

Of course, that part is left to Me, is the actualization of what he wanted to do. Though he definitely had prepared the base economically, then political base also, he never believed in aggression. Never. And he said that sharing should be brought. He always believed even capitalism should be conquered through enlightenment.

Though he was so busy with this emergency job of saving the whole nation, that he could not pay much attention to the subtler side of Sahaja Yoga, which I call 'awakening of the Kundalini' or 'Self realization'. But he always talked of, he always said about it. Most surprising he's the only one I have seen so far who was not doing Self realization but was so close to it and could see clearly that Self realization is the only way for emancipation of human beings. His values and his styles were so correct.

As a mother also, I was a child but I was a mother throughout and I would always feel that Gandhiji was little too strict and I used to say that, "You are too strict, I just can't bear it" and tears used to come into My eyes. I said, "This is a bit too much." He said, "No. We are in emergency. We have to be disciplined. We have to be disciplined and we have to tell them."

So once I told him, "Babu, if you want to discipline people, why not give them discipline from within?" He said, "How to get to their place?" I said, "It is very easy. You can do it." He said, "Not just now. Not just now. First of all, let us be free. If you are not free, what can we enjoy? We cannot talk about it. People will say that we are not even free. How can we talk of freedom of Spirit? We should be free from the foreign domination."

I would say in emergency supposing we use a boat to cross over, then we do not carry the boat on our heads but we do carry the experiences of our crossing and those experiences are very great. And the greatness about Gandhiji was that he created great only by his personal character and by his dynamic, absolutely dynamic leadership. And the area when this has happened, I have seen those people were absolutely regenerated. You cannot believe how sacrificing they were. I have seen My own father, that today I think he was a legendary man, if I tell you how great he was. I mean, every way, I cannot find a single fault in his life as a leader.

But today it's very different and very sad that those who were supposed to be Gandhiji's people, followers... The other day I talked to somebody that, "Why not start with basic education because we don't live in cities. Why should we have this education? It doesn't go to the villages." So he said, "That's very different, it's very different proposition" and all that. I was amazed, he was a Gandhini, how could he talk like that?

It is not at all difficult to adopt Gandiji's ways in India. As Gregoire told you, I have been to China and Mao has definitely followed Gandhiji. He has copied everything that Gandhiji has done. I was amazed because when I was there I saw even ..... being practiced by him. All the things that Gandhiji thought of, he has done and he has improved China. And today China is like a tiger. People are afraid. You see, this tiger has now awakened. Now what is it going to do? It has got its own power. And this is what Gandhiji had dreamt. Imagine that Mao should use it and why not our people? I don't know. I should blame the bureaucrats or the congressmen or the politicians who never understood that Gandhiji was the most practical man and now Sahaja Yoga I'm sure will re-establish his ways. Definitely it has to be established. Too much of asking, too much of elaborations, too much of materialism makes you a slave of material.

You'll be amazed, we are supposed to be poor people. We are supposed to but we're are not. In London or in America, American people are such miserly people that I'm absolutely shocked. Absolutely shockingly miserly. To spend five rupees for us is nothing, for somebody who comes to our house or something, but Americans are such miserly people, even if they have to spend one rupee they'll think ten times. Same in England I find. And same in other places. Terribly, miserly calculating people.

I have known some people, if you go to their house they'll count heads and give you sandwiches accordingly. Horrid! And they behave in such a ridiculous manner. All the time they are thinking about money, how to make this money, how to make that money, how to keep it. You cannot imagine, this affluence so called has made them so poor. Absolutely absurd.

I always felt that through these material gains they might become sort of satisfied people and would take to less materialism. But it's not so. It's just the opposite. People have taken to materialism as a religion and it is so maddening, so maddening that you can't take it. You are just absolutely by the materialistic ideas you have, the values (?). It is such a mad world that if you stay there, then only you realize how maddening they are.

So as a result, these people that are here, you can see them, they revolt. They could not bear it any more. They say, "We'll get out of it."

But still the clutches of materialism are so great that they have to live with them and they find it very difficult. Only through Sahaja Yoga they have been able to establish themselves and steady themselves. I would say these are the great pioneers who will change the whole of the West. They are the foundations of tomorrow's beautiful West, otherwise West is now a wasteland, nothing but a wasteland I can tell you. I hope these people will take to Sahaja Yoga in the right earnest (?) and will spread the message of Sahaja Yoga and will create that atmosphere as just now Dr. .... was saying, the beautifying, the transforming atmosphere. In all these Western countries, run about, work it out and bring the dawn of a new world in which we all live together as human beings and as real brothers and sisters.

