the Surya Nadi is active, poor Swadishthan chakra has to work so hard, that it is not able to take care of just even one liver. That is the reason that people here have liver problem. Doctors, have named this as migraine. There is nothing called migraine. All this is useless talk. In this, if your liver gets upset, you will have migraine, or if you are troubled by any devil, that will also will give you migraine problem. This is the talk of left side, but I am talking of right side.

So, your body problems get solved because you become thoughtless. In Sahaja Yoga, you do not think much. You are beyond

thoughts till you are encouraged, and when you get thought provoking ideas, you start talking in the same way and you work also in the similar way. Thoughts stop all of a sudden. One thought rises, falls down. Second thought arises, then falls down. The gap between two is called interval. This interval is the present. To day, now, this time, this minute, this place. We either think of the future, or about the past. We go on jumping according to the command, from the same place. Our entire time our brain keeps working. Our brain goes on working. Our head keeps on going round. At that time, poor Swadishthan, working hard, is ready to go on to complete the work.

Then you get diabetes. Diabetes occurs when your entire strength of Swadishthan goes in thinking. In villages, I do not know about this place, gets used in thinking. In villages, I do not about here, in Maharashtra people consume so much of sugar in villages, they say that when a spoon can stand in the quantum of sugar used, then it is considered that sugar has been put. What were they drinking, whether tea or milk. So much of sugar is consumed, nobody gets diabetes. In villages nobody gets diabetes. Why is it that people in cities and towns only get diabetes? And what about those, who are planning daily, sitting at the table and duping the people. What happens to them? Why do they fall sick? The reason is you are thinking more than necessary. It is not necessary to think more than necessary. But, when somebody tells you not to think, it is just not possible.

One gentleman came in Switzerland to meet me. He was a Barrister. Now he came to Sahaja Yoga. He was very famous Barrister in Algeria. He came to Switzerland and tells me, 'Mother, you may cut my throat, you may break my head, but preserve this knowledge. I will become mad'. To day, he has become a very renowned person. Now all his problems like diabetes etc., have been cured.

After this, your blood pressure also is because of this. Because Kidney has been neglected, you have not taken care of kidney, you have not managed it. So that also became your disease. Many diseases occur because of all this and in Sahaja Yoga when kundalini energises your Nabhi chakra, all these diseases totally run away. And your attention becomes fixed in the middle. When your Dharmic Shakti awakens, we will say that from Lakshmi tatva you have come to Mahalakshmi tatva. Like, whenever people become rich, they get assurance, there they go about in strange madness.

Like when you go to America, there all the rich people get either ignored, idiot, or if not that they speak on such topics like somebody has committed suicide falling from roof top and died and somebody else killed their 4- 5 children. Then, we Just do not understand if by getting money , such habits are acquired, it is better we remain poor. If you listen to their talks, then you will be surprised, that this has never happened either in the past, or in future such people coming to the world of the kind as we are seeing now. It is not only the topic of America, you go to France, or any where else. It is to this extent, that people say that communalism has spread widely. Even in Russia, there is one problem. Every now and then they divorce wife, next day marry again, and in old age all will go and sit in an orphanage. They have acquired 10 husbands, 10 wives, and all have gone and sat in orphanage. Such a society has emerged. If you acquire such dharma, it will not be Shri Lakshmi swarup.

Now, the description of Shri Lakshmi has been made so beautifully for us by our ancestors that Shri Lakshmi is standing on a Lotus, meaning, she is not putting any pressure on any body. She does not show her big palm to anybody. In spite of being Shri Lakshmi herself, her one hand is shown in the form of giving, and from the other gives shelter. And two hands placed above in which there are lotus, pink in colour. The meaning of pink colour is that there is love for all in the heart. It means that by chance, even if a bee which has a lot of thorns inside and is black in colour, comes and sits on lotus, it accepts, and puts the bee to sleep in its beautiful bed. The one who has this quality, can be Lakshmi. But, I do not accept that person as Lakshmi, who is rich. If you put a garland of money on a donkey can that become Lakshmi? To become Lakshmi, one must possess minimum of these four qualities. In this manner, Shri Lakshmi, who will arise again and again, becomes Mahalakshmi. And when a human being starts searching, he will rise towards top.

When a person rises, at that time Shri Jagadamba, residing in our heart chakra, will punish single-handed all those bad people, who torture sadhakas. She kills them. She finishes them totally. She does not fear anybody. Yesterday or so I had told about tantriks. In 1973, near our place, there is Cawasji Hall, I stood up and told about each and every false guru, equivalent to Rakshas like Narakasur, Raktabij, and others. This news went to my husband, who said 'people will kill her tomorrow. 'I said let them kill me, let them lift their hands on me'. But, nobody gave any announcement in news papers, or any thing was filed in any court,

because this was a matter of truth.

So, here Jagdamba stands up, she faces bad people all alone, saying that 'my children are seeking paramatma, may they be totally safe and secure. Let them not face any difficulty, let them not have any trouble, let them, under the safety of mother, climb up and go on'. The chakra of Jagadamba has been made here. This matter can be medically explained in this manner that our sternum bone is in the heart, and in this bone, Jagadamba who is also called Brahmar Amba, makes 'brahmar' which is called antibodies in science, is germinated here. And these fight, when there is any attack, and they are capable of inflicting total defeat by fighting.

This sternum bone develops upto 12 years of age. Later, it spreads in the whole body. As soon as any danger is seen, immediately this starts going up and down. And the message reach those antibodies and they get ready. After getting ready, they fight and win. They keep on fighting. As long as any trouble is there for the human being, the 'brahmar' of the Devi keep fighting. This is the arrangement made by Devi for us.

But, when human being comes to the state [level?] of Goddess, the love of mother over flows, recognises Mother. People are filled with love. The same love, the person would like to distribute to the world. He cannot be stopped. Somebody is worried, sad, he may be sitting anywhere, will ask 'brother what is the problem? This is called kindness, compassion. He will not bring the like of missionaries to homes, and teach Christianity to people who are on the verge of dying. And thereafter such people get Nobel prize. He will not indulge in such things. Whatever compassion, kindness, that is there, on the strength of that, he will save people from diseases, and other problems. He will make them alright. He never brands people saying you are Christian, Muslim or Hindu, nothing of that sort. What is the meaning of all this? It is nothing. Even if you put anything on a donkey, it remains a donkey. But, he is made super human.

Many people come to us for purposes of getting the diseases cured and today, they have become big renowned Sahaja Yogis. Her kindness is so strong that it is said for 'Devi, 'kataksh kataksh nirikshan,' with one kataksh only he will get cured, "svastha", what is present in "sva" becomes "sthith". There are many words, which you observe closely, is on "sva". That person becomes from "sva" to "sthith". You can recognise him from his looks. There is no wonder here. The thing which you do not know may look a wonder, that is another point. But, actually there is no such thing as wonder. A thing which you do not know, may be like wonder for you. But, there is nothing like wonder. Everything is within you.

When kundalini gets awakened, you will acquire good healthy feeling. Now, you might have heard from many ladies regarding the occurrence of breast cancer. Why does this happen? The reason is that men folk do not give any sense of security to women. In some form or the other, if woman feels insecure, unsafe, then this disease occurs, because her motherhood gets shaken. She loses security regarding motherhood. Like a poet has said, 'hey unprotected woman, this is your story, you are having milk in your hand and tears in your eyes'. The fact is that you have shaken her sense of security, which results in such illness. Perhaps, she does not know about this.

Now on the right side, which we call as Right Heart, though actually heart is not on the right side. But, regarding Heart Chakra, which is also called Anahat which is the right side, if some problems occur, then one will get asthma. On the right side, which we call as right heart, when actually heart is not on the right side, any problems prevails, then asthma occurs. Now, this is Shri Ramachandaji's chakra. People take Shri Rama's name frequently. 'Shri Ram, Shri Ram, Shri Ram'. But Shri Rama is within our right heart, and those who take frequently the name of 'Shri Ram, Shri Ram, Shri Ram', they suffer from this problem more. There is one more reason for this, Shri Rama is our father, and if our father's place is disturbed by any chance, if we have lost our father in childhood itself, or if we are also a bad father, or if we neglect our children and get busy in other activities, or in spite of being husband, our attitude is not proper with wife, and we trouble her very much. If we are troubled with our wife, then also like how Shri Rama wandered in forest, or being troubled from wife's side, or giving trouble to her, then husband's and father's place, the chakra of Shri Ram, which we call as right heart, on account of them, such illness may occur.

Within us, there are many diseases, which can really be cured. If we instill Shri Rama, how can you get Asthma. But, this ailment largely occur in Government Employees, Bureaucrats Politicians, or those who have been rejected from their position, but still

running after power, or those whom we call politicians, Shri Ram is, as described by Socrates, a benevolent king, a benevolent king who believes in benevolence. Welfare of people is his goal, as described by Shri Rama and Socrates. But, how many such people are there. How many bureaucrats are there who think that we are for the benevolence and comfort of these people. In India, God Almighty save, I do not know at all what the fate of these bureaucrats will be, and also the fate of these politicians. There is lot of fear from the point of view of a mother. Because, it is very small thing, have to buy a piece of land. He said, "Mother, we are not able to acquire this land". I said, "Brother, when you are paying money, why cannot you acquire land?" "No, they eat money for this". "What, why eat money? Why eat money, why do you not send food for them. Why money?" "They eat money, they eat money, they all eat money only". Shri Rama is not within them. Only by chanting Shri Rama's Bhajan, you cannot become a benevolent king. Whoever rules with peace, that person only can become a servant in the kingdom of Shri Rama.

Out of this, there are some people, who get possessed to such an extent that they become mad by repeatedly saying 'catch this thief, catch that thief, catch that thief. As a result, Shri Rama within them becomes invisible by their own cause. Shri Rama had purified them all. That power of purification becomes enlightened from within. Like Valmiki was purified, Ahilaya was purified. That power of love wherein the fruit brought by Sabari, was eaten with love and taste. That simplicity with which he removed the foot wear and started walking around. In the whole of Maharashtra, he has left behind the beautiful awareness of his feet. That Shri Rama, if he gets enlightened within us, these physical ailments cannot enter within us.

Now, Left Heart is the abode of mother. If somebody's mother has passed away during childhood, or who has not at all seen his mother, who has not known his mother's love, he cannot be a good husband. If some body's mother is cruel, then her husband can also be very bad. The one whose mother has given love, care, happiness, and comfort, such a person only will be able love his wife. The left heart is intensely deep because of its dependence on mother. As your aware, Indian culture is based on mother. Indian culture is fully loaded with motherly feeling. Even Shri Ganeshaji relied only on his Mother and nobody else. Because, only through mother you can know your father. That is the reason for the importance of the role of mother is considered very special in our country. But, when your heart has a catch, left heart, then the first problem that comes over you is, that your nature becomes dull. Weakness comes over you. It is not that power, which is the Sandra Karuna of Devi, in the corner of which there is ardhrrata. That Ardhrrata will not be within you. You will become a weak person. Like, if somebody has to wake you up, it is better to do it with a stick, as otherwise you will get up and run to hit. If somebody wants to speak, you will rush to beat up. You become a weak person. To fill up this weakness, you have to remember your mother, who gave you so much of love, and made you grow up with a lot of love.

There was a person whose name was Dharamdas, who used to indulge in lot of wrong activities. I remember the words of Shri Shastriji. When he came he asked, 'Dharmdasji, what was in your mother's mind, when she named you Dharamdas?' Our names like Karunasagar, and this Karunasagar, standing with a stick in his hand, beating people brutally. Such abnormality we see in life is because there is no respect towards motherliness, especially Muslims, who have done such a big help on us, and that is, though I agree that they, who expounded this Dharma and nourished it, had undertaken a big Tapasya. But their followers, like us who had made lot of mistakes, made a very big mistake in that they did not respect women. No respect for women, no respect for mother. Mother was nothing. If the mother was bad, wicked, or wrong, had dirt within her, indulged in wrong things, then it is alright. Like Bharat, who had criticised his mother, and kept her away from him. Leaving her behind, he took the foot wear of Shri Ram and worked for Ram Rajya. That is a different thing. But, in this country, mother is not like that. Even if some people were like that, seeing the others, it should be understood, that whoever has hurt the mother's chakra or has been placed away from mother, or who has not received love, the nearest organ is the heart, only the heart.

Now, why does the catch of the heart occur to the human being? Because , when he becomes over worked, when he goes towards outer world, he forgets his spirit. Or, when he bows down before a wrong person. That is the reason why it is said you should not bow your head before anybody. I also tell you not to bow down your head before me. Do not touch my feet. Now, it is not necessary to touch my feet. Because this is the head, if it is bowed down towards wrong people, the heart comes under a catch. The left side and right side catch comes to those who are over-worked, whose "chith" he is towards out side, and not towards soul. In order to turn "chith" towards soul, your kundalini has to be arisen. As long as kundalini does not rise, Aatma becomes just a light thing, unable to understand what Atma actually is? Atma is the inner reflection of Paramatma. When our chith runs towards outside, then we are not able to give attention to our Atma. And when we are unable to give attention to our

Atma, it gets upset and when it gets upset, the heart activity also becomes haywire and sometimes becomes troublesome. We view Atma in a wrong way. Some people wrongly go to some unfit person and take Diksha, they fall at their feet, then the soul becomes angry, seeing wrong feet being touched. You are a human being. I am living within you. As long as you keep touching feet of such people, I will remain angry with you. So, only after Self-realisation, all these sickening habits get erased. Not otherwise.

One gentleman came to me. We had met in a program at Rotary club. He was after me.

'Mother, I have problem of Angina, and we are going to Boston. Lot of money will be spent. If you could just oblige to see.' I said come over. They came to me at Pune, and said, 'kindly give some treatment'. I said, o.k. When I raised the Kundalini, he had little pain immediately. Again he suffered a heart attack. I just got up and went away. I had to go to another place, as is said 'Ramte Ram' in the same manner. When I was leaving, he was suddenly frightened, he got another attack, started looking at me with tearful eyes, 'how is Mother leaving me and going.' I came back. I told him brother, you are alright. Go and show it to a doctor. When he went to show it to doctor, he asked 'Was it your X-Ray?' These days he is moving around quite normally. In this manner, many people have been cured. But, I have not done anything in that. I only attracted the chith towards soul. But this person had many other health problems. He used to run after wrong people, and he had taken wrong mantra also. When you take wrong mantra, then your Left Vishuddhi and heart get into problem, and thus suffer from angina problem But, if your heart does not get attracted by such things, by God's grace, and some good deeds done in the past, somehow, your heart does not get attracted on all these things. These are untruthful, dramatic, anti god, i would not like to go to them. Then the heart will remain pure.

"Das Kabir jatna se odi, Jaise ki taise rakhi diya neeche chadaria." When this happens, then where is the chance of getting a heart attack. Your Soul is happy with you. You are all sitting here, at an opportune moment, the kundalini will get awakened. And you will immediately possess it. This is called 'Atmasakshatkar'

Vishuddhi Chakra is the chakra of Shri Krishna. There are sixteen types of art in this chakra. In this manner 16 sub plexus, which we call as 'petals', are within us. And whatever is within us

Letters like A,E,I,O,U etc. they are called vowels. They are all 'Bija mantra'. When you pronounce any wrong mantra, on account of that, the 'preta atma' of a wicked person comes and settles down here. When you do wrong Pooja, when you do your meditation in a wrong way, or when you approach a wrong Guru and take 'Deeksha' from him, then your this chakra gets frozen and on account of this, you will get a number of diseases, specially one which is called throat cancer. This starts from your throat and slowly, by consistent growing and coming downwards, catches hold of lungs.

Like mad, tying something on the head, in the name of God Almighty, wear something on the neck, start screaming 'Hare Ram, Hare Ram'. What is the necessity for doing all this drama. God Almighty is within, everything is inside itself. Outwardly indulging in such kinds of drama, doing something or the other, doing something funny, It becomes known from within, that somebody is doing something wrong, and that is the reason why human being feels guilty sometimes. And some time people think as a matter of courtesy that it is good to remain wrong. Like in the morning get up and start talking to them by saying 'please pardon, please pardon, please pardon, please pardon' Brother, what has happened? Why are you talking like this? Talk properly at least. From the time of getting up in the morning, I feel as if I have committed some mistake. Even English language is such that when you speak 'I am afraid'. I said, "Brother for what are you afraid? The world is afraid of you". Saying 17 times 'I am sorry, I am sorry, I am sorry, I am sorry', then why do you do such work. So, the person who gets pessimistic like this, that too when Left Vishuddhi is clear, it is surprising for people, that Left Vishuddhi gets a catch.

In Sahaja Yoga when Left Vishuddhi is clear it is surprising for people that 'mother, all kinds of spondylitis, all types of problems, mother, do not know where they run away'. And this is place of Vishnumaya, who is sister of Krishna. For those, who do not have the feelings of brother and sister, those who look at women with bad intention, this chakra gets a catch. Those who do not have feeling of purity, their Vishuddhi chakra gets catch, because they are aware from within, that they are doing wrong. Some times, it may be just false, or it may be true, whatever may it be, it happens, and whatever it be, it is easy to remove it. The most bad thing to do from morning to evening, is to tell any body that 'you are a sinner, you are a sinner, you are a sinner, you are a sinner',

and then the person starts thinking, 'I am a sinner'. In this matter, I see that in catholic dharma, many people have catch in Left Vishuddhi always. Like these people, when ever they go to Church they have to say 'I have committed sin,' though they may not have done it. Through some strange tradition also, a person gets this. By taking wrong mantra, this happens. Through various things, Left Vishuddhi gets a catch, and it needs to be told, today also ,the catch is for the same reason. Through smoking, and intake of tobacco, Left Vishuddhi gets catch.

Those people experience catch in right side, who speak loud and in a scolding manner. They scream and get annoyed, and their anger is very severe and do not know how to talk pleasingly at all. Those who give a big lecture, who have no knowledge, who do not posses Atma, they also give lecture. The Right Vishuddhi of such people also gets a catch - the Right Vishuddhi. These people can be cured through the mantra of Shri Vittal. People are prone to get many diseases. This way they have connection with throat.

In the middle, there is abode of Shri Krishna. When kundalini is steady in the place of Shri Krishna, then human being becomes a witness and sees the beautiful activities of Yogeshwara.

This whole world is fully wonderful and playful. Where is the presence of hurry or fatigue in this. This is just a drama and you go on seeing the drama. When you realise this is drama, for a while you get bewildered, later it becomes firm and then you become steady. When you become steady, then you realise that this is just drama, and this drama may take the life, but for you it is very comfortable. Because, what was said by Shri Krishna about the language of 'Sthitha Pragnya' now becomes true. You need not be told that you do not become troubled. Such a person does not become troubled. We feel surprised as to why people are becoming restless. There is no need to become restless. Why become frustrated unnecessarily and spoil your energy. But, it does not happen just by telling, whoever is habituated to that, he will become restless. Some people tell me that you do not get troubled, and that is the reason, why we become restless for you. I told, ok, if you want to become frustrated, go on, but there is no reason for getting frustrated.

Now, I will tell you about Agnya Chakra, which is placed here. And this is Mahavishnu's place. Agnya Chakra starts moving very fast, when you happen to think very much. When thinking becomes more, then Agnya Chakra moves. Agnya Chakra moves even when a person becomes very proud. When he is infested with pride, Agnya Chakra moves more. When such a person becomes proud, his Agnya Chakra moves more. When such a person wants to be free from pride, he will be fighting with his own shadow. Pride is also his own shadow. It is nothing else. So, he will start fighting with his shadow, and by continuous fighting and struggle, they get tired more and will start searching for new means, like liquor, keeping relationship with woman, to run away, to avoid self, because he is not able to see his pride and this state becomes that of many, he gets dejected. Because of our pride, "Oh God, how much we are being harassed!"

Now, one big sickness is going to come, of which I have told in America, regarding AIDS. And after that regarding new disease Alzheimer, which has just started. And now regarding third disease I am telling that such people will get paralysis, whose Agnya Chakra will be very strong and in whom pride will flourish, after getting affected by paralysis, they will be paralysed to such an extent that even if they have to do any work, he will not be able to do it. They will go on walking about, and when they think that they are walking, they will suddenly fall. Now this disease has commenced and 2 - 4 patients have started being examined. It is not sufficient to fight against pride. It is not sufficient to oppose pride. It is wrong notion that we can fight with pride. Pride is our making, and we are carrying the entire world's danger on us.

Some people who were from village were travelling by plane. They were told not to take so much luggage. They agreed. Then they boarded the flight and put the luggage on their head, and they told that 'we are carrying our luggage load'. The plane which has lifted your luggage, is also lifting the weight of plane. The one who has made you, is the creator as well the recipient. He only does everything. Just by saying nothing happens. This is your state. When Kundalini gets activated and crosses the Agnya, then thoughtlessness establishes itself. On the other side, if the chakra gets a catch on the back side, on account of diabetes, when there is catch (Back Agnya), then when Swadishthan ,which is spread on all four sides, gets a catch, then eyes gets disturbed. Even more disturbance can take place, in case you have gone to wrong gurus, you may become blind, eyes become weak, your children may become blind also, because you have gone blindly to that place. So, total blindness could come in.

Left Agnya which we call as back Agnya, if there is a catch in this, number of diseases may occur. Now there is no time so I will not tell, but as soon as it is cleansed, there will be brightness in his sight. A light will come into the eyes. And, the person whose Agnya has a glitter, his sight will be very pure. This will be so auspicious that whosoever it falls on will be very lucky. Such a person's entire personality becomes auspicious. Such a person need not be examined, because his figure is perfectly made. As soon as he stands up, his personality is such that whosoever gets in touch with him, can obtain auspiciousness and positivity. By the way you talk so much about shubh, but you do not even know what shubh and ashub is.

When something is auspicious, positive energy starts flowing from it. When positive energy starts flowing, think that this is auspicious, if not, then it is not. So, this is the first thing that comes within us, which is called as nirvichar samadhi, which many people used to get in olden days, which is now established in you, and you go into nirvichar samadhi. In order to get it, if any thoughts come in the mind 'have pardoned him, pardon pardon,' this has been taught to us by Isa masiha. There is no second or third Isa masiha, this is Shri Ganesha Avatar which has taken place in this world. If you read full description of Maha Vishnu, and that of Devi Mahatma, you will learn he is Sakshat Shri Ganesha. He is neither of Hindus, nor Muslims, nor Christians, but he is of Sahaja Yogis. He is their eldest brother, just like Shri Ganesha is the first Sahaja Yogi in the same manner is Isa masiha also. The name of this Masiha has also been written beautifully, because his name is Christ. In Hebrew, he is called Christ.

The name Christ has come from Shri Krishna. Radhaji's swarup was also that of Mahalakshmi and Radhaji took birth in this world in the name of Mary and she, please understand that Christ is the son of Radha, and took birth, whose father is Krishna, and when he talks of father, he speaks only about Shri Krishna. Isa Masiha's fingers, fore finger which represents Vishuddhi Chakra is of Krishna, and centre finger is of Narayan. And the other name which is Jesus, is known as Yeshu. You are aware that Yashodha's name being Yeshu, used to be called as Yeshu, and that is the reason Radhaji thought that his name should be written as Yeshu. Now, who will go and tell Christians and who will tell Hindus. If I take the name of Isa Masiha, people will say you are converting everybody to Christians. And, when I take the name of Shri Krishna, then they will say I am converting them to Hindus. I do not want to make anything of anybody. All I have to say is that I want to give back what you have lost. That is all. I am not in this quarrel. Whatever beautiful status you have within you, what ever beautiful inner self status is there within, which is your legacy, I want to give it back to you.

Now we have come to Sahasrara which is made of 1000 petals. Petals are seen as if the brain is cut in transuresection, and you can see all the 1000 nos like petals. Clearly as if they are all separately, neatly arranged. Now, doctors are arguing and fighting that there are, 998 petals, less by 2 petals, they would like to fight. Prior to this, they had got 600 only. What is there in that? When this Sahasrara opens it looks as big, beautiful lights, which are peaceful, cool, and exuding varied colours, all 7 colours, which are shining, looks like this Kamal. Sahasrara Kamal opens like this. And within this, Kamal, Sahasrara Kamal, opens out like this. And from within, Kundalini, like some telescope, opens like khat, khat, khat comes up and resembling a golden plate-like look of Agnya Chakra, in which there is Sun glow, pierces near limbic area, wherein there is hollow place, which is called Limbic Area, coming out of this, Sahasrara just opens out.

The reason for this is that as Kundalini pierces Agnya Chakra, in the same manner as the ego and super ego which is within us, gets pulled out, and that is the reason all our Karma becomes empty. Kundalini and whatever negativities that were there within you, consumed it all. And both these go back there on, and in this manner Sahasrara opens up and through your Bramharandra, you will start getting the cool breeze. Some times when your Vishuddhi chakra gets spoilt, you will not feel the cool breeze on your hands. As soon as Vishuddhi gets cleansed, you can experience it. Regarding rectification process of Vishuddhi, these people will tell you. Now, in the end, I am very thankful to all of you, that you sat for so long and listened to me. This knowledge is our primary foundation, which is very essential to the entire world. We have to give this to them. Teaching these things from Shri Ganesha, have spent 7 years. And next 7 years have been spent in teaching regarding Shri Vishnu. I have already undergone 12 years of 'Vanavas'. I do not know how much more vanavas I have to do. But if you all get ready, you will be able to explain all this to the people.

Another thing is that, what you have been complaining that I have come here for only three days, I understand and that I should



be coming here for more days. Now when ever I come, I will be here for at least 15 days. (Loud claps from the Sahaja Yogis). I wish that you will come in large numbers. This work happens very well in any open space, sitting on the ground. Now I didn't know how beautiful this hall is. It is good that it has happened here, but like Ramji has said, that the Mother's doors should be open for all and more the number of people join, the better it is. In Mumbai we do a program in a large hockey ground itself with seven to eight thousand people in attendance. Where can we accommodate them in a hall? By doing the program in open places, I have seen that the raising of Kundalini is also very easy. Ans it is better that you also realise that this work should be done in a simple public area. We do not need such a magnificent hall for such program. If we get such hall, it is our luck and even if we do not get such hall, there is no problem. Any simple place where we all can sit on the ground and are able to do this work is what I am looking for. I trust we all meet soon. (Loud claps from the Sahaja Yogis).

Realisation experience:

First of all I request all of you to take out your shoes. Take out your socks as well if you have worn them. It is a very sahaja simple technique for raising the Kundalini energy. You do not have to do any special pranayama for that. It happens with ease. I am only going to tell you how you can also raise the Kundalini energy.

Now like I had told yesterday, our left side is the power of our desire and right side is the power of action. Now keep your left hand palm facing upwards towards me. Now this means that it is your desire that by all means you obtain your Self-realisation.

The right hand should be kept on your heart. The left hand should always be facing towards me. Keep both your feet on the ground in the same way. As I have told, Heart is the place where the Spirit resides. In the left side of the abdomen near the stomach is where all the work is going to be done and this is where our Guru Principle (Tattva) resides. After that below the abdomen is where the Swadishthan Chakra resides which is the place for the pure knowledge through which you can know the pure knowledge. And if you are possessed by any false knowledge or if you have been to any false guru then even that can be cleansed through this. After that your right hand again goes back to the upper part of the abdomen, then to your heart, then to the place the right hand where most of you are caught, I don't know why, is the left Vishuddhi Chakra. You need to tilt your head to the right side and place the hand around the back side of the neck on the left side. After that you need to keep your right hand on the forehead in front of the Agnya Chakra and after that place your right hand at the back of the head tilting the head a little backwards. After that spread your right hand palm and place the centre of the palm on the top of the head on the fontanel bone area and then slowly, don't be in a hurry, move it in a clockwise direction seven times. By doing this your Bramharandra will be pierced by the Kundalini energy.

Now please close your eyes and do not open your eyes. Take out your spectacles because with this energy the eyesight also gets better. Now sit straight, don't bend your back nor be too stiff. Sit in a relaxed mode like it is said in 'Sahajasna' straight like you sit everyday.

Now keep your left hand towards me al the time keeping your eyes closed. If need be keep the left hand on your lap through the process but facing towards me.

Keep your right hand on the left heart. Keep your eyes closed. Now ask this basic question three times to me - 'Shri Mataji Am I the Spirit (Atma)?' 'Shri Mataji Am I the Spirit (Atma)?' 'Shri Mataji Am I the Spirit (Atma)?'

Now the next question is on your Guru principle after this. Keep your right hand on the upper side of your left abdomen and press the fingers into the upper part of the left abdomen. This is the Guru principle and you need to ask the second basic question three times - 'Shri Mataji Am I my own master?' 'Shri Mataji Am I my own master?' 'Shri Mataji Am I my own master?'

After this keep your right hand on the left side lower part of the abdomen and press it. Here you need to ask, because here I cannot cross your freedom. You are free, if you want you can say and if you don't want then don't say. If you want it then you need to say - 'Shri Mataji, please give me the pure knowledge'. You will have to ask for it, I cannot force you for it. You need to tell six times - 'Shri Mataji, please give me the pure knowledge'. You will have to say this with politely and with love six time - 'Shri

Mataji, please give me the pure knowledge’.

Now bring your right hand again on the upper side of your left abdomen while pressing it. This again is your Guru principle. Here keeping your hand on the Guru principle you should know that your Kundalini energy awakening has begun. So to open this chakra, you have to say with complete self belief ten time times - ‘Shri Mataji I am my own master.’ Say this ten times - ‘Shri Mataji I am my own master.’ Tell with full confidence. You have to tell this ten times - ‘Shri Mataji I am my own master.’ I have told you that we have the ten principles of Guru within us. Ok.

Now keep your right hand again on your left heart and again with full self confidence you have to say twelve times - ‘Shri Mataji I am the spirit (Atma).’ ‘Shri Mataji I am only the spirit (Atma).’ Tell with full self confidence.

You need to know that the God Almighty is the Ocean of Mercy and Compassion and Ocean of Love. But more than that he is the Ocean of Forgiveness. That is why keeping complete faith on his power of forgiveness, we should believe that we cannot make any fault that cannot be forgiven by him. Therefore, keep your right hand on the place where your shoulder and neck meets, place till the back of the neck area and tilt the neck towards the right side completely. Here with full confidence say - ‘Shri Mataji I am not guilty.’ Say with full self confidence - ‘Shri Mataji I am not guilty at all.’ Tell this sixteen times because this chakra has sixteen petals of Shri Krishna. ‘I am not guilty at all’.

Now, take your right hand and place it on your forehead and press the forehead from both the sides while keeping the left hand towards me. Here from the bottom of your heart, does not matter how many times, you should say - ‘Shri Mataji I forgive everyone’. With complete heart say ‘I forgive everyone’. Now don’t think that you cannot forgive anyone. At the end whether you do or don’t do, you are not the doer. But when you do not forgive anyone, you are playing into their hands. That is why you should say - ‘Shri Mataji I forgive everyone completely’. Tell with complete heart.

Now keep your right hand at the back of the head while tilting your head backwards to rest on the hand and with utmost humility you must say - ‘Oh God Almighty, please forgive me for any mistakes that I may have committed against you.’ Tell with complete heart. Again, don’t start counting your mistakes.

Now, stretch your right palm and the keep the centre of the palm on the fontanel bone area on top of the head and slowly move your hand on the scalp of the fontanel bone area in clockwise direction seven times.

Now keep your hands down and open your eyes slowly. See now you have become thoughtless. No thoughts are coming now.

Now keep your right hand palm facing upwards towards me at the height of your heart and the left hand on the top of your head, four to five inches above your head, palm facing towards the scalp and see if any cool breeze is coming from the head. Some of you may feel the heat, especially those who have come for the first time, no problem. Now keep your left hand down facing towards me and check with your right hand on the top of the head, four to five inches above your head and check for cool breeze or heat. Now again check with your left hand on top of your head and right hand facing towards me. I can feel the right Swadishthan catching which means you have some complaints about the liver. Hmmm.

Now keep both your hands facing towards the sky above your head level and bend your head backwards and ask a question - ‘Shri Mataji, is this the Brahma Shakti? Shri Mataji, is this the love of God? Is this the Ritambhara Prajna?’ Ask this three times.

Now keep both your hands down. Keep both your hands palm facing upwards towards me and don’t think about anything. Look at yourself and try to be thoughtless. Don’t think at all. Now all those who felt the cool breeze in their hands and all those who felt cool breeze at the top of their heads, either in the hands or at the top of the head, please raise both your hands up. See most of you have got your self realisation. All of you have got your self realisation. Shri Mataji to the organiser - ‘Why don’t you turn the light on? I want to see how many have raised their hands, just turn the light on.’ See most of you have received your self realisation. Some of you have not felt it, but no problem. All of you should come for the follow on program. Here we have Dr. Talwar and Dr. Rustom Bujorjee, Dr. Warren and all the other Sahaja Yogis. Dr. Baghdor (not very clear) is there, Dr. David is there.

They are all staying here for you and will work out for you. Other than them we have very good sahaja yogis in Kolkatta. All will work out on you and will prepare you so that you can also give realisation to others.

Now you need to understand that this did not happen by your thinking. This has happened in 'Akriya' (maybe inaction). You should not have any discussion or thoughts around this. Go home with a calm mind ('Shant chith') and sleep keeping your attention at the top of the head on the fontanel bone area. You also have books, take the books with you. My photo is also there in it. It is surprising that even the photo has the vibrations. Use the books till you need them. After that you yourself will become saints ('Siddha'). I wish that all my powers are absorbed by you within you. There cannot be any more matter of pride for me.

Eternal Blessings.

## 1986-0405, Letter

View [online](#).

5 April 1986

Letter / Poem

Brompton Square House, London (England)

Talk Language: English | Transcript (English) – Draft

Smt. Nirmala Devi

48 Bromton Square

London

dt. 5th April 1986

My Dear Mr Magdum,

This is in reference of your letter saying that there is more than half an acre land absolutely stony and useless for agriculture. It does not matter as I am in the process of buying 7 acres of adjacent land, so we will have altogether 11 acres of land for farming.

I have confirmed the following points again as given by you;

1. The farm house does not need collector's permission. (The copy of the

letter written by the collector to Mr Malhotra is with me).

2. The farm house has no specific dimensions. Mr Dhumal sent a registered letter to the collectorate, however no reply has been received for over two months.

3. The permission has been granted by the Gram Panchayat. ( confirmed by Gram Panchayat that only they are authorised to grant the permission).

4. This area is a green belt and has to be used for agriculture only. The farm house can be used by us and also for the agriculture storage etc. We have got permission from the planning Dept.

Now as my husband is going to retire very soon, I wish to plan the house as per requirements for my family and my daughters' families. Both my daughters are married in the 'Shetkari' families. Specially the younger son-in-law who is the grandson of our late President Rajendra Prasad, belongs to a very well known farmer's family of Bihar and himself is a farmer. Both the son-in-laws will be staying with us and take to farming.

I am also negotiating for [unclear] very near Paud which is a few miles from our farm house. His our agriculture activities are going to be operated from this farm house. So to begin with in our plan please include the following suggestions made by my son-in-law.

1. Large garages for modern agriculture equipments like tractor etc, 5 number

2. Godowns, 6 numbers at least measuring 11 x 22 1

3. Cow sheds altogether measuring at least 44 x 22'.

4. Large court yards and verandahs for cleaning and drying.

We have a very large house in Lucknow but is occupied by Govt. (Indian[unclear]) and they are not willing to release though they are paying a nominal rent and are settled nicely even when the contract is completed long time back. (Thanks to my husband's policy of patronising the Govt.) We cannot buy a flat as my husband has no black money.

So now we have to settle in the farm house in Pune. Whatever money we have we will spend in farming lands, in this farm house and in buying modern equipments.

You have see our London house and you know our life style. Thoush I am 'shetkari' and a sadhu baba, I can live in a hut; However my family has to be comfortable. My husband who has worked o for Indian Govt. for 40 years should retire in a comfortable place. For your information we have never lived in a very small house. We would not like to live in the city anymore but would help us to live near our farms in our old age. Please note that though there are no restrictions about the farm house still do not go beyond any stony area as farming is the main object of our stay in the farm house. Please plan spacious bedrooms for ten persons; my husband and myself, two daughters, two son in-laws and four grand children. Also a common large hall for sitting and dinning, one large in-door foom for children to play. There should be atleast two guest rooms of large sizes. My husband's guests are all high international officials, so we do not cut a sorry figure.

The facade of the house should be Indiam Art and interiors should be Rajput style (as you know we are decendants of the 'Shalivahanas' - who ruled in Paithan (Pratishthan) for thousands of years. They were Rajput kings who migrated from Rajasthan.

We give a very poor image of our 'shetkari' to the outside people. But whatever farmhouse I have visited sofar have been enormous for example my father-in-law in Khairabad, my son-in-law's farm houses, Mr Dhumal's farmhouse in Veer, Raja Patil's farmhouse near Ichalkaranji, Usha Patel's farmhouse in Dandeli, Raul Bai's in Dhule Dist. Yogi Mahajan's farmhouse in Pathankot & Dharamsala- all of them are one bigger than the other. You may visit one of them, most of them are 4 to 5 stories. Of course you should never treat that as a model but better visit them to find out what is the capacity. I cannot give you any particular idea. Still the house should be as big or as small as you think proper.

Our farmhouse should be placed on the edge of the cliffand as it is the stoney area according to your letter. It may cost more a money but it will serve two purposes. Firstly, you will save good agricultural land and secondly we can watch the agricultural activity in the valley ( which land I am definetly purchasing.) Furthermore, you may have any number of stories as there is no definition, I think two stories may be sufficient.

As you say that it is absolutely legal to have a farm house without any restrictions still I would request you to use only stoney area. If the stoney area is more than your requirement we can increase the court -yards or you may add a storey if stoney area is inadequate.

Also please make the structure facade as I would like to spend more on the interior and the exterior. Pune is full of ugly flats and heavy decor. I would like to bring some delicate jali work from Jaipur to create a new dimension in farmhouse building. So some people atleast will spend to make some beautiful houses. Also it should give a sense of dignity to my other shetkari friends o spend on beautifying Maharashtra instead of wasting money on drinking and dancing in the clubs with other [unclear]. So that they can leave something for the progeny instead of pseudo-modern culture. Also if our farmhouses are made interesting the young people would not run to the city and become clerks instead of becoming dignified shetkari's children.

This kind of farm house indeed would be expensive but much less than a horrid Bombay flat. I hope every farmhouse could be decorated differently with handicraft as you find them in the remote villages. This is my dream for the villagers who have nothing

to look forward or to hope for.

My father who was the member of the constituent Assembly had a dream that the villages must develop first, there should be a 'wada' for a farmhouse for every shetkari, very well decorated and interesting so the children should not run to the city but should become shetkari like their father. I hope this happens one day, though this has happened already in China which I have visited and seen how the Chinese adopted Gandhiji's methods to improve their villages.

I hope you do not mind this very long letter from me. I am sorry I could not talk to you on the phone at this length, but I had to explain as there is no information written down about a farmhouse. You know I have very different attitude towards my property than many people. We could have had a very modern house which may be very comfortable but I always think that these houses are without any feelings. They do not represent our deep culture of dignity and art. I have already asked Mr Patankar to [unclear] the Rajput art and get me sketches of their arches and trellis work. I wish you get some books on this subjects. Whatever money I would spend on this house I want to create a feeling of Indian home rather than a mundane boring London house. I hope you understand my way of looking at things in these aspects specially.

With all my blessing to self and to your family,

Yours affectionately

Mataji Nirmaladevi

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## 1986-0503, Pre-Sahasrara Puja Talk: Put yourself into a discipline

View [online](#).

3 May 1986

Talk to Sahaja Yogis

Alpe Motta (Italy)

Talk Language: English | Transcript (English) – Draft

... that he leaves his bed in a mess. He leaves all his things in a mess. While coming I saw all the beds. ... What are you doing here? Nothing. So put yourself into a discipline of leading a neat life, as a Mother I have to tell you. It takes hardly 10 to 15 minutes, but just tell yourself, 'This is meditation.' Do it meditatively. We in India think that the western people are extremely neat and tidy. Really, they can't believe. They think you are on top of the world, you must be the neatest people ever been. They say ten times 'thank you' - but even once you will not keep your bed all right. Your things should be neat. You must keep yourselves ...

Then second thing I have seen, noticed, is which is told by many people, which I have also noticed, that you go to somebody's house then an ill-bred person will start using the phone without asking. Certain things are important to understand. Like entering into the kitchen, eating everything. It's a very common thing people have noticed, is this; that you get the food like paupers, like beggars - they come in the house. I had twenty-one bottles of honey, which people had given me as present, and when my son-in-law came, there was not even one bottle to give him honey. So who ate? All the Sahaj Yogis who came ate the honey. I mean, it's all right. But you must ask. You polish up every thing in the house. All right, you have come, there is food cooked for you. Just have your food. You go in the larder or you go anywhere to find everything is missing. You buy for the whole month, you find everything is polished off. So an ill-bred person can be made out like this. But you will be surprised, a good breeding person, even if this much is left of another person, that person will keep it and keep it, till it is passed on. I will tell you about My own husband, who is ... he need not worry about these things. But if he knows we have some thing of another person he will put it in lock and key and see every time it is there, till he returns it. And same I can say about My children or anybody I know of. But this is beggarish that you take somebody's things, misuse it, throw away where you feel like, break everything.

But I have seen with My own things, so when the leaders have been complaining to Me that they come to our houses, they polish off everything from our fridges and all that; I was not surprised. Sahaja Yoga has become like a resort for all the beggars and the paupers of the world, because it is free. All the poor people come down to Sahaja Yoga and you have to nourish them and look after them. It should not be such. You may be poor but you must have dignity. Even the servants in India are better. They wouldn't touch anything without asking. They have much more breeding. An ill-bred person is a person who is a rude person, arrogant person. You can say the same thing in a proper manner. As a Mother to give Me real glory is that people should say that you are very well brought up children. [PAUSE]

A kind of system must exist.. A Spartan system. It's a Spartan system; it's not all sort of a lousy system. [largesse?] It's a Spartan system. You are yogis, should be neat tidy, all the time clean with few things. Like in India people are quite shocked. You carry such big, big bags and it carries all the ..., for the ladies especially all the paints and this and that. Where are you going to use before the villagers? There, these paints? They don't understand. All these things we have to see for ourselves. We have to be dignified. We have to be people with a kind of a personality. Supposing somebody is a saint. He might be a poor man, but you can make him out by his deeds. There was a saint called Tukarama, which you have heard about him. His Amibi Gadolo [?], [UNCLEAR] is coming from his music. He was poor and very generous also. He used to give away everything and always left with very little. So, Shivaji Maharaj, the great Shivaji, came down to his place, brought lots of ornaments and things and presentations and gave it to his wife and children. He was out. She was very happy to wear all these things because he gave. He said, this is, of course in the beginning she also said that it's not all right. He said, "No. I am just trying to, sort of, pay my respects to you," this, that, and gave it. And she wore it.

He came and he said, "No! I am a saint. You take this. You are a king and you have to live like a king; all right as a king you can have it. But not, as a saint, I don't need all these things; my wife doesn't need all these things. Because you are living like a king,

may be, you are a realized soul also, but you are a king so live like a king."

But one has to realize that in Sahaja Yoga you are not to move like a barren personality also. You have to be properly dressed, properly appearing. You should not look like beggars. But you should look like dignified people of the society. Now for example, as you know I am the Goddess and the Goddess has to wear, I don't know how many ornaments, just to adore Her chakras. I have lots of ornaments Myself, of My own. But only for Puja I wear otherwise I don't wear. I am supposed to wear lots of these things. Why? Because it may not be that all right, may be dignified but may not be that all right to wear all those things all the times, but I am supposed to wear. Like you are supposed to wear many more things in the hand here, rings on the feet, everything all the time, you have to wear gold in the ...what you call the ... I don't have that ornament here, like a belt. I don't do it. I keep it to marginal point. Only in India I wear some things.

So you must have the discretion. What to wear? How to wear? How far to go? How to look dignified? How to be well-bred? So that you glorify the breeding of your Mother. This time I hope when you all come to India, you will notice all these things among Indians. You will never see them eating, you will never see them having their baths. You will never see them sleeping. You don't know how they live? Where they live? How they work out everything. They are just there on the spot, whenever you want them. Isn't it true? They take their baths; they finish everything early in the morning at 4 o'clock or 5 o'clock at that hour, spot. And always clean, whether he is a villager, whether he is a scheduled caste or a brahmin or any thing, they are all neatly dressed up. You can not make them .... Clean white clothes they wear, clean white cap they will have. They never have dirty clothes. So this is another side, which is not so sublime - but gross side. It's not so subtle but is very good, because whatever is in the subtle, expresses out.

In all your behavior you should shine like thousand facets of a diamond, because you have attended now this Sahasrar day. Let's see. One of the thousand facets is patience. Love each other, respect each other, respect yourself and all the time, say one month, say within yourself that, 'I am a Sahaja Yogi'. He says everything about your responsibilities. What are your aspirations? What you are? You are a Sahaja Yogi, being reborn by the Adi Shakti, Herself. Any personal problems you have, you should write to Me and I will try to answer. If I do not answer then think that answer I have managed. If I do not answer then think that I have managed the answer. But if there is any thing is to be suggested, I will definitely inform you. Any other thing?

Like a lady today came, she was crying about her husband. This she did before also, again today she is crying. She will go mad. A Sahaja Yogi should not cry. Overcome your problems. Try to handle your husband, try to handle everything. I do not very much like the divorce part of it, but if somebody is a gone case, it's all right. If I see it's a gone case, you divorce. But unnecessarily just because there is not yet proper understanding, one should not cry, weep and do all these things. And on the contrary one should try to overcome your own personal problems, because you have powers. And you can write to Me, not very long letters. I get lost. Yes really I get lost. In the morning there are so many letters, for Me to read, one better than the other and My husband also gets a bit lost. But he says nobody writes Me love letters they all write about their bills to be paid. I said, "It's just the same." [Applause] You may translate this into Italian:

[Sahaja Yogi: Italian translation]

Shri Mataji "Full of problems ...."

[Sahaja Yogi: Italian translation]

Shri Mataji, "I said that I have to pay for their love. That's what it is. But children write very sweet letters. They just paint some painting or something or some flowers and few things there, that's how they make a heart and put Me there. But something likes that. Very sweet, sweet thing they do and just the joy and happiness they express, never their problems. They have no problems. Children don't have any problems. They are not complicated. They catch hold of the problems. That's the trouble. They have no problems of any kind. So you have not told me, anyone of you, anything that you want to be done. Now only thing at the last I would like you to listen to Warren who will read it out to you the programs, we are going to have in these summer times.



[A Sahaja Yogi reads out the program, with some corrections and suggestions, in between, made by Shri Mataji]

Sahaja Yogi: "So Shri Mataji's program for the rest of Italy I think is known, She returns to the UK You are returning on Monday morning, Shri Mataji?"

Shri Mataji: "Yes."

Sahaja Yogi: "Monday morning. Then She comes to France on seventh eighth and returns on the twenty second not the twenty fourth as written in the plan. [NOT VERY CLEAR AND NOT AUDIBLE] The next program is in June on the 7th June. [CONVERSATION OF SAHAJA YOGI AND SHRI MATAJI ABOUT PROGRAMS]"

Shri Mataji, "We have to thank the nature for creating such a beautiful stage for Sahaja Yogis - from all over Europe and England, Australia and India."

[Sahaja Yogi: Italian translation]

Shri Mataji, "Specially you have to thank Lido and his wife and all the Italian Sahaja Yogis who have worked as a team to organize this beautiful place for us. Come down here, visit and see the glory that is of the Creator."

[Sahaja Yogi: Italian translation]

Shri Mataji, "The nature has organized everything so well and also the symbolism of this place is so expressive."

[Sahaja Yogi: Italian translation]

Shri Mataji: "That the three main rivers of Europe- just like Mahakali, Mahalaxmi, Maha Saraswati- flow from this place all over."

[Sahaja Yogi: Italian translation]

Shri Mataji, "On our way while coming we saw the temple of the three medals [?] [UNCLEAR]"

[Sahaja Yogi: Italian translation]

Shri Mataji, "and the place is also called as the 'Mount of the Mother'."

[Sahaja Yogi: Italian translation]

Shri Mataji: "And we have seen the beautiful huge big statue of the Mother in golden color, just in front of this hotel."

[Sahaja Yogi: Italian translation]

Shri Mataji: "So the stage is laid very well as in a drama"

[Sahaja Yogi: Italian translation]

Shri Mataji: "They describe outside, what is the play about. They put up different posters and statues to describe the play."

[Sahaja Yogi: Italian translation]

Shri Mataji: "So you are on the stage. You are the actors".

[Sahaja Yogi: Italian translation]

Shri Mataji: "Whatever you are taught, whatever you have learnt, whatever you have experienced, has to be manifested."

[Sahaja Yogi: Italian translation]

Shri Mataji: "That manifestation is the one what we call as the performance."

[Sahaja Yogi: Italian translation]

Shri Mataji, "So if we are Sahaja Yogis and if we have achieved an ascent, our performance will show that."

[Sahaja Yogi: Italian translation]

Shri Mataji: "So your performance tomorrow will prove how much you have achieved so far and how good you have reached."

[Sahaja Yogi: Italian translation]

Shri Mataji: "The performance of the nature is ultimately joy giving."

[Sahaja Yogi: Italian translation]

Shri Mataji: "It nourishes, it teaches, it does everything; but ultimately it gives you joy."

[Sahaja Yogi: Italian translation]

Shri Mataji: "So you have reached a stage now where performance within and without has to be witnessed."

[Sahaja Yogi: Italian translation]

Shri Mataji: "Here we are more than five hundred people, all bound together with love."

[Sahaja Yogi: Italian translation]

Shri Mataji: "We do not belong to any particular sect or to any particular race or caste."

[Sahaja Yogi: Italian translation]

Shri Mataji: "We belong to that special category which is called as saints."

[Sahaja Yogi: Italian translation]

Shri Mataji: "But the modern saints are very humble."

[Sahaja Yogi: Italian translation]

Shri Mataji: "And they don't accept this special position they have - with showing off."

[Sahaja Yogi: Italian translation]

Shri Mataji: "But you are all saints."

[Sahaja Yogi: Italian translation]

Shri Mataji: "And tomorrow we will see what happens to these saints."

[Sahaja Yogi: Italian translation]

Shri Mataji: "No, once you got in anyway, we frighten about anything "

[Sahaja Yogi: Italian translation]

Shri Mataji: "But it's a surprise."

[Sahaja Yogi: Italian translation]

Shri Mataji: "What a magnificent, joy giving surprise!"

[Sahaja Yogi: Italian translation]

Shri Mataji: "It's all right. Today I have a small little present for Lido and his wife."

[Sahaja Yogi: Italian translation]

Shri Mataji: "It's a big present."

[CLAPPING] [UNCLEAR] [JAIKARA] [IT APPEARS THAT THE GIFT IS BEING UNWRAPPED -ED.]

Shri Mataji: "Now there is a big present, which is coming for the Ashram."

[Sahaja Yogi: Italian translation]

Shri Mataji: "Very big - in nine boxes."

[Sahaja Yogi: Italian translation]

Shri Mataji: "... But you have to guess. Italians have to guess"

[Sahaja Yogi: Italian translation]

Shri Mataji: "There are nine light trees [??], from all over the world."

[Sahaja Yogi: Italian translation]

Shri Mataji: "Italians come along."

[Sahaja Yogi: Italian translation]

Shri Mataji: "Three chances. Three chances to....First of all get these."

[Sahaja Yogi: Italian translation]

Shri Mataji: "Three chances." [UNCLEAR]

Sahaja Yogi: "OK what is the first guess?"

Another Sahaja Yogi: "[UNCLEAR] Nomsey"

Shri Mataji, "Nomsey!! No. No. [UNCLEAR]"

Sahaja Yogi: "[UNCLEAR] Statues?"

Shri Mataji: "No"

Sahaja Yogi: "[UNCLEAR]"

Shri Mataji: "What did he say?"

Sahaja Yogi: "Nothing."

Shri Mataji: "What did he say?"

Sahaja Yogi, "Nothing ... He was not qualified Mother"

Shri Mataji: "Tabla?"

Sahaja Yogi: "... Instrument of music?"

Shri Mataji: "No"

Sahaja Yogi: "OK. So the presents are lost."

[LAUGHS AND APPLAUSE]

Shri Mataji, "These are chandeliers. These are chandeliers of My first drawing room, with sixteen globes in it, fourteen globes I think or sixteen, and also there are side lights. They are packed so well, that's why in nine boxes. But they are quite big, large; look nice there pink and solid ones. You remember Mine."

[JAIKARA AND CLAPPING]

Shri Mataji: "[UNCLEAR]There is a photograph of these with someone. I will tell you who had it. These people, who brought it, had got photographs."

[Sahaja Yogi: Italian translation]

Shri Mataji: "Right, the photographs? You have?"

Sahaja Yogi: "Yes"

Shri Mataji: "But the lamp shade will be too small. This is a smaller part. There is a bigger part also. [NOT CLEAR] ... This one you can show them. These are the ones. ... You have seen that. One you take it out carefully. You have to be very ... It is very, very dainty [NOT CLEAR]"

Sahaja Yogi: "Photograph."

Shri Mataji: "It's a photograph? ... Because you must have the photograph to rearrange it otherwise you cannot do it. I will have to help you then. It's a huge thing like that, so big as that. It will be nice for your house, yes, the Ashram there."

Sahaja Yogi: "You have to give us a bigger house."

Shri Mataji: "This is, just take out one globe, like that I think there are fourteen or sixteen globes."

[UNCLEAR DIALOGUES OF SAHAJA YOGIS WITH SHRI MATAJI, WHILE TRYING TO ASSEMBLE THE CHANDELIER] [CLAPPING]

Sahaja Yogi: "This is one for each Ashram. That means sixteen Ashrams in Italy."

Shri Mataji: "It has taken three days to pack. They are delicate things you know; you have to be careful with them. They are lead crystals and very good things. They have lasted for so many days and I am sure, they are going to last."

Sahaja Yogi: "These have been packed by Golden Packers? Shri Mataji we really don't have appropriate word to thank You. We really don't know how to thank You."

Shri Mataji: "This is the age of enlightenment and you have to have lights."

Sahaja Yogi: "It is so beautiful."

Shri Mataji: "They look very beautiful. And you have side-lamps also. I think six, six side lamps and these two are very full of fourteen or something. I don't know how many are there. But they are getting the photographs. Have you got scotch tape or some thing to stick? [NOT CLEAR] Somebody has to take it very carefully so that you can close it also or you can put the things back on it. [NOT CLEAR] [PAUSE] That's all, that's all. I told you. I think the other things also you can put on top and [NOT CLEAR]."

Thank you. She knows that I am crazy about flowers so she was giving Me . That's good. Very nice. One side we have put lighter things because otherwise people will put it other way round. That's why. Good, but how will you take this to Rome"

Sahaja Yogi: "By bus."

Shri Mataji, "You have a bus. So it should be transported only by that bus otherwise it will go back to England."

[LAUGHS AND PAUSE]

Shri Mataji: "Who are the new people here, who have not met Me before, Italians?"

[Sahaja Yogi: Italian Translation]

Shri Mataji: "So at least I shake hands with you."

Sahaja Yogi: [Italian Translation] [UNCLEAR]

Shri Mataji: "So beautiful, they don't look new, they look age old. Very beautiful. May God bless you. Be seated. Now I will be going to other countries respectively. I don't know how one after another. But there I hope to meet all the new people of that country. But I must say that I was very much enamored to hear that eighteen people have come from Spain."

[CLAPPING] [Sahaja Yogi: Italian translation]

Shri Mataji: "Because Spain is a very far off country, very far off country from here and it was very, very, very sweet of them to have come for Sahasrar Puja."

[Sahaja Yogi: Italian translation]

Shri Mataji: "Also I am very happy to know that there are twenty people from Germany"

[CLAPPING] [Sahaja Yogi: Italian translation]

Shri Mataji: "There are, they said that the whole of Sahaja Yogis, all of Sahaja Yogis, the whole party has come from Switzerland. It's a great thing."

## 1986-0504, Sahasrara Puja: Consciousness and Evolution

View [online](#).

4 May 1986

Consciousness And Evolution

Sahasrara Puja

Alpe Motta (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Sahasrara Puja. Alpe Motta (Italy), 4 May 1986.

Today is a great day for all of us, because it is the sixteenth Sahasrara Day. That in sixteen beats or sixteen movements you reach a higher position in the coil. That it is complete, that Shri Krishna is called as a complete incarnation because He has sixteen petals. This completeness is called as "purna." So, now we move into another dimension. The first one was where you got your Self-realization.

In the evolutionary process, if you see, the animals are not conscious of many things which human beings are conscious of. Like the matter cannot be used by animals for their own purpose. Also they are not conscious of themselves at all. If you show a mirror to animals they do not react to it as if they are in the mirror, except for, I think, chimpanzees. That means that we are rather close to them! [Laughter] So, when we have become human beings, we became aware in our consciousness of many things which were unconscious to the animals. So, in their brain they did not understand that they could put matter into their own use.

As human beings you were all unaware of the chakras that existed within you. So your consciousness still was working halfway through unconscious working of the chakras and the conscious working of the mind. You also never felt your autonomous nervous system or your inner organs, how they're working. You did not even feel how you are getting affected by other influences.

As a result of that, with the freedom that human beings achieved or were granted, they gathered all kinds of things into their brains, into their Sahasrara, without being aware of it. They used their Sahasrara, their brain for all kinds of purposes which were fruitless. They were not aware, again, of the warning that Shri Krishna had given that if you use human awareness except for your ascent, you will go downward. They were told. Not that they were not told. They knew about it. Whether it was East or West, everybody knew that you have to be born again.

And it so happened that in the West people thought that by using their brainpower they can now master the matter; that they can use matter for their own purpose. If they had done it after their Self-realization, it would have been a very different situation, because after Self-realization you all have become aware of vibrations, which is chaitanya, and also of your chakras. With this new awareness, you would have avoided all that was wrong.

But it is like a greedy person, who gets a wee bit of money and he spends it off. Now this problem has complicated your brains. You have certain concepts, which are very much away from reality. The way we have started using machines, we have become machines ourselves. So, we have no feelings and we cannot relate to others in a natural way.

In human awareness you had achieved how to relate yourself to others and to the nature. But this ego-oriented approach took you away from natural, real life. And we became artificial. The whole thing comes from a concept of being artificial. Like they say that it's fashionable to be arrogant, to be snobbish. This is just the opposite of your ascent and evolutionary process because you have lost the power to relate to others, which you had gained as human beings. All the organizations which you have formed also on collective understanding are also artificial. Then a movement started that we have to be natural. That is another copying of the artificial. Natural does not mean a primitive personality. Natural is to evolve. The whole purpose of creation is to evolve.

So, the another concept also that you accepted very easily because you have got brains and you accept everything that comes your way. And you became so artificial that you needed all the time some sensations to feel yourself. Now in every walk of life there is a conceptual, artificial understanding. For example you see the sex, which is such a natural, normal thing. There is nothing so great about it. But that also you made so artificial that you have now your sex in your brain. By that not only you have silenced Ganesha in the Mooladhara, but also Mahaganesha in your brain.

In another aspect, say art. Now the concept is so stupid that it says that art should be according to what is laid down.

Gregoire: This, I have not understood, Shri Mataji.

Shri Mataji: No, no, no. Whatever is laid down about art, that art should be such, such, such, such. Like you will call somebody as baroque to condemn it, then rococo, this, that. Condemn everyone. And ultimately you reach a conclusion that the most insipid thing is art. As if, like the sugarcane, when we have taken out all the juice, whatever remains will become art one day.

So, the brain, which does not nourish the heart is absolutely an artificial brain, just like a robot. So, people have become just like robots. Now this can be handled by anyone who has a mastermind. Because you don't have your own heart and the brain is controlled by somebody who has a greater brain of concepts. All these concepts are destructive. Say Hitler got the concept that he is an Aryan and he is of the superior race. And to establish that, he did not mind destroying the whole world.

Same is the case in the religion field. There also, every religion was put or poured into the cups of concepts. Now the worst concept that human beings have achieved, is that money is everything. First they tried for political domination, thinking that political domination is everything. And now they feel that money is everything and all other sublime things are imaginary.

So, when I started my life, I saw the complicated Sahasraras. And the more I tried to solve the complications within My own awareness, the more it became more difficult. Because if you see my age, in fifty years, you can see how much complicated human beings have become. And after opening the Sahasrara, when I come to the West, within these sixteen years I found that they are now incorrigible. Now the stage for you is laid down to ascend higher. This is the background which I have described to you.

And you can see how, when you have a program, there will be 500 people for the program and within two weeks all will disappear. Because when the ascent takes place, the Kundalini pushes out the ego and brings the person close to reality. But again that ego, which is being built up so fast in its speed, overpowers the speed of the Kundalini and covers the head. Then it suggests that, "How can you have godly life? You will miss all the alcohol, all the madness, all the fun of life". That they feel, they will lose all the freedom to become mad. When you see from this position the way people react, it is amazing. You have to do something extremely stupid to sell it in the market. The other day I heard that somebody has become rich selling the empty tins as lamps. All kinds of stupid things, which are nowhere near natural beauty or natural joy, are accepted as sophisticated.

The other side of it is that the "asuri vidya" [evil knowledge], the "black vidya" has taken over. As Shri Krishna again had warned that, in the fifteenth chapter, that if asuri vidya takes over, then the suddha vidya [pure knowledge] cannot compete with the speed of asuri vidya. Like in America there has been a big argument amongst Sahaja Yogis if my photograph should be in the drawing room or not. But if you ask them to paint their nails black, their faces black and black clothes like witches, they will do it. That even at the stage when we are Sahaja Yogis, we are shy of our godly life. When they became hippies or when they became punks or they became anything like that stupid, they gave all their life, all their time, all their money to it. They changed their dresses, they changed their lifestyles, they changed their family life, went all out. I mean, and even when Sahaja Yogis are convinced about the godliness of Sahaja Yoga, still they are shy.

Now you know your Mother doesn't take any money from you, on the contrary She spends, you all have gained out of it. But when it comes to giving, everybody feels shy. From that background you are coming to the light of God's grace. But you don't want to dash at it, you want to take your time, gradually, so gradually that maybe you may lose your chance. So, in the awareness of Sahaja Yogis where you know all about your chakras, you know about vibrations, you know how you relate to others, still all this



knowledge is for personal advantages. So, the shadow of the past still lingers on, even when you have this new awareness.

Animals can swim automatically, they don't have to learn. But human beings have to learn to swim. So they had forgotten the techniques which were known to the animals and have taken to the techniques of human beings. But in Sahaja Yoga you have got your Realization in one lifetime. And in this lifetime you have to grow. And in this lifetime you have to achieve the highest. So, the time is so very short and the background is so dark. You are surrounded by people who are pouring out, morning till evening, destructive concepts. Now, you are the people who have to shoot out much faster than all of them.

But a kind of a lethargy, though you understand that your awareness is very different from them, a kind of a lethargy, which does not accept it the way it should accept Sahaja Yoga. Every one of you must think every day, "What have I done for Sahaja Yoga today?" But you are all still very busy with your jobs of making money, of have relations with people who do not matter at all in Sahaja Yoga. We have to make an all out effort to rise to that point, that whatever we know, we believe in, we act on that and become one with it. You can do that with concepts, but not with reality, this is the problem. I mean, I'll explain this point but later.

Like, supposing a fanatic believes that he can do such and such thing in his own religion, he will do it. When the concept is not reality, it has given no benefit to anyone, had shown no performance of any substance, still people do it. I see in my own country when they were fighting for freedom, my father himself gave up all his property, gave up his practice, with eleven children in the family. And we were living in palaces, started living in huts, for days together, for years together. But for the gross freedom we'll do anything, but for the subtler freedom the Sahaja Yogis have to do everything that is possible.

[So, the first thing is] to be aware, to be in your conscious mind all the time that you are yogis. You are the ones who are very much higher than the rest of the humanity. That the salvation of the whole of the humanity depends on you. The purpose of creation will be served by you. So, first of all you have to be conscious in your consciousness that you are so important, and that's why you were given Realization. How can you be living with your conditionings and with your ego? The conditionings are like this: supposing you are coming from a Christian religion, then you must bring that little bit of that religion into Sahaja Yoga. Or if you are from a Hindu religion, you want to bring some out of that. We have all the essences of these in Sahaja Yoga, the pure essences; but we can't have the gross nonsense! All these things are like dirt over our Sahasrara which must be shaken off.

Though now you are aware, you are aware and conscious of your chakras, you do not keep them clean. Ordinary human beings if they have clothes, they have houses, they try to keep it clean. But you do not feel ashamed of them also when they are bad, because after some time you also lose the awareness of them. That means you have become subtler, but in your consciousness you are not yet subtle. There are so many things you know more than the people who are not Realized, as absolute reality.

For example, we don't even use vibrations. Whenever it is needed, we don't use it or sometimes mechanically, just like a machine, we start giving bandhans. So, you are still unconscious about your chakras. Slightly conscious when you put your mind to it, otherwise, in your central nervous system you are not yet so conscious. This is the reason why you do not know why you had to do a thing at a particular time. Unless and until you rise to this Nirvikalpa state, you cannot go further.

For example, I know everything what I do. I can handle any power whenever I want to. I can absorb any negativity I want to, I need not absorb any negativity I don't want to. You may be thousands of miles away from Me, I know about everyone of you. I may not know your worldly names, but I know you as a part and parcel in My Being. I also can behave like a human being, absolutely like you, aging like you, using spectacles, doing all the things that will make Me a complete human being. I have accepted this role consciously, not unconsciously. To Me, nothing is unconscious. So, if you have to be conscious of what you are doing, you have to be alert about it.

The first thing that you have achieved is the peace, the peace. But even now I find that peace which would become joy becomes the quarrel. Truth is one, you cannot argue about truth. It is a homogeneous thing. It doesn't quarrel with each other. We are unconscious about our fingers, but when we have to hold something, all of them come together and work it out. So, the part of the brain, which is working this out, the unconscious part of it, is to be made conscious. That is what evolution is.

So now adherence to any concept is against evolution. You must learn to face the reality, to accept the reality and act a real way. Now you may say, "Mother, this is a miracle. Something happens, this is a miracle." Maybe for the human beings, maybe for Sahaja Yogis also, but not for Me, as I know what it is. So, to rise above this half-baked consciousness, one has to see how you are working it out.

The whole system of relating to each other must change completely. That is very important, at least for western people. Because at least in India people know that human efforts lead you nowhere, you have to take to your ascent - I mean the real Indians. Some of them do take advantage of Sahaja Yoga and then disappear, some of them do. But mostly they know that you have to be conscious of what you have got. So, we can say that we have got self-knowledge, but we haven't got self-consciousness.

Now, for example, you take somebody's name, say of some great saint, you feel the vibrations are flowing. Also you know why: because he is a saint. But why not you the Sahaja Yogis, if your names are taken, why not the vibrations flow? And in this, you have greater advantages because the Adi Shakti Herself is before you. They did not have anybody to tell them all these things. But the disadvantage of that is this, that you take it for granted.

Gregoire: How do you say 'take it for granted' in French? [Gregoire goes on translating]

Shri Mataji: Sometimes French is small, sometimes so big.

[Laughter]

Now, in expression, when we say something, when we express; are we natural, are we it doing from our heart? The consciousness that "I'm doing it from my heart," is what I want you to achieve.

Like there are people who work very hard in Sahaja Yoga, others will just take it for granted. They do not want to help. They want everything to be ready-made. That shows that they are not conscious of their own powers of enjoyment. If they do it from their heart, then they will never feel what effort they have put in, they will only feel what they have been blessed with it or what they have achieved. The sense of fulfillment and satisfaction will overcome all your problems, specially your left Vishuddhis.

Now the second stage would be where you will be conscious of whatever you are doing, where there will be no mistakes. Whatever you will do may appear to be mistake will turn out to be all right.

Gregoire: But only when we are there.

Shri Mataji: Nobody is so far like that. So, I would like to tell you. Because some people do feel, whatever I say of praising they think I'm saying it to them. No, no.

Now for example, today I had my watch, I wanted to set my watch, so I pulled this screw up, say, simple thing. Now this I did, I would say, in a way unconsciously, but quite consciously. Because the watch stopped and I knew the time, what time I have to be there for puja. So, consciously I've put Myself against Myself. If the watch had not stopped, I would have come earlier. But that was not the time I had to come. So, I had to pull the screw to keep it stopped. So, whatever mischief you play, you know and you can play it against yourself also. And then you can make a drama, "Oh, I made a mistake!" and things like that, for nothing at all. But such a stage is far off, I must tell you.

Just now the stage at which we are, we are still making lots of mistakes because we are not Self-conscious. In a gross way we understand this word self-consciousness like this: when a person has to go for an interview then, he selects his suit properly, he'll comb his hair properly before going, he'll clear his throat - self-conscious. But when it is the question of your ascent, are we alert? Or we are taking it for granted that Mother is just now going to give us a nice bath, put us in the cradle and take us there. This is being childish. You have to mature in your ascent. Now you may say, "What should we do?" Face yourself every day! In reality, see how much time you spend about mundane worries and how much about your ascent.

Have you left everything, all your worries to God Almighty? Have you completely jumped out of your background? Have you come out all the way, leaving everything that was nonsensical? And how do I relate to others? How do I talk to others who are Sahaja Yogis?

I am surprised sometimes, if the one Sahaja Yogi is attacked by a non-Sahaja Yogi that a Sahaja Yogi group should support a non-Sahaja Yogi. Or a Sahaja Yogi who has to come up pays more attention to the negative people than to the positive. He relates better to the people who are negative than to the people who are positive. He is more friendly and open with the negative persons than with the positive. You have to cling on to the positive. But it's always the other way round because also is a very subtle ego in there. All these subtle understandings I have told you many a times. But with your complicated brain, which is like a machine, like a spoiled computer, you can reach some conclusions out of what I have said which are just contrary.

Like, supposing I say, "You forget the past." A simple thing. That means you forget everything that is good of the past? That is as if you should not understand why you're behaving like this? Forget the past means don't allow the past to overpower you. A brain, which is simple, which is straightforward, which has got love in it, can understand what I am saying straightforward.

This complicated brain is to be put right, and the best way is to stop thinking. Just stop thinking. That's what you have to do. Now when you stop thinking you feel that nothing can be done. But by thinking only you don't do anything.

Now for example, I have to give you a speech now, but I start thinking about it, what will you hear? Can you hear My thinking? You have to, say, enlighten these lights, all right? Then you just start thinking about it, "I have to enlighten." Will it get enlightened? This is to be understood, that by thinking you do not do it.

Thinking is lazy man's garb, and is used to avoid work. Once I asked a lady I had in the house that "We are going out. Will you be cooking something for us?" When we came back she had not cooked anything. I used to cook every day but she had not cooked anything. I said, "Why? Why didn't you cook something for us?" She said, "I thought You may eat outside." She was a western lady. So my husband said, "All right, we are going to eat outside. You stay at home." I said, "It doesn't look nice." He said, "No, let her know what she thought is meant for herself." So this is the escape which, you have learnt before, the cleverness.

So you do not argue about it.

Do not argue about Sahaja Yoga.

You do not argue with your leaders. You may be his wife, but don't argue. We are having a very bad time from some of the wives of the leaders because they try to influence the husbands. As far as Sahaja Yoga is concerned, they have nothing to do with that. Supposing you are working in an office and the husband is some great official and you are a clerk, will you correct the husband? In this case the women have to nourish the organization, nourish the husband with love from their heart and not from their brains.

I think it's so great to have been born as a woman Myself, because I can enjoy the heart, the emotions. The emotions of My love, the working and the play of My love. It's so great that no incarnation can enjoy that as I can. So the women should not feel degraded if they have to look after the heart, but they are in a higher, in a way, in a higher aspect. You can do without thinking but you cannot do without the heart.

So the ladies should not argue with their husbands if they are leaders, and also one should not argue otherwise, also. Because I have seen if the women are very argumentative, the men become deaf. They just don't listen what women are talking. If they are very aggressive, then the men become absolutely shut up.

So in relationship with each other, you must behave in a natural way that you are a man and you are a woman. You should become more a woman and more a man and then you will see the fun. Imagine in this world if there were only men or only women, what would have happened? So we have to know that in our awareness we have to be conscious how far we have achieved the consciousness for our relationship with each other, that is the collective consciousness of Virat, of the brain, that is of Sahasrara.

So in principle Sahasrara is Vishnu Tattwa, but the Deity is Mataji Nirmala Devi. So you can see how the beautiful integration has taken place. All the powers of Shri Vishnu have to act according to the Deity, surrender at the Lotus Feet of the Deity. So the consciousness of Shri Vishnu is absolutely in the hands of the Deity. I do not want to talk about this tremendous Deity, it's too much, because it may fill you up with awe.

So, whatever is working out, allow it to work out. They say, "Surrender your Sahasrara to this Deity." And it's so, so simple for you, because you have the Deity, you have your own Sahasrara, and it's only you, the people who are Sahaja Yogis today in modern times, have seen that Deity.

They say that you have to ask for three things called salokya, samipya, sanidhya from God; meaning to see God, salokya; samipya, the closeness with God and sanidhya is the companionship of God. But you have got tadatmya, is oneness with Me which is not in the concept of any one of the yogis and the saints and the seers who have been before. And this tadatmya you have when you are outside My body, while they have this tadatmya when they are inside My body, they are no more.

Now, so you should understand the time limit. You must understand your greatness and you must understand how you people are chosen for the highest work in this creation. So now there's no time for lethargy. Now you have to rise and awake.

Today is the day when I hope you have to jump into Nirvikalpa. But only by effort you will stay there, otherwise you'll again slip down. So go through this lecture again and again, and do not think about it. Don't think that it is for somebody else, it is for you. For all of you, each of you, and you must know yourself how far you are going every day.

Today is a special day of Sahasrara. Actually, if you see, it is according to the sun calendar, Sahasrara would have been tomorrow. It's a Monday, which is the Sahasrara and just imagine that we are having it one day earlier. So one has to know that the calendar of God has nothing to do with the human calendar. According to certain calendars, I should have come two thousand years later and some think I should have come at least two thousand years back, in this form. So the calendar is all right, timing is all right, everything is all right.

You are not robots, you are not machines, you are evolved through evolutionary process. And through evolutionary process only you have to achieve the higher personality. So whatever we may do or whatever may be all right, it's you who have to show the results. We may take your Sahasrara to a great enlightenment but again it will collapse. So you have to know that whatever heights you are brought to, it is you who have to maintain it with full will power and action.

May God bless you! This lecture is a concern of your Mother. Do not take it as anything ill. I could not have said this even two years back or one year back, because you are at the stage where I can say these things to you. You can understand it, but it has to become your consciousness. The stage has reached to understand, but it should become your consciousness. By today's happening should become, if you keep it there.

So, again, may God bless you!

## 1986-0504, Talk After Sahasrara Puja: Unless and until you are conscious you cannot ascend

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4 May 1986

Unless And Until You Are Conscious You Cannot Ascend

Sahasrara Puja

Alpe Motta (Italy)

Talk Language: English | Transcript (English) – Draft

Speech after the Sahasrara puja. Madesimo, Alpe Motta (Italy), 4 May 1986.

These are the songs they are sung in Himalayas, and to be sung here is something really remarkable, isn't it? You brought it all the way to be sung here.

Now, I think I have already given you a very, very long lecture and a speech as you call it, but some reactions were very good, and some could absorb it very well. But some, they said, were sleeping. Now these things happen because of negativity. You have to fight your negativity, because negativity is the thing that asks questions. When I am talking I am telling the truth, absolute truth, but it asks questions and it reflects.

When it starts reflecting, nothing goes in the head because you are left with the past sentence, and the present you are not with it. So the whole thing boils down to something like an escape, and then you escape and you sleep off. I mean, I tried My level best today to put you onto your conscious mind. You have to be conscious, you have to be alert; and that's the point, is that unless and until you are conscious you cannot ascend. Any abnormal person cannot ascend. You have to normalize yourself.

So many of you had lots of abnormalities which were brought out and thrown away, and many have been cleansed, but now if there are some still lingering with it, they must work it out. They cannot just go on justifying it. Normally negative persons attract a negative personality. So if you have such a negativity of any kind within you, you should never sit next to a negative person, never go near such a person. Keep away, but stick on to the positive person. Like I said, stick on and support your leaders without question, without questioning.

But this is the trouble is that you start fighting your own leader. If the leader says something to you, you quarrel with the leader and you argue with the leader, so it's finished. I speak through the leaders, so you don't question it. If you question it, then there will be a problem. You have to stick on with your leaders, who are positive people. And if you start questioning them, then you will be nowhere – no link between you and Me.

And this is everywhere: I was told in Switzerland it is like this, in France now is better but used to be like that; everywhere, except for Italy – I think Italy has the best results. So don't fight with your leaders, don't argue them. Do not reflect about Sahaja Yoga – what can you say, what do you know, how can you reflect? What is your knowledge? Do you question your chemistry teacher when he says hydrogen has got two atoms or one atom? Do you?

And when you start doing this with your ego, you are thrown out of the realm of evolution. So do not reflect, just listen, and try to take it inside. These are all mantras; take them inside.

Instead of that you start questioning, arguing with your leaders, giving them advices. Please don't do it – stop it now. This is not politics, where everybody can advise, everybody has to say something. Mostly the bhoots are such; the bhootish people go on advising and having their own say. And they go against the leader throughout.