Sahaja Yoga has done a great service to humanity and it has given you antar yoga within yourself. It has given you antar yoga between the Sahaja yogis. And it is so great that some of these people have been in India many a times. They have never been able to come close to Indians because all the Indians, those whom they met, were all westernized without ..... . They had the same ideas, the same philosophy, the same everything, and they were, they were enamored by the West and they were just praising the western culture and western way. But the first time they say, when they have come now, they went to Indian religious and the way they have come and embraced all these villagers and the way they danced together and the way they enjoyed, this is the real antar yoga, the real love between all of them, the real enjoyment and the real oneness that one feels. It is not just talking or saying of ideal things that, "We are brothers and sisters" and you are listening that you are all brothers and sisters, and nothing which is you just become, is the actualization: you cannot just help it helping another person.

For example now, if I am sitting here and if I say that I have cured, I am doing no good. I am not doing it for any of you, I am doing it because you are part and parcel of My whole (?). I have to jolly well cure you if I want to feel all. I can feel you within Myself. This is the actualization of collective consciousness. And once that happens, you just start feeling the oneness.

And today I am going to talk about collective consciousness to you through Sahaja Yoga. How we get it, it's an actualization, not brainwashing or lecturing. This is the difference between the way people have been talking, we talk before it happens. But now the time has come, it is to happen.

1979-03-11 Kundalini Ka Utthan Delhi

[English translation from Hindi]

I had talked about Vishuddhi Chakra, now it is from this Vishuddhi Chakra that you get collective consciousness.

I had told you that Krishna is a complete incarnation because he is Virata. Virata is that power with which you get complete assimilation. In the heart there is power of Shivaji and in the stomach, there is power of Gurus and in the Swadishthan Chakra there is Brahma's power, and in the brain, there is Brahma's power you can say, and when Virata is enlightened, when Virata's Sahasrara opens, then all the cells and tissues inside it also get their Sahasrara opened.

In the Bible, it is said that God has made man as He is Himself, made his own image. And this is true, as Virata is so you all are. The only difference is that He is the doer and you have been made. This is the only difference that He has made and you have been made.

Now He desires that you should know Him, He desires, this is His desire, you have been made because it was His desire. And after making you, He now wants that you should know Him. Because this is His desire it will have to be fulfilled. He has already done a complete preparation for this; in us the complete instrument has been made.

The complete thing has been made as I told you in the morning today, and now all that you need to do is get connected to Him. As soon as you get connected to Him, as soon as your Kundalini rises and pierces through your Sahasrara, you realize that you are not alone, as if you are many small, small [cells].

(Sit down, all are getting disturbed, don't walk about because they get disturbed you see, just sit at one place. When attention gets disturbed, the Kundalini slips down).

All this has happened because of His desire and you can know Him only when He desires for it. That is

why when I say this is sahaj, effortless, when you do effort, you go away from His desire; when you try, you go away from His desire; when you make any desire you go away from His desire.

When everything is left on His desire then we call it 'faith', then we call it 'trust'. If human beings can leave everything on God and say, "Do whatever You wish to do, You are everything", if a human being can do this, then there is no reason that he will go astray. Because in reality He holds your hand and makes you walk.

But if you think that you can drag yourself and work hard on yourself [your Self] to hold Him, then it is not going to work out.

He has to hold you, not you. One way is that by force you hold him, you run towards Him and try to hold Him, you won't be able to.

But if you ask him like a small child that, "Please hold my hand, please hold my hand and walk, it is all in Your hand, hold my hand and take me as you wish", then the human being starts walking on the right path and on the path of dharma.

But as soon as the human being starts making efforts he goes astray. Because he does not know. His Spirit cannot guide, he does not know where to go. Like small children, whose eyes are still not open completely, they are totally dependent upon their mother. Their food, drinking, everything she looks after. She looks why the child is crying, she knows everything. Whether the child tells her or not she knows everything, what is her child's need, she immediately understands. Because the child is very innocent.