Now specially for the elderly people, I would say, because you are more grown up sometimes than the leaders are. Then you think you have a right to correct your leaders – it's not so. In Sahaja Yoga it is not how much you are old, but it is how much you

are evolved. So when you start questioning your leaders and reflecting on their behavior or anything like that, and answering them back or also giving your ideas, you are gone. It's like a link. Say, there's a link between the chakras and the cells, say it like that. Now if you deny the chakras, how one has to work it out; because I am connected with them, and through them you are connected.

But when you deny them, then you fall out. I know what to do with the leaders, I choose them, I arrange them, I organize them, I change them; I know what to do. Now you people do not challenge them – is nothing but your ego. In India it doesn't happen at all, doesn't happen. Once Mother has appointed somebody it's accepted, because for them this is the truth that they have been seeking. The all other is nonsense, is all complications; and because you are so complicated, to you other things look nice, you think you're surrendering your personalities – not at all. Is developing, surrendering yourself to the sap of life, to the vitality, to the vital force of life.

Surrender, accept more, accept more. This ego can never allow you to take inside anything – be careful on that. This will never allow you to sleep, this will never give you peace. It will never allow you to grow, it will never take you to your own goal. So surrender that ego of yours.

So one thing I have to tell you: don't fight, don't quarrel, don't question, don't reflect about your leaders to begin with; or otherwise you will be cut off.

Keep in his good book, try to support him. Ask him what does he want, what help he needs. The more you get attached to him, the more you get closer to him, the more you will get.

But you see, people are very wasteful. They have wasted their lives in drugs, this, that, all nonsense. And the women have another bad habit, is to gossip. They want to gossip: gossip about this person, criticize that person.

It's a very bad habit of women to gossip. I never pay heed to anyone who gossips, and I don't like a person who gossips. So don't gossip about things – cheaply, frivolously talking about others.

It's not necessary you should be educated, it's not necessary that you should come from a very well-bred family, nothing is necessary; as long as you are a Sahaja yogi, you can be a diamond. But allow yourself to be cut into the diamond. Allow!

So the reaction of some people was very good, they absorbed what I said, they took everything inside; but some of them went off to sleep. Now, if those who were struggling at that time may not have understood – it's a difficult subject, I told you, it's a very subtle subject, doesn't matter. But those who have been like that should look after themselves, should find out.

I've found out one thing with the left-sided people: if they can put a candle near their left Swadishthana, a little far, and put one candle before the photograph, and put left hand towards the photograph and right hand on the Mother Earth, it works. And the candle at the back should be kept a little far away because it makes sounds, it goes this way, that way, burns.

Those who have been taking drugs, not LSD but other drugs, which are drowsy people who feel sleepy, whose brains are destroyed by drug, all those people can benefit a lot by this. Do it every day.

Going into drug you never felt you're surrendered to drugs, never felt that way – which was something that was going to kill you completely. You know how so many people are killed, so many are dying, but you wanted to do that, I don't know, because your ego said, "All right, go ahead, try this. You will be the one who nothing will happen to you." That's the ego suggests. So you did it. All right, doesn't matter. Whatever has happened has happened, let us clear it out, because we are seekers.

So those who have really felt one in the lecture, without any questioning, should know that they are doing well. Those who were questioning, reflecting, should know they have ego, and those who were dozing out should know that they are left-sided. Left side is worse than the right side, because the right side can be easily corrected: it shows, it shows outside. People don't like it.

Such a person is criticized, everybody says he's egoistical, he's this, that. Everybody knows that such a person goes out like Hitler.

But the left-sided person, you see, is very pitiable and you'll have very great pity for such a person and you sympathize, and you get lost with that person. They are more dangerous, and difficult to be cured, very difficult. So it's not a easy task, we have to work it out. I am trying My level best. You should also help Me.

I was thinking that if you can start using a little oil for your head will be a good idea, in the night. As Sahaja yogis you should. I think the hairstyle should be changed for Sahaja yogis. This modern fashionable style won't suit us. Because this will, we'll have all bald heads one day, I can tell you, and you will see the Sahasrara with a big dimple here. Better use some nice coconut oil, rub in your head nicely, and in the night and in the morning – after all, it doesn't show much – and comb your hair in a proper way. Because also I think, if your dresses are like bhoots, your hair are like bhoots then the bhoots will take over thinking, "Oh, this is a bhoot sitting down here, I better take hold of that bhoot."

So dress up in a way – shouldn't have hair on your forehead at all, keep it straight, make it nice, and have it absolutely clean foreheads.

We are Sahaja yogis: we have to change our dresses, we have to change our styles, we cannot become fashionable like these stupid punks.

So we are a type, by our hairstyle people should know that these are Sahaja yogis. So before you start getting bald, better try putting some oil in your head. That's one very important thing the Sahaja yogis have to do. They can take vibrated oil if you like and I think olive oil is good, but better than olive oil, I find, it is coconut oil is better for the growth of the hair.

But sometimes you can also put almond oil, is also good, almond oil for you; because if you have any problem that you feel exhausted or your nerves need attention, you are nervous type of person, then almond oil is good for you.

And for people who have teeth which are troubling them, they must look after them. No use going to the dentist, because dentists create problems. Simple thing is to use olive oil and some salt, and rub it on your gums nicely every day before sleeping. That will keep your teeth all right. You'll be amazed, till today I have not been to any dentist. Never been to a dentist, and I hope I won't go to the dentist. So, but one thing is that I have certain bad habits, one of them is that I brush my teeth quite often. But don't use electrical brushes and all that, but use brushes or use your fingers, is the best way is to rub with the salt and the oil, it's very good for you. And then allow the whole thing to come out, and then wash off.

Then the third thing I find in Europe, that you people do not clear your throats, and your tongues, which is another thing very much against Vishuddhi. And that must be one of the reasons why your Vishuddhis are bad.

So, though it is not in fashionable here in the West, but very important thing is to put your two fingers in the mouth and rub your – fingers, not the thing, fingers – and clean your tongue in such a way that everything comes out in the morning. Is important, because that accumulates and then it rots. So this has to be done. And may be that you might think that this is doing, you make a noise and all that, doesn't matter. You have to clear out your throat; I mean, that's how you will keep your Vishuddhis very clear. This is one of the things.

And another thing is that you must always use water as much as possible, for washing: when you go for your morning ablution, water must be used. The paper is a very dirty and unhygienic habit, very dirty and unhygienic habit. But even if you use paper, you must use water after that. It's very important that all the time the water should be used as much as possible; for Sahaja yogis it is a very, very important thing.

Now for some people who will find that they are on a subtler level quite on the verge of collapse, in the way that they still have those problems that they want to sleep with other women and they want to do all these things: they should give up Sahaja Yoga.

Best is to leave us alone.

We can't have such useless people with us. So they should give up Sahaja Yoga and don't trouble us; because we can get thousands and thousands in India, we have no problem. For them it is not difficult, they are already there. So those who are still like that, who are trying to have relations with other women and having their eyes on other women, and all the women like that, you see, all this kind of maniacs – I call them maniacs only – should give up Sahaja Yoga and should spare us. This is for definite.

Now, we have always been saying that those who are very negative people will have to leave Sahaja Yoga, and the day will come. So for all of you it is very necessary that you should try to clean yourself, and never sit with a person who is negative. Never make friendship with a person who is negative. Try to be more helpful to a person who is positive. Clear out yourself, clean out yourself, look after yourself, respect yourself, love yourself. Live with your dignity. Cheapish thing, frivolous thing, useless thing should not be done, and make your ego be challenged. Let somebody insult you and see that, that you do not answer back. Just see it, not to get into temper. Try that your ego doesn't react. That can be achieved very easily if you try in the mirror, look at yourself and laugh at yourself, make fun of yourself. What do you think of yourself? Who are you? What do you have? Nothing.

Now today's lecture was really, was not only was a great lecture, but also it was like mantras, all good for the brain. And I would say that this lecture must be listened to again and again, and to be taken in, not to be questioned. Not to be questioned – to be taken in, to be absorbed. I hope that you understand this. Now after this Sahasrara Puja I hope you people try to maintain the position you have reached.

I would expect all of you to support, to glorify your leaders and not in any way debase them, argue with them, give them ideas. Even the wives I have said are not to argue with the leaders. It's like pulling each other.

Like they said there were some scorpions sent for investigation from different places. And they saw one jar was open, and they said, "What is this? This, from this jar all the scorpions will jump out." They said, "They cannot, because one comes up, the another pulls him down."

In the same way we behave. So if there's a leader, this is ego that makes you jealous, and this is ego that says that you know better, you better give a suggestion. Not that you cannot suggest – people tell Me also things, but if he doesn't accept, well and good. That's a challenge to your ego. It's better that he says no to you so that you see for yourself, "Is it my ego still insisting on that position?"

Now, on the second thing that I have said, that we should not be drawn by convention.

Like the convention was that, say now, this time the English felt, the English leaders felt – which was a big mistake – that Italians would be inconvenienced if they stay over.

Italians are very large-hearted people, like Indians are, they'll be overjoyed if they stay over. But it is the English mind. It's the English who cannot tolerate one person staying for two days. They'll ask you immediately as you go, "What time are you leaving?"

So it is their mind that worked out that way that it will be inconvenience, because they'll be inconvenienced. Though they were told "you could stay here till Monday, there's no problem, you have to just pay just ten pounds"; but – "I thought" – like that.

You see, it's an English image of being good to others; because to them anybody staying in their house, finished! They won't even allow anybody to come inside the house. Let there be snow or anything outside, they'll just see and talk to you and then they'll send you.

I've seen it Myself. One day we had, I had gone out; it was snowing, and I saw a lady standing out on a doorstep with a pram, and



there was a little baby. And the other lady was an old lady talking from inside, just from the chink, in a way that the door was not completely opened out. And when I came back after an hour or so, still that lady was standing outside and talking. This lady didn't have sense to say that "you come in." But this another lady did not mind it also, because she must be doing the same!

So the large-heartedness of anything they cannot understand. Moreover there was no problem, it was suggested that you can stay here and you can be here. Now today we had to hurry up a lot, the whole thing was quite inconvenienced and we had to do it, because of a slight mistake that they should have asked Me.

And I thought you all were staying on Monday, because it's logical, it's sensible. But because of the conception that "we should not inconvenience" ....

It is not only with English, it is possible with anyone of you. When you start thinking "I thought," you are gone. So these concepts that you have about things are actually very dangerous things. I've been having experiences of experiences of these stupid conventions people have. "I thought." They try to be good, but ultimately try to be nasty. They are nasty. So that means there's something definitely wrong with the convention they have about things. And that's why people, if they were right when they were thinking, world would have been a different thing. But they are thinking at a level where it's just everything is sloping down, and you are going downward. As soon as you start thinking, you go downward.

Such is the defect of your thinking, because it is bound by the tags of your conventions. Whenever you think, you see, you are bound by your conventions, and you go down.

I didn't touch many points today which I could have touched, like art, I was saying: I was amazed, an exuberance like this, a flower like this makes Me so very happy to see a garden. But to a sophisticated mind is Baroque or something nonsensical. To them one flower somewhere, because the rest of the area should be their space for their ego.

So they cannot see the beauty: "it's too much, too much." Even Sahaja Yoga: "there's too much for us." What are you, a little baby or what? What is too much? You see, as if like a baby we give a bottle, so much of milk, so much of milk, so "Sahaja Yoga is too much for me." You are dwarves or what? And there's no substance in this kind of a nonsense.

That's why "this is sophisticated," "this is nice," criticize everyone. People are so frightened even to decorate their houses, because it will be criticized. "Better keep it plain, white. Just white." Even the nose they don't like, they want to cut out the nose, eyes, everything, just have plain!

And imagine, it's the play of the ego which wants an individuality. How they are in juxtaposition with what they want to do – see this, clearly.

If you go in a garden they'll have one, you see, tree somewhere hanging in the air. This is supposed to be garden. You say, "Where is the garden?" "This – garden." Microscope: "Where is the garden?". "Oh no, we put only one thing at a point, you see, so it becomes important." So this is only a tree here and then you move up, there will be another little bush, then another tree. Everything is too much, why? Because the ego is too much in the head. That's why everything is too much for them.

This stupidity has to go now. You have to take whatever is good, too much you must take, and give up whatever is too much in you. That has to be understood. All these stupid ideas, all kinds of stupid ideas – like you want to buy a house, so it's all right, you'll go and buy a house. I went round, and most of the houses are about seven-and-a-half feet height, but they like it. I said, "Why?" "It's very old." I said, "So what?"

"But it's an old house, it is this and that, and the old houses ..." "But why do you like?"

New houses are eight feet, at the most. So there's no choice. But why do you want to have a house which is old house? Victorian houses they don't like. Why? Because they are not so conventional, they are not so fashionable. You must have a house where

you should break your neck. Walk into the bathroom in an awkward way, you can't even sit or stand; halfway you hang in the air. That's the very house of a character. And a character is that which makes you awkward and feel funny: that person "has character." I mean, a person if he's absurd, he's queer, weird, he's strange, he's a man of character. This is the situation today. He's a man of character and he's weird, absolutely a strange personality. How is it?

"You know, he came on a bicycle with a half-pant." I said, "Really?" "He's a man of character." Here he is getting arthritis with it.

Doing queer, funny stupid things is regarded as something of personality. Now as Sahaja yogis you have to realize that you are not that stupid. You are crowned with your Self. Now you are not going to behave like these stupid people and their fashions, so give it up.

They laugh at you, you laugh at them! In a lunatic asylum if you go, all the lunatics will say, "Oh, so you have also come here to join us, isn't it?" They all think they are the wisest, and you get lost with them. You start thinking, "Am I a lunatic myself?" So you all, when you see such a person you should just laugh at him.

Like a lady, you see, think, thought her to be very fashionable, she came with her dress, you see, very open, her body with all her bones showing, and this and that. And we happened to go to see that house, Myself and My husband. So as soon as he saw her, he came back and vomited. I said, "What's the matter?" "I saw her – I vomited."

And we got into the car, we didn't enter even, came away. And she thought she was a very fashionable lady, showing her bones, all her body – horrible. Imagine, like a dead body standing before you! But the dead body is regarded as fashionable, so everybody wants to behave like a dead body. Now you should see the sense in it, otherwise you are not Sahaja yogis. You must see the nonsense that is going on, and you are not a nonsensical personality.

So all these things now, if you see from a new angle – as I've told you now that you are higher personalities, that you have achieved a new awareness of your chakras – you'll be amazed, your reactions will be very, very different. If you see something like this: "Ah!" you'll say, "beautiful!" But till you have those horrible conventions with you, you cannot.

A house which is dilapidated, absolutely going to fall on your head, is "what a character!" The whole character will fall on your head! Absurd ideas people have. Or then they want something modern which is absolutely weird and nonsensical. You see, there was a lady, she built a house – modern, and we had to climb up her steps, and every step she has divided into smaller, smaller pieces. We were so much worried that we'll all fall off. You see, every step was made of small, small pieces like a step, you see, every step was made into steps.

So when you put your foot there you don't know where you are putting your foot, you see. And she must have spent a lot of money making that kind of a nonsensical thing; but to her, she would show everyone, "Now, come along, see this." I refused to go up. I said, "I have nothing to do." I went back. Yes, yes, doesn't matter. As they show resentment, you must show resentment. Stupid! It doesn't appeal to Me, it doesn't appeal to Me these things.

I have seen and I don't like it these things, the way there's one flower hanging somewhere, and anything if I see, I don't like it. I don't enjoy it at all Myself. And if I am the criteria, if I am the one who can judge things, then I would tell you I don't like all this nonsense.

The way people dress up these days they look like clowns to Me, lunatics, like I can say brats, or you can call them – what do you call them? – tramps. You cannot make out one from the another. Their lousy pants, you see, some grandfather's pant they are wearing, and their grandmother's blouse on top, and the ladies walking on the street. See, is you feel there's some funny, queer people walking across – and they think it's fashionable! I think from India we should get all old clothes here and sell them off for a high price!

It's very queer. You just look at it, see from this angle. Standing on the hilltop you look at these mad people, see how lunatic they

are, stupid they are, how they are behaving, what is their fashion. I mean, if you see in the olden times people used to dress up well with all kinds of frills, all kinds of things, but this is what they don't like.

Whatever is God has given us should be decorated and respected. I mean, yesterday the way you did the hall, I mean today, the way you did the whole of the hall and all that, so beautiful it looked, so nice it looked. But somebody would say, "Oh, let us have absolutely plain thing for Mother: some dilapidated wall behind, which is about to fall down. That would be real character." How can these ideas be acceptable to Sahaja yogis? This I just don't understand.

And they pay for it. They pay for these conventions and they pay for all these kinds of odd things, they do pay for it. Supposing there's a fashion today to have your hair cut like this on top, they'll pay for it.

Then you cut them another way, they pay for it. You have to pay for all these misdoings also. The fashion is: supposing somebody invites somebody to your house, you must have a different type of a glass cup and a glass for this, otherwise you are not all right.

And then what you find, there's another group of these hippies and all those have come, they will give you the dirtiest possible mugs that you cannot drink anything. So either you accept this nonsense or that nonsense. It's absolutely absurd! And you know, I have seen Indians when they are in England, they just don't understand, they just "Cancel them, all right, cancel them. They're mad people."

The quality of personality is very, very low, very low, take it from Me – very low. You might have ego, might exist with that ego, but it's very low here, accept it. Innocence is missing, auspiciousness is missing, cleanliness is missing. The, the attraction of simplicity is missing – so artificial. Even the idea of simplicity is artificial. With artificiality how can you have a quality of human life? How can you? You become artificial people.

So give up all these conventions. I am not here to propagate Indian culture as such, but I must say if there is any culture it is in India, because this is no culture. All becoming – if you walk about, I mean you look like, when I see the people around, they look like host of mad people walking. You see them on the streets, not one person is normal. America is even worse. They must be doing like this, or this like this; not one person has a proper face.

Is a fact, I tell you! With Sahaja Yoga your quality has come up, it has come up. You've become that now, so great.

That's why you do not feel here there is lakshmi. You have money, but no lakshmi. There's no beauty of that. It's so desolate, like a barren land. Your ego has blown off everything that was beautiful. You could not tolerate anybody's art, so you would not have anything artistic things in the house. You need not have many things at all, so you have plastics. Beauty has run away from your lives. When you talk also it's fashionable to be arrogant. Imagine – to be arrogant, to be very dry: there's no beauty in it. Is all put-up show; there's no bravery in it, nothing sublime. On the subtle form you have lost it, that's why in the gross form you don't see it.

Whatever you have lost inside is shown outside – bankruptcy, complete bankruptcy.

So when you see that with others – when I am saying "you" I am meaning the others, those who are not yet Sahaja yogis in the West – try to understand they are at a much lower level than you are, and don't take to their ideas and their ways and methods.

Just keep yourself aloof. And then you will see they'll run after you. Ego is like a donkey: if somebody is ahead of them, they know somebody is ahead of them, then they bend their head to that. And if they see somebody is behind them, then they kick.

So you have your dignity, you have your special style, you live with a special style. Don't be one of them. Dress up properly in a proper way. You may have only two shirts, you may have only three shirts, you need not have many; but have in something sensible, normal, comfortable, and also which is not jarring to others. We are the ones who are going to encourage our art, we

are the ones who are going to bring back all that is lost. We can't have Rembrandt anymore, we cannot have Leonardo da Vinci, we cannot have Michelangelo again – finished them all completely. But everybody thinks they are Michelangelo! We can't even have, say, Gorky; we can't have William Blake, can we – of that courage? We cannot have Abraham Lincoln, can we have? All dwarfs, useless people. You scratch them and you find they are good for nothing, useless.

Out of you all these great people have to come out now. And their speciality about them, they had their own personality, and they would not give way to any fashions or anything. They wouldn't give way to any cheap popularity.

Out of you people all these great personalities are to be born. So for you and for your progeny you have to think, what are we doing in such a great work as it is. It's not only for your enjoyment that we have a seminar, nice music, nice food, nice place, we come, we enjoy – no. Enjoyment is just an advertising department. You have to really work hard inside, not outside. No arguments of any kind. Useless!

Simple thing, if I say I have to carry, say, this box, somebody will come out and start saying, "All right, then I think we should get a van." "No, but a van is too much." "Then what should we do?"

They'll go on arguing till that the box is gone, everything is done, and I come back and say, "Now, what are you doing?" "We are still discussing how to take the box" – it's already gone! Such wasteful habits we should give up.

We have to have new wisdom within us. All this old wisdom, you just throw it away. Unless and until you do that, your ego won't go away. It won't leave you, unless and until you decide to throw away all those ideas which to you appear to be real (the reality?). You have to be like children, trying to learn something new all the time; we are to be open to learn something new all the time. You have to learn – you have lost it. You had something that you have lost, so many. Instead of going ahead, you have lost it. You were doing all right; if you had remained on the right path you would have achieved, because after all, some countries are traditionally very old.

They also got lost – like Greece, you can say is lost. Horrible Greek tragedies: I mean, you sit down and cry for nothing at all. Nothing has happened, everything is perfect; people just go and sit down and cry. It's like you make somebody say that "This one is dead. Let us now feel that he's dead. Sit down, all of us should cry." Stupid as that!

It's all artificially-created problems and artificially-created gloom, because you have no real gloom, you have no real problem. You have got food to eat, you've got everything – that's why you are creating problems for yourself. That's why you need psychiatrists, you need drugs, you need this, you need that; because you have no problems, so you want to have some problems – as simple as that. Those who have problem have to fight with it. They have no time for all these nonsensical things. You have too much time. All your problems are solved as far as the material things are concerned, but still you are very much involved into it.

So now face it, face it clearly, that we are not that any more. We are different people. We are no more worms in the mud but we are lotuses, we have fragrance, we have powers, we are specially blessed. We have a special sense of joy. Let's enjoy that and give it to others and be glorified with it, feel the dignity of it.

I'm sure it is going to work out this time. I have done My level best, I think, and this lecture should really go through you all.

All right, any questions? (Please have some water.) Any questions you have? (Water.) They might be thinking that I'll drink from here! Modern idea maybe that I drink from here! So there's no need to have glass, Mother may like to drink from there!

All right, any questions?

In thoughtless awareness. Now keep it up, keep it up in thoughtless awareness – absolutely you're blasted. Keep it up. Keep yourself blasted. That is this ego business. Little bit is still there, rudimentary: keep it out. This is meditation, where there's no

ego any more, you are in thoughtless awareness, absolutely stunned. Can't think. But that I have done, is not good – you should do it. That is the point I am coming to. Have your own personality. If punks could behave like that, why can't you behave sensibly?

And also I have to say few words about how we behave in our day-to-day life; because a Mother has to see that they are, children are not to be ill-bred. People should not say that Sahaja yogis are ill-bred, you see. Now the first sign of an ill-bred child is that he leaves his bed in a mess. He leaves all his things in a mess.

While coming I saw all the beds. What are we doing here? Nothing. So put yourself into a discipline of leading a neat life. As a Mother I have to tell you this. It takes hardly ten to fifteen minutes, but just tell yourself this is meditation, do in meditative way. We in India think that the Western people are extremely neat and tidy. Really! They can't believe it. They think you are on top of the world, you must be the neatest people ever lived.

They'll say ten times "thank you", but even once you will not keep your bed all right. Your things should be neat. You must keep yourself neat, appear neatly.

Then second thing I have seen, noticed this, which is told by many people which I have also noticed, that you go to somebody's house. Then an ill-bred person will start using the phone without asking. Certain things are important to understand, like entering into the kitchen, eating everything. It's a very common thing people are noticing this, that you get the food – like paupers, like beggars they come in the house.

I had at least twenty-one bottles of honey which people had given Me as present, and when My son-in-law came there was not even one bottle to give him honey. So who ate? All the Sahaja yogis who came ate the honey.

I mean, it's all right, but you must ask. You polish off everything in the house. All right, you have come, if there is a food cooked for you, just have your food. If you go in the larder or you go anywhere, you find everything is missing. You buy for the whole month, you find everything's polished off.

So an ill-bred person can be made out like that. But you'll be surprised, a good-breeding person, even if this much is left of another person, that person will keep it and keep it till it is passed over. I'll tell you about My own husband who is – he need not worry about this thing, but if he knows we have something of another person, he'll put it in lock and key and see every time it is there, till he returns it to him. And same I can say about My children, or anybody I know of.

But this is beggarish that you take somebody's things, misuse it, throw away where you feel like, break everything.

But I have seen with My own things; so when the leaders have been complaining to Me that "they come to our houses, they polish off everything from our fridges" and all that, I was not surprised. The Sahaja Yoga has become like a resort for all the beggars and the paupers of the world, because it is free. All the poor people come down to Sahaja Yoga, and you have to nourish them and look after them.

It should not be such. You may be poor, but you must have dignity. Even the servants are in India better. They wouldn't touch your things without asking.

They have much more breeding. An ill-bred person is a person who is a rude person, arrogant person. You can say the same thing in a proper manner.

As a Mother, to give Me real glory is that, that people should say that you are very well-brought-up children. A kind of system must exist. A spartan system. It's a spartan system. It's not all a sort of a lousy system, it's a spartan system. You are yogis. Should be neat, tidy, all the time clean, with few things. Like in India, people are quite shocked: you carry such big, big bags, and it carries all the – for ladies specially – all the paints and this and that. Where are you going to use before the villagers there, these

paints? They don't understand.

All these things we have to see for ourselves. We have to be dignified, we have to be people with a kind of a personality. Supposing somebody is a saint. He might be a poor man, but you can make him out by his dignity.

There was a saint called Tukarama whom, which you have heard about him – this “Amhi Bi Ghadalo” is coming from his music. He was poor and very generous also. He used to give away everything, and always left with very little. So Shivaji Maharaj, the great Shivaji came down to his place, brought lots of ornaments and things and presentations, and gave it to his wife and children. He was out. She was very happy to wear all these things because he gave.

He said, “This is ...” Of course, in the beginning she also said that it's not all right. But he said, “No, I am just trying to sort of pay my respects to you, this, that, and give.” And she wore it.

He came. He said, “No, I am a saint. You take this. You are a king, and you have to live like a king. All right, as a king you can have it. But not – as a saint I don't need all these things, my wife doesn't need all these things. Because you are living like a king, you – maybe you are a realized soul also, but you are a king, so live like a king.”

But one has to realize that in Sahaja Yoga you are not to move like a barren personality also. You have to be properly dressed, properly appearing. You should not look like beggars, but you should look like dignified people of the society.

Now for example, as you know I am the Goddess, and the Goddess has to wear I don't know how many ornaments just to adorn Her chakras. I mean, I have lots of ornaments Myself of My own. But only for puja I wear, otherwise I don't wear: I am supposed to wear lots of things. Why? Because it may not be that all right, may be dignified, but may not be that all right to wear all those things all the time. But I am supposed to wear.

Like You are supposed to wear many more things in the hand here, rings on the feet, everything.

All the time You have wear gold in the – what do you call the – you don't have that ornament here which we tie up like a belt. But I don't do it. I keep it to a marginal point; only in puja I wear some things out of it.

So you must have that discretion: what to wear, how to wear, how far to go, how to look dignified, how to be well-bred, so that you glorify the breeding of your Mother.

This time I hope when you all come to India, you will notice all these things among Indians. You will never see them eating, you'll never see them having their baths, you will never see them sleeping. You don't know how they live, where they live, how they work out, everything. They are just there on the spot whenever you are there. Isn't it true? They take their baths, they finish everything, early in the morning, about four o'clock or five o'clock they are out – spartan. And always clean: whether he's a villager, whether he is a scheduled caste or a brahmin or anything, they're all neatly dressed, you cannot make them out.

Clean white clothes they'll wear, clean white cap they will have. They'll never have dirty clothes.

So this is another side, which is not so sublime, but gross side, and not so subtle and, but it's very important; because whatever is in the subtle expresses outside. In all your behavior this would shine, like thousand facets of a diamond, because you have attended now the Sahasrara Day – let's see; what are the thousand facets we show.

Love each other, respect each other, respect yourself, and all the time say one mantra within yourself, “I am a Sahaja yogi.” It says everything about your responsibilities, what are your aspirations, what you are. You are a Sahaja yogi, being reborn by Adi Shakti Herself.

Any personal problems you have you should write to Me, and I'll try to answer. If I do not answer, then think that answer I have

managed. If I do not answer, then think that I have managed the answer; but if there's anything to be suggested I will definitely inform you. Any other problem.

But like a lady today came, she was crying about her husband. This she did before also, again today she is crying – she'll go mad. A Sahaja yogi should not cry. Overcome your problem, try to handle your husband, try to handle everything. I do not very much like the divorce part of it, but if somebody's a gone case is all right. If I say it's a gone case, you divorce. But unnecessarily, just because there's not yet proper understanding, one should not cry, weep and do all these things. On the contrary, one should try to overcome your own personal problems, because you have powers.

And You can write to Me. Not very long letters, but I get lost! Ha, really, I get lost! In the morning there are so many letters for Me to read, one better than the other, and My husband also get a big post. But he says, "Nobody writes me love letters, they all write about their bills to be paid." I said, "It's just the same!"

(You may translate this, Gregoire, if they want.)

Letters ... full of problems ...

I said, "I have to pay for their love." That's what it is.

But children write very sweet letters. They just make some painting or something, or some flowers and few things there, that's all. They'll make the heart and put Me there, or something like that; very sweet, sweet things they do. And just the joy and happiness, you see, they express it. Never their problems – they have no problems, children don't have, they are not complicated. You catch hold of the problems, that's the trouble is. They have no problems of any kind.

So you have not told Me, any one of you, anything that you want Me to be done. Now only thing, at the last I would like you to listen to Warren who will read it out to you, the programs we are going to have in this summer-time. Come forward.

W: So Shri Mataji's programme for the rest of Italy I think is known. She returns to the UK – are you returning on Monday morning, Shri Mataji?

Yes, now.

W: Monday morning. Then she comes to France on the 17th, and returns on the 22th, not the 24th as originally planned. The original proposal to go to Spain at that time has now been postponed until later. And the next programme is in June, on the 7th of June, She goes to...

No, no, no, then I go to Houston.

W:I'm sorry, yes, you go for three days to Houston, yes)

Yes. I'm just visiting London, that's all.

W: Twenty-eight, I think ...

Shri Mataji: Yes.

Warren: You go to Houston, and then back. .... Twenty-seventh I think, I go.

W: I haven't got that detail, Mother.

Yes, about twenty-seventh.

W: Then comes back to London, then to Switzerland, June the 7th, to Switzerland and She returns to the UK on the 15th. Then there's a programme in Scotland, for the weekend, on the 21st -

That's not definite, but we'll see.

W.: Then in July She goes to Austria on the 5th, Guru Puja is to be held not on the 13th but on the 12th, on Saturday the 12th. Then on the 14th She's there or possibly goes to Germany, but in any case on the 14th and 15th there are to be programmes in Germany. On the 15th there will be a puja in Germany and then She returns to the UK on the 16th. Then in August She goes to Belgium and Holland. On Saturday, not Sunday but Saturday the 10th...

In the evening.

W: In the evening... There is a puja on that day?)

Puja. That's the puja for Belgium and Holland.

W: On arrival in Belgium, or Holland, wherever You decide to have the puja...

No, better to have puja at a place where we have the Monday program.

W: Then it will be in Gent, is it? In Belgium in any way)

In Belgium.

W: So on the 10th evening there will be a puja in Belgium. Then on the 11th, 12th and 13th there will be three public programmes, one in Gent, one in Brussels, and one in Antwerpen. Then on the 14th and 15th there will be public programmes in the Hague, and then on Saturday, which is what they wanted, there will be a seminar, a follow-up seminar for all the people of Belgium and Holland to attend, to follow up and to establish themselves, and then Shri Mataji will return to London in the evening. We celebrate Raksha bandhan in the UK on the 19th, and on the 23rd She leaves for the United States, which tour will be from the 23rd until the 14th of September. That takes in Krishna Puja on the 27th of August and Ganesha Chaturthi on the 7th of September. Then Shri Mataji probably will return to the UK then, and then She proceeds to Spain at a time yet to be decided.

No, just after that.

W: Immediately after?

About fourteenth I come back?

W: You come back on the 14th.

So that is what, a Saturday or a Sunday?

W: Not sure, Shri Mataji. 14th of September.

Spanish people are here still? Or they are gone?

W: Two here. So 14th is a Sunday.



So, they would like Me to be there for a weekend, or for the weekdays? That's the point to be decided.

W: Don't forget we have to go to Montpellier as well one day. One or two days.

One day. So, what is – Spanish people, are they more available on weekends or weekdays? Weekdays, weekdays.

So I can fly on, say, Tuesday. On Monday I can fly, and Tuesday we can have a program: Tuesday, Wednesday, Thursday – three days, all right? Yes. And then I can – we have to have a puja, so on Friday. Or I go on Monday would be better: Monday, Tuesday, Wednesday, Thursday. And Friday I can go to

W: Montpellier. You see, Shri Mataji has to go from Spain to the south of France, to Montpellier.

I can come Sunday evening, and Monday morning you'll have the puja, it's better. And we have programs after the puja; it's much better to have programs afterwards. Then My vibrations are also released. So Monday morning we'll have puja.

W: So that's Tuesday.. what is the day?)

Have you given them the saris and things like that?

W: Yes, Shri Mataji. 16th of September Shri Mataji will fly to Madrid....

No, no. No, no, no.

W: Sunday is the 14th.

Sunday I'm coming back.

W: When did you wish to go to...

No. Then next Sunday is what?

W: Ah, the following, I see.

What is the following Sunday?

W: The following Sunday is the four...the twenty-first.

Ah, twenty-first.

W: I see. So twenty-first you're flying to Madrid. Puja on the Monday?

Monday. Puja, morning Monday.

W: Programmes: Tuesday, Wednesday...

Or you can have it Sunday night if you like, puja, which will suit better – Sunday night. For puja, Sunday night would be better. So Sunday morning I'll go.

Twenty-first Sunday morning I come, all right? All right. Then Sunday we have puja, Monday, Tuesday, Wednesday I could be there. Thursday I'll go to Montpellier, and I can return from there to London. How many days? Three days are sufficient? Three.

W: How many do you want, She's saying?

Keep it four now. So I'll reach there on Sunday; Monday, Tuesday, Wednesday – it's all right, four days.

W: Twenty-first until Thursday, then She goes to Montpellier...

Thursday morning I'll go to Montpellier. Thursday evening we'll have program there, and then ...

W: Twenty-fifth to Montpellier. Then from Montpellier back to London on the 27th.

Is there a direct flight?

W: Any flights from Madrid to Montpellier? Find out.

But is there a flight from there to London? It's a rather out-of-the-way thing.

W: I'm told there's a flight from Montpellier to London, yes, Mother.

Is there?

W: Yes.

So why not do Montpellier first...?

W: Sorry, Patrick told me there's a flight from Montpellier to London.

So why not do Montpellier first, and then go to Spain?

W: Is there anybody from France here who knows, confirm...But Patrick did tell me there was a flight to London from Montpellier.

But from Montpellier to Spain, is there a flight or not? That you find out first of all. But you keep it that time, about that time; definite we'll let you know, once we have done with the Montpellier. .... No flight?

W: Juan Antonio will find out and will be in touch, we'll let you know. Because it depends now on the flights to and from Montpellier.

But in any case you keep this program with them. Otherwise I'll do it earlier or later, whatever it is. First of all keep this program, definite. See, Montpellier even if I don't do, France is there, it's all right. I can do it later on, doesn't matter. But this I have to do, Spain, properly. All right? Rather awkward, I think, to go from there, isn't it? There's no flight.

It's too much for Me. Then I have to travel back, you know; I'm coming from America all the way. So forget about Montpellier. Somehow or other try to tell them that let's forget about it. See, I must also think how far I can go. Then I have to go back to India ...

W: On the sixth...

Shri Mataji: Sixth or so, fifth or sixth, so hardly any time for Me to prepare to go. Also better keep it like that. Just tell them that it may not be possible; so I come back on Friday, it would be better.

I can come Saturday night, and Sunday morning we can have the puja, if you like. And Saturday arrive, Sunday puja, Monday, Tuesday, Wednesday. And Thursday morning I go back to London. Because, you see, I'll have hardly two weeks left for Me to go to India. It's too much strain. So I won't be able to do this time. They can all come to France. They can come to Paris. Yes. They should bring all the people. And we have place there for people to live. During that time there's no problem. France, when am I going? Seventeenth?

W: Seventeenth.

Will it be cold now? Not so.

Yogis: No. Not at all.

After some time it will happen that I'll settle down in one place, and you'll all have to come there; because I won't be able to travel so much, I can tell you this much. It's all right for the time being. You must also understand that now, the Mohammed has gone to the mountains; now the mountains have to come to the, to Mohammed.

All right. So thank you very much. You haven't told Me any one of your problems, so I think there are no problems!

Tomorrow morning I may not be able to meet you, so may God bless you all. Give yourself a bandhan now, all of you, properly, with full attention, with full dignity, with full movement. See, full. Nothing should be done cheaply.

I don't need anything, but just doing it to please you all.

In India they asked a question that if She's the Goddess, why does She say namaskar to everyone? They can't understand the Goddess saying namaskar!

Guido: We'll have a public programme by 6 o'clock in Milano (...) ten...

Shri Mataji: OK. Nine or ten.

## 1986-0505, Sahasrara Puja and Sahaja Yoga in Sierra Leone

View [online](#).

5 May 1986

Moriba Town (Sierra Leone)

Sahasrara Day 05 05 1986 Moribatown Sierra Leone is the footage which shows the Puja

The 27th Nov 1985 is the clip which shows Jeff Mobus and Peter Corden driving out of Moribatown to go to a phone booth in Freetown to ask their wives to get ready to fly to West Africa.

The first Sahaja Yogi to step foot on West African soil was Peter Corden who alighted at Lungi Airport at 5.30pm GMT ex KLM flight on Thursday September 26th 1985

## 1986-0505, Only thing we have to accept that still we have to know much more

View [online](#).

5 May 1986

Only Thing We Have To Accept That Still We Have To Know Much More

Public Program

Milan (Italy)

Talk Language: English | Transcript (English) – Draft

1986-05-05 Public Program 1 in Milano

[Completion of an introduction in Italian until min 02:36]

I bow to all the seekers of truth.

So far we have heard so much about the truth. All the great prophets, seers and incarnations have taught that the truth can be only realized if you are born again. This happening as people have put before us has been a very artificial one. Just by having a concept or a belief that you are born again you cannot become that. In the process of our evolution we have become human beings and if we have to become something higher it has to be in the same process of evolution. But we do not think about how did we get to this position, what is the energy within us which has made us human beings. We are not aware of this energy within us. We take our human life for granted. And even the scientists do not explain how we have evolved.

Now in human awareness you are not aware of your organs in the body, till you feel the pain in the stomach you don't know it exists there. Now these centres are existing in a subtler form and till you become that subtler being you cannot see them. These are the centres which exist on your parasympathetic nervous system. And for doctors it is very little known what is parasympathetic. They say it is autonomous nervous system but if you ask them who is this auto they cannot say.

Now we have those centres within us and if we say that you need not believe us. But as scientists you must keep your minds open. It's like a hypothesis for you but if we prove it then you have to believe. Only thing we have to accept that still we have to know much more. If we were absolutely knowledgeable and complete we would have had no problems in this world. But what we find: we have physical, emotional, spiritual, mental problems all the time. Also we have social, economical and political problems. All these surround the human being. That means there is something missing in the human being that we do not know how to relate to each other and to the whole.

And this is what the truth is one has to find out about oneself. So this we are talking about the self-knowledge which is within us. These centres as he has described do exist within ourselves, no doubt. And there is a power within us which is called as kundalini at the base of the spine which when awakened gives us this self-knowledge. In the evolutionary process whatever we have achieved is expressed in our consciousness through our central nervous system. So the truth has to be felt on your central nervous system, on your nerves and should be felt by all the people who have achieved that state.

This is a little breakthrough where we have to be attentive and that can change the entire humanity. But we live with our concept and propound that which is just a mental projection but not the reality. Reality is which we cannot conceive ourselves, we cannot organize it, we cannot make it - it is what it is. We have to just open our eyes to see it. And the reality is that we are all part and parcel of the whole, that we are the Spirit, that we are the reflection of God Almighty.

In those days, or I would say in the modern times, to talk of God is really out of date because people think nobody has proved God. But now the time has come to prove the existence of God. But to prove that human beings have to go one step forward. Then you will realize that what Christ said, what Mohammad Sahib said, what Rama said, what Krishna said was all the same truth. Because we are not at that state we cannot see their integration. And when we see the mess of religions we get shocked. If

you see a Jew he'll talk so much ill about Islam, if you meet a Muslim he'll talk so much against the Jews. Same thing you can find in all other religions that people think they are the best and they are the chosen ones. But the sense of all these religions is that first you must get your Self-knowledge.

So the first step is to get your Self-knowledge and then to get God's knowledge through your central nervous system. Faith is not blind; faith which is based on actualization of the experience is the one which you should call as real faith. And that is why we have to have our eyes opened out to reality. Every human being, whatever race, whatever caste, whatever community he believes in has the worthiness to become the Self. Everyone is capable of feeling the All-pervading power which is the subtle power which does all living work. Like these flowers become the fruits, all the living work that you see around are done by this great power which is All-pervading. People have talked about it, have told about it but very few have felt it.

Now the time has come for thousands to feel it, for millions to feel it. You can say the time is mature now that all of us have to feel that All-pervading power. But as the result of the awakening of this power within us the first thing we get is the physical well-being, it cures most of the diseases; it makes you healthy and wealthy, and wise. It does, it is to be experienced it before denying it.

But we have one big problem - is Mr. Ego which denies everything that is reality. It is so subtle that we cannot see it, we cannot watch it acting on us and without understanding this ego we deny the reality. This is a spontaneous living happening within us. It's a living happening of the living force of God's love. You cannot by concept make it happen nor could you make it happen with effort. It is like sprouting of the seed which just spontaneously takes place. The seed has everything built-in in itself and it sprouts by itself. When you put it in the Mother Earth it just sprouts because the Mother has got the power to sprout it. In the same way this power awakens spontaneously and when it happens, as I told you, you get rid of all your problems because you become one with the whole. Like this finger if it is not connected with the whole it will have all the problems. But if it gets connected with the whole it gets looked after by the whole, nurtured by the whole and protected by the whole. In the same way every human being has to enter into that kingdom and enjoy the eternal life.

Sahaja means, "saha" means "with", "ja" means "born", it's born with you, it is spontaneous. And "yoga" means "union with the divine" so you get united with the Divine as a matter of right. You have this right to get united but you are lost sometimes in your concepts and that is why many people do not want to see that, "So far why we didn't get what was promised?"

So the time has come to fulfil all the promises by the Divine. Of course you cannot pay for God's work, you cannot organize it. Many people believe that as you have to pay for everything in this worldly life you have to also pay for Godly life. This is another misleading concept. It is something beyond your human mind and you should get out of all these human concepts which talk of money or power and all these worthless things. But as a result of this happening you become so blessed that you don't need anything anymore. You get completely fulfilled, all your wants are fulfilled and the eternal peace exists within you.

People talk of peace who are themselves so disturbed. Peace comes from within; you cannot have outward symbols of peace. The peace is within yourself which is to be achieved and achieved spontaneously, not by lecturing or by any other artificial means. It is a state which is a reality within us. But people believe that if you just pose that you are peaceful you become peaceful. This is self-deception and if we want to deceive ourselves nobody can stop us. We have all the freedom to deceive ourselves and go to hell and also the freedom to know yourself and go to heaven.

Because of misunderstandings people have given way to cults and false gurus and lots of money has gone from the western countries. From 1970 I've been talking against them, [UNCLEAR] them by names. Thanks God, so many of them are now exposed. About three years back when the BBC interviewed me I told them that you cannot pay for God. They said, "We cannot understand this because Anglo-Saxon brain cannot understand that you can achieve God without money." It seems to them everything is business. This is business without money, without power, without hankering of a thing, letting to your own glory and to your own beauty, to your own powers and to your own peace and love.

We have never used the power of love so far which is the most powerful thing. So this transformation has to take place within us

which is very simple. Without any trouble, without any cause for disturbance it works out.

I have a special feeling for Italians. So far I've seen they are the best in the whole of Europe to understand this spontaneous happening. I hope it will happen today and I'm going to come tomorrow again. In these two days we'll achieve something.

[An exchange about not having a second Public Program but a follow-up]. Sorry, I didn't know because I don't have the program. There should be at least two programs.

[Shri Mataji to the Sahaja Yogi: Advertise, you must tell about the radio, TV, all that.]

[He informs about Shri Mataji being on TG3: on 7th of May at 19 o'clock and on 8th of May at 22 o'clock, as well as being interviewed in "Domenica In" on 11th of May.]

If you have any questions you can write them down and tomorrow when you come and see me I'll answer your questions. But just now keep your questions on one side. Because you've been asking questions after questions, what will you get out of it? As it is you have to go beyond your mind into thoughtless awareness where you are neither in the future nor in the past but in the centre - in the present.

It is very simple. Those people who do not want to do can go away but you should not disturb others. It will take about ten minutes for you to get your Realization. But please don't disturb others.

You have to just take out your shoes to touch the Mother Earth because she gives us earthing. All of you have to do it. You may take out your spectacles if you want because it helps your eyesight also. And if there is anything tight on the neck or on the waist little loosen it so that you are not uncomfortable.

(min. 36:18)

It's a very simple thing that you have to just put your both the hands towards me like this and as a result of this happening you'll feel the Cool Breeze of the Holy Ghost which is the kundalini within us on top of your head through the centre what you call the fontanel bone area, here in the centre of your head. Here, where it was a soft bone you'll feel a cool breeze coming out of your head, yourself. So the Holy Ghost is no more a mystery for you and you'll feel absolutely relaxed and without thoughts. You can think if you want to; but if you don't want to think you are in thoughtless awareness. Then you start feeling the cool breeze in your hands and then you start feeling this cool breeze, very soothing cool breeze all around. This is the All-pervading power. Then only you have to learn it how to use it and keep it fixed here, that's all. And then you've become a great master of yourself. And miraculous things happen through your hands.

Now please put your hands like this. On these different chakras I will ask you to put the right hand because this is the hand of action and this is the hand of desire, left hand. Now left hand to me like this towards me, parallel to the ground, on your lap comfortably please. And the right hand is to be placed on different chakras as I'll show you just now before you close your eyes. You can use your spectacles to see that.

First we put our hand on the heart where resides the Spirit. Then we put this right hand in the upper part of the stomach on the left hand side. All this working has to be done on the left hand side using the right hand. Then you put your right hand in the lower part of your stomach, again on the left hand side. Now you raise it again on the upper part of your stomach, then on your heart, then here - between the neck and the shoulder. This centre is very much caught because people feel guilty for nothing at all. So here you have to say before you start that you are not guilty at all. Put the hand from this to this side, not like this, but this way. Now this hand goes onto the forehead which is the centre of Christ, here, and press it hard on both the sides, like that. Then it goes at the back and hold it in your hand and throw your head upwards. Then stretch your hand, the centre of the palm you please put it on the fontanel bone area, on the taalu as they call it and press it hard and move your scalp seven times slowly, slowly, stretching your fingers, little bit bend your head.

Now please close your eyes. Now the left hand should be put like this and everyone should close the eyes. And please don't watch others, you have to see yourself today. And be pleased with yourself, be pleasant to yourself because you are the temple of God and only the light has to be put there. So in that pleasant mood you close your eyes, please now. Please sit little straight, not very slouching, not ... be straight and put both the legs apart from each other, parallel and feet touching the ground.

Now put your right hand on your heart. Keep your eyes closed till I tell you to open. The Spirit resides in your heart so you ask me a question in your heart - you can call me "Shri Mataji" or "Mother", "Mother, am I the Spirit?" Ask this question three times.

Now when you become the Spirit you become your own master. Now take your right hand and put it on the upper part of your abdomen. Now here you ask a question which is followed after the first one, "Mother, am I my own master?" Ask this question three times, please.

Now please take this right hand on the lower part of your stomach, abdomen on the left hand side. Now here lies the centre which caters to the true laws of the Divine. Now you are free people and I cannot force you to do anything so you have to ask, "Mother, please give me the pure knowledge. Please give me the true knowledge." Say it six times, you have to ask. I'm sorry but you have to ask, I cannot force it. Ask six times because this centre has got six petals.

Now please raise your right hand again on the left hand side of the upper part of your abdomen and press it, here now press it hard. Here is the centre of your mastery. As you have asked for it the kundalini has started moving. But to open this centre properly you have to have self-confidence. So now with full confidence, with full confidence please say ten times, "Mother, I am my own master." Ten times because this has got ten petals, like Ten Commandments. Be careful, you have to be careful, you have to enter into the Kingdom of God, be careful.

Now raise your hand to your heart again where resides your Spirit. Now here with full confidence you have to say to open your heart, "Mother, I am the Spirit." Say it please twelve times.

Now you have to know that God is the ocean of love, that he is the ocean of compassion but above all he is the ocean of forgiveness. So you cannot do anything that he cannot forgive. So please put your right hand in the corner of your neck and your shoulder, with little bit pushing it backwards. Here first of all forgive yourself. And now after forgiving yourself you have to say 16 times, "Mother, I am not guilty." Sixteen times. Sixteen times you have to say, "Mother, I am not guilty." Even now you cannot forgive yourself then you better punish yourself by saying it 108 times. Let God judge you. Why do you judge yourself?

Now raise your hand to your forehead across and press it on both the sides. Here you have to say from your heart, "Mother, I forgive everyone." Say it from your heart, how many times is not the point. Some people think it is very difficult to forgive. But it is a myth whether you forgive or don't forgive. But if you don't forgive then you play into the hands of wrong people so forgive them once for all. Don't remember anyone of them.

Now take your right hand on the back of your head and push back your head, look up, [UNCLEAR] your head on that. Here you have to say for your own satisfaction that, "Oh, Divine, if I have done anything wrong, please forgive me."

Now put your right hand on top of your head with stretching your palm. The centre of the palm should be on the fontanel bone area which was a soft bone in your childhood. Now move it seven times slowly. And here again I cannot force you so you have to ask that, "Mother, please give us our Realization. We want our Realization. Please give us our Realization." Say it seven times. Press it hard and move your scalp, press it hard, press it hard by stretching your fingers. Seven times.

Now please take down your hand and open your eyes very slowly. Now watch me without thinking. Put now left hand on top of your head, right hand towards me. Now see if there is any cool breeze coming in. Move it forward, backwards, upwards. Little higher, some people get it very high up, this is too close.



Now put the left hand towards me, please. Now don't think, don't think. And left hand towards me like this and see if there is cool breeze coming in your head above, see maybe above. Some people get it so high sometimes, they are very great people so they get it high up in the head. Some get it here and then it goes up.

Now you put your hands up in the air like this and push back your head and ask the question, "Is this the Cool Breeze of the Holy Ghost?" Ask three times, "Is this the Chaitanya? Is this the Brahma? Is this the Cool Breeze of the Holy Ghost? Is this the All-pervading power of God's love?" Now put down your hands.

Now see in your hands you'll feel the cool breeze and you'll feel peaceful also, there is no thought.

All those who have felt the Cool Breeze from their head or from their hands raise both your hands, either from the head or from the hands. So many, just [UNCLEAR].

May God bless you all.

But now it is to be maintained. It is to be understood otherwise it is useless. Those who have not got it also can get it. All of you can get it. So tomorrow I've decided to have a program or we can say a follow-on program if they want to organize. You are all welcome to come there and we will give you all the information needed for it. You don't have to pay for it. Only you have to get it, it's your own. But respect your Realization. And respect yourself. This is the most important thing in this lifetime. It is invaluable so you cannot pay for it.

May God bless you all.

Hope to see you tomorrow.

## 1986-0507, You become the Spirit spontaneously

View [online](#).

7 May 1986

You Become The Spirit Spontaneously

Public Program

Scuola Grande San Giovanni Evangelista, Venice (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Public Program, Venice, Italy, 07-05-1986

I bow to all the seekers of truth.

It was such a great joy for me to come to Venice to meet you again. And I know there are many seekers in this place and they are trying to seek the truth.

Without finding the truth and without becoming that, we cannot talk of peace. The peace resides within us, and the human beings who talk of peace themselves are not peaceful and how can they bring peace when they are not in that state themselves?

To find the truth we feel we have to put in some efforts, because you are seekers and you are frantically trying to find the truth you go to all kinds of extremes. You've been to drugs, you've been to fake gurus, you have done that whatever a human being can do.

But I have come to tell you, you don't have to do anything of that kind. As you have become a human being from the amoeba stage, spontaneously, in the same way you become the Spirit spontaneously. It is nothing artificial that can work it out, or human endeavour that can bring forth the result.

The one who has created us has already made all the arrangements for our ascent. With all His love and attention, He has very delicately made all these beautiful chakras within us.

At human awareness, we do not know what lies within us, we do not know what organs there are in our being.

Unless and until there is pain, we do not know that they exist.

In the same way, we are not aware of these centres within us, nor can we feel the pain of the centres within us, because they are subtle and we have to become subtler.

But by mental projection we cannot become subtler, by projecting outside we cannot become subtler. It's the projection inside which will work it out.

Now, you all are paying attention to me, but if I say pay attention to yourself inside, you cannot do it.

This happening of the awakening of the Kundalini has to take place.

Now, this Kundalini is actually a name given to the power which is going to give us our Self-Realisation. This is everybody's individual mother, because it is she that gives you your second birth.

She knows everything about you and she's anxiously waiting to sprout out and emerge out of the last chakra, called as Sahasrara.

This happening is real baptism, real, it is not artificial. You cannot baptise someone by just putting your hand on that person.

The authority has to come from the Divine for a person to baptise. Such a person is the one who is already united with the Divine.

Now this Divine power, the power of love of God, is all-pervading and everywhere. It is described in all the great scriptures and by the great saints, but we cannot feel it.

We see these flowers appearing spontaneously on a tree, becoming fruits; who does that work? Who pumps our heart? Who runs our digestion?

The doctors call it "auto": who is this "auto"? If you call a car as "automobile", then who is the "auto" in the "automobile"? Who is the driver?

The driver is the Spirit, which watches and witnesses whatever we are doing. And Kundalini is the one which rises through the six chakras, pierces through the last one here and then connects you to your Spirit, to your "auto". She is the power of pure desire.

Now, what is our pure desire?

Some people want to have a nice house, then they want to have a nice car, then they want to have a helicopter, it goes on and on and on.

In general, our desires are not satiable, so the desires so-called we have, are not the pure desires.

Unless and until when our desire is fulfilled and we do not want anything more, that is the pure desire.

Now, this pure desire is the Kundalini and the desire is only one: to know the Truth by the union with the Divine.

In the heart is reflected the God Almighty and Kundalini is the reflection of the Holy Ghost, the power of God, that is the Primordial Mother reflected within us.

It's a funny concept, to have a Father God and a Son God and not a Mother God. How can you have a son without a mother? (The) Mother is so important.

So when we say that there is a Holy Ghost, the third thing, that is the Mother, that is the Primordial Mother which is reflected within us as Kundalini and She is the one (who) gives us our Self-Realisation.

Now, when we are seeking the Truth we go with some concepts in our mind, some concepts which have come to us from generations to generations, and some concepts are such that we ourselves have envisaged, we ourselves have visualised. But concepts are all artificial. Supposing sitting down in India I start conceiving "I am in Venice" – will I be there? It cannot be reality.

It has to be a reality.

So the truth has to be known in reality.

And how do we human beings know the reality is through our central nervous system, through our nerves, not through our brains.

Now, supposing somebody says this is marble and somebody says this is no marble. Looking at it, I can say it is marble because I come from a country of marble myself. But ordinarily, you just place your hands (on it) and see: if it is marble it will be cold, if it

is plastic it won't be cold. So you can feel it on your central nervous system.

So when you get your Realisation, when you get your Kundalini pierce through your fontanel bone area, then you do feel the cool breeze on your nervous system, the cool breeze of the Holy Ghost, as we say, the cool breeze of the Adi Shakti.

Now, the saints who talked about it were not dishonest people. Same about the incarnations.

But when you moulded these great saints and incarnations into concepts, they became dead and that's how you find somebody's talking about truth in the church, another in the temple and another in the mosque.

Now, Truth cannot be many, it has to be One.

Now, in modern times, thanks to Sahaja Yoga, it has evolved to such an extent that you can feel on your fingertips those different chakras.

There are many things which cannot be explained in the Bible, in the Koran, or in many of the Indian books. Unless and until you are a realised soul, you cannot understand them.

Mohammed Sahib has said that at the time of resurrection your hands will speak. He has talked of resurrection much more than the doomsday, but the people who are in charge of the religion do not want to talk of the resurrection, they want to talk of the doomsday because then they can frighten people and make some money out of it.

But logically we can see that how the God Almighty, who is Love has created us, would first give us doomsday and never the resurrection?

So the concept about things must be given up and (we) must be prepared like a scientist with an open mind to see the reality.

You may read any number of books, you may know all the scriptures by heart, but unless and until you are a realised soul, you cannot catch the essence of it.

If you talk about the flower and if you talk about the honey, one about the form, another about the formless, you are just talking, talking, talking. You have to become the bee to taste the honey.

It's all built-in within you, it's within you, it is there. Like a seed has all the maps of all its trees that are going to come out of it, in a microscopic way, you too have the same thing which has to just sprout you.

But we live within two boundaries of concepts, with ego and with our conditionings that we have.

It's like an egg which is formed. And for resurrection, that egg has to become the bird.

Today the time is such that many are just ready to get it. This is what is the second birth, and it works out very easily.

You don't have to do anything about it. How can you pay for it? How much do we pay to the Mother Earth for sprouting a seed? You cannot pay for God's love, can you? He doesn't understand money. What you have to just do is to get your Realisation, which is "sahaja", which is spontaneous, Sahaja, born with you. It's spontaneous.

It's the Yoga, which is meaning is the union with the Divine - it's your right to have it. There is no other way you can have it.

Many people feel that if you do physical exercises or something like that it is yoga: it's a misnomer.

If you read Patanjali, it's such a big book, out of which only a wee bit is one part of the Ashtanga, is Yama Niyama, out of which a wee bit is the exercises.

(The) rest of it is all Samadhi yoga.

So the first stage you achieve is thoughtless awareness, called as Nirvichara samadhi, when you are aware but beyond the thought.

And when you establish it, then you go to the second stage called as Nirvikalpa Samadhi, meaning the doubtless awareness.

Then your hands work miracles.

At that stage, you are absolutely in peace with yourself and with others, but you emit peace, you emit auspiciousness.

Even a glance of such an innocent personality can resurrect another personality.

And in modern times it's not difficult to achieve, but many people do not want to believe that it is spontaneous, that you don't have to do anything about it, but is as simple as one enlightened candle can enlighten another candle. Only you have to work it out when you have to maintain the candle burning.

That also you can learn in a month's time at the most, and you can master it so well that you yourself can do miracles on physical, mental, emotional and spiritual levels.

You can comfort people by your touch in their sickness, illness, you can counsel them like great, knowledgeable saints.

We had so many great saints in the whole world, they never went to any university, but what knowledge!

So you get complete knowledge, which is the knowledge of reality, pouring out of you.

You become dynamic and all your problems are looked after by these great angels. All your problems are looked after by these great angels.

But in this country, or in the West, people are naïve about it. Their knowledge is that of the tree, but not of the roots. I think the saints know more about Christ, much more about Christ than (those) who talk about Christ.

So you become the knowledge, you become the joy and peace, but you become the redeemer of others. You redeem others and evolve them.

As in the evolutionary process one fish came out, and few came out, and then shoals of them came out, in the same way, in Sahaja Yoga today thousands and thousands (of) people are getting Realisation.

So only thing I have to request you just to receive your awakening and establish yourself.

I must say I'm very thankful to the [Sounds like "Genta"? Might be 'Giunta?'] which has given this hall free to us, because the last time we didn't have any proper hall, and I didn't know what happened, I just could not relate myself to the crowds that were there properly.

Now there is no need to ask about other people, other gurus and this and that, it's all useless just now. You first become your own master. I'm not a guru, I'm a Mother and I have come here to give what you have.

This is all your own. Maybe I have to just hand over the keys to you, so that you become your own gurus and gurus of billions, but real gurus, Sat Gurus.

May God bless you all.

Thank you very much.

[Applause]

I'll have some water.

Guido: Yes.

Shri Mataji: I wish we had more time, but today is the only day we have together and in this short time whatever was possible I've said to you.

Now, you must be having, some of you, some problems, and some questions, I appreciate that. Now if you have any such problems or questions, you can write them down and hand them over to Jeremy here, which will send it over to me. And I'll try to see if I can answer them or satisfy you. But please, do not - just now I do not want to waste time in that. Let us have our Realisation because after the experience it's better, to understand.

If our eyes are not open we cannot see anything, and then what's the use of argument?

Better to open our eyes and then see for ourselves. It will take about fifteen minutes at the most.

I would request you that please do not leave before it is over, (so as not) to disturb others, but if you have to leave, you can leave before that. It's going to be extremely simple and easy for you. There have been some funny books, which say that Kundalini awakening is dangerous and I can't understand that.

When you were born, your mother took all the responsibility and the pain upon herself. In the same way, the Kundalini, who is your Mother from such a long time, is not going to give you any trouble whatsoever. But you have to know that you must respect your Realisation.

[Aside: I don't want that – please, water] You must respect your Self. There is no time left now to waste, you have to enter into the Kingdom of God to enjoy life.

May God Bless you all.

We have to take out our shoes because this Mother Earth helps us a lot. So just take out your shoes, not your socks. Sit very comfortably without any asana.

Sit comfortably in a Sahaj asana, Sahaj Asana is a spread out legs, spread out legs. Not any tightening, nothing, just spread out.

(To somebody) Stand up.

Sahaj asana: not to tighten. Sahaj asana: Sahaj asana is spread out. Spread out. No restriction of the feet at all.

Sahaj asana. Yes. Be comfortable.

You come forward, the people who are there can come forward? Yes, please, come. Come along. Good idea.

It's all right, the baby will also sit down, nicely. Yes, sit down, sit down. It's all right, for her it doesn't matter shoes or anything. [Shri Mataji laughs] She is all right. She wants to take out, see? She does understand it better. They are not complicated.

Now, as he has told you about the chakras, I am going to tell you how to awaken your own Kundalini.

Of course, there is no effort in it, but as we have to open different centres with our own will, we'll have to just put our hand on the different centres, that's all. On the left-hand we'll work the whole thing, on the left side.

As you will learn about Sahaja Yoga, you will know that the left hand represents the desire, the power of desire, not the pure desire, but the desire power, and the right hand represents the power of action.

(Aside) I should stand up, because they can't see me.

So we put our left hand like this on the lap, comfortably, and also you can, if there is any pressure on your neck or on your waist (loosen it). Or if you are wearing spectacles also you can take it out later on when I tell you.

Later on you will have to close your eyes completely, because the attention has to be sucked in by the Kundalini.

Like my sari, you see: now, when the Kundalini rises, the attention gets sucked in inside.

It's spread out: it gets sucked in.

So you have to keep your eyes shut all the time, there's no mesmerism here to keep eyes open (for). But before that I will tell you about the chakras.

First of all, you'll have to put your right hand on your heart. Heart. Now, here resides your Spirit.

Then you have to put your hand on the upper part of the abdomen, on the left-hand side. Then you have to put your hand in the lower part of your abdomen, pressing it hard, on the left-hand side again.

Now you have to put it back again on the upper part of your abdomen, then on your heart. Then in between your left arm and your neck or the shoulder, like this, and turn your head to your right.

Then put your hand on your forehead like this, pressing on both the sides. Then, on the back, you have to put your head resting on your hand like this, just for a short time.

Then you have to stretch your hand and put your palm, the centre of your palm, on top of the fontanel bone area, stretching your fingers tight. You have to move your scalp in such a way, slowly and slowly.

This hand, like that, spread it, the centre of it here, and try to move your scalp slowly, slowly, seven times.

That's all, it's very simple.

So, now, all of you should just remember one thing, that we are all going to enter into the Kingdom of God. And this is what we have been working out for ages and the time has come this moment to do that. We should have no guilt about ourselves, we have done nothing wrong whatsoever.

On the contrary, we should be very pleasantly placed towards us. Not to be frivolous, but not to be serious either - in a very joyous mood.

Now, please put the left hand towards me and please close your eyes. Close your eyes please, and put the right hand on your heart.

Now keep your eyes shut and do not open till I tell you. Now, at this point you have to ask me a very fundamental question.

You can call me Mother or you can call me Shri Mataji, whatever is convenient. Say, "Mother, am I the Spirit?" Ask this fundamental question three times. Three times, please.

Now the second question comes in. If you are the Spirit you are your master too, so now put the right hand on the upper part of your abdomen on the left-hand side. Left hand towards me, on the lap. Now here you ask me again a question three times: "Mother, am I my own master? Mother, am I my own guru? Mother, am I my own guide?"

(Aside) Good.

Now, please, put this right hand in the lower part of your abdomen on the left-hand side and press it hard. Here you ask for the knowledge, because I cannot force you, it is your freedom which I respect, so you have to ask: "Mother, give me the true knowledge of Divine laws, Mother, give me the pure knowledge."

This you have to say six times: "Mother, give me the pure knowledge". You have to say, I cannot force on you. Six times.

(Aside) Goes up in the Swadishthana, you see.

When you say that, now the Kundalini has started moving. But you do not feel guilty or diffident at all. With confidence you now put your right hand in the upper part of your abdomen on the left-hand side, please.

Now here, with full confidence, to open this centre of this Master principle or Guru principle you have to say, with full confidence ten times: "Mother, I am my own master."

(Aside) Right Swadishthana.

(Aside to Warren) Good. Good. Better?

Warren: ... [Shri Mataji puts Her right hand towards a candle] Better.

Shri Mataji: Better, too.

Now, please, raise your right hand again onto your heart. (Aside, in a low voice, sounds like: "It seems like this Swadishthana is better) Here you have to say, again with full confidence, the greatest truth about yourself: "Mother, I am the Spirit". Say it twelve times, because there are twelve petals to the heart centre. "Mother, I am the Spirit".

(Aside) Better.

Now. Twelve times, please.

(Aside) The doors must be open here. Ah, done (She blows on Her right hand). Good. Yes.



Now I have to tell you that God Almighty is the ocean of love and ocean of compassion. But above all, He is the ocean of forgiveness. And you cannot do anything that cannot be engulfed by this ocean of forgiveness.

So now please forgive yourself and forget about the past things. Be cheerful.

Now put your right hand in the corner made by your neck and the left shoulder, from the front side, not from the back. Don't take the hand to the back. From the front side, don't take it backwards side. No, no, from the front side, you see, across, take it across, right hand across. Take it on the back and now put your head towards the right, turn your neck towards the right. Hold it tight. This is the centre catching today mostly, because we feel guilty for nothing at all.

So please, sixteen times please say: "Mother, I am not guilty". (Aside) Better.

Sixteen times and, even now if you are feeling guilty, then you'd better punish yourselves by saying [one] hundred and eight times! (Shri Mataji laughs) There's nothing to feel guilty at all.

(Aside) Better. It's yours Warren, left Nabhi is yours. It's not there anymore. It's gone up. Better?

Now put your hand on top of your forehead across. Now here, (it doesn't matter) not how many times but from the heart you have to say: "Mother, I forgive everyone." This is the centre of Christ. Now we think that it's very difficult, but it's a myth. We do not do anything when we forgive and when we don't forgive, but when we forgive at least we don't play into the hands of wrong people.

Now put your hand on the back of your head and push your head backwards. Now here, for your own satisfaction you can say: "Oh Divine, please forgive me if I have done anything wrong": for your satisfaction, but don't feel guilty.

Now put your hand, stretch your palm, right hand, on top of your head, by stretching your hand, the centre of it falling on the centre of the fontanel bone area. Press it hard and move it seven times. And here you have to say seven times, because I respect your freedom, that you want your Self-Realisation: "Mother, please grant us Self-Realisation". I cannot force it on you, I'm sorry, so you have to ask for it seven times.

[Shri Mataji blows into the microphone]

Now, take down your hands please. Please open your eyes slowly. Put both the hands like this. Now watch me without thinking.

Put your left hand on top of your head, about two - three inches above. Left hand, left hand. Right hand towards me like this.

Little higher, Little higher. Sometimes it can be very high also with some people.

Like this, like this. The other should be like this.

Do you feel the cool breeze?

Now put the left hand towards me, and put the right hand and see on top of your head. On top of your head.

Again put the right hand towards me please, and see on the left-hand side.

This is just to balance. Good. It's better.

Now you put both your hands to the sky, and push back your head and ask a question: "Is this the cool breeze of the Holy Ghost?", "Is this the all-pervading Power of God?", "Is this the Brahma?" Ask the question three times. Push back your heads. Push back your heads.

Now bring down your hands. Please bring down your hands. Now see, in your hands do you feel the cool breeze? Be patient with yourself, it would be there.

Just feel it. Feel the silence within. You'll feel like laughing, some of you.

Those who have felt the cool breeze on their head or in their hands please raise both your hands. Or on your head either. (Many people raise hands) It's quite a lot of people have felt on the first day.

And everybody can feel it. It's very simple, Everybody can feel it. Those who have not felt can sit for one minute like that, (hands towards Shri Mataji) let's see. Just see. Without thinking. Just watch me without thinking.

I think you all have not forgiven. (Shri Mataji takes a candle and looks through the flame)

Just forgive and it will work out. Just forgive, the pressure is of not forgiving.

Now let us see how many have felt it in their head or in the hands, both the hands up. Yes. Some of you who didn't feel are feeling now. It's good!

Now don't discuss about it, don't talk about it. They are going to have [a] follow-on?

(Guido gives the public the details about the follow-up programme)

All those who have not felt it should also come, they are more there, and those who have felt should also come and get it up, because you have been seeking for ages now.

Thank you very much.

[Applause]

If they want to shake hands, they can come.

If they want to shake hands, they can come.

(Many people gather around Shri Mataji)

Oh, you are all right, you are all right. Keep it up, keep it up. You're from where?

[End of video]

## 1986-0509, Now the time has come for you to experience the Truth

View [online](#).

9 May 1986

Now The Time Has Come For You To Experience The Truth

Public Program

Rome (Italy)

Talk Language: English | Transcript (English) - Reviewed

[Why don't you sit down? No room? Poor things, they have no room to sit down. Take this carpet. You should sit, you can take this carpet there. Just sit]

I bow to all the seekers of Truth.

But you have to ask only for the Truth and nothing else. Our idea about Truth is also based upon our concepts that we have got from somebody else.

Also, it might be due to some sort of our ego-oriented concept that we have created ourselves. But Truth is what it is and you cannot make it.

So, if I say to you something, you don't have to blindly believe me. But now the time has come for you to experience the Truth.

In your evolutionary process, now from amoeba to this stage you have arrived, whatever you have achieved is felt on your central nervous system.

But it has to be admitted that human beings have not reached their complete stage.

The purpose for which they were made human beings is not yet established, otherwise there would have been no problems of any kind. Maybe that, so far, it was not possible to manifest the Truth in an en-masse way.

And maybe that there were only very few flowers who came on the Tree of Life till today. But nowadays, as you see, there are so many seekers and what are they seeking is the Truth. First of all, you have to know that you cannot put in any effort for that. You cannot pay for it. The Divine does not understand money. Nor you can conceive it, or you can preach about it; it has to happen to you. In this happening you have to feel the Truth.

To feel the Truth the Divine has made all the instrument within us, as shown to you by Guido. But whether these things are within us or not, we are not sure of that.

We also do not know whether we have a heart, we have a stomach and other organs in our body. Only when we get the pain, we become aware of them.

But these are subtler chakras within us, subtler centres; to feel them you have to become subtler.

The ancient seers and masters, real ones, not the fake ones, all talked about it, Incarnations talked about it, that 'you have to have your second birth'. That you are to be 'born again', is said in all the Scriptures.

Many people who are not truthful and honest just certify themselves that 'we are born again', and miss the truth all their lives.

So, one has to decide that we are going to be very honest and truthful about it and are not going to be guided by any concepts that we have had.

All these centres that you have seen are like milestones in our being. Now these milestones are there for our physical health, mental health, emotional life and for Spiritual life.

When these centres get into a jeopardy then you find that there is a problem, either physical, emotional or spiritual or mental.

Now, there is a power within us which is the pure desire. We can say this is the power reflected within us, the power of the Holy Ghost. Holy Ghost is the power of God.

That means God as a Father and God as a Son we have, but what about the Mother for the Son? Without the Mother, how can you have the Son? So, this is the Primordial Mother, which is the Holy Ghost. Now this Primordial Mother is reflected within you as the Kundalini, in the triangular bone which you see here.

Now this Kundalini is your pure desire.

All other desires are not pure so you never feel satisfied even when they are achieved.

The pure desire is to become 'one' with the Divine. That is what the 'seekers' today, a special category of people, are 'seeking'.

All around us there is Divine Power which organises, which thinks, which manifests, which co-ordinates and which loves. It loves and in 'love' it knows what is to be done to give this living aspect of the Universe. We see the flowers, we see the fruits, we see everything happening; living process, but we take it for granted. So, the Divine is the 'living' being and it has to be a 'living' process.

Like the sprouting of the seed, when you put it in the Mother Earth it sprouts by itself. You cannot pay for it, you cannot order it, you cannot work it out.

When you place the seed, it is built, within itself, all the maps that it is going to manifest.

In the same way, within you, lies this instrument. In your heart resides the Spirit.

Spirit is the reflection of God Almighty.

When this Kundalini rises, spontaneously, She becomes one with the Spirit, here, because the seat of the Spirit is on top of your head.

This is the real baptism where you feel the cool breeze of the Holy Ghost coming out of your own head. You feel completely relaxed and peaceful. You can feel this all over.

But more than that you become a new personality with collective consciousness that you can feel another personality on your fingertips. You can feel the others' chakras just on the fingertips, even the children can feel it.

Now, if you know how to somehow cure these chakras, then you are all right physically, mentally and emotionally and you have the blessings of the Truth, that you are the Spirit. Like a candle is enlightened by another enlightened candle, you can go on enlightening other people and it can reach the whole universe.

But we cannot say that a light which is not yet enlightened, is enlightened unless and until there is light in it. The light has its own qualities; that it gives light, it can burn another light.

So, the person who is supposed to be enlightened has to have self-knowledge because he can see himself in that light.

Nobody has to guide; nobody has to tell him anything; he can see it clearly within himself what he is.

And then you feel you are completely integrated. There is no quarrel between your head and your heart and your liver. You become a personality of great dynamism and magnetism. You don't have to dress up to impress others. Nor you have to dress up to impress others in a way as if you are 'enlightened'. You are satisfied with your own enlightenment and you enjoy it.

You become extremely dynamic but you look at the whole world as a play, as a witness.

Normally, a thought rises and falls off, another thought rises and falls off, in between there is a little space. So, we live in the future or in the past, but in the present we cannot stand.

By our suggestion or all these methods, you cannot do it. Only when the Kundalini rises, She brings all the attention inside and pierces through your fontanelle bone area.

You are paying attention to me but if I say pay attention inside, you cannot.

But when you get your Realisation you see from inside out. And as you are detached from the problem you can solve it much better.

As if you are in the water then you are afraid of the waves, but when you get into a boat you see the waves and enjoy them.

The complete transformation from within takes place and such a person becomes extremely confident of his power of love, as if you enter into paradise, all your tension goes away, all your worries go away and you know the ways and methods of correcting the problems that face you.

This is what is promised to you also in the Bible, it is promised to you in Koran, it's promised to you in all the scriptures that this is going to happen. So, as promised, it has to happen. And you all have to feel your Spirit. It is so simple and spontaneous. That's

called Sahaja meaning 'born with you'.

Yoga, the Divine, to have the union with the Divine, is your right, as a human being, to have it. All the peace and joy is within you.

People talk of 'peace' but they have no peace within. How can you have peace by talking?

This is the only solution for the emancipation of human beings, is to achieve their 'Spirithood'. And this should happen to all of you today.

May God bless you.

Thank you very much.

[Applause]

Today - I'll stand up after not much, don't worry, we can do after.

Today we have started rather late, so we can't have any questions, but you can write them down and tomorrow I'll try to answer them.

Most of you will get your realisation today.

Even some of you do not get it, it does not matter, you will get them tomorrow. And those who have got [it] today, will get it much more fixed tomorrow.

The only trouble in the West is that once they get their Realisation, they do not understand the seriousness of it, the importance of it and just they get lost with the joy that they have.

But you have to know that we have lots of problems and even when the Kundalini pierces through our head, again She goes back to treat all the organs which are suffering within us.

It also goes to all the weaknesses that we have in our being. Now, we have to learn to make Her stabilise herself by co-operating with Her.

For that you have to come to a collective programme where you meet everyone.

I meet people who got Realisation about, say, six years back and again they come to me and saying that, 'Mother, I'm suffering from this trouble and that trouble.'

You have to know all about it and you must know how to look after yourself and look after other people. In short you have to be a master of yourself and for others.

Once it is established then you can manifest it - the same way, you can raise the Kundalini of thousands of people and give them Realisation. This is God's work and it's to be done with full respect to yourself that you are the instrument of God.

The energy just flows. You need not even touch the person, even looking at the person you can help that another personality to rise.

So far, we have never used the power of love, only the power of hatred. The power of love is the highest and the most dynamic. And you will be amazed to see how fantastic you are when you are put to the mains, like this instrument which is all ready (the microphone), but if you don't put to the mains it has no meaning.

In the same way you are all made very beautifully and with great care.

Please do not judge yourself, do not condemn yourself, and do not feel unworthy by any chance. It does not matter in what race, in what caste, in what community you are born. All of you can get your Realisation.

So, let us now come to the point of getting Realisation.

You have to just take out your shoes to help the Mother Earth to suck in the problems.

Nobody should get up and go in the middle when we are doing the meditation. Those who do not want it should go away, it cannot be forced.

[To the yogi fixing the microphone: "All right now. It was doing all right. You can put it anywhere, I'll stand accordingly. All right"].

Now, it's very simple, as I told you. Sahaja also means simple in our language.

So, you have to sit very comfortably, in a straight way, with both the feet parallel to each other, separated. Both the hands towards Me.

Now I have to request you to forgive yourselves completely. You should be pleasantly placed towards yourself. And not to feel guilty at all. You can put your hands on your lap comfortably, if you want to.

Now, we will be working on our chakras ourselves to help the Kundalini to rise.

First of all, we'll put our right hand on the heart. Here is the residence of our Spirit.

Then we'll put our right hand on the upper part of the stomach, on the left-hand side. All the time left hand should be towards me and we work our right hand on the left-hand side.

Now this right hand is to be taken below in the lower part of the abdomen on the left-hand side again and pressed hard.

Then we have to take it back onto the upper part of our abdomen.

Then this hand has to go to the heart again. Then this hand goes in the corner of the neck and the shoulder. Should be done from the front, not from the back like that, and turn your head to the right. Then this hand has to go on the forehead to press it like that, on both the sides.

Then this hand goes on the back of your head and you have to look up, resting your head on your hand.

Now you have to stretch your hand like this, stretch your hand and put the center of your hand on top of the fontanelle bone area which was a soft bone as a child.

Just stretch your fingers to press your palm on top of your scalp and move it slowly, seven times.

That's all.

Now you all have to close your eyes and not open them till I tell you.

There is no mesmerism in Sahaja Yoga. Please take out your spectacles because it helps the eyesight also. And if you are uncomfortable here or in the neck anywhere, make it loose and sit comfortably.

It will take, hardly, five to ten minutes.

Now, put your left hand towards Me and close your eyes. Like this, parallel to the ground, not like this, like this.

Not like this, like this.

On the lap. Yes, on the lap.

Now, right hand you put it on the heart. Now, here you close your eyes. Now, in the heart resides the Spirit. So, you ask me a very fundamental question. You can call me Mother or Shri Mataji. 'Mother, am I the Spirit?' Please ask three times.

[To the yogi fixing the microphone: "I am fine. If I am close, the vibrations can't flow. Now it's all right. If I am away it's better".]

Now, please ask this fundamental question. 'Mother, am I the Spirit?'

Now, take down your hand onto the left-hand side of the upper part of your abdomen and don't open your eyes.

This is the centre of your mastery. As you are the Spirit, you can ask the second question, 'Mother, am I my own master, am I my own guide, am I my own guru?' Three times.

Now, place your right hand in the lower part of your abdomen on the left-hand side and press it hard. Here is the centre which caters, or gives you, the pure knowledge how to handle the Divine Power.

Now, you are free to choose, I cannot force on you, so you have to ask, 'Mother, please give me pure knowledge.'

Now, when you say that six times your Kundalini will start rising, because this centre has six petals. 'Please give me the true knowledge.' Now to help the Kundalini to rise, have self-confidence within you.

Raise your right hand again on the upper part of the abdomen, on the left-hand side, and press it hard. At this centre, which is the centre of the master, with full confidence, you have to say, 'Mother, I am my own master.' With full confidence, please say it ten times.

Now, say it with full confidence, without any diffidence about yourself; you are your own masters.

Now, raise your right hand to your heart again. Where resides the Spirit. Now with full confidence you have to say, 'Mother, I am the Spirit.' This is the truth. Please say it twelve times, that, 'Mother, I am the Spirit,' With full confidence in yourself.

We have to know that God Almighty is the ocean of love and compassion. Above all He is the ocean of forgiveness, and you

cannot do anything that He cannot forgive.

So, you have to forgive yourself and feel confident and be pleasantly placed towards yourself. Now, raise your hand to your neck between the corner that is formed by your head and by your shoulder. Hold it tight and turn your head to the right.

Now, here you have to say - take it from the front, not from the back, as I have told you, take it across; right hand, right hand, not the left hand (maybe calling a sahaja yogi to assist: "Mark"), not the left hand, right hand - now here you have to say sixteen times, 'Mataji, or Mother, I am not guilty at all.' If you still feel you are guilty you can say it, to punish yourself, 108 times!

At the very outset I said you have to be pleasantly placed towards yourselves. Sixteen times please say, 'Mother, I am not guilty at all.'

By turning your head to the right.

Now, raise your hand to your forehead, please. Here you have to say, "Mother, I forgive everyone with all my heart". How many times is not the point, you have to say it from your heart.

It is a myth that you think that you cannot forgive. You do not forgive anyone, nor can you say that, 'I forgive', but if you do not forgive then you play into wrong hands.

Now, put your hand on the back side of your head and put it back your head, resting on it, look upward. Now here you have to just say, 'Oh Divine, if I have done anything wrong, please forgive me', for your own satisfaction.

Push back your head, looking upward.

Now raise your hand and stretch your palm.

Put the centre of your palm on top of the centre of your head, the soft bone called the fontanelle bone. Press it hard.

Stretch your fingers. Move it slowly seven times. Here again, I cannot cross over freedom so you have to say, 'Please, Mother, give me Realisation.'

I cannot force on you.

[To the translator: "Loudly"]

[Shri Mataji blows into the microphone seven times]

Now please take down your hands. Slowly open your eyes, please. Put both the hands towards Me. Little raising.

Now, put your left hand on top of your head about four, five inches, sometimes can be even higher, just see if there's a cool breeze coming in. Put the right hand towards Me. Little higher, yes. Right - the other way (round). Right hand, yes.

Now, you turn it round and press your left hand towards Me and see with the right hand.

Just see, move it and see there is a cool breeze coming in, or might be some people getting heat.

The other way (round). This left hand, yes.

Again, once again, put the right hand towards Me and see with the left hand.

[Aside in a very low voice: "It's done, yes"]

Now put both your hands to the sky and push back your head and ask a question, 'Is this the cool breeze of the Holy Ghost?', 'Is this the all-pervading power of God's love?' 'Is this the living power of Brahma?'

Now put down your hands and see for yourself. Do you feel the cool breeze in the hands? You can feel it this way.

Doesn't matter if some people do not feel it in the hands, or may feel in one hand, doesn't matter.

Now, all those who have felt it in the head or in the hands, please raise your both the hands. Raise your both the hands. So many of them have got it!

May God bless you all.

And everybody's going to get it!

[Applause]

Now you cannot think about it, you cannot think about it, so don't discuss it, don't think about it, just be relaxed and go and enjoy

a nice deep sleep.

Thank you very much.

I hope to see you all tomorrow with all your friends, with all your neighbours.

The program, you'd better tell them where it is.

Antonio: Guido.

Guido: (in Italian) I would like to remind you of the next Sahaja Yoga meetings. First of all, the Great Mother will still be in Rome tomorrow, for a public conference at 5 pm, 5 pm, in the Astoria hall. After that, our free course to deepen your knowledge of Sahaja Yoga will begin on Tuesday, May 13 and Thursday, May 15 at 6 pm in the hall in via Pietro Cossa, and then every Tuesday starting from May 20 in the "Ara Pacis" hall in "via degli Astalli". In any case, when you leave, you can pick up this flyer indicating the next appointments. You can also pick up the photo of Shri Mataji that will be useful for meditation, together with a leaflet where some practical advice for meditation is given.

[Applause]

[A gift is offered to Shri Mataji by a young girl, applause. Two ladies come to Shri Mataji to shake hands, She says: "May God bless you". A lot more people come to meet Her and talk]

Shri Mataji: Hope to see you tomorrow, all of you. Bring your friends!

[Aside conversations]



## 1986-0510, The problem lies with human beings

View [online](#).

10 May 1986

The Problem Lies With Human Beings

Public Program

Rome (Italy)

Talk Language: English | Transcript (English) - Reviewed

[Shri Mataji: (Upon arrival: applause) There was a procession so...

Guido: Oh, it was for peace.

Shri Mataji: He had to go fast.

Guido: For peace and anti-nuclear...

Shri Mataji: Ah, for peace, that...]

[Applause]

I bow to all the seekers of truth.

I am also very sorry today that because of some procession we got delayed and I hope you don't mind. And that it was for peace. It's very surprising that by agitating how can we have peace? If you stop one thing they start another thing. First they will have wars, then at the peace time they will prepare for wars.

They cannot sit down without quarrelling. The greater nations they become, the greater quarrelsome they become. [To the translator: You come this side. If you come this side, it will be better.] This is the problem, no use agitating. Already they have had one shock and they have to have another one. But even if they stop atomic energy they will start something else. Problem is to be attacked basically. The problem lies with human beings, not with atomic energy.

Human beings do not know the power of love. They have only one way of relating to another – is some sort of a hatred.

You must have heard of the relationship of love-hate, it's funny stuff, isn't it?

But human beings are not yet complete.

That's what I told you yesterday, they have to be complete to understand what they are up to.

As I told you yesterday we have to be the whole, evolve to be the whole.

Now, how can we quarrel when we are the whole? Like this finger won't quarrel with this finger, is it?

Because it knows that it is a part and parcel of the whole. But when you are not the whole then one finds out any kind of difference for quarrelling. It is absolute stupidity. It comes from ego that person has developed, that he becomes so stupid that he is killing his own people, his own community, his own country with his own human beings.

So we have many people who have talked about human awareness, how it can go astray.

Like Shri Krishna has said that when the human awareness acts on itself, without the Spirit, then it goes downwards. See, as in the chakras you have seen, He says that the roots of the human awareness are in the brain.

Now if we do not ascend to that and start using our human awareness, in our own ego we go down and down, and down.

So at the Agnya chakra here when you come, what happens: that you have to forgive everyone. Instead of that you never forgive anyone and try to find out ways of taking revenge. Now you start thinking about everything. You see this carpet – you start thinking how much it must have cost, how much money it will, how should I steal it, how should I take it away. So the thought of possessing that comes into this Agnya chakra, while the matter has only one capacity, that is it gives others the expression of your love.

You give to a little child, say, a little doll – the child feels that the doll is the baby, and the child loves the baby, and looks after the doll; does not think of anything else but that it has to love it.

So when, at Agnya chakra when you are a realized soul, what happens? That you go beyond thought. So at that state when you look at this carpet, there is no thought, but the beauty that is created by the artist starts pouring onto you like joy all over.

Today the worst state is that of the Agnya chakra. The first is that you have to have eyes which are pure. But if you have lust and greed in your eyes, you can never look at anything with joy. Now, Christ has said, "Thou shalt not have adulterous eyes." How many Christians can say that they have got eyes which are not adulterous? But when they become pure with the Kundalini's awakening, Christ rises within you, and then you have the power in those eyes. And when these eyes fall upon anyone, they bring peace, they soothe the person, they redeem the person, and comfort.

The second chakra onto which when we come down, then is the chakra of what we call Shri Krishna, who is the collectivity. Which philosophy or Geeta, all these things that He has produced, has said that you should form different groups? Which one of them have done? Nothing.

[Aside: Did you follow? You come along. I think it's difficult for Antonio]

Which one of His philosophies, which one of His preachings has said that you should form cults and groups? He just said that you are the whole and you have to become the whole.

Now you find in this world there are people who are talking about Shri Krishna just taking His name without having any value for the name.

If you are not connected to Shri Krishna what's the use of taking His name? (Aside, pointing at somebody: "He can't hear"). And if you take the name of anyone of them without the connection you are not at all, in any way in rapport with that. On the contrary, you are somewhere else.

So just to take their names and sing these names and all that, people think that they are mad! And they are mad!

When this center is awakened, then you develop a witness state. You do not talk, you are silent, witnessing the whole thing as a play.

Supposing you have to take the name of your President if you have to meet him. If you go in front of his palace and start shouting his name you will be arrested.

Then you are taking the name of God without any protocol - you will be arrested!

So all such people who go on chanting, chanting like mad – either they become mad or they develop cancer of the throat. Actually they are spoiling the name of God.

God cannot allow such mad people to enter into His kingdom, can He? So taking the name of God and using this Vishuddhi chakra for maligning or saying harsh things to others, for creating problems between two personalities – all this is against Shri Krishna.

Now, His power is Radha, “ra” is energy, the one which is sustaining the energy of love! And that is the energy which is “Ahlada Dayini”, is joy-giving. And in the name of Shri Krishna to take Sanyasa and torture your body is another madness. Actually Shri Krishna himself played like a little cowboy we can call him, with the young children of his age. He made them enjoy, he played with colours, he was full of joy, happiness, bubbling with enthusiasm.

Now, in the name of God whatever you do, you get it. Now you want to behave like a Sanyasi? All right. So you get all sanyasi's clothes, like the hippies are moving – all dirty clothes, never have bath, just to become like that.

There is no joy in that life. In our country people fast in the name of God. You can fast for your health. But why in the name of God?

So it is better that they starve once for all.

We have to keep very happy, joyous and satisfied to please God. When we want to displease our mother, we don't eat our food. So all these stupid things are done for this Vishuddhi chakra. I mean, to say juxtaposition of what you are supposed to do.

Now this tongue has to be used for speaking something sweet to others, something nice for the Spirit. Or it should be used also for soothing others and for singing, for giving joy to others. Melodious music, beautiful music must be sung.

Instead of that nowadays you find these people are singing with such broken throats, you don't know what they sing – like madcaps they are going on, I just don't understand. So what is happening? We are going downwards.

Now at the Heart chakra is the chakra of the Mother, of the Mother of the Universe, and where your antibodies are formed. She has already made such arrangements for you that you should never feel insecure at all. But we really boast all the time, “I am very insecure.” By saying that we make others insecure. Those people who make others insecure are really sinners.

For example the women get this breast cancer because they feel insecure. As you will grow in Sahaja Yoga, you will know that it is absolutely curable by establishing the security in a woman.

When you are secure, you are absolutely peaceful; there is complete peace within yourself, because you are so secure.

But nobody feels secure in this world.

If they have money, they have to carry two gunmen with them. If they are Prime Ministers, they have to carry ten gunmen with them. Even if they are fake gurus, they have to carry machine guns with them. That's how it goes on, the insecurity. Now there is Russia – so well off, there's America – so well off, but they have to have atomic bomb to carry with them.

Even in the animal kingdom you won't find one tiger is insecure of another tiger. It has gone to such a low level that even a husband is insecure of the wife, wife is insecure of the husband.

The mother is insecure, the father is insecure, the professionals are insecure, everybody is insecure. Can't understand. With all

the laws, everything you have done, with all the civilization that has come up, with all the great and great development you have achieved. You have achieved nothing but insecurity on all sides.

And then you come to your Nabhi chakra. There again instead of becoming your power as a master – where this power becomes, the power in the Nabhi chakra can make you a master – you become a slave. Slave of your habits, slave of your ideas (To the translator: Slave of your ideas, so-called), slave of all the things that are wrong and against yourself.

Anything you see that the people do as habits, are mostly detrimental to their health. So at this stage the human awareness on the Nabhi chakra becomes a sort of a very negative force within ourselves.

To top up everything, by the time you come to Nabhi chakra, love and everything is finished. At that stage there is only one consideration – money. For money they will kill anyone, for money they will do all kinds of things – like we should say Switzerland now.

For money - they'll grab the money of this one, then Marcos comes in, he brings in another money. Everywhere you see people are mad with this money. What are they going to do with it? [To the translator: Loudly]

The people who have money, go and ask them – they cannot sleep the whole night. The best way to have the best in life is not to have them.

(The translator asks for explanations. Shri Mataji: "Best thing is, to have something, is not to have them, I'll show you what")

Now supposing I have a car. I have a problem with the car, insurance, this, that.

If I have no car – no problem.

Now I have no money, I have no income, I pay no income tax. I have no property, nothing, I live happily.

I don't understand banking – I'm alright. If my husband says, "Alright. You must wear this kind of a dress" – all right. If he doesn't have – all right. A person who has a Nabhi chakra which is just satisfaction, complete satisfaction, is like a king, like an emperor. He doesn't need anything. If he's living in a palace – all right. If he's living on the street – all right. If he is living in the jungles – all right. Nothing is needed.

But that's not so with kings, emperors, rich people – they have hankerings; that means they are still beggars, never satisfied in life.

Today they will have a house, tomorrow a car, then a helicopter, then an airplane. Now this lady had 30.000 shoes. What is she going to do with them? Look at that. Look at the madness, look at the level to which we have come. So they have no love for anyone. They will snatch the money from the country; they will take the money from there, put it in the bank somewhere; make everyone starve, die – doesn't matter, as long as they have the money.

Now thank God, Columbus did not go to India and by God's grace he went to America. Otherwise I would not have been here, no Sahaja Yoga for the world. You won't find even a single aboriginal persona in that Argentina, or in that Chile where I had to go to the museum to see them. Can you imagine?

Such aggressiveness, such plundering from where does it come? From the bad Nabhi, the other way round.

I do not want to say how many countries have gone through slavery. But this is what today now – where are we? Now the hatred has gone even subtler.

After that if you come now to the Swadishthana chakra. Where the creativity was, in this your Rome you see the beauty spread. Michelangelo was there, you had other people, such great, great people here.

Like Sistine Chapel he made so beautifully. Have you got even one person like him? Do you expect one person like him to come now?

Now the art has become so stupid you can't understand the art at all.

In art they want to use muddy colours. In the house they put muddy colours. They want to put one little line somewhere, not more because the rest of it occupies their ego.

There should be just one flower somewhere, on a teapot, just one flower, they can't bear many flowers.

Such intolerance for beauty!

No aesthetics of the Spirit. Only the children in their innocence understand and appreciate and they go into exuberance.

In every day-to-day life our whole appearances, our dresses and all those things show our stupidity. In London now it is fashionable to become a punk. Thanks God, Mrs. Thatcher has not taken that so far. Anything is possible under the sun.

Now this, imagine that this punk business spoils your eyes. I've got people from these punks who had become blind and we had to cure them.

But if you tell them, "Why do you do that?" they'll say, "What's wrong?" And the word "fashionable" is nothing but it's a beggar's job.

I went to a very elite house and they had a lamp in an empty tin. Empty tin of Coca-Cola they had a lamp. The husband-wife way had become mods, and this empty tin is now fashionable in London, fashionable.

So a beggar who cannot afford a lamp will have it in a Coca-Cola tin and all the beggars will join because it is economical. And then the elite and the people who are in charge of art will also take it because they cannot be otherwise.

It is the most surprising thing that in the Western countries where it is so very cold, women have a fashion of becoming nude, I can't understand, it's madness! Where they have to work so hard, they wear such big high heels – I can't understand. They'll get varicose veins or some other trouble. Why don't they understand this?

The sense of beauty has gone down so hopelessly bad that those whom we call as beauty, when the children see them they scream, cry or vomit. Now women are looking like mosquitoes and I don't know what men look like, cockroaches I think.

So now the last of all is the center which is very important – is the Mooladhara chakra. Here there is the climax – Freud replaced Christ. Can you imagine, people worship Freud, not Christ.

When I went to America in 1973 I told them, "Don't do all these things, you'll get a horrible disease. You'll not get out of it."

But they said, "We want sensations."

Why do you want sensations?

Are you dead bodies that you want sensations all the time?

Have you lost all power of enjoyment, power of loving, power of meeting others and seeing the beauty of others? All those things that give you sensations are unnatural.

These flowers, do they give you sensations? The Moon and the Sun and the stars, do they give you sensations? The poets who have sung the beauty of Nature, did it give them sensations?

We have become nothing but sex points now, worse than animals. Just don't understand, human beings are normal people and sex even an animal has, what is so special about it?

On that basis have divorces; two, three, four, five husbands, ten wives – all of them end up in orphanages. Everybody is falling in love every third day. What sort of a romance they are having I can't understand. What kind of poetry can we have?

This world is not going to be destroyed by any energy as atomic energy or anything. It is going to be destroyed by the energy that is being perverted within yourself. So we must ascend. We must relate ourselves to the Spirit, not to become just machines of sex or machines of money but the instruments of God's love.

Like there is a very sweet story I will tell you, and then I'll end my speech - about Shri Krishna. Shri Krishna used to play the flute, so Radha felt jealous of the flute – just a sweet story.

So she said, "Why is this flute always on your lips?" So Shri Krishna said, "You better ask the flute." She went and asked the flute, "What is your speciality that you are all the time on the lips of My Lord?"

She said, "Do You know, my speciality is this that I have no speciality. I've become absolutely egoless. Only He vibrates through me and plays this beautiful music. People say that it is the flute that is playing. I know who is playing the flute." So Shri Radhaji said to Shri Krishna: "Also make me the same as the flute." So we have to ascend.

There was a question, somebody asked that, "How can this be the truth?". It is the truth because you can feel it on your central nervous system. It is the truth by which you can redeem others, you can comfort others and you can counsel others. It is the truth because it can be verified. And it is the truth because it has been described by saints, seers, incarnations from ages. Only some anti-God people like Freud might have denied. Where are they today?

So this is the Truth. Please take to your Spirit. No time is to be lost.

I'm sorry I'm going away tomorrow back to London and I'm travelling all the time. I always come to Rome after a year or so. But we have a very good center here and we have got very well-established Sahaja Yogis, very well-established. Those who want to establish, they will be helped without any obligation, but you must have ardent desire to establish yourself and to respect yourself.

May God bless you all.

Today I think... (Applause)

(Aside to Guido, who had done the introduction) So I said something different! You didn't say all those things, did you? You didn't say all those things, I said something different, all right? (Guido laughs) Can I have some water?

Guido: Of course.

Shri Mataji: All right. Thank you.

So, we could have the Realization.

Like yesterday, we should now - was there any questions, or anything? Nothing.

Guido: No.

Shri Mataji: There were no questions, so it's all right. It's very simple to get your Realization. Those who got Realization yesterday will get it more. And those who didn't get it, will get it today, definitely.

But you should not just treat it in a way that it is one of the meetings. You have to get to it. Like if you find water in one place, you must dig the well there. Don't go on digging wells everywhere, otherwise you will reach nowhere.

What's he saying?

Guido: He would like to know if it is possible to talk to you privately.

Shri Mataji: To me? When? Can he come tomorrow to ashram? Please. All right? Please. Tomorrow I'll leave at about one o'clock. No.

Guido: Yes, one o'clock.

Shri Mataji: What time we'll be leaving ashram? Come in the morning about 9. All right.

All right? Please come. I am a little far away. Thank you.

Guido: She would like to ask a question, but...

Shri Mataji: She wants to?

Guido: Make a question, ask a question.

Shri Mataji: Now there is no time, madam, we are late. I'm sorry, because of this procession, you see. Yesterday you were not there. What is it? What does she want to know? What's she saying?

Guido: It's very important, she wants to talk with You, but...

Shri Mataji: Tomorrow, will you be able to come, madam? Please come. All right? Thank you. And definitely, if you have any problems, please come and see me. All right? I wish I was living in Rome, would be easier.

Shri Mataji: We'll leave about ten o'clock or eleven?

Guido: No, we'll leave about eleven...

Shri Mataji: All right.

Guido: ... eleven thirty. We have plenty of time.

Shri Mataji: That's very easy, you have to put both the hands like this. And please take out your shoes. Now, left hand – I don't

know [if] he has told you or not, because he had a big chance to tell you about everything – left hand is your power of desire. And the right hand is the power of action.

Please put your left hand towards me like this. And right hand is to be used for releasing your chakras. By this you will know how to raise your own Kundalini.

First of all you will have to put your hand on your heart, right hand, then on the upper part of your stomach, or you can say abdomen, then the lower part of the abdomen, then back again on the upper part of the abdomen, then on the heart. Now here – but not in any way it should be done that you start pushing your hand this way – please try to push it this way.

Then on the forehead – pressing on both the sides, then on the back of your head – pressing your head backwards, then stretch your hand and put the center of your palm on top of your fontanel bone area. And move it seven times, that's all. First and foremost thing is that you should not in any way condemn yourself or feel guilty. You are the temple of God, only the light has to come there. Whatever you might have done, forget the past, don't think about it. Don't think of any such thing which makes you unhappy or upset. Be pleasantly placed towards yourself and know that God loves you very much. Now first of all you have to put your hand on your heart. I hope you have taken out your shoes. Please take out your shoes first. And with both the feet parallel on the ground.

Now let the hand be on the heart and close your eyes, with the left hand towards me.

Now please remember that all these things are done on the left-hand side, not right.

Now close your eyes please. Ask the first fundamental question. Because in the Heart resides the Spirit, please ask the question three times, "Mother, am I the Spirit?"

[Aside: "Very good today. You need so much time."]

Now put your right hand on the upper part of the abdomen on the left-hand side and press it hard. This is the center of your mastery. If you are the Spirit, you are the master also. So, please ask the second question.

Madam, please do it. Then again tomorrow I'll have to work on you. Why don't you do it? Yes. Put your hand here on the stomach and keep the left hand towards me, please. Keep your eyes shut, please.

Now, please ask the question here, "Mother, am I my own master?". Three times.

Now put the right hand on the lower part of the abdomen on the left hand side and press it.

This center which is responsible for working out the true knowledge, working out the laws of the Divine. The center is Swadishthana.

But I cannot force you, so you have to ask me, "Mother, may I have the pure knowledge of truth?" Ask six times, because there are six petals to this center. Now, six times.

Now raise your right hand on the upper portion of your abdomen on the left hand side and press it. Because you have asked for the pure knowledge the Kundalini has now started moving and to help her at this center you have to say with full confidence ten times, "Mother, I am my own master."

Now have full confidence in yourself and put the right hand on the Heart. Now here, again with full confidence because this is the center of the Spirit you have to say, "Mother, I am the Spirit." twelve times. "Mother, I am the Spirit." This is the Truth.



[Shri Mataji, with Her hand on Her left heart, then turns towards Guido and says: "Ah!"]

Now you are not to feel guilty, I've told you, please don't feel guilty.

You have to know that God Almighty is the ocean of love and compassion, but above all He is the ocean of forgiveness, and you cannot do anything that he cannot forgive.

So now raise your hand in the center of the corner between the neck and the shoulder and press it hard, turn your head to the right. And now say with full confidence, "Mother, I am not guilty at all." Sixteen times you have to say it. If you, even now, do not want to believe that you are not guilty, then you better punish yourself for believing in that, and say it 108 times, would be better.

[Shri Mataji speaks aside: Why don't you do it? Danya? What's the matter? Better do it, you'll catch.] Sixteen times.

Now raise your right hand and put it to your forehead and press it hard. Here you have to say, "Mother, I forgive everyone.", how many times is not the point – from your heart. It is easiest to say so and it is a myth that we do not forgive anyone, because we play into the hands of others.

Now put the right hand on the back of your head and put it backwards. Here now you have to say, just for your satisfaction that, "Oh, Divine, if I've done anything wrong, please forgive me." For your own satisfaction. Don't feel guilty.

Now stretch your hand, right hand and put it on top of your head, press it hard and move it seven times.

[Shri Mataji blows in the mike seven times.]

Now take down the hands, both of them. Keep them towards me like this and slowly open your eyes.

Now put the right hand towards me, and left hand on top of your head, and see if there is a cool breeze coming out. Left hand. Left hand, left hand. Not right, left hand.

You can bend your neck a little bit.

Now place your left hand towards me and right hand on top of your head. Put your head down a little and see if there is a cool breeze coming in. Now put your right hand towards me, and with the left hand you see if the cool breeze is coming in. Some people feel it higher.

Now put both the hands towards the sky and your head, and ask a question three times, "Mother, is this the Cool Breeze of the Holy Ghost? Mother, is this the All-pervading power of love of God? Mother, is this the living force of Chaitanya, Brahma?"

Now, take down your hands, please. Now raise it and see if you are feeling the cool breeze in the hands. Don't think about it. And don't think, you can see me without thinking now. Please put both the hands like this.

Now those who have felt the cool breeze on top of their heads or in their hands, please raise both your hands.

Practically everyone has felt it, everyone has felt it.

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

(Applause)

Now you have felt the All-pervading power. Don't think about it. Tonight you'll sleep well. But you must know what this power is and how to handle this, for which you all should come to follow-on program, work it out and then – you can see these people who are here already – you will all become great masters by the time I come next time. That's the only desire I have that all my powers should be shared by you all.

(To the translator: "Loudly")

Now. All right, now (Applause, Shri Mataji laughs)

May God bless you all.

Guido: (In Italian) A little announcement before you leave the room: at the exit you will be given out some brochures and advice about meditation, along with the photographs of Shri Mataji to meditate. You will also be given this sheet where our next appointments are written. A completely free course on Sahaja Yoga will start next Tuesday, because as you know this knowledge cannot be bought.

Shri Mataji: (She is offered flowers) Thank you very much... Thank you very much, thank you. May God bless you all. May God bless you.

Did you feel today? Did you feel the cool breeze today, that gentleman? Yes? That's good, good, yesterday you did not. Thank you very much. May God bless you. You felt it? May God bless you. Now I must see you again when I come here, absolutely on top of the world.

Guido: (In Italian) So, when you leave, if you want, pick up these sheets, the leaflets and the photograph, and you can also leave your name, so that we can contact you for any changes or for any future events.

(Shri Mataji hands back to a yogi the flowers She was given: "Sorry, I was getting funny vibrations from that gentleman, I was wondering what's happening. Tell somebody (to see him?) (2.37.15)

Yes, madam. You'll come and see me tomorrow? Now it's not necessary, I think.

Guido: She said that she is realized and she can cure any disease, with the power of God.

Shri Mataji: Yes. But you see, you must know the centers. All right, it's a good idea. If you are a realized soul, we are together! We are not against you, we are with you. And we are very happy, that's it. So you come and join us, we all should join together.

[End of tape]

## 1986-0510, Music for beginners and teachers for sahaj schools

View [online](#).

10 May 1986

Talk to Sahaja Yogis

Rome (Italy)

Talk Language: English | Transcript (English) – Draft

... But not very long, you see. Just one like, "Your face is shining", sort of things, you see. Four, five lines, so that everybody can sing that. That's all you have to do. And also, when these people, new people, will come and all that, in the beginning, I don't think you should bring them to ashram, to begin with. Begin with this one.

First, you should have all the programs there, then those people who are all right, then allow them to come to the ashram.

Guido: Yes

Shri Mataji: Like that, and then teach them also the music that we use. You should put them -because music is one thing which binds you much faster than anything else. And vibration wise also, it's very good, because it takes away your thoughts, and it's very good for it. So, that's how you have to build up music like that.

Then you have, you see, a very good system here, which I think, you have a very good system, that among yourselves, you are very friendly, helpful, and you do not challenge Guido. Because that's another problem I always see everywhere, that they go on challenging the person who is connected to Me. So, then, what happens, that all my connection starts getting into problems. So, that is the best thing is to support him, help him in every way. I'm looking after him, and the things will work out very well.

Now when these people will be coming, you see, that's the main thing, how you should handle that. First of all, when they come, in the first one or two days, two times and all that, just you can put my tape for a while. Let them know about something then talk to them about it, and they'll ask their questions, then ask them to put their hands, ask them to meditate. See if the vibrations are coming or not. You should say that, "It will take one or two times to do that". Now about the Kundalini, you should explain to them everything you should do that. But you should not tell them that that I'm Adi Shakti or anything, to begin with. Not at all nobody should talk about it. Not at all, nobody should talk about it.

Gradually, you should see, pick up people who are like that. Then you should say, "All right, ask a question", you see. "Is Mother the Adi Shakti?" "Is she the Holy Ghost?" and all those things. Then if it happens that way, then they will start gradually coming to Sahaja Yoga. You should not, at all, give them ideas, suddenly. The Mother is Adi Shakti, this is it. She's God. Because it's quite shocking for them, all right? So, take it easy. Bring them round.

But if they come to ashram, you see, you give them some tea, something. You can arrange some tea there also, can make some cake here, take it for them. When they are there, you give them some tea or something, you see. Because food is another thing which also binds you.

Sahaja Yogi: Yes.

Shri Mataji: So, we should have. And then you can have some music also there, so that the

whole thing becomes interesting. So you can have a little of what you call, say my speech. Then you can have-

Guido: Yes, we show the video every Sunday.

Shri Mataji: Ah?

Guido: We show the video, your tapes, on the video.

Shri Mataji: Ah?

Guido: Every Sunday we give them tea.

Shri Mataji: Yes, little bit, not much. You need not show the whole thing. You give him them half the lecture. So, they're curious for the rest of that.

[Laughter]

Then after that, what you do is to have once the- that is done, then you can have some meditation. Then you can have some music together. And then something to eat. You see, that's how it will settle down better, who are you, and be very kind. There might be some bhoots there. There might be some people who are possessed. Now don't tell on their faces, "You are bhoots, this thing, that thing". Simple thing is to tell them that, "You need to be corrected. For that, you have to put your left hand towards the photograph, put a light behind you, like this, and work it out. It will work out, you'll feel better. Next time, you come along and tell us.

So, start on photograph. We did the same. We had the same problem". Like that, taking upon on yourself, so they won't feel bad. Always say that, "We were worse than you are. You are much better than us". So, nobody will feel hurt. Gradually, gradually, you have to bring them along. And once they are in, they will not go out as you do not go out.

[Laughter]

All right? So, but, it has to be done very wisely because what I find when I come, there are so many people. When I don't come, then they go out. What is the reason is? I'm not an Italian I don't understand Italian language, I cannot speak it. But there's something in Me that they like. That's why they are there. The same way, you should have the same thing: is love, affection, kindness. Irritability should not be there. You should not be angry with them. You should not be unnecessarily upset with them.

And those people who are perfectly all right, who don't have problems, should talk, others should keep quiet. Otherwise, normally those who have problems should jump first and talk like a 'bhoot' to them. They run away.

So, the leader should decide who can do the talk. Everybody should not talk. Then sometimes, I'm seeing because people have been reporting to Me. They start arguing among themselves. Then they have a feeling that they don't know what they're talking. But you keep one person. If there's any problem, you're going to ask him, "Now, what is this? What is that?" But do not argue among those. They should know that we are all one people. Respect each other. We live with respect. Each other's respect must be shown.

Like, I've seen people, it's all right, I'm calling him Guido, it's all right, because he's like my son. But you should not call him, all of you, Guido, even a little child will come say

'Guido'. It's not proper. I don't know how you say, but in our Indian language, they will say 'Guido ji' or Guido Uncle or Guiso- like that. We never take the names like that of our elders. So, one should not just say, or Guido brother, something like that.

All right?

It's better to talk, "Brother, hello brother, how are you?" Like we talk in the family. And not in a- where that is, sort of, as if on the street we are walking, hum? We belong to one family, We belong to one family, and we have to address each other as if we belong to one family. Like in India, anybody may be, we say, elder brother, younger brother. My grand-daughters were so much used to this, that their pot also, you see, they used to call it 'potty'. And then we said to 'ji' to everything dishes, so 'potty ji'. She used to say to potty also 'ji', 'potti ji'.

[Laughter]

When we give respect we say 'ji', like 'Guidoji', 'Gumarji', 'Modiji'. Everybody's is 'ji', 'Mataji'.

[Laughter]

But respect is one thing we must learn, of each other. Respect, help, sharing, we must learn. That is very important.

Then another thing is, I know that Italian is a very good language and I would like to learn it.

But you know how difficult it is going to be for me to learn so many languages.

[Laughter]

So, it's better that you people try to learn English. It is better for us, because at least, and if possible, Marathi.

[Laughter]

Or Hindi, one of the languages, it's not difficult. Now I know at least five six languages. So, you can know one or two. All right?

The whole Sahasrara Day was wonderful. All this was very beautifully. And everybody was amazed how you arranged the place

and how it happened, everything. And because they are not so positive as you are, there is some sort of negativity with them, that's why they cannot arrange like that. But there is a fact. If you are positive like, we could not arrange the hall in London for so many days. Ultimately, they said, "We cannot do it". So, I rang up, Ganapatipule it was. I rang up Arnaud. I said, "Arnaud, what about you?" He said, "Mother, all right". It was not Ganapatipule. What was the second one?

Sahaja Yogini: Purna.

Shri Mataji: Hum?

Sahaja Yogini: Purna.

Shri Mataji: Guru puja?

Sahaja Yogi: Navaratri

Guido: Navaratri. No, Diwali, Diwali.

Shri Mataji: Diwali?

Sahaja Yogi: Yes, Mother.

Sahaja Yogini: Ganesha puja.

Guido: Navaratri, Navaratri. In Switzerland

Shri Mataji: In Switzerland, what was that?

Guido: Navaratri.

Shri Mataji: Navaratri! It was Navaratri, Navaratri puja. So, they said, "We cannot do anything. There's no possibility". Everybody wanted to come for Navaratri. I rang up Arnaud. He said, "All right mother. I'll tell you tomorrow". Next day, he telephones to tell me that, "Mother, we've got a very good place", this and this. And you remember, we went up?

Guido: Yes, Mother.

Shri Mataji: And there we had the puja! Wonderful place, it was. That's how he arranged, in one day! He's such a positive man, Arnaud is a very positive man. So many Swiss don't like him because he's so positive. Big disparity, but doesn't matter. You must know that I know everyone. Like, some Swiss decided that he should not be there. They wrote letters to Me saying that, "Mother, we don't want him there. You'd better talk to us about it". Then one of them telephone to Me. So, I said, "What is it?" He said, "Oh, Arnaud is too strong on us", this, that. "So, what should we do?" I said, "See now, I just want Arnaud and all of you can go away from Sahaja Yoga".

So, she kept quiet. So this is what it is.

[Laughter]

We are doing very well now and I have great hopes about Italy, great hopes. I'm sure it will work out very well and that one day, we'll have a very great Center here. As it is, we have seen this place. Now we are thinking of buying it and all that. Let us see what happens. If you get that place, then we'll get some people from all over, work it out, we have to build it up do it properly so that for many seminars, we can have such a big place you see. We can have some tents or something there. People can stay in the tent. We can have seminars or anything, I mean, whatever it is proper. You can do there, it's a very big place.

We had seen one place in London it had 12 and a half acres of land. But they said, "We'll not allow any motor cars to come in; we'll not allow any tents to be there". You see, then what's the use of getting this big place what are we going to do there? Nothing, we can't do anything!

So, that's how it will [unclear]. But you people should see to it, that you arrange everything properly and you can have a well there or something maybe. There must be water there, I'm sure. You might find some nice stones there. Anything is possible. So, just think of God and just do the job and you get everything that you need in that way.

And it was such a successful, time such a successful time, that everybody must learn from you how things have worked out.

Now the second part is that the children will be coming here, small children, and you must look after them. I was thinking that, from your school, there's one girl called Jane who is going through an education in Montessori. For now, she'll be finishing now and she can come here and teach the children. And you can also learn the ways and methods out of her. But some of the girls from here can learn Montessori.

[To a Sahaja Yogini] What are what are you doing? What are you studying?

Guido: [Unclear].

Shri Mataji: Hum?

Sahaja Yogini: I am working, Shri Mataji. I work.

Shri Mataji: As what?

Guido: She is working in a dentist studio.

Shri Mataji: What studio?

Guido: Dentist.

[Laughter]

Shri Mataji: What do you do there?

Guido: She is just helping, helping.

Sahaja Yogini: Assistant.

Guido: Assistant.

Shri Mataji: Assistant, ha.

[Laughter]

So-

Guido: But just half of the day.

Shri Mataji: Half of the day?

Guido: Yes.

Shri Mataji: Then you can join some, there must be a school.

Guido: She's very helpful in.

Shri Mataji: Is there a Montessori school here? She's very-

Guido: She is very helpful in this.

Sahaja Yogini: We have a Montessori school but it's very long the course, it's 3 years. We have to go to school every morning for 3 years to learn the Montessori.

Shri Mataji: Where is it?

Sahaja Yogini: It's in Rome in the-

Shri Mataji: But there must be some correspondence course.

Sahaja Yogini: Yes, that's the only way outside.

Shri Mataji: Better do the correspondence course, you see, all of you together. You can all read about it and all of you discuss among yourselves. Better do it it's very good, because children can be helped all over.

Sahaja Yogini: Yes, Shri Mataji.

Shri Mataji: You can discuss among yourself and start it. Now how? See, if they have an half day to start a school day, half day, so maybe, if you become quite Montessori expert, we can send you all the equipment of Montessori from India. You get it in a set.

Sahaja Yogini: From India?

Guido: From England.

Shri Mataji: India

Sahaja Yogini: India.

Shri Mataji: Of course. India's Montessori is very popular. All wooden things that they use, everything. You get a complete set there, not in England.

Sahaja Yogini: Not in England. We have in Italy. It's expensive

Shri Mataji: Yes.

Sahaja Yogini: But we yes, in Brescia, in the north there is a town where they make it.

Shri Mataji: Hum?

Sahaja Yogini: In the north of Italy.

Shri Mataji: In the?

Guido: In the north of Italy, but it's very, very expensive.

Shri Mataji: Oh, I can send you, if you want. Anything that you want, you can get it made, no problem. Just let me know what you want and we'll order them.

Sahaja Yogini: Jai Shri Mataji.

Shri Mataji: When the Sahaja Yogis are coming, they can bring. It's something they can manage and they can bring baggage. It can be done, no problem.

I'm sure there must be lots of these things, there. I think that is the best thing you can do, in the schools. And also, I was thinking of Health farm [Krishi agriculture]. I've been thinking about.

Sahaja Yogini: The what?

Shri Mataji: Health farm.

Guido: Health farm, this is very nice project.

Shri Mataji: So, anybody who wants to do it, can come to India and learn in some, one of the institutions about it. You can become a doctor or something.

He's working also? You are working?

Anybody who wants to do. You are working also?

Sahaja Yogini: He starts.

Shri Mataji: Hum?

Sahaja Yogi: I'm starting.

Shri Mataji: What does he do?

I'm studying in a scientific school, Mother..

Shri Mataji: Hum?

Sahaja Yogi: A scientific school. A scientific school.

Sahaja Yogi: Scientific school, he's doing. He's studying.

Shri Mataji: What does he study? Science?

Sahaja Yogi: Science.

Shri Mataji: So, anybody who wants to do it, can come to India, and learn in some, one of the institutions about it. You can become a doctor or something. So, anybody who wants to become a doctor like that, can come and do the course in India. You can find out admission. I think it is one year course or something like that.

Guido: Only?

Shri Mataji: Naturopathy.

I wanted Bogdan to do it. Let's see. Anybody can do, there's no need to have a medical background. They just teach you how to fast, and how to put a seed pod of a- in mud and all those things. And all the instrument you can get there. It's not difficult for naturopathy. If you want, I can find out for anyone who wants to become. It's not difficult. Anyone of you, all the course and everything, I'll find out for you.

Oh, you come along, the musicians. Sangeeta's father!

Guido: Sangeeta's father!

[Laughter]

Shri Mataji: I have told him about the music. Now you sit down. Somebody has to compose, and somebody has to put it in proper music. And has to be worked out in that way. It should be a music that can be sung by everyone. Not a difficult music. If you can sing Marathi song, then you can sing anything. It's such a fast tempo there, aren't they? They are very fast. Marathi songs are very, very fast. I'm surprised how you can sing so well!

So, should we have one song before we take the leave?

Sahaja Yogi: Oh! Yes.

[Laughter]

Guido: Of course.

Shri Mataji: That's it, get some music. Then we'll have our food and sleep off.

Guido: OK. Yes.

Federico: Shri Mataji, what should I do with this Indian project of Delhi?

Shri Mataji: Of what?

Guido: The music project with Venu Gopalan.

Oh, he's a stupid fellow, he's never on. What did he tell you?

Federico: Well, they invited me to their place, when I was in Ganapatipule. So, we asked your permission and I went to Delhi after the Tour. And I was a guest of them for about 10 days, and they told me about this project, about this ballet. And so they asked me if I wanted to take care of the Western part. And that's how I started with this music and with this ballet with Monia.

Shri Mataji: You see, this Venugopalan, tries to please his wife. He wanted to have this project done. I told that, "Pavari is the one who will be going around the whole world. And he'll be doing. So, why don't you do this?"

Now, as it is, what he did was, Venugopalan, he got hold of some other artist and he didn't bother about Pavari. Because I didn't want that it was to be for India, I thought that it is going to be for the- just help him there please –

Not for India, but for all over the world. Because this fellow will be travelling and will have this music. On the contrary, he wanted to do it in Delhi.

How to do it in Delhi? It's a competition and all that, not easy to do it. So, all things fizzled out because the artist [unclear] or something.

Federico: Actually the singer got sick.

Shri Mataji: Hum?

Federico: The singer got very sick. They got in a singer who was in charge to compose the music. Light Indian music singer and he got very sick. He was smoking a lot this man. He was not a Sahaja Yogi, of course, and he got very sick. And so I think for that, for that reason. And the dancer also got another better job to do.

Shri Mataji: I don't know.

Federico: Things like that.

Shri Mataji: But it's only since because she because she went on the wrong lines. Now Pavari is still there. We'll see now what we can work it out. Because Venugopalan, I had enough of it.

Federico: Because, actually, while I was there, I thought that the best way for me to be sure to go to Indian this year, was to look for some concerts, luth concerts. So, I went to the Italian Institute and they sent me to the German Institute. And actually, I have more than 11 concerts to play in India now

Shri Mataji: I beg your pardon?

Federico: Just by myself with my luth. Just before the Indian Tour. So, my concerts will start at the end of November all over India, Nepal, and other countries there. And they will finish on the 19th of December.

Shri Mataji: Oh.

Federico: And I will earn enough money for the Tour. And I was thinking to use the rest of the money to stay three more weeks and arrange with the Venugopalan this show, you see.

So eventually, if something can be done after the Tour, I will be well prepared, because I already tried to work out these things.

Shri Mataji: It goes off their heads, absolutely off their heads. Now I'm not going to ask him anymore, I had enough of it. This is, Venugopalan can't see women comparability, comparability.

Federico: Anyway, Shri Mataji, we will try to go on with this ballet project, if you agree on the same lines, and we will see.

Shri Mataji: Which one?

Federico: With Monia, the same things we did. We will try to develop more this sort of music with this dance.

Shri Mataji: Yes, yes. You see, for this, I'll have to think it over because I left it to her and it was a mistake. I have to do it myself this.



[Cut in the audio]

That's what Warren was telling Me. He's willing to do it in Kathak, Kathak style. I don't know what went wrong.

Thank you.

Guido: Tchao.

Federico: Because also the artists were supposed to be very good

Shri Mataji: Hum?

Federico: Also, this dancer was supposed to be very good, you know, the main dancer in the scene.

Shri Mataji: Venugopalan.

Federico: Yes, the men they were in touch and they were paying.

Shri Mataji: But, they are South Indian dancers. And he was from the north. And he was in a Kathak style. Of course, he is also a very well-known dancer. The one is white is internationally [unclear]. And she didn't get any chance at all. Let us see now whatever they decide. They will [unclear].

Federico: I will, Mother, I will try to be available after India.

Shri Mataji: All right.

Federico: Three weeks or one month.

Shri Mataji: All right.

Federico: And I hope I will have enough money; if it's necessary.

Shri Mataji: All right.

Federico: And I will be there after the Tour.

Shri Mataji: All right. We will sure work out.

## 1986-0518, Devi Puja: The sincerity is the most important

View [online](#).

18 May 1986

The Sincerity Is The Most Important

Devi Puja

Belambra Clubs "Le Domaine du Normont ", Dourdan (France)

Talk Language: English | Transcript (English) – VERIFIED

Devi Puja, French seminar. Dourdan (France), 18 May 1986.

Today we have gathered here in this beautiful place to work out something very deep. There are certain things of which we are not aware, which are in the history, and some things in the atmosphere, they affect us very much because we are the product of five elements out of which the Mother Earth is the left side within us. The Mother Earth changes its atmosphere, its hills and dales, rivers, fashions them in such a way that it gives a variety to her temperaments. Now God has created only one world, He's not created many worlds, He's created only one world, this world where alone here only human beings are created. So, this is the most important planet, you can say, which has been in the attention of the Divine. So, the whole cosmos works out for the benefit of this planet, and the working of that cosmos has created this earth, and then human beings, and then the Sahaja Yogis. So, the Sahaja Yogis are the epitome of the creative powers, they are the epitome of God's desire, that's what He desired, that's why He created this cosmos, this universe and this earth. So now His desire is fulfilled when He sees seeds being reflected through the Sahaja Yogis. But there is still a few things we have to clear out within ourselves.

His desire represents the Mahakali power within us. Now we have to see how His desire has worked in creating ourselves. First is the desire which is absolutely passionate. There's nothing desired, nothing else is desired, but the creation of Sahaja Yogis. So, the first desire of any Sahaja Yogi is to create more Sahaja Yogis. No other desire should be dominant or exist, in a way; but to fulfil that desire, we have to fulfil some conditions. So, one of the conditions, the most important, is the sincerity, as God doesn't need that qualification, He cannot be insincere even if He wants to be. He does not have your type of intellect which can play devious roles with Him, but the human beings have got this devious intellect which plays very much around. But as Sahaja Yogis you can see that intellect very carefully and clearly.

God is egoless because He does everything, so He's egoless, or we can say He is the Ego only, if that means doing something. But human beings have ego because they don't do anything and think they're doing something. You know this very well. So, when you start assuming that you do something, you get identified with such myths very easily, only human beings can be identified with myths, not God. But after Realization you can see your ego clearly. It acts in various ways. If we appoint somebody as a leader, the leader may start thinking that he's really the leader, and then it becomes really a problem for him because he starts losing everything that is leadership. But the worst is, their wives start thinking they are the leaders, and sometimes the children also think that way; and I won't be surprised even if their dogs and pets behave that way. (Laughter throughout these comments) It can be any stupid thing. So, with this kind of an ego a Sahaja Yogi can see, you see, himself, how he behaves. I watch them and it provides a lot of humour for Me. They push forward everywhere, they'll sit in the forward line, they'll push forward, they'll be there first to come in the front line, sort of thing is there. But if you are a sincere person, if you have the sincerity then you'll enjoy that sincerity wherever you are standing, wherever you are sitting. So, the ego can try to deceive you very much all the time, so you have to be careful about this ego because he can sit on your head and can monitor you. I have seen people going down very rapidly with this idea that they're something special. So, sincerity, though it is the quality of the left side, can be dominated by the right side, this way.

The second thing about your desire, that it should be a pure desire and the pure desire is very simple for you because I'm sitting before you. The pure desire of a seeker is to see God, to be in the company of God, to be in association with God. As they call it, Salokya, Samipya and Sanidya; there are three words describing it. But without asking, without thinking of it, you have been given the fourth dimension called as the Tadatmya (sameness of nature) means becoming one with My body, My being; so that you become protected, absolutely cleansed and nourished in My being. But when you are not aware of it, then what happens that I

have to suffer in My body to cleanse you. So, all other desires can create problems within you.

Now as I was telling you that this France is a creation of the Mother Earth with her special features. We have to examine what effects it can have on a French mind. It's a historical build-up also which affects this country. It's a very affluent country, you have got very rich soil and you produce beautiful agricultural products. So, when you are satisfied on the material level then you start moving left or right, because you are very naïve about one thing, that we have to rise higher, higher into our ascent. Also, that we are not aware that that is the goal for our evolution. So, we all have to ascend, that's all, nothing else is important. So as soon as you find that materially you are all right, then if you do not have the idea that you have to ascend, you can really move on to the left and the right.

France being a very, very affluent country among most of the European and the English, they got into this movement much earlier than any other country. So, the, if you can find the aggressiveness of the French, based on these lines, because they go to the right side. Like the French are never bothered to see or to find out what is the culture of other people. They're very self-opinionated and thought no end of themselves and they thought they knew all what was culture is. As a result, they became completely ignorant of all other cultures which were much more evolved than theirs. The concept of beauty came up to a certain level of understanding and then again it deviated into wrong direction. Also, I would say, the way the Christianity was preached in those days, no respect for women was there. So, the women did not understand that they are the left side and they have to look after their chastity. In the beginning whenever I read about French, like Emile Zola or other people, Maupassant, all that, what I found that women were not at all respected nor they were respectable, or if you read, say, for example, Nana, is a one, he was written, Emile Zola; if you read her, you will be surprised that they have given the four sides of a woman in one woman, he has described four sides. And one part which is really a woman is never respected in the society when she is compassionate and good, that part she's not respected: on the contrary she's kicked out. So, in other parts, she behaves a cunning woman, or she behaves like a prostitute, or she behaves like an aggressive woman because the part that is respectable, and that is the one which was for her ascent and was her innate, was not at all understood or respected. So, the instrument of the left side which are the women of this country were first harmed and these became the main source of troubles in France.

On the other side, they became extremely aggressive; the men became aggressive and because women were not respected, they also became aggressive. The other women who could not do that became extreme left, started crying, weeping and melancholy; melancholy character they developed, melancholy. Then they started, you see, writing about all this melancholy nonsense, which doesn't exist and indulging into it, like wine or some sort of a thing.

The movement on the left-hand side, naturally, because men also got attracted towards it, made them take to left-sided food as well. Now, for example, they developed the cheese which was all full of fungus, which was dead matter. Fungus kills all that is right side; anything living can be killed with fungus. Not only as far as the food is concerned but temperamentally, gradually they started becoming like funguses. So, the fungus itself has a quality, is to, that it thrives on the dead matter. So they went down to all places where they could find the dead matter, like Egypt. They were not very much interested in India, even to rule India, but they were very much interested in Egyptian dead things and other places wherever they could find this dead stuff available to them. Also, I would say Christianity, which started decaying very much, became a big hold in France. Religion also became like a fungus; like building, say, big churches and around them to bury the dead.

Now, I went to see Chartres; you have a beautiful, a very, very beautiful church and very good work done by the artist, but there are lying all dead bodies all around, it's horrible. Actually, dead people should be burnt, only the realized soul can be buried. The sense of respect was lacking very much, even in the history, you can see clearly. What was important throughout was the money. As I see the French revolution took place when I must say the queen was not a bad woman at all. She was actually a great protégée- she was a protector of all the artists of France and she's the one who gave such a great momentum to the art of France. If she created something like a furniture piece or any building, today even you show it with pride. After all she was not going to take it with her; it was for France she made everything. But the French wanted more money to be distributed. For what? For drinking more wine, not to create anything of eternal interest. That's why I say those who drink have no right to strike or to ask for more money because they have more money, that's why they drink.

So, I don't believe in capitalism but I do believe that those who can create something new, who can create something – not new in the sense of nonsense, but a thing of eternal values – must be given money to create that. There are many capitalists who do

wrong things like buying instruments of war and things like that. Now we have England, we have America, they're doing this and creating concrete jungle for the progeny. (Gregoire requests clarification) England and America is doing this, is to buy weapons and otherwise creating concrete jungles. And in Russia they say that they are giving equal distribution but people drink like fish. So, with this French revolution also, the drinking became a part and parcel of the lives of the French because they got easy money. So, the more money was acquired for doing all kinds of unrighteous things, unholy things and, we can say, inauspicious things. But there were poor people, perhaps they did not drink so much, who created great architecture here in this country. Despite that, great artists were born in this country who had no money. They died, becoming mad or becoming paupers.

Now we have Napoleon, another person who tried to conquer other places; he's another ego trip that he did in the history. But still he was not a very ignoble person as we find so many of them are these days, who are the rulers. The only thing I feel about him that he didn't have a great character to leave any great impress on people, how to enhance their life in their quality. So, the people who could have really impressed your minds towards the ascent were all paupers or became mad or were wasted. Ultimately, I think the whole aggressiveness disappeared with understanding that it is no use aggressing, but the left movement still remained very prevalent.

So, for the rest of the world, French are very weird, queer, strange people. They developed their own insular methods of dealing with things. This is, I would say, is a curse because that kind of a curse when it works out, then you cannot improve as you have nothing else to see and relate and to advance. Because the ego when it is worked with the left problems, you can be very queer, strange and weird. I could see that the first day I came to Paris, and they told Me very clearly that, "Mother, don't smile at all, and You have to keep very serious." And I cannot be serious for more than two minutes, I think, two minutes. So, I said, "But why?" The reason, they said was that, "They will think that You are an ignoramus, You don't know what's happening in this world: serious things are happening and You are laughing. So, they will think that You are not at all matured." But as soon as I started My lecture, I looked at those people who were so serious and I couldn't control My laughter! (All Laugh) And then I said, "Sorry, I'm addressing all the les Misérables which I have heard about."

I am so happy to see today that veil of gloom has passed over. As if lot of dirty mud has gathered over here and the lotuses were about to bloom out, whatever may be the atmosphere, whatever may be the history, whatever may be that has been created by human beings, inside resides beautiful lotus petals, everything intact. With a little push they are all out now in the atmosphere, spreading their fragrance in this dirty pool what we call as France. And they're such strong people, very strong Sahaja Yogis in France which really makes Me very happy and proud. In the beginning I used to come every third week to Paris and have a meeting and when they asked, "Mother, why are You so much visiting Paris?" I said, "That is the gate of the hell." You must have heard the story I've told you about the advertising department. No? I better tell them. You see, two men who had done lot of good as Sahaja Yogis maybe, when they died, they were asked to go to Heaven. So they went to Heaven and there they found everybody was meditating, so they said, "What is new about this, we were meditating in the world" So they said, "Why not we – they asked the permission of God that- can we see also Hell, if we have a chance because then we can decide, you see, whether we want to be here or there." You see that is what the ego is, you must have choice. So they went to Hell, and when they entered the first big hall, they found all kind of music was going on, funny type of music and you know like Halloween you have all kinds of dirty things and women were dancing nude, and the men were singing nude and they were doing all funny, funny things there, which we call funny. So, they said, "This seems to be better place for a change," because drinking was free, everything was free there; drugs, all nice, nice things there! (Mother laughs Heartily) So, they said, "This very nice place", so the people who were in charge asked, "What are you doing here?" They said, "We've come to visit the Hell, where is the Hell?" So, they said, "You can see from this hole", and they took them to a hole from where they could see the picture of Hell. And there they found people hanging on top of fire, or they were putting the boiling oil and they were putting the dirty mud; all kinds of things, you see, and they were horrified. And some were whipped very badly, and I don't know, all kinds of punishments that are possible. So, they got a fright and they said, "Now if that is Hell, what is this in this hall?" They said, "This is the Advertising Department of Hell." (Audience gives applause and laughter) And the ideas were coming from French and English specialists, and other specialists from other European countries also. And nowadays the Swiss must be doing all the banking there. So that is the advertising department about which, you see, one should be quite knowledgeable, to know what is the advertising department of Hell is.

So, the righteousness and the holiness can only be maintained if you are very careful about this advertising departments,

especially in France and other countries. The left side works in this way that we want to destroy ourselves, because left side stands for desire as well as for destruction. It can destroy all if there is no desire of God anymore. So, when you start getting to the other side of your desires, you have a desire to destroy yourself. Yesterday only I read in a newspaper an English lady who left millions of pounds, killed herself by malnutrition. So, this idea of destroying yourself is now justifying so many things that we do in this world which should not be done for our health, for our physical, mental and emotional and spiritual health. And this tendency is to be seen by Sahaja Yogis within themselves also. When the Sahaja Yogis start slipping out and you tell them, "You are slipping out, now don't go that way," so they say, "No, leave me alone, it's all right, I can manage myself," means, "I can destroy myself." And this anti-life behaviour starts to such an extent that they denied all that was spiritual, all that was healthy.

Also on the left-hand side you had some horrible writers and authors who came on this earth to give you very, very, very, very anti-life ideas; like a person like Sade who started sadism and all that, this kind of people only could prosper in France – in India such a person would have been thrown out. Some mad fellow might have written "Kama Sutra" but I've never known that book, I've never read that book, I don't know anything about it and I don't know if you ask anyone they'll say, "What is that book? We don't know." But if you say "Gita", if you say "Ramayana" you'll find many or most of them. Even the Christians in India won't read such a book. Now, but these books were very much appreciated. You find, it's hard to find, anyone in Europe who's educated and who has not read these books, like a Bible for them. I mean, all these things have made them immune to sin, the filth of sin. To add to problems, you had so many wars but last war France was occupied by these horrible Germans. So, they were in complete fear, again another left-sided movement. All these things have added to the perpetuation of left-sided problems.

Now how to get rid of them is our problem. When I came here, Patrick told Me how they found people possessed by all kinds of variety of bhoots, and I'm not surprised because I was expecting it sometimes to happen. There are still many Sahaja Yogis, especially Yoginis, who are possessed. I know of one mad one who came to My house, broke all the house and everything and did lot of things, French, you know, a man. So, to get out of it, first of all we must know the dangers of it. If the women go on like this, don't obey their leaders and go on with it, saying that, "This is my right", don't meditate and do all kinds of things, they'll become schizophrenic. The schizophrenia, according to Me, according to Sahaja Yoga, is a disease in which you are permanently possessed by many of these dead spirits, and in India they would be sent to lunatic asylums. But I'm told that they have now cancelled all lunatic asylums everywhere and the lunatics are moving on the streets. It's a very serious situation. The government doesn't realize what they're doing. Once I travelled by bus in Paris and I saw one after another, people, one lady, then one gentleman, then one other gentleman, they walked in, and they were talking to themselves loudly. They're all possessed people and they'll possess you. They will possess you, they will possess your children, they can possess your pets, anyone. Such abnormal people should be kept away from the public. But Marie told Me that, "You see, we French are very sympathetic towards them." Their bhoots are also, I must tell you, the left-sided people, they try to do things to incur your sympathies.

In the right-sided people, as they are aggressive to attract your attention, the left-sided people are aggressive to themselves to attract your attention. So those people who think, "We can wear some scanty clothes in winter time, or we can torture our lives standing on our heads", all such people are absolutely now passing the limits of advertising department.

So, the first things Sahaja Yogis have to remember that you have come on this earth to enjoy. Imagine, they said there is no word in French for enjoyment as I heard today, but for fun...Thank God! So, this is fun, you have to enjoy the fun of life, and you are not here to suffer anymore, you're not to suffer anymore. And to be serious – for what? And to be tense is out of, out of absolutely we can say, is out of subject, is useless. How can you be tense in the atmosphere which is so relaxed? If these things are expressing themselves, then you should know you haven't come to your proper point in Sahaja Yoga. If you still worry and go on worrying, you'll go to the left and you'll get out of Sahaja Yoga. This is the second serious point. So, the first point is that you'll become schizophrenic, mad, lunatics. That's the first thing, I'm not a businessman so I'm telling you the worst first.

The second thing as just now I've told you will be that you'll go out of Sahaja Yoga. As a result of that, you might get any disease like cancer or any disease that comes from the left side, there are so many. So, this is very important to see that you try to keep to the central path of ascent, through curative methods, through meditative methods, through vibratory methods you must try to keep in the center and don't go to the right. Because with this destructive power, with this destructive power, if you go to the right side, you will become extremely inauspicious and you'll start destroying people, especially for the wives of leaders, I would like to

tell them that they must become very humble, otherwise they will have this thing, a power by which they'll destroy themselves and others. This is like this the power, say, which is of a fire or of the light, if it is not used for which it is made, supposing you put your hand in the fire, it will burn.

So, we must understand the power of women is compassion, is nourishment, and they should not try to become like men because then they'll burn off people and burn off themselves. So, as I've told you before that it's the women who can be very, very helpful in improving the left side. By dominating men, you make them left-sided which is not their style, they should not be left-sided. But if they are truly men, they will walk in the central path; and if women are truly women, they'll walk in the central path. So to walk in the central path one has to get rid of all these things of this type which are within us.

The third thing that really, I would say, warn you people that you get attached to your things, to your possessions, to your children, to your surroundings: like many French would say, "Oh, I hate to go out of France." When they go to some other country they always criticize. I don't know who are the best critics, but all of them criticize each other; they never try to see the good points of others; and in doing so, what you do is to perpetuate a kind of an inferiority on others using your powers of left side by which you make others look small. Like pitying someone for nothing at all; like if supposing you start pitying Me, what will it look like? It's absurd as that.

[Shri Mataji laughs]

Gregoire : Yes Shri Mataji. I don't even know how to translate that.

Shri Mataji: Yes, I know, but that's what it is.

So there should be no pity, there should be compassion, and that will take you out of this nonsensical idea of pitying yourself, pitying others and feeling all the time sorry for nothing at all; because if you ask for such pity then you'll be pitied too. I mean, you'll be in a pitiable condition yourself. But if you have compassion, then you don't put down that person, you don't sort of make him feel inferior but you encourage him and he feels powerful. Like a finger is hurt within you, you just try to soothe it and be compassionate towards it, you don't try to put him down that "You're no good," because he's part and parcel of your being.

So, the compassion stands in between condemnation and pity. In compassion you have to condemn whatever is wrong, you have to condemn the bhoots, you have to condemn that's ugliness's, you have to condemn all that is wrong. So, by that, you see, you make that person see that you do not have appreciation of what he is at all and it is just compassion and no pity about it; because the left-sided people want to be pitied and if you pity them they get even worse. So, to say, "Poor person, poor man", or a "Poor old lady- something" is wrong. So when the people who are possessed they start condemning their bhoots, they come up. When they hate their bhoots, they can get rid of them in no time. But sometimes going worse than that, they get identified. Of course to judge it, best is to see through vibrations but you can also see it logically, how we behave towards our possessions, towards others.

Lot of work has been done in India on a very subtle level, I would say, how to get out of the left side. I would say Mahavira was the one who really has worked very hard to give the whole idea of the hell up to heaven, what is the left side is. Another, I would say, his own incarnation, was William Blake, who has also given full idea about it. I would say Dante did it the same. So, this is what they have shown you, how the hell is and how the heavens are.

Now for Sahaja Yogis, it is important to see their left-sided problems if they are lingering in them. Possession means you're possessed by something, some ideas which are not rational, which are illogical. And in the modern times, I've seen how they avoid the topic if you ask them, they say, "I don't know." "I don't know why I feel like that," then give up that feeling, it's wrong; if you don't know, it's no good. In the beginning you asked French, any French, "How are you?" they would say, like this. [Shri Mataji shake her right hand; it is a gesture which means "not good, not bad, in between" so it is not a real answer]

And I would look at their hands, what does that mean? No, like this. [Shri Mataji talks to Gregoire and shows again the hand movement] So, I used to wonder, what's wrong with the hands! And they were very boastful about it [about answering in an allusive way], that's the best part of it; because to say something as certain, cocksure, was regarded as ego for them perhaps, but Sahaja Yogis have to be cocksure.

Now, English, if I ask them, "How are you?" they would say, "Confused." So, I mean, I didn't know why, and boastingly, "I'm

confused," as something great, you know that "I'm confused." So, the explanation was given, was that, that we are aware of our state, we are not saying something with a cocksure way.

A Sahaja Yogi, if he is confused, he is not a Sahaja Yogi. At this stage you have to be absolutely sure of yourself, sure about Me, sure about Sahaja Yoga and sure about all the Sahaja Yogis of the world. Otherwise you're not Sahaja Yogis. That means your connection with God is like a loose plug, like that. So, we have to understand that in the centre when we are, we are sure of what we are, absolutely sure, we raise our heads in pride and glory. We don't have the vanity of the right and the pity of the left. That's what is we are going to achieve in France now. No more going to the sub-conscious or to the collective sub-conscious. Now don't think of your forefathers what they did, nor think of the future, what your progeny's going to do. Think for yourself what you're going to do for both of them. Many cursed families can be completely redeemed by one good Sahaja Yogi; and thousands of years of progeny can be blessed by one Sahaja Yogi. That's a fact, you can feel the vibrations now.

So, one should have that personality of a very tranquil, peaceful understanding; but this understanding should not be mental but a sap on your central path, the vital energy that nourishes all the chakras, your being and the atmosphere.

I'm sure all the French Sahaja Yogis now will take to the new ways of the central path. They should wear dresses which are fresh, have fresh looks on their faces, should create a fresh atmosphere around. Give up all worn-out things that, they're very fond of worn-out things, and also worn-out houses they like, they say it is antique. (Mother repeats Worn out clothes and worn out houses). No, no give up that idea of antiques also because, you see, antiques are not all right as long as they're preserved properly, but if you make them look like antiques, you see, it's no respect given to them.

I went to Poland and I was surprised that all their old monuments were resurrected after the war and everything is painted and brought back to absolute fresh look. They haven't kept anything broken or muddy or in any way worn-out. So, the idea of these antiques to be preserved as they are is also, I think, very bhootish and left-sided. So, your antiques whatever you may possess also must be cleaned out and properly done up and should be brought to a fresh look. Now this necklace I'm wearing is very antique, very old, but doesn't look old, does it? Because it is looked after and it would look funny to wear, for a Goddess, to wear a antique thing which looks so worn-out.

So, one criteria could be that whatever we wear or do, will Mother like it? This is the one question you can ask if you don't want to ask the vibrations, "Will She like it? We have to please Her." And I tell you: very small, small things please Me. You don't have to do too many things, just a few things which pleases Me, which are very simple and easy and innate. Like you have to be innocent. It's very easy if you are a child-like person, you just don't allow any cunning to come into your head, any absurd ideas, just be innocent; you don't have to do anything to be innocent. You have to do something to be non-innocent.

So, this is what one has to understand that the basis of our left side is innocence. So, anything that is not innocent, we should not do. It's so simple, should be all right with all of us if we just believe that we have this quality of innocence within us absolutely intact, and you have to just awaken it and enjoy it, that's all.

So may God bless you all, may God give you strength to be innocent. You must pray that you should be innocent and the innocence will suck in all your problems, suck in your the problems of the left side, and the symbol of innocence is Shri Ganesh, who just knows His Mother, nobody else and His innocence is the source of all the wisdom. So, you have to pray for becoming absolutely innocent people.

May God bless you!

Gregoire: Shri Mataji, if I may draw Your attention on this decoration. On this crest is the lily who is the symbol of ancient France, who represents the flower of purity in the French tradition and represents a Kundalini which goes through the Agnya Chakra with both ego and superego being pushed and diminished on the side. And we pray, Shri Mataji, that that should be the result of our innocence, that we should all be beautiful French lilies for You, Shri Mataji.

Shri Mataji: Thank you.

Gregoire: Jai Shri Mataji!



## 1986-0520, A living force of God has to work through you

View [online](#).

20 May 1986

A Living Force Of God Has To Work Through You

Public Program

Universite Paris Diderot Paris 7, Paris (France)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of Truth.

In these modern times, a new wave of consciousness is working. People are trying to seek, perhaps many of them do not know what to seek. The atmosphere is filled with this idea that there are a special category of human beings who are seekers. And with this demand, there's a market now established to give you the truth. But we have to understand that you cannot find truth in the market. It cannot be found by your effort either. The truth is a living force. It's a living force of the Living God. And you cannot find anything that is living through your efforts. That living force has to work through you, to manifest that truth within you.

So we have to be honest to ourselves and understand that no amount of theology or theories are going to achieve that state. We came from amoeba state to this state, and whatever we have achieved in our evolution, we have felt on our central nervous system. It is not that somebody tells you: "This is truth, and that is truth", you have to believe it.

[To the interpreter: If somebody tells you "this is truth and that is truth"]

Moreover, even if I say anything, you should not believe into, but keep a mind open. The thing is even they need not sort of blindly have faith in Me. I'm trying to say.

Because he's got his Realization, he doesn't know how to say this.

[Shri Mataji is laughing]

That's a fact! But you have to, yourself, achieve it and feel it yourself.

As you can feel you are a human being, you have to feel the state of truth as well. And that is not difficult at all. That cannot be difficult because it is so vital.

Like, supposing we have to breathe, and for that, we have to go to some guru, or we have to go to some library, how many would exist? So I request you to have an open mind of a scientist. And if you find what I say is the truth, then you have to believe into it.

Now, what I am going to tell you is the knowledge of our roots. In the West, you have the knowledge of the tree [to the interpreter: "of the tree".] You have to understand that as India has accepted the science of matter, you may also know the science of the roots.

Now, to know about the roots, one has to understand that you have to become a subtler being. To become the subtler being, what are we to do? What are we to do?

Now, when I say that already there's a mechanism within us made ready for this purpose, you have to see for yourself if it works or not. I'm told that there have been many books about kundalini yoga, written by all kinds of people, frightening everyone that this Kundalini can do harm to anyone who tries to raise it. This is very surprising! Supposing I put my hand into the socket of electricity and I get a shock, what will you say? That means I have no knowledge of any kind, that I'm doing something extremely

unauthorized.

For your information, this Kundalini is the energy of pure desire within you. All other desires are not pure. They're represented by this- another blue line that you see here, which manifests in the human beings outside on the gross as left sympathetic nervous system.

Now, the other one that you see here is the yellow colour's power, which is the power of action. So, it asserts itself through our physical and mental being and manifest, within us, as right sympathetic nervous system. The central one which manifests, the parasympathetic nervous system, is the one which is responsible for evolving us.

This parasympathetic nervous system is unknown to the doctors. This power, which is the Kundalini, is for the last breakthrough, the fourth Power, Gauri. This Power is going to give us the last breakthrough into the space of God's kingdom. She is your individual mother. This is the Holy Ghost reflected within us.

If you ask a priest: "What is the Holy Ghost?" They say: "It's a mystery" because they have no knowledge of the roots. Actually, they did not allow Christ to survive.

Now, this Kundalini is lying in the triangular bone into three and a half coil. She is awakened just like a seed awakens itself in the Mother Earth. This seed is to be sprouted through a living force.

Shri Mataji to the translator: French is rather difficult.

French and English language, both fall short for the knowledge of the Self, I am sorry to say. As an Indian language falls short to describe scientific words, in the same way this science is better expressed in Sanskrit or in some Indian language. But love does not need any language. Love acts spontaneously. It acts in such a way that you don't even feel it. That is how the Kundalini rises. And forget about all that you have read about Kundalini so far. This is a fact that for the last fourteen years, I've been awakening the kundalini of thousands of people and nothing has gone wrong with them. On the contrary, when the Kundalini rises, she passes through the six centers, which are the subtle centers of all the plexuses within us, and nourishes them with vital energy. And like a string passes through many pearls, it integrates all of them. As a result of that, you receive physical, mental, emotional, complete recovery in that, complete comfort in that.

Shri Mataji to the translator: Gregoire would like to translate I think.

Gregoire: ... Patrick cannot translate.

Shri Mataji: He's got thoughtless. All right.

So when this Kundalini rises, she pierces through all these centers, which represent or which nourish within us different subtle energies. Now the lowest center here is- it is, what you see is the center which is responsible for our innocence. And also it looks after the pelvic plexus which is responsible for or all excretions inclusive of sex.

So one should understand that sex does not play any part in our ascent. But innocence does. And that innocence within us informs this Kundalini that there is Someone who cannot awaken it. So, whatever we may be thinking about it, whatever mental projections we might be having about it, Self-realization is something that is an actualization. It is spontaneous, means "sahaja" as we call it. "Sahaja": "sah" means "with", "ja" means "born" and "yoga" means "union with the Divine". Yoga doesn't mean "standing on your head". It means the spiritual union.

Now when this Kundalini rises, she pierces through your last fontanel bone area and you start feeling the Cool Breeze of the Holy Ghost, coming out of your own head. Now, then you develop a new dimension in your awareness. And the new awareness, we call it as Collective Consciousness.

For example, now, a gentleman is sitting next to a lady, and he doesn't know what are her problems. He goes to someone who calls himself a very evolved soul - he might be a person coming from the prison. Now, he cannot say whether this person is a Realized soul or not. So the Collective Consciousness which is a new dimension in our awareness tells us through, on our fingertips about another person.

Now, we can say that Christ has always said that you are to be born again. In all the religions which are true religions, it is said you are to be born again. Actually in India, which is a country which we think is not very developed, has been always the idea that you have to achieve your Self-realization.

Zen has said the same thing. Lao Tze's Tao is the same thing. In Islam, it is said the same thing. Mohammad Sahib has said that in the time of Resurrection, your hands will speak. But they do not talk of the Resurrection. They talk of the doomsday, which is a wee part in the Koran. Christians also don't talk about what John has said or Christ has said that: "I'll send you the Holy Ghost", that: "You will get your redemption, your comfort and your counsel through that person."

Another problem is that they talk of God Almighty and His Son and The Holy Ghost, not of the Mother! How could a father have a son without a mother? So the Holy Ghost is the Mother. So, by understanding Sahaja Yoga, you will be surprised that all those people, these Prophets, Incarnations in whose names today everybody is cutting each other's throat, are all one. They reside on all these milestones of our evolution. Christ has said: "Those are not against Me, are with Me".

Now, with all these insular religious ideas, another group has started which says there is no God at all. This may be rational but not logical. Now, to refute all this and to establish the truth about God, you must get your Realization first. This is what Buddha insisted on that: "Don't talk of God, just talk of the Self first", the first step forth. Mahavira said the same. Because once you start talking about God, everybody thinks they have become God.

So, Sahaja Yoga is the becoming of you. It is not just a theory or a lecture, but it's the happening that has to take within you and you have to become a Self-realized person. As a result of Kundalini awakening, you might get cured of cancer and any kind of diseases and we have done it, it has happened, so many people have been. It is unbelievable, I know, but it has happened. Even our president was cured of his cancer, you can write to him and find out [to the translator: ex-president]. It has happened. I have myself done medicine, and in the ego of medical science, they cannot see the subtler side, which is looking after us. In America, it is so difficult because if anybody cures anyone, then he'll be arrested, even Christ would have been arrested there. So I'm trying to tell you that through mental projection, you cannot understand reality. Because mental projection is limited and linear in its movement and it turns back upon you.

That's what happened to science. You can see now, Chernobyl, how it exploded, the atomic energy. So the movement of a mind or of the emotional side are all linear and in conflict with each other. But after Realization your attention itself becomes enlightened and everything that is mental, emotional and physical becomes enlightened and integrated.

By that integration, you are at peace with yourself- you are at peace with yourself. When people talk of peace, have conferences, this, that, what I find, there's no peace inside them. Human beings have got the capacity to establish that peace within themselves, and once they do it, they can have peace among themselves. So because of emotional disturbances and emotional approaches, we lose that seat of our peace.

These all centers represent, like the yellow one represents the aesthetics. Now, a person who is mentally equipped has all ideas of esthetics according to his mental idea. That would be not acceptable universally. One person makes a painting, another doesn't like it. So what is the criteria to judge any art piece?

In the realm of Realized souls, the criteria is that beauty must give vibrations. We have built many temples, many churches, many mosques, but there are very few which emit vibrations. For example, the "Notre Dame" has got vibrations, because the statue of

Mary has got vibrations. The painting of Mona Lisa has got vibrations. Sistine Chapel has got vibrations. Because the artists who made them were Realized souls. If you hear Mozart, it has vibration. So the criteria is the coefficients by which you can feel the vibrations of cool breeze.

Because when you'll get your Realization, you'll also feel all over the cool breeze cooling down, soothing down on your fingertips from all over. Then only you know that there is this All-pervading Power of God. This state is called as Ritambhara PrAgnya by Patanjali. Adi Shankara Charya has described it as "Salilam, hum, Salilam" [Salila, the great Primordial Water in Rig Veda]. That Power exists everywhere which converts these flowers into fruits, and does all that is living work.

With mental projection, one may say there isn't something like that, but why not? See it? In all modesty, you must understand that the human awareness is not a completeness. It is not at its absolute state. That is why there is so much diversion, so much of quarreling, so much of fights. But, when you reach that absolute state, you are amazed to find out that you are part and parcel of the whole, and that you are looked after by that Divine Force.

Some might think: "These are miracles". But after some time, you'll be surprised, you will say that the word "miracle" has no meaning in Sahaja Yoga. This miracle has to happen within you and all of you are quite capable of getting your Self-realization.

One big problem I have faced in the West is that, for nothing at all, people feel guilty. And that is the reason they catch on this center, here, very much, on the left Vishuddhi as you call it here. So much so that I start getting a pain here [on the neck]. So, first of all, you have to forgive yourself. You should not try to say that you have done this mistake, that mistake, is a wrong attitude because after all, you are human beings! Human being makes mistakes, you are not God. But all human beings have a right to get Self-realization. And that, you should have.

As you will know, gradually, that the knowledge is like a vast ocean. You yourself become the knowledge and you are amazed as to, so far, you have not known anything. And when you know the power of love then you are amazed how you are the vehicle of that power. We have never used that power, we have never used that power of love, we have always used the power of hatred. That exists everywhere and that is the most powerful thing. Only thing, we have to get connected to the mains, as this instrument has to be getting connected to the mains. Then you will discover how fantastic you are.

So, I would request you, first of all, to forgive yourself. First, you must love yourself and respect yourself as the temple of God. Only with this guaranty, I'm sure you'll all get your Realization. You should be pleasantly placed towards yourself, that's the point.

May God bless you!

Tomorrow again, I'll explain the different chakras to you.

[Cut in the video. Realization process starts]

[After the Realization process ]

Now, take it down, your hands. Are you feeling? You are thoughtless. You watch Me without thinking. Without thinking, it's very relaxing.

Now, those who have felt cool breeze from the head or from the hands, please raise your hands, both the hands, both your hands, please.

So many have felt today. Everybody can feel it, everybody has to feel it.

[To seekers in the front]

It's there. Now, see, it started. You didn't have patience with yourself, a little bit raise your hands. A little bit raise your hands.

No, like this. You got it too, all right? Yes, good. Just raise your hands. Don't think, don't think about it, it's beyond thinking. Binge? Is she feeling, this lady?

There. Ah, now, good. You see, when this center is a little out of gear, this center, then you don't feel in the hands, but on the head you do feel. There is no sensitivity, but there is Realization. The sensitivity, it's because of one chakra being a little out of gear.

Now, all right? Are you feeling now? There, not in the hand.

[To someone else] Are you feeling? What about you? No?

[To Gregoire]: They are feeling peaceful all right?

Relaxed.

Those who are not feeling in the hands have to become Muslims for a change. You have to put your fingers - these are [forefingers], these are two, are the fingers for the centre, this centre [Vishuddhi]. So you have to put these fingers into ears and turn your head and say: "Allah Hu Akbar".

Just pull back.

In your heart.

"Allah Hu Akbar"

16 times.

[The audience is saying "Allah Hu Akbar"]

Now, just see [Shri Mataji stretches Her hands].

[Laughter in the audience.]

Ah?

Gregoire: I was saying towards the picture, Shri Mataji.

[Shri Mataji laughs.]

Shri Mataji: See now, better? Better now in your hand?

All right, do like this: [Shri Mataji puts her right hand on the back of her left hand and vice versa]. It's there, it's there, it must have improved. This is the- See, you can feel it also like that, it goes, you can feel it, it's all over. [Shri Mataji makes the gesture of approaching and then spreading the palms of both her hands].

No?

You got it. Just see from your eyes. Eyes get a sparkle in the eyes, you get, when you are Realized, you get a sparkle in the eyes.

[To Gregoire]: You tell them.

A sparkle. Yes, now, are you?

All right? Now.

Again tomorrow you have to come back, but don't think about it, because you will lose it. So don't think about it. Tomorrow you come along and we'll all work it out again and it will increase and those who haven't got it will get it.

Get your friends as many as possible. And we have a very nice centre here where you can go and know all about it, absolutely free of course, and you can enjoy yourself!

Thank you.

## 1986-0521, Spirit is the reflection of God Almighty Within Us

View [online](#).

21 May 1986

Spirit Is The Reflection Of God Almighty Within Us

Public Program

Universite Paris Diderot Paris 7, Paris (France)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2. Medical College, Paris (France), 21 May 1986.

[partial transcript]

I bow to all the seekers of truth.

As it is, at length, Gregoire has told you about the chakras and about the three nadis which are within us. But what is the purpose of the mechanism within us? What is the purpose of getting self-realisation? People have been talking about the self, about the Spirit. But what is it? Spirit is the reflection of God Almighty within us in our heart. He is the witness of the play of this power which is the Holy Ghost.

The Holy Ghost is reflected within us as the Kundalini. She's the residual energy. She creates the whole of our being but still She is residual because she is still not manifested. As I told you She is the energy of our pure desire. The pure desire is to be the Spirit. We may avoid the issue, we may try to do something else, but actually what we really desire now, after becoming human beings, that we should become the Spirit.

But English language, as you know, is very confusing for Me, for Spirit is the Atma which is the reflection of God and spirit is the dead body or a dead possession and spirit is also an alcohol. So when I'm talking about Spirit here I'm talking about Atma, the self. We talk of the autonomous nervous system in the medical science. This auto is the Spirit. It is the witness of the play of the Divine energy. He watches what we do until we are all right He keeps its reflection going but when it finds that it's not required anymore to be there, it disappears and that's how people die.

The Spirit within us gives us three great things which we do not get otherwise. The first is the absoluteness, the absolute truth. For example, if you meet someone you may like that person, another may not like him. There is no criteria to judge whether such and such person is divine. So once you get your realisation kind of cool vibrations start flowing from your hand and from your fontanelle bone area.

But actually what happens like the Kundalini when She rises, say this is the attention and the Kundalini is rising, She takes this attention upwards and pierces through the fontanelle bone area. But as soon as She reaches the fontanelle bone area, the seat of the Spirit is here, the seat is, the seat of God Almighty is here and is reflected in the heart. As soon as she touches that point, what happens that this attention gets enlightened.

So when your attention is enlightened, wherever you put attention, you get information absolute information about that person. For example, sitting down here, you can find out about anybody as to what is the condition of his charkas and as you grow in your realisation, you are amazed to see that sitting down here you can cure those chakras. Whatever communication and other mechanical things you have devised on this earth have all come from inside. SO the condition that is divine is absolute and very efficient, it doesn't fail like our telephone and other things like that fail.

That is how you relate to others in an absolute manner, not in a biased manner. Evolution shows that as a person evolves he knows how to relate to others. Like in the animal stage, the chimpanzee only when he sees the mirror he knows that it's him who

he is seeing the mirror and the human beings also know that this is my image. So the only human beings know how to relate to others and when they are evolved they know it in an absolute level how to deal with others because the relationship is not in any way hampered by, say, racialism or anything.

The attention becomes the love. But the part of it, the most important thing is that this love acts, it works out problems. Miraculously it helps you in such a manner that you are amazed. Now the attention becomes collectively conscious. So you become conscious that you are part and parcel of the whole. For example, if this finger is paining and if I try to rub it to soothe it, I'm not helping or I'm not being kind to this finger. It's my own finger.

So in the realm of collective feeling, who is the other? And so many problems that we face based on hatred or biased feelings all drop out. First time you start enjoying another person without thinking about it. Once I was in Calcutta in a hotel and we had other Sahaja Yogis in other rooms and one gentleman came and sat before Me for his realisation and when he got his realisation all the Sahaja Yogis ran from their places and said, "Mother, what is happened? Such joy we are feeling." I said, "See this gentleman, how great he is, feel his vibrations." So they put their hands towards that gentleman and they felt the whole joy was coming from their head downward like that.

So this sort of a feeling without understanding who the person was, what was his rank, what was his name, you just feel the person as he is on his vibrations. So you know the essence of that personality, the truth of that personality, and you don't condemn anyone on something which is absolutely artificial. This is the one thing happens to your attention which is enlightened and this enlightened attention, the one who has, is innocent.

It is integrated and it is creative. I met a lady who was a law graduate. She said, "I never had this sense of beauty that I have now." Because whatever is very beautiful gives immense joy to you without thinking about it. Supposing I look at these flowers here and don't think about them. The joy of its creation will completely fill Me up. But if I think I possess them, I'll have to insure them and I'll have a headache or else I will start thinking from where did I get it? How much I should pay for it, all those things, horrible thoughts of money will come into my head and the whole joy will be finished.

In our attention, a style is such that whatever we look into, the thoughts come to us. Either we are thinking of the past or of the future. Thoughts rise, fall, another thought rises and falls and we are jumping on the cusp of these thoughts all the time. So we live in the future or in the past. Now if I say, "Pay attention to your self," you cannot. It is the Kundalini when She pushes through our attention like this, then the attention is sucked in.

That is how we stand in the present. If I say you stand in the present, you cannot because in the present there is no thought. In the present, you enjoy the dynamism of that moment, the complete dynamism and the memory of that moment is so deep that you see the whole thing like a picture and the joy of that moment completely flows into you. I would request some of the Sahaja Yogis to get up and give seats to the people who are coming from outside. Thank you very much.

So such a person with this attention so enlightened becomes so powerful that he looks at someone and can give realisation within one glance. When such a person looks at others there is no lust or greed, it's a pure innocence and this innocence is nothing but benevolence, pure benevolence, that gives nothing but benevolence to others of every kind.

So this is one of the greatest things one achieves that your attention becomes enlightened and it becomes a very peaceful attention. You are not conditioned by anything. You don't feel the frustration because you don't want anything from anyone. You don't expect anything from anyone. You look at others as if something is flowing from your eyes and whatever flows is the love which comes back to you as beautiful ripples of joy.

So you enter into another realm of peace. Supposing you are standing in the water. The waves of the water will frighten you. But if you climb up onto a boat you can enjoy the same waves which were frightening you. So you become peaceful watching the waves, not getting frightened. So the fear goes out of your mind completely. Also the experience of God's blessings are so great that you really become fearless. But you don't become arrogant. On the contrary, you become very mellowed down, beautiful,



magnetic personality.

I had some Sahaja Yogis who came to Me, extremely hot tempered, very angry with Me, shouting at Me. They just mellowed down, they became beautiful people. By just forming some organisations, or by preaching about peace or doing something around these lines, you cannot achieve that. Man has to be transformed. As the seed has to be transformed to become the tree, human beings have to be transformed to enter into that space of peace and love. So by this attention, you become the truth. You don't tell lies, you don't cheat people, you don't play games. You don't need to deceive people, you enjoy your honesty, you enjoy your generosity, you enjoy your chastity. You enjoy all that is virtuous and righteous because you become.

There have been lots of seekers who took to drugs, alcoholism because they were so frustrated. I never said, "Don't take drugs, don't take alcohol," nothing of the kind. I don't say that. I don't say, "You don't smoke," either. I just say, "Come into the realm of the Divine." And everything drops out without telling you. It's like this. If you are holding a snake in your hand and you are in darkness and if somebody says, "That's a snake. Throw away." You will never. You will, on the contrary, hold it with a great clutch on it. But as soon as the light comes in, it just drops out. Nobody has to tell you. You can see for yourself, your eyes are open.

That's exactly what happens that you know the truth. You become the truth and you know the truth. Then you stand by people. Like Christ did when Mary Magdalene was stoned, he went and stood there when he had nothing to do with a prostitute like her. He went instead and said that, "Those who have not committed any sin can throw a stone at Me." And they dropped their stones. Such a power of purity and truth is residing in you. That's the glory you have to achieve. That's the glory you have to find, and for that you have to understand that it is a spontaneous happening. You don't have to do anything about it. It just works spontaneously.

People are sometimes angry with me because I say, "You cannot pay for it." They have been attacking Me throughout because they think I am coming in their business. But truth is truth. You cannot pay for your ascent whether it is Christianity, Hinduism or Islam. You cannot pay for that. You cannot live in the name of God and earn money out of it. God does not understand money. It's very difficult for a godly person to understand bank. It's a very different type of a temperament a godly person has.

Now you become the truth and then you become the joy. Joy is not a dual, a feeling of duality. It is not unhappiness and happiness. When your ego is pampered, you feel you're happy and when it is hurt, you feel unhappy. But after your realisation you don't feel happy or unhappy. For example, they'll say, "Mother, my Agnya is catching, meaning that my ego is troubling me." Then you have to say, "All right, you forgive everyone." Forgiveness is the solution, that's the mantra, that's the chanting you have to do. I forgive everyone. I forgive. The ego will disappear.

So now when you become the joy, it's an absolute quantity of substance which cannot be described otherwise. It's a wise understanding. Like a sap it rises within you and gives you complete satisfaction of existence. Now this joy is not available to us because we live in two circumstances, that is, the happiness and unhappiness. So this joy gives you a state which we call as the witness state. Like a drama we witness the tragedy, the comedy, everything you witness like a drama. You are outside. When you are not involved in the problem then you can solve it much better and if you can learn the method how to use this power, to get rid of the problems which are very, very simple, then you are the master.

To give an analogy, we would say like this that the motor car has got a brake and an accelerator. Now in the beginning when you are trying to learn how to ride a motor car, you try to balance both of them. Sometimes you'll press this and sometimes that, but then you learn how to do it. Then you become automatic person, you do that, you become a driver. This is what is religion. If you get the balance within yourself. Religion is not outside, it is within yourself. When you become temperant and balanced, you become, say, the driver of your car. But the master is sitting at the back of the car. So when you become the master you can watch the driver and both these accelerator and the brake working, but you are the master and then you don't worry.

But this happening has a weakness. This has to work out and even if you reach a state, where I would say, your Kundalini has pierced through one has to remember very clearly that the machinery that we have is rather defective. We have ourselves spoilt

our machinery. We have accepted certain things, some dogmas, or some sort of nonsensical ideas in our heads and we have spoilt our head much more than anything else. I think in the West especially now everything we do with the brain. Even the sex, even the love and all that we do through our brain and the heart has become like a frozen iceberg. We cannot even smile at each other. It's too much. Everybody looks so serious, insular.

So these things are to be corrected by the rising of the Kundalini. So you have to take this Kundalini by your own understanding to all these various places to cleanse it and to remove all darkness. And for that we have to have little understanding. All this knowledge which was supposed to be secret is your own today without paying anything for it. But one thing you must remember that you must respect your self realisation. There's no need to have any exhibitionism, there's no need to show it outside. It is all inside, antaryoga. You have to work out.

Only thing you have to be sincere about it and earnest to achieve the second state which we call the Nirvikalpa. The first stage is thoughtless awareness which is called as the Nirvichara samadhi and the second state that you achieve, can achieve very fast, is Nirvikalpa where it is doubtless awareness. At that state you can start giving realisations to others. You can start curing others. Just with the movement of your hand, you can raise the Kundalini. This Mr Michel has given realisation to so many. We have one here, Dr. Warren who has given at least to two-three thousand people realisation when he went to Australia.

These are the powers of the Spirit. This is the solution of all our human problems. For understanding Sahaja Yoga, you don't have to read much or to think about it but to become. Yesterday some people did not feel the vibrations, doesn't matter. You should not feel in any way guilty about it. That's one thing I have to request you again and again, don't feel guilty. I'm happy yesterday you all agreed to say, "Allah-o-Akbar." I didn't know you don't like Muslims very much in France. But, Allah-o-Akbar is not Muslim's as Lord's prayer is not Christian's.

One better than the other, these people are, I tell you. If you want to know about the Muslims, ask the Jews. And if you want to know about the Jews, ask the Nazis and you can go on like this one after another. All are made by God and this world is one. Just to create beauty he has made variety. If we all had looked alike there would have been no interest, it would have been boring. One leaf doesn't tally with another leaf, so why have these stupid ideas that we're different from anyone. That also will drop out in no time. We are all universal beings and when you said "Akbar", it means the great, the God is great. That means the whole being.

So in the brain resides the Akbar, in the heart resides the Spirit and in the liver resides the Creator. Akbar we can call it the one who is our evolutionary force. In the central path takes you to that. So Akbar stands for truth and the Sadashiva in the heart, the atma stands for joy. And the Creator is in our liver which is the attention. Now the problem is only this that every country also represents something in this body, in this Akbar and France represents the liver and every Frenchman's liver is out of order. (Laughs) So we have to first cure the liver. Yesterday it was so hot that I was perspiring completely, sucking in your heat from your livers.

I was happy to see this painting which shows that from a human being the tree of life is taken out and this is the tree of life that we are showing here. I have given thousands of lectures now in English language and have been translated also and I would like you to go through them to know more about this tree of life. In these two days whatever was possible we have tried humbly to explain to you. But the main thing is you must get your realisation and more than that to establish it. Thank you very much.

Now we'll have the session of meditation for about 10 minutes only. And I have to make a request: Those who do not want to do it should go and leave the place with no anger. So those who want to go can go and will be great help to us. In this process nothing can happen to you, nothing that is dangerous, nothing that is troublesome, will happen to you. But if there is somebody suffering from epilepsy, would be better that such a person goes out and we'll treat such a person later on. Epilepsy. They only can't bear the power, I think. Now I have to request you to take out your shoes to touch the Mother Earth is a better idea, for a while.

It's a very simple method as I told you, it's a living process and it won't trouble you at all, by any chance. But before we start it I

have to again request you to be in a position that you don't feel guilty at all. Don't blame yourself for anything whatsoever. At this moment you must know that you are to be like temples of God and the one who has to enter into the Kingdom of God, how can he be guilty? He made you so beautifully, how can you be guilty? So you must forgive yourself fully and be very pleasantly placed towards yourself. This will help a lot.

Now don't think of your past or future. Just this moment the Kundalini has to rise so you don't worry about your future or about your past. Just leave things at a relaxed state. First you keep your eyes open. I'll show you how you are going to help your own Kundalini to rise even when you have gone away from this place. In the beginning, if you want, you can use my photographs for vibrations, then you can give up later on when you are grown up into it. All right. Now if you put your left hand towards me, like this very comfortably on your lap, which is the power of your desire and the right hand is to be used for the action on the different chakras.

So the first thing is to just to put your left hand like this on your lap. Everybody should do it and the right hand on your heart where resides the Spirit. Then the second chakra. We are working everything on the left hand side. Now the second chakra on the left hand side is on the upper part of your abdomen, is here which we call as the centre of mastery. Then lower abdomen, in the lower part of the abdomen on the left hand side, is the centre of pure knowledge of the Divine. Now again you have to go back in the upper part of the abdomen then on the heart, then here on the left hand side of the corner of your shoulder and your neck, turning your head to the right. This is the centre catches very much. I'm catching now today with you all because you people feel very guilty.

Now then you have to put this hand on your forehead across like this, and press on both sides, sides, like this. Now you put this hand on the back of your head here like this. Now you have to stretch your hand, stretch it and put the centre of your palm on the top of your head pressing it hard and moving it seven times. Here, press it hard. Now, that's all. Now we have to close our eyes. There's no mesmerism, so you have to close your eyes. Don't have any doubts about yourself and also about Me because I don't want anything from you. It will help better. All right, now we put the left hand, as I said, on the lap, and close your eyes and right hand on the heart and close your eyes. Slowly. Both the feet should be on the ground, parallel and nothing should be tight in the waist or in the neck, I mean, you should not be...

## 1986-0522, Welcome Puja

View [online](#).

22 May 1986

Devi Puja

Madrid, Juan Antonio's and Mari Cruz's house (Spain)

Talk Language: English | Transcript (English) – Reviewed

Welcome Puja Talk, Madrid, Spain, 22d of May, 1986

May God bless you. May God bless you. Oh! Beautiful. You are all already here. You arrived by some other side or what? Please be seated. You came, Mark? [Shri Mataji is laughing]

Mark: Yes.

Shri Mataji: You're quite in time. We were worried about you. Because they didn't inform about us correctly. So, I was wondering whether they are going to do the same to you.

Mark: We will work it out.

Shri Mataji: That's good.

Sit down, sit down. Please, be seated.

How did you enjoy the Sahasrara day? Sahasrara surrounded by snow! [Shri Mataji is laughing] Tremendous it was! Snow. Do you get snow here?

[Two ladies washing the feet of Shri Mataji]

Do they get snow here? I don't think so. But we saw the Pyrenees on the way.

Sahaja Yogi: Yes.

Shri Mataji: All full of snow, yes. I saw it.

How much time you took to come, Mark?

Mark: About sixteen hours.

Shri Mataji: Sixteen hours. But it was comfortable?

Mark: Yes.

Shri Mataji: It was a French train or a?

Mark: Yes, Mother. It was a French train.

Shri Mataji: French.

Mark: Actually, there were some parts from other countries.

Shri Mataji: You had to change.

Mark: No, they just changed the gauge of the wheels to match the Spanish ones.

Shri Mataji: Oh, I see. But you were in the same compartment, never got down.

Mark: No.

[To the ladies] It's good.

Nice vibrations.

Sahaja Yogini: Very, very beautiful.

Shri Mataji: Yes.

We were worried really about you, because the way they had informed, we were wondering what must be happening.

Sahasrara Day, it must be quite an experience for you to go in that snow, isn't it? [Shri Mataji is laughing]

It's a wonderful place. Hello Avya! You are here! So nice to see you, really so very nice to see you. How did you come?

Sahaja Yogi: [Inaudible]

Shri Mataji: Good, very good. Very happy you could come here. Oh, that's fine.

I was just now talking about Italian's Sahasrara Day. It was such an experience, for every one of them were so deep, so deep. And all these people that had come! That gave them very great hope and very great joy.

Sahaja Yogi: Yes.

Shri Mataji: Very happy to see you here, I didn't know you would be coming. [Shri Mataji is laughing] Such a pleasure. Guido has come, had come -

Sahaja Yogi: To Paris?

Shri Mataji: To Paris, yes.

And we had a very, very successful programme there, very successful. Lots of people came, the whole hall was filled. And when I asked them, "If you want to go, you can go, I cannot force on you". So, they just smiled. Nobody left.

But I then, later on, said that those who suffer from epilepsy should go. Then three, four people went away. Because epileptic people get the fit sometimes.

[A Sahaja Yogini is drying Shri Mataji's feet].

It's good.

Maricruz is having lots of vibrations. [Shri Mataji is laughing]

So now, what subjects should we talk to them? We have to decide on that, on what subject.

Sahaja Yogi: How you always talk, Mother.

Shri Mataji: Hum?

Sahaja Yogi: The same as you usually talk, Mother.

Shri Mataji: Usual. Introduction.

Sahaja Yogi: No, he will give the introduction.

Shri Mataji: All right. So, as the usual, I should say.

Sahaja Yogi: Yes.

Shri Mataji: Because there will be mostly new people now.

Sahaja Yogi: New people.

Shri Mataji: There will be mostly new people coming. Or the same?

Sahaja Yogi: I don't know, I don't know. Perhaps, yes.

Shri Mataji: Perhaps it might be the repeaters.

Sahaja Yogi: Yes, maybe, Mother. He can, he can give the basic introduction.

Shri Mataji: Ah.

Sahaja Yogi: If you want to talk about something else.

Shri Mataji: No, he should, you see, what they did was to little bit tell about Me.

And second day, Gregoire told them about the chakras. But first day, he told about Me, then I started off with the Kundalini, what it is, what it does and all that. And second day, because Gregoire got about half an hour to tell about the chakras and the nadis, I talked about the 'sat-chit-ananda' state of the Spirit. So, that turned out to be very good.

And if you think it proper, then first day, I can talk about the general things like an introduction to Sahaja Yoga. The second day, I can talk about 'sat-chit-ananda', it would be a better idea.

Or else, in Italy, as it happened that Guido had one hour because there was some demonstration, so we reached late. So, Guido talked about the whole thing, practically he touched every point and he told Me, "Mother I have told them everything." So, I said, "All right". So, I started all the way round, describing what goes wrong, how our awareness goes down. It was such a lengthy lecture but everybody was silently listening and was very good.

And that Milano fellow, do you remember? The one who met us, that director. He is now going to have some sort of a - I don't know what- meeting with very special people.

Sahaja Yogi: It's the most important people of the year in Italy.

Shri Mataji: Hum?

Sahaja Yogi: It's a program for all television channels in Italy, in the main newspaper, 'Corriere della Serra', organizing one day for each very high, very important person in Italy, one day for interview. And they have decided of course, that "Grande Madre" is the Shri Mataji: That's my name then, "Grande Madre".

[To the children] Very happy. Vey nice, very nice. You keep the Spanish Sahaja Yogis.

May God bless you.

May God bless you. Wonderful. Wonderful children. You're getting the cool breeze? Are they getting the cool breeze in the hands?

[Children say 'yes'.]

Shri Mataji: Lot of it. Nice

In France also, in Paris, the vibrations were so great that some of them started saying, "Ventilator is open, is the ventilator open somewhere? Ventilator?"

[Shri Mataji is laughing]

But they were very bad, you know, in the beginning, such a lot of heat from their bad livers! And I was perspiring and perspiring and perspiring. Such heat! I said, "What to do with this heat?" Then after the lecture, I sat down for two minutes, I said, "Let the heat come down a little bit". Too much heat I absorbed.

I was perspiring, bathing in, absolutely in perspiration. And then, it cooled down. They got Realization. First day at least sixty percent got and second day, most of them got it.

Shri Mataji: How is Alganesh? She was sick that time.

Sahaja Yogi: She had little bit of Vishudhi.

Shri Mataji: She still has?

Sahaja Yogi: No, no, no, immediately.

Shri Mataji: She's alright now?

Sahaja Yogi: Yes, she is. I have shoes, she sent me shoes for you.

Shri Mataji: She sent shoes with you?

Sahaja Yogi: Yes, Mother.

[Shri Mataji is laughing]

Sahaja Yogi: And yesterday in Milano, the program, had been made by my wife and Alganesh.

Shri Mataji: Then?

Sahaja Yogi: Alganesh and Sylvana my wife, they have-

Shri Mataji: How many you had? For follow-up.

Sahaja Yogi: We had for follow-up, forty people more or less now.

Shri Mataji: It's good.

Sahaja Yogi: Going very deeply, Mother. Beautiful nice people, nice.

Shri Mataji: It's very good. 40 people is very good.

Sahaja Yogi: Guido is going now to-

Shri Mataji: Yes, last night he told Me. I'm very happy. Guido is doing very well.

I think we need some sensible people to go to France now. We have some nice people coming up. But they are all little boys, you see, like Patrick is a boy and another. We need some serious elderly people there to guide. So, I was thinking who can go and help them there, with the French language. Michel is there, but he is pestered by his wife. So he's so fed up.

Let us see.

The good news is that, most probably, the house that we are trying to purchase in London will be done now. So, it's something

good and there we are going to get the small children in a school-like thing, from next year.

Juan, I would like to rest for a while.

Sahaja Yogi: Yes, Mother.

Shri Mataji: That would be better because last night till three o'clock, they were discussing. And we slept after that. So, you can imagine.

Sahaja Yogi: Would you like a cup of tea, Mother?

Shri Mataji: Oh, not necessarily I'll have my sleep and then we'll have it.

Sahaja Yogi: Yes, Mother.

Shri Mataji: Some water I'll have, I think.

In Spain, you need more water as you need in India, I see. And less of tea. Already, it's quite warm for you.

September, that would have been better for Me to come here. But when we thought I have to go all the way to Los Angeles, and then come back to London, then go to India, then to Australia, it would have been too much. So it's better to go from Los Angeles to Australia, and then to India.

I'm in my eighties now, I'm sixty-four and the amount of travelling I'm doing [Shri Mataji is laughing].

So much travelling all the time. All right. Somehow, I managed somehow. Even normally, if you travel so much one may go crazy. But I think, when I give Realization to people the whole thing gets compensated. You just feel so happy. And all your fatigue, everything, disappears into thin air.

Let [unclear] at a rest.

Thank you.

[End of video]

## 1986-0522, The truth has to be honestly understood

View [online](#).

22 May 1986

The Truth Has To Be Honestly Understood

Public Program

Madrid, Colegio Mayor Universitario Isabel de Espana (Spain)

Talk Language: English | Transcript (English) – Draft

Public program Day 1, Madrid, Spain 22-05-1986

I bow to all the seekers of truth.

And the truth has to be honestly understood. It cannot be comprehended, it cannot be organized, it cannot be asked for - it is what it is. Actually the truth is the thing that you must feel on your central nervous system, like you can feel hot and cold. The mental conception and the mental projection by which we try to establish truth is always exploited as untruth. If we do not want to seek ourselves and do not identify ourselves with something that has not given us the truth then it is very easy to know that truth is to be discovered. You cannot buy in the market, you cannot pay for it. It is only expressed or manifested through the living force of the living love of God.

Like we have become from amoeba to this state, there is something still missing in our awareness and that has to happen through the same evolutionary process by the living force. This living force exists within us and can easily give us this breakthrough without putting any effort, spontaneously. It is like the seed, when you plant it in the Mother Earth it spontaneously sprouts. And this spontaneous happening is described by Christ and all other prophets and incarnations - your second birth.

Now in the West the knowledge of the tree exists but the knowledge of the roots is not there. Though it is mentioned in the Bible and in other scriptures that there is a Tree of Life and that God will appear before us as tongues of flames nothing has been explained more than that. Now the reason is Christ lived only for three and a half years publicly. I've been coming to Spain for the last eight years and I have achieved few people but very, very few numbers.

It is the power within us which has so far made us human being and the same power is going to make us the higher being - the Spirit. Now you have to accept me as a scientific person with an open mind and if what I say is true it then becomes a law out of this hypothesis.

Now within us lies a power, as I said, in the triangular bone called as kundalini in three and a half coils. All kinds of false things have been said about the kundalini which is your mother, which is your only mother and you are her only child. She is the reflection of the Holy Ghost within us.

We talk of the God Almighty and his Son and the Holy Ghost. How can a father have a son without a mother? If there has to be a mother that is the power we call as Primordial Mother, she is the Holy Ghost. So we have God Almighty and his power - the Holy Ghost, reflected within us. The God Almighty is reflected in all human beings in the heart as the Spirit and the Holy Ghost is reflected in all human beings as the Holy Ghost what we call the kundalini. When the two unite then you get your yoga, that is the union with the Divine.

Sahaja means "born with you" and yoga means "the union with the Divine". So you have the right to get this union born with you as right. But one must realize that you cannot pay for it, it's a living happening within us. And you cannot just put some effort for it. When this awakening takes place the kundalini rises through these six centers, which are subtle centers placed on the parasympathetic nervous system, nourishing all your physical, mental and emotional being. And it integrates all these beings within you like a thread passing through several pearls. You can't guarantee that it will happen. It may happen, it may not happen



in one day but it will happen one day.

Now these subtle centers look after our gross being and when the kundalini enlightens them they start expressing a new dimension in their manifestation. But when she pierces through the fontanel bone area giving you the real baptism then you become absolutely peaceful with yourself and a new awareness dawns upon your nerves by which you become collectively conscious. That is, you start feeling what's wrong with another person, you start finding about yourself on your fingertips what's wrong with yourself. On your fingertips you can find out what sort of problem exists with another person and if you know how to solve it you can solve their problem.

Now the question is, "Where is it mentioned?" People many times ask me about Sahaja Yoga where is it mentioned. It's mentioned in every scripture, little bit here and little bit there, and a little bit there. Like Mohammed Sahib has said that when the Resurrection will take place then your hands will speak. And also in all Indian scriptures it is described that you have to get your Self-realization and that you feel a cool breeze of the Adi Shakti or as described in the Bible - of the Holy Ghost. Zen has talked about it, Lao Tze has talked about it, all of them have talked about this. Even Socrates has talked about that. But all these saints, prophets and incarnations had to suffer a lot because of the ignorance and ego of human beings. They made the life of all these saints so miserable that they did not have any time to explain these things so clearly in those days. They were so arrogant and so cruel that they could not see divinity in anyone. They had no sensitivity to understand what was Divine. Say, it could be like talking to your bull that comes in the arena to fight you in Spain. They were on that charging state, you see, they were on a charging mind, all the time the divine personality. So how can you explain to such people anything about God? They had no sense of receptivity. So whatever was possible they said whatever was possible they said and explained.

So I have to request you to understand that all this power is within you and it is your right to get that power of the Spirit. But if you do not want to have it nobody can force you. You are beautifully made, all these centers are within you very beautifully kept there and this can happen to you but you must have humility to receive it.

Now on the left hand side we have the power of desire within us. But our desires are not pure. If they were pure we would have been satisfied with one of them. But in general they are never satiable. So what is the pure desire? The pure desire power is the Kundalini. The pure desire is that you have to become one with the Divine. Unless and until you become one with the Divine you cannot have any satisfaction of anything.

People talk of peace, have conferences, organizations. That is not going to bring peace because the people who talk about it have no peace within. So one has to understand that human beings have to become Spirit otherwise they are not complete. Maybe in their ego they may satisfy themselves thinking they are perfect but they are not.

After getting your Realization you are no more prone to any slavery, to any habits, not prone to any serious diseases. You develop a magnetic, dynamic character but you are peaceful at heart. It happens because you become thoughtlessly aware. A thought comes and goes, another thought comes and goes, we live on the cusp of these thoughts which is either for the future or for the past. And we are jumping on the cusps so we are very nervous people. Especially in America, you won't find any American who doesn't twitch his mouth or head or throat, or hands or feet, like this. They are supposed to be developed people. I don't know, they are nervous wrecks all of them. They have maybe developed materially but they are not evolved.

So now we have to understand that this power that is the pure desire within us is to be awoken. The right side power within us is the power of action. We act but we are not sure. We act because we think it is correct, ultimately we'll find it was wrong. There is no absoluteness about it. All our action is relative. So we have to understand in all humility that we haven't reach that state where we know what is absolute.

So when the kundalini rises what happens is that you start feeling the Cool Breeze of the Holy Ghost around you. For the first time you feel that there is some other power which is described as the All-pervading power of God's love. And this is the power that does all the living work of creating flowers and fruits out of flowers. That power starts flowing through you and you can feel the flow. You become absolutely peaceful and a joyous person but you become so powerful that you can raise the kundalini of

others. All these powers are your own not yet manifested. But it is not difficult to manifest them.

Let us try today what happens, if you people will be manifested it or not.

I was rather disappointed with Spain throughout, I must say. But I was happy to see that eighteen persons came to Sahasrara Day in Italy and that gave me hope that again maybe the Spanish will understand. I had met your Queen about eight years back at the Ambassador and she told me that the people are so crazy that they are running after this 14-year old guru who is asking them for Rolls-Royces. There are 50 000 of them. It's very surprising that I tried and tried, and tried but I found that it's very difficult for Spanish people to understand something that is reality. It's something I can't understand, why it is so. While in all other European nations it has been much easier. So in any case I would like you to ask me some questions, sensible questions, so I would like to know what the problem is.

Loudly please. I can't hear you, madam.

[Lady in the audience starts explaining at long instead of making a question.]

What is she talking? Lecturing. She is giving a big lecture. What is it? It's a question, madam. See, they are very good at this, I tell you. Spanish are very good at asking questions. What is it?

Question: Spanish people are very religious and very great saints have achieved God very difficultly. How can Sahaja Yoga be easy and without effort?

Shri Mataji: Listen now. If you think that way that how it can be easy, it has to be. Whatever is vital has to be easy. Supposing if you have to breathe and you have to work hard for your breathing and read something about it, will you achieve it? It is vital, it has to be the easiest. One point is that. Second point, the time has to come, this is the blossom time. In the beginning every tree takes time to produce even one flower, it is difficult. But the time has come so many should get it easily. And if you can get it easily, why not?

Now, just listen now, just a minute. Now, another myth is that you are all very religious, it's wrong. Because what you I see in Spain or in any Western country that they are not at all following Christ. He said, "Thou shall not have adulterous eyes." I don't find adultery missing anywhere in anyone of these western countries, it's a shock. But Spanish people who went to Brazil or to Argentina are much more, much more religious than the Spanish here.

So what is the wisdom? It is to understand that if it is easy why not try it? Supposing we put a diamond here and say, "This is a diamond easily available." How many of you will not stop to take it? Then where does this your wisdom go that why don't you think, "It is easy."? Only because it is easy that's why you are denying the truth. Is it wise now? It's not wise, it's not wise. Whatever you have you should get it, you don't have to pay me. And maybe whatever you have done earlier, in earlier lives, you are paid for it. Why do you think that you are not worthy of it? Really it's no wisdom here.

Question: In Spain being religious is confused with suffering.

Shri Mataji: Oh, I see, that's the point. Now I'll explain that. Can you say that in Spanish, what question he has asked a very good question. It's a very good question, very good.

No, I understand your point, sir. But I'll tell you now. It is a wrong confusion. Why? Logically see. Christ has suffered for us. Alright? Christ has suffered for us, alright? He has, he has suffered for our sins.

Just a minute. No, no, listen, madam.

He has suffered for our sins, alright? When he has suffered for our sins can we suffer more than he has suffered for us? How

many of you have been crucified? After Christ's death only the Jews, they denied that Christ suffered for them. They said, "We have to still suffer." This is a Jewish idea, not Christian, Jewish idea. They said, "We have to suffer." So alright, they had Hitler. Do you want to have Hitler here? You had one. If you like suffering you will have it. Do you want a Hitler to come down to Spain?

What she said? [UNCLEAR question from the audience]

No, not at all. I am not because, you see, I understand this is the biggest mistake you people have committed through I don't know what ideas the church has given you that you have to suffer. No more suffering. Christ has suffered for you, have faith in his suffering.

[Lady replies back at long. UNCLEAR]

Let her suffer now. I think it's better for her to suffer for one more year and then you can come again, madam. It's alright. Yes, it's better to suffer now. If you want to suffer, you can suffer.

Haile Selassie of Ethiopia believed in that suffering and what has happened to Ethiopia? Why are you helping Ethiopians? Let them suffer. They will become spiritual automatically. All the beggars will become spiritual automatically.

See the logic, use your logic, use your brain.

No, no, I am not answering her, I'm answering this gentleman. She is just, you see, she is taking over all the time. We have answered her but she is taking over from everyone, sort of she is rather aggressive. This gentleman I answered not her. Alright? I'm not answering her because out of question. The question she asked I've already answered her but she doesn't want to feel satisfied about it. You understand my point? She is not the one I'm answering. I'm answering this gentleman who said that the Spanish are confused with the suffering, so I'm answering him, not her. But every time she jumps up like Jack in the box. Do you understand the point? She is not I'm answering. I've answered her.

I've answered her, she does not want to see the point. She asked me one simple question that why it should be easy. I said it has to be easy because it is vital. And what is the wisdom of saying that we deny the truth because it is easy. Why not try it. Logically. They said, "Suffer." then you want to suffer. But if I say, "Don't suffer." why do you don't accept me? It's a simple thing, I told you.

Now the gentleman said, "We are confused because it is confused with the suffering." So I told him that you don't have to suffer anymore. The time has come for you to enjoy. You suffer to enjoy something, isn't it? Or you go on permanently suffering? You have to achieve an end or not? Or you want to continue with it like a shopping going on of suffering. The time has come for you to enjoy.

Yes, please.

Question: [UNCLEAR]

Shri Mataji: I think it is Portugal and Spain. These two countries I found rather difficult. One of the reasons could be economic, I think. When you are economically seeking something you are busy with it and maybe the attention doesn't go to [UNCLEAR]. But in India we are just the same like you. As you are developing we are also developing. Alright? But the problem is from ancient times we have known that no development is joyous unless and until you have achieved your Realization. It is coming to us from ancient times in our heads that Realization is the main thing you must then you will enjoy all development, otherwise you will not. This is coming into our heads so in India there is no problem. Alright? But in Spain and Portugal people have been developing, you can shortcut here. What I'm trying to say those who are developed people, affluent people are seeking something more than affluence. Now it is alright, you can shortcut it. But even if you get money and affluence, say in America, they are many such people. Even if you get affluent you cannot get joy, you cannot get peace. The whole society gets disturbed. So what I am trying to tell you that why not shortcut it?

Because any development like that is linear and it recoils back on you. But if it is from the Spirit it is on all sides balanced. And you can shortcut it, all this, you can become realized souls and dynamic, and developed. Will be a much better idea than your children become drug addicts or become sort of punks as in England and all kinds of things and then you come to Sahaja Yoga in a roundabout way. Why not have it now?

Now you have to compromise with yourself, appease yourself and say that, "Really, if I have all this powers why shouldn't I have them?" There is no quarrel between us. I have come to give you something that is your own. I have come in love in loving Spain here. Don't I look like a Spanish myself? Yes, many people said so. Many Indians came here long time back. So why not get it? I have come as a mother to give you something so why not have it. Why to be adamant about it?

I wanted to clarify this point very much because this is one of the reasons even whatever one may try it is not received because you deny it. And cannot force on you, you are free to accept or to deny.

Alright? Should we try now? Good, that's good.

It's very simple. First of all you have to believe me when I say you are the temple of God. Secondly that you are to be pleasantly placed towards yourself. You do not know what with what beautiful delicate care you are made. So don't condemn yourself nor think of torturing yourself but just knowing yourself which is very glorious and beautiful.

Now let us have it in this way that we have to first of all touch the Mother Earth with our feet. You can take out your shoes, would be a good idea. Please do it the way I tell you, you must do it the way I tell you, don't be adamant. Just try to do it the way I tell you, don't be adamant. Now take out your shoes. Please take out at least your shoes. Be quiet. Be happy with yourself and count your blessings. And don't be frustrated but count your blessings.

Now, actually you must adore yourself, the way you are made.

Very simple thing you have to do. It is extremely simple which you try to follow without getting angry with yourself. You should be pleasantly placed towards yourself. First of all I would request you to forgive yourself completely and not to feel guilty at all about anything whatsoever.

Now as I said the left hand is the power of desire. You just put it on your lap comfortably but don't bend too much or put your head up. Just be in the center, be comfortable. Put both the feet on the ground and don't stake your feet, just keep them steady for one minute. Now put your left hand towards me like this and for a change love yourself also, be kind to yourself. You are such nice people.

Now you put your right hand on your heart first. I'm telling you what is to be done but later on you'll have to close your eyes and do it. Then put your right hand on the upper part of the abdomen on the left hand side. We are going to work it out on the left hand side. Please everybody do it so that you get the result. Then put your right hand in the lower part of the abdomen. And all this has to be on the left hand side. Then you have to raise your right hand on the upper part of the abdomen. Then you have to raise your right hand on the heart again. Then raise your right hand on the backbone through the corner of your neck and the shoulder, turn your hand to the right. Now this is the center catching the most today, it means you are feeling guilty. Don't feel guilty at all for anything. Then you have to put this right hand on top of your forehead across which is the center of Christ and you have to press it hard here. Then you have to take your hand on the back of your head and just put it back, your head, upwards. Then you have to stretch your hand and the center of your hand should be put on top of your fontanel bone area which was a soft bone in your childhood, so you press it hard and stretch your fingers and move it seven times. Press it hard, press it hard, stretch your fingers. That's all and you get your baptism. Alright.

All of you must do it. Nobody should see others. And close your eyes. Now be in a pleasant mood.

She wants to know something. [The Spanish Sahaja Yogi provides explanation in Spanish.]

He is bubbling with joy.

(min. 1:08:48)

Alright. Now put your left hand towards me like this, the right hand on your heart and please close .... Right hand on your heart, left hand on the lap opened out and close your eyes. And don't open your eyes till I tell you. Anybody who doesn't want to do should leave. Now please keep your eyes shut. You have to ask me a very fundamental question. Three times you have to ask, "Mother, am I the Spirit?" Or you can say, "Shri Mataji, am I the Spirit?" Ask this question three times.

Now we take down our right hand in the lower part of the abdomen on the left hand side. Here you have to ask another question because this is the center of your mastery. And if you are the Spirit you are your master as well. So please ask the second question, "Mother, am I my own master? Am I my own guru? Am I my own guide?" Ask this question three times.

Now you take down your right hand in the lower portion of your abdomen and press it hard on the left hand side. Now here is the center of the pure knowledge of the Divine technique. Now as you are free I cannot force on you, you have to ask for this pure knowledge of the Divine technique. So you have to ask, "Mother, please may I have the pure knowledge." six times because there are six petals to this center. Six times.

Now with this asking the power of kundalini starts getting awakened. So now you have to raise your hand in the upper part of the abdomen on the left hand side and press it hard. And here you have to say with full confidence to make the kundalini rise, "Mother, I am my own master." Ten times, "Mother, I am my own master."

Now raise your hand to your heart. Again with full confidence you have to say twelve times, "Mother, I am the Spirit." because this is the truth. I assure you, you are the Spirit, you have to just become.

Now please raise your hand to the corner created by your neck and your shoulder and push the hand to reach the spinal cord and turn your face to the right. But please don't try to go from the back, put the hand on the chest and then do it. Turn your head to the right. Now here is the center which catches when you feel guilty. Now for God's sake you have to say 16 times with full confidence, "Mother, I am not guilty at all."

We have to know that God is the ocean of love and compassion but above all he is the ocean of forgiveness. So please say that you are not guilty at all. But even if you still feel that you are guilty then to punish yourself you can say it 108 times, "Mother, I am not guilty." Sixteen times.

Now put your right hand on your forehead across and press it on both sides and say, "Mother, I forgive everyone." From your heart you have to do it, how many times is not the point. This is the center of Christ and message of Christ. It is a myth whether you forgive or you don't forgive. But if you don't forgive you play into wrong hands.

Now take your hand on the backside of your head and push back your head. On the head, not on the neck but on the backside of your head. Here you have to say for your own satisfaction without feeling guilty, "Oh, Divine, if we have done anything wrong please forgive us." Push back your head quite a lot. Say it from your heart without feeling guilty.

Now put your head right and stretch your hand and put it on top of your fontanel bone area and press it hard by stretching your fingers, and move your scalp seven times. Now again you have to ask for your Realization, I cannot force on you. So please say, "Mother, may we have our Realization. May I have my Realization. Please give me my Realization." Please say it seven times.

Now please take down your hand. Please put both the hands towards me. Now with the left hand like this, with the left hand try to see .... Open your eyes please. Without thinking just see on top of your head, right hand like this. With the left hand try to see if there is a cool breeze coming. There must be lot of heat coming out. Right hand towards me, right hand. Please open your eyes.

Now put the left hand towards me and the right hand on top of your head. Now feel, some people get it very high also.

Alright. Now again turn your right hand towards me and with the left hand feel it.

Now raise your hands to the sky, push back your head and ask the question, "Is this the Cool Breeze of the Holy Ghost? Is this the All-pervading power of God's love? Is this the Brahma Shakti?"

Now take down your hands please. See, are you feeling the cool breeze in the hands? You may feel it like this. [Shri Mataji holds her hands facing each other without touching.] Try to feel it like this. Watch me without thinking, you can do it.

All those who have felt the cool breeze on top of their head on in their hands raise both your hands, please. See, so many Spanish have felt it. Aaah, good. Why not all the nation of Spain feel it?

You'll feel very relaxed. Now don't argue about it, it is beyond thought. Now go and rest at home nicely in peace. And tomorrow I'll tell you about the chakras and about the Spirit.

May God bless you all.

Those who haven't got will get it tomorrow and those who have got will get it more tomorrow. And you should inform your friends and call them.

You didn't get, sir? No? Not yet? Alright, it will work out, just now, you'll see. [Shri Mataji asks Sahaja Yogis to work on the gentleman.]

Now, don't argue about it, don't talk about it, be quiet. Those who have not got it should not worry. They'll all get it.

[Shri Mataji asks Sahaja Yogis to see a person in the audience.]

He's got it. His son got it. Oh, very good son you have. And the little boy, he's born realized. Yes, you have a good son. I just feel the cool breeze - your son. Feeling shy.

May God bless you.

Now tomorrow come with a more relaxed mind.

May God bless you all.

## 1986-0523, The Spirit is the light

View [online](#).

23 May 1986

The Spirit Is The Light

Public Program

Madrid, Colegio Mayor Universitario Isabel de Espana (Spain)

Talk Language: English | Transcript (English) – Draft

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I bow to all the seekers of truth.

You have been told these three nadis within us, three channels. And also we have a booklet in which you can read about the subtle centers which are within us. But today I think I should tell you about the nature of the Spirit.

The Spirit as I told you yesterday is a reflection of God Almighty within us in our heart. And the kundalini is the reflection of the Holy Ghost in our triangular bone. Holy Ghost is the power of God Almighty. We can say it's the desire of God and the desire of God is to create this world, the Universe, the human beings and ultimately to let them know their part.

So when the Kundalini pierces through the fontanel bone area you start getting the cool breeze of the Holy Ghost from your soft bone here then we say you have got Self-realization. But it is not yet established, it has to be established.

When the kundalini pierces this point which is the seat of God Almighty which is reflected in the heart as the Spirit, so the Spirit starts coming into our attention. So far our attention is not enlightened but as the Spirit is the light and the knowledge our attention becomes enlightened. So we become collectively conscious, a new awareness comes on our central nervous system. Now this awareness is felt onto your central nervous system. That means on your fingertips you can feel what's wrong with yourself - because it is Self-realization, and what's wrong with another person. Now if you know how to correct these centers then you can help the another person.

But the nature of Spirit is peace so your attention becomes peaceful. You start seeing everything as a witness, you are no more involved into the problems but you see the problems before you. Like the water when it is in waves and you are in the water you are afraid of the waves. But when you are in the boat you start seeing the water as a fun. In the same way you become a witness of the whole life. Like a drama when you are watching the drama sometimes you feel you are in the drama. But when the drama is over you realize, "No, no. I was just seeing the drama." In the same way the drama finishes off. For you it is just outside.

So this attention which is all the time reacting to the outside influences does not react that way. It doesn't play into the hands of outside agencies but it corrects the outside agencies which are not in balance. Your attention becomes active. The activity of the attention is so subtle and so quick, and so efficient that you are amazed.

Now this can only happen when you are a collective being. Like this finger is a part and parcel of the whole body. If there is one pain, pressure, the whole body reacts to it. So you become collective being in the sense that you become aware of being a part and parcel of the whole. And this has nothing to do with any theories or dogmas. No words, it just happens. You see for yourself that whenever your attention goes to something you can correct that problem. All the telecommunication and all the instruments that you see outside, that you have created, are inside us. And as soon as you are put to the mains they all start working and they are very, very efficient. They give you right information and act in the right manner.

Now we make a computer, for example. But look at the human being, he is an ideal computer which acts so efficiently.

So the Spirit when it shines in you it surpasses over all the dogmas and all the ideas and all the false things we have put into our

heads through reading because it gives us the absolute truth. It does not compromise with anything that is falsehood.

For example you want to find out, supposing, that whether a particular artist was a realized soul or not. Now what you have to do is just to put your hands towards the painting and you start getting cool breeze in your hands from the painting. Now supposing you have a friend and you want to find out how he is. You have to just put your hands towards the photograph of your friend and you can find out on your fingertips what's wrong with him. Now if you can understand how to cure those problems sitting down here you can cure.

You take ten small children who are realized souls and tie up their eyes and tell them to feel the vibrations of a particular person. Now all the children supposing raise one finger it's burning, this one, means that person is suffering from cold in the throat, in the center here. All of them will show the same finger, there is no difference of opinion because truth is one.

Because the Spirit is the truth that's absoluteness, there is no compromise into it. Truth stands on its legs. We cannot organize it and we cannot command it. We cannot put it into our conceptions. It is what it is.

Like I went to America and a lady called her son who was doing very well in Honolulu, an Indian lady. And I couldn't give the Realization to the son so she said, "Please, give him Realization." I said, "It is not working." So I said, "Alright. Why don't you give? You are a realized soul." She said, "Mother, how can I give a false certificate? It has to work out."

But when you become the Spirit then you don't say that, "I am giving Realization." You speak like a third person, "This is not working. This is not coming. It is not happening." So whatever you are doing, whatever you are working on you do it but it's a non-action. You ego does not work there. You start speaking in third person in such a manner that you are amazed how it is working through your hands and fingers but you don't feel that way. So you get the true knowledge. If you know a little technique how to work out this beautiful energy within you and without then you become an expert.

When Christ's disciples got their Realization they felt the Cool Breeze of the Holy Ghost and they started to talk in the language of the chakras, of the centers. And they started moving their hands as we move for our raising of our kundalini like this. And the other people thought that they were mad. But the Pentecost that was really the Sahaja Yoga.

Not the way these days the Pentecost is where people go to the left side and become possessed. Because they don't know what's happening to them. They are not aware as to what centers are catching, how the Kundalini is moving, at what point she is, nothing they know. They have no knowledge about the roots. And whatever they do is without any understanding. But a Sahaja Yogi exactly knows what he is doing and what problems the others have and what he has to do to correct them.

So you are completely aware. So the concept that after Realization you become a person who is [UNCLEAR] condition is absolutely wrong. Because such a person becomes dynamic, dynamic but compassionate. The vibrations are the compassion, compassion that acts, doesn't talk. It doesn't say, it just works. It is like a force, an energy which acts with understanding and love. Unless and until you become the Spirit you cannot feel that energy. As a human being you can never feel that All-pervading energy, you have to become the Spirit.

That is why Buddha didn't want to talk about God. He said, "First get your Self-realization." Same with Mahavira, both were contemporary. And they called them atheists but they were not. What they said, "First and foremost you should know the Spirit." so you know the truth. You know the truth about everything. And when you know the truth, the absolute truth, you become courageous. You have no fear because you know the power of truth. Like Christ when Mary Magdalene was stoned - he had nothing to do with the prostitutes as such - but he went and stood before her. "Among you whosoever", he said, "is sinless can throw a stone at me." And this one, this working of throwing the stone never happened because of the power of his truth.

Of course, we can say that Christianity went into a lot of perversions and so the funny ideas of suffering and all that came through Paul. Paul has no business to be in the Bible. He has created such problems in Protestant people that now they are saying that Christ was a homosexual. He himself was an epileptic. He was just a supra-conscious personality and he just tried to



flout Christ completely. All his divinity he brought it down to this earth. He could not believe in the Immaculate Conception. What does he understand of divinity? Who is he to be in the Bible?

We are not following Christ; we are following Paul that's why we are suffering. This myth of suffering comes from Paul. Christ never said that you should suffer. Why would he say such a thing? God never wants you to suffer. Why really God, why will God want you to suffer? This is how Christianity got perverted. But do you know that Christians have never suffered? Non-Christians have suffered at the hands of Christians.

Thank God Columbus did not go to India otherwise I would have not been here. All America, if you go to Argentina and Chile you can't find one Red Indian. In the name of Christ they have killed so many people even in India. They have blasted all the great temples in India and they have done all kinds of horrible things that if you see you'll be shocked. Are they Christians? Such violence in the name of Christ. They enjoy violence in the name of Christ. Christ stood for non-violence. The whole perversion of Christianity brings bad name to him. He was an incarnation of compassion itself. He forgave the people who crucified him. How can you compare him with the people who kill a bull here or killed the people in America like that?

You have to see that human beings have to change. Our violence has to become compassion. It has to be a genuine love that we enjoy within ourselves. And what about the virtues that Christ preached? First Paul replaced Christ and now Freud. First we worship Freud more than we worship Christ.

How can we say that God will ask us to suffer? Which father will ask you to suffer? When a human father can't do it how can the Divine Father do that? All this has gone wrong. It has gone wrong in every religion. I was myself born in the Christian religion but I find the same in Islam, I find the same in Jews, I find the same in Hindus. The main object of religion is to be cruel, to be troublesome to others. Nobody talks of love to others. Nowhere you find people have that peaceful loving temperament.

But just a wee bit, just you have to go about three feet up and you are there. Just you have to cross these chakras and pierce through your fontanel bone area and you are there. You are completely transformed. You become beautiful. You become glorious. You become righteous. You become compassionate and you become powerful. You are not afraid of anyone. This is the state just awaiting on your doorstep here. So why not have it?

And so you get what we call the joy. Joy is an absolute quality, it's not a duality, like happiness and unhappiness. When your ego is pampered you feel happy, when it is not pampered then you're hurt then you suffer and you feel unhappy. But joy is a state where you become a witness - you are neither happy nor unhappy - in a perfect joyous state. And you just laugh at everything that is stupid. And you don't get disturbed by somebody who tries to intimidate you. You stand in your own glorious spirituality. And the time has come. Forget the past. This moment you can get it. So why not have it?

This is the nature of your Spirit which you have to get. But there are so many other things that happen because the kundalini also enlightens your chakras; which you can yourself read and find out and see for yourself, within yourself, experience it yourself. Nobody has to certify for you, you have to certify yourself.

I won't be available because I'm going back to England and this day the last lecture is here. And in this short time you can understand one cannot cover the whole subject. But all the knowledge is available. There are so many tapes which you can listen to and can enjoy. And establish your state of, first of all is thoughtless awareness and then the doubtless awareness.

You have been seeking the truth for ages, not in this lifetime. So why not have it?

May God bless you all.

Now, are there again today some questions as we had yesterday?

Question: [UNCLEAR]

Shri Mataji: It's a good question, I must say. Now the thing is we know about Adam and Eve and they would have known reality in no time. But when they were given freedom they did a wrong thing. So gradually it was to be given the freedom and brought to this level. So the whole evolutionary process had to be started - from carbon onward, one by one. These centers are the milestones of your evolution till you became human being.

Now when they became human beings they started using their ego and they went amok. Because if you have to have the full freedom you have to know how to use the freedom. But once given the freedom human beings went amok. They can't bear freedom. Now we can say, I've been to Russia, I've been to China, I've been to communist countries. Horrible thing is they have no freedom. But good thing is there's no inflation, there's no quarrel, there's no mugging, there's no problem of that kind. Only freedom they have is to drink or to divorce, in Russia. And they divorce like anything and drink like anything. You give freedom to human beings and they go amok. Their wisdom goes off. Now if you go to America you'll see how the people behave there, very surprising, mad.

Like nowadays in England they are having a funny thing called punk. In that they put some colour in their hair and put it straight like that, you see. Now by that their eyesight is becoming weak. Now you tell them, "Why do you do it?" They'll ask you a question, "What's wrong?" They are all educated rich people. The richer they become the worse they are. They can't even bear the money. If you give them freedom they are good for nothing, if you give them money they are even worse.

God knows what happens to human beings, their brains can't bear balance, the freedom and any power. You give them powers they become dictators. Now what to do with them? So best thing is what I thought of - first give them Realization, whatever may be the conditions. Like the light should be put in the lamp, somehow. With a little light they can see what the problem is, they can see little reality then they will start clearing themselves out. But if you tell somebody that, "You've got ego." he'll box your nose. If you tell them don't do it they will do it definitely. There is no wisdom. That's why.

Your question is correct, my son, I know, very good. But this is the problem. That's why first get your Realization which is very easy, not difficult, no complications. Then you'll see yourself and you will have power to correct yourself and you will correct it. Like if you are holding onto a snake and there is darkness, you can't see it. If I tell you there is a snake you won't throw it away. So put the light on, even in the little light he can see the snake and throw it away automatically.

Alright?

There have been many wise men also, I am not saying. There were very wise, great saints on this Earth but they were all crucified, killed them [UNCLEAR], even poisoned. What to do? People don't like anybody to be wise, big problem.

Any other questions?

Question: [UNCLEAR]

Shri Mataji: Very good question. When the kundalini rises she goes onto the center, we call it as Agnya chakra, you'll see there. Now that is the center of Christ. Now when the kundalini goes she awakens Christ within us. Now this center is placed between pituitary and the pineal body on the optic chiasm and it sucks in, Christ sucks in your ego and your conditionings - your superego, sucks it. And so this portion becomes soft and that's how the kundalini can go through. Alright?

49:09

Now, I would request you to take out your shoes to touch the Mother Earth. Now please take out your shoes and put your feet parallel to each other. Now one thing is, like I've requested you yesterday, you have to forgive yourself. Whatever I might have

said in the lecture, forget it. You have to know that you are the temple of God. Because the light has not come that's why there is darkness. But you are glorious so you have to be pleasantly placed towards yourself. Please forgive yourself. And before starting meditation you have to say, "Mother, I am not at all guilty of anything."

To say that, "I am guilty." is anti-Christ actually, anti-God. Because God is the ocean of love and is the ocean of compassion. He is the ocean of forgiveness. When Christ could forgive the people who have crucified him why will he not forgive us? So just say, "Mother, I am not guilty at all. Not guilty at all of anything." You have to be in a happy mood because we are going to enter into the Kingdom of God.

Now with this I have to tell you that the left side is the power of desire, the right side is the power of action. So you have to use the left hand like this indicating, symbolizing that you are desiring to have your Realization. But be comfortable, keep it on your lap just like this. Now with the right hand you have to do the action. I want to do this because then when I am not here you can use the same action to raise your kundalini. We will be acting on the left hand side of the centers.

First we have to put our right hand on the heart where resides the Spirit. I'm just now telling you, you can see it clearly and then we will have to close our eyes and do it. Secondly, you have to put your right hand on the upper part of your abdomen on the left hand side and press it hard. This is the center of your mastery. Now below here you go down, so take your right hand to the lower part of your abdomen on the left hand side and press it hard. This is the center of your pure knowledge. Pure knowledge, true knowledge of the technique that is Divine. Then you again go back in the upper part of the abdomen on the left hand side. Then you go back on your heart. Now here you have to raise your right hand on the corner of your neck and your shoulder and place your head on the right hand side so you can place it higher on the backbone. The hand should not be taken from this side, should be taken from this. This is the center catching when we feel guilty. Now then you put your right hand .... Left hand like this, with the feet at parallel, you put your right hand on your forehead and press it on both the sides. Now you have to take the hand on the back of your head, the optic lobe, and press it hard, push your head backwards. Now you have to stretch your fingers and the center of your palm should be put on the fontanel bone area which is a soft bone in your childhood and you press hard and move the scalp seven times, stretch your fingers.

Now we start. Put your left hand towards me and both the feet on the Mother Earth. Now the right hand on the heart. You can remove your spectacles because you have to keep your eyes shut and it helps the eyesight. Now you don't open your eyes please till I tell you.

Now putting the hand on the heart you have to ask me a very fundamental question three times, "Mother" or you can call me "Shri Mataji, am I the Spirit?" Ask three times. Put your right hand on the heart and left hands towards me in the sense that it is parallel to the ground and the palm is upwards.

Now the second question to be asked is on the upper part of the abdomen on the left hand side, it's the center of your mastery. This means here you have to ask a question that if you are the Spirit you are the master of yourself. Now you just ask the question here, "Mother, am I my own master?" It's better everyone to do it. Three times, "Mother, am I my own master?"

Now take down your right hand in the lower part of the abdomen on the left hand side. This is the center of pure knowledge but I cannot force on you, you are free to accept or not to accept. So you have to say, "Mother, may I have the true knowledge of the Divine." This you have to say six times because this center has got six petals. When you say that then the kundalini will start moving. Six times.

Now raise your right hand in the upper part of the abdomen on the left hand side. Here to help the kundalini and the chakra to open say with full confidence, "Mother, I am my own master." Say it ten times because there are ten petals.

Now raise your right hand on the heart. Now again to help to center to open out and make the kundalini rise higher here with full confidence you have to say, "Mother, I am the Spirit." which is the truth. Say it twelve times.

Now raise your right hand in the corner of your shoulder and your neck on the left hand side and turn your head to the right side. Here you have to say with full confidence in God's forgiveness, "Mother, I am not guilty at all." Please say that sixteen times. Those who still feel that they are guilty to punish themselves they can say it 108 times.

Now please take your right hand on your forehead across and say, pressing it on both the sides, "Mother, I forgive everyone." When you say you forgive or you don't forgive both are myths. But when you say you forgive then you don't play into wrong hands. So please say it from your heart.

Now take back your right hand on the backside of your head and push back your head, rest on it, turn your head down. Here you have to say for your own satisfaction without feeling guilty that, "Oh, Divine, if I've done any mistakes, please forgive me." But don't feel guilty.

Now you have to stretch your right hand and put the center of your palm of top of the fontanel bone area, it's a soft bone on your head, and press the scalp and press it hard, and push it and move it seven times slowly, slowly. Here now I cannot say that you can have your Realization. You have to ask for it as you are free people so please say, "Mother, please give me Realization." Press it hard not lightly. Press it hard, not lightly the hair. Press it hard.

Now please take down your hand and open your eyes. Now see if you are feeling any cool breeze in your hands. Like this. Please open your eyes, watch me without thinking.

Now put your left hand on top of your head and the right hand like this and see if there is a cool breeze coming out of your head here. You can bend your head a little.

Now put your left hand towards me and with the right hand please see it, it can be little further.

Now put your right hand towards me and feel it with the left hand.

Now push back both your hands towards the sky and push back your head and ask the question, "Is this the Cool Breeze of the Holy Ghost?" Ask the question, "Mother, is this the All-pervading power of God's love? Mother, is this the Brahma Shakti?"

Now take down your hands. See if you feel the cool breeze in your hands.

Feeling there? Alright, you'll feel it.

Are you feeling?

Heat? If you are feeling the heat then you put your left hand like this for a while to ventilate. Like this, at the back. Better? Like this. You are still feeling guilty, not to feel guilty, not to feel guilty at all. That will stop your vibrations. Alright? Now cooler? Still hot. Alright. Put your left hand on your liver. It would be alright. Those who are feeling hot are because of the liver, will be alright. Better? Alright, he feels hot air. Just do like this [Shri Mataji blows on her right thumb] to let the heat go out because heat is the sign of disease. It's some sort of trouble of the liver or something, it's not very good to have heat in the body. Heat in the body is not a good sign. Now better? See now. Still hot. Better. Yes, true. It will become cold just have patience with yourself, a little bit.

Did you feel hot or cold? What about you? Cold.

What about you? Did you feel the cool breeze? The one who was asking for reality. That's a good idea. You see, there is ventilation now and the heat is coming out from there and from your hands, let it get out. Within five-ten minutes it will clear out.

Can you open the door so the heat passes out?

You can feel it on each other's heads also. And you'll feel very relaxed. Now better. Better now. Better, improving.

He's putting the hand on your head and you are feeling cool. Alright? See, this is what it is. And you feel very relaxed, there is no thought. We can watch me without thinking, can you?

So this is just the beginning. You have to work it out, establish yourself. When are you having your follow-on?

[Announcement in Spanish]

He's got it, yesterday he's got it.

Have you cooled down now? Are you cooler? Are you cooler now? What about you? Cooler now? Better now? So much better, relaxed. Good. Now enjoy yourself.

[Shri Mataji asks a Sahaja Yogi to put some water on the hands of the present].

Only thing, I want to tell you one thing that you have now got your Realization. Alright? He has got his Realization few years back. So they know all about it. Whatever they tell you please listen to them, don't .... You see, like we enter into a university, we have to listen to the gentleman who is our professor. Alright? When you become the professor you can also teach. So whatever they say, you listen to them. Just verify it and do not argue. If you start thinking about it you'll go down. You all can become experts. So just patiently understand for at the most four - five sittings you will be alright. Because this is a new knowledge, entered into a new realm so one has to understand with humility.

So all those who have felt the cool breeze or the hot breeze on their head or on their hands please raise your hands, both the hands. Cool or hot, doesn't matter.

May God bless you.

So nice to feel that. Now some of you have not felt, not to worry, all of you can feel it. It's very simple, it will work out. But how to keep it working on you have to learn. It is very simple and a child can also understand. So you all must meet and it works in collectivity, not single-handed at home.

May God bless you all.

I hope to see you next year. By that time you'll be all experts.

Thank you very much.

May God bless you. You have to transform Spain.

## 1986-0524, Mahalakshmi Puja: The Importance of Puja

View [online](#).

24 May 1986

The Importance Of Puja

Mahalakshmi Puja

Madrid, Juan Antonio's and Mari Cruz's house (Spain)

Talk Language: English | Transcript (English) – VERIFIED

Mahalakshmi Puja, The Importance of Puja, Madrid (Spain), 24 May 1986.

[Shri Mataji arrives in the room where the puja will be held. The Yogis recite the Sahasrara mantras]

Please be seated.

Today I will tell you the importance of puja. [To the Spanish translator: "You could take this" (microphone)]

Even among the early Christians, they used to do the puja of the adoration to the statues, maybe, or maybe the photographs, or, we can say, the stained glass copies of the Mother and Christ.

But later on, people started becoming more rational and they did not understand what is the importance of puja. And when they could not explain it, they gave up doing pujas in that regular manner.

Even before Christ, they used to have a particular type of a tabernacle, which was measured and was specially made and a puja place was created to worship – to worship what they call Yahovah.

Now this Yahovah in our Sahaja Yoga is Sadashiva, and Mother Mary is Mahalakshmi. She incarnated before also. She incarnated as Sita, and then She incarnated as Radha, and then She incarnated as Mother Mary.

Now it is clearly written about the birth of Christ in a book called Devi Mahatmyam.

He was the son of Radha. Radha is the Mahalakshmi, so He was born in another state, as an egg, and half of the egg remained as Shri Ganesha and half of it became Mahavishnu, which is our Lord Jesus Christ.

All the description about Jesus Christ is given in that Mahavishnu's description, exactly the same.

Now this Mahalakshmi came on this earth and She brought forth Her child with immaculate conception, which She had done before also, as Radha. So, the Christ is the son of the great being of the Virat.

Actually Vishnu, Mahavishnu, Vishnu becomes the Virata. Now this Vishnu Tattwa becomes Virata and also He becomes Rama and Krishna and then the Virat, means the Akbar.

So Christ is the Omkara itself, is the vibrations itself. All other incarnations had to take the principle or the essence of the Mother Earth to create their body, except for Christ's body, which is absolutely Omkara.

And the earth element of that being is Shri Ganesha. So we can say that Christ is the power of Shri Ganesha which incarnated.

So He – that's the reason He could walk on the water. So He is the purest form of Divinity, because He is just vibrations.

So when you do puja to Me, because I'm in person, there is nothing unreal.

If they had done puja to Christ - they must, they have done puja to Christ also when He lived and to His Mother.

It is said that in the Ten Commandments whatever is created by the heavens and by the earth should not be re-created and re-produced and worshipped.

So the incarnations are created by the heavens.

Only in modern times it is possible to take a photograph of the incarnation. But in the former days there was no possibility.

Now whatever is created by the Mother Earth is what has come out of the Mother Earth, which is the swayambhu, is created by the Mother Earth.

Now we have everywhere, we find the swayambhu things. Another thing is, some realised souls also have made beautiful statues.

I went to Portugal and they had a festival of the Lady of the Rocks.

So I went to see that place and there was a very small little statue of this dimension, height of the Mary, about say, five inches, at the most. And the face was just like Mine [Shri Mataji laughs], exactly like Mine.

And they said that this was found suddenly by two children who were following a rabbit which hid inside a niche.

So these children saw some light inside the niche and they started following under a rock, and they reached the source of the light, was this statue. They brought it out.

And in that light they walked, and when the people outside, were lots of people were gathered, they were amazed to see that they brought out the statue from somewhere inside. So they worship that statue in that place.

Now, these statues give you vibrations, as I give you vibrations, but not so much as I give you. And all the other statues also, there may be many, who might be giving you vibrations.

Also in India, as you know, you went some of you to Ganapatipule, where it is the Ganesha which has come - Mahaganesha, that is Christ - has come out of the Mother Earth, Mahaganesha.

So the lower portion of the body you see there, and the head is the whole of the mountain. And there the water of the sea is also sweet, and there are many sweet water wells there.

If you remember, a photograph of Mine was taken there, many people took photograph. And in some photographs, in My heart there's a light coming out.

And some told Me that some photographs which did not have the light, but when they re-took, I mean the negatives were again taken as a photograph, and again they took a photograph with that, then the light came in there.

So, one must know that in the realm of Divine there are all kinds of miraculous things.

Same is the puja.

Now when we do the puja, first of all you will praise Shri Ganesha.

By that, in you, Shri Ganesha will be awakened and established. By worshipping Me as Shri Ganesha, your innocence will be established. And you will see, the vibration-wise also, your vibrations will increase and you will feel very stable within yourself.

Now when you will take Shri Ganesha's names you will know what qualities He has, what powers He gives you.

When you praise those qualities, those powers of those qualities will start emitting through you.

This is how the Divine works, as if you get charged with those qualities.

Then you praise the Goddess, the Adi Shakti. Now the Adi Shakti has all the seven chakras within Her awakened, and She has to work with all these seven chakras. For the first time such an incarnation has come.

It's like you make first one room, then second room, then third room, seven rooms, and then the whole house is done, you get the keys and you open, the house is yours.

That is how I could achieve Self-realisation en masse. It could not happen earlier, but now possible, because of this combination of all the seven chakras.

So now when you are praising the Adi Shakti, I'm also a Mahamaya, that I look like you, I behave like you, I have made Myself exactly like you - very difficult to make, but I have [Shri Mataji laughs].

And this body has to bear lots of things to make you understand Sahaja Yoga and your own powers.

For example, you are - if you are rude to Me, if you are not respectful, Christ gets very angry because He has said that anything against Holy Ghost, He won't tolerate.

So the My chakra, the Agnya starts, you see, throwing anger [Shri Mataji laughs], and moving very fast [Shri Mataji moves Her hand fast around Her Agnya chakra]. Now I have to bear it. I cannot tell you the way Christ wants Me to tell you [Shri Mataji laughs].

Because He is very direct, and I have to little bit be careful so that you don't get upset.

Moreover, while doing the puja, supposing you are a doubting type, or you are opposing it, then you don't absorb the vibrations and I have problems, because the vibrations are flowing and you are not receiving it.

So I don't know how to contain within Myself if you don't suck in the vibrations, so I take time to take them out.

So all these things are very symbolic, whatever we are doing is very symbolic. And that symbol actually acts.

For example if you give somebody a flower, that fellow feels, that person feels extremely joyous and happy, and gratitude comes in.

So when you offer Me say, flowers or anything like water or anything, then the elements are happy and the deities are happy in the chakras. And then they emit their vibrations of their quality and of their blessings on you. They give you their quality and their blessings.

That is how the Divine acts. And gradually after puja you will feel it, that the whole thing is working out.



Now we are doing puja at this time, and all over the world people know that there's a puja going on here, so they are also sitting in meditation and they also get the blessings.

[While the yogi translates, Shri Mataji says to somebody aside: "Vibrations"]

They are also waiting for this moment when the puja starts. So we give them a time like eleven o'clock or so, up to eleven o'clock we should sit down and they start at eleven o'clock.

Now they are getting the same blessings, though you are doing the puja but they also get the blessings in their meditation.

If you are not yet so clever and if you don't know all the few things which are important in the puja, does not matter. Because if you are ignorant about it, innocent about it, God knows, He forgives, He doesn't mind. You should not mind if you commit any mistakes or anything: just with a humble heart, do the way you like. Gradually, you will learn.

But if you know and then you deliberately make mistakes, then it's not good.

As we forgive our children, God also forgives innocent children. So you should be very relaxed about it. And just do it for the joy of your heart.

May God bless you all.

I think – he finds it difficult to sit in the lap. He can sit at the back if he likes, this gentleman. This little boy is too much for him to sit like [that] – you can sit comfortably, be comfortable, there's nothing to feel bad.

Now, they have to wash the Feet.

Yogi: Yes.

Shri Mataji: The children have to wash the Feet and we'll be singing that time the praise of Shri Ganesha.

Yogi: Yes. In Spanish, Mother?

Shri Mataji: In Spanish.

Yogi: Yes.

Yogi 2: OK. Pujari?

Shri Mataji: Now see the description of Shri Ganesha which was written thousands of years back. It's translated and exactly the same of that of Christ. We have little added to it about Christ in the end, but it's the same.

First the boys must wash and the girls must paint.

Yogi: OK.

Shri Mataji: So she – they are unmarried girls. Unmarried women and unmarried girls should do it, paint.

First let them wash. First let the boys wash – just tell, first let the boys wash, and then the unmarried women, unmarried girls

should paint, and then the married women should give the ornaments.

Now, can you bring it from the...

Warren: She is going to help with the washing, for children to wash.

Shri Mataji: All right. So now, can you get the ornaments also?

So first of all you get the water together, now this one [container of water from Feet] is to be brought here. Yes. Can I have this kumkum?

Swastika should be made on that. Swastika should be made.

Then other things also, My necklaces and all that. No, no, the bangles are – and necklaces I gave you [A lady traces swastika on water container]. Yes.

Just correct, correct, correct. It's the other way round it is. Yes. No, it's not that. Once this is made, just take it to go through.

Yogini: Excuse me.

Shri Mataji: You take a cloth. And bangles are there?

Yogi: Yes, Shri Mataji.

Shri Mataji: Yes, yes, it goes like that. Just if you can wipe it, it's all right. You can just yes, wipe it, I'll tell you (how to trace swastika correctly. Lady traces correct swastika). All right.

This was the correct swastika. And the other way is the Hitler's swastika. (Shri Mataji laughs)

Can I have the towel? I'll have the towel. [Warren: "Yes". Yogi: "It's the same, Mother" Warren (aside): "Did she respect the form?". Yogi: "It is the same".]

You may keep it in a plate.

Warren: Yes, I'm just going to get it, Mother, I'll get another plate.

Shri Mataji: And the bangles?

Warren: Yes.

Shri Mataji: Just give Me that, Albert. What is it, are you giving these bangles?

Warren: Done the same that the...

Shri Mataji: What's it?

Warren: Yes, done the same that the swastika is the same, is the one that was used by Hitler, he just turned it on the side.

Shri Mataji: No, no. You see, what happened in the beginning he was using the other way round. Then what happened, they used – that's your Mother's trick – they used the stencil in the other way round, so the thing, swastika, turned round and they lost. You

don't know this?

To begin with, they started an upside-down thing, you see, the other one, to begin with. They started using the other way. But then the stencil was used in the other way round. You see? (Shri Mataji laughs). You know, the whole thing turned and they kept to this. That's how they lost. You don't know this?

Yogi: No.

Shri Mataji: Just tell her, this is the trick I've played. [Yogi: "They'd made the stencil the wrong way"] You see, the other way, they used the stencil.

[Yogi: "Yes. And so it came out this way"]

You see, first they started using the stencil on one side, and then they started using it the other side, and that's how they lost.

Yogi: And it came out this way.

Shri Mataji: No, no, if you make a stencil like this, you see, first the other way round it was, you see, and then if you turn it the other way round, then you come this way, it came this way.

Yogi: Yes. It was on the flags at the start this way, Mother.

Shri Mataji: No, this is the second swastika.

The first swastika was the other way round. That's how they got it. They used the stencils, you see, to make the swastika first.

So first one was the other way round. But then the stencils were spoiled or maybe whatever it is, so they turned it round.

When they turned it round this swastika started coming, they didn't know. One stands for destruction, another stands for construction.

Explain to them, so they'll understand. All right.

You follow the point? (Shri Mataji laughs) [Yogi: "Yes, Shri Mataji"] That's how they lost.

They took their advice to begin with from the lamas, and lamas told them to use the swastika the other way round.

But then the mistake was that they drew for them, and then they turned the stencil, they didn't realize that they have turned the stencil, so it is coming the other way round (Shri Mataji laughs). They were their gurus.

So it's all right, doesn't matter, as long as we know how to do it, that's all. Nothing to worry (Shri Mataji laughs).

Yogi: It's time to wash Your feet now, Mother?

Shri Mataji: Now you have to wash My feet, the children have to. (Aside to a Sahaja Yogini: "Be careful").

Just to pour water, that's all.

Next time also remember we'll have to give them the pots for this, for washing My Feet, all right? For them. Warren? They haven't got them.

Yogi: Yes, Mother, I've noted that.

Shri Mataji: Rub it with both the hands. All right, this and this. Yes. Two persons can do at a time, two of you would be [better].

Will be better.

Two, two, ha. Now you two do it. With both the hands. With both the hands. Tell them to do it with both the hands. Use this hand also.

[A yogi starts talking in Spanish about the qualities of Shri Ganesha]

Shri Mataji: Loudly, I should hear.

[Yogi starts reading "The Divine essence of the prayer to Shri Ganesha" in Spanish]

Shri Mataji: Let Javier otherwise read it. If he wants. Javier, you can read it. His voice is not too low. All right so? Everybody should hear what he is saying. Or read it...

(To the children) Yes, good now, you do it. Now. Let them, both of them.

Good. All right, good. Let them do it.

Yes, yes. Give Me a towel, towel. Towel.

Wipe it. Yes, you do it. Yes. With force.

Now you do it... You've done.

Javier (In Spanish from the prayer to Shri Ganesha):

Tu eres Brahman, Vishnu, Rudra...

Shri Mataji: The essence. Essence of Brahma, Vishnu – Brahma, Vishnu, Mahesha, Rudra is, is Shri Ganesha. The essence, the power. Is Christ. Essence. Jesus.

Javier (In Spanish from the prayer to Shri Ganesha): ... Tu eres Indra, Agni...

Shri Mataji: Indra is the God of... the king of the Gods, all the Gods. Agni is fire.

Javier: ... Vayu...

Shri Mataji: Vayu is air. All the five elements, this means all the five elements. Vayu means air, but with the Agni, Vayu...

Javier: Indra, Vayu... Tu eres el sol, the sun and the moon.

Shri Mataji: One minute. You come along – those who are not yet married ladies. And the boys can go back. Come. All unmarried?

Put a little water.

All right. More water, little more water. Little.

You take out the...

Be careful. [To a lady decorating Her feet with kumkum].

[At the end of the prayer the yogis recite Shri Ganesha's mantra]

May God bless you.

Now. If we start the... [Yogi: "108 names of the Devi?" – Eh? We can just start the Devi stotra is all right, because they have started with the Devi.

Yogi: The 108 names or...

Shri Mataji: This side also. Here.

Only now - married women have to come after this.

Just you say one name, you say: "Shri Mata", then you say the translation.

[Recitation of the 108 Names of the Devi begins. One Indian yogi says "Shri Mata", and Javier reads the Spanish translation.]

Now you must verify, you see, these are the qualities they are describing of your Mother.

Now you try to, try to verify it also. And these names were written also thousands of years back. These are thousand names, we have chosen only 108.

[Decoration of Feet and recitation of names continues]

Shri Mataji (to a lady decorating Her right foot): Yes. It's all right.

Again, again.

Yogi: Nishkàla.

Javier: (translates into Spanish) Indivisible, completa.

Shri Mataji: Nish-kalà (She corrects the accents in the pronunciation).

Yogi: Nish-kalà.

Shri Mataji: (To one of the ladies) Complete. Full. Complete toe.

Now. The married ladies now. Now the married ladies come in – then you can start it.

Bangles, did you take bangles?

There are no bangles as such. Sorry.

It's all right. Doesn't matter. Good. All right. Give it away.

Yes, yes, now. Yes, yes. Yes. Good.

Yogi: Nirmama.

Javier: No es egoista.

Shri Mataji: Nirdwanda. Nirdwanda.

Yogi: Nirdwanda.

Shri Mataji: Mirror you [can have]. Mirror. Mirror you can have.

Family (Shri Mataji indicates Her necklace).

[Yogini: "Yes"]

(To the young boy bringing the Mangala Sutra) Hold it.

He's very nice. It's correct, now, it's correct, that's right. Should be in this way.

Thank you.

(Aside to the lady who is putting the anklet) Other way round, other way.

Warren? They are missing here all the (toe rings) for other toes. All they were there in France.

Warren: They were in France, Mother, but they went back to London...

Shri Mataji: Oh, I see. It's all right, let's see. We'll have to get separate ones for them. For every... (Warren: "For some reason they held them separately in the...") All right, then it's all right.

Yes. You'll give it. That's right.

Yogi: The sari.

Javier: Sari.

Yogini: Sari...

Yogi: I gave it.

Shri Mataji: Just keep it. Just keep it. Towel. Now. I'll take water. Water to drink. Water.

That's all. That's all. (Ladies put the container for the elements in the lap of Shri Mataji)

Hold it. Hold it.

Honey.

Now honey.

It's all right. (Then yogurt is given in Shri Mataji's hands, then milk)

Sugar, sugar. Sugar. Water.

Sugar, sugar. Sugar, sugar.

Water, water. Saffron, saffron is there.

Some water.

Now. Clean one... Scent. Scent.

Scent. On the swastikas. (One of the ladies rubs the scent on the swastikas on the Feet and on Her left hand and then on the hands of the other ladies). ... Yes, yes. Attar.

They'll have... good. (To a girl) Please put it to all of them like this. Yes.

Girl: All the women?

Shri Mataji: On the wrist.

Girl: All the women?

Shri Mataji: Eh?

Girl: All the women?

Shri Mataji: To all of them. I told her to put to all of them the Chandan gandha. [Unclear] [Yogi: "Yes"]

Now. Ah, with flowers.

Sari, sari. So...

Warren? Warren? There's no blouse with it? Half, half, put it half way. [Yogi: "There is a blouse"] There's a blouse, where is it? Maricruz, Maricruz.

There, good... Leave it there. Yes, good, leave it there. Tell her to leave it. (Shri Mataji laughs)

Now. Every lady has to take a fruit and the rice - hello? Every lady has to take a fruit in the hand, and - a fruit in the hand and some rice and put it here. See, I'll take it a little.

Where is the cloth? There's a cloth there. That's it. Now you tell them. To catch one fruit in the hand.

Yogi: Before the sari, Mother?

Shri Mataji: No, sari is all right. Keep it like that.

Now fruit is there. Now, take the fruit.

You see, will be confusion, that's why to say one by one. Keep it. Keep it. [Yogi: "After the sari"] See, take the akshata.

Yes. Now you hold it. You hold the sari. Hold it. Like that. Yes. Yes, take one side.

Yes, she has all... All right, now. If this you can remove, then we can go ahead, well, with flowers.

Just remove these, one by one. It's dangerous. Just remove those (candles)...

You better have the sari now. But they have got something for the hands? Flowers for the hands, they have any? No? Just flowers, ask them, otherwise they might be disappointed, if they have made. Garland? [Yogi: "There is a big garland"] All right. Now. You put this.

The other way round. Yes.

Put the flowers around... And some garland.

Yes. Exactly, when you have finished (Shri Mataji probably means that the recitation of the 108 Names of the Devi finished exactly when the decoration finished with the sari wrapped around Her).

Yes. Now the garland has to be put. Oh, you got that? Yes, that's what I've asked. That's beautiful. So I'll wear the garland first and then the... All right.

[Garland is offered, applause]

(The crown) tie it up more. Tighter, still.

Now, still tighter. Should be tighter.

Should be tighter as it is. It's all right? Now I'll have.

Some photographs, if some people want to take?

Cloth there, in the corner. Make it neat, so the whole thing comes out, and now you can put the lights and everything, so you get a full picture of the puja – remove that towel and make... [Yogis start singing "Kundalini"]

Warren: All together.

Shri Mataji: Now, can you little bit do it neat and then we'll have the Aarti.

What is there?

[Prasad is offered to Shri Mataji]



Sahaja Yogi 1: Thank you, Shri Mataji.

Sahaja Yogi 2: Aarti.

[Conch is blown, then Aarti is sung. Mahamantras follow.]

Yogi: Bolo Shri Bhagavati Mataji Shri Nirmala Devi ki!

Yogis: Jai!

Shri Mataji: May God bless you all.

May God bless you all.

May God bless you all.

May God bless you.

It's very good, everybody has very good Kundalini.

May God bless you.

That's good.

May God bless you.

Except for Vishuddhi, all other chakras are all right – for which you have to say Allah Hu Akbar. Say it now, sixteen times.

Yogi: Sixteen times.

Warren: We should stand.

Shri Mataji: Sixteen times, to open the Vishuddhi.

[Yogis say Allah Hu Akbar. Afterwards Shri Mataji opens Her hands to feel vibrations]

All right. Good.

Give yourselves a bandhan. [Shri Mataji shows it Herself] One. Slowly. Two. Three. Four.

Five. Six. And seven.

Now raise your Kundalini. Tie it up. One. Again. Tie it up. Again. Now tie it up three times. Fix it up on top of your heads.

One – two – three.

Very clear, today it's very clear. Ah! Can you see? Feeling? [Shri Mataji laughs] All right.

May God bless you.

Warren, I can wash My Feet in the room or not?

You have to take out these things here. (Warren: "The ladies".)

Or we can go in the room and take it out. It's all right. (Yogi: "All right")

... Yes. [A lady goes to Her Feet to take out the ornaments]

Warren: It's vibrations on the gold.

Shri Mataji: Ah! This was - are they given by the English, I think. All right, yes. [Warren: "Yes"]

Take it closer first, then it will become good. Bring it closer (not clearly audible)...

Warren: Take it closer.

Other Sahaja Yogi: Mother, we have some presents.

Shri Mataji: Presents? (Shri Mataji smiles) Oh, have you?

Sahaja Yogi: Can I bring?

Shri Mataji: All right. But not too many, you have given Me those presents today. Warren? This also goes... now, thank you. While this is, this one is Mine, and this one is – or you can keep it in your bag (necklace). [Yogi: "Can I help, Mother?"] This one also (bracelet).

It's all right. Please, be seated.

[A packet is brought. Yogi: "This is the collective present from Spanish people, Shri Mataji".]

Shri Mataji: From where?

Sahaja Yogi: Collective present.

Shri Mataji From Spanish? [Yogi: "Yes".]

Thank you very much. [Yogi: "May I help You, Shri Mataji?".] Beautiful rose (decoration on the packet) you have made.

Sahaja Yogi: Yes, yes, yes, decoration. May I help You, Shri Mataji?

Shri Mataji: Yes, I am not very good at it, thank you (Shri Mataji laughs). Only I can open Kundalini (Shri Mataji laughs, laughter).

It's beautiful, this is Toledo work, yes! Beautiful, beautiful.

Chakras is, this is the what you call the birds flying, like the Holy Ghost.

Thank you very much, very beautiful, very beautiful. You must write it down here (behind the picture) from Spanish people. And

date, because you know, so many presents, and they'll be all going in the personal archives (Shri Mataji laughs). Yes, so. So the progeny can see what you people have given the Mother.

Oh, thank you very much. So their engagement is now announced and they'll be getting married in Ganapatipule, both of them. Fernando ...

[Applause]

(Shri Mataji reads the paper with the present)

May God bless you.

Take this. I've tried to (open the package, which contains a coloured prism)

Oh beautiful, it's very beautiful. Nice, isn't it? Beautiful.

Thank you very much, thank you. I hope you have written your name there, somewhere. Inside the box could be, inside the box, both of you. You should have given Me the present after the marriage, not before (Shri Mataji laughs, laughter). As it is.

I would like to know the list of people who want to get married and their photographs – would be a good idea if you can send it to us earlier, before we go to India.

I mean, we have a form, and you can get those forms from England, and they are to be filled in with a photograph, so that we get some time to see for ourselves, because from all over the world – see heights, and also qualifications, and aptitudes and everything. So that we can match better. All right. Thank you.

[Shri Mataji does namaste] Thank you very much for a very nice puja. May God bless you all. Thank you for all that you have done for Sahaja Yoga, and all that you have done to look after Me. A little translate. And to look after Me.

May God bless you.

Now look after the new people, with care. It's very delicate, with care.

Let them feel your love first. Then your knowledge.

May God bless you.

[Shri Mataji does namaste then stands up to go out] Very good puja today, very good puja I must say, very good.

[Spanish Sahaja Yogis sing a song in Spanish]

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

[Shri Mataji leaves the hall saying:]

Very good puja I must say, very important. Done with heart, that's the point is. Done with heart, that is. [End of video]

## 1986-0530, How to enlighten energy centers?

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30 May 1986

How To Enlighten Energy Centers?

Public Program

Unity of Houston Church, Houston (United States)

Talk Language: English | Transcript (English) – VERIFIED

Public programme, Unity Church. Houston (USA), 30 May 1986.

I bow to all the seekers of truth.

One has to understand that truth is what it is, we cannot conceive it. We cannot organise it. We cannot order it. Only, as a scientific personality, we should have an open mind to see what it is. As we go to any university or any college, we try to find out what it is there, in the same way, when we have to find out about the truth, we have to be very open-minded.

But when we talk of 'love', we must know that love and truth are the same thing. There is no difference at all between God's love and the truth itself. This difference exists when we are not one with God. For example, if you love someone, even on a very mundane level, if you love someone physically, also you can say, or in a carnal way, you know a lot about that person; you just know it. But when you know the truth, then you become the love. And the love I am telling you about is the love that is all-pervading, which acts, coordinates, and is the truth.

But, for this, we have to realise that we have not been at the level which we call as the absolute. We are living in a relative world. And relatively, when we start seeing things, it cannot be truth. Truth cannot be relative. It has to be absolute.

And in our evolutionary process, when we have become human beings, whatever we know, as truth...for example, if you know that I am wearing a sari, through your eyesight you know definitely that I am wearing a sari, which is the truth for you, is the truth for everyone. Everyone sees the same thing. So it relates to your central nervous system: that you must know it on your central nervous system – the truth. It cannot be any imagination. It cannot be any mental projection and it cannot be anything that cannot be proved.

So we have to prove Christ, His existence, we have to prove God, on our central nervous system. We have to prove that whatever Christ has said, is the truth. Unless and until we prove that, no amount of talking is going to convince the progeny.

Now the time is come for us to prove that. And that proof, whether you call it scientific or Divine, whatever it is to be, has to be expressed on our central nervous system. That means we must feel it, we must see it, it should happen.

Mohammed Sahib has said – they all have said the same thing, only depending on the times as they were – that, "At the time of resurrection, when the humanity will rise, their hands will speak." He's talked of resurrection most of the time, but somehow they never talk of it, only of the doomsday.

And this is the reason why, whatever was important in every religion, was not given the proper importance. That's why, today, the situation is such that we find all of them in different compartments; but they are not. They were all born on one tree of life at different times. The same energy of love which nourished them. And [when] they flowered people plucked them saying, "This is mine!" "This is mine!" [And] put them into dogmas, into ideas, finished them completely. And then, now [what] we see is a quarrel going on.

So one must know that there must be something more we have to know. I would put it this way: that in the West, whatever

knowledge we have had about science or about other things, is like the knowledge of the tree which is outside. Now, whatever Dr. Warren has told you is the knowledge of the roots.

Now supposing, if the East has learned this knowledge from you, has tried to understand the knowledge of science – of course, which is not very fruitful, also, but doesn't matter – they have tried to learn this knowledge of science, why not we try to learn the knowledge of the roots? The roots of the tree of life. Why should we not try to find out what are the roots which are to be nourished, which were neglected, and that's why we have problems. These are the roots within us which are being described, and when these roots are understood, then only we will see that something more has to happen: that we have to feel those roots, [and] we don't feel them on our central nervous system. We have no sensitivity at all within us.

For example, now, supposing a person is getting mad, he's not conscious of it, that he's getting mad. Or if he develops some disease, he doesn't become conscious of it, till he gets some pain. But actually, these centres are the subtle energy centres, which give energy to the plexuses and look after us very well. But how to enlighten these centres? That was the big problem: how to enlighten these centres, so that we start feeling our roots. For that, God Almighty, who is our Father, who is very kind and gentle in His all-care, has made this beautiful thing within us and all of them are like the milestones of our evolution.

These centres are to be enlightened and when they are to be enlightened, something has to be done. For that, in the triangular bone here, is placed the energy called the Kundalini. It's a Sanskrit word meaning "the coils." It is in three and one-half coils for a particular mathematical reason. A mathematician can understand [that] three and a half is a very important coefficient. [In] three and one-half coils, it is placed there. And this has to be awakened, like a primule in a seed, to enlighten all these six centres, and ultimately enter through this centre (Sahasrara) which is the sixth one in this order because the seventh one lies down below the Kundalini. This is the important thing that has to happen to us: to become the Spirit, as Christ has told us that we have to become the Spirit, that we are to be born again.

It is again certifying ourselves that we are born again: you do not become! Let us accept one thing: we are not going to live with myths and dishonesty. If we are going to be honest with ourselves it is beneficial to us. It is benevolent for us to be honest with ourselves, and to realise that by giving ourselves certificates we do not become anything. It's only a mental projection. Whether I call myself a Christian or a Muslim or a Hindu, makes no difference whatsoever. Whatever dress I wear or howsoever I comb my hair makes no difference to me at all. In all honesty, we have to perceive and see. To reach that absolute stage this Kundalini has to rise. There's no other way out.

And this is what is the Holy Ghost within us. This is the Holy Ghost, it the reflection of the Holy Ghost. And Holy Ghost is the energy of God, which is Love, which is His desire. His desire is the Holy Ghost, and is reflected within us as the Kundalini.

So the desire of God is that you should become the citizen of His Kingdom, that you should enter into His Kingdom and enjoy all the fruits of His blessings: understandingly, knowingly, on your central nervous system. This is his pure desire, and if that pure desire within us rises, then we see that all other desires were useless, and they are not pure, either. Because we have some desire, say, for example, we want to have a car: all right, have a car; then we want to have a house: have a house. They are never satisfied. In general, it is said that, "Wants are not satiable", because they are not [real] wants, they are artificial wants. The real want, the real desire, is this one: this energy of pure desire that says you have to unite, unite with the Divine, with the All-pervading Power of God. That is our pure desire, and unless and until that desire is completed, you may do any kind of things, you may go to all kinds of things, try anything: you can never achieve it.

Now, this is a living process because God is a living being. He is not empty words. He is not just something like a dead book. He's not. He is a living God. He is a living energy and this is a living process, so it has to be spontaneous. It has to be spontaneous if it is living. For example, there is a seed and you want to sprout it. Can you order it? Can you mentally say, "Alright, now it has to sprout". Can you say that, "All right, I read these mantras to you, or Bible to you", or do this? Will it rise? No, it won't. It's a living process. You have to place it in the Mother Earth. Spontaneously it will rise. You don't have to say anything. You don't have to imagine anything. It will rise. And that's what it is, that this Kundalini has to be awakened in the same manner, in the living process.

Now, many people are surprised that I don't charge any money. How can you charge money for love, first of all? And this love, which is so spontaneous? I don't do anything, I'm just standing before you, I'm doing nothing at all. But if that love is, say, flowing all over, and if you get this awakening because of my presence, I am doing nothing; it's your own. Whatever is your own, this Kundalini is your own, your desire is your own, and if you achieve your Realisation, it's your own. What is there to charge for? To be honest, I don't do anything. There's no obligation at all. It's just the catalyst. Then you become the catalyst. Then the third person becomes the catalyst. Everybody can become the catalyst. But one has to be honest and truthful otherwise you cannot find truth. If you are living with myths, how can you find the truth?

Now the modern Sahaja Yoga, what I call it, whatever the way I am trying, is a little different than people could have used before. Like they first wanted to clear chakras, after chakras, everything, and then go to all kinds of penances and all that and raise the Kundalini, because people needed this cleansing. Now, what I thought was the easiest method is somehow or other to raise the Kundalini, somehow; make it even a little glimpse of the light into people, let the light come in the lamp, let the lamp be seen by the people themselves.

When the Kundalini rises [and] there's a flickering of the light, you can see yourself what's wrong with you, which chakra is catching, where is the problem, and then it's very easy to correct. But if I say, "Do this!" and "Do that!" – finished! Either they will categorically destroy me, like Jesus, or they may [call me] a Hitler or something like that. Better is that, allow them to judge themselves, let them become their own guide, let them become their own gurus and find out. But how?

When the Kundalini rises by itself and pierces through, what happens is that your hands start speaking. You start feeling all around you the cool breeze of the Holy Ghost. You start feeling the cool breeze of the Holy Ghost coming out of your head also. Now, when I tell you what are these centres for, what will they denote on your fingertips and you start practicing it, you start seeing how it works out and then you realise it's true. Then I say, now, supposing the Christ chakra is catching – this is the chakra of Christ. If I say that you might say, "How do you say, Mother, this is the chakra of Christ?" Because here you have to say Lord's prayer. If you are catching on that, without saying the Lord's prayer it won't rise. But a person who is not a realised-soul, if he says a Lord's prayer God doesn't hear him at all. Supposing this (mic) is not connected, this doesn't work.

You are to be connected to the mains. You are to be connected with Him. Once you are connected with Him, everything becomes alive and you can have a rapport [and] they can understand. Then you can say Lord's Prayer [and] it works, it just works.

And another simple thing I have reduced it to [is] just if you say, "I pardon everyone. I forgive everyone." It works ! Now, this is such a simple method. The other day I was surprised when I went to Spain. They said, "Mother, no, how can it be that simple?" And then another fellow told me that, "You see, Mother, we are confused, that we must suffer to achieve God. "

I said, " Which religion are you to achieve?" He said, "Christianity. " I said, "Impossible! It's not Christianity. It's the Jews who believed in that because they didn't want to accept that Christ suffered for them. Are you Jews or Christians? First decide." "Christians." I said, "Then it's wrong. How can you suffer when Christ has suffered for you? You don't believe in His suffering." Or did He not suffer sufficiently for you that you are still suffering?"

Then I challenged their ego a little bit, I'm sorry to say but I did. Because I thought they wouldn't understand this. I said, "You said you are suffering. I don't know of Spaniards suffering anywhere. If Columbus had not gone to America, we would have been finished in India, completely! You would not have had this. When did the Spaniards suffer? Let me know that. When did the Christians suffer as the non-Christians at the hands of Christians? What you tell me? I can't understand." It is not that.

It is something else you must know. That there's no suffering needed at all. He is God Almighty who is the ocean of love, who is the ocean of grace and compassion. If an ordinary father won't allow his son to suffer, how can that Great Father make you suffer? You challenge his love you challenge his compassion by saying you want to suffer. All right, you want to suffer, like Jews? [Then] have Hitler! You will have Hitler. You want to suffer, then suffer nicely! (laughter) Simple as that! You are not to

suffer anymore. No suffering. You have to enter into the Kingdom of God. I have come here to give you the message of joy and message of happiness and eternal life. I have not come here to tell you about sufferings at all. And I don't believe in it.

You suffer because of ego or superego.

There are two institutions within us which are built through our activity of the Left Side and Right Side.

Shri Mataji: I don't know, Warren, did you tell them about left or right?

Warren: No.

No. So the Left Side is our desire of power. And the Right Side is our action power. And the result of our action power we collect here [as] our ego; and as result of our desire power, we collect superego, means conditioning. We have both things. One side is the superego, another side is the ego.

Now, when these two meet here (at Agnya), and join together and there's a calcification on our fontanel bone area here then what happens [is] an I-ness develops within us and we become Mr. So, Mr. So and Mrs. So and all that. But when the Kundalini rises, here it is Christ the Lord, he sucks in these two. That's why we say he died for our sins, for our karmas. It's proved because he sucks in, he is the door here. He sucks in these two

institutions within us, where our conditioning and our so-called karmas are sucked in, and it opens out and the Kundalini rushes out.

You, yourself, can experience your own Kundalini coming out of your own head. I don't have to certify you. The experience is your own. Everything is your own. I don't have to say that you feel it, nothing of the kind: you feel it and then you feel on your fingertips.

Now here I feel that you must have pure intelligence. If it is biased, it's already being spoiled by your own dogmas, your own ideologies and all that, you won't see the truth easily.

I will give you an example [of] Dr. Worlikar or Dr. Warren. We have other doctors also, very well educated people and [also] very simple village people, extremely simple people. If you take the cross-section you can find people who are absolutely uneducated, you will find people who are very well educated, all kinds of people of all the walks of life. But, I have seen there's one common point about them, is they have pure intelligence; that once see the light, they accept it and they work it out. This is the only point where I have seen people fail, and that's how some people become Sahaj Yogis very fast and develop that state.

Now, this Dr. Warren must have given Realisation to thousands of people in Australia, you will be surprised. Then there are so many who have done this. But to establish you is your own value system. Realisation is not difficult, but to establish it you have to understand how to raise your Kundalini, how to establish it.

Some people take hardly three to four days and they establish it. Some people take a month at the most. But one has to get after it and respect your Realisation and love yourself first: that you are the instrument of God, and that [like] this instrument (microphone), as it is connected, you are to be connected with God. And if this connection is a little loose, you have to put it right – it's your job. And if you learn that, it's very easy for you. When an ordinary villager can do it, why not you? You will be amazed as soon as this happens.

We talk of peace. Those people who talk of peace...on the other side of it, as you know, I have another life also: they talk of peace, and the United Nations, this, that, big, big things. But [there's] no peace within. Those who have no peace within, how can you talk of United Nations or anything on the basis of peace? You cannot, because it's just mental and it will break in one moment as soon as something will happen of that kind, challenging your ego or superego.

So to get to the right point one must understand that, whatever human problems we have, are coming from inside, not from outside. You don't worry about atomic bombs, they will not destroy us. The atomic bombs within us are going to destroy us. As you see, AIDS has come, this has come, that has come. They are going to destroy us and if you can just manage somehow or another to take this Kundalini there and establish it there, you will have no problem of any kind, no problem of any kind.

I have seen people who have been cured of cancer with Sahaj Yoga. Our [country's] president was there and he was, [Neelam] Sanjiva Reddy – you may write to him and ask him – he got cured of cancer. And only ten minutes he took to get cured. You can get cured, even of AIDS, you'll be surprised, if you take to Sahaj Yoga.

But whatever one may try, you see, it doesn't go into heads of people who are much full of dogmas. They cannot believe that God can cure you! I don't know, they have the photograph of Christ in their house, they have Bible in their hands. What did Christ do? Didn't he have that energy to cure people?

Now this curing is not important, but as a by-product of this happening you get your physical curing, you get your mental curing, as a by-product. As a light comes in...see now, supposing I am holding onto a serpent in my hand and there is no light. In the darkness somebody says, "You are holding onto a serpent! Throw it away!" You won't listen. But if there's a little light, you see the serpent and you will just throw it away, "Oh, God!" That's how people have got rid of their bad habits of drug addiction and all that, just like that. But I must tell you it's so difficult to explain to modern people that there's something much higher than all this!

We had very bad experiences, sometimes in England. Like the BBC people called me on the television and asked me to speak on that, but they said we can't believe that you should do it without money. I said, "Why? How much will you pay me?" He said, "No! An Anglo-Saxon brain cannot understand anything without money." I said, "Then an Anglo-Saxon brain cannot get Realisation! That is the equation." How much Christ charged you? If you understand Christ at all, you must know that we sold him, and we are still selling him!

You cannot sell God, and you cannot sell all these things. That's what they were surprised at. And they wouldn't have me on the BBC. I said, "I will not say anything against BBC as such, but as far as my work is concerned, you cannot pay me." How much will you pay me you just tell me? This is just love and just affection. Like Sid came and just said, "Hello," to me: how much should I pay him for that?

Love doesn't, cannot, charge. All right, for your hall, you can, for other things you can. This is one thing we cannot understand. And [when] I went to Toronto, I was surprised they asked me a question, "How many Rolls Royces do you have?" I said, "I don't have any!" (Laughter). Then they are not interested in me, there's no business about it!

Now, we have to understand that we are seekers of truth, and we are seekers of peace within, the silence within, the love within, and that power that gives you, empowers you to love others. Now, when we love others, our idea of love is either some sort of possession or maybe some greed or maybe some lust or something. But this love has nothing to do with that, it's pure love. And the pure Divine love is such, like a sap in a tree, which rises and goes to all the parts of the tree, goes to the flower, goes to the fruit, goes to the leaves, and comes back. Supposing it gets entangled into one flower? The tree will die and the power will also die. It doesn't get attached, but it nourishes. It [is] absolutely involved, but not attached.

All this discretion you develop when you have your vibrations and you are surprised that you start talking like a third person. Like we had one lady from India, she came down with me to Los Angeles and we had her son from Honolulu. She said, "Mother, give him Realisation!" I said, "I have tried, you give." She said, "How can I? He's not getting it." So I said, "Then how can I?" Then I said, "All right, give him a certificate [that] he's a realised-soul!" "How can I give him a false certificate, Mother?" I said, "That's the point: he's not getting Realisation. That's the point! Accept the truth." "So what should we do?" I said, "That's a different point! But he is not getting Realisation! One must understand that." So she said, "Yes, it's true. It doesn't go; it doesn't work." "It." She didn't say, "I have done" or "I do it." "It doesn't work." You become a third person and you start talking in a third person language.



As in Sanskrit, we call it as akarma: that your action becomes non-action.

You do not act anymore, but it becomes a non-action, a detached action. You just say, "It doesn't work out. It doesn't move. It doesn't come out." Or "It does." So it's something else that is doing it. Actually, you are raising the Kundalini, but you don't say that.

And this power all of you have got. All of you have got this power. All of you should have it. Why should you hesitate not to have it, I just don't understand? Supposing you belong to somebody, or some special dogmas or anything: that has not given you full satisfaction, that has given you nothing! So why not have this power which makes you absolutely dynamic?

Now, you know [what] my age is, I'm very old and I am a housewife. I'm a grandmother and I have so much things to be done on the other side of my married life and I travel so much; everything I do, I don't feel tired at all. And you can become very magnetic and such a person becomes such a pure personality that even a glance of such a person can create peace, can give you joy, can lift you, can cure you, can do anything.

Such an ocean of power is within your reach and why shouldn't we get it? It's very simple. This is what, all of them have said it. It's not that it was said only by Christ, but every one of them has said that you have to get your Realisation. It was thousands of years back when Rama came, even before that, we had many other people, they came. Then came Shri Krishna, then came Buddha, Mahavira: all of them said, "Get your Realisation."

Buddha and Mahavira went to such an extent that they said, "Don't talk of God. Don't talk of incarnations. Just get your Realisation.", only Self-realisation, nothing else. Because they thought that, when you start talking about God, they just slip off.

So, tell them, "You get your Realisation," is the point and that's what is important. So people called them anishwarwad ( – atheist) – the ones who are atheists that don't believe in God. They did believe in God, no doubt, but they didn't want to talk about it, because they thought talking about God becomes a talk and a talk and a talk.

So, now the time has come to have the experience.

Unfortunately, Houston seems to be a little far away for my touring and all that, but in the whole world we have thousands and thousands of people who have got Realisation and are doing this work. Not necessarily that you have to give up your job. Nothing else to be given up. You are so dynamic. You don't have to change your names and wear funny dresses. Nothing of the kind! (Laughter).

Some people think you have to develop some horns, you see. There's no need to do all that nonsense. Wherever you are, it is an internal change that takes place. It becomes your own power. Only thing [is] the glow on the face is different; the glint in the eye is there. And such a person is a very loving, affectionate, and peaceful person; doesn't get disturbed, no pressures of any kind, nothing of the kind. A very, I should say, contented person. A very contented person. All this is your own, just, just, this breakthrough has to take place and I am sure it will work out.

I think tomorrow we are going to have a workshop for all of you.

I don't know, today do you want me to give them? Am I supposed to do the experiencing today?

Warren: I'm sure they'll want to.

Shri Mataji: No, ask them!

Seekers: Yes!

Shri Mataji: Thank you. They will always say so. (Laughter)

Now we have imported at least twenty-five Sahaj Yogis across the border. And I must say that one day should come when we should export from Houston lots of Sahaj Yogis all over the world. That would be the best time, when I will enjoy my coming to Houston.

So, as I said it, truth, love and joy are one theme, because all of them are the quality of the Spirit.

Truth, you know on your attention. Whenever you pay your attention to someone, you know the truth about that person. You know truth about yourself, and you know the ultimate truth also: that you are the Spirit.

You are not this body. You are not this mind. You are the Spirit. This is the greatest truth. And that's why it has to be established.

Once you become the truth, all the powers of the Spirit start manifesting automatically. Like a television, if you see, looks like a little box, but once connected, you see the dynamism of that. In the same way, this ultimate breakthrough has to take place.

May God bless you all.

At the end of it, I would like to thank you very much for arranging this programme. And giving me a chance to come and talk to all of them, and hope that next time when I come in September again, I may be able to come back. Because Houston, as I told you, on my way is a little bit far off, but doesn't matter. We'll have to work it out. If this time some people get Realisation, I'll definitely come back here in September.

So, to begin with, as I said, first of all, we must love ourselves. We must forgive ourselves. We have to forgive ourselves and we have to respect ourselves.

We are human beings. God has made us from amoeba to this stage. We are not worthless people. In His eyes, we are worth all the heavens and all the universes because you are on the stage and you are going to fulfil His desire, because He wants all of you to be in His domain and His Kingdom.

So first of all, you have to forgive yourself and not to feel guilty at all. If you feel guilty, I will tell you what happens to you – it's shocking. If you feel guilty, you develop this centre here, which is the Left Vishuddhi, as we call it. By developing that centre, you develop, from the very beginning, is the spondylitis. If you do not get spondylitis, then you develop a disease called angina. So please do not feel guilty at all.

Perhaps we have no idea what's love and His compassion. Above all, He is the ocean of forgiveness – believe me! His forgiveness is so great that we cannot commit any such a mistake that He cannot forgive us. We have to just forgive ourselves. We should not judge ourselves also. By condemning ourselves we are not going to help ourselves at all. On the contrary, just see for yourself that if He is really the compassion, the source of all the compassion, the ocean of joy and love, then how can we have a little thing like guilt, because that will prevent your ascent.

Because in the West, it's a fashion to be guilty. The language itself goes on, "I am sorry. I am this. I am afraid." It starts like that. So the whole language itself is that, the whole mentality works that you should take all the blame yourself. "Oh this blame is mine, yes, it's mine."

So please, this is one thing: one should not feel guilty. Nor one should think that you have done this mistake and that mistake: that is one thing to begin with. And then it's only about ten minutes job and you will get your ascent. And then you will do the same whatever I am doing here.

Now, first of all for this experience, we have to understand that all these centres are constructed on a physical level by the five elements, and the most important is the Mother element, this Mother Earth. So to take help from the Mother Earth, we have to take out our shoes and put our feet on the Mother Earth. She's the most helpful thing and this triangular bone is constructed by her special attention. So just put both your feet on the ground at a parallel level.

Now you have to sit comfortably, not uncomfortably, but not with a lazy attitude, a little alert attitude; straight. Not pushing back your head too much or downward, but in a straight manner.

Now with both the feet like this – and you can even take off your glasses because you have to keep your eyes shut all the time. There's no mesmerism on – and it helps your eyesight as well.

Now, these, both the hands, they represent: the left represents the power of desire and right represents the power of action. So we are going to use the left hand for desire to have our Realisation. So you place it comfortably on your lap towards myself or any way that you feel comfortable. If you think you can keep it on top of the arms of your chair, whichever way you like. And then the other right hand is to be used for helping your centres.

I will tell you how to raise your own Kundalini so you can do it at home also, and to raise it properly is very easy. And just now, you can raise it yourself it's very simple.

First of all, I will ask you to put your hand on your heart. You need not close your eyes just now. I'll show you the centres and you can just place it. Now, on the heart first then in the upper part of your stomach, abdomen. Then another one is on the lower part of your abdomen, on the left hand side.

All our movements are going to be on the left hand side.

Then we go back on the upper part of the stomach. Then we go back on the heart again. Then we go back on this centre, which I was telling you, between the corner, on the corner of the shoulder and the neck you can place this hand like this, and turn your head to your right so the hand goes back, quite back towards the spinal cord.

Then you raise this hand in such a manner that you press the forehead from both the sides, place your hand on the forehead, across; and, from both the sides of the hand you press it hard like that. You may bend your head, if you like.

Then you can put this right hand on the back of your head; not on the neck, but head, where the optic lobe is. And then press your head backwards, like this, push it upwards.

Then the last is that you have to set your hand and the centre of your palm, exactly the centre of your palm, has to go on the fontanel bone area, which was the soft bone in your childhood. Then you have to press it hard, stretching your fingers and press it hard, seven times move it slowly on your scalp. That's all. That's all you have to do. That's all. It's so simple as that.

All right. But one thing: please don't open your eyes, because attention is to be drawn inside and if the eyes are opened, the attention goes out, you know that very well.

So just like this sari of mine, the Kundalini is coming up, so it pulls out the attention inside with the movement of the Kundalini. Everyone should try this. It's very simple. Will help you immensely.

And then tomorrow, for the workshop, if you come, then we'll establish it well and we'll let you know what's all to be done about it.

So now we place the left hand towards myself, [that's] one thing, and the right hand on the heart and close our eyes. Just close

our eyes.

Now, the left hand should be comfortably placed. There should be no discomfort anywhere. I mean, if you feel any discomfort anywhere, it's tight or anything, you can release it so that you are comfortable, that's very important. Because discomfort can take away your attention, that side. So better be comfortable, relaxed and sit in a straight manner.

Now please put your right hand on your heart. Now here resides the reflection of God Almighty that is the Spirit in the heart. In the human being it resides in heart. Though the seat of God Almighty is on top of your head over the fontanel bone area, but the reflection is in the heart, that's why heart is so important. Here you have to say, or you have to ask a very fundamental question to me. You can call me Shri Mataji. If it is easier, you can call me Mother. "Mother, am I the Spirit?" Please ask this fundamental question in your heart three times. "Mother, am I the Spirit?" which is the truth, but you ask me the question please.

Don't feel guilty. I can feel still there is [a] lot of guilt going on, so that we think, "How can we be Spirit?" All of you are the Spirit. You don't know your greatness. You don't know your glory.

Just say, "Mother, am I the Spirit?"

Put the left hand towards me and right hand on the heart. Only one hand on the heart, one hand towards me.

Now, take down the right hand on the left hand side, in the upper part of your abdomen, on the left hand side, and press it with your fingers. Now this is the centre of your mastery. If you are the Spirit, you are your master and you are your guide, as I told you.

Now here press it hard and ask a question, three times again, "Mother, am I my own master? Am I my own guide? Am I my own guru?" We are not going against all the great masters who are real masters, sat purushas, sat gurus; like the great incarnations; like the great prophets. All those great Divine people can make us our own guide. Three times please.

Now, you have to take down your hand in the lower portion of your abdomen on the left hand side. Now, this is a very important, very, very important centre. This centre is the centre which works out all the Divine techniques and Divine laws of which we are not aware so far. We do not know. When the disciples of Christ got their Realisation through the Holy Ghost, they got, they felt, the cool breeze of the Holy Ghost and they started talking in a different language. They didn't speak in some language like Latin or Greek or anything, they spoke the language of the chakras. And they started moving their hands, so people thought they were mad.

But you will see now that all the Divine laws can be managed through your fingers if you get your Realisation, because your fingers become active and emit cool vibrations or cool breeze of the Holy Ghost. So there is nothing wrong in that, but those who were not realised people cannot understand that and that's why they called them mad.

That's not the situation today.

Now, please put your hand there on that centre which is called Swadishthana. And here you have to ask that you want to have the true knowledge, the pure knowledge of this technique. I cannot force on you anything because your freedom is to be respected. If you have to get the complete freedom it should be done on your own choice and your own freedom.

So here you have to just say, "Mother, may I please have the Divine, pure knowledge?"

Please ask six times because this centre, as you will know later has got six petals. Please ask, "Mother, can I have the pure knowledge of the Divine?" "Mother, may I have the true knowledge of the Divine?" Six times. Now six times you have to ask this.

As a result, Kundalini has started moving. So now, to enlarge the higher centres, and to give full confidence to the Kundalini, we

have to put our right hand in the upper part of the abdomen on the left hand side and press it hard, and say here, with full confidence in yourself, "Mother, I am my own Master. Mother, I am my own guide."

Please say it with full confidence. There's no ego about it. With full confidence you must say so [that] the centre of your mastery will open out and the Kundalini can pass through well. It's effortless. Only thing [is] we are helping the Kundalini to have Her own way upward.

This you have to say ten times, because there are ten petals to this. This is actually the ten commandments, which represent these ten petals. And there were ten

Satgurus in the past who came again and again on this earth, like Prophets: like Moses, like Abraham, like Lao Tse, like Socrates.

Please say this ten times.

Now please raise your right hand to your heart again, and press it hard. Here is your Spirit. Again, with full confidence, you have to see the greatest truth: "Mother, I am the Spirit." Please say it ten times, "Mother, I am the Spirit."

This you have to say twelve times, with full confidence. Twelve times, "Mother, I am the Spirit."

Now please raise your right hand and put it on your shoulder, in the corner between the shoulder and your neck, on the left hand side and press it hard.

Turn your head to the right, so you can push back your hand now. Take it from the front side, don't take the hand on the back, but just from the front side across. You can do it. And here you have to say, sixteen times, "Mother, I am not guilty at all" sixteen times. Turn your head to the right and say it sixteen times and even then, if you want to feel that you are guilty, or if you really believe that you are guilty, I think that you better punish yourself by saying it a hundred and eight times. (Laughter)

You should be pleasantly placed towards yourself, as I have been requesting you, to be pleasantly placed towards yourself. Not to condemn yourself all the time, to find fault with yourself and to say that you have done this mistake and that mistake – nothing of the kind. So just be very pleasant and happy about it and just say that, "Mother, I'm not guilty at all." Please turn your head to the right, please, it would help you. Sixteen times.

It's still terrible. Just go on, saying from the heart. Please say it from the heart. Still catching very much, I don't know what I have said that you feel guilty. If I have said something like that forget about it. Forget about my lecture also. It's too much sometimes with the guilt business.

Now, raise your hand, right hand, across your forehead. Press it on both the sides. Now here, from your heart, not how many times, from your heart, you have to say, "Mother, I forgive everyone," from your heart.

Many of you may think that it's difficult to forgive. But it is myth. Whether you forgive or you don't forgive. Only thing [is], when you don't forgive them, then you play into wrong hands. So please say it from your heart, "Mother, I forgive all of them. Every one of them." And don't try to remember whom to forgive, please, in general.

Now, that's a nice happy mood, I think.

Now, please take your hand back, on the backside. And now I would request you not to be very serious about it, because if I say something you shouldn't do it that seriously. It's a very simple method.

So just push back your head and not here to feel at all to feel guilty. You have to say it once [and] for all, for your own satisfaction, that, "Oh Divine, if I have done anything wrong, please forgive me." But don't try to remember anything like that, what

wrong you have done, or what harm you have done, nothing of the kind. Just push back your head for one minute.

Now, stretch your hand, stretch your hand, and put this hand in such a manner that the centre of your palm goes on the fontanel bone area which was a soft bone. Press it hard, stretching your fingers and move it seven times, slowly, slowly, in the clockwise manner. That's all. Press your head. Press your scalp, hard.

(Shri Mataji blows into microphone).

Please take down your hand. Put it on the lap as the first [other] one.

You can now open your eyes, slowly. Now watch me without thinking. Just watch me without thinking.

This is the first state, called as 'nirvichara samadhi', where you are without thoughts.

Now put your right hands towards me, like this, slowly. Just right hand like this. And with the left hand try to see if you feel any cool breeze coming out of your head.

It can be quite high up also, with some people could be high up. All right?

Now put it, this one, towards me, like this, the left one. Now with the right hand just try to feel. You might get some hot, also coming; hot breeze coming out, because the heat might be coming out also. It doesn't matter.

Now please keep this hand, now here you have to ask for your Realisation. I cannot force on you. So you have to put both the hands like this and say, "Mother, please may we have our Realisation? May I have my Realisation?"

Now, push back your both the hands like this, like that, and ask a question by pushing back your head towards the sky, asking a question:

"Mother, is this the cool breeze of the Holy Ghost?" "Is this the All-pervading Power of God?" "Is this the Brahma Shakti?"

Ask three times any one of these questions.

Now please take down your hands. Now see for yourself: are you feeling anything in the hands or not? The cool breeze. Feeling it? Good.

It's all over. Just you can feel it within yourself. It's all over. Now you might think it is air conditioning: it has nothing to do [with that], because it acts. You see, many people first think it's air conditioning. It acts, air conditioning cannot act. All right?

Today is a first day. In one day, how much one can explain? It's a vast ocean of knowledge.

I must have given at least two thousand lectures in English language so far. And you can get all these tapes and everything here – they are in video tapes also – about everything. But experience is the most important thing. And to keep the experience on.

It's very relaxing. It's very peaceful. Now, I would like those who have felt the cool breeze from their head or in their hands to raise both their hands to see what the result is like?

Look at that! May God bless you! May God bless Houston! May God bless you! (Applause)

How about you? You got it? He got it? Great! Congratulations!

Now respect your Realisation. You can't argue [about] it because you go beyond thought.

Tomorrow, I hope you will make it convenient to come for the workshop where we'll answer all your questions, we'll look after you, every one of you. And whatever is possible in these two days, we'll try to work it out for you.

May God bless you.

Don't feel guilty! Even now I am catching on that finger, so I would request you, you will catch on this finger if you feel guilty, all of you, so you might get a little burning here, so please don't feel guilty. Be very happy and joyous. You must laugh it out now. You have found it! Like I went to Rome and the director of the national television was a very interesting man, and he said, "First give me Realisation, then only I'll interview you. I said, "All right!" He got his Realisation and started laughing. He said, "How will I do the program? I feel like laughing all the time." I said, "Better laugh! That's the best way."

So now, tomorrow I hope to see you all. Please make it convenient, please.

May God bless you.

So, thank you very much. I thank you very much. May God bless you!

## 1986-0531, Your fort is thoughtless awareness and Workshop

View [online](#).

31 May 1986

Your Fort Is Thoughtless Awareness And Workshop

Public Program

Houston (United States)

Talk Language: English | Transcript (English) – Draft

Introduction by Dr. Warren :

Power of achieving your union. Once it's over this growth process has to manifest has to develop you have to learn little techniques we have to teach you how to meditate so that your Kundalini stays here [top of the head]. So the connection with Almighty God's all-pervading Power is a permanent thing. Because what can happen is Kundalini can come up and fall, come up and fall. You have to stabilize it. As if you have to put a close plug here (top of the head) to stabilize it and make yourself strong. So that all the time that connection is there and now why because when this connection is there not only are you feeling vibrations because frankly, that is just the outer manifestation. When you are connected and that connection is strong, you are a very different personality. You are enjoying yourself. You are enjoying the blessing of God. You are a magnetic person. You can give to others. You become extremely generous. You develop all the qualities of all these chakras. So you become innocent and pure. You become creative in that divine way. You become satisfied and you live a righteous life automatically. You become secure in every way. You become the witness who just watches the whole drama. You become a forgiving person and you find where is this ego where is this superego that I was so troubled by before disappears you become a third person and so forgiving and with that power of forgiveness nobody can manipulate your mind, trouble your thoughts, make you feel tensed, make you feel bad. You become a powerful person and this Agnya Chakra starts opening and your whole awareness starts improving. When this centre (pointing to Sahasrara Chakra) becomes opens and the Kundalini stabilizes your whole awareness your brain, your consciousness expands. The light expands in every cell of your brain. All the angularities all the bad chemistry all the synapses which are a little bit out of balance all the tracks which are having to reboot themselves and which are a little out of balance start to come into some of coordination. All the glandular systems and all the efferent and afferent nerves from the brain start functioning in a perfect way. This starts to become a tremendous powerhouse which is not just a computer which is limited but it's an unlimited connection because this is open and the Power of God starts flowing inwards and bathing every cell of your body and giving you knowledge which you never had before. Every cell of your body becomes aware of it.

Shri Mataji is here.

Just as You came Shri Mataji we were just speaking about Sahasrara, the last chakra.

[ Shri Mataji: I was expecting a call, I thought nobody was turned upon.

Dr. Warren: Oh yes].

So at the Sahasrara, we become silent. Extremely powerful. But powerful in the love of God. Powerful in the sense that you become a totally collective being. You want to share this joy with others. Your central nervous system starts functioning in a most miraculous way. This collective consciousness, this telecommunication system which starts working is tremendous. Mother has given us all these things. Now that we have got it we have to learn how to develop it. And this is the beautiful dynamic of Sahaja Yoga.

Thank you very much.

And now Mother you said last night that you do nothing, you don't do anything, you don't claim any Powers but I'm very frank with



them this morning. Mother claims nothing but we have to know from where is this coming. What is the source? Is there an instrument which was meant to become the mouthpiece for the knowledge. What was it Christ said? I will send you a Counselor, a Comforter, a Redeemer, the Holy Spirit. Have they meant the ideal was [UNCLEAR]. Mother came to give us Counselling to give us the knowledge which is been hidden away because man was too stupid to accept it. She has come to give us the Comforting to heel and to nourish and to bring things back into balance and She is giving us our redemption because redemption is the Second Birth. If this has to be the part of the plan of God we should just like little children be so abstract [UNCLEAR] and yet so be grateful. That's the time. It's taken place. So it gives me great pleasure to again introduce to our dear Mother, Shri Mataji Nirmala Devi. Thank you.

[ Shri Mataji: (Talking to Dr. Warren: There is no end to lectures. I would say that why not ask them if they have any problem, any questions and I will answer. Because there is no end to it, isn't it).

Dr. Warren: Good idea].

Shri Mataji: I was just suggesting to Warren that you have come here so kindly and there is no end to these lectures. You will be amazed I must have given thousands of lectures and visited so many places. What you really achieve is through your own ascent. No amount of lecturing and convincing on a mental level is going to really help you. But we have certain problems and specially mental problems. Now I would say that if you have any questions is better that I explain those questions to you rather than give you some lecture that is may not be related to your problems or questions. Which is better that you ask freely whatever questions you have to ask. Feel free to ask the question. Absolutely free. That's much better to have a proper report and understanding about the Divine.

Yes madam!

Seeker: [UNCLEAR]

[ Shri Mataji: You just come here ( addressing to Dr. Warren). I'm not very good at American English. Let him, if you don't mind. Just a minute, just a minute. I mean I'm all right, sometimes I miss a point. I must say I'm rather..( talking to seeker)].

Yogi: First of all she thinks that You came here just for her.

Shri Mataji: Yes it's true. A very true for all of you.

Yogi: But she herself has been doing what may or may not be some sort of Kundalini awakening and she is feeling some sort of energy at the base of her spine. She just likes you to explain that little more about it.

Seeker: [UNCLEAR]

Yogi: She doesn't quite know what it is moving around her body and so.

Shri Mataji: Now you don't mind if I tell you the truth isn't. Yeah. You see when you start doing something with the Kundalini it is unauthorized in a way. Unless and until you are a Realized soul and you know all about it you should not really try to touch it. The reason is has he has told you that at the base of the Kundalini sits a deity of innocence. A very powerful deity and it has a fixed reaction about things. So anybody who tries to put the hand towards the Kundalini in an unauthorized way the movement of anger starts like energy heat giving energy from this centre goes through the left side and moves again to the right side. And it can be very dangerous in that way because this deity which is actually later on manifested as Jesus is a very powerful deity and extremely aware of its responsibilities. And when this starts I have seen people going into frantic states and also one fellow came as if he said that many bees have bitten him in the body whole time the energy was just sort of biting him all over. But it can be smoothed down, it can be brought to the normal. But this is what we call in medical science the excitement of the sympathetic nervous system and not of the parasympathetic which is the central path. So if the sympathetic is excited then what

happens that you get all the sympathetic systems working and the system sympathetic has a job of doing some emergency work. Like supposing you see a tiger for example you see a tiger then you get frightened. What happens actually when you see a tiger the sternum bone starts pulsating because there is a centre in, what we call as the Heart Chakra or the Anahata, it starts reacting to it and sending out messages to the antibodies to react. So as a reaction to that fear you see we start getting palpitation and this and that and also perspiration and all these things happen our body becomes numb. In the same way when the Kundalini doesn't rise, Kundalini doesn't rise through these left hand or the right hand. It's the reaction of this deity which comes as heat wave and that reaction when it is combated by the body then you feel these problems. But it can be easily come down brought down to the normal. And once this deity is brought down to the normal then the Kundalini will rise slowly in the central path. Already it has started if you see. Now just see yourself. Shri Ganesha that way is an eternal child. As a very sweet thing. It's very easy to please Him, very easy to please Him. That's why Christ said that you have to be like children when you enter into the kingdom of God. Because is this child-like innocence which helps you to be there. So there has been something wrong, in the awakening of the Kundalini. It has to be authorized. For example, Warren can raise the Kundalini. But when he tried supposing before doing it he got the other funny experiences of supra-conscious experiences, we call it like you start seeing things and seeing lights and all those are supra-conscious. But you become the light is the point. You become the light you don't see the light, you become the light and you have the powers of the light. All right. That should happen. So there is nothing gone wrong as such but the thing that has moved in the wrong direction which can be brought down.

Seeker: [UNCLEAR]

Yogi: When this happened, She has no prior knowledge about Kundalini was.

Shri Mataji: But you must have gone to an wrong person perhaps or you might have [someone interrupted Mother]. All right. I don't know why it should happen. I mean anything is possible. You see these days in modern times as Krishna has said is full of demonic forces working, Asurividya (Sanskrit word) . God knows from where what works out really it is impossible. I was this morning talking to him I was surprised that how these ideas of homosexuality and all this nonsense such a waste full frustrating nonsense that comes on this Earth. From where does it come and how it works out, you see all these are demonic forces. I just do not know it should not happen because you are a seeker. And you are a simple person. It shouldn't happen. I know that. But maybe anything anyone can work out specially I find in a Houston a kind of a black magic working out somewhere. I told them as soon as I came here I can see the forces of black magic working out here. People are innocent, they don't know they are naive and they can be attacked. You can feel it. And that's what I feel something must have happened. All right. May not be, you may not be responsible at all. It is quite possible I know. Like I went to a place called Mombasa and I was surprised that so many people were possessed there. As soon as I touched the shores I said bah (it's a Hindi word ) what's this place is like it's full of negative forces, full of these things and you are not aware of it. It is in the atmosphere. So it's all right doesn't matter not to feel bad or guilty about it. You are perfectly all right for me.

Yes!

Seeker: [UNCLEAR]

Shri Mataji: That of course. That is, that is the thing one has to do is. First of all to get you Realization and then your fort is thoughtless awareness. You have to develop that and it's not difficult. There are very simple methods of putting yourself into what we call as a bandhan is a kind of a your aura is to be protected. But your hands themselves are now charged with the divine force and you can put a bandhan to yourself like this. We put it seven times, some people put three times, only with your attention also. But as soon as you are a Realised soul you get protection, you get protected. Surprising thing is that say when Warren got Realization, I mean he was hardly with us for some time and he always felt he is protected. It happens because you have entered into the kingdom of God. So you don't have to worry at all about these things. Actually, before Realization, our situation is such like the Indian villagers you see if you tell them that you don't have to take any heavy luggage on the aeroplane. Because you see aeroplane can't carry all these, it's too much. So they went on to the aeroplane and put all their luggage on their heads you see. In the same way we are carrying our problems. When we are sitting in the aeroplane made by God, He is the one who is going to carry all our problems. And then the awareness comes in you. Awareness comes in you gradually when you see

these miracles happening. You are amazed why should I worry. I'll give a simple example, you see how on a material level also, it was on a very gross level. In Australia there was a little girl who wrote a letter to me saying that "Mother, I want to come to India and my mother also wants to come, but I'm sorry we don't have sufficient money to travel down. And I don't know what to do how to buy the ticket to go to India. And she had a faith in her school, she took some trinkets from the house for sale, and the teachers saw one chain and she said "Oh god this is real gold". She said "How can this be gold, we never had gold in the house". Maybe your grandmother's. No we never had have anything like that. We better take it to the jeweler. So the mother took it to the jeweler and you will be amazed the price he gave was exactly the price they would pay for their ticket, exactly. Happens so many times just surprised that on such material level you are looked after. Like one lady came to Canada from Australia to work it out and she has to borrow some money. When she went back to Australia she was rather worried because her money was exhausted and she didn't know how to pay back the loan. And just she said I didn't even write to you Mother, I was thinking of writing to you. Next day she receives the money from the income tax saying that she has paid more income tax but exactly the same amount that she owed with the interest in it. So we don't know how God is kind. How he looks after us. All the miracles you have read so far you will see it in your life and will be surprise how these miracles are taking place. On absolute material level, to your physical level, to your emotional level, to your spiritual level, you will be amazed how it works out.

After all, all these communications, all these instruments have come from within yourself. So whatever you are you are the best computer you understand, do you realize that. God has created the best computer there is no programming needed, as soon as you see me, you see me. Then now you are going to know the computer how to work it out. Only thing you have to know how to work it out this energy which is all available to you. And everything is absolutely arranged, organized for you. You will be surprised yesterday only the day before yesterday somebody told me a miracle happened to her. She had come from India and she wanted to come and she had no money to come to Houston and she thought why to borrow money from anybody else but she borrowed and she took the ticket. And when they went to the airport they were five people coming they said that we are sorry we can't give you the seats because all the seats are overbooked. So they paid her ticket free and gave her a hundred and twenty-five dollars each to all five of them. So sweet are His ways. So delicate. You get worried and suddenly you find "Oh God" why was I worried see here on the corner standing there you find "Oh". It's so wonderful. I'm not telling you stories, it's a fact. I mean now Sahaja Yogis say Mother, miracle has lost its meaning in Sahaja Yoga. But try to understand that God loves you and He knows each and everything about you. And that now you have entered into His domain. Believe into your position. Actually, look at this Sahaja Yogis who are sitting here they all are most of them must have given Realization to thousands of them, but if you look at them they look so simple, there is nothing. But these gurus who have done nothing, no Kundalini nothing of the kind, have no knowledge, just they know some chanting and nonsense, they have made big big buildings, they are boosting. Yesterday I had to tell them why don't you tell people they still feel shy to talk about it. You become so humble. But no doubt miracles work and work and then you start thinking where am I? That's very true you will start it from today only all these miracles happening. So don't you worry you are protected. Also immediately you know on your fingertips. And now if you see somebody you wouldn't like that person somehow or other you will get out of it, not insulting that person but you just try to just get out of it. But you will feel say on this chakra if you feel left Agnya and you will feel it on this (Left Swadisthana finger) finished, that means the person is possessed but with this, if you have also has this finger [ right Agnya Chakra] then be careful of that person, such a person could be very aggressive. So all these little little things once you know, you can manage it. Immediately you can ( you see you) become so sensitive that you don't have to be told you just know because you are standing in a position where you know the absolute.

You become the light I say. You don't see the light you become the light. Unbelievable isn't. But again I tell you a story about the (say the) villagers that a box was taken there and shown that this is called as television and if you put to the mains you can see nice drama and play in that. So, they said now you are coming from the city to telling us the stories. And when they were put it to the mains they were amazed. You are made like that. You are the computer of all the computers. You are the television of all the televisions. You are the telecommunication of all the telecommunications. And when it works you will be amazed how it works. We have not know His grace that's why we have not been happy people.

Now I am 64 years of age you can imagine and I am traveling I got my grandchildren, traveling no body can travel like me I think now, even a young man will go mad. Warren gets tired sometimes with me. I travel and I work nothing happens to me. I am all right. Nothing wrong with Me. It will happen to all of you. You will knock down your ages, you feel very energetic, the energy will

flow when you know how to handle it. Everything can be worked out. Nobody can harm now any saint. You see that. Anybody who tries a little bit like that will be harmed so much that they will be frightened of harming any saints. Those days are gone when they managed it. No more can happen of that kind. Nobody can get away harming a saint. So be sure about yourself. But one thing is there they should be little acidity, little bit respect for your Realization and to work it out, to know about it. That's all. Everybody can know. It's nothing a big sort of an intellectual feat or anything. Anybody can know it. Just know it well and reside in it.

The second part it's a collective happening now. So the more you collective together it works out. It's not in the house I have everything Mother and I am doing meditation, no. You must meet every week or something. Luckily you have very powerful Sahaja Yogis in Houston. So you must meet there meditate, understand, and discuss. And wherever you all meet there is the attention of God Almighty. But if you just stay somewhere else for months together and you don't meet each other then it doesn't work out. Because this is a collective being. Like this finger is cut off from the body you don't feel it. You are part and parcel of the whole. Like this finger now is sick or has any pain, the whole body reacts to give it relief, isn't it. And there is no obligation after all this is my own finger, who is the other. In the same way you become a part and parcel of the whole like the cell in the body and anything happens to you the whole body, the whole universe, the whole creation of God looks after you. But you have to be aware about it that's all. We have no idea about ourselves that's the main point.

Any other yes, please.

Seeker: [UNCLEAR].

Shri Mataji: Oh I see all right.

Seeker: [UNCLEAR].

Shri Mataji: Of course, of course. That's very important.

Yes, please. Yes. Yes. There's a lady, two of them. All right. Should we have her first? All right. Yes, please.

Seeker: [UNCLEAR]

Yogi: First of all she thank you for coming to you. The other point is you raised last night was that you are saying we have to realize our guilt. She says the most of the guilt is subconscious so how can we realize it if we don't know that it exists?

Shri Mataji: It's not at all subconscious. There is nothing like subconscious guilt. Is a myth. It's our own storing[UNCLEAR]. Just say "I'm not guilty", finished. I must tell you this problem started with the Paul. Paul in the bible. I don't know why he is there. And he started all this nonsense of saying that you are guilty, you must feel guilty, you must confess this that. I have seen so many priests come to me they are mad because if you go and tell them this I have done wrong, that I have done wrong and suppose if you have not even done wrong you have to make up some story to go and tell. This is absurd. What is there to be guilty about I mean you are at the epitome, epitome of this creation. Is like a little flower saying "I'm guilty" it won't say. But you are at the epitome all the flowers everything is for you the human beings. What is there to be guilty. I mean always putting down human beings to these levels has caused problems. This is because I think it's money-making proposition I think. To make everybody feel guilty so that you give lot of money to remove the guilt. They all will go to hell and take all others with them. That's not the way God's ways are. There is nothing to feel guilty. Of course I mean somebody who has really done something wrong like Hitler, you can say. He never felt guilty that's one thing sure and none of them will feel guilty even now. That's a trouble. Because if they could not been that cruel if they have felt guilty. Still they are going strong. And you people who have nothing done wrong are like small little children feeling guilty. Don't worry about your subconscious and don't worry about your supraconscious. Just be in the conscious mind that is today. Just now at this moment you have to be here. Every moment is so dynamic filled with joy. But we live in the past or the future. A thought comes falls down and another thought comes falls down we are jumping on the curps. But when the Kundalini rise what happens that in between the thought there is space where we stand, that's the "Present"

without thought and we enjoy the complete beauty. The guilt and all this nonsense comes to us through thought. What about the animals they don't have any guilt, do they. So our subconscious come from the animals they have no guilt. From where does it come then. It's only the training of the mind. People have trained the mind that you are guilty from the very beginning. But it reacts the other way around. I really tell you it reacts the other way [UNCLEAR]. For example, Indians never feel guilty. If you ask them are you guilty? They said no I have been never being to a law court. They just don't understand this word guilty business. What is there only in law court they say that you are guilty or not guilty. They don't understand what is guilty, what is guilt. Indians don't understand. It's unknown to them what is this guilty business is. Only when the priests from England went there and taught them you see it's a story that in a village they were saying farewell to a missionary and they said "Thank you very much, Sir for telling us we are guilty and that we are sinners". We never knew. For giving this special knowledge about ourselves. It's nothing to feel guilty at all. That's the point I'm trying to make, you see and this subconscious and all that is brought by this horrid people like Freud. He is the one who is responsible for AIDS today. Where is he gone now. He should be crucified first. Not only that we listen to him but he was treated like Christ. Stupid fellow, he didn't know anything, he suffered from all kinds of troubles, all kinds of problems and he talked against the Mother from the very beginning the whole basis is against the Mother, the virginity of the Mother. She can't think of something sublime. This horrible Freud. But I tell you people are really fed up with him. (Because in) He worked actually in Austria and in Austria when I said all these words they clapped the hand very happy because they were feeling guilty about him being there. He brought you down to the level of a sex point. You are sex point you must dance like a sex point all the time. I mean all these sex problems are our own mental problems I tell you. We don't have these in India. We have no sex problems on the contrary, we are producing much more children than anybody can produce. And I think the children also before taking their birth they must be thinking these are crazy people in the West, they were thinking about something nonsensical and that's why they are fighting among themselves, husband and wife fighting, you see so many divorces better to be born in India. So, I think your surplus is also coming there only. We don't fight our husband and wife, nothing of the kind. We lead a very sensible sex life. We are not bothered at all. We have no frustration on that and it's perfectly all right. That's normal. Every animal kingdom, everything is all right why should it be so difficult in human beings. It is because mentally you see you have put all those horrible things into your head. Nothing exists. All mythical. Believe Me, all mythical.

First of all we must give up arguments. I Mean such beautiful people can't live together because mentally somebody has put some injections in the head. People like Freud or Hitler all these horrible people. Freud couldn't come up to Bombay even you see. Nobody would accept such an nonsensical person. But he was so much accepted here. And Yung who was a sensible man was discarded. In the whole of the United States, there are twelve Yungilaes. Can you imagine only twelve. And everybody is a Freudian. But thank god, aid has come so Mr.Freud is going in the background. He is the one who brought all these problems to you. Now so we come to one thing that don't worry about the subconscious which is the left side, don't worry about the future supra-conscious, be in the center. As very simple is that we say I'm thoughtless aware, I'm thoughtlessly aware. That's all. This is the mantra. This is the chanting it will happen to those who are Realized. Those who haven't got will get it just now.

Any other question? Yes, please.

Seeker: What is the difference between this Yoga and Kriya Yoga?

Shri Mataji: Just the opposite. This is "Akriya" where you don't do anything. It's spontaneous. Sahaja, Sahja means "born with you". It is born with you and is a right of every human being to get this Realization. Yoga is the "Union". And in kriya Yoga, you have to do something. In the early days of Kriya Yoga, I don't want to because you have brought in the thing I don't want to be controversial about it. But you will be amazed there are still people in Los Angeles whose tongues were cut the thread was cut and waging their tongues, even today you will find them there. Because they said this tongue should be taken back and could be done "Kechari". Kechari is an action that takes place when the Kundalini rises you see, this Vishudhi Chakra opens out naturally the tongue is pulled inside. But you don't feel it at all. Yesterday did you feel anything, nothing. It just automatically opens out because supposing the car gets ignition or when you start the car automatically all the instruments in the car start working. Because they were made like that isn't. In the same way when the Kundalini starts rising all these bandhas [Hindi word] and all these things takes place otherwise how will you support the Kundalini up there. But it is all built in within you which automatically happens. You don't have to do it. The other way down the Kriya Yoga is like this that to start the car you move the wheel. All right. It is just the opposite of it. Absolutely. I don't know from where these ideas have come. Because even in Patanjali's Yoga Shastra

it is not described that way, nowhere. If you have to take Patanjali it is Sahaja Yoga completely, except that in Patanjali he has not described the Kundalini. But absolutely is the same thing he has said. Samadhi yoga, nirvikalpa, nirvichara but he didn't mention the Kundalini. Actually, it was first mentioned fourteen thousand years back by a great saint called Markandeya. But his books were never translated in English language and then gradually it was kept as secret knowledge by the people who were doing the central path work you see. The right side people were doing the Vedas work and the left side were doing the devotion bhakti work. But the central path were people kept it into a very low tone and would give Realization to one or two persons. At the time of Shri Rama there was one Natchiketa who came to Janaka who was the father-in-law of Shri Rama or the father of Sita, who was a Realized soul and who used to give Realization to people and he took his test several times before giving him Realization, big stories about it. So like that, you see this is about eight thousand years back. Very few people got Realization. Like on a tree of life, you can only find few flowers to being with, and then blossom time like today is there so everybody gets Realization. As simple as that. But every time it is spontaneous no where it is written that it is done through so kriya. Even Kabira has said "Sahaja Samadhi Lago". "Sahaja" you get it. Nanaka has said. Kabira is the recent one. Kabira came even after Mohammed Sab came. Mohammed Sab has said it is spontaneous. Buddha has said it. Mahavira has said it. All of them has said the same thing that it is spontaneous, nobody has said you have to stand on your head. It is simple to understand it is a living process and for living process you don't have to do anything, you just built in.

Yes Madam!

Seeker: How is it related to Hatha Yoga?

Shri Mataji: Hatha yoga, you see Hatha yoga was practised in India thousands years back when we had a system called "Four Ashramas" you see four style of life that we used to lead or four periods of life. In the first period of life it was "Brahmacharya" when they lived like "Celibate" people in an university. Even today that university we carry as a name as a "Gotra". Like My is "Shandilya". Shandilya was of my family Guru long long time when they were thousands of years back, at the time of twelve nadas, means I don't know how many must be about sixteen thousand years back, this Shandilya lived. But even today if I have to marry someone I can't marry of the same gotra. Means of the same university even today after so many years I can't marry because we are one family. So university was regarded as a family and nobody could marry in one family because they were all brothers and sisters. To keep a very celibate attention. Because if our attention is all the time, nowadays you see the boys are looking at these and girls are looking like at that, you see they can't concentrate. So the whole idea was to keep them till about twenty-five years at the most as celibate people, that was known as "Brahmacharya".

The second one was called as you know "Gruhastha" where children were born. And they looked after the small children. Then these same children after five, six years were sent to these colleges where their grandparents went for "Vanaprasthashram" where the grandparents live like normal people not having any sex relations and all that, so the children are kept very clean from five to twenty-five years of age. And then they marry and enjoy the best of married life. Like that it was and ultimately the "Sanyasa". So these institution of four ashramas existed long time back when Patanjali's things were worked out. Because he had "Ashtanga Yoga" means there are eight parts of the yoga. And in the first ashtanga, he has talked of "Yamaniyaama". Yamaniyaama means by which how to keep yourself absolutely your attention clean and pure and secondly how to keep your body mobile. And that's why he thought all these different, different asanas. But the first thing was to awaken the Kundalini. When we awaken say your Kundalini or your Kundalini is awakened supposing, now if you have a problem say here, for example, supposing you have a throat problem then what is the use of doing the asana of the stomach. So first the Kundalini must move so you know where the problem is and then correct it by asanas. But nowadays the way people are doing Hatha yoga is like taking all the medicines from all the medicinal boxes, without any discrimination about it. We too do asanas but whatever is required. Whatever is not required we don't do. But how will you know unless and until your car moves, how will you know where will be the obstruction. So where ever is the obstruction discretely we use that asana. We to use but it's an integrated thing, it is not just physical. Human being is not a physical being, you know that. He is a emotional being. Supposing if you do Hatha yoga the way people are doing, I can assure you such a person will become a dry personality, there will be problems in the family, he may have a divorce, he may become impotent. Because it is very one-sided. Like even the people who are running and jogging they may have the same problem. They may become absolutely emotionless. Body is not everything. We have our mind, we have our emotions, we have our intellect, all these things are there, to be looked after. Has to be integration. But so much importance

is given to the body I just don't know. Nowadays you find people suffering from anorexia and all these troubles and some women I find just like mosquitoes if you just, you see blow heavily they just go in the air. For My body, I need a lot of what you call fat and lot of water. Because I need to protect all these chakras which moves so fast. You will be amazed if you put your hands sometimes on My chakras you won't be able to put there, it will be just jumping. So, I have to have lot of fat because the fat has the vibrations and I have to accept it. And now I'm not going to be any actress anywhere, am I. All these ideas are not absolute. They are all relative ideas and we live by some fashion comes in, you see. This is also a funny thing this fashion business is. It's maddening, I tell you real maddening. The other day in England, I think England is now becoming the worst in this. They had a (they came to) ask for empty tins I said why? Said now new fashion has started with empty tins, I said what? Are you going to put them down on your head and tie up your hair or what is it now you are going to do with the tins, empty tins? They said the new fashion is that instead of using anything of this kind we should use empty tins to make lamps and the rich people are having empty tins you know. CocaCola tins will be very expensive after some time because it is getting fashionable. Now the fashionable word itself is a nonsense. Fashionable means something better and higher. On the contrary, a popper supposing has a torn clothes, so he goes around with the torn clothes then another popper joins him, another joins him and there are more poppers nowadays than people who can afford something perhaps. So the rich feel nervous why should we have proper dresses, they also make holes in their clothes and walk about. Imagine in that England people now having a holy pants means with holes in that cold already your feet get frozen and now this is a new fashion it has started. We must have our own personality and understating that we are living in England, it's a cold country and we can't afford to have these fashions here. It's all right for India. This kind of a funny fashion they have started. All kind of things now these punk business is there say I don't know whats wrong with them. I asked them why do you do this all this nonsense of the punks. So they said what's wrong. I said the wrong is this that if you put all these horrible things in your head this is your Sahasrara you will first of all loose your eye sight. And now we are getting people Sahaja Yogis who are coming to us who say Mother our eyesight, we are losing our eyesight. Because the pigment you see goes through the blood into the optic lobe and you really become blind. All these funny funny fashions that we start why it is self-destructive. It's self-destructive. Imagine in a place like London to wear holy pants is it of anything. Now those tight pants people started. Now with that they develop varicose veins. So why, why make your body a miserable I don't know for what. Fashions because have we no personality of our own. So all these ideas you see play upon your mind and make you absolutely slave of these nonsensical things. Today this is the fashion tomorrow that is the fashion. I asked one gentlemen he gave up his wife suddenly, I said why? He said she changed her hairdresser. I said so why, why did you divorce her for that. He said it because I liked her first hairstyle better than the second. Imagine that is how we relate to each other, do we. Evolution is shown how we relate to each other is only the chimpanzee which does that. And human beings know how to relate to each other. There is no pure form of relationship, either it is through fashion or if you eat with the fork and spoon in the opposite direction we form a club. What is the relationship, nothing. Is a relationship because we dress up like this or we have this kind of a skin or that kind of a color, this is no relationship. Our relationship is spiritual. We are part and parcel of one personality. So all these nonsensical ideas have really I tell you, have disturbed your attentions too much. And I do not blame you because you are seekers. Anything that comes to you, you think is seeking. And that's how you go to, I don't even blame the people who take drugs because I know they are seekers, so many drug addicts have come to Sahaja Yoga and have been saved. They are seekers madly seeking the truth. And everybody who is marketing all your weaknesses is very nicely using you and you are playing into their hands. What about these gurus the way they made money out of you. That is to be understood. We have our own personality. We must have our own discretion. We must have our own absolute values and nobody should changes. That's real freedom not to play into somebody's hands. That's how we have to live like kings not like beggars. Who should give us ideas except for God. That's how we should stand on our own grounds and it will happen you will be surprised.

Now is it all right. Now should we have Realization again. Is all right. All right.

Is one person only all right, may I have your question?

Seeker: Is there any difference between feeling the warm breeze and feeling the cool breeze?

Shri Mataji: Yes there is very much. If you are feeling the warm breeze that means there is a heat coming out of your body. Any kind of heat coming from the body means there is something definitely wrong in the sense supposing you are a liver patient, you might get heat. You have some other trouble you might get heat or you are a very tensed person also you might get heat.

Normally I have seen people get little heat coming out in the beginning because you see there is a ventilation here and all the worries and everything comes out as heat. Doesn't matter. But afterwards the cool breeze starts. In your case, it is little liver you have and which is easily curable. All right.

Yes sir.

Seeker: [UNCLEAR]

Shri Mataji: What did he say?

Yogi: They are just testing the sound. They are just testing.

Shri Mataji: Oh, I see.

Seeker: [UNCLEAR] ( something about the blockade of the chakras).

Shri Mataji: Yes it is in the beginning, you see I have seen mostly it rises in a very good way because inside the Sushuma is the central path is the innermost, inner most channel is called as the "Brahma Nadi" and which is normally open in the people, normal open is not to close to that extent. But it's a very very thin line and like a small you can say thin hair-like energy rises through that. You see it's very, it's a trick of the Kundalini I should say. First of all just a line is sent up then that line opens out you see on the sides and what happens that the "Grace" then starts falling. Because when it is opened up the grace starts falling and this grace relaxes your sympathetic nervous system and the blockades opens. But still there are blockades. So what happens that Kundalini then goes down and again goes to that particular part and then helps there. But if you know how to remove your blockades you help the Kundalini. That's all. But you have to have little knowledge about it. That's all. Little bit you have to know and you will become perfect knowledge in it. Absolutely this knowledge is your own. You don't have to pay for it or anything, just you have to give little time that's all.

Seeker: In America, they repeatedly have some kind of [ UNCLEAR] schizophrenia and depression. Is that related to some way to chakras or vibrations?

Shri Mataji: Of course, of course it is very much and to the atmosphere, I don't want to frightened about it but it's curable. Schizophrenia comes from the attack from outside what you call from the collective subconscious. When the movement starts from the left side you go to the collective subconscious. All these disease which are incurable suppose to be incurable like cancer, and this muscular problems and all that, they all come when there is an attack as they say in the medical science by the protein 58 and protein 53 they have names for that I mean they are honest about it. Because they don't know what it is. They are actually (they are actually) entities which have gone out of the circulation of our evolution. Like even you can say that virus is nothing but a kind of a vegetable which was parasitic and has gone out of the evolutionary process, dead. But when you start moving in that area it catches you. Now in America, there are certain problems and one of them is that there are lots of dead spirits here who were killed. They didn't die their natural death as you know very well. And when people are killed they hover around. And that's why schizophrenia is quite a lot. Apart from that the whole society is not based on the value system that gives you a balance. The value system is wrong. And the value system is that, that we should have money and everything based on money, is not all right. Because supposing a woman sells her chastity say for money, she is lost. She can get any disease, she can be into any problems and she can be schizophrenic. You see all your great actresses who are supposed to be very rich become mad. So the value system which is righteous, which is godly life you can say is being neutralized by these ideas coming into it that money is important. Then a person becomes shallow. When you become shallow what happens like a floating personality you can go to the left or to the right. So I have seen people then go to the left they get into these troubles because if they are emotional they go to the left and see you feel very unhappy or if they are not going to the left they go to the right. And right they go they become extremely aggressive, they do not understand what aggression they are causing to others. That's the reason is. The whole value system has to be changed through Sahaja Yoga. Because in Sahaja yoga the best thing is your own example. When they will see Sahaja yogis how contented they are, how happy they are, how they are devoid of diseases, how



they get cured of diseases, how their problems are solved, the other people start seeing it and start following it. And once that is established, schizophrenia is easily curable. Curable but in a society like that is difficult. If you take the same person to India I can cure. For your information, we are going to have a very good school in India for children who can be ruined here. But if they go to India we can save them. And then we can have also places where such people who are suffering from such diseases who can be cured in that atmosphere. In an Indian village, supposing they go there it is very clean thing immediately schizophrenia will disappear. In India we have not many mental hospitals and those mental hospitals are suffering because there are no patients.

Seeker: Is money the evil in as such or is the value system associated?

Shri Mataji: No nothing wrong with the money as such. Money is a part and parcel of our life you see. But the way we look at the money is the point is. Now in India, the Goddess of Lakshmi is the money and then this Goddess is made very beautifully because She is first of all a Mother and She stands on a lotus means She doesn't try to show off you see, doesn't try to show off. She is on her beautiful lotus but She doesn't also live like a beggar you see and then She has one hand (left hand) which is like this and the other hand (right hand) like this. This hand ( left hand) means a person who is really a rich man in a sense he is a "Lakshmi Pathi" should donate, and give to others without knowing what he is giving. And with this hand ( right hand) is the protection. He must give protection to others, like an enlightened businessman you can say this one. And in the two hands She has got pink color lotuses which means Her house of a lady or a gentleman who is rich should be "Pink". In the sense like a beautiful heart that anybody goes to that house should feel very much welcomed and looked after because in the lotus there is a horrible beetle we call as we in India we get a black one which has got all thorns you see that enters in the lotus also and sleeps very closely. So every person must have an open generous heart.

[SOMETHING IS MISSING IN BETWEEN THESE TWO PARAGRAPHS].

In drugs, in nonsensical women or all nonsensical things which has no meaning. Not on an art. They will have plastic in the house. But they must have champagne, then they must have five glasses of that, ten glasses of that. But art is suffering today because the rich have become hypocritical. They don't want to have artistic in their houses because they want to look like hippies. They feel ashamed to say that no we are rich and we have to look after our artists, let them do their work and let them have their skills. Now in India for example nowadays of course they are also becoming westernized but in olden days a king would live like a king. He would not live like a popper. Why? because he is supposed to look after the artists. He doesn't take away his palace with him when he dies, does he? No, he does not. But he creates a art, he creates Taj Mahal for you to see. What are we going to show to our progeny, these plastic things that we have made. When our children will come to ask "What did our forefathers made for us". What this plastic things are we going to give them. So money if it is shared and enjoyed with others is perfectly all right. But if it is for yourself then it is destructive because you take to destructive ways that's the point is. So money is not the point, the attitude towards money, towards everything is upside down. It can be changed very easily. In Krishna's words that human awareness if it doesn't ascend, its roots are in the head and tree starts going downward. That's why chakras by chakras you have come down to the sex point now and after that is hell. But when the ascent takes place immediately you go above all these. All right. So actually it is not money that destroys you, it is the attitude. I would say India was the richest, richest countries in the whole world once upon a time. If you go to Iran you will find the richest sight of the world where there was one Mohammed Gajini who went to a part of India and brought all the wealth from there. If you see you will be amazed at such big, big diamonds kept in buckets just like ordinary stones all over the place it's such a huge big place. And gold and everything they had but it was all looted and it was taken away. That's how they lost everything. Doesn't matter, but what I'm saying at least the value system is still, I wouldn't say it's perfectly all right. Gandhiji was the one who is saying about it talking about it. But that time the beaurocates were blessed by British in India and they thought that Gandhiji was living in a fool's paradise. They never followed him what he said. Because of that we too are in an upside way you see, but doesn't matter. Now if you people do some justice to us by following a sensible path, imported goods are very much welcome in India. So when it goes from here to India I'm sure they will also improve. But you will be amazed Sahaja Yoga is very strong in India, very strong. We have thousands of people who are Sahaja Yogis. Thousands. And you should meet them. We are going to have a tour of one month, in December. We have a beautiful tour (and it's), there you meet all of them and we most of them come together and from all over the world we have people there. Last time we had forty-seven international marriages. These marriages are very successful. They are very nice.

Realized souls as their children and no problem you see it's really heavy if you see their lives, no divorce nothing. Unbelievable but it is so. Now there are some sitting here you can ask them. So this is what I'm trying to tell you that is the attitude towards the thing changes entirely. Because you see from the window of the Spirit and the whole thing becomes a different drama all together. You are no more afraid of anything. You are no more selfish. You have no these what you call them hankerings and hang ups, hang ups, hang ups, it's an American word isn't, (I have to learn some American hang ups) you don't have all these hang ups. You become a free personality. Not bothered. And bothered also. As I say "I'm the greatest capitalist because I have all the Powers and I'm the greatest communist because I can't live without sharing it". So all your these theories of political theories, economics theories absolutely manifest as realities later on and you will be amazed that all of them merge together. There is no difference at all.

Yes!

Seeker: Roles of males and females changing and learning how to balance the male and the female aspects and how would you define womanhood itself?

Shri Mataji: Now in that I think we have gone a little wrong in the West. We must know that you see we are like two wheels of one chariot. One chariot has two wheels. One is on the left-hand side and another on the right-hand side. And the left-hand side can't be brought to the right and the right can't be brought to the left. It is made like that. You are made like that. This is by nature. And when the chariot has one wheel smaller any one of them it goes round and round, it can't progress. So both of them have to be equal but not similar. They have to be equal but not similar. Now to feel that men are superior is absolutely wrong. They are not. Once women understand how superior they are to men they will be amazed. But they are. Not in earning money. I mean that's a very simple job. That's a very simple job. Now today say we respect Christ very much why because He had those womanly qualities to bear. Like a Mother Earth, a woman should be able to bear anything. That's her speciality. A man can't. That's why you have seen women seldom get heart attacks, men at the slightest thing heart attack supposed to be very brave. So women have a capacity to bear. She is the potential energy the whole source of energy. And man is just a kinetic energy like the light is burning here you see is coming from the source, but the source is silent. Now which one is superior. Both are complimentary. Once a woman has accepted this, she is in her glory complete glory you see. But when she tries to become a man or a man tries to become a woman, it's upside down. Because supposing if I use my nose for eating the food which is not made for that what will happen. So natural thing what God has given try to understand your own glory in that. A woman is capable of love, affection, emotions. She is the one who gives peace to the husband, to the family, the whole growth of the family, the whole growth of the whole nation depends on the women. Not on the man at all. And where the women are respected and respectable both the ways (there remains) there remain the Gods. [Yatra naryastu pujiyante ramante tatra Devata]. In India, a woman is very much worshiped. Worshiped actually worshiped. Because she is worshipable. In no way she is less than men. If it comes to wars women can take out their swords. If it comes to that then the men are finished. They are capable of highest sacrifices. But otherwise, they don't compete what is there to compete with them. Poor things they have to attend to a hundred bosses. I tell My husband I'm a lucky woman that I have to only please you but you have to please so many of them. He says, I know it's terrible next life I must become a woman. I said all right but I will never become a man that's one thing I will not do. So try to understand the beauty of your own life. It's like you see somebody else and think he is very happy and something higher, you jump into his shoes and find "Oh god", you runaway. So we should not have funny ideas. This has started now and what good have we got out of it. I don't know what good we have got. Like they wrote about Me that there's an Indian woman, so some of the Sahaja Yogis you see from India didn't like it. Because calling Me a woman because according to them "I'm a Lady". But then they said there is an objection because of a woman is a man and a man and a woman, something they started explaining, I couldn't understand and I said alright, doesn't matter. It was not for insulting but there is some sort of a complication about that. I said what is this new complication that a man becomes a woman and a woman becomes a man and you can't be a boy. They try to explain to me but it was really a greek and Latin for Me. So all this is not necessary. Now see I'm a woman. Absolutely a woman and I have a husband, I have My family, I have got in-laws, My own family, My father's family is there, everybody is there and I'm just a woman. But a powerful one. And they can't exist without Me. None of them. In whole of My family if I go to Bombay all My brothers, sisters, cousins, all my husband's relations all of them are there to receive Me. They (pointing to yogis) know that. None of them can exist without me. Just My love. They are not all Realized souls. They are not. Just My love. This capacity only the woman has. But here if you believe in greek tragedies, then go ahead with it, if you want to suffer, you suffer. Women are great always.

And all men when they have womanly qualities they become great also. Anyone take for your country I think My hero is Abraham Lincoln. What a compassionate man he is. Such a great even to think about is a realised soul no doubt but what a personality. He is the real balance. When that balance is achieved then one can say that you are a balanced personality. The woman also is a man when it comes to that. She is a greater personality than ordinary human beings. But she must realize her potential nature and live with it happily. She is the potential energy, not the kinetic energy. The source of all the energy. She is so glorious. But stupidly men have tried to show them down and so now they are coming up in another form. Big you see don't get played into their games. As some Indian, My husband also says that men have be fooled all the Western women here nicely. They have befooled them. Now men wanted to be thin so they are becoming thin. They want to be fat they become fat. He says they have befooled them. And now poor men are suffering you know in England, hard to find a husband who is not a cabbage. They are just cabbages I tell you, very difficult to find a husband who is not a cabbage. I don't know about American husbands they may not be that bad. Absolutely cabbages. And the woman dictating them do this, do that and they like. It's miserable I tell you it's miserable people. So we are not to make them cabbages. We are the ones who can make them great. We can make them. Every man who is successful has a woman behind them. We know that. But behind them and not ahead. Otherwise, we (became like) women become like Misses. Marcos. Marcos, I have met her. Now all these examples should prove, all these examples should prove that we are not going to go that way at all. All right. So now with all this pleasant talk we have had, let us have a Realization also and not to be serious anymore. I wanted you to laugh and laugh to clear out.

Now put your both feet.

[ Talking to yogi: this is nylon, that is nylon too and that one, all nylon everywhere.

It's better. Burns, you know. This is better. Now ( talking to Yogi: what's that candle, all right if you want to put it you can put it in front of the photograph)].

Now simple thing is that, you have to put your both the hands towards Me like this to being with.

Warren you can stand up and show them.

Warren will show you how the chakras are to be released for the Kundalini's raising. It's very simple. That yesterday we put our right hand on the heart and left hand towards Me. You may take out your shoes, would be a better idea to touch the Mother Earth and to take out your spectacles also would be good and if there is any pressure on your stomach or in your neck.

Now, put your right hand on your heart. And left hand towards Me because left hand represents your desire to be Realized and the right hand represents your action of releasing the different centres. Now when you put your right hand on your heart then this is the centre of the Spirit. I will show all the centres you will be touching on the left-hand side of the body. So first we put it on the heart, then in the upper part of the abdomen, then in the lower part of the abdomen, then again on the upper part of the abdomen, then on the heart, then on the corner which is made by your shoulder and head from the front side not from the back side, front side and turn your head right like this so that your hand can go further. Now this is the one that is catching still because this is the one you catch when you feel guilty. So to being with you must forgive yourself fully and love yourself and have the full idea about yourself as I told you whether it's a man or a woman. Both are great beings so don't have any anger towards yourself. Then you have to put your hand across your forehead and press it on both the sides then the hand has to go on the back, push back your head and let it rest looking at the sky I mean your eyes will be closed though. And then stretch your hand fully and the center of your palm should touch the fontanelle bone area you may bend your head a little, here which is the soft bone in your childhood, and stretch your fingers and press it hard and move it slowly the scalp seven times stretching your fingers and pushing it down seven times.

That's all. It's very simple.

Now close your eyes. Put your feet apart from each other. Please stretch your left hand towards Me on your lap. But don't be uncomfortable. You should not bend your body or anything. Sit straight without stretching much or taking a strain. (on the left)

Left hand towards Me. Right hand on the Heart. Now close your eyes and don't open them till I tell you. Now here on the heart resides the Spirit. So you have to ask Me a fundamental question, "Mother am I the Spirit"? In your heart. Please put your hand inside your coat is better. "Mother am I the Spirit"? Please don't feel guilty you are catching on this centre very much. Just without feeling guilty, you are perfectly all right. Have all full confidence in yourself. Three times ask the question. Now Please take your right hand in the upper part of the abdomen. Press it hard. Here now, you ask another fundamental question because this is the centre of your mastery. "Mother, am I my own master"? Ask this question three times pressing on this centre left side of your abdomen on the upper part. "Mother am I my own guru, am I my own guide, am I my own master"? Any one of them you can ask three times. Because if you are the Spirit you are your own guide. Now bring it down the hand again on the left-hand side in the lower part of your abdomen press it hard. Now this is the centre which works out the Divine laws, the pure knowledge, the technique of the Divine laws are worked out through this center. So please here you have to ask Me because I can't cross over your freedom, you are free to ask or not to ask that you want to have the true knowledge. You want to have the pure knowledge. So here please ask six times as here you have six petals for this centre. "Mother may I have the pure knowledge". Six times, please. "Mother may I have the true knowledge".

Have faith in yourself. Just have faith in yourself. It will work out. It will work out in every one of them. You just forget what I have said in the lecture nothing, nothing should deter you, in believing in yourself.

Now raise your right hand in the upper part of the abdomen on the left-hand side and press it hard. Here we must know that the Kndalini has started moving as soon as you have asked for it. So here you press hard and help the chakra to open by showing your full confidence in yourself, by saying with full confidence "Mother I am my own master", "Mother I am my own guru." Just say that. Ten times.

Now please raise your hand on your heart. Here again with full confidence please say twelve times "Mother I am the Spirit" and this is the truth, is the only truth which you have to become. "Mother I am the Spirit".

[Heart. Heart. All on the left side].

Now please raise your hand in the corner between the neck and your shoulder on the left-hand side and turn your head towards the right, placing the hand behind towards the spinal cord as much as it can reach. This centre is caught when you feel guilty. Here now you have to say with full understanding that you are not guilty at all. So sixteen times please say "Mother I am not guilty at all". As I said God almighty is the ocean of love, ocean of compassion, above all He is the ocean of forgiveness. And we can't do anything wrong which He can't engulf into His compassion and love. By feeling guilty we really challenge His Powers. So just say "Mother I am not guilty at all". Sixteen times. As I said yesterday and again today, I would repeat that even then if you feel guilty then better punish yourself by saying it hundred and eight times. You have to be pleasantly placed towards yourself. You become serious for nothing at all. There is nothing to be serious about it. Just works, automatically. Just say "I am not guilty". Just say "I am not guilty". That's all. Saying itself will help. Don't start counting your guilts. Please don't start doing that. All right.

Now raise your hand on your forehead across and please push it on both the sides in the sense you press it as if you are having (when you have) a headache on both the sides press it. Now this is the centre of Christ and here you have to say, how many times is not the point, from your heart "Mother I forgive everyone". Now some people believe that it is very difficult to forgive. But it is a myth, whether you forgive or you don't forgive. It's a myth. But if you don't forgive then you play into wrong hands. So you better say from your heart "Mother I forgive everyone".

Now take your hand on the back side of your head, of your head not neck but head and put the pressure of your head on that hand and push it back slowly turning your head towards the sky. Now here you have to say for your own satisfaction without counting any guilt, without counting any wrong, without feeling guilty, you please say "if I have done anything wrong against You or Divine or Oh God almighty please forgive Me". This is for your own satisfaction. But you don't feel guilty.

Now take your hand out and stretch it nicely. Stretch it nicely and put the center of your palm on top of your fontanelle bone area

which was a soft bone in your childhood and press it hard and move it slowly your scalp please, for seven times. Now again I can't take away your freedom. Here you have to ask for your Realization otherwise it can't work out. So please say seven times "Mother please give me my Self Realization".

[Shri Mataji blowing into the microphone].

Now please take down your hand. Slowly put both the hands towards Me and try to open your eyes slowly. Now you watch Me without thinking, you can do it. Just watch Me without thinking.

Now put your right hand towards Me like this and left hand on top of your head and see if there is a cool breeze coming out of your head. You can bend your head a little is better. Bend your head a little you can see here if there is a cool breeze is emerging out. There can be hot but afterwards it becomes cool. Now put your left hand towards Me. Put your right hand on top of your head please. Now please feel with your right hand maybe little higher some people might feel little higher those who came yesterday who got Realization might feel it higher. Now just see if you are feeling the cool breeze coming out of the fontanelle bone area. Now put your right hand towards me again, now see with the left hand now bend your head again and see if there is a cool breeze coming out of your head.

Now push back your hands and head backwards and here you have to ask a question to Me, "Mother is this the cool breeze of the Holy Ghost"?, "Is this the all pervading Power of a God of His love"?, "Is this the Brahma Shakti"? Ask anyone of these questions three times. Now bring down your hands. Now see in your hands. Little heat is there but doesn't matter. Don't be doubtful. You can feel it this way also in the hand. It's all over. But first the sensitivity is only on the finger tips for some people, for some people it is only here depending on whatever chakras are perfectly all right. Now better. All right.

Now those who have felt the cool breeze out of their heads and on their fingertips anywhere, please raise your both the hands. Let's see what's the matter today. It's good. Most of you have felt it. Now let us see those who have not felt it. Because they can be helped very easily, can be helped very easily. Good not many.

Can you come down here we just see. One minute, just come one minute. You can sit down here. It's very simple and we tell the people who have got it how to do it. It's a simple thing. Just make a line. It's very simple. It is nothing to maybe that you have come for first time today, is it so? You came yesterday no. You came yesterday. Who else came yesterday. Oh God. All right. Let see, let see. It's simple. Now Those who want to try now can come forward the new people. Let's see. Yes, yes just see how you got your Powers let see. Come along. Come along. Come along. Come along. Yes. Yes. We will teach you.

[ Shri Mataji working on seekers continued...].

## 1986-0601, Talk to Sahaja Yogis

View [online](#).

1 June 1986

Talk to Sahaja Yogis

Betty Hubble's House, Houston (United States)

Talk Language: English | Transcript (English) – Draft

Talk to New Sahaja Yogis, USA, Houston, 1986-0601

[49:20 Cut in the video. SHRI MATAJI STARTS HER TALK ]

Sahaja Yogi: They've all had a nice meditation Shri Mataji. I think most of them are feeling it. They asked a few questions this morning, I tried to answer but I'm sure You (?). Perhaps you would like to ask Mother some questions.

Shri Mataji: Yes, better ask, it's better. Because I don't know what to say. Because I don't know what you want to know. So better to ask me direct.

Sahaja Yogi: They're all thoughtless.

Shri Mataji: She has, you have some problems? You, I'm asking.

Sahaja Yogini in audience: The fontanel bone ... Kundalini is burning (?)

Sahaja Yogi: The Kundalini when it rises can be quite fiery and dangerous. It's written in books and things.

Shri Mataji: Oh yeah, all nonsense. It's all nonsense, you know I tell you this is the trouble is that supposing again a villager comes in and he puts his fingers in the switch you see, plug and says I get a shock from electricity, no light. What will you say? That you have no knowledge about it. In the same way, those people who felt the fire and all that have been the people who led a very bad live themselves and they use sex to awaken the Kundalini. Now, as you have seen in the chart, you can see clearly there, that the Kundalini is above the Mooladhara chakra. That is a very significant point. It is above the Mooladhara chakra, means when it is awakened, it doesn't pass through the Mooladhara which looks after the sex. So sex does not play a part in the Kundalini awakening. On the contrary, when the Kundalini is awakened, the sex sleeps off. You become like a child, innocent and then it rises. So, these people tried to excite the sex to raise the Kundalini so there is Shri Ganesha sitting there you see, He gets angry and that's how you get this fire.

I told you the other day how people have such problems. There was one fellow who felt that lots of bees have bitten him but another one I knew who had a blister all round like, all round in his neck, like a garland. So these are the people who do not know what to be done and they just, what we call it, Anadikar Chertya (?) means unauthorized behaviour. But as a mother, I give them, a sort of chance, benefit of doubt about that, as a mother. I think that they must have tried to, see the chakras. You can do it, supposing you go jump on to your sympathetic, you can jump on to your sympathetic. If you try very hard, you see, you go to the right or to the left, you jump on the sympathetic nervous system. Then what happens if you are on the sympathetic nervous system, say this is nice three flowers that can give you an example now put it this way. So what happens that when you jump on the sympathetic that is this one or this one, all right, this gets, this has a connection with this, like that, see the connection moves the path is like that, you see, can you see my hand going around this flower, this flower. All right? So what happens when you move towards this side, you can move around these centres on go back and they can see the centre, but while you have got your realization passing through the centre. You don't see, you didn't see any centre or anything. They see because they're from outside. Say, if you want to see this house, but you have to go out to see the house isn't it? Like that. So they, what happens, that they come round like that and go around like that. So while going around the Mooladhara chakra, they tried on Mooladhara. On

Mooladhara chakra, they must have seen, the...

Have you seen Ganesha? Have you seen Ganesha or not? He... (Marathi words...?) You haven't got any Ganesha here?

[Some Sahaja Yogini tries to find one.]

So the whole story will know about Ganesha, how Ganesha was created as an eternal child, and now he has a trunk, see, and that trunk they must have seen and felt that this is the Kundalini, you see? So they must have fixed the idea, I'm giving a benefit of doubt of myself, just not to curse them permanently. You cannot use sex for your awakening. So they tried doing this sex business, let us excite the sex and Kundalini will rise. How can it be? This is why when you try to do all these wrong things, you get the heat and that's why they say it's a fire, it is not. This is all very recent. You'll be surprised these books are written only, about at the most sixty to seventy years back. But if you see our ancient books, no where, not very ancient also, Gyaneshwarans, (Marathi words?). 18th century we had Gyaneshwara. We had Kabir dasa about 300 years back? 300 years back Kabir Das. They never wrote anything. This is all recent, because this stupidity came from somewhere that you excite sex. The sex business started only recently, isn't it? And since then they started saying, if you excite the sex, you get your realisation. Imagine. Sex plays no part. You can see it clearly there.

Sahaja Yogi in audience: Mother, somebody in the room, I won't name the person, but since their seeking has gotten stronger, the relationship with the husband has gone down to the point now where it is not good. And secondly, the sexual communication is absolutely finished.

Shri Mataji: How can that be that? That's not possible. That means in a wrong way you're going and I'll say it again, we'll use the same. Good idea, three flowers. So these are our three channels, all right? Now, what happens that when you start seeking, how do you seek? Through your mind? There's no other way out. You have no Kundalini awakening, nothing. I mean, the real path is through Kundalini awakening, your attention goes up. So what you do, you take your attention like this you see, it is here, spread out. Now when the Kundalini rises, She pushes up like that on pierces through. And then, the collective consciousness and all these qualities penetrate and that's how you get your attention completely covered with these qualities. Otherwise, what you do is to either move to the left or to the right, so this attention goes to the left or to the right. You cannot do otherwise. You cannot go up because the path is off Kundalini.

[A Sahaja Yogini gives a photo to Shri Mataji of the Ashtavinayaka, the "eight Ganeshas" swayambhus in Maharashtra]

These are the Ganeshas which have come out of Mother Earth in India, you see? And that, they give vibrations. That's how you make it out. In the Bible, it is written that whatever is created by the Heavens, that is the incarnations, and whatever is created by the Mother Earth should not be reproduced and worshipped. But we miss the point. We don't want to see what is produced by Mother Earth. There must be something.

So many things, and the Realised souls, when they make some statues, that, they also emit vibrations. They also emit vibrations.

I don't know about America but in America also, I may be able to find out places. But in France, this place, Notre Dame, the Mary's statue gives vibrations. Notre Dame gives vibrations. Stonehedge gives vibrations. So many places give vibrations but unless and until you are a Realised soul, you cannot make it out isn't it now?

So what I was saying that when you go to the extremes on this side or this side, now if you go to the extremes on the right side, what happens that you become right-sided person.

First, your liver goes out, then you get your heat, then you become a dry person, then you go with it more and more especially if you do Hatha yoga and all that, you go to the right side much more. Then by going to the right side much more, it has physical effects also or it has also emotional effect and the emotional effect is that you become very dry, very dry person. So dry that you become of course very dominating, very angry person, very hot-tempered, no doubt, plus you become a dry person. So, as a

result of that, your sex organs do not operate normally. One can become impotent.

Even if somebody has a very dominating wife, a man can become impotent. It has emotional, we can say the feelings are necessary for sex life. It's not mechanical. It's not mechanical. Now, what happens that when people are possessed, then they, they're not aware of it. It becomes mechanical because they get possessed, like rapists and all these people are possessed people. They are possessed. So this right-side movement gives you this problem, but if you're left-sided, then you start indulging into too much and going into it and then you start, a sort of all of the time pining for it, asking for it and also whatever the other party may do to you, but still you feel you are not adequate. You haven't received your love from your husband, and you start feeling all the time in what you call a separation mood.

That also happens, and you will become hysterical, start crying for not understanding. So if you are too much in, say, in a way, in a seeking, where you become a devotional personality, then what happens such devotional people, they are all the time, they are crying. Those who are seeking in the other way that reading too much about it and sacrificing this and sacrificing this, and then also saying I'm detached and detached and all that nonsense, you see. You really get detach from your emotions. There's no balance.

Even a person who's running on the streets, I find all of them, you see, running all the time, what you call them? Jogging. If you overdo it, they may become the same, very dry, very dry. Those who pay too much attention to their physical fitness become very dry people. A question of an imbalance personality.

Because seeking, you cannot do yourself, it is spontaneous happening, the fulfilment I mean. Seeking you can have but they go to extremes, you know, they do all kinds of things. I will not eat my food for ten days, and I will not do this... This is all not necessary. I know you are seekers, I know you are madly seeking. I know that. I know that. It happens when you are mad about seeking to do every sort of thing doesn't matter, it's all right to get your realisation. You are all right in the center, makes no difference. It happens but you'll come around. Suddenly we will find you become so romantic with your husband.

Sahaja Yogi: In this case, the husband has lost the interest and creativeness has separated himself because he's... (?)

Shri Mataji: Is he jogging? Jogging is also madness off seeking I think. It is a madness. In this country, America, such seekers are born, I tell you, such seekers. That's why the first country I visited was America, you'll be surprised. But nobody listened to me because they were on another trip of ego, you see. We must pay to the guru. We must buy the guru. This, that, and they couldn't digest Me. This is too much for them. So they went to all kinds of trips.

So, I said all right, I'll come later. As a result, we've lost lot of them, no doubt. Lot of them have lost. I know, but what to do, you have your freedom to do what you like. I can't cross over your freedom. I cannot force you to do something, I cannot mesmerise you like the gurus did. It was like a guru shopping, I tell you, going on, regularly. Even in the society, which I move like, so called elite society, they talk like this. Have you been to this guru? He's much cheaper, you know. Discount, discount is on and all that sort of things. But you are wise people, sensible people, now try to understand you cannot make market of God. You cannot pay for God. How can you pay? I mean, what will you pay? It's a living process.

We have gone too far with it. We think we have to pay for everything, you see. So, we just can't conceive an idea that you can get it without paying. And now you have become from amebae to this stage, how much did you pay for that? From monkey to this stage, did we pay anything? Or did we do anything? Just automatically there's a force within us which has worked it out and that is going to work it out. Leave it to God, who has created us. It is His job, not our problem. It's His problem. But the seeking is so great and competition as it is in England or in America is so much that you must compete. So in seeking also there's competition.

And thirdly the worst part is this, which is the worst of all, you are born in a country, which is affluent as a reward of what good you did in your last life. But this country does not have the knowledge, the roots. So you are misled. If you had accepted a country like India, which is a poor country, things would have been all right. It was your choice. Where this knowledge is there it



resides, not in the cities where the Gurus are existing to catch you say as soon as you go to the airport, they'll catch hold of. I (?) was very angry with me when I told them against this parapsychology, very against me, you see. And now the whole foundation has gone down, and the people have become mad in San Diego.

So it was such a contrast and tried, I tried, but didn't work out. So this dryness comes by thinking too much. You think too much. What are you thinking about? By thinking you receive nothing, you have to be thoughtless awareness, then only you will grow. You cannot sort out anything by thinking. By thinking, you can only move, move in a linear direction, like your science has moved up to what point? To create atomic bomb. Now atomic bomb has become a sort of big demon for them. Anything you do, go to extremes on one side linear, it's not on all sides and it's not integrated. But after realization, you see the integrated being within you. Then you don't think. Let God think for us. Why should we think? He solves our problems. But if you don't give him the problems, He will say go ahead, try yours. As simple as that, isn't?

Sahaja Yogini in audience: I have a friend who has a severely schizophrenia son (?) and you mentioned yesterday, that in India, you can help them. Is there anything the mother could do? Or?

Shri Mataji: Yeah, uh, you see just now we have no place as such but we can help him, no doubt. I could arrange something. We have an Ashram near the Himalayas.

Sahaja Yogini in audience: This is in Canada.

Shri Mataji: He's in Canada?

Sahaja Yogini in audience: The boy is in Canada.

Shri Mataji: What is his age?

Sahaja Yogini in audience: Thirty.

Shri Mataji: We could drive to Yogi Mahajan. All right?

Sahaja Yogi in audience: Would he respond by coming?

Sahaja Yogini in audience: Yes, I think he would. He is belligerent in certain things, but I don't think he would be within.

Shri Mataji: Well, what is the symptom?

Sahaja Yogini in audience: Uh, he hears voices. He thinks people are trying to poison him. He keeps in his room, won't come out. His mother puts his food outside the door and he brings it in.

Shri Mataji: Oh, that can be cured without much trouble. Have you got his photograph?

Sahaja Yogi in audience: Where in Canada is he? Mother's going to Canada.

Sahaja Yogini in audience: Toronto. Well, he's north of Toronto.

Shri Mataji: I'm going to Toronto. Now, please give me his photograph. May work with photograph.

Sahaja Yogi in audience: Mother is going to Toronto in July.

Shri Mataji: It is the same as we had done in Middlesborough (?). You see this newspaper people in Middlesborough came and

asked me, "Supposing somebody cannot see you, Mother. So, what will you do?" I said, "What can't she see me?" "Because she's locked up herself in the room. She doesn't come out. She's so frightened." I said, all right, bring me the photograph. And I said, you don't go and see her for 8 days, let her alone.

But newspaper people as they are, you see, the next day, they went there to see her, and she had gone with her husband out for a walk on the muse (?). And they published it in the newspaper. That was something good. They said, "The guru who really kept the promise." They published about it, in the newspaper, they did. Thank God, at least that much sense they had. She's perfectly all right. She's written a nice letter to me. That's very simple. I think, let me try with the photograph.

Sahaja Yogini in audience: All right.

Shri Mataji: All right. When will you bring the photograph?

Sahaja Yogini in audience: I don't think I have one.

Shri Mataji: Then can you send it to Warren? London Address?

Sahaja Yogini in audience: I will send it to Warren. I'll get his mother to send.

Shri Mataji: That's better. Toronto. Now, purna Torontola (?)

Sahaja Yogi in audience: Michael's gone. But Mother's going to Toronto in July.

Shri Mataji: But you can write to Michael also. Take his address also. Michael Knight's. All right? It's very simple. Works out. It's a possession. It's a possession.

Sahaja Yogini in audience: Is it? Is retardation anything in the same area? I have a son who's retarded, who can't... (?)

Shri Mataji: What is the age?

Sahaja Yogini in audience: He's 32.

Shri Mataji: 32. Can work out, let's see. Because only at this age, the brain, I mean the skull is calcified but he would be better than what he is. You tell her how to do it? Left Swadishthana. It's all the same thing. See all this madness, schizophrenia, even cancer, is due to left Swadishthan. His possession. And you see this country when you came in, when the, when the Spaniards came, they killed so many of them. So many of them. First, when I came to America, I thought I was walking in a cemetery or what, God knows. It's funny vibrations. And you were born in this part?

Sahaja Yogini in audience: No, I was born in France.

Shri Mataji: Huh?

Sahaja Yogini in audience: I was born in France.

Shri Mataji: No, what I'm saying on the whole. It's so, I mean, full of these horrible people who want to take revenge with you. And they are there waiting, just to grab you. Wars, wars, wars, so many wars you had. All the time wars. In the south and north war and all those things you see. I think so many presidents were killed also, so much violence in this country has taken place.

Person like Abraham Lincoln has been killed. God can't forgive these things, you know, He was such a great soul. Now, just see how it's reacting. This, how many can (?) danger, for nothing at all. Everywhere they go, people are after them. Isn't? It's very sad.

But this is what it is. You'll find out gradually how, you see, because you have money, people became so conscious of money and, to give you an example, I'll give you, in India, once upon a time they needed, I think, some sort of a rice. So they sent horrid rice to India, horrid Rice, Americans. And people could not eat that rice. It's so horrid, absolutely. So they threw it out in the fields. As a result of that, a funny type of a grass started growing and they call it as, a, Congress grass and it started eating all the crops and all the things. So when I went to Maharashtra, they started saying Mother how to get rid of this one, it doesn't, it's like a demon, it doesn't die whatever you may try. We've tried everything. Then, it rained and rained and rained and that grass was finished but there were some other seeds inside which grew up into Acachia, such big, big thorns and they were fatal to children.

All over these Acachis spread out. Even now, it is such a dangerous thing for children to play around because if you go, touches any child, the child may die. They have seen all that and this is called as a mad Acachis in India. Now, we were going to, we were having a procession when I was going in the village. They take out my procession. We had only one American with us, you see and they were all taking photographs and suddenly he got this Acachia in him. Of all the persons, this American should be chosen. Imagine, and then we had to look after him well because it's a very dangerous thing. Of all the persons, he's the one only was attacked, I was so surprised. Alan what? Alan Nicks, isn't it? He got it. So I mean, if you do something like that, you see, I mean this was done by the government.

They should also, when you are helping somebody, be gracious about it. Not to send something which is so useless, isn't it? That way Russians are very clever. They, whatever they do, they do with grace. So what happens? You get attached to Russians. You give one rupee, you give one dollar, but give it with grace, you see. And if you try to show off, Oh I've given you so much money, you don't want it, isn't it? Because it hurts yourself, that's why. So it has been happening like that, the money consciousness has been very vulgarly expressed so many times and this is not good.

So these people have to come down at that level and to see that for helping someone you're lucky that you can help someone, isn't it? Because you're better off. One must know you're better off, so you're helping others and it's a very great thing God's blessings on you that you can help others. One should think like that. The whole thing should be off love and affection and do it with love but on the contrary, the way they did it was really, they got very angry with all the people that what do think us to be? Worse than our even our beggars would not be such rice, they said. And you have to show them down, you see. And this made them very angry all these people. Off course, I mean, that problem was solved next year. No problem. But the other problems started again. (?).

So one has to understand that when you try to do good to others or anything, you must know that it is, God has made you so capable, that He's a part and parcel of you. Whom are you helping? Yourself isn't it? Say, my finger is sick, so I'm helping my finger. Who is the other? I'm helping myself. So, because of these little, little things also, I think God is angry because the way, we have felt about other nations, you see. After all, this is a country belonging to Shri Krishna. Shri Krishna is the chakra of Vishuddhi. This America is Vishuddhi chakra, is the most important and the perfect. I mean it is a very important chakra, this one, and has to take the responsibility of the whole world, supposed to be taking, for the benevolence, for everything. On the contrary, that's why it is so blessed because it is Vishuddhi.

But they don't, they're not aware of it. We should think once, why are we blessed so much? Shouldn't we? And that's what has happened. If you think, why are we blessed, there must be something. God wants us to do something, something much greater. This is, that has kept him (?) away from reality. That God has blessed them with a purpose.

Now, say Maharashtra, where you will be coming. Maharashtra, where our work is going on in India, is the Kundalini. Is the Kundalini of the Universe. And England is the heart of the Universe. Imagine, heart is frozen.

English people have a full heart, (1:18:35)

1986-0705, Welcome Address: Sahaja Yoga that has obliged us

View [online](#).

5 July 1986

Talk to Sahaja Yogis

Gmunden (Austria)

Talk Language: English | Transcript (English) – Draft

(Sahaja Yogis singing)

Shri Mataji: Beautiful! Now, we should have one joyous song also, after the victory of Christ.

(Sahaja Yogis singing)

Shri Mataji: May God bless you!

I find it difficult to express My joy and gratitude for all of you to come down here specially to express the thankfulness towards Austrians, who have arranged this beautiful spot for all of you to come for this puja.

One thing is that Austria has never given Me any problem. Like in the center, always standing in the right path, taking to wisdom, helping every way possible to solve the problems of other nations.

As I said that it is standing between the two extremes in geography, in the same way, it is very much so, as if it was fed up with the aggressiveness on one side and the depressiveness on the other side. (Shri Mataji laughing) It has never caused any problem of – any one of them going to the right or to the left too much. No member has done that, it's remarkable, so give them a hand. (Applause)

Now, the word Austria, I don't know from where it comes, but Astra in the Sanskrit language means the weapon. And if the weapon has to give you problem – then how are you going to fight? How are you going to use? It has to keep its balance and its blade clear.

Every other country and the members of those countries must try to understand how Austrians have been so sensible, so wise and not deviating, not causing problems. I can ascribe it to only one thing, that is, they have learned their lessons.

They know what it is to go to the right or to the left and that they're extremely sincere about keeping themselves on the right path.

Actually we have very great Sahaja Yogis in every country, no doubt, individually, but collectively what we find that in every country there are problems with individuals and suddenly they come up with problems and they have no shame about it.

Suddenly they express themselves as a problem as if it has some sort of a significance. In their own understanding of Sahaja Yoga they must realize that you are chosen for a Divine work which in the history was never performed before. And a mediocre personality or the one which suddenly changes from one to another suddenly shows up, some sort of a funny behavior – it's not meant for Sahaja Yoga.

The learning of the lesson should be that we are not obliging Sahaja Yoga; it is the Sahaja Yoga that has obliged us.

Without even thinking about the consequences, some individuals behave in such a manner that it is atrocious and against God. Those who still are carrying on and are living with all kinds of catches and problems should really leave Sahaja Yoga. That's what

we had told you before. It's better to have few wonderful people than to have so many who are about to rot. And that is why the sincerity of purpose has to be there.

Sahaja Yoga is much greater than your life, than the lives that you have lived, than all the lives of this world put together. We have to understand what a great thing it is to be a Sahaja Yogi.

In any office if you go and if you become the head of that office, you become even more responsible for committing any mistakes and everybody watches you. Today you are the leaders of the whole world in spirituality, all of you, each one of you, but if you do not keep to a standard, to a proper understanding of Sahaja Yoga which I would say, if you are not a Sahaja Yogi, still has problems, better give up.

So even now I see some – very few though – people with problems.

And when I see Austria without any problems, I think we'll have to have one jail also in Austria (Shri Mataji laughing) for all those who are not all right, to go down there and get some training.

I would say we should try to see why it has developed so fast in Austria without causing any problems whatsoever.

Is it that every person who comes to Sahaja Yoga in Austria is something very wonderful, or is it basically he is a very sincere man or a woman, or is it that the people who allow them to stay in Sahaja Yoga are themselves, are positive, and only take people who are top-class?

Whatever may be the reason, the result is so good that this weapon of Sahaja Yoga gives you confidence and joy. Like a mother who has children and she sees one child absolutely dependable, responsible, she can rely on them, on that person or that child, or that son or that daughter. There's an inner feeling of tremendous relief and confidence. So I want to thank Austria for giving Me that confidence.

I wish all of you from all the countries will do the same, not to trouble your leaders but try to improve yourself in such a manner that there are no problems of any kind.

The problem that comes in the West is of a varied nature, no doubt, but because West is ego-oriented, our attention always is outside. Apart from that we catch wrong things, we also see wrong things in others and nothing in ourselves.

If you start seeing what is wrong in us, specially as related to your own country, what are the bad things you have imbibed from your own country, what are the bad things that are being accepted in your country which are very dangerous and detrimental, even destructive, that has trickled down into your own personality. If we all see that point very clearly within ourselves, try to note it down and watch yourself, where is it lurking, I think you'll do the greatest service to your own country. Because whatever goes out of you goes out of that country.

It's like the salt. If you have the salt taken out of any food, you don't feel any salt in it. In the same way when all these things are sucked out of your personality, your country will be helped the most of all, that you had such great people in your own country.

I had to come to Salzburg, they said what is Salzburg is a mountain of salt and who was that? Mozart. I had to come there because of Mozart. One man, one man like him has made such a tremendous difference to this country. See what he writes, how beautifully he feels; as if he's died with Christ to see what Christ must have faced. Why did Christ have to die? Why He should be crucified? Because He had to see the death. Himself, what is death? Because he's eternal. What an idea.

So if one man can do so much with so many people who are realized souls, how much we can do for our country? And once we realize our importance, we can see that our life can light the beacon of tomorrow's great world.

But this light can be hampered by people who do not realize that they have to give light to others. They have to realize that they have to give light to others, that they have to be like themselves.

Because of this basic problem of extraversion and aggressiveness one has to be very, very careful that by becoming a nuisance we're trying to aggress God and Divine.

If you are caught up better keep out of Sahaja Yoga, voluntarily, and say, "I'm caught up, I have no business to be in the temple."

Instead of that, as the aggressive nature is, we start blaming others. That we may feel happy because our ego is satisfied with that, but it cannot bring us joy.

Only our sincerity can give us joy. First of all, we have to be sincere to ourselves; we are here to improve ourselves, to enter into the Kingdom of God. Then we have to be extremely careful that we keep ourselves clean and give no problems of a very gross level, of a very cheap level which I do not know how to stoop down. So the members of Sahaja Yoga have to be not only saying that they're Sahaja Yogis, they have to be Nirmal, following the religion of purity.

We believe in purity, we have to be pure and we are pure. This is what is to be seen.

The another thing which very much surprised Me how symbolically, it's so suggestive, the word 'Gmunden' itself is so suggestive. In the Sanskrit language kamandal means a water carrier for a saint. A saint carries the water in a kamandal and kamandal is made out of a white gourd or you call it a pumpkin, a white one, we get in India. And cut it in such a shape that even the handle is attached to the whole thing like that, and the handle is there, beautifully shaped.

When this dries out, this fruit dries out, then it becomes like a boat and is surprisingly is not spoilt by water. So the saints in those days were not well-off like you people are, used to live in the jungles and forests and they had to use something to carry water. So they would make water carrier out of that.

I feel the shape of this beautiful lake also is something like kamandal and the whole thing is an expression that a water container which is a kamandal made for saints, great sadhus and gurus, we're here, to cleanse ourselves with the water of this kamandal. It's very, very symbolic, the kamandal is the symbol of the Void.

As so many things today are suggesting and showing that you have come to the right place to achieve something very great.

So I'm just trying to prepare you for tomorrow's puja, that to accept your personality as it is and to live with it is wrong. You have to aspire and achieve a personality which is that of a Guru and tomorrow I'm going to tell you what is that.

I just wanted you to prepare yourself for that. We have come here to enjoy each other's company, everybody's love, attention and the knowledge. The vibrations are very good. It's a very peaceful, silent place.

And I'm sure all this will be a beautiful nourishing factor for the establishment of that personality which is the flower of spiritual life.

We have to prepare ourselves for that. We need not be depressed or to be aggressive – in the center to see and witness ourselves and in others their greatness. And when you see others then you feel the greatness, the joy, the peace, the happiness, their contributions, their gestures, their sweetness, their smiles, and in yourself you have to see your thorns, where they're pricking you.

So I hope tomorrow morning before going into puja all of you will go into meditation and come with that silent mind where I hope – your Mother is not like a machine, of course, but My love will act and you'll be in a mind, state of mind which will receive and fill

in the kamandalu, the kamandal, with that love and carry the water for the whole world.

It's so nice to see so many of you here but a mother always has a little fear behind her mind. I hope there are not some people hiding behind the curtain in the garb of Sahaja Yogis and are going to bite sometime or are going to take away some good souls.

So be careful, be watchful. Could be the jackals may be in your own mind, could be outside. We have to be careful. A day should come when nothing should disturb us, nothing should spoil us. I'm sure it will happen; all of us would be in that state, enjoying the complete bliss and emitting total joy – Niranand.

May God bless you!

So to celebrate this Guru Puja I must tell you a story. I wanted to give to every country some sort of a present and I went for shopping, you know, was a busy housewife. I was tired, absolutely walking and walking and walking; couldn't get anything sensible, came back home, very tired and then at the door somebody rang the bell.

And a little boy, not very small, I think, about twenty-two years of age, maybe, appeared on the doorstep and said he has got some paintings to sell. I said, "Really? Let's have a look."

And I got beautiful paintings. (Laughter) I said, "Why did I go all the way, walking all the way and feeling so tired?" (Shri Mataji laughing) But immediately after seeing the paintings all My fatigue disappeared, so beautiful.

So I think the Divine is helping Me to communicate, to talk to you in the way I want to, by doing these little, little things so important and so beautifully. So we have to distribute these presents today, that's how we're going to be, start our Guru Puja in a joyous manner.

May God bless you!

So, keep it. Now, one by one. So, I'll call the name of the country, every country, and one by one try to come, the leaders have to come. This one is for Rome.

## 1986-0705, Evening Program Eve of Guru Puja, Talk: We have to be very organized

View [online](#).

5 July 1986

Evening Program

Gmunden (Austria)

Talk Language: English | Transcript (English) – Draft

Evening before Guru Puja. Gmunden (Austria), 5 July 1986.

Shri Mataji: ...who has seen the Sahaja Yogis dancing and singing the praise has seen Me in the villages of India. It is very clearly described in that. You can have a look at it how they saw the real picture of truth.

And the second one, we'll read it out to you about the great poet in India, called Rabindranath Tagore, what he saw at Ganapatipule. Where you might see the word called Bharat. Bharat is the real word of India. India was given the name to us by Alexander (ed: the Great), but actually the real name of India is Bharat. Because there was a great king called Bharat. From there this word comes - Bharat. All right. So first they will read out the part which is about the vision he saw. Which is so clear cut. Those who have been to India have been dancing on the streets of India in villages, Indian villages. We remember exactly what it is how he saw you right there.

Sahaja Yogi: So this is an excerpt from a book by C.S. Lewis, called 'The Great Divorce'.

Shri Mataji: C.S. Lewis from - Lewis means he is a welsh by birth, welsh people have something to do with Maharashtra, I must say, because they called Bombay as Mumbai, still. They don't call it Bombay. And that means they must have been going to India much before the English reached there.

Sahaja Yogi: The reason why I asked: if there was another river was this: all down one long aisle of the forest the undersights of the leafy branches have begun to tremble with dancing light.

Shri Mataji: Slowly. Slowly, because they don't understand English. So, do it slowly and deliberately. First of all, again.

Slowly, Warren, now it's too speedy. (Laughter) Very speedy. Speed should be less, I asked you because your speed is normally very low. I think, why not ask James. James, you come along. Let's have James.

He's still not there.

All right. Start it.

Now he's there. Come along. Warren is in a big speed today, I don't know why. What are you up to? (Shri Mataji laughing) You see, because they don't understand English, you see. So I also require little pauses.

I think it should be raised a little more to the mouthpiece. Meant for you, not for Warren. (Laughter and applause)

Again.

Sahaja Yogi: Forgive me, I'll start again.

Shri Mataji: It's good now.



(reading of poem)

Shri Mataji: Bring it down that height. All right.

This is about Ganapatipule, just see, how it is described. Both the poets are no more now.

Sahaja Yogi: From Gitanjali by Rabindranath Tagore: ("On the shores of Bharat where men of all races have come together. Awake, my mind...")

Shri Mataji: So, just to begin with the whole thing as I said in the morning that Austria never gave Me any problems. We have to admit beyond doubt that in Sahaja Yoga Australia is the most progressive country. (Applause)

Credit must go to Dr. Warren, who has started Sahaja Yoga there and to James, who is carrying on the work of Sahaja Yoga in the absence of Warren. It's something great.

(Gregoire translates)

Shri Mataji: And a full progress can be seen as far as the schooling is concerned in that great country of Shri Ganesha. Where school has to be established first, because it's a Ganesha's country, but the way they have got beautiful remarks from the government saying that whatever they proclaimed, whatever they preach, they practice. It's such a big thing to say.

And beautiful reports they have got. And I hope that all the schools that you are going to start should be on the same pattern, same sincerity.

And for Europe we have to give full credit to Gregoire. (Applause) Sending him to Me we must give all the credit to Rajesh Shah. (Applause)

He is also doing with his friend [Jahlal?] tremendous work in India to establish a very good school.

And for England we have to give full credit to Gavin Brown who has really - despite all kinds of problems - has stood up strong and fought all the negativity in that country. (Applause)

And for America we have to give full credit to Christine, who - though being a lady - has done such well. Slowly and steadily she has established Sahaja Yoga in America. And also in Canada, in a way. (Applause)

We have to think of many people like them and those who have been very helpful to Me, from the very beginning - like Mr. [Modi?] in Bombay. (Applause)

And Rustom in Riyad. (Applause)

Now, UK we have a joint leadership and we have really a very, very strong leader there, is Dr. David, who is doing tremendous work and he is helping Gavin in a very big way. (Applause)

In Switzerland we had Arneaux, who has. (Applause)

And in Spain we have Patrick now, who is doing very well, and he's brought these French round very well, I must say. (Applause)

But wisest of all is Guido from Italy. (Applause)

Who has come from Spain? So, please convey also to Spanish people that we have thought of our leader there, Jose. He is another very wise man.

This Austria is doing so well under the - I should say now - joint leadership of these two great people, who have organized all this and we really must admire the way everything is moving so smoothly, thanks to them. (Applause)

And Richard and Pat from Holland and Belgium.

And the most difficult one, Germany, by Hugo. (Applause)

The most formidable was started by Jamel and carried on by [Al Jahal?] in Algeria.

So one more, one more, but otherwise - there's Sierra Leone is another very great surprise to Me, beautiful surprise came from Sierra Leone, by Peter and Christine, both of them are here, very sweet lady, and they have been able to manage it so well in that farfetched country. (Applause)

And the most fantastic is from Nepal - Herbert and Lisa. (Applause)

South - in the - we can say - East and West we have two sides of America. And in Canada also we have two persons on two sides. And one is [Laury ?], another is Steve in Canada, and we have Dave on the west coast of America.

We have to think of all of them, because they are really the Adi Gurus for you. (Applause) Steve in Boston.

Adventurous were Peter and Rosalyn (?), who went to Hongkong to establish Sahaja Yoga there. (Applause)

(part 3 after music)

We have not been to Scandinavian countries and to Greece. And we have to somehow or another start going towards Greece as well as the Scandinavian countries, if possible. But that's rather a difficult case, let's see what happens. (Shri Mataji laughing)

So, if we have to think from countries point of view we have had really such great leaders to help, to guide, to nourish the Sahaja Yogis.

And I'm really thankful to them all for keeping their balance and attending to Sahaja Yoga work without asking for a single pai from Me.

And we have to know that we are not going to start priesthood in Sahaja Yoga, at any cost.

The work has to be done absolutely freely. Free, I mean, free and freely.

Otherwise we'll end up like another Christianity or something nonsensical like that.

So now, after all this you heard the description of yours that was found in some visions of these great poets. I would request you all to find out in your own languages, in your own countries there must be poets who must have described at length about Sahaja Yoga. Try to find out and we have to compile more and more of literature that announces the coming of Sahaja Yoga.

Also those who are making any poems or anything should be sent to your leaders first and then the leaders must sort it out and send it to Me. That is a much better idea, because sometimes, you see, people write all kinds of trash, nonsense, this that, they will send to Nirmala Yog. It's not proper. You must send it to the leader. Let the leader see. The leader can appoint two, three

people who understand poetry, music and should scan it properly, establish it properly and then we should put it. Because we have to show that we are quite expert in everything.

Nothing should be done haphazard, but we have to be really methodical.

We have to be very organized and in a way very understandable for others. That's how people will be convinced that we are following Vishwa Nirmala Dharma.

All right. Thank you very much! (Applause)

Music

Shri Mataji: Beautiful. That's a folk - innocent dance, the folk people so innocent. They dance so innocently expressing their joy for gratitude. Beautiful! Thank you very much! (Applause)

## 1986-0706, Guru Puja: Cosmic Consciousness

View [online](#).

6 July 1986

Cosmic Consciousness

Guru Puja

Gmunden (Austria)

Talk Language: English | Transcript (English) – VERIFIED

Please be seated.

I'm spell-bound to see all this beautiful expression of your love. Such attention and creativity. I must be the luckiest guru to get the outside nature reproduced here so beautifully. After seeing this, no guru can escape complete melting of his heart.

Actually, My disciples are very clever people. They can neutralize any guru. So that guru's staff which is used for disciplining the disciple also melts away into a lotus.

Every time it's such a beautiful surprise to see how Sahaja yogis are getting one with the Divine. The expression of their joy, the conception of the Divine you can see very clearly. This is how I want you all to sit in the Kingdom of God as I am sitting today.

We have to realise that we are now the part and parcel of that cosmic consciousness itself - the Brahma. The One that creates, which coordinates, which plans into all the details and the One that loves through its creation, through its expression is that cosmic consciousness. We are not only in it, but we can handle it. We can regulate it, we can use it, we can work it out.

This is the state when we are in we are the guru. Guru means a thing which is higher than the gravity of the earth, or stronger than the gravity of the earth. What is the gravity of the earth? Superficially when we see that we understand it as a thing that acts on our body to keep us on the ground. Also there is a load of a big atmosphere on our head, of many elephants standing on our head. Plus the Mother Earth has the gravity to pull us towards herself. That's on the gross level we understand the gravity and on the gross level also we sometimes understand the Guru Principle.

On the gross level we think a good guru is that person who just attracts you towards himself - bodily attraction, or may be other attractions which are gross. And that's why people always go to the gurus who are false, who are superficial. But the one who is above the gravity of the Mother Earth, the gross, the subtle, the subtle, subtler and the subtlest - beyond all these attractions - that is the one, is the guru.

So in the very gross way we see that normally people are attracted towards other through the body element, the gravity acting through the body. A guru who looks like a cinema actor is very much appreciated. They cannot see the totality of beauty, but just one aspect. The earlier gurus, who came as false gurus used to paint their faces even, in India. Or they would go to special decorators, who would make their hair look like Shankara's jatas and eyes were painted with big black coal up to this. And the whole body was covered with a funny type of a powder.

Or they would wear a kashaya, a cloth that was given a color of saffron without using the saffron. In two rupees you can get that. And people would be attracted towards such a person. They would carry an elephant, to sit on an elephant, even to add to the propensity of the superficial gravity and walk on the streets. And people would bow to them and give them whatever they wanted. This cannot elevate anyone. Any body attraction can enslave you, cannot give you freedom. It will give you habits for your body enslavements, and also it will enslave you to your guru if he knows how to keep attractive in various ways.

The whole understanding of the cosmic consciousness can be put in one little sentence: that it cannot be attracted by the gravity of any stars, earth, moon or sun.

The other attractions one has from the Mother Earth are all for food, greed, lust - materialism at its worst. It comes from matter. All that comes from matter, once you start getting used to it you become a slave and not a guru. So the first attempt should be for anybody: to be a good guru is to get over material attraction.

In a subtler way we can see it happens like this: a lady or a gentleman buys an ashram in Sahaja Yoga. And the Sahaja yogis start living in that ashram. The owner of that house starts worrying about the house and all material things in that house rather than the emancipation of the disciples or the Sahaja yogis who are there.

The whole attention is towards the material upkeep of the house and not towards the emancipation of the Sahaja yogis who are supposed to rise into the cosmic consciousness. And such a person, if he starts believing that he is the guru or in any way even a Sahaja Yogi, he is sadly mistaken.

Where is your attention is the point. If you are the guru, where is your attention? If your attention is on the correction and the nourishment of yourself and of others then you are first of all the Sahaja yogi. And once you rise above the gravitational force of materialism, then you could be called as the guru.

Anything that is living has a capacity to rise against the gravity, up to a point, that is limited. Like we have seen the trees, they come out of the Mother Earth and grow upward, up to a limited space. Every tree, every type of tree has its own limitations. Cedar will be cedar and rose will be a rose. Is all controlled by the gravitational force. But there is one thing which rises against the gravitational force which has no limits, and that is your Kundalini. It cannot be controlled by the gravitational force unless and until you want it to be controlled. Nothing can control it but you and your Self can control it. So, as soon as you become in charge of your Kundalini, you have crossed one step forward that you have overcome the force that is the gravitational force.

Then the cycle of all the five elements is bound together. All the five elements have to go in a cycle in such a way that nothing is wasted, nothing is spoiled, everything is organised. But the cycle is broken only by the awakening of the Kundalini. Because you enter into the highest of highest, which is the cosmic consciousness, which you know how to regulate yourself.

That cosmic consciousness is the Param Tattwa, is the principle of all the principles, controls all the principles. So it controls also the principles of all these five elements. It controls the Mana Shakti. It controls the evolution and gives you the power to evolve others. So, this great Brahma Shakti is at your lotus feet.

Perhaps Sahaja yogis do not realise what they have achieved. The only difference between a Adi Guru and a guru, Satguru I would say, is this that the Adi Guru knows that He is the controlling power. He knows He is with absolute oneness with the Brahma Tattwa, with the cosmic. The authority with which He talks, the complete confidence with which He says things. There's no doubt in His mind. In anyone of His teachings He'll say, "I verily say to you that confidence that I am with the Brahma Tattwa, that I am the Brahma and that I am controlling all that Tattwa," makes Him a prophet. Because whatever He says, prophesizes, is the truth. Whatever He says about the past is the truth. And He knows that; He has no doubts.

The authority with which Moses talked, authority with which Socrates talked, authority with which Lao Tse talked - all these great Adi Gurus, from Adi Nath to Sai Nath, they didn't say, "If you do this way will be good, or that way would be good." No, "This is what it is, you better do it!" This is what it is.

But in modern times those gurus may not work out. That's why a Mother had to come. First to give you Realisation. Because these gurus did not realise another point: that their disciples not understand them at all. Whatever they are doing, they are doing out of awe. But awe doesn't have understanding in it. Or even the earlier ones may have had, the generation that came afterwards did not have.

So, they turned the gurus into a façade and the whole building they owned as their own. Creating all kinds of problems, killing the

universality and the collectivity because Brahma Tattwa is the power of the collectivity. Is in everything - in the atom, in the molecule, in the human heart. Everywhere it is reflected, depending on the reflector. And it controls. This understanding they had, but the human understanding perhaps they did not have. That if you today tell them something they might listen to us, but tomorrow they will forget.

So, it was necessary that you all should be given Realisation. Otherwise, also without realisation, what's the use? What's the use of talking to people about the colours, those who don't have eyes? So, Realisation has to be given. But it should not be done with diffidence. When a guru does not feel vibrations properly, he become diffident about giving Realisation. But even when he feels it clearly he will not say things with authority. Authority by any chance does not mean aggressiveness. Authority is because you have it, that's why you express it.

Like this light is now shining on My face. It is shining; it's not aggressive. Because that's the quality it has got - that it has to shine, so it is shining. In the same way a guru shines before the disciples. It's very easy to understand this word shine. When you have something dirty, it doesn't shine. Even the gold which is always shining, is not tarnishable, if you put it under the mud it won't shine. So, you have to wash it, clean it and rub it nicely so that it shines.

But in Guru Tattwa, it is from the basics you have to start. Before the gold came into its own state of gold it was mixed with so many other things. So it had to be heated up, melted away, sieved out, and so many processes it had to go through to become gold. So, when you become Sahaja yogis, you have become gold.

Now, the second job is to keep this gold shining. And third would be to get a part in the crown of your Mother, so that you can never be tarnished. Into these three stages one has to come. First of all to judge yourself to be a guru you have to have a gravity of your own, which is not bound by the gravity of the Mother Earth. That's the minimum of minimum.

Which does not mean you wear outside the kashaya, the dress that suggests that you are a sanyasi. But from inside you should be a sanyasi. Now a sanyasi who is inside a sanyasi will have a big bank balance, maybe, but will know nothing about it. Will be very indifferent and any day willing to part with it. A sanyasi has to be a person above lust. Should not know what is a lust is, what is this attraction of lust is. That through his Kundalini and Mooladhara he can achieve it. Because now you have a capacity to rise above the gravity. You have got that power now to rise about this lust business where your attention gets absolutely ruined.

But in Sahaja Yoga we have everything. Like on Indian streets you'll find the most modern car, a Rolls Royce, Mercedes as well as you can find a bullock cart and also lots of cows and buffalos, everything there. In the same way, I think, in Sahaja Yoga we have all kinds.

We have some people who are very great and try to achieve a state of untarnishability, put their attention to it, work it out. But we also have people who are absolutely useless things, just hanging onto Sahaja Yoga to use Sahaja Yoga for their own popularity, maybe, for their own gains. I don't know for what.

I have seen people who give lectures in the name of Sahaja Yoga and are badly caught up. There is that gravity acting in you, remember that. The gravity of the Mother Earth. Some sort of a gravity which should be located. But some of them are nothing but worms, they cannot go higher. And the outsiders see those worms only and try to say that Sahaja Yoga is no good.

Your Kundalini has the power, it has all the powers to make you the highest of highest. An ordinary grass can become a cedar. There's no limits to it. But you must have confidence in yourself and confidence in Sahaja Yoga. If you don't have confidence in yourself or in Sahaja Yoga, nothing can work it out. But the highest of all is the sincerity which nobody can instil in you. There are so many descriptions of a guru, how a Satguru should be. Not in the West, I didn't see that, because I think they never believed in gurus, but they have lots of gurus, like Pope is another horrible, fake guru sitting here. Then we have another one, Bishop of Canterbury sitting there.

All of them are false gurus, know nothing about Kundalini, don't know anything Brahma. And they just want to denounce Indian ideas not because they are Indian, but because if Sahaja Yoga is established they will lose all their earnings. From where will they get their money and their crowns? So they want to propound that they are the solution, achieving nothing, spoiling the name of Christ, saying all kinds of things against Him, stupidly, without knowing the Divine.

Then we have many in the Islam, horrible people, just the opposite of Mohammed Sahib, doing all wrong things in the name of Mohammed Sahib. It's something like one can understand that a thief has to become an imposter to behave like a king to show that he is not a thief and to have his thieving done. This is how they are, all of them. Right from India we have many Brahmins of the same category. This priesthood has to go. Wherever there is a priest, know it's a mafia. It's a sophisticated mafia.

No Sahaja Yogi guru is going to take any money, nor anybody is going to bow to them. Nor they are going to take any kind of special attention. In the sense in one place we had a ashram where the guru and the guruvi became very important, and the guruvi wanted her tea to be sent on her bed with a proper table, and she became a mini-Mataji - or a greater Mataji, because I don't demand many things which she demanded. I never demand anything, whatever you do is very great for Me.

And this is how they felt they were great gurus by asking for this privilege and that privilege. Guru has to suffer the most, that's how he can command. He has to be the example of austerity and of detachment, that's how he is going to get respect. In Sahaja Yoga nobody is going to respect anybody because that guru has made so much money out of Sahaja Yogis.

But the attention on money itself of Sahaja Yogis itself is suggestive that they are not Sahaja Yogis. For example, when you wanted to collect money - I mean, I never asked for a house or anything. The idea came from some Sahaja Yogis - there should be a house for Me. Who can house Me? Just think of it. Is it possible? Is it possible to house Me? Not possible. So, with the purpose and with My name, we could have something done in the heart of the universe where everybody is sleeping practically. We had to do something dynamic there. And I heard that some stupid people started arguing on that. That's again the sign of not understanding. If Mother has said, "Yes," She would not do it for no reason.

So, the power of understanding only come when we become the power of cosmic consciousness. Because cosmic consciousness understands each and every thing; sitting down here you can understand every thing, you don't have to go there. Everything. And because your Mother is a Mahamaya it may not show, but it will expose one day. So, you have to depend on that part of Sahaja Yoga, that it is a Mahamaya's job. So we should not get disturbed or upset, it will show.

So, you are doubly blessed. First of all you got your realisation, which they say is the hardest of hardest thing to get. You have overcome the gravity. And secondly, your Mother is the Mother of all the Adi Gurus. She's the One who taught all the Adi Gurus. She created the Adi Gurus and She'll create out of you the Adi Gurus.

But the quality has to be of gold. The guru has to himself accept all the challenges, everything, to go through it. To work it out, to cleanse himself, to see for himself how far he has reached. He has not just to depend on some certificates of you people. It's not artificiality; it is not falsehood, is reality. And when you come to reality you must know that you have to be satisfied about yourself. Then comes the confidence. That's how the authority comes in, that you are sure of yourself that whatever you are doing is the reality. Reality and nothing else.

And this power is within you. The Kundalini is within you; She is your own Mother. All your life you have wasted in doing all kinds of things. People have gone into lots of penances doing anti-culture, great jobs of ruining themselves and destroying themselves. What did they gain? Then they started another sort. They are busy now with another trip, and they'll be busy tomorrow with another trip. Or whatever they do stupid they do it so seriously.

That's the most surprising thing is. And to all the details, you know? Nothing should be missing. The complete stupidity must be achieved with full sincerity. That surprises Me the most. And then - what confidence! If you ask Me, "Why did you do it?" He said, "What's wrong?" You're amazed. There should be a new word rather than bumptiousness for this kind of thing. That you cut your

nose and when the doctor asks you, "Why did you cut it?" he says, "What's wrong? I've done it well, better than you could do." This is how human nature is - that stupid. But when it comes to reality, how are you? Devastatingly we work out our destruction. Our construction and our ascent - do we do it that assiduously, with that caution, with that care, with that detailed understanding? And the best part of it that when you are doing it you get joyous - immediately rewarded.

For example, doing all this you must have all enjoyed, no doubt. Anything that you do in the name of God is immediately rewarded, the subtlest of subtle in the form of joy. And grossest of grossest in the form of all kinds of things. So, why not do it, something with complete understanding? Meticulously, carefully. Why not? With full attention and concentration. Because the reward is joy. Ultimately, what do we seek is nothing but joy.

Rationally we understand, but not from the heart. It doesn't go in the heart easily. Now people are saying, "Mother, open my heart." How am I to open it? Just tell Me. One has to go for an open heart surgery, I think, the way things are. To open your heart the guru has to be generous. Whatever these other agurus are doing, just the opposite of that. What have you given? For example, you are having some people with you in your house - and you are the guru. What have you given to them? On material level, let us see. Then on physical level, have you ever massaged their head? I have massaged so many people's head. At least fifty percent of you had that. What physical comfort you have given to that person? If you are the guru, then what is the emotional confidence you have given to that person? If you are shouting for that person, "Why did you keep it there? Why didn't you keep it here?"

Also it is vice-versa among human beings. If you try to be nice to somebody that person becomes ego-oriented. Dangerous stuff, you know. You are nice to somebody, you are kind to that person, you give him some money, or you give him something then they say, "You go, come and see that person," I'm surprised sometimes, how can it be? But it happens. I mean, I have been victim of such a nonsense. The people had to say, "Mother, You have spoiled that person." But I just don't know, how can I spoil? Why it happens? Because human beings have another great quality that they cannot understand that anybody can care for them, because they cannot care for anyone. Anybody cares for them they become egoistical.

I've known about some Indians who went abroad and people thought Indians have come as if Adi Gurus have come. They can be worse than you people. And are, no doubt. And then you start worshipping them as Indians. And then you understand that this is just a donkey from India you have brought, which is kicking you all the time. The image of that Indian goodness is not there. Because of this problem the guru finds it impossible how to deal with the disciples.

But there is a solution: leave it to your Mother and I'll put them right. All such problems you can leave it to Me. When people try to take advantage of you or take to ego, tell them, "Now I'm going to leave it to Mother, I'm not going to look after you any more." That will settle them right.

They do not know that this Cosmic Consciousness is also very mischievous. It has lots of mischiefs up its sleeves. And it can work out such mischiefs that people are amazed and aghast. So, all such problems, if you cannot deal you can leave it to Me. And another one is to their Kundalini, to tell them that they are catching on this or catching on that. It's your duty to tell them that "You're catching on your ego. Better be corrected."

Now, all of you can become gurus. Every one of you can become gurus and can develop that great capacity to be one with that Cosmic Consciousness, completely out of the clutches of the gravity of the earth - materialism. Without achieving that you have no right to tell anybody what is to be done. First, it should be your practice and precept in your own life, in your own example! And then your example is sufficient to convince others.

Today, through this understanding that you have to rise above the gravitational force of materialism which is today's religion everywhere - whatever they may call it, whether it is communism or capitalism or democracy or demonocracy; whether it is Christianity, Hinduism, Islam or any other nonsense - all of that is nothing but materialism in its all absurd forms - Kundalini is the only thing that can take you like the stalk of the lotus out of this mud of materialism.



And that is what one has to achieve, specially in the West. It goes in the subtle and subtler and subtlest forms, so be on the lookout, and ultimately it expresses itself as ego. All materialists are egoistical, racist - they are robbers and plunderers. They go to other countries like South Africa and settle down nicely, robbers and plunderers. And extracting the wealth of another. All this can become very sophisticated and beautified - we have to fight that. But to fight that we have to get out of it completely. Otherwise we cannot fight it when we are in it.

So, all of us should try to get out of it fully. It does not mean that you should all take out your clothes and say that "We have given up everything." That's another style it has started now. It means that you respect all that is beautiful, you respect all that is good, but you are not dominated by anything. You are not in the clutches of anything. If I want I can wear a gold chain, otherwise nothing, doesn't bother, I don't care. That should be the attitude: if I have, or if I have to, I will. Nothing can dominate Me. Nothing can give Me status. I stand on My own status and on My position and on My authority. Because I'm that pure consciousness. Nothing can spoil Me, nothing can bring Me down, nothing can bow Me. I cannot make anyone dominated by Me either.

This is how we are going to become great gurus. Imagine - six hundred and twenty people are here and one guru is sufficient to change the whole world. With six hundred and twenty gurus, God save the world now.

There's a beautiful saying of Adi Shankaracharya, Tad Nishkala, about Brahma Tattwa, "I am that Brahma". On that. If you have? Let Me see. That's the best way to understand what you are. Just bring it. It's very famous. Have you got it?

Sahaja yogi: Dakshina Murti?

Shri Mataji: No, not that, another one. Just bring it. Have you got the book?

This is the one. This one is the one. We just read it in English language.

When you have got your Nirvana, what happens to you - it says that.

Guido reads:

OM, I'm neither the mind, Intelligence, ego nor chitta, Neither the ears nor the tongue, Nor the senses of smell and sight, Neither ether nor air, Nor fire nor water nor earth, I am eternal bliss and awareness.

I am Shiva! I am Shiva!

I am neither the prana, Nor the five vital breaths, Neither the seven elements of the body, Nor its five sheaths, Nor hands, nor feet, nor tongue, Nor other organs of action. I am eternal bliss and awareness. I am Shiva! I am Shiva!

Neither fear, greed nor delusion, Loathing nor liking have I, Nothing of pride or ego, Of dharma or liberation, Neither desire of the mind, Nor object for its desiring. I am eternal bliss and awareness. I am Shiva! I am Shiva!

Nothing of pleasure and pain, Of virtue and vice do I know, or mantra, or sacred place, or Vedas or sacrifice, Neither I am the eater, The food nor the act of eating. I am eternal bliss and awareness. I am Shiva! I am Shiva!

Death or fear, I have none, Nor any distinction of caste, Neither father nor mother, Nor even a birth have I, Neither friend, nor comrade, Neither disciple, nor guru. I am eternal bliss and awareness. I am Shiva! I am Shiva!

I have no form or fancy, The all-pervading I am, Everywhere I exist, And yet I am beyond the senses, Neither salvation I am, Nor anything to be known. I am eternal bliss and awareness. I am Shiva! I am Shiva!

Shri Mataji: That's what you are. You are eternal bliss and awareness. The consciousness, the pure consciousness.

I think, this must be - everybody must remember by heart. And must say in all the ashrams. That's a very good way of remembering what you are.

May God bless you!

Sahaja Yogis sing "Sat chit ananda Rupam Shivo ham Shivo ham".

Shri Mataji: Now all the leaders have to come on the stage today to help with the puja.

Yesterday, I could not take the name of all the leaders who were very good, who have come very recently and are doing great work like, persons like Xavier I would say, he has been appointed only a few months back in Milano and he is doing such a good work. And there are other people, say in Venice. And also we see that recently some leaders have been appointed in Melouse and Montpellier. They are doing very good work, I get very good reports about that place. I'm amazed how the new centres have coming up so well. Even in Australia there are many new centres that have come up which are doing such good work.

In England, there are so many new centres that have started and we are doing good work. Some of the old people are dropping out, but the new people are coming up are very good. We find it all over, all over this kind of thing happening now. A new dynamic leadership is coming from people and I'm amazed how they have joined very recently as leaders of smaller places and are doing so good in every country.

Even to take all the names may not be possible, but I feel that so many of them have been really doing such a good job that only Divine can explain it. It's the Divine's great blessings that we have got all the right people. Sahaja Yoga is definitely progressing. It should not progress faster than the Divine wants it to progress, and so we should accept that speed. But still we should try our level best, because it is our job to try and work out as much as possible and as far as we can go.

May God bless you all.

All those who are working in smaller places as leaders, for everyone I get report and I understand them and I have tremendous feeling for all of them. But some of the places where there are smaller ashrams and things, problems are cropping up and I'm surprised how still these problems are there. So everybody must try to correct oneself - should become an example of compassion, love and understanding.

And I hope I will have no reports at least about the leaders or their wives specially, the wives. Wives is a big problem, I wish I had told something about the wives, maybe this evening I might be able to speak about the wives of the leaders. I've been speaking about them all the time. So, the wives have a greater responsibility because they are the source of compassion and not of disciplining. They are the source of joy and not of controlling. They are the source of motherliness and not guruness. So they have to be very different personalities. Instead of that they think, "We are guru's wives, so we can do what we like. We can dominate people, and shout at people and can arrange everything ourselves." No, they have to be completely on the background. And for that I can mention it so many of them are very good wives, who have shown great, great understanding of their role as Sahaja yoginis.

So, I would request you not to become gurus yourself, but to become guruvis. And guruvis are the ones who look after the other side of the guru which may be neglected because of his disciplining nature which he has to have. And they are the ones who are the cementing factor. If the guru is the brick, they are the cements. But it acts sometimes other way round. So, I didn't say much about them, but I hope this evening I might say something about them.

May God bless you!

## 1986-0706, Talk After Guru Puja (poor sound)

View [online](#).

6 July 1986

Guru Puja

Gmunden (Austria)

Talk Language: English | Transcript (English) – Draft

Guru puja-1986- Gmunden Austria- July 06. Talk After Guru

[15:50]

Gregoire: Shri Mataji, can we just make a comment. In the Devi Mahatmya, the demons which the Goddess had to destroy, when they heard about this beautiful Woman, it was the deity of the Himalya – they, She had to come to us because we, that is the rakshasas, we the demons, we are the enjoyers of the best objects. And still today, in this world, if you look at all the evil people, they are the enjoyers of the best objects. They have the best places, they bought the most beautiful spots of the world, the most expensive things.

So, it's a Swiss who is speaking, you know.

[Laughter]

Richesses are quite stuff with these people. And while we offer these humble presents to Shri Mataji, we express our own desire that it is Her above all. And all those who proceed further, who have to enjoy the best of gems, of her creation. Jai Shri Mataji.

[Applause]

Shri Mataji: Actually, there are not enjoying. Devils cannot enjoy. Because they have to get their Spirit to enjoy. They are all the time in a fear of the income tax.

[Laughter]

Of the police. They are doing all some sort of illegal things. Taking other's money, taking illegal things. They have illegal diamonds. They are all the time worried. If they see a policeman, they start shaking. If they see Me, I don't know what will happen.

[Laughter]

[Applause]

Now the- your idea is of giving Me presents, all right. I cannot say, "No" as it is puja. But whatever you give Me, will be just going to the person uncle [unclear]. And all these things will be kept there, for progeny to see how you liked to present your love to your Mother. That's what it is going to be. And then people will know how loving you were, how intelligently and understandingly, you selected these things for Me. All these things are always kept here. On this Mother Earth.

We don't let them get ruined [unsure]. Every time I keep my vibrations [unsure].

And that because you can see.

May God bless you.

Sahaja Yogi: I'm studying pottery in a place called Binigen [unsure] which is the biggest pottery place in Israel.

Very special men They make potteries [unclear]... has probably never seen a work like that.

He's getting quite very well known for, it has only happened in the last 5 or 6 years.

Shri Mataji: You can see.

Sahaja Yogi: [Unclear]...

[Cut in the video]

[Applause]

Sahaja Yogi: It's symbolic for Guru puja, Shri Mataji.

Shri Mataji: Hum?

Sahaja Yogi: For Guru Puja.

Gregoire: It's a dakshinat, symbol of dakshinat.

Shri Mataji: I thought so [unclear].

Australian Sahaja Yogi: A small thing Mother, that's a small thing from Australia.

Sahaja Yogi: That's a small thing, Shri Mataji.

Shri Mataji: Small things.

Sahaja Yogi: It's not beautiful and it's not expensive.

Shri Mataji: [Unclear]. Is this open or [unclear]?

Sahaja Yogi: No, it is a gold bracelet set in Birmingham [unsure], in the center of Australia.

Shri Mataji: That one has open.

Sahaja Yogi: Not [unclear].

Gregoire: Wait a minute, wait a minute. In case you don't help, James has already booked nicely Sahasrara Day 1987.

[Applause]

Gregoire: Yes, Shri Mataji is saying- Shri Mataji said that, "This is a progressive country, and now you see why [unclear] ahead of us, because our planning doesn't reach that heart.

Shri Mataji: Progressive in other world, is different. Progressive in Sahaja Yoga is different.

[Cut in the video]

Shri Mataji: [About a child drawing] A tiger and a flower, it's a good idea [unsure].

Gregoire: A tiger and a flower.

nicely Sahasrara Day 1987.

[Applause]

[Cut in the video]

Shri Mataji: You see my blessing is, you all should become great gurus.

[End of talk]

## 1986-0706, Kathak by Pratap Pawar, Guru Puja Seminar

View [online](#).

6 July 1986

Evening Program

Gmunden (Austria)

Talk Language: English | Transcript (English) - Reviewed Kathak by Pratap Pawar, Guru Puja Seminar, Gmunden, Austria  
06/07/1986

Today we had a very nice session of puja in the morning, and to celebrate that session in an artistic way, we have arranged this beautiful program of Kathak dancing for you.

Now Kathak word, as you know, comes from the word Katha. Katha means the story. It means the story. My God bless you. And the story is to be told, and this is a very, very ancient style of dancing, which was practiced in the northern part of India, and then part of it also went to the south, and they used it in a different way. Now Kathak is so ancient and so traditional, that it has gone through various changes and various aspects, have been expressed in this style of dancing. To begin with, it was originally done to express the stories about the gods and goddesses, and their different way of dealing with human beings. Then gradually it became subtler and subtler. Then they started performing also the dances about the Parabrahma Shakti and all those things. Later on when the Muslims came to north India, they introduced their delicate style to this style of dancing, and one of the Nawabs of Lucknow was very much fond of Kathak dancing, and he himself introduced so many ideas in this.

So also the romanticism, not the variety of western style, but the last is the relationship between the power and its deity, and all those were performed beautifully during that time. All the delicate ways of expression were acquired, so it added another kind of a dimension to Kathak style. Now this style has got the beauty that it is woven with the footwork, as you people have those tap dancing. It has a tremendous type of an intricate, complicated tap dancing. You can say one side, but tap dancing you don't do with the face anything with that. I mean the face remains the same. But in this the face has the bhavas, or the feelings are expressed through the face, different bhavas. Then also the gait, how a person walks in different moods, in different professions, in different styles. So the gait is also very important. So it is not only the tap dancing, which is, you will see at the end, mostly it builds up at the end of it, when it becomes a very fast dancing.

But in between you will see the different gaits, then the different moods, see how they are expressed. All this is shown through the movement of the body, through the going forward, backward, and everything has a meaning. Apart from that the face changes with every feeling, with one feeling say of anger. Then suddenly the another feeling of love, and this can be expressed very clearly. Sometimes one person does both the actions, like the mother of Krishna and the child of Krishna, would be the same person, and they can act. But sometimes two persons do this. So I am very happy that we have Sahaja Yogi, Matthews you know, he has taken to this dancing, and there are so many other Sahaja Yogi, Pedro and other people who are learning Kathak dancing, which they find it very interesting. But it's a study and a tremendous discipline, an Indian dancing or any Indian instrument, or any Indian music or paintings or any art, cannot be learned without proper disciplining yourself. You have to have a tremendous discipline and very hard work. Indian music as you know, people have to sing for hours together, to get to the stage even.

So it is not just that people can do it without any practice. So the technique has to be learned, and spontaneity works it out, the technique in a beautiful way. Now everybody will be surprised that in Kathak dancing, the tabla that is played, the avartanas, the movement of the percussions are fixed. But the number of these fixed, say, one tala is, you can go on with it, and you have to come to the first note. Any number of times you might move, but you have to come to the first note, and it is all built up. The whole, what we call the bol, is the sound of the tabla, whatever are the different sounds of the tabla, are built up with the sound of the bells in the feet. So it is a very intricate science, and requires very good character, and very steady mind, and a very upright level of understanding. Otherwise you cannot acquire this great art. I am very happy today that we have such a great artist like Mr. Pawar with us, who is a very well-known, of a very high repute in India, a person who is going to show us this dancing. Most

surprising is that he is from Maharashtra, and you all love Maharashtra very much, and you will always like Maharashtrians, and he has so many qualities of those Maharashtrians, and he is from the same caste as myself, is what you call the Marathas, he is also a Maratha, and the beauty about the whole thing, I feel, is that Maharashtrians, I have never seen them taking to Kathak dancing, because Maharashtrians being very orthodox about dancing, as this Kathak style came to Maharashtra, the cheap women learnt it, and started using it for tamashas and all that, though they are also very great dancers, I must say, in our folklore.

So the respectable people didn't think proper for their daughters or their family people to see that dancing, because according to them it was cheap type dancing, but even that is the same style as Kathakis, but not to that extent, so much of a formal education and so much of traditional training in that is given. So it is more manoeuvring they do, and they dance in that fashion, same style as the Kathak style. So this style was later on also, as I told you, was taken up in the south, and they use it for their dancing called as Tilana. The same style is used there, is from the word Tarana, because when these people play on the harmonium, that or that tune is used as the Tarana, what they have picked up, and that's why they call it Tilana. So there is a very big integration of various cultures in this dance, and Mr. Pawar has been so beautifully able to grasp the essence of it, and he's a Sahaja Yogi too, and his wife is another Sahaja Yogi, and they are great dancers, and I really admire the way they precisely, they know the art, and the way they expose it, and the way they do it spontaneously. It's very remarkable that we should have such a great artist, so well known, among us to celebrate the Guru Puja, and his wife being not so well, and his daughter, whose name is Asavari Pawar, is going to dance, and she's also another very great dancer. So we have on Tabla, Mr. Misran, whom you have heard many times, who is another great, very well known Tabla player. You can see from the way he has acquired this great art of playing Tabla. Tabla is, as you see, is a simple thing, made out of a hollow wood, and covered with a parched, you can say a parched skin, and a little bit of this black thing is nothing, but like a carbon is put on top, and the way it is played at different points by putting your fingers on the percussion, the way it is done, I mean the amount of varieties people can create out of simple things is really so remarkable, and to practice it one has to really dedicate to it, and one has to have really rhythm within yourself. So the whole thing is interwoven between each other, and it's a very beautiful blending.

With our Sahaja Yoga we have to say that it's a great blessing, that such a great artist like him has taken to Sahaja Yoga. It's a very big thing for us. There are many other artists we have who have taken to Sahaja Yoga. As you know, those, as like Debuchodri is another Sahaja Yogi we have. We have another one, Jasraj, and also we have Pandit Bhimsen Joshi who is another artist, Karekar is another artist. There are so many artists who are musicians who have taken to Sahaja Yoga. But as far as the dancing is concerned, I will give the highest marks to Mr. Pawar who is taking so much interest in it. By God's grace today he could make it to come here, and we all should give him a great hand for coming down and honoring this occasion. Thank you. First of all he will be doing Saraswati Vandana.

Saraswati you know very well and he will be doing Saraswati Vandana and perhaps it may be the same Shloka which you know where they describe. Saraswati with the white dress and the way she is sitting with the Veena although the descriptions are shown by various movements.

## 1986-0707, Talk to Sahaja Yogis: Challenge the Past and Future

View [online](#).

7 July 1986

Talk to Sahaja Yogis

Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

Talk to Sahaja Yogis. Vienna (Austria), 7 July 1986.

[I thank them] ...again for what they achieved in Guru Puja. The way the [autel ?] was arranged so beautifully and organized so beautifully, so that nobody felt any strain whatsoever.

Of course in Sahaja Yoga there are always ups and downs. As you have seen, we try to do our level best, but still sometimes you feel that there can be some mistakes we might have committed. But there's - it is not for you to be upset about it. Because once you have reached the shores of joy then you should not give it up for anything. Because it is own your choice whether you want joy or you want unhappiness. Now in this Guru Puja I felt everybody reached a very great height of achievement and have become the joy itself. Now whatever your past was, whatever mistakes you might have committed in the past in your ascent or whatever might have happened in the past because of others to you, is all lost in the past, the ocean of the past. (Shri Mataji laughing)

Aside: It's all right, let it be, leave it. It's all right. I won't need, it's all right.

But now you see when you reach a certain state then you should not allow anything of the past to come back. I would even suggest to give a challenge to the past.

(Advice to translator regarding microphone) Will be like this, you see, keep it like that is a good habit. Just you have to remember it, yes. (Shri Mataji laughing) Now after some time I have also learned how to use the mike. (Laughter)

Terrible they are, this one I know very well, you see, I mean, even if you speak there I have seen, that they move, you know, with you, as if - (Shri Mataji laughing & laughter) you get frightened of that. (Laughter) Yeah, I know, all right.

So, you have to challenge the past. Huh, now you sit down here. Ah, now let's see what was the past, "Oh that one was, that one was, all right let's see that, gone to waste, finished, good for Nothing" - like that. Then you are fixed into this point. But even if you are afraid of the past, to look at it, "Oh God", and you feel funny (Laughter) or you get angry with yourself or you feel upset about it - then yet you have not reached the point. So now you have to see it that you are at a distance, that's why you are seeing it. Nothing can touch you.

So the judgment will come from you to yourself, "Am I still involved in the past that was last, that was yesterday, is finished now? Am I even now bothered about it?" And your Mother will also sometimes test you on that. (Shri Mataji laughing) Sometimes I may remind you of some mistake of yours and then see what happens to you. And then I will know where are My children. (Laughter) Now you have become the fruit, which is ripe. So why should you worry about things which you are not anymore? Now if you have become a full-fledged bird why should you worry about the egg that used to smell so badly. (Laughter) So this is the attitude one must have towards oneself, the confidence within yourself. So that's how you challenge your past, and now you can even challenge your future. Now start thinking what can happen to us, supposing. (Laughter) Which is very, very common nature of the western people. Yes, because if you tell somebody, "Now, will you please go and telephone to that person", immediately that person will tell you, "Perhaps he may not be there. (Laughter) Now let me see what's the time. This is the time he has to go out, so he must have gone out." (Laughter) But why don't you telephone? And you telephone and the fellow is there. This is the western style of futuristic explanations of everything.

(To the translator) Is that difficult?

Sahaja Yogini: It's a word which doesn't exist in German.

Shri Mataji: Which one? (Laughter)

Sahaja Yogini: Futuristic.

Shri Mataji: I mean, what do you say to future?

Sahaja Yogini: Zukunft.

Shri Mataji: Zukunft. And then make it into 'it' - that's all. (Shri Mataji laughing & laughter) You have to coin words now, what to do? (Shri Mataji laughing)

Now so, when you challenge your future - I've been always challenged by the people who were futuristic, all the time. Like - you tell them, "I want to do this." So they'll say, "But in that the problem is this." (Laughter) 'Problem' - you see, this is modern word. (Laughter) We never knew this word before for all these things, we used to only use it in geometry. (Shri Mataji laughing & laughter) Really, I am telling you the truth. (Shri Mataji laughing & laughter) Now this word geometry is, you see it was for proving something, you see that was a problem. So that's how we have proved, you see. All right, so now you see, then another thing you should say that, "All right this is the problem, so can you try this one." He'll say, "Then the problem is this." (Laughter) You give the solution another - another problem. By the time there are eleven solutions you are fagged out and you just sit down and you don't know what to say. (Shri Mataji laughing & laughter)

Now your mind has been doing the same thing with you. You see, that kind of a mind always tries to find problem because it doesn't want to solve. So as soon as it starts, wants to say he wants to go somewhere, to the station, immediately he said the word, "Problem is, there is no car." That means he starts quarrelling with himself all the time. His body is quarrelling on one side, his heart is on another side, his mind on another side, liver is on another side. So as a result, at the end of the day you find all of them sitting, "Ha", (Laughter) doing nothing whatsoever, all exhausted, fighting with oneself. You see any film or any thing nowadays, the modern ones, you will find all of them in the film they'll come and sit down chair, "Ha". (Shri Mataji laughing & laughter) But you see the trouble is, "What have we been doing? What work have we done? Nothing but thinking and figuring out."

Now you are Sahaja Yogis. You have to remember that God's all powers are with you. But only thing you have to be with Him. The powers are with you, but they are not going to run after you. (Laughter) I mean if you want to [regale ?] out of it, what can the powers do? So you have the powers of God.

I'll give you an example. There was once in My house, you see I had made a banister, a complete banister for the staircase. Laurent is here, he'll tell you. And I told him, "Laurent, that you fix it up and I'm resting for a while, because now all the Gods are sleeping. So I'll rest for about half an hour and you try to fix it up." And I was just lying down in the drawing room where he was fixing it up, you see. I got up after one hour still he was sitting with a hand like this. (Laughter) He was measuring this distance that distance, again going back to that and measuring it with very, very small calipers, you see. (Laughter) Did everything, and he was tired. (Laughter) I said, "All right, just lift this and fix it." And it fixed, it was fixed in a second. (Laughter) You see because I know I have God's powers. So what is it? If I say the wood has to increase or decrease - just fix it, that's all. (Laughter) (Explains for translator) What to expand, or...

So that's how, you see, the future we start thinking like this, "Now, let me figure it out, if it works out or not, when they fix me up?" What is there? This is God's work, just fix it, it will fix. But still some people will linger on to think, "How can it be, Mother?" Now I'll tell you the secret. You are in the Brahma Shakti and this Brahma Shakti is the vibrations that you feel. It has all the creative



power, it has all the destructive power, it has all the evolutionary power - it has all the powers we can say. And it's like a big computer, it uses whatever it wants to use. Now if you take a molecule of sulfur dioxide you'll find a sulfur has got two oxygens, you see, vibrating - tug, tug, tug - like that. They are different types. Some type isometric and all that - different, different types of vibrations, equal or unequal. These vibrations are Brahma Shakti and they exist in every matter whether dead or alive. So when you see that "fix", the wood knows the order has come and the vibrations in the molecules act.

(Problems of translator)

It's very interesting, everything, you see. (Shri Mataji laughing & laughter)

So, this Brahma Shakti is everywhere. It penetrates into everything. And if you believe in God it acts in everything. But it's not blind belief. First, you have to be perfect Sahaja Yogi. Then you are one with the Brahma Shakti. You can control everything and you do not waste your energy in controlling nonsensical things. You don't want to become like a juggler, you see, creating a flower out of a thorn or sort of a thing. But wherever necessary, it works, it acts.

So you'll have experiences in life, one by one and you'll be amazed how things work out. And then you will realize that you are not an ordinary Sahaja Yogi. Whatever you have committed wrong in the past or whatever you used to think of the future - the present becomes Divine. And that Divine present is the ocean of joy, of which you are the part and particle. Just enjoy that! As I was telling you today, that then you don't think about who is the enjoyer and who is the creator. You just become the existence. Existence is the present. That is how it works out. Where you lose all words, all thoughts, all feelings, which are emotional type, an absolutely silent confidence you drink like nectar of life.

May God bless you all!

Have you got any question to ask Me?

Ask Me some questions, you know I have no questions here in My head. Any problems? (Laughter)

Any questions? No, not about yourself, about others you must ask. How to deal with them, how to answer their questions, you must be having problems dealing with others, not about yourself I am saying.

You can't even think. (Shri Mataji laughing)

Sahaja Yogini: May I ask one, Shri Mataji?

Shri Mataji: Yes, yes please.

Sahaja Yogini: Yesterday just by chance one elderly lady was sitting near me and she struck a very long conversation with me to repeat and repeat one fact which was rather annoying but I had to listen in order to try and give an answer. And the fact was she said, "I am here, I came here because I am very interested in what is going on but I refuse to bend down - this is a personal cult."

Shri Mataji: She is an Italian lady?

Sahaja Yogini: From Rome, yes.

Shri Mataji: Ah... (applause) I know her very well. She is a possessed woman. You know she came to Me, she said, "My husband is a singer and I don't feel very happy with him." So I said, "All right you can bring him to Sahaja Yoga otherwise we can't do much." So she said, "With my love I can improve him." But I told her, "He is possessed and you are also possessed by him." (Laughter) She said, "How?" So I asked her to put her hand towards Me and her hand started shaking. (Shri Mataji laughing) So I put a paper on her hand and "See now", I said, "What is happening?" So she said, "This is emotional." I said, "Why is it Mine is not

shaking, theirs not shaking, why yours only emotional?" (Laughter) So what happens that when such a person, you see, gets after your life and she asks many questions, there is no need to satisfy them. Just tell them, "You are a bhoot", that's all. (Laughter & applause) Yes, that's how, because that's the fact. And I told her that way. And if she says, "How do you say I am a bhoot", you tell her that, "You come and put your hand towards the photograph" and raise her Kundalini and she'll start [come up and down]. (Shri Mataji laughing) And then she - they will know that they are. So that's it was and - she tried everything but she failed because she had to bend and - (to a Yogi) you are great hero here, he just put her down - (Shri Mataji laughing & laughter) and her Kundalini they could see very clearly was just going like that [Shri Mataji opens and closes Her hand].

So there are only two things, which do not want to bend before God. One is the bhoot or another is the ego. And today when I gave the lecture you can listen - make them listen to it because it's a very short one but very good one, it shows what is surrender. Surrender means your ego and your superego, your bhoots. And headache to Me. (Shri Mataji laughing) I really tell you some of them when they touch My feet I feel as if some scorpions or some snakes are biting Me. Sometimes I feel they are burning Me and I find blisters on My feet. So it is very kind of them that they don't want to touch My feet. (Laughter)

So that is how we have to have our confidence and we should know that if somebody is a pesterer that must be a bhoot, only the bhoots pester you, they have no self-respect. I would only suggest that such people should not come to Puja. But she was only one who was singled out.

Sahaja Yogis: [INAUDIBLE]

(Shri Mataji laughing & laughter)

Shri Mataji: Oh God. She is terrible.

Sahaja Yogini: [My neighbor in the room had a bad Agnya ?]

Shri Mataji: Better to sleep in the corridor. (Laughter)

Sahaja Yogini: I did. (Laughter & applause)

Shri Mataji: How do I know? She is from Australia basically but now they worked in Sierra Leone, is a wonderful place you see. (Shri Mataji laughing) Then I said that you should have slept in the corridor (Laughter) and she said she did. (Laughter)

So it's worth enjoying. We are so many, we know the joke. (Laughter)

If somebody is curious and sensible and asking about something, "What is this? Why you are bowing to Her?" Supposing somebody says, "Why do you bow to Her, after all She is like a human being", supposing. So then you can say that, "That not because She was our Guru but She has given us Self Realization. And also it is said, only it is the Holy Ghost or the Adi Shakti you can give Self Realization like this en-masse. So we absolutely we have found out that She is the Holy Ghost. Now it's correct. So then also we have seen Her photographs, we have seen Her work, we have seen Her wonders, and now you better see that. The miracles of Christ were only seen by his disciples, but of Shri Mataji so many of us have seen it. And the way She has changed our lives why should we not bow to Her? What would you do yourself?"

Then the question is correct on her, on the other person. But the question has to be honest and sensible, not like the mad woman.

Sahaja Yogi: [INAUDIBLE] ...some question about Sierra Leone and I like to share the sweet story.

Shri Mataji: All right please. All right just open the door [Sandal ?] Yes please because you see, he has been there and you must really hear about that. And also what about the tape? You have it here. So you should expose it and let them have a look

somewhere, it's a good idea.

We have big windows, but no breeze. Better order, send some order to the breeze.

Better. All right, let's have it.

Sahaja Yogi: [INAUDIBLE]

Shri Mataji: You come and have this.

You understand that much English, don't you? Who does not understand English and only German, raise your hands?

Sahaja Yogi: [INAUDIBLE]

Shri Mataji: At all. Who has the problem? Only one lady is there - all right. All right, so let him speak now.

Sahaja Yogi: Jai Shri Mataji. The little story that I wanted to relate to you regarding our bowing to Mother came a few weeks after I was in Sierra Leone and a few of these native people had their Realization by then, and I asked them how they related to Shri Mataji. And they quickly explained to me that there was the Holy Trinity, which was the Father and the Son and the Holy Ghost. And they said that if there is a Father and a Son then the Holy Ghost has to be the Wife of God. (Shri Mataji laughing & laughter & applause)

Because they live very, very much as a family and the woman is the basis of the family. She is so strong and she is so beautiful and demure and she holds the chastity so strong. So they related very quickly to Mother, and they came to Mother very, very fast. We couldn't believe. Christy had told me how the Indian women get on the trains, they get on like that very quick.

Shri Mataji: Jumping.

Sahaja Yogi: And these Africans get on to Sahaja Yoga like that - very quick. (Laughter)

Shri Mataji: Very true. Anywhere, you see Indians are very smart like that I must say.

Sahaja Yogi: The other thing that I would like to tell you which I think these people are going to teach us a lot of how to be very beautiful Sahaja Yogis is that every day they enquire as to, "How is your body?", that is how the conversation goes. They come to you and they say, "How is your body?" And the answer for that in the native tongue is [kayan goma ? ] and [kayan goma] means "Praise be to God". So they never answer that their body is sick or that they are not well or that they are happy or they are anything. They praise God because they are alive.

Shri Mataji: That's it. Straight forward. (Applause)

Sahaja Yogi: And the other question Shri Mataji, that I had was that Sierra Leone means 'mountain lion'. And it was always a questioning as to what significant this small, small country is, because on the mountain ranges there is one peak, which looks like a lion. So we always toyed with ideas as to what this place was for in the Divine play. So if You could help us Shri Mataji, we appreciate that. (Laughter)

Shri Mataji: You see, if you say anything in the body about a country what it is, I mean you may like it but I don't like it very much Myself. I think of the Europe being the horrible liver, you see. (Laughter) Europe is so beautiful, but to call it the liver, but I have to tell you it's the liver. But liver is no good, horrible thing it is, liver. So, you see but there are some ductless glands also in the body, and one of them is this one - like pituitary and all that.

(To the translator) Hello, Mary, there's no need to have a technical word, it's not UN [United Nations]. (Shri Mataji laughing) It's not UN.

Just tell them, one of the ductless glands, which is without any ducts, means on the messages it works. It's like a remote control. Remote control - that sort of a thing it is. (Shri Mataji laughing & laughter)

Sahaja Yogini: Shri Mataji, may I translate the stories of Peter.

Shri Mataji: Yes please.

[Sahaja Yogini translates]

Shri Mataji: That's it. Any other question now?

(Side B of the Tape)

Sahaja Yogini: How should we handle some category of people, say those very ego through all scientists, through all the status of Agnya, and want to carry a conversation on the level they are used to i.e. they'll want to dissect everything you tell them and insist on having answers. I'm having quite a full dozen on me and I feel...(Laughter.)

Shri Mataji : Another type

Sahaja Yogini: And I feel that all along I have been making the mistake of trying to convince them. Should I give it an answer?

Shri Mataji: It's very simple to understand you see, now if there are medical science or there're physical science. What sciences are they dealing with?

Sahaja Yogini: They are mostly physicists, nuclear physicists.

Shri Mataji: All right, so the nuclear physicists must be told on their language only, we can talk to them about this that, "The thing that physical laws, you see, act isn't it? There are so many laws, physical laws, which act in the physics. Now who has made the laws? (Laughter) You just see what is there, what laws are acting, that's what you see. But who has made the laws, who has bound them by the laws? See say hydro electric now, with the water falls from a particular height it releases energy, the energy becomes the thing. All right, you see that is happening from the energy getting transferred into this, into this. But who has made that in the water, who has put that law into that?" Now that is if you want to talk about God, "All right, there is something beyond it. But now we have to see that - where have we reached? When we started discovering science, the epitome of science is what - is hydrogen bomb, atomic bomb, or we can say computer. But we have not been able to produce any computer like a human being." This is second point.

All right, do tell them now, "But by the scientific advancements we have created people who are very imbalanced. They are so volcanic, they are so criminal, there is violence, the human beings are fighting among themselves, even the animals don't fight this way the way human beings fight."

Now so we reach a point. You take them to a point now that, "That's what we have achieved. What is the reason?" Rationalize it. "What is the reason, why human beings have not been benefited the way we want to benefit them? So, why scientific research has gone onto toward destructive research, why? So if you start judging that why we always end up like this, there must be some reason that the controlling point within us is missing. So there has been no integrated progress or all-sided progress. So if you see that, we have not progressed at all. Because the progress is to be only known how we relate to each other. For that even - there we should go to psychology, if it is a science - there is you who says that you have to become collectively conscious. And

as scientist we must have open mind to see what other people who had perhaps higher awareness than human awareness have thought of it. So those who try to be benevolent on this Earth have said that, 'You have to have your second birth', every one of them. Also rationally we can see that we are not at an absolute point. Because we think this will do good. But ultimately doesn't do any good. And we commit so many mistakes also. The whole world is like a mess, one must admit a confusion.

So science can't solve it. At least one point is clear that you have to go beyond this human awareness to that position which is called as the Spirit. And as an open-minded scientist you must accept this hypothesis first. Before accepting the hypothesis if you argue, what can I tell you? That means you are not a scientist - simple. So now if you accept this hypothesis now the time has come to prove everything. As the tree of awareness has grown outside it must have grown inside also - to find out the roots. So let us see, keep your eyes open. If it works out and if you see that it works out in you, rather difficult but still, rather difficult and we can't promise, but if it works out you will know that you have a higher awareness of absolute value. It is not a challenge to any science, but it explains all sciences. So if you have this power within you why not get it, to be sensible enough?" The only problem with scientist is again that they think they are perfect, they want to work on others, not on themselves. Little humility can tell them that science has reached at no perfect point. "So, just be little humble and know that you have to know little more, because it actualizes on your central nervous system. Like in evolutionary process everything manifests on the central nervous system and so this also manifest and you do really become collectively conscious. So why not try? A scientist must try. That's what it is."

They think that now they have reached a point when either they have to jump down (Shri Mataji laughing) or they have to go back.

(To the Yogini, explaining 'jump down') Precipices, you see, they have to go.

"But you see the Kundalini ascends you. You don't have to go down or not, to recede back, She ascends you." This is what, this is how you talk to them. You tell them that, "You have to be sensible. And if you want to really do good to others and to yourself and to your progeny..."

Now for physics I'll give you one very good example. It can be chemistry, but on molecules, you see, it is. I was, I told once a very great scientist in America that a carbon atom is on one side looks like Om and on other side like a Swastika.

What do you say to carbon?

Sahaja Yogini: Kohlenstoff.

Shri Mataji: Kohlenstoff. Kohlenstoff. Kohlenstoff. (Laughter) Because we say [kolsa ?] in Marathi, we say [kolsa].

So they took the picture this is with a spectrographic picture of carbon atom. And when they saw from the left side they saw the right side, it was like Om. And when they saw from left they saw it to the right it was like a Swastika. Then they will ask another question, I am sure with this, that how this Swastika was used by Hitler. (Laughter) So because Lamas knew the trick, they told him about using the Swastika, because that is the sign of innocence. And he used them with the stencil, painted with stencil, many stencils, you see, stencil is a typical type, you see where you cut it out in a plate, a Swastika and then paint it on top.

(To the translator) Ah, "stencil" [german pronunciation]. You make anything 'a', it becomes 'a', you see: 'steel' you make 'Stahl', finished. One german principle is, you see, anything 'e' you become 'a'. You see, mother is - I'm 'e' in Marathi - 'e' is the mother. So here they say 'a' because fatherland.

Sahaja Yogini: This is difficult to translate, I don't know how to say this, shall I translate this?

Shri Mataji: No, no, no need. (Laughter) German may not like it.

Then by chance - you see the stencil they were using the Divine played a trick in their brains. They got confused, you see. So they started painting the Swastika from the other way of the stencils. (Shri Mataji laughing) So the constructive or the positive Swastika became a destructive, negative one and they started losing. Even if you see Hitler's older pictures and later pictures you'll find he has two types of Swastikas. (Shri Mataji laughing) That's how they lost. Otherwise this world would have finished long time back with so many Hitler-like people came on this Earth.

And in modern times all fake Gurus have come, also some of the organized religions are there, destroying. Some are obviously fanatics and some are very sophisticatedly.

(To the translator) There's no word sophistication in German? (Laughter) You see, so because of them scientists do not believe in God, but God exists and we can prove it. That's what it is, it's simple.

So you can make them listen to this. Instead of arguing with them you said, "You better listen to this lecture." (Laughter) Because that will go on them. (Shri Mataji laughing) You see it's that simple as that, you put everything on your Mother, "Listen to Her, what She has to say, and then now ask questions, them (Shri Mataji laughing) - scientists."

Sahaja Yogini: Can you explain to them the new technique, "If you look from beneath, you'll see the cross"?

Shri Mataji: Yes, yes, yes. Yes, yes I was telling them how to see that also - cross. But you see the trouble is that they don't have that kind of spectrometer so far. They don't have that kind. There is a, only on the sides you can see, not from down upward. That's the problem is. Also if they see from down below, see, you see it's a very practical thing you can understand, say this is carbon atom here, and it is, actually if you put the light from here [beneath] then you just see these flats are first reflected on this side, isn't it. But what you have to see is what is here [more aside]. So what it looks at this point you can't see practically.

Sahaja Yogini: Some Johan tried to build a three dimensional Swastika.

Shri Mataji: Yes, yes. I mean three dimensional Swastika to be made into look like, yes it does, it does look. But still I would say like this you think. I was suggesting to them, what they have to do is to put carbon here, all right and reflected onto this one like here, you see then reflected into another mirror there, reflected into another mirror so that you bring to this point, parallel. But you need many mirrors to do that. You see My point? This is something that you see like this, if you have to see like that at a right angle you will have to have mirrors after mirrors, isn't it. And still it won't be exact.

Sahaja Yogini: Can't we contact some of our astronomer who are very expert in using mirrors and building apparatus like that.

Shri Mataji: Yes, you might have to. But you will have to use lots of them you see, because by little, little angle you'll have to move to go at - something you know like that. It will be difficult. Say for example now this is a glass, all right. Now this portion - at the most I will not have water like that - now this portion [beneath] to be seen like that [in front]. Now will you show. So what you will have to do that this one has to be reflected on some thing little closer to this and this one reflected onto this one here then this one again with point, point, point to move - still it won't be exact, at an angle.

Sahaja Yogini: This is becoming very interesting Shri Mataji. Can I discuss this with some of my friends? Maybe they can find the equipment for it.

Shri Mataji: Rather difficult. You see, because even if you take a photograph [of the beneath portion] you'll get a photograph of this [portion of its side]. But you have to have the photograph of this, when this thing has to stand up like that you see how will it look like. But it changes. Same carbon changes itself. It's not exactly the same when it turns round, the angle it changes, that's the point is. You see, that's the problem.

So, I mean, if two things are proved, the third must be accepted. (Laughter & applause)

In Sahaja Yoga also once I gave you Realization you accepted that, all right this means heart, this mean this, this mean this. Then you try. There are so many things I say which you accept. You may not have proof so far but, because at least 75% is proved. So 25% Mother is not going to tell us lies. (Laughter) Or else we can say like this the - whatever I have said, say in the beginning of Sahaja Yoga, is very different - not different but it's so rudimentary, but what I said the other day in Guru Puja, I would not have said in the beginning, would I have? So you see the awareness also has to rise to understand it, you see. This is very important, because say - I can see supposing the light coming on Me. The camera also sees but you don't see - and if I tell you there's light coming on Me then you will think that, "Mother is trying to befool us." But you know that because I put My hand like this [to protect Her eyes] and I said, "No", like that it's clear-cut. So I knew that there was light. But now if you don't have the eyes that the camera has I should not tell you something like that. But supposing also now if I tell you, you will believe Me. So you see, this is about, if you, if you are saying something 75% correct and it's you have proved it, is 25% is to be learned later on.

But by believing in it nothing is going to be lost. But in believing in it you'll find it out also. That believing in that there is Kundalini in you, you have achieved your Realization. It has done good to you. It has transformed your life. So henceforth even if I tell you something it is better that you should understand that is for your good, so you would, you accept it. But there is one way of finding out for you. When I say the truth you get the vibrations. Even when I boast about Myself also you get tremendous vibrations. (Laughter)

(Shri Mataji laughing) They don't boast? In German you don't have a boast-word? (Laughter)

What's the word for 'boast'?

Sahaja Yogini: Angeben.

Shri Mataji: Angeben.

Sahaja Yogini: Angeberei.

Shri Mataji: Angeberei.

So when I say 'boast' really it's no boasting because vibrations start. So you can find out the truth, if I am telling the truth or not you can find out. But is it possible that when I am sitting here you don't feel vibrations? And if you are not getting vibrations, always it is wrong with you, not with Me. (Laughter) So how to find out whether I am telling the truth or not? (Shri Mataji laughing & laughter) That is MahaMaya, you see, that is MahaMaya. (Shri Mataji laughing & laughter) So don't believe in Me, to be very frank. (Shri Mataji laughing & laughter) That's the conclusion. It's just a play, you see, just a play, just fun. You got word for 'fun'? (Laughter)

Sahaja Yogini: Spass.

Shri Mataji: Spass. But in French - nothing. (Laughter) Nothing in French for 'fun'.

Sahaja Yogini: There is.

Shri Mataji: Which one? Gregoire has told Me. (Shri Mataji laughing). So find out for 'fun' and for 'awareness'. 'Awareness' is there?

Sahaja Yogini: Bewusstsein - in French: conscience.

Shri Mataji: Conscience - now, 'awareness' is different - 'consciousness' that is.

Sahaja Yogini: Bewusstsein.

Shri Mataji: You see, I will lose 400 pounds to My husband. (Laughter) Please find it, he won't know. He will never give Me, in any case. (Shri Mataji laughing) I can charge him interest. But that also he wouldn't give Me. (Shri Mataji laughing & laughter)

All right, very nice meeting you, all of you. And as - we are all friends together here, after the Guru Puja's pressure now today we are all friends. We enjoyed ourselves thoroughly. Any problems you have, you'll let Me know. But one thing one has to remember, to try not to create problems, not to create any stupid things - just let God manage everything for you and handle it. He'll do it very well. So don't be in a weeping condition or in a dominating condition or in a quarreling condition. But be nice and sweet to each other. Express your love fully and well. And you will get it back in full measure.

Thank you very much!

Sahaja Yogis: Bolo Shri Jaganmata Shri Nirmala Devi Ki - Jai!

[Maha Mantra singing by Sahaja Yogis]

Shri Mataji: May God bless you all!

May God bless you all! May God bless you all! May God bless you all!

Good night!



## 1986-0707, Shri Mataji and Children

View [online](#).

7 July 1986

Talk to Sahaja Yogis

Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

Talk to Sahaja Yogis about children, Vienna, 1986

Shri Mataji: Sit down, no more anger. Now quietly, the babies eat. What was the matter? So much of heat, he? Now you're all right.

[To another baby] Just take it, take some more. What about him? You didn't take any? Come along, come along, have some chana, all the children should have. All right, have some more. Good. All right, who else? Come along, come, come. Yes, Good! Bridget's children are here, are they? Oh Bridget's, no I'm saying this - our Antoinette's children are they here? No.

Sahaja Yogi: No.

Shri Mataji: They have gone back? They have gone back. They are very thin now, must do something about them. They require some liver treatment I think, both the children are very thin. All the children must be giving calcium somehow. Do you get here some good calcium for children?

Sahaja Yogi: Yes.

Shri Mataji: What is it called as?

Sahaja Yogi: They're just tablets, Shri Mataji.

Shri Mataji: Interesting? Are they interesting? In India, we get very good ones. Let us see what do you get here, you see because -

Sahaja Yogi: You can buy some of.

Shri Mataji: All right, so we'll take for England also. England you don't get for children.

Sahaja Yogi: Children have calcium tablets, Mother...

Shri Mataji: But they're not interesting ones, children don't like. It's something like calcium oil we have in India. Children like it very much to eat. You have to hide the bottle!

[Laughter]

Shri Mataji [to the baby in Her lap.]: You can't eat, I'm sorry.

He's quite relieved now, see. His feet where all, (scrunch) like that. Now he's all right. Mmhm, now good friendship. He has a liver, little liver, that's why. Whose baby is this one? Yes, ah I see.

[The mother comes to the baby but he does not show interest in her.] [Laughter]

Shri Mataji: Don't want to see her. See, that's it.

Sahaja Yogi: No chance. [Laughter]

Shri Mataji: Yes, left-sided! [Laughter] You are too more. All right, see how it is working on your left side. So they can see, clearly, children.

They're great saints, you know when they'll be grown up, you will say, "We have no problems". They won't have problems as you have, no, none. Keep happy, you must keep happy otherwise the child suffers.

He's getting it again. See now smiley. It's good now, now good, no problem. No problem, it's all right, beautiful, all right? Ha. Just see the thing. Look at the children and how they feel the vibrations. Now we wish we could be like them, isn't? They are just enjoying, nothing. They give joy! Such a beautiful boy. So now go to mummy, all right. That's it.

Shri Mataji [to the little boy]: Now you go and give it to everyone, to all the children. Go, give it to children, all right. Now give it to the child, give it to her. They like to do it, you know.

No, no, no to her.

[The Child eats it himself] [Laughter].

Shri Mataji: Children!

Nice to play with them.

Now you take this, give it to that girl, give it to her. Hello, you see, you give it to her. Give her, give her now, come along. Put it, give it to her, yes in the mouth. Now give it to her, there.

Sahaja Yogi: He's working very hard, Shri Mataji.

Shri Mataji: Poor Bogdana, all of you enjoy the children, that's all. It's so enjoyable. So interesting, they are so interesting, you can just go on watching with them such joy, such love, such love.

Now Linats, [unsure] you see, shy style has started now. He's become a little shy type, you see that's an age when they start feeling shy and then Markandeya was like that, now Markandeya has become a little more confident.

Sahaja Yogi: Most of the time he's shy.

Shri Mataji: So, Markandeya, I'll take your daddy and you both to London, all right?

Markandeya: OK.

Shri Mataji: Wilma? You going back to Rome?

Wilma: I would like to go Shri Mataji but this body needs a little bit service.

Shri Mataji: Little bit what?

Wilma: A little bit service. My body.

Shri Mataji: Servicing your body. Ya?

A Sahaja Yogi: A little bit rest.

Shri Mataji: Wilma, you are you younger to me.

[Laughter]

Shri Mataji: Think of me. You see, if the mind is still, you don't need any rest. Get your body massaged, nicely. All right?

Sahaja Yogini: Yes, Shri Mataji.

Shri Mataji: These India girls can do very good massage. They can do very good massage. You see, especially Sharmina.

Wilma: Sharmina, yes.

Shri Mataji: Ah, she's very -

Wilma: I 'll get it from Sharmina.

Shri Mataji: She did my massage very well.

What are you doing, come here, come. Have some chana, come along, have some chana, have some. Now where are you going to school - or where are you going? What is this? Huh what do you have in your purse?

[The boy opens his bag.]

Nothing?

[The boy shows a tennis ball.]

Shri Mataji: Oh, I see, that's the best place to keep it.

Sahaja Yogi: Shri Mataji.

Shri Mataji: Yes, yes please. Come along, Markandeya, you also.

He 'll become a great man now, Markandeya, very stylish, you see.

Real Sahaja Yogis! [Hindi] You also take it, come along, have some. Let the children have it. You must get lots of chana for these children, very good for muscles and very good for their health. It's very good, very good for them. Come along, have it. In both the hands - I'm sorry I drop it the other side, it's all right, doesn't matter.

[Cut in the video- 12:32]

... and evening time, you just tied up with some cloth and put it in the water little bit and they sprout. That's very good for them, that's B complex, very good for them, children - chana, raw chana. It's ideal for them. They'll enjoy it and also for Sahaja Yogis, if you can soak them tonight, tomorrow I'll make something nice out of them.

Do you get puff rice here? Puff rice. Also get some puff rice. You see, these are good for children. Puff rice is very good and I'll make something nice for them they will enjoy it.

You have got turmeric power in the- here? Turmeric powder?

Sahaja Yogini: Turmeric powder, yes.

Shri Mataji: It's all right.

[Children are eating the chanas.]

Shri Mataji: You'd better have some otherwise they are all finishing off. Just take it. You too, come along. Get some more chana if you have, for children. If they eat chana, they need not eat food.

There's no need for them to have food if they eat chana, such a protein, so balanced! And also you can make it into a kind of a paste, grind it and paste it. And you make a, isn't it? In a -. what you call - that is in Lebanon and things they make something, called as -.

Sahaja Yogi: Hummus, Mother.

Shri Mataji: Hummus, hummus. Many children love it. But with less of fat.

Shakti, what do you want? Chana. You want chana? It's hot for her [vest], take it out, it's very hot. We take it out, this thing is very hot for you. Better take out, take out, take out. No good for you, it gives you perspire.

[Shri Mataji blows on Shakti to cool her down.]

This is another kind. Eat less, take little, little, not necessary.

Child: And [unclear] to eat it.

Shri Mataji: All right.

They become so- you can see they overcome their negatives- children. And they become so sensible. It's because they are born Realised.

That's a flower.

Child: Yes.

Shri Mataji: You like it?

Child: Hmm.

Shri Mataji: Give them the way they are eating.

Girl: [A sound]

Shri Mataji: What's that? You eat it.

You never knew that children enjoyed chanas so much!

[Laughter]

Shri Mataji [to a girl]: All right, put your hair at the back. They are coming on the face. Put them properly.

[Children come to eat chanas. One child gives some to Shri Mataji]

Shri Mataji: Nice, thank you, thank you.

[Children talking to each other.]

Little boy: Shatki is eating from the floor.

Shri Mataji: You like this one better? because it's a little salty.

Nanaka: This one is much better.

Shri Mataji: This, this you like better. But it has something you see, you like it with the, they like it with the [Hindi]. Wow, very nice.

[The little boys talking to each other].

Nanaka: Shakti don't eat things from the floor.

Shri Mataji: Let her be there, don't get up [unclear].

Nanaka: She eats like a dog.

Shri Mataji: Eat's like a dog?

Nanaka: There's a dog eating -

Shri Mataji: How they like chana?

Nanaka: Look how they eat.

Shri Mataji: Dog eats like that! Is it?

Nanaka: Yes.

Shri Mataji: But we are not dogs eh? No.

Nanaka: Yes, they do like this. They can do like this and they put their food in the nose. Put their food in the food, the nose.

Shri Mataji; They put their nose there. They also put there nose, nose in the milk.

[A child speaking to Shri Mataji (inaudible)]

Shri Mataji: I'm going to have nine dogs!

Children: Nine?!

[Laughter]

Child: That is big.

Shri Mataji: Very big and small also.

Nanaka: They're going eat us?

Shri Mataji: No, no, no. They are going to love you. They will never eat.

[Children speaking to Shri Mataji about dogs (inaudible)]

Shri Mataji: Dogs don't like chanas, thank God.

[Laughter]

Shri Mataji: They won't have your chanas. Everything (polish now unclear).

[To a girl who is feeding the baby Shakti] No, no, no, no, be careful, be careful. She can't so much. Very little she - let her have her own way.

[Children chatting.]

Shri Mataji: Yes Shakti? Are you eating chana?

Boy: Mathilde, voilà. [Here you are Mathilde].

Girl: Et monsieur, madame. [Mr and Mrs]

[Children repeat it.]

Shri Mataji: Who's a 'monsieur' [sir] here?

Sahaja Yogi: Not Shakti here.

Shri Mataji: She's a 'madame' [lady].

You know French? You know how to speak French?

Nanaka: Yes, I know.

Girl: I know my daddy do speak French.

Other boy: My daddy know French.

Shri Mataji: Nobody knows?

Other boy: My daddy knows.

Shri Mataji: Your daddy knows French, really?

[Laughter]

[Children talking to Mother (inaudible)]

Boy: [Unclear] speak French to me.

Shri Mataji: You can speak? Oh I see.

[Children talking to each other.]

Shri Mataji: French they are using, just to joke, you know. French is a joke for them.

[Laughter]

Boy: All the chanas are finished.

Shri Mataji: Let it be, let it be. Finish it off it nicely.

You want, you want?

Boy: Monsieur, madame [unclear language].

[Shri Mataji picks up Shakti. Children are speaking an unclear language]

Shri Mataji: You dare not speak French otherwise you we be called 'monsieur' or 'madame' [sir or lady].

[Laughter]

Nanaka: [Unclear] to put our nose in the food.

Shri Mataji: Ah, ha.

Nanaka: Put it on your food, on your ego!

[Big laughter]

Shri Mataji: Look at them how interesting they are. You know very good entertainment.

Nanaka: Put some on your head, in your ear you got skin.

Shri Mataji: How did they learn these things you see? They are [unclear] Sahaja Yogis.

[Boys putting chana's in each other's ears.]

Shri Mataji: Not that, not that. Come here, oh! Finish, finish, finish, ah leave it here. Now don't take the plate. You're not going to eat the plate are you, are you going to eat the plate also? All right, keep it here. Now who is going to clean this?

Hello! No, no, no. You want chana, chanas gone in the stomach.

Nanaka: Ah the baby wants. (chanas from the floor)

Shri Mataji: No, no don't give it to the baby. She too small, she hasn't got teeth like yours. Have you got your teeth? You have got your teeth?

Nanaka: Yes.

[Shri Mataji giving Shakti kisses and laughing.]

Shri Mataji: She's a very happy child, extremely happy. She doesn't like because she can't chew it, she doesn't have big teeth.

Nanaka: They've got baby ones.

Shri Mataji: You are big now, you're a big boy now. You've become a big boy now isn't it. But must be enjoying them all the time. The way they sit, you see. The way they sit is just a seed of a - his name is Nanaka, Nanaka used to sit just like this.

Nanaka, how did you just sit like this, let us see. You're sitting very nicely like that. How do you sit like that? Let's this crossed legged, no, just now you were putting your leg on top.

Sahaja Yogi: Like this.

Shri Mataji: With the leg on top. Great!

Nanaka: Make my mummy do, show it to my mummy, like this.

Shri Mataji: Show you, this way.

Nanaka: You put it like there.

Shri Mataji: That's good.

Hello, hello, hello, hello, yes, yes, hello. Look at that, now she's coming here. That's the best fall. From very childhood you make them sit on the ground and all that? And on the.. you see how you call it. With the knees you see, bent. That is very important, all this will help them a lot.

What's her name?

Nanaka: It's Leslie.

Shri Mataji: Leslie.

Sahaja Yogis: Daisy.

Shri Mataji: Daisy, Daisy, yes. That's my name too.

Nanaka: No.

Shri Mataji: Yes, also my - another name is Daisy. I have two names, ah what is my name?

Nanaka: Mataji, Shri Mataji.

Shri Mataji: Nirmala Devi, all right. One is Nirmala and the other is Daisy, I have two names. Have you seen a flower of daisy? Have you seen a flower of daisy? What colour? What is the-

Nanaka: [Blue unclear]

Shri Mataji: No White.

Nanaka: White.

Shri Mataji: White, we'll show you all right. We'll show you a daisy. You must teach them about flowers, what flowers there are, what colours, you see it's- that very good thing. Different type of flowers, from childhood you know it's very easy.

Now I think I should see some people inside the room if you wanted. They're coming, what time they are coming.

Sahaja Yogi: 8 o'clock there's still people coming. But they can wait.

Shri Mataji: Because one or two persons are [unclear]. So I'll go in the room now.

Sahaja Yogi: Yes, Shri Mataji.

Shri Mataji: I will not wear shoes, it's all right.

Sahaja Yogi: No, it's something.

Shri Mataji: Just take them.

Shakti: Chores, chores.

Shri Mataji: She's saying shoes, shoes. Shakti? All right, I'm coming back all right. Now you enjoy yourself.



## 1986-0707, Press Conference: The time has come to become the Spirit

View [online](#).

7 July 1986

Interview

Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

Press Conference. Vienna (Austria), 7 July 1986.

Alright we are here to inform you about a power which is within us and the power that can give you what is promised by all the saints, scriptures and all the incarnations.

Today when you see the young people in every country – especially in the West – you'll find they are not satisfied with their own atmosphere, their lives and they think that there is something missing and they are extremely confused. Now when they are confused they are seeking something beyond, something unknown to them. In that seeking, they may take to anything extreme, drugs, could be alcoholism, or some other perversions which cause horrible diseases, incurable diseases.

Instead of condemning them we have to see why they are doing all these things what is the purpose? Some of them also went to some gurus which are in the market. Especially when they see the religious people and the religions, they cannot believe that religion can give such horrid experiences and some of them are anti-God, anti-religion also. But if you deal with the problems sympathetically, you cannot blame them, because they are intelligent, aware people.

So now we have two categories of people. One: the ones who are not seeking at all, and another: the ones who want to find out solutions to the problems.

In every generation we had people who revolutionise because they do not like a particular system, or do not like a particular style of life, whatever it is, but now the revolution has to come from within.

We have to evolve from within, because the destruction is also coming from within. We are destroying ourselves more from within because we are so unhappy, so confused, absolutely "quite a percentage" is schizophrenic. So! Then we start seeking the solution and in that seeking we make mistakes, and we make mistakes because we do not know what to seek and how to find, also how to evolve to that state. So logically we have to reach some conclusions, logically, [to conclude] that it has to be some evolutionary happening, this is logical, that to transform ourselves, there has to be some evolution.

As Jung has said, "You have to become collectively conscious", "You have to become": it's an actualization, it's not just a certificate. It has to become from within, it's an honest thing, it's an innate thing. It's not just a preaching or sort of a giving a certificate, it is not, or taking a name. It is an actualization within yourself, so that something has to happen to us.

Now, as we have evolved from monkey stage to this stage, for example, we've done nothing, it's a living process which has taken place spontaneously.

There's a big resistance to any oriental ideas being accepted in the West, big resistance. I find there is a very big resistance to any oriental ideas coming to the West.

Now these oriental ideas which are coming are to be seen with a scientific open mind because the western life has grown like a tree outside. But the roots may be in the East, maybe. We can keep ourselves open to see where are the roots? Now if the roots are in the East, supposing, it's an hypothesis, so let us have a look at them, if there is any solution in those.

So, you go to oriental ideas. But this also is very dangerous, because you are going in the unknown, you might go to false gurus, you might go to wrong people and get completely destroyed.

So, what do we do? First thing we should know, we cannot pay for our evolution, we cannot pay, money is not there. How can we pay for any living process? If the seed has to sprout, the Mother Earth will sprout it, we don't pay the Mother Earth.

The first thing they should have known is that anybody who asks for money is not a truthful person. No money should be involved.

Then the second point comes in, that we got to this stage of human awareness spontaneously, without any effort, effortlessly. In the same way it should happen.

But first of all, in every evolution there has been one leader. We can call them as archetypes as they say, or whatever you may want to say, though Jung was not very clear on that point. Such a person can decode the information of symbols and everything and can help others, without taking any money, without taking any gratification, he can do it.

Here it is that people fumble in the West, they don't mind a pope, don't mind an archbishop of Canterbury, but they do mind a person who is doing everything free, just out of love.

You'll be amazed in England, the television people told me, that, "We cannot accept anything which does not take money." Can you believe it, it's a fact! In, I think in Boston, or somewhere, they asked me a question: "How many Rolls Royce you have got?" This is journalism, I'm just telling you.

And in San Francisco they would not even publish my advertisement because by mistake we had said that we can cure AIDS. They said, "No, we don't want AIDS to be cured, we don't want anything to deal with our homosexuality." And they said such horrible things, that 65 % people are homosexuals in San Francisco. And the editor is a homosexual and the chairman is, even the Mayor is, so I didn't know what to do. I thought it's better not to advertise, because we'll be useless for them. This is what the problem is.

Then the most important thing which is not realized by our modern mind that the belief that anything new is to be tried, is very dangerous.

If we are dealing with the living process of evolution, we have to know that in spiritual life whatever is going to happen must relate to scriptures, to all the scriptures, it must relate to them, not to one scripture say to Holy Bible or Holy Koran, or any, but to all of them. Because it is like a seed that sprouts then it becomes the stem, then the branches, then the leaves, then the flower and then the fruit.

A living process, it's based on something evolved through something. But whatever is dead like we can create a fruit, a plastic fruit from nowhere just like that you see, so which has no basis, has no meaning. It must have a basis from where it has come, its origin must be seen.

As in the growth of the tree all that is useless drops out, in the same way in evolution also, all that is useless drops out, even useless traditions drop out, everything drops out, but ultimately you reach the epitome where you become the fruit. So, the time has come for human beings to become the Spirit.

(Apart: What's the name for 'primule' in German? – Yogi: 'Keim'.)

So, every seed has 'Keim' and in the same way within us is our 'Keim', this is our Kundalini. And this is to be actually awakened, actually awakened.

Of course, the superficial people who are not worried about the world, will not bother about it. They are out of question, superficial people. But there is another type who is making money in the name of Spirit, or living on that money and organizing, will definitely appose us. Naturally we become controversial for them, because basically we hit them, through no fault of ours, we don't mean to but it just happens.

But the person who has pure intelligence, he need not be a very well-educated person, nothing, but pure intelligence can see through the game, should be able to see through the game.

Now in Sahaja Yoga we have thousands of people all over the world.

There are people who are – we can call them the highest in the society, there are people who are the lowest in the so-called society. All of them are on par with each and every person, there is no higher/lower feeling, everyone belongs to that society somewhat, belongs to that society.

Moreover, when this happens because we understand what these incarnations were, the conflict of all religions drops out like that. We understand it on central nervous system. The conflict drops out. There is no question of not worshipping Christ, Muslims, Jews, Hindus all worship Christ, they all worship Mohammed Sahib and they all worship Rama, Krishna all these. Because actually they see that when the Kundalini rises, she passes through certain centres, and there you have to take the name of those great incarnations.

So, this is the knowledge of the roots and one must know that you have to become a subtler being to understand that knowledge. But unless and until we have that knowledge we are in for a catastrophe, there's a big shock awaiting us, and how are we going to avoid it? Just by talking about peace, you don't bring peace. Those who talk about peace, they don't have peace within themselves.

So, we are at that point where we try to talk about it, persuade people and the media can help us. It has helped us a lot in Italy, and also in India of course, because in India people know about the knowledge of the roots. So, it is very easy in the villages of India, even in the cities of India, they are doing very well. Not only that but say for example Delhi University has accepted Sahaja Yoga for research and the degree you get is doctor of medicine, higher than post-graduation. After post-graduation you get this degree, it is very rare doctor of medicine for Sahaja Yoga, but they have accepted. Even Cambridge University, they have accepted this research. So, one should try to see the sense in it. They have not done it to criticize it, but with respect, with acceptance, that there is something about it.

So, I would request the media to give the facts, by understanding it. You have nothing to gain, but Austrian people should be benefitted, that's all. As a result of the Kundalini awakening you can claim many things. But that can be seen that cancer can be cured, so many incurable physical diseases can be cured, mental diseases can be cured, drug addiction can be cured, the problems created by these gurus can be cured.

All these things can be done when you become the Spirit, but this should be just at a level of a hypothesis. When we do it and it's proved, then you should accept it; not blindly. There is no blind faith in Sahaja Yoga. We have no priesthoods, nobody is paid. It's a free society, and everyone becomes very knowledgeable.

A Sahaja Yogi may not be a doctor but he can cure people. He may not be a psychiatrist, but he can cure mad people. He becomes equipped with the power by which he does it. Like Christ was not a doctor, he cured people, in the same way, in the same fashion.

Now I would like you to ask questions, because it's a very wide subject and one can go on talking about it. I wanted these people to explain to you for fifteen minutes all other things, so that you will have your questions ready for me.

Question: It's said, in the literature, any unauthorized tempering can harm in some way your Yoga. How do you explain this?

Shri Mataji: "Unauthorized tempering." I mean it's written by Sahaja Yogis, their language is too high, so I would like to know Myself.

Questioner: Probably people who try to awaken the Kundalini.

Shri Mataji: Of course, of course, you see, Kundalini can only be awakened by a person who has the authority, divine authority.

You cannot elect the person, say as you can elect a priest. It's not like that. You must have the power to raise the Kundalini.

Now those people who are leading a very, what you can say, in one-word, dirty life, cannot raise the Kundalini. You have to belong to this pure religion, a pure religion and you have to have these powers. Otherwise those people who try other tricks, what they do, they disturb your sympathetic nervous system activity. Kundalini does not rise. Kundalini will only rise by a proper Sahaja Yogi.

For example, I tell you, supposing there is a seed and you want to plant it. So, you have to put it in the Mother Earth. Supposing you put it on this table, it won't, but supposing you put it in the fire it will burn. Only the Mother Earth has the power to sprout it. That's what it is. All right. 29:03

What else? He's done a lot of homework, I must say, it's great and that's why you must have read.

There are some books in German also about Kundalini, horrible books. That it harms you, it burns you. Nothing of that kind. It does not. It is the sympathetic when activated by wrong type of people, things like sex and other activations. Some people try to turn this out and all that, and you start seeing the light and all those things. This is all short circuiting actually. You will suffer a lot with that, no doubt. It's so spontaneous, it just happens to you spontaneously.

(To questioner) Are you feeling relaxed yourself, you got it. You got your Realization. Only thing is that you have to little bit know about it, that's all. You're absolutely relaxed, there's no thought.

Questioner: No question.

Shri Mataji: No question. You got it. Just while you were talking to me you got it. Because you are positive and want to know about it. If you come with a determined effort just to criticize, then nothing can work out. You got it. May God bless you!

It's your own. I've done nothing, I was just talking to you. Your Kundalini knows that you are sitting before me. She just knows by herself, that's your mother. Your own, individual mother, and that's the Holy Ghost. That's the Primordial Mother which Christians don't talk about, and then they don't want you to know anything else, whatever they will teach, you should learn, nothing more.

I was myself born in a Christian Family. So, you have to have you see blinkers on both the sides. You are not supposed to see this side or that side. This is why young people fell a trap to these horrible gurus who came to make money here.

I know of somebody who came from jail who came to Germany wearing those saffron clothes, sat on one of the centers there somewhere and everybody locked to him. He came from jail. Because they don't know how to make out a good guru. The Sat-Guru and the aguru there are books and books on that in India. But they don't know poor things, and I don't blame them because they were seeking, seeking so honestly, that they got into trouble. But I've been talking about them from 1974.

But another problem with young people from the West was, that they hated Christianity, that's one point. So, when talked about

Christ, they just turned round, went back. We couldn't talk to them. They said, "Don't talk of Christ", they went out.

So, this Christianity has done nothing but a harm to them. They just don't want to hear about Christ. I mean Christ is a living God, no doubt, and I've to talk about him very much-but they don't like it. Such a problem of conceptions, conceptions. You see reality is what reality is. It's not a concept, it's what it is.

You see Christ is the son of God. He is the real personality. Whatever church may do to it, or anyone may do to it, makes no difference. He is what he is. And this is what the problem is, the problem is the concept. Concept is not reality. That's just a mental projection, just a mental projection. You have to rise beyond that to be the Spirit, all right?

May God bless you!

May I know your name please? George, good. This is a name of an angel, yes, St. Georg. And St. Georg, we call him as Bhairava in our Indian language, he's called as Bhairava, St. George. A very great God, an Angel.

So, we have nobody else now here. Have you still any questions? No must be, because you have to face, journalists. What about you? Ask a question.

Question: Where has this message been spread in the world, in which countries?

Sahaja Yogi: It's now 16 countries Shri Mataji, in 11 of these it's very very active, in about 6 of these countries we have thousands and thousands.

Question: Did they're [Yogis] coming from different religions as I'm coming?

Shri Mataji: Of course, of course, we have here he was in Islam religion from Algeria. Then, of course you know him very well, and here only you'll find people of different religions sitting here. There's a lady from a Hindu religion there sitting.

What was your religion Mary? Christian. Born again! Is it self-certified born again? I don't know. That's all the thing (Shri Mataji laughing.) All right.

So, of course, no doubt! We have in all religions, all castes all creed. Like Sierra Leone. Now we have got Africans there. Then we have got Spain. Even in Bolivia. What is the religion they follow in Bolivia? In Bolivia, a kind of Christianity. And also, in Peru, everywhere.

So, it is infinite. It goes to everyone. It cannot be rejecting one. How can you have anybody barred? We have Chinese, Japanese. All types of people we have from all races from everywhere. So, there is no question of that.

So, what else? Actually, I cannot give the list of all the nations, but practically all, except for Scandinavian nations. But there are still nations we have not approached but we have Scandinavian people in Sahaja Yoga. But we haven't yet established centres there.

Question: What happened in Milan? Apparently when you first went there, so many people were there.

Shri Mataji: Yes, you see, I think Italians are great sensitive people. Italians are very sensitive. You'll be surprised, there are no gurus in Italy except in the North of Italy. They are very sensitive, very emotional and sensitive and they respect love and they have respect for mother also and when they saw my photograph, they did feel something about it. I don't know what they felt about my photograph, I don't know what photograph it was, but they felt peace maybe, whatever it is.

But I was amazed, the whole hall was filled, absolutely. And Italians even as far as their government is concerned, all of them are

very open to Sahaja Yoga. Surprising. They are very sensitive people and they must have found out about me, that I have done all good. There's no objection to anything, and now they have invited me to a press conference which Guido will tell you what it is, it is a press conference of all the people of Italy. It's a very big thing, called as the press conference "Guest of the year".

Question: (Inaudible.) ...there will be politicians, writers, all the support, and you will be the talk personality

Shri Mataji: Talking to all of them, will be nice, will be nice, really nice meeting them all. Yes.

But I feel Austria is one country which is very much in the centre, somehow it's very much in the centre. Austrians are neither East, nor West, so in the centre. And they are very good for Sahaja Yoga, very sensible people in Austria. And we have found very sensible people in Austria, no doubt about it. Another thing is, Austria has never given us any problem. We never got people who were schizophrenic, or nonsensical, or fighting type, very nice people we got. Surprising. So, Austria has a special place, I think in Europe.

Question: (Inaudible.) ...What happens if they don't get it or if they get it [the Realisation].

Shri Mataji: Oh, something fell down, it's all right. (A picture fell from the wall.) It's very, you know, they are very heavy and you have put very small nails, there are.

So, what happens...?

Question: (Inaudible.)

Shri Mataji: What happens if they don't get it? Or if they get it?

Question: Some people get the Kundalini raised, no doubt. What happens with people after death, if they don't get it. He said most religions work on a concept that, "You do it our way or you end up in a horrible place." (Shri Mataji is laughing).

Shri Mataji: No, it's not like that. You see, I think, most of the people should get it. To get a very generous view of the whole thing, as the world is today, it will be taken by people, they'll take to realisation, I'm sure. Most of them will get it.

Supposing if they don't get and die, then they'll be born again and they'll get it. But those who have to go to hell, will go to hell anyway (Shri Mataji is laughing again), in any way. You see, there are people, as I would say, who would never take to anything good, could be, there could be people, I have not known, but maybe. We'll should give all a benefit of doubt.

Question: Why is it so difficult to define what is good and what is not good?

Shri Mataji: Yes, because you see, yes that is it? Now I'll tell you what happens. Now it is that your Spirit is absolute, is absolute. Spirit is an absolute thing.

Supposing now you want to know whether I'm good or not, or he is good or not. Good is not the way we look at things, like you see the dress of someone, see the face, this is not the thing, it's superficial. But when we have to see if the person is good or not, we see, we feel his chakras, you see. What chakras are catching, you can feel them on your fingertips. You see, like Mohammed Sahib had said, that your hands will be speaking. So, you feel on your centres, the other person. So, we don't certify them as good or bad, that category doesn't exist in Sahaja Yoga.

What we'll say, what are the centres catching in a person. Now what is catching in a person, what centres are wrong, we try to correct. We, like a, we can say, a patient comes to a hospital. The doctors don't say, you are good or bad, they don't categorise like that. What they say is, "What is the disease, let us treat the disease." It's like that. So, the good and bad is not described in Sahaja Yoga. What is described are the centres which are out of place.

But some people have ruined their centres completely, have no Kundalini at all with them. They are like devils. Some of them must have been. I don't want to name them but could have been. So, with such people, what to do? They must have desire, I mean you cannot force anyone, that's the big problem.

If they desire it, well and good, if they don't desire it, you cannot just make them do it. No, you cannot. They have to desire it, in their own freedom. Then they get it, the joy. Nothing can be forced. This is the handicap.

We don't categorise. We don't condemn anyone as bad, or we do not elevate somebody as excellent, but we tell them what are the centres catching.

And when you get your realisation, you will know, what is catching in you. And you'll also know what is catching in him and then if I tell you, supposing if I tell him, "Dr. Warren your Agnya chakra is catching", it means, "Your ego is coming up." He won't feel bad. Because he'll get a headache then, he'll say, "Better correct it, Mother." With his ego he'll get a headache, a little bit, "It's all right, correct it."

So, nobody feels bad about it. You see, there is nothing like good and bad, our words used are very vague, they are very vague terminologies. There is no precision about it, because Spirit is absolute, so everything related to Spirit is the absolute knowledge. You may say, a person is very good, is excellent, that we don't accept. What we accept is, what are the conditions of his chakras and how much we can help him. That's all. No mean to bother about who is good or bad, that category doesn't exist, that type of category doesn't exist. But of course the condition of the chakras is very important.

Any other question? Steve, you better ask me. He's an American.

Question: How can you describe the experience of the Self-Realisation?

Shri Mataji: That I describe it, oh God. Now I never had it, so how to explain it? I'm born like this. But I would say, the experience of self-realisation that I've seen that happens to people.

First of all, when the Kundalini rises, of course the mechanism goes into complete force, and when She pierces through the fontanelle bone area, first thing you feel is the cool breeze in the hands. But not necessarily, some people will feel it on top of their heads, coming out as a cool breeze from their head, own head.

So, the self-certification is there, the cool breeze. But could be some people have too much heat coming out. Supposing there is a cancer patient, or anybody like that, a serious patient, you find that a heat comes out. Supposing it's a person who is very much possessed and extremely unhappy type of person, maybe, or an arrogant person, whatever it is.

The Kundalini you can see clearly with your own eyes, pulsating at different centres, but specially at the base of the spine which we call as the sacrum bone. Sacrum is sacred bone. On the sacred bone so, you can see it very clearly. We have got photographs of that, absolute pulsation, you can see, like a heart.

Then the experience moves with some people it does, I must say. They do feel the rising, if it's slow rise. But if it shoots off, you don't feel anything, you just feel the cool breeze, coming out of your head. Then you start feeling out of your fingertips also.

But the feeling you get first of all, when it rises above this centre, you feel you are beyond thought. You're in the present, beyond thought, just enjoying the peace, peace of your being, enjoying yourself in a way, and then, when it pierces through a kind of a joy trickles out. Different people have different feelings, but say for Indians you see, they don't think so much as you people think, think, think too much. So, they don't think, so they get there, first of all they get the joy.

But in the West the people, I think, get more the awareness about it. They start feeling this chakra, this chakra, they practise this that, ultimately, they get the joy. But Indians first get the joy and they say, "We don't know anything about it." So, it depends on the condition of a person what the experience could be.

But on the whole, there is one thing happens to all of you, that your eyes start glistening, there is a glisten, there is a twinkle in the eye, sparkle. That's what it is. And the face becomes, you see, relaxed, the wrinkles drop out, you drop out sometimes, ten years.

Like, see, my age is 64 years of age, 64 years mine is. But people can't believe it because you see I don't feel my age at all. We all have forgotten what our ages are. And this is what happens to you because you go in a state of existence only. But takes little time, gradually to grow into it, but it starts with the sprouting of the seed, that is the Kundalini.

But experiences people have are different. Like his case it was very deep, I know because he was a great seeker. And he had started a band without knowing the word 'sahaj' on his own, sahaj-band. I don't know how he started. He must have got it from the unconscious, really.

And he had such a strong experience because after that, I met him for about five minutes and then he went away to Boston, and from Boston he sent me a telegram, that, "Mother we are waiting for you in Boston." They said "Mother, who is this one?" I said, "He is Steve, I know him very well, I'm going down." And they were surprised and they said, "How will you recognize, you have only seen him for five minutes." I said, "I'll recognize him, don't you worry, I'm going down there."

So, you see, I can feel that also myself, it's within myself a person who's got it. Like I told you, that you are now thoughtless.

It is a report of the collective, it is the collective report, because of collective consciousness you can feel another person and you can feel yourself. But it is an experience on your central nervous system, the thing is. But when you get joy and when you get your awareness, is a thing depending on the conditioning of a person.

Mostly the West people first become aware, more aware. They start seeing things better, those who have never noticed - say for example, a very nice curtain is lying here, but people will come, see superficially, will go away. But a Sahaja Yogi will see, what a nice curtain, what a nice pattern, what nice flowers, what nice.... You see, penetration into everything, starts feeling everything, penetration is that. But experiences are difficult and different like I think everybody must write about it. You are so many.

Sahaja Yogi: I have a question that many people ask at such conferences, is this, "Why in the past it was so difficult and why today it is so easy?"

Shri Mataji: That's quite embarrassing to ask me. But one should reach a conclusion, there must be something about me, that I do it that easily. All right one point.

A second point could be: I explain it with an analogy that in the beginning there are very few flowers on a tree, very few, one or two. Then when the tree comes up in age, and the blossom time starts, there are thousands.

So, the time has come. Time has come and I have come, maybe that two things put together.

But maybe I know the trick of the tree better, perhaps. This is what I have discovered is en-masse-realisation, not individual, but en-masse. That's what I have discovered. If you want me to proclaim, I'll proclaim that. But there is nothing great about it, I think. Because If you have something, what is so great, I have achieved nothing, you have achieved, that's the point. You have achieved, I have achieved nothing. I have this with me. You have achieved.

I tell you, you must ask me some questions. You see, he is a barrister.



Question: (Inaudible.) ...In history, in the books, they all say the same thing, that there is one God as you say in Sahaja Yoga. So how is it these people quarrel?

Shri Mataji: Mislaid, mislaid. How they found different, different books, that's a good point. Now, you see, in Sahaja Yoga you get into the essence of everything, the essence of the tree. The essence of the sap of the tree goes to every flower. It doesn't discriminate.

But flowers are different. Now what these people have done, they have plucked these flowers. Like somebody says, "This is my religion", plucked the flowers. Then the flowers are dead now. So, they are carrying on with dead flowers.

The religions are dead now. But they are flowering on the same tree. And you get inside the sap, through the roots, so, you see, that everything is the same. It's just a manifestation of the same.

Now electricity is flowing. It is giving it there, it is giving the air conditioning, it is working out there. But electricity is the same because you become the essence.

But if you see from outside, they look different. Specially, when deliberately they have plucked out these flowers and established, "This is mine." "Christ is mine", how? "Islam is mine", how? It is not. You cannot have them as properties. They cannot be your property.

So, this is what you realize and that's why you see that everything is the same, you see now you have become an essence, your eyes have opened out, you see that everything is the same. You cannot become fanatic now, you cannot. Even if you try to, you cannot. (Shri Mataji is laughing). You just cannot become fanatic anymore because you see the essence is the same.

I mean sugar put into this, sugar put into that. If you become the sugar, you are in everything, isn't it? I mean religion had to be little different in its form because of the times that were there. Times were this way, that way, you see, every time they had to change the outward form and things like that, all social level, political level, this, that. But essence was the same.

Sahaja Yogi: So, Shri Mataji, the conclusion to which we can go through would be that Sahaja Yoga eventually can put an end to all these fanaticisms.

Shri Mataji: Of course. You can't have it any more, that's very true because you see the essence is the same. You see 'fanaticism' comes from word 'finite' we should say. When you go into infinity, how can you have fanaticism? You "finite" yourself, "I'm this, I'm this." That is clubbing. Actually, it is nothing but ordinary clubbing, you see, "We have clubbed." Like somebody puts the, say, the table-ware on the left side – is one club. They put it on the right side another, then they distribute. You see, that's just like stupid clubbing, that's all. You cannot club God or Christ or anyone of these incarnations, they are all brothers and sisters and relations of each other. They are all related to each other.

But those people, who were in charge, tried to destroy them as soon as possible and take the charge. Christ lived for forty years. How Mohamed Sahib lived you know. Every one of them how they were tortured. That's what happened, because they wanted to take advantage of them. But forgive them now. All right, doesn't matter, some day they will come round.

Any other question from you?

Question: (Inaudible.)

Yogi: How could we approach seekers in these countries they are not free, such as Hungary and Czechoslovakia and so on?

Shri Mataji: In a way they are better off, I tell you. I've been to Russia, I've been to Czechoslovakia, I know they are not free, but

you see, freedom one should be able to bear it. What is happening to the free countries, if you see them, horrid. If you go to America, you can't wear your watch or bangles or anything. Maybe tomorrow they will pull out your hair also. Such an idiotic country. So, this freedom also, human beings cannot bear, in a way. As far as these unfree countries are, I tell you, the people are so simple. I went to China, I went to Russia because of my husband's job, people are extremely simple. The governments are all horrid. But it will take no time for you to ignite Sahaja Yoga there, no doubt.

Actually, it is already done there in a way. Logically they are understanding it now what Sahaja Yoga is. So, it will come to Russia, it will come to China, from these bigger countries. But what about the free countries first of all, tell me about them (Shri Mataji is laughing). Free it's a licence.

Question: What can be the influence of Sahaja Yoga on the social level, political and so on?

Shri Mataji: It's great because we have people of that quality. What we need is a transformation of human beings.

Hypocrite talks of big, big things, cannot achieve anything in Sahaja Yoga. But the people who believe – not believe but know as an actual thing – that we are part and parcel of the whole, will not think of one government, another government, they'll think of one world, the whole. All this so-called politics is because we are divided, the nose is fighting, the eyes are fighting, the ears. And when they discover, "We are one body, what is there to fight?" So most of the politics will be dissolved completely, as it is now. See, look at us, we have powers, so we are capitalists and we want to give it to others; so we are communists already, we want to share it, we don't want to conserve it.

So, we are already doing the right thing, the integration. So, all these problems come out of human beings and as soon as they become the Spirit, the problems will be dissolved. The social problems, you see we have already solved so many social problems in Sahaja Yoga. You don't have problems that you normally see, our children are great, our marriages are great, we are enjoying our lives, it's heavenly. One or two mishaps are there, doesn't matter, but mostly we have a beautiful society, no quarrel, no jealousies, no fighting, no malice, no hatred, nothing. Isn't it great to have such a society and no dictation, nothing, absolutely free?

Question from Mary: (Inaudible – About the fact that Sahaja Yoga works for the good on a collective level but how is it that millions of people, for example here in Vienna, who are invited at the programs, they see the posters but they are frequently missing the chance or are coming only after several years. Why?)

Shri Mataji: Well, what can I do about it? You see, some people are very superficial, some think no end of themselves, they think they don't need anything, all kinds they are. I know, I agree with you, but it happens.

Question: Concerning your advertising, the German wording of your poster sounds like to an invitation to an instant coffee.

Yogi: He thinks that the advertising by the Sahaja Yogis for this program sounds a little bit for an instant coffee.

Shri Mataji: It is instant coffee. But what to do? You see, I tell you, you buy instant coffee, isn't it? Now in modern times everything is instant, so we have to have instant Yoga also. It is, what to do? It is! But you see now, we can say that you get it after a lot of sufferings and you have to sacrifice this and sacrifice that, all right, but it is not true. Now, what to do? It is instant coffee. But we take instant coffee, we want everything to be instant in this modern time, why not Yoga?

Question: (Inaudible – Repeat what it sounds like concerning advertising.)

Shri Mataji: So, you tell us now how to advertise! You see what I'm saying, that's a fact, I really tell, that's a fact. The Kundalini I call it the jet-Kundalini in modern times. Really, I'm myself surprised that it's working – just shoots off, you know. Thousands of people in India, thousands. What am I to do, it works like that. I think the Divine is anxious that, "Let's have it now" just like that. It is. In modern times it's working very fast. Not only me, ask him, how many people he has given realization, everyone of them has

given to thousands realization. I mean, seeing is believing. But advertising, we don't know what to say now.

Sahaja Yogi: Perhaps the English word is a little bit slick, a little smart, something like that. Perhaps you mean more profound, more deep, that it's sounding like the other gurus?

Shri Mataji: I don't know about other gurus what they like. But why don't you see to it what you should write. I've no idea.

Sahaja Yogi: It's written that, "The time has come, the true realization here and now."

Shri Mataji: So, what should we see, what should we say? "Here and now" it is a fact. I tell you, really. Now what should we say? All right, is true. But what I'm saying, for people to be attracted... What he is saying that when you have to attract people from outside then we should put... Try to change it. I don't know what.

Sahaja Yogi: Perhaps what Mary meant was: is there a certain type, is there a certain stage when you come to Sahaja Yoga or is it that everybody should be brought in right now? Or do you reach a state in your awareness, where you are ready for it, or is it something that you just come? Is it the advertising department good or not? But it's good! (Laughter.)

Shri Mataji: I just don't know what to say on this point because, you cannot say certainly that people have to reach a certain stage, because a person you see, his wife brought him saying, he is the worst man, indulges into this, indulges into that and all kinds of things, bad certificates about that fellow and as soon as he came in, he got his realization. This is really true, I tell you. People are suffering from cancer got realization in no time. What is the stage, I don't know. But maybe we can say the attitude towards life. Maybe the attitude towards life. Say, for example, in the West. I like these BBC people telling me that, "If you say that it is without money, nobody will listen to you." But I can't say it is for money. That's one point.

He said, "When you say 'free admission', he thinks it's useless." The conditioning is so bad, that if you say, "Free admission", he says, "Oh, it must be something funny!"

Sahaja Yogi: He said it's the Anglo-Saxon brain.

Shri Mataji: This is what he said, "Anglo Saxon brain cannot understand anything without money." Can you imagine? He told me frankly. He said, "You change this." I said, "What should I say? I really don't take any money. What am I to say?" This is what it is. You see, this is the conditioning of the mind.

But in India it is not so. In India if you see from the villages, they'll come on bullock-carts, they come miles together they'll walk. When they will know, "I'm going there."

Also, the knowledge is not here. They have no background, what I would say. A background is needed or I don't know. The sensitivity is needed. The Italians did not have the background but sensitivity is there. Worst is in, I would say, in Switzerland or America. It is the worst of all. America felt for all kinds of gurus but for Sahaja Yoga very bad. I'm sorry. That's how it is. They don't look at Sahaja Yoga. Now they are, after they've had all the experience of all the guru shopping, they did. Now they are coming. They want to do shopping, you know. It's a fashion. Guru is a fashion. It's nothing deep, it's a fashion. Going to this guru, that guru. So how to talk to them? They have money. They want to shop it.

America was the worst of all, I must say, experience wise, supposed to be the most advanced, most free country. They are the worst of all. But in Austria I've seen the halls are filled, they are full. In Austria we always get the halls completely filled. Just like also in Italy. I mean the people have to sit on the stairs in Austria, isn't it? We don't have that problem.

But getting realization is not possible for everyone – perhaps. There's some sort of an understanding needed. I can't explain why. Because the house is all full, I tell you. You see the halls are absolutely filled. People sit on the stairs, you see some are sitting outside, some are standing on the street. It's there despite the fact they are Saxon brains, he says. Did you write "free"?

Sahaja Yogi: Yes.

Shri Mataji: Yes, that's it. They'll come around, gradually they will. See they have to learn their lessons a little bit more, I think, that's all. Now you, with you I tell you why. Because you are in the UN a big boss there, working in the UN itself spoils your head, I tell you. I know, my husband is there. So, I know all of them and their heads get swollen up for, see, UN personality. Then you are attending big conferences, you see, so called big, big people you see, big, big heads you meet. Naturally to be the big head, these things do not go in. So, it's all right.

But now you are all right. That is one of the things, UN people-bureaucrats are the worst of all. They will be the last to come to Sahaja Yoga. My husband is a bureaucrat and I have to deal with them. I never talk to them about Sahaja Yoga never, never, never. Bureaucrats they only want to serve government, that's all. They don't understand anything beyond. So, bureaucracy is like that.

Now what else you have in Austria? Bureaucracy, then you have military. Students, they will come.

Question: (Inaudible.) ...People understand the message but say, "Why should people worship you?"

Shri Mataji: There's no need at all. I would be very happy if they don't worship. But you see, those who worship me, have found out something good out of it. That's why they worship me. But you know, actually I hate that. I always see to it, that these pujas should be so much lengthy, that I have some time to rest. But I don't want them to worship me at all. It's very good, that's very good of them. I tell you some of them, when they touch my feet, I get blisters. Horrible!

As yesterday, I was telling you, like scorpions. I get such big, big blisters on my feet. I don't want them to worship me if you ask me. But they would like to. Because you know what it means, worshipping me. You all know it very well. Worshipping, what do you give me? Nothing! You just say certain mantras, this, that. What do you give me? Nothing. There is nothing to worship me.

For example, now, see my photograph, this one, is when I was sitting in a village. When I entered the village, I told them there is a very great soul who lived in this village. They said there was one, he was a Muslim, his name was "Mia". So, I said, "Now he must have been still here." And I sat down to give my lecture and I saw the Spirit coming as a light of two hexagons, you see, on top of my head, I saw it. But you can't see it. I mean, people can't see.

But camera captured it. The camera captured it. And then the sun's rays through that prism – like Spirit started coming as all seven colours on me. I could see it. I could see, then I was very happy with it, you see, with this report. But nobody could see it. Then I said, "All right, it's more than one's sense of reception, like that." I said it. But nobody can see it now, so what's the use of my telling them, "You should see because you will not see." So why to tell anybody about my worshipping also, till they understand it. But the camera caught it, what can I do? Thank God, the camera caught it. I didn't say.

Why do they worship Christ? They've never seen Him. Why do they worship Christ's Mother? They've never seen Her. What did She do? She was just crying all Her life, She didn't give realization to anybody. Even Christ didn't give realization to anyone, so, why do they worship Him? You are a Christian, you should ask them a question like that. Why do the Muslims worship Kaaba?

But in Sahaja Yoga I'm a discovery for you. I never asked anyone to worship me, never. It's horrible for me. I'm frightened of people trying to worship me because, you see, I've to take up everything, to suck in everything of you. They can tell you, that I just don't like it. I want to make a big gap in between, so at least I have some time to rest, to suck in the whole thing, digest it and take it out. So, you need not tell them at all. In the beginning you should not tell them anything. Tell them that, "You are great", come along. Let them have their realization. Then if they say, then we should consider, whether they should worship me or not. And everybody is not allowed to worship also.

Do you know that Mary, that we don't allow everybody to come? You have to be a clean person, otherwise they are not allowed.

So, this worship is your privilege, not mine, by any chance, I tell you. By any chance. At which you will all say, that Mother shuns it, I really shun it. These false gurus because nothing happens to them, they like it.

So, there's no explanation for this. It is to be seen. Even if they come to Sahaja Yoga they can see it very well. Unless and until they come in it, you should not talk of me as anything as incarnation, anything, just don't talk. You should not tell them of worship or anything. Just tell them that, "You have to get your realization." Let them first open their eyes, then talk to them about this. In the beginning, if you start talking, they'll be stuck no doubt, they are stuck because they've not reached that point. They have to be sea-worthy, to be in the sea, isn't it?

Nothing is needed to begin with actually. And I don't want anything, really. If there is anything that is to be done, is to give realization to everyone, that's all. But to progress further, they have to worship me.

They will worship somebody who is dead and gone. They never worshipped Christ when He lived. They never worshipped His Mother when She lived. They never worshipped Rama, they never worshipped Krishna. Now when they are dead, very nice to worship. But they are stones now, what can they do?

That's human nature. When somebody is dead, then perfect joy. The ones who crucified Christ have raised these churches. When a person lives, you see, in the present, you never appreciate.

Because we don't allow anyone to worship also. It's a very great privilege for anyone to be there, you know that. It's not for everyone. So many people have been denied in England and all that. Just now you have to prepare yourself, "Oh no, no, no". Everywhere.

And yesterday I was telling Guido that you should not have brought that lady, she was no good. The one who was your room-maid, who was pestering you. And I said she was very caught up and you should have not been brought here to the puja. That disturbs me. It's very significant. But like a person who has to be a post-graduate student, to understand certain things, you have to be a post-graduate in Sahaja Yoga to be in a worship. Otherwise you should not. So, you don't talk of these things. They'll get stuck, no doubt.

When I've no doubts about it. Anybody would get stuck, because it looks so funny, isn't it, that you have to worship another human being. It is. So, you have to use discretion. Anybody would be stuck that way. Unless and until you are a first-class Sahaja Yogi and you understand the value of it, and you have gone deep into it, then only you realise. It is to be appreciated.

I never talked about me at all to anyone, never, till some saints started talking about me. Some saints only told some people, that this is this. Then they came and asked me and I said, "All right, you find out for yourself". You see with human beings you have to be very, very careful and cautious. I do not want to get crucified, you see. You have to be very, very cautious with them, because ego is the first thing they come with.

They don't understand what is beneficial for them. You see, what did Christ do to them? Did he ruin them, or do any bad to them? But they crucified him, isn't it. They gave poison to Mohammed Sahib. Why? What was the thing? Because ego! So, you should be careful with it. Even when you write, supposing in your wherever you write, you should write it cautiously. Make it so, that according to your own understanding, that they come to my programme. Use your wisdom.

What you want to put it, how to put it, or if you want to say, you can say that at the first instance the Kundalini rises and then you have to grow into it. If you don't want to say it quick, instant-coffee- business, so, you may say like this. That might look nice. I would suggest that way, all right? That would help.

But with the people, some of them are very deep people, they just get realisation in no time. Because they have been deep people all their lives. Not life, but lives. So, they just get it.

So, it attracts people who are superficial, then it's not a good thing to say. That may be one of the reasons that only superficiaals come to our programme. We should find out what to write that the deep people are attracted. Isn't it. You should find out ways and methods by deep people are attracted not superficial.

I agree with you, the hall gets filled up, because maybe superficial. Like a sale-on. Nobody buys anything, it's just a sale on. Everybody comes to see the sales. (Shri Mataji laughing) This is Kali Yuga, you see. The confused state. This is the age of confusion. This is the age of confusion, real confusion.

Also, some people say that why should 'I' give realisation. I said, "Better you give, very good idea. I would like to retire." You see this is ego, isn't it, "Why should 'you' do it?" I mean I'm doing it, because I have to do it, all right. But if you can do it, nothing like it, I'll retire. I will be very happy. I mean my age is beyond now retiring. I would have retired long time back. See going on and on (Shri Mataji laughing).

So also, you should see the people who they are, and then talk to them. You must use discretion, very important to use discretion. As he said, maybe some people may not get it in this lifetime. Maybe next time. Also, it happens that, you see, some people get realisation, say for example and get transformed and become something very beautiful.

Then the mediocre, the mediocre people, you see, may see that and try to follow it. The mediocre may try to follow it. Like when I went to Italy this gentleman who is a very famous person who interviewed me, he said, "First you give me realisation, then I'll interview." Because perhaps he believed in me whatever it was, or may not have believed, might be doubt, whatever it is, he got his realisation. Then he started laughing and he said, "Oh, so I've got it now." I said, "Yes, you've got it."

Now it is he who is organising all this thing. So, may be like this it might fore come. Depends on. You see, human beings are quite complicated in modern times, very difficult to hold on to them. If you give them this, they will come this way. If you give them that, they'll come this way. Just they don't want to have it. Just some books or excuses, it's terrible. I know. Specially in the West, It's very difficult. Very difficult. But they'll accept something stupid, like punks.

Punks you will find thousands now. People in very high positions are punks now, can you believe it! Imagine our prime-minister going as a punk. They accept stupid things without any questioning. Think of it. Drugs for example, they accept it without any understanding, without any asking and very educated highly placed people do it. Absurd things like that. Alcoholism, womanizing, everything, all nonsensical things.

But to do something good to yourself, it takes time. They are very self-destructive by temperament. To do something nice to ourselves, to get some blessings upon ourselves we are slow. But it will be all right. They have to learn their lessons, that's all I think. Yes, they have to learn their lessons.

Everyone satisfied?

May God bless you!

I'm happy that he is a very wise man. He has done the homework. The other people just came, just like any... You see, that won't work out. It's a very deep subject. It's a very deep subject. You cannot just appear and go out, isn't it? Steve are you going to talk to some people there in Boston. In this way. Yes, in this way. Really? Good, good.

Sahaja Yogi: All over the world we get thousands of people, we get big press conferences, we get headline publicity.

Shri Mataji: (In short.) Australians are very good, Australians are extremely good. Maybe we get superficial things. Could be. So, we should put something deep in it because it's very deep experience. It's suggestion you see will be something which explains certain things. They like my lectures all right. They like to listen to my lectures, because you see, it appears on their mind, but they don't get realisation. So that means they are not very deep people.

For example, in Switzerland, we put these things. Nobody removed it. It's still there. After three years it is there. It's very surprising in Switzerland where people are so meticulous. They have kept my photographs. In Italy also. All my three-year-old photographs are there. Italy. So, Italy is there.

Also, I must say that advertising, whatever it was, in Australia, terrific.

Australia is dynamic absolutely. It's very progressing in Sahaja Yoga, no doubt. Australians imagine, can you believe it that they were sent there as criminals, by their forefathers, and today they are the ones to take everyone to Spirituality. Look at that. So how can you say good and bad? You can't talk of good and bad!

Australia is the best. Australia is the best now. I mean in progress. We have the leader from Australia, Dr. Warren, who started the whole thing and we have James. Has he come? Oh, that's James.

May God bless you! May God bless you!

## 1986-0708, We have to reach our absolute state

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8 July 1986

We Have To Reach Our Absolute State

Public Program

University of Vienna, Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

Public Program Day 1, Vienna (Austria), 8 July 1986.

I bow to all the seekers of truth.

You've already heard about the system that exists within us. This knowledge is the knowledge of the roots. The knowledge that we have about the outward world is the knowledge of the tree. So to understand this knowledge, first of all we have to use it like a hypothesis. And like an open minded scientist we should try to see if it is true or not. We know that we have evolved from the amoeba stage to this stage, but we have not reached our absolute state. If we were at absolute state there would have been no wars, no quarrels, no fighting. Our consciousness would have been a Collective Consciousness.

Today we see the whole world full of confusion and turmoil. And it is so very shocking to look at the future what are we taking our progeny into. If we understand the dangerous precipices on which we are standing today, we'll think about it: What are we going to give in this generation to our progeny?

We talk of peace, but there is no peace in the hearts of people. So one has to realize that there must be some methods, some more doing needed to achieve that state of peace. All the outward movement you have done on scientific things, on emotional style or anything that you have worked out so far has led us to nowhere. The person who is evolved knows how to relate to other persons. Not superficially, artificially, but innately. So there is something lacking in these modern times that we cannot relate to each other. Nations are arguing among themselves, they reach no point which will do justice to our progeny. So all thinking people have to accept one situation that a kind of a transformation is needed in the human beings. And we should go out of our country, out of our knowledge to find out is there any solution suggested.

The problem today is that because of religious problems young people don't want to hear any name of prophets, incarnations or any saints. They say, "Forget it." But whatever they have said is the truth. In the essence of it all of them have said the truth. But we are not at their awareness, at the level of their understanding, that's why we have committed mistakes. Let us see what Christ has to say. He has said, "You are to be born again." So there are people who certify themselves 'born again' and go about as if they are great yogis. When we baptize somebody that's all artificial. To be honest, when you take some water and put it on somebody's head and say that, "You are baptized," [it's?] not true. But what is the baptism? Let us face it honestly. Is there somewhere else people have talked about baptism? In every religion they have talked about it. Say, in India it is called as Self-realization, as a second birth. Like a little egg a human being comes on this earth and then he becomes a free bird. But nobody has tried to put attention of the followers to that, that you have to actualize the experience of Self-realization. You have to get it on your central nervous system. In your evolutionary process as you have become a human being, you have to become a super human being in your consciousness itself. But nobody has tried to see even that this is what the prophets, the saints, the incarnations have said. In Koran they have described the Resurrection, the time of Resurrection. Pages after pages they have described more about this period when people will get transformed and they'll be resurrected. They call it Kiyama. Mohammed Sahib has said that, "At the time of Resurrection your hands will speak." How many Muslims have tried to find out about when their hands are going to speak? Same about Hindus. Moreover it is so disappointing that in a country like India where so much has been said about the Self-realization nobody is trying to pay attention to it. They all believe that western people are ideal, very happy people, and we should try to become western. You are developed countries, so all developing countries are trying to become like you. Thus the main thing that has to be done for us today of Self-realization has no priority. Neither in our individual



life nor otherwise.

I'm happy that he has already described to you about the centers that are within us. But these centers, though exist within us, cannot be found out by doctors. Because they are centers of energies. For that you have to become a higher soul to feel them on your fingertips. Then you become the medicine, you become the doctor and you become the diagnosis. To look at Sahaja Yoga seems like instant coffee, somebody said. It is, what to do. In modern times everything has taken a speed and also your evolution has to take the speed. Is very simple to understand.

For example this instrument [the microphone] was formerly made by many people, many scientists, would not work out properly, but today it is perfect, and you just have to plug it in and it works like instant coffee. That means, in the modern times you are all just ready to get it. And if you are ready to get it, why should you worry about the time-part? If it is quick, very good. I'm Myself surprised the way it works out. Specially in the villages of India thousands of people just get realization in seconds. Because the Blossom time has come, the Resurrection time has come. This is the Last Judgment. You have to have your realization because there is no way out. You cannot go further with it. You have to ascend. For that you cannot pay anything. This is one thing one should understand: you can't pay for it. You'll be amazed the BBC-people told me that, "Anglo-Saxon brain cannot understand anything free, without payment." It's very surprising. Supposing we have to plant a seed, how much do we pay to this Mother Earth? What effort do we put in? The Mother Earth has the power to sprout, finished. You don't have to do anything about it, it just works out, the seed is ready to sprout, and the Mother Earth is ready to sprout, so it works out, as simple as that. Because this is the force that is a living force. And the happening is a living happening. Of course in the beginning of any tree there are only one or two flowers, but at the blossom time there are so many flowers who can become fruits.

Now, to claim anything about Sahaja Yoga will not be very wise, I think. Because if I say that it cures cancer, you'll start doubting Me. If I say it can cure even AIDS, you will say, "This is too much." If I say it solves your emotional problems, social problems, political problems, you'll say, "This is too much." But who has created the problems are the human beings. And if they are transformed, how can there be problems? If they all become problemless how can there be problems? But it's difficult for Anglo-Saxon brain easily to accept this situation. India had this knowledge for generations. And they had described the personality of a good guru, called satguru and aguru. Aguru means who is not a guru at all, who has no spiritual powers, who is just a money-maker or a sinister fellow or could be a devil. It's all in details is described. And 1974 in a much bigger hall than this openly I told the names of people who are agurus. But the Anglo-Saxon brain liked them better than Sahaja Yoga. They all went headlong for them. And today what we find that many are hurt very badly by them. As an Indian I feel ashamed, absolutely ashamed. On the whole, Indian mind is not money-oriented, it is Spirit-oriented. For an average Indian the highest thing to get in this world is the spiritual powers, the Spirit, the Self-realization.

Even when a child is born they forecast the horoscope, in which they will say, if will get a satguru or not, and also will it be possible for him to get Atma Sakshatkara, which means Self-realization.

So all this agurus took full advantage of your ignorance and came down, nicely settled down. But the good about falsehood is this that it gets exposed. But even if they are exposed today the harm is done. But I feel any organization which takes money in the name of God is a cult. Because it cuts out a person to know anything about others. And put the blinker not to see what you are doing. That we can see, say for example, see the Islam or the Christians, the Spaniards - the way they went to America, can you believe they were Christians? I was Myself born in a Christian religion and I was amazed at the missionaries who would convert people at the point of a gun. Is that Christianity, is that Christ? Without any feeling within their heart, ruthlessly. Absolutely without even having any conscience about it. So, what are we to understand that did Christ leave those people to spread His name and live on His name, earn on His name and build organizations?

Now we cannot blame the young people when they deny God. Because that does not prove that God is good, He's compassionate, He's kind. In Algeria there where 500 young people who felt there is no God. And they took to communism. One of them by chance came to Sahaja Yoga and he went and told all of them, "There is God. We can prove it now, the proof of God is there." And he gave realization to all of them. So, everything can be proved by the ascent of the Kundalini. This is the divine science, but for that you have to be equipped. You have to be graduated first, means you must get your realization.

Whatever has happened, has happened, forget about it. Now we have wonderful time ahead of us. We have to enter into Kingdom of God. For that is just a question of few seconds. It is that simple, I promise you, please believe Me. We'll work it out today, we'll work it out tomorrow. There's no end to knowledge. But without the eyes what's the use of talking about the colors? So let us get the divine eyes, which they have twinkle in their appearance. And then we can see how much knowledge we have missed. So far whatever we have known was non-knowledge.

Today we have to try for our Self-realization. For that I have to request you for an attitude. First of all you should not condemn yourself for anything. You should know that you are the temple of God. You should not count your so called sins. You must respect yourself and be pleasantly placed. Best thing would be to say 16 times, "I'm not guilty, I'm not guilty, I'm not guilty at all," and I'm sure it will work out.

Secondly we should not have any conception about it. Keep our minds open and whatever is the reality we have to see.

If you have any questions you can ask Me before we start the experience, but not too many questions, because we waste our time unnecessarily. Also don't ask Me questions, "What about this guru and that guru?" I have nothing to say about anyone, because no controversies. I hope you'll ask Me questions which are constructive and helpful for the collective.

Thank you very much.

Yogini: Shri Mataji, she says in order to understand You she needs to find a way to overcome her inner doubts.

Shri Mataji: You see, you have imaginary doubts. Supposing you are coming inside this house you do not know what it is, you see for yourself, you see for yourself. But one thing is you don't doubt yourself, first of all. That's all, that's all. All right.

Yogini: Shri Mataji, she wants to give You a letter.

Shri Mataji: Yes, Madam? So many questions are there. Yes, of course. When can I see him?

Yogini: He's in the hospital, Shri Mataji. Tomorrow afternoon he's coming home.

Shri Mataji: All right, I'll send somebody, don't you worry. All right? What's the matter with him?

Yogini: Shri Mataji, she says the child has an illness which only 40 people have in Austria. And it's something where the whole body starts to disintegrate.

Shri Mataji: Meaning what? [INAUDIBLE] won't understand German, but disintegrate means what?

Yogini: It's a metabolism illness where the metabolism of the body starts to break down.

Shri Mataji: What's called this in English?

Yogi: It's a [INAUDIBLE] disease.

Shri Mataji: Ah, all right. It's in Mooladhara this problem. We will find out, all right. May God bless you. Such a sweet child. What's his name?

Yogini: Markus.

Shri Mataji. Markus. All right. May God bless you! All right, any other thing please? Yes, please. Please, get up, please. Thank you!

Yogini: He's done a mantra's meditation with a wrong mantra and he's got into a deep depression.

Shri Mataji: Of course you will, that's what it is, I know that. That can be cured. You should not do mantras at all. There is no need to do mantras. This is TM you did? Horrible, that one. This man made so much money out of you. Horrible fellow! All right, doesn't matter. You come along. It is easy but you see the [alternate?] what is the reason how it works out is this way that when you are not connected, say, your telephone is not connected and you start using the telephone, telephone gets spoiled. It is much more than that, but I will explain to you everything, all right. You come along.

He is such a fellow that he would give a mantra which means the 'tale of a scorpion,' inga, in our language, in Indian language, Sanskrit language. Which means tale of a scorpion - for 3000 pounds. And it was all a big secret. So you would not tell to any Indian. If you tell to any Indian he would laugh aloud. There is no Sanskrit word like that. Then he says tinga which means if you show somebody like this, you know, that is it, tinga. What is it, this thing you say? Showing a thumb, yes, can you imagine? All this kind of nonsense, befooling everyone. Useless fellow. I've said all kinds of things about him since long, he cannot prosecute Me at all, but people don't listen to Me. If he prosecutes Me I'll expose him in the courts, but he does not. None of them do that. Would be nice if they prosecuted, isn't it?

All right, don't you worry, we'll put you right. What else? There is one lady holding her hand. Yes please.

Yogini: Shri Mataji, she said when You came into the room, she felt such a strong feeling that her heart even started beating and she did not hear anything about that in the introduction. So she is a bit worried, Shri Mataji.

Shri Mataji: Such love! You must have known Me before. So kind of you.

Shri Mataji: What else? Yes please.

Question: Shri Mataji just spoke that the Self-realization doesn't take long time to understand or to know it. If Mataji explains the way of realization [INAUDIBLE] questions can be understood.

Shri Mataji: Of course, of course. Of course, everything can be explained and not only but you can give realization. You become the yogi.

Question: That's [subsequentive?] of the question.

Shri Mataji: Yes, but what do you want Me to explain now at this time.

Question: At this time the way of understanding the realization.

Shri Mataji: All right. It is a good question, you see. The way of realization is that there is a Kundalini within us. All right? That's what he has explained to you - he told Me he has explained. There's a Kundalini, the power within us.

Question: Excuse me, Mataji, the thing [what?] was explained that was in German and I'm sorry I did not understand anything.

Shri Mataji: That's not good, then you should come to My place, I will explain you everything, because it will be quite a big thing.

Question: Can Mataji give time?

Shri Mataji: I will of course, why not? The time is for you. Any time, tomorrow. You live here?

Question: I am here, Mataji, whatever time ...

Shri Mataji: All right, all right. That's an Indian, that's an Indian, you see. I know he might not have understood in German language, but it's all right, you can come and see Me sir. All right? Yes, please?

Yogini: Shri Mataji, he said you spoke about Christianity and he said that people shouldn't feel guilty, but he says that Christ said we must feel guilty, we must ...

Shri Mataji: Never, never. Never, never, He never said it, it is Paul. Never. Christ, why will He say? You see, He was crucified for us, He suffered for us, isn't He? By His sufferings all our sins, He said, will be forgiven, isn't it? It is Paul. You follow Paul more than Christ. Because Paul was a Jew and Jews did not want to believe that Christ suffered for us. All of them are following Paul, not Christ, nowhere. And Paul, who was not a realized soul, he was epileptic, he had killed so many Christians and then suddenly he is in the Bible.

All right. My child you have to be happy and joyous. Good. I am sorry, I had to say this about Paul, but it's a fact. It's all misrepresentation. To such an extent, you'll be amazed, that bishop of Durham has said that, "Christ had no immaculate birth out of the Immaculate Conception." These theologians, what are they going to understand about God? You cannot discuss about God, can you? And then he was very much honored by the archbishop of Canterbury in a church in York. And the lightning hung over that church and burned it completely, the top of it. And then when asked why this has happened, they said, "God has been very kind not to burn the whole church."

Do you know the area where the prostitutes of London live, called Soho, is all owned by Church of England? And when the question was asked to them, "Why should you own this?" They said, "We are looking after women who are like Mary Magdalena," taking their money all right. Any intelligent person should understand this is absurd. Christ has said, "Thou shalt not have adulterous eyes." And they are owning a place called Soho in London. How do you explain all this nonsense?

All right. Yes, one more. Not too many, one more there, yes please.

Yogini: She says that Christ took the sins very seriously, Shri Mataji?

Shri Mataji: Yes, He had to. But you don't understand Christ that way. For such people it's just a play. To know Him first get your realization then you will really fall in love with Him. Even the Jews who are sahaja yogis, even the Muslims who are sahaja yogis, even the Hindus who are sahaja yogis now understand Christ. They understand Shri Krishna, they understand Shri Rama, they understand Mohammed Sahib, they understand everyone very well. Christ has said, "Those who are not against Me are with Me," who are those? But He was allowed to live only for three and a half years. What can you do in this little, short time? I was struggling with seven hippies for four years in London. It's not easy. They are difficult people.

One more, please. Yes, please.

Question: How do you see the woman in the future of this world?

Shri Mataji: Great. Women should not try to become men at all, it's horrid. Woman is a woman in her own dignity. She is like the Mother Earth. She does not know her powers that's the only trouble. There is nothing to fight with men. We are like two wheels of one chariot; both are equal but not similar. A woman is definitely much more dynamic than man, if she knows her powers as a mother.

Question: What do you think about the Kundalini meditation techniques of Bhagwan?

Shri Mataji: Bhagwan? All nonsense. I will not speak about that at all because it is just the opposite. Now I'll tell you one thing, the technique part of it. That you will see here clearly, that the red spot that you see is the Mooladhara Chakra. This is the chakra which controls our pelvic plexus which also controls our sex. Now it is placed lower than the Kundalini, if you see clearly, lower than the Kundalini. So when Kundalini rises, all sex activity stops and you become like a child. You become innocent because this is the center of innocence. That's why Christ has said, "You have to be like children to enter into the Kingdom of God." He is just the opposite. Logically you must understand. Scientifically you must understand by doing sex activity, who has ascended in evolution? We accept everything nonsensical very easily but sense we do not want to accept.

Question: [inaudible]

Shri Mataji: Little bit stop because she has to translate. What is he lecturing?

Yogini: He is asking about Christ again, Shri Mataji.

Shri Mataji: He's giving Me a lecture or what? All right. Forget about it. All right. What else? Yes?

He's gone [away?]. He came to give us a lecture or what? Now, what is it?

Yogini: He says, Shri Mataji, if the Kundalini is lifted and one of the chakras has a problem, could the person be damaged by the Kundalini coming to this chakra?

Shri Mataji: No, no. It's correct, your question is all right. Please be seated, I'll answer it, all right. If the Kundalini rises She nourishes and soothes the chakra. She is your redeemer, She's your comforter, She's your mother. She is your individual, your own mother. She will never damage, on the contrary She'll sooth. We have very wrong ideas about Kundalini. She has loved you all your lives and She is waiting for a chance to give you your second birth. So there's nothing to worry. There have been lots of funny books, I know. I don't know why they wrote such funny books without knowing anything about Kundalini. Now, last question. One. One more. One question from someone. Just a minute now, let it be. All right.

Yogini: Shri Mataji, he said he might not have problems to love one person, but when it's a large mass of people and they seem to behave in a petty way then he finds it difficult to really love the masses.

Shri Mataji: Correct. What you say is true. But you are not the only one who will get Self-realization, there are thousands who get realization. And you become collectively conscious. So you know the person whose chakras are catching, whose are not catching. And you can help the people to improve their chakras. So there is nothing like absolute bad or good for you then. And you can't help loving people who have the same awareness as yours. You must see the sahaja yogis from the West go to India in the villages, the way they hug each other, love each other and such pure love. No more pettiness left in them. No racialism, no [cast-ism?], none of these things of hatred. It's a pure race of pure people.

Now, one more, all right? This is the last.

Now we'll do one thing: You ask Me the question today, please, but then you can write, others can write the questions and give it to Me. Tomorrow, I'll answer, otherwise what about realization then?

Question: What is your relationship with God?

Shri Mataji: I think, you should not ask just now this question, you'll better discover it. No use telling. Very dangerous. When Christ said, "I am the Son of God," you crucified Him. And when Mohammed said that He is the prophet, they gave Him poison. Even in India many saints were tortured because they were saints. I want to live for some more time. So I will not tell you, but you better find out. But of course there must be, there's no doubt about it.

Can you ask, can you write it for tomorrow, Madam? All right, very kind of you.

All right, let's have our realization now because, you see, the time has come, very good time now. It will not take more than ten or fifteen minutes. But those who want to go can go. If you want to go, say, for a five minutes or so outside, you can go and come back. It will not take more than fifteen minutes. But don't disturb at the time when we are about to raise the Kundalini. And I would request you not to sit here, those who do not want to have their Self-realization, because that embarrasses other people. In any case, we cannot be forced. You must have free will to ask for it, it cannot be forced. Your freedom will be respected. But you must also respect My freedom that you don't disturb us.

There's one more thing. I would request you to take out your shoes and touch the Mother Earth, will be a good idea. And to put both the feet parallel to each other. During this time you have to keep your eyes shut. Please don't open them. Because the attention has to be taken inside, like the Kundalini when it pushes in, the attention is sucked in like this. So, if your eyes are closed it is better.

Now, the left side represents the emotional side or the desire. And the right side represents the action. So by telling you how to awaken your Kundalini I will tell you what chakras to be touched with the right hand. Which is very simple. First I'll show you and then I will later on close your eyes and then I will tell you, one by one. First you will have to put your left hand towards Me. And the right hand has to be put on the heart because in the heart resides the Spirit. Then you have to put your hand, right hand... we work with right hand on the left hand side. We put it on the upper part of our abdomen, on the left hand side, which is the left Nabhi, as we call it, left Nabhi Chakra. Then we put this right hand in the lower part of our abdomen on the left hand side. Here it is the Swadishthana Chakra. Then we go back again and put the hand on the left Nabhi on the upper portion of the abdomen, on the left hand side. Then we take our right hand to our heart where the Spirit resides. It's the Anahata Chakra, on the left hand side. Then we take this right hand on the left hand side of our neck, here, and turn our head. This is the center of Vishuddhi, which is harmed when we feel very guilty all the time. Just now it's horrible. And just now you are all feeling guilty for nothing at all. Again I request you not to feel guilty. Then we have the Chakra of Agnya here, which we press it like that with both the sides of our palm from here and here, like this. Now we put our hand back on the back Agnya and push back our head like this. Now we stretch our palm and put the center of our palm on the fontanel bone area, which was a soft bone in our childhood. And now press it hard stretching your fingers, seven times. That's all.

Then you start feeling the cool breeze coming out of your head, which we will do now. So please close your eyes. Forget about the past, forget about the future. Don't feel guilty.

Now, please put your left hand towards Me and right hand on the heart. Keep both the feet parallel on the ground. Please close your eyes and don't open them till I tell you. Now, here resides the Spirit. So now you have to ask Me a question, closing your eyes, in your heart a question - you can call Me Shri Mataji or Mother, whatever suits you, "Mother, am I the Spirit? Mother, am I the Spirit? Mother, am I the Spirit?" Ask this question three times. Three times please.

Now, without opening your eyes put your right hand, your fingers, in the upper part of the abdomen and press it hard. On the left hand side. Now, here ask a question in your heart three times again, which follows the first question that if you are the Spirit you are your own master, you are your own guru, you are your own guide. So please ask a question again, "Mother, am I my own master?" Three times please. With full attention, with concentration you have to ask this question.

Now, please take your hand in the lower part of your abdomen on the left hand side and press it hard. This is the center that works out all the divine laws. This is the center that gives you the pure knowledge. But I cannot force you, as I've told you before, you have to say that you want pure knowledge. So now please ask in your heart, "Mother, may I have the pure knowledge?" This you have to ask six times because this center has got six petals.

With this asking your Kundalini starts moving. Now raise your right hand in the upper portion of your stomach on the left hand

side. And press it there. Here with full confidence you have to say, because this is the center of mastery, you have to say, "Mother, I am my own master." Say it ten times, please.

(Shri Mataji is blowing into Her right hand and Her left palm)

Now raise your hand to your heart again. This center has got twelve petals. Here with full confidence again you have to say, "Mother, I am the Spirit." Twelve times, so the Kundalini rises through this chakra. Twelve times.

Now, please raise your right hand, left hand towards Me and right hand on the corner between the shoulder and the neck and press it hard and turn your head to the right. Please take your hand across. From right to left. And then turn your head to another side, right side. Now, here with full confidence you have to say, "Mother, I am not guilty," 16 times.

(Shri Mataji is blowing into Her right palm and on Her fingers)

If you still feel guilty, some of you, you can say it, to punish yourself, 108 times. I've told you, you have to be pleasantly placed towards yourself.

Now, please place your right hand on top of your forehead and here you have to say, "Mother, I forgive everyone." And press it on both the sides. It is not how many times, but from your heart please say, "I forgive everyone." People say it is difficult, but it is a myth. If you forgive or if you don't forgive, it is a myth. But when you don't forgive you play into wrong hands. So please put your hand on top of your forehead across and press it on both the sides and from your heart say, "Mother, I forgive everyone."

Now, take this hand on the back side of your head and put your head upwards. Press your head upwards. Now for your own satisfaction you have to say, "Mother, if I have done any mistake please forgive Me." From your heart.

Now, raise your hand and stretch your palm and please put the center of your palm on top of the fontanel bone area and press it hard, on top of your head, seven times. Now here you have to say - I cannot force you - you have to ask, "Mother, please may I have my realization." Or, "Mother, please give me my realization." Please say it seven times. Move it clockwise.

(Shri Mataji is blowing into the microphone)

Take down your hand, please. Please put both the hands towards Me. Please open your eyes. Please open your eyes slowly. Now, put the right hand towards Me and with the left hand you can feel on top of your head, is there a cool breeze coming in. With the right hand towards Me, right hand towards Me, with the left hand. Little higher, about four, five inches - some people get it here also. Higher, higher, higher. There's a cool breeze. Don't doubt yourself, put attention here.

Now the left hand towards Me and the right hand on top of your head. There may be little heat coming, doesn't matter. Little higher.

Now the right hand towards Me and the left hand.

You may put both your hands on top of your head like this. And ask a question, "Is this the Cool Breeze of the Holy Ghost? Is this the Brahmashakti? Is this the divine Ruh?"

Now please, take it down. See for yourself - do you feel cool breeze in your hands? Little higher. Now watch Me without thinking. Can you do it?

Got it! Those who have felt cool breeze in the head or in the hands please raise both your hands. Look at that - Austria. Great! So many of you!

You'll feel very peaceful tonight. Don't discuss it. Some did not feel, all right - doesn't matter. But don't discuss, don't talk, anyone. In silence you go and sleep and tomorrow again you come. We'll have to give to those who haven't got it and those who have got it will get it fixed. Also call your friends. Those who haven't got it should not feel disappointed - they'll all get it. But don't think about it, because you'll lose your vibrations, you'll come down.

So may God bless you all!



## 1986-0709, Those who are cowardly or ambitious or full of ego cannot see the truth

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9 July 1986

Those Who Are Cowardly Or Ambitious Or Full Of Ego Cannot See The Truth

Public Program

University of Vienna, Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

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One has to realize that truth is what it is. You cannot put your convictions on that, nor can you change it, nor can you destroy it. It will remain the same as it has been. Those who are cowardly or those who are ambitious, those who are full of ego cannot see the truth.

Like yesterday, one boy came here as you saw him like a beaten dog, and he was saying something, nobody heard him. Instead of that, if he had any love for himself he should have taken Realization. Now, they belong to certain organizations, say example, somebody who wants to obstruct the work of God, and they try to hamper others - for what? The same organization in Geneva, it was so absurd, there are very well know organizations everywhere, and the lady brought a Bible to hit Me. And it was such a big joke for Me (Shri Mataji laughing) to see that she had come to hit Me with a Bible. And I started roaring with laughter, instead of getting any fear from her, "Oh," I said, "That's wonderful." It's all on the tape, of course, but I told her, "Why are you mad? Who is paying you? Why are you doing this madness, how long are you going to do it? Why don't you think of your benefit, why don't you think what good it can do to you? You don't have to pay anything. Why are you so stupid, wasting your life with an organization which is just taking money from you and making a fool out of you?" But such a stupid person that I was surprized that she got a Bible to hit Me, that was the best she could find! (Shri Mataji laughing)

This is sheer ignorance that we do not want to see the point that we have to reach a state of absoluteness. Those who proclaim "we've reached" or something, what have you gained? This is the main point is, what have you achieved? Say in the business we see a man who has earned money, he has a big car, has a big house, everything you see, then you know he has achieved something in the business. And in the spiritual life you see a person who is compassionate, who is kind, who is loving, who gives comfort to others, who redeems others, counsels others, for the right and righteousness, who is not interested in your purse, but in your Spirit. A person who is above lust and greed. Not a person who takes a Bible in the hand and comes to beat someone, and they call themselves Christians. I tell you, if Christ was here, they would have done the same to Him. These are the people who crucified Christ, because He was telling the truth. What did He do? What wrong did He do? This is how many great souls have suffered at the hands of ignorant people. And one has to forgive them, because they are ignorant.

What is the ignorance? The ignorance is that we do not know the truth. Supposing this room is filled with darkness. If we are all sitting in darkness we will not know who is sitting there, will not know how we related to each other, maybe we will start running about and may hurt each other. We may even hurt ourselves. But if we are stupid to believe that, "It's all right, we can have the darkness with us," then go ahead. But if there is a possibility of getting the light in yourself, why not have it? It is not only with organizations but also with human convictions, and wrong ideas, by which a human mind is enslaved.

Which is, also I must say, is very opposite to reality. For example it is believed that a person, who is a spiritual person, has to be miserable. He should look like a TB patient. And as if his life is devastated by so many deaths in his family. Even they made Christ look like that. If you go to Sistine Chapel you'll see Michelangelo, who was a Realized soul, he has shown Christ like a big giant, who is standing there and passing the last judgement. Below there is a table and a miserable bony structure of Christ, with all the bones showing, would be good for medical students, is placed there very miserable. It is absolute sadism, I say. Let these priests carry this cross, even for three steps, then I will say, how many bones they've got. How could bony Christ carry that cross for miles together? Is it you have to pity Christ, or Christ has to pity you? Is a very wrong idea about Christ. The man who is one with God is always in joy, laughing, very peaceful, extremely compassionate and very powerful too. Such a person with one

glance can cure you. With one glance it can take out all kinds of devils from you, but when such a person meets the children, He is love.

There was a guru who would not tolerate flowers, can you believe a guru not tolerating a flower? And he calls himself Bhagavan. If you read the scriptures in India, the description of the Bhagavan or of the Bhagavati, of the Goddess, is that She is made of flowers, She is fond of flowers, She lives on flowers, She creates flowers, She is flower. If you cannot bear the flowers, what are you going to have finale around you? It's absurd. Understand, it's absurd. That person cannot be Divine. The one who cannot love children and flowers has nothing to do with God, take it from Me. I know Germans are very fond of flowers, so are the Austrians. That is such a delicate side of their life. And when you have someone like that, how can you call him Divine? It is beyond Me, any intelligence cannot accept such absurdity.

But everything new should be accepted, this is our concept. Like we were having a dinner party, and there was an ambassador, sitting next to Me and he said, "Why do you like Jung? Because he talks of the old things. And why are you against Freud, who has given us something new?" Of course he has given us something new, the AIDS. All right, doesn't matter that part, but I just told him in a joke, "All right anything new, we should try? All right, we have never eaten this table, dinner table, let us eat the table, not the food." It is absurd, who comes out with new funny ideas, something out of the blue, know that it is plastic, it is not a living thing. Like a seed becomes the trunk, becomes the branch and becomes the flowers and ultimately the fruit.

In the same way, spirituality has grown from the seed today to this flower state. In this living process you cannot just have a flower from somewhere hanging in the air, it has to be on the tree, it must have a basis. The basis should evolve into that, you cannot just have something from somewhere, then it is a plastic flower. It must have basis to all the flowers, to all the religions. It must have connection with every religion. Any religion that teaches that that is the only religion, cannot be a religion. It has to be universal. It must relate to all of them. Any person who is Divine has to be a universal person, he cannot belong to one sect, one religion, or one country. He transcends all the barriers which are artificial. God has made only one world. There are some of course, some mountains, and some rivers and human beings who have variety, even one leaf is not like the other leaf, so how can any face be like another face? And the variety creates the beauty, otherwise you'd be bored stiff. Imagine, if everybody in this world look like Chinese or like Germans or like Indians you'd be bored stiff. But variety was created for beauty and not for fighting. That we should fight that your nose is longer than mine I'll fight with you, we measure the nose size, how much is the nose and then you fight. Sometimes human beings behave worse than dogs, they never measure noses, do they? (Shri Mataji laughing) So we come to a point that we have to be universal. But by saying, "We have to be universal," we do not become. By giving lectures you do not become. I know all these people who talk universality of united nations, all that, I know them very well. It is just an idea, but is very temporary, it can drop out any moment. The friendship will drop out also any moment. Friendship of nations drop out any moment. Once upon a time America and Russia were great friends, today they are great enemies, God knows how suddenly they became enemies.

All these uncertainties have created chaos. What is a certain thing within us is the Spirit. When the Kundalini rises within you from its base She pierces through six centers and comes out of your fontanel bone area, here is the seed of God Almighty and the reflection is in the heart of the Spirit. That is the power like energy rises within us and in the heart is a little fire which gets ignited by that energy and the whole being gets enlightened. That enlightenment first of all gives us collective consciousness. By joining these organizations and stupidities you cannot get that state. The Kundalini has to rise and you have to become the Spirit. So the first thing that happens to you is the nature of the Spirit is that you become, actualize the experience of collective consciousness. It is not a false certificate. I cannot give you certificate, you have to give yourself a certificate honestly. If you are a profound person and a deep person you can see that reality is to be certified by your central nervous system. But if you have no value of your live, you can waste it, what can one do about it?

So the first thing that will happen to you, that on your fingertips you can feel your own centers and the centers of another person. Now, when you start feeling the centers, somebody has to decode it. For example, you start getting a burning on this finger, then what is the problem? That you have to discover from Sahaja Yoga, that this means you have a problem on the right Vishuddhi chakra. This you have to see for yourself. We don't have to certify it. You have to see yourself that when you feel somebody else, and you find a certain chakra catching, and you ask according to decoding, "Is this the way you are?", he'll say, "How do you

know?"

Like one fellow came to Me, He said, "Mother, why are they asking me, how is your father, why are they always asking me, how is your father?" I said, "I would ask the same question." He said, "But why?" "Because your father is sick." He said, "How do you know?" I said, "This finger is burning, up to here. This is the place of your father." "Really, Mother?" I said, "Yes." "Can you do something for my father?" I said, "I'll try, bring him along."

But what I'm trying to tell you, that with these vibrations you enter into the Divine ether, this ether exists in everything. Say for example if you take a sulphur dioxide, the sulphur has two oxygens, which are on the two ends of sulphur and they go on pulsating - like vibrations. There are different types of vibrations, of course. Now what is vibrating that? Can the doctors or can the physicists or can the chemistry people tell Me that? I don't know if you know about Chemistry that there is periodic laws. And the whole thing is organized in a proper chart-like thing. Every atom has a particular amount and is repeated again in numbers, is something so fantastic that no one can create like that in this world. Look at ourselves - what a fantastic computer we are. As soon as you see Me you know I am there. We are not robots, are we? We are not machines, are we? But what a tremendous machine that can love. And this is the machine of love when it becomes collectively conscious its nerves start reacting and recording and correcting the chakras. Not only their own chakras, but others' chakras [as well].

So, by that you get physical, mental, emotional curative. Social life improves, because your married life improves, your children improve. You're so collectively conscious that you know what is to be done, what is not to be done. I don't tell anybody that, "You don't do this, don't do that." Because half of the hall would go away if I say so. But I give them Realization. And after Realization they just give up by themselves. So many people have given up drugs, have given [up] alcoholism, have given [up] smoking, all these self destructive habits, they have just given up, because now they have become constructive.

So, once you become collective conscious, then your attention becomes very powerful. Wherever you put your attention it works. I'll give you one example, I was in Middlesborough when the newspaper people came just to test Me, and they said that, "If somebody cannot see you, Mother, how can you help that person?" They said there is a lady who is suffering from a disease that she cannot go out of the house at all, and she doesn't want to meet anybody, she has locked up herself in a way in her room. I said, "All right, give Me her photograph and I think I can help her. Also give Me her name." I just looked at the photograph, nothing else. And I told the newspaper people not to disturb her for eight days. But they had no patience. So next day they went to see her and they found she had gone out for a walk on the [moss ?] with her husband. So they gave it in the newspaper that, "The Guru who has fulfilled Her promise."

But it is nothing that you have to do, because you are one with the Divine ether. And when you start just paying attention to someone, that ether just goes and acts. So your attention becomes collectively conscious, and collectively active. Thus you become great friends. There is no quarrel, there is no jealousy, because you know you are part and parcel of one personality.

The second thing that happens to you is that you know the truth. The fundamental truth is that you are the Spirit. You are neither this body, nor this mind, nor intellect, nor ego. It's like a diamond lost in the mud. And as the diamond is cleared out and brought to the light, you are no more the mud. So you reach the absoluteness.

Now, how can you make out if a person is a thug or a real person? If they could make out they would not have fallen a trap to those false gurus or to these organizations which are just harmful to human beings. So what is the thing that determines it? When you see a person you can feel the vibrations of that person and you can make it out what sort of a person he is. You don't have to rationalize it. It just works, even a child can tell you. If a child is a realized soul he'll tell you, "Oh horrible, this fellow is horrible, let him go away." It may be you might even get blisters from such a person. Such a person can give you tremendous heat. All these symptoms you have to know after coming to Sahaja Yoga, you will know how to judge, how to find out who is the one who is trying to be good, but is not good.

Now about anything that you want to find out, you have to just feel the vibrations, because they are absolute. The other day, we wanted to know about Nixon, president Nixon, how he was. And when we saw his vibrations all our fingers were burning. So we

knew he was in trouble. Much before it came out. So from small mundane things to the highest things you can find out. After some time you have practiced Sahaja Yoga you don't have to even feel the vibrations, you just know it. You don't have to know it through rationality or anything, you just you know it spontaneously, with a reflex. So you become the knowledge. You are the knowledge.

The other day in India, a bullock cart man was driving Me, a very ordinary person, in the village. And there I was just talking to him, and I was surprised, he was talking like Kabira, he was talking like Nanaka, he was talking like Khalil Gibran. I said, "Oh God, look at this great man sitting driving this bullock cart." "And what was the reason?" I asked him. He said, "Mother, now I have become the Spirit." So there is no need to go through books or anything, the whole knowledge comes into you. To what university did Christ go? And to what university Shri Krishna went, or Shri Rama went? Even after 6000 years still we reflect back on Him for wisdom. He was a son of a person who had lots of cows and He used to look after the cows - that's all university He had. But when you read Him you are amazed. Like He has said that, "When human awareness grows the roots of our human awareness are in the brain, so it grows downward. It doesn't move upward unless and until you have Realization." That's very fact.

Today we see human awareness has reached a point where human beings have become nothing but sex points. I mean, the main job that men and women have to do today is to talk of sex, that's all. It's so ugly, there is no privacy in anything left now. Why call something as private parts when there is no privacy? This is what it is that the awareness grows downward. In everything, see the art. It's so grotesque. You see something, you don't understand. What sort of an art is this, you feel like vomiting actually. There is no beauty in it. See the music. They have experimented with the dogs and the dogs all went mad with some of the music we have modern times. (Shri Mataji laughing) Somebody asked Me in America, why there are so many schizophrenic people in America. I said, "Stop all that music of yours." "We want sensations." Why? Are we dead people that we need sensations? Are we not sensitive human beings that the slightest turn of a leaf should bring a throb in our heart? Why do we need sensations? Are we really become like robots? This is what Krishna had predicted and I see that every day. And He said, "After that hell, I see the burning hell everywhere." You tell them anything, they won't listen to you.

I went to America in 1973 first of all, and told them not to do this nonsense of homosexuality and all these Freud experimentation. And Mr. Freud himself was suffering from epilepsy, he was a mad man, the way he lived, and he died of cancer. What is there to learn from such a person?

And be careful about promiscuous live. If it is natural to be that way, why should we get diseases out of it? It is unnatural. And that is where we have failed to understand our own self respect of this body, which is the Temple of God. But it does not matter. As well as this downfall which is called [Adogati] becomes [Urdwagati], the ascent, everything is finished.

You have to bloom like lotuses out of the mud. And make the whole world ringing with the fragrance of your Divinity. You are the epitome of evolution. But surprisingly people want to learn sex behaviour of animals. Are we going to become now earthworms or what? We have to become the super human beings. Beautiful, collectively conscious of their love. As a result of that ultimately you get the joy of life. The joy does not have duality, like happiness and unhappiness. At a dinner, when an officer can sit next to the queen he feels very happy. But if his seat is put little bit away, or on another table then he is very unhappy. Small things make him happy or unhappy. Joy is not a duality, it is absolute joy. Where a human being sees everything like a witness, like a play. Where you are in the water you are afraid of the waves, but when you come up on the boat you watch them nicely. In the same way you become fearless. And fearless in your love. The fear today is that how can we proclaim love? But when you become the Spirit and the joy then you can't help it, you have to just do it.

Like I would say, I am a great capitalist, because I have lots of powers, but I am a communist also, because I can't live without sharing that. I want you all to get those powers. I want you all to be powerfully loving and beautiful human beings in the Kingdom of God.

I know My dream is coming true. I have a feeling Austrians are very deep and profound people. And in Europe they should take a lead. This is My humble request. (Applause)

Very simple things as we did yesterday today again we'll try to meditate. But I would request you to take out your shoes.

And put both the feet parallel to each other on the Mother Earth.

As I told you yesterday you have to put your left hand towards Me which represents your desire, and use your right hand for the action. You can yourself raise your own Kundalini. Now you have to close your eyes and not to open your eyes till I tell you. But before that I will show you the chakras which we are going to touch.

So, now you have to use your left hand like this and the right hand on the heart first, because the Spirit resides there. Then you have to put your right hand in the upper portion of your stomach. Everything has to be done on the left hand side. This is the center of your mastery. As they say the Principle of Guru.

Then you have to put your right hand in the lower portion of your abdomen on the left hand side. Now you have to go back again on the mastery, because this one, when you touch the lower abdomen here is the center of Swadishthana, which acts for all the Divine Laws. Here when you touch and you ask for your true knowledge then the Kundalini will rise and you have to again go back helping the Kundalini upwards. So you go to the upper part of the abdomen on the Guru Principle Chakra, called the Nabhi.

Then you have to go to your heart again, to open the heart chakra.

Then you have to go to the Vishuddhi chakra here. Please remember, don't put your hand from this side, but you have to go from front, like this cross. And turn your head to your right. This chakra is caught up when you feel guilty. And diseases like angina develop by that - spondylitis, angina. So before starting this I have to request you that please say 16 times in your heart, "Mother, I'm not guilty at all." It's better than yesterday, but still it's very badly catching.

Now you have to raise your hand to your forehead, which is the chakra of Christ - Agnya. Then on the back of Agnya chakra is here, where the optic lobe is, you have to press your head backwards and put your hand holding your head.

Then stretch your hand, your palm like this and the center of your palm you put it on top of your head on the fontanel bone area here, which was a soft bone in your childhood, and move it very slowly seven times by pressing your scalp hard. Press it hard. Move your scalp.

That's all.

Now please put your left hand towards Me, both the feet parallel on the Mother Earth, and first of all forgive yourself. You should be pleasantly placed towards yourself and you should know that you are the Temple of God. Now, close your eyes and put your right hand on the heart. Keep your left hand all the time towards Me. Now please, you have to say on this chakra or you have to ask a question to Me, which is a very fundamental question. You have to say, "Mother, am I the Spirit?" Ask the question three times. Please don't open your eyes. "Mother, am I the Spirit?" Three times.

Now the second question follows. If you are the Spirit you are your own master. So put the right hand in the upper part of your abdomen on the left hand side, press it hard with your fingers. And at this center ask a question again three times, "Mother, am I my own master?"

Now, please take this hand down on the lower part of your abdomen on the left hand side and press it hard. This is the center of true knowledge of Divine Laws. So here you please ask, because I cannot cross your freedom, you have to ask. Please ask, "Mother, please give me pure knowledge." You have to ask six times, this center has got six petals. Now ask six times. With this asking the Kundalini starts rising.

Now to help the Kundalini with full confidence please put your right hand in the upper part of your abdomen on the left hand side.

Here now you have to say with full confidence for the Kundalini to move through this center, to open the center, "Mother, I am my own master." Say it ten times please.

Aside: It's too much.

Now, please raise your right hand in the corner between the shoulder and the neck and hold it tight, putting your head towards the right. Here you have to say 16 times, "Mother, I'm not guilty at all." Please put your head to the right and say with full confidence, "Mother, I'm not guilty at all." "Because I am the Spirit. Because I am the Spirit I cannot be guilty."

Aside: Ha, better.

16 times please. Please say 16 times, "I am the Spirit and I cannot be guilty."

Aside: That's good. Better to escape the heart like this.

Now please put your right hand across your forehead and press it on both the sides. Here you have to say from your heart, not how many times, "Mother, I forgive everyone." This is the chakra of Christ and He has given us the greatest weapon of forgiveness. God is also the Ocean of Forgiveness.

Now for your own satisfaction you put your hand on the back of your head and push back your head. Now here you have to say, just for your satisfaction, not feeling guilty at all that, "Oh Divine, if I have done anything wrong please forgive me." But don't feel guilty.

Aside: Good.

Now please, stretch your palm and put the center of your palm on top of the fontanel bone and press it hard and move it, very hard pressing it down, seven times. While doing that you have to ask for Self-Realization, I cannot force on you, so you have to say, "Mother, please give me my Self-Realization." Press it hard.

(Shri Mataji blowing into microphone.)

Now please take down your hand. Put both the hands like this. Open your eyes please slowly.

Now put the right hand towards Me and left hand on top of your head, about four inches and see if there is a Cool Breeze coming out of your head. Bend your head a little. Some people get it very far away. You can move your hand and see for yourself.

Now change the hand. Put the left hand towards Me and the right hand on top of your head, again bend the head. Higher, little higher, higher. Some people get it hot, doesn't matter, it will cool down.

Now, turn back again, put the right hand towards Me and see with the left hand. Put down your head and pay attention to your fontanel bone area.

Now please put both the hands towards the sky, bend back yourself little bit your head and ask a question, "Is this the Cool Breeze of the Holy Ghost? Is this the Brahma Shakti? Is it the Ruh? Is this the All pervading power of God's Love?"

Now please bring down the hands. Now see, do you feel Cool Breeze in your hands? Keep your eyes open please. Watch Me without thinking.

Without thoughts, without thoughts.

Now, those who have felt the Cool Breeze in the hand or in the head please raise both your hands.

Most of you have felt it. There are few who have not felt it, very few.

I must thank you for this. But this is just the beginning. You feel very happy, relaxed, do not argue with anyone, just be quiet. But you must come to the collective. You all must come to the follow-on program, please. This is the trouble in the West, they get Realization then they go ahead. It's like guru-shopping. That is not a sign of profound wise nature.

It's like Christ describing about the seeds that fell and sprouted a little and were wasted. Please respect your Realization and please attend to yourself. This is what you have to know. For every benefit, for every benefit.

May God give you wisdom and bless you with His blossoming love!

## 1986-0709, ORF Radio Interview

View [online](#).

9 July 1986

Interview

Meli Ashram, Vienna (Austria)

Talk Language: English | Transcript (English) - Reviewed

Interview: Shri Mataji Talks about Her Early Life. Vienna (Austria), 9 July 1986.

Reporter: Can we start with Your childhood?

Shri Mataji: Yes.

Reporter: Do You, can describe a little bit the circumstances where you were grown up?

Shri Mataji: My family?

Reporter: Yes.

Shri Mataji: I belong to a family of very enlightened people. My father was a linguist and he was master of fourteen languages. He knew about twenty-six languages and he translated even Koran-e-Sharif into Hindi language. My Mother was in those days, was a Honors in Mathematics. So both were very well educated and enlightened people.

At the time of My birth, My mother dreamt something which she could not explain, but after that she had a great desire to go and see a tiger in the open field. My father was a great hunter, because tigers were a menace in the area where we were living. It was a hill station called Chhindwara. So there was a king who was very much interested in My father. Somehow or the other a letter came that there's a tiger, a very big tiger that has appeared and they are frightened of him that he might be a man-eater. So My father took My Mother and Me to that place. And they were sitting what we call as a machhan, where they built something, for people to sit on top of a tree, from where they can shoot nicely. And then My mother tells Me that a big huge tiger of a very big size, very beautifully appeared on the field. And she felt tremendous love for the tiger. It was a full moon day and she felt extremely compassionate towards the tiger. And when My father raised his gun to shoot, she stopped him and she wouldn't allow him. And the tiger went away and he never came to that forest again. But that made My father think - because he himself was a realized soul - that must be somebody, what we call a Goddess Durga who is fond of a tiger must be born to My mother, because the symptoms were rather funny that a lady should like to see a tiger and all. So he told My mother, "Now are you satisfied?" because they were struggling with the gun. He said, "Is there a Durga sitting in your womb that you are trying to protect the tiger?" She said, "Yes, yes, so stop it now. I won't allow you."

Like that there were many incidents in My life because I am of a Christian family – protestants – and when I was born My mother didn't feel any labour pains or anything and just I was born; she didn't know how. And I had no blood on My body, nothing, I was clean washed. That's why they called My name as Nirmala. But My grandmother said that She should be called as Nishkalanka, that means the one which has no spots on it. But that's the name of man. So they said, "All right, we'll call Her Nirmala, meaning the same, Immaculata." Now all these incidents, and then My Father being a realized soul, he felt tremendous vibrations from Me, and he felt that this life is great and She will do something great in this life. I do not know why, but I don't know if he dreamt or he understood it, but all the time if I remember when he talked to Me, he used to say that, "You have to find out a way of giving en masse Realization, all the time".

As I told you, he was a great scholar of so many things, and a very widely read man. So he gave Me a good education in religion, in different religions, and also good education about human beings, what are their problems, why they react like this, why don't



they take to God, why are they hypocritical. All kinds of things he talked to Me. He also knew about Kundalini, but not so much. Of course, when I was born I knew about Kundalini myself. I knew all about it from My very childhood. I was a very aware person, extremely aware. But I didn't know whom to talk to because, see, people didn't have that awareness. You can't talk to everyone like that. So I was regarded as a very jolly person, at the same time very serious also, very deep, and then I started my studies as a child. I was not very much interested in the studies but I used to do very well, but I used to read lives of great men and things like that.

At a very young age I read Bernard Shaw. When people were reading just Great Expectations, I was reading Bernard Shaw. But as such I didn't have interest in particularly reading some text books because I thought they were childish, and there is nothing to be read about it.

Then I told My father that "I have to do medicine." So he said, "Why?" I said, "Because I have to talk to doctors." He said, "You have to talk to doctors?" "Yes", I said. But it so happened in My childhood when I was about seven years of age, My father was a congressman, he had joined Congress when I was four years of age. He used to live with a style, very westernized. His clothes were stitched in London, sort of a man. We had governesses and all that. He threw away everything and he became a real Indian and started leading a life of a martyr. Then he made us study our languages, Sanskrit... He made Me study in an Indian school, not in a missionary school, because missionaries were very unkind. They threw us out of the school when My father was in the Congress. They were against us completely.

Then at the age of seven years I happened to go with My Father to Mahatma Gandhi. He was about seventy miles, living with us, but the first time he took Me down. And Mahatma Gandhi liked Me very much. He said, "Leave this child with me." So, I had not even taken clothes or anything. I stayed on; then My Father sent Me everything with him. And he was very fond of Me, but I was a little girl, but he understood that there was something about Me. He consulted Me on very serious problems sometimes, surprisingly. Like one day he wanted to make the Prayer Book all right. So, he asked Me, "How should I put the series?" and all that. So I told him how to put the series and he put the series in that way. I used to go back for My school and again go back to Gandhiji, every year, like that. And he called Me 'Nepali'. He'd given Me a name 'Nepali'. Everybody used to call Me Nepali that time. Then I grew up with him very intimately.

He was a very, very kind person for children, otherwise an extremely strict man, with himself and with others, very strict, a big disciplinarian. And he would make everybody get up at four o'clock, have your baths, everything, be ready for your morning prayers at five o'clock, you see, and he used to walk very fast. I also learnt walking fast with him. In his company I had to walk fast. And he was extremely loving and a very nice person, and he would listen to Me because I was a child, you see. Supposing I forced him to eat more or something, then he would, in laugh he would accept. Very kindly person. But with others was very strict, and I used to tell him that, "Why are you strict with everyone?" He said, "But You are a little girl, You get up in the morning time. Why can't they get up?" I said, "I am little. That's why I get up. They are big so they can't get up"; like that, you see, little chats.

And then My father went to jail and My mother also went to jail five times. My father went to jail twice, once for about two and a half years, and he was the only supporting member of the family. By the way, we come from a very old royal family, which is called as Shalivahanas. They have a Calendar also in India. And then when we, I mean when they took My father to jail, we had to leave our house and we had to live in huts and in all problems, that was nothing. But also Me they pestered a lot, because I helped many people there and I joined the '42 movement in a very serious way and I became the leader here for the young people. I thought unless and until I take a very positive stand, it may not work out with them. It's not gracious to say how they tortured Me, what they did to Me, but they really tortured Me. I was a young girl of nineteen years that time. It is over now. So, it's finished, and after that we, My father went to jail again and then when he came back he got elected as the member of the Central Assembly later on, as the Constituent Assembly and then at the Parliament.

My brother was also a member of the Parliament, later on. Now, recently, he was the Minister in the Cabinet. Another brother is a High Court judge in Bombay. They are all doing well, despite the fact that our parents neglected us in a way because they gave their lives for the country but, you see, that never deterred us from studies and we came up very well. Then I, when I was in the

'42 movement, you see, My college rusticated Me – from the college they threw Me out and I had to go to another college to study far away from My house, in Punjab, where I studied for two years. Science I did, then I did my medical. I didn't do fully because, just after that the '47 riots broke out, so our college was closed and I didn't want to know more because what I wanted to know I came to know about it. So I did not need and I got married.

You must have heard My husband was, is now the Secretary-General of the International Maritime Organization. He held very high positions. He was also Secretary to Lal Bahadur Shastri, who was our Prime Minister, who was another very great man, but he did not survive long. If he had survived things would have been different, I think, for our country because he was a Gandhian, out and out Gandhian, and he lived like an ideal Gandhian personality.

So, that's how the life went on. But inner being was still seeking the ways and methods of giving en masse Realization. My father said, "Before You do not develop this technique of giving en masse Realization, don't talk of religion. Let nobody know that You know anything about it because they'll crucify You," or he was rather worried that people won't understand or, "You may write another Bible or Geeta. No use. First of all you must give them Realization. If they get their Realization then they will realize that there is something about, above this human awareness". For example, he always used to give an analogy - supposing you are born on the tenth storey and everybody is on the ground, you must at least make them climb two storeys, so they know there is something above it; otherwise no use talking about it. And he said this is the mistake between the saints and the incarnations was that they never realized that these people are still on the ground, they have to still enter into the building. So that is what you have to be very careful that first of all you must give Realization to people. So I was seeking the ways and methods, working it out inside Myself through My own style of meditation in the sense that I would work out all the permutations and combinations.

Supposing I met one person, then I would see what problems that person had, how you can overcome it like that. I would try to study that person internally. And I went to many people to find out, but I found they were great hypocrites. I saw so many of these gurus. Most of them I saw them, I was surprised, they were all hypocrites, money-making and this thing. And also I went to Rajneesh also, to see him. Then he said that I should come to his program. I did not know what sort of man because he was talking about Geeta and big, big things. I thought he might be knowing something about it. I went there, but my husband said, "No, I won't allow You to go to his camp" So he arranged his own bungalow and all that for Me.

So, I went down there and there I couldn't see all the things that were going on and that is the day somehow or other I said I must open the last chakra. So the last chakra was opened. And I saw the Kundalini which is the Primordial force within us, which is the Holy Ghost within us, rising like a telescope, opening out, and then I saw the whole thing open and a big torrential rain of breeze started flowing through My head all over, as if, and I felt "I am lost now. I am no more there. It's only the Grace is there, that is there." I saw it completely happening to Me. And, but I was amazed that when I went to Rajneesh, you see, because before going I had to say goodbye. He never realized what had happened or anything. So I was surprised. I said, "This man doesn't know anything about God", and then I discovered that they were all hypocrites and telling lies.

So, in 1973 this happened, on 5th of May '70, 1970, 5-th of May. And just after that we had a very big lecture in Jahangir Hall - there's a very big hall - and thousands of people had come. I told them very frankly that these are all thugs and these are like this, hypocrites. Some of them are demoniacs. Some are evil people. I took their names, everything. I told them, "Don't go near them." There were some foreigners also. And there were so many others whom I told these things very clearly, and they got frightened. They said, "You shouldn't say like this. They'll come and murder you. They'll do..." "I said, "Let them come and murder Me." But nobody did anything. Nobody even went to the courts. And that's how, you see, they tried to bring bad name to Me. They paid money to the newspapers to publish things against Me, because I said, "You cannot pay money." So they thought that I was just trying to, you see, harm them by saying such a thing that you can't earn money in the name of God. If it's a job you can do it, but God's work is not a job. And the struggle started from the day I started giving Realization, and I started with one lady who got Realization first. Then we got about twelve people who got Realization. In two years I got only about fourteen people Realization. Then gradually when fourteen people got Realization then many others started getting Realization. But I started also curing people because that was helping a lot.

Then My husband got elected to this post and we had to come to London. So when I came to London we had one program in

Bhartiya Vidya Bhavan. They arranged it. So the Indians abroad are not so much interested in God; they are more interested in money. So none of the Indians stayed there. They all ran away. And only the foreigners who were there, were about seven hippies. So I had to work on them, seven hippies. For four years I was working on them, to give them Realization. Very difficult, you see. Their liver was bad. They had ill health. Their head was off, terrible times. But in between I used to go to India, and in India also the work was done. For three months always I would be in India. So we started working in the villages, specially surprisingly where My forefathers were ruling, in that area, the work started moving in a very big way. And there then we started taking some people from India. Then some people came from Australia to India, like that, and the work started moving in those directions. Then gradually the work improved and people found that this is the way we can transform ourselves.

Many people who were taking drugs or alcoholic or mad people, or cancer people, they felt better, then they got cured and it was established that Sahaja Yoga is something very important. Now when I travel all over the world, you see, first My husband used to pay for everything. Wherever I went, he had to pay all. Any expenses he used to do for Me. Gradually, then now, these people pay for My travel, but otherwise they don't have to pay for anything else. That's how we started our work. There was lot of opposition and the media people would never understand it, because it was no such a sensation as you can say, nothing to people feel excited. But in a way it's a very great thing, because if this is the solution for the whole world, one should try to do it.

Then we had very great people who came to Sahaja Yoga, like, we can say, the Hague High Court judge, who is now the President, who has given Nicaragua, this thing judgment. He and many lawyers and many barristers. We have one barrister here from Algeria, and doctors, and then they took over and they started helping Me out how to propagate Sahaja Yoga. But it was a difficult task in the West. Of course, in India it spread very fast in the villages but city people in India also are westernized and they start analyzing. They don't know much about our past. They don't know anything about our heritage, that we have our Kundalini and all that. But some people do know about Self-realization.

But these gurus could not stick on in India because nobody would accept them. So they all run away abroad. And that was something a blessing for Me also because I didn't have to fight them there, and it started working out, and then people found that it helps in every way, and they found so many miracles about it, and that's how Sahaja Yoga got settled quite a lot. But still I would say that we have not been to certain countries so far, and in the west, I would say that so much work has still to be done. Because as soon as you start any work in any place, first of all they want Me to cure people and to help them with curatives. Now if I pay attention more to that, then the main work is to create doctors out of everyone. That is neglected. Then you become unpopular. They think, "Oh, She is not sympathetic" and this and that. But now as we have, everybody can cure now, everyone. I don't cure anyone directly. But they don't like it. They want I should be there and their ego to be pampered and all those things are there. Rather difficult. It's not, we are not running an election, you see, like we should please others sort of thing, is not there.

But whatever is reality, if a person has intelligence – pure intelligence – he can see that this is something very different and for that one has to understand that you cannot, you cannot force on anyone that "You get your Realization". In the same way you cannot force Me that I give you Realization, because if it does not work, it does not work. It's such a living force, you see. And that upsets them very soon. I feel that the way this industrial revolution has come in the west, people have lost their moorings, perhaps. They are so confused. With all these gurus coming down here confusing them and all kinds of new things coming, they don't know where to look. But unless and until you get your evolution completed, unless and until you reach that absolute state of understanding, the chaos will remain. So one has to try to get to that.

But one must understand you can't pay for it. There is no effort. After getting Realization they feel so satisfied, they forget about it. But after that you must know how to give it to others. As Christ has said that the light which is enlightened, you do not put it under the table. That's how what happens that, it's a, though we may give Realization at hundred people, only out of that five to six will come forward to help us out. But still I must say lot of work has been done. Especially Austria, I am very proud of Austria. And the way they have never given Me any problem – never – and very good people have come out of Austria. Very balanced, you see, level-headed people, very level-headed. They are not extremists. They do not go to extremes. There is no fanaticism about them. They are sensible people, and something so lucky that Austria was found out because I never expected that in Austria there will be so many people. But somehow like water finds its own level, Sahaja Yoga finds its own level. We just came down to Austria. We haven't been to Norway, to Sweden, Denmark, Finland. I visited those places because of My husband's job

but I have not been there.

Now we have sixteen centers in Australia, and Australia is a very progressive Sahaja Yoga thing. We have got schools now there. They are running schools and the teachers are extremely well-behaved and visionaries, and they look after the children very well. The Government people sent somebody for observation and they have remarked that whatever they proclaim, that's what they manifest, and they have given good certificates to us. But the greatest achievement on the outward life is this, that Cambridge University has accepted Sahaja Yoga for a research work, with respect, by one Dr. Lee, who is doing the research about Sahaja Yoga in Cambridge University. He is already a Doctor. And there is another great thing has happened in Delhi University, that the Delhi University has accepted that a person can do, only a doctor can do, a PhD, or we can say the Doctorate in Sahaja Yoga, and he gets the highest degree called the Doctor of Medicine, and perhaps maybe after sometime they will allow anyone to do that. This is about the medicine part of it.

In agriculture we have done lots of research, Myself. We have somebody here, an expert on agriculture. He has also done lot of research, and we found out, that with vibrations we start after Realization, if you vibrate the water and if you water the plants with that, then sometimes you might get even ten times more breed. That's what they did in India, in one of the Agricultural University. But here also he's found out that there's tremendous difference between the growth of an ordinary thing. Another thing we have found out in agriculture, that if you give vibrations then even an ordinary cow can give lot of milk. But if you have hybrid cows then, you see, it's not good for the brain, because a person who takes hybrid milk, also gets hybrid. I mean his brain becomes little wobbly. So better to have a pure milk from a cow which is not been put to this kind of a experimentation.

Moreover, food also, if it's hybrid food, it's not very good for us because that spoils our nerves, I think. But ordinary seeds you cannot use because they have weakened and they cannot reproduce. So when we vibrate them they produce very well just like, better than even sometimes, hybrid thing, and the food, it tastes very well and it doesn't give those complications. So this can help in agriculture in India, and the government has allotted us lot of land where we are going to now experiment, and we are going to start the experimentation there to show that how we can use this. But many farmers who are Sahaja Yogis have done a lot of job and they have discovered that even animals and this, what you call, farming, everything is helped very much by vibration. So it improves the lives of people.

We have on the other side, social side, I can tell you that we have our marriages – international marriages. We arrange international marriages between people. They have to know each other and they are together. And first of all they are together for one or half month with us in the tour. They see each other and their marriages are fixed. And we have seen that such marriages are extremely successful. Ninety-nine percent marriages are successful. Once in a while, maybe a mishap, but mostly there are no divorces that take place. Once in a while if it's not successful we have no objection to divorce also, but mostly it is successful and they get children who are very intelligent, who are themselves born realized children, mostly. So the problem is much less and the family life improves. The quality of life is thousand times better. People are very joyous, happy, they do not complain, and they enjoy life and they give to others. They share what joy they have. So ...

Reporter: Can I ask a question? What do you think are the important points in the education of children, what are important to give to the children?

Shri Mataji: You see, first if they get Realization, to get first time to that point of Realization... If they are already born realized no problem, but if they have, they're given Realization, then, you see, they start seeing from a different level. They become the Spirit. So their self-respect, you see, awaken. Such children behave in a very dignified, elderly manner, you see. They talk in a very elderly manner and this gives solutions of all kinds, you see. And they are tremendous people. But we have to guide them properly by our own behaviour, how we behave. The greatest thing is how we behave. That's how the children learn. We put the children certain to some tests, how they are. We find out if they have any physical problems, we cure them. If they have mental problem, we cure them. If they have any other problem, social problem or anything, we try to help them out. So that basically if a human being is all right in the childhood, then fundamentals are all right for the child. The foundation is laid down. Then to build a child up into a good quality is not difficult. So now we find great artists are there, there are great musicians and at a very young age they have started playing violin... I mean suddenly they have become dynamic also and very humble. They are very humble