We lose our innocence when we start working and planning, we will do this, we will do that, we will achieve God, we will go to the Himalayas, and all problems of the world. Because of all this the human being has committed so many mistakes, he has drifted so much away from Virata.

Imagine if in our body this nose thinks that, "I will do something and show", but you have been put in place of the nose so keep sitting in your place. But if it insists that, "I will do something", then a trunk will come out in its place. This is called 'an arbitrary act'.

When humans become arbitrary, when he starts thinking from his own end that he will do this and show. "I will do that and show", then he is arbitrary, "On my own."

And when cancer starts developing, it is because of such cells only which are arbitrary. Malignancy sets in. If one cell says that, "I will only increase, I want to go ahead and I want to go and see", then it starts increasing and it becomes malignant. Its problem goes to another, the other also becomes malignant, the third one gets this problem that too becomes malignant.

When you are connected to the whole and you think, "He is sitting and will do whatever is to be done", with this kind of thinking the human being remains in the centre.

Now you say that, "If we keep sitting on this, nothing will happen for us", whatever will happen for you, it will not happen for anyone else; whatever benefit will happen to you, it will not happen for anyone else. You will be able to rise much more than others. In every aspect I can say that it will happen.

But you think that, "We will do something and show." Ramdas Swami has said, "Alpdharisht paye", you want to do something, go ahead, do it, then when you stumble and fumble down, get hurt, then you blame God that, "We did so much effort, so much we called God, then why did this mistake happen?"

Who had asked you to do so much effort? It is better to sit in one place silently than to bang yourself here and there like a blind. And then put down your hand and come and tell me, "Mother how could this happen?"

All these things that humans do are surprising. Individually they do, but more surprising is that such people make a collective of this.

Once there was some organisation of such kind and you see that Pope made a very big organisation of this kind, Muslims have made another, Hindus have made another, someone else had made another one, meaning malignancy cells have come up and all these are malignant cells which eat up the society.

To join these or to bring them together what is the element? What is the cementing force for this? Hatred, bitterness, jealousy, competition! Because Muslims are like that, Hindus are like that, because Christians are like this Muslims are like this. All is relative, nothing is absolute.

So, when such things develop, then in Virata the cells are formed which are malignant, and today's Kali Yuga map is such that in all the Virata is full of cancer. If there is one type of cancer in India then in England it is another type of cancer. In America, there is a third type of cancer. Anywhere you go you will find people suffering from cancer. And they have made such false constitutions, they are working on such hollow principles that it is surprising to see how these institutions are standing.

I was shocked to see the Pope, two long robes and with such big, big diamonds put here and here, he moves about and thinks he is a special appointee of Christ. Our Adi Shankaracharya Maharaj who is no more now, and here the residing Adi Shankaracharya, I have heard that in London he gets he is getting a golden dome made above his head and some special diamonds are being studded which will come from some foreign place. Now ask this man if one day this dome falls on his head then will you be saved? These kinds of funny ideas are working from ages and we keep respecting such things.

Sahaja Yoga will bring a revolution and all these falsehood and old institutions will be destroyed and raise them on the basis of truth.

If not this then the second thing I told you that humans will have to understand that nothing but the truth will prevail and last. Whatever hollow and false things we are holding on to and we stand for them and are taking them lightly, we should realize that this is like a crocodile.

The place of Virata, the Vishuddhi Chakra is very important. I have told you this many times, when humans lifted their neck then he became a complete human being. The height of the neck, God has a great role to play in it.

Shri Sakshat, Shri Krishna-Virata took His birth as a simple cowboy on this Universe. Among common men, He came as a cowboy, the complete incarnation of God on this Universe. And He said to human beings that this entire universe is a play, "You are just to witness it, where are you all entangled, this is all a play. And to become a witness, to become the Spirit." This was all His message to the people of this universe.

He said that this Spirit is eternal, it cannot be destroyed. The strange characteristics of Shri Krishna, which a lot of people

criticize like He had sixteen thousand wives. He had sixteen thousand wives, who were these sixteen thousand wives? Do you know? These were His powers! Today my powers are flowing through these Sahaja Yogis. These Sahaja Yogis are the channels of my powers. To channelize His powers who was there? That is why he gave birth to these powers; in sakar form these took birth.

A king had kidnapped them, from that king he rescued all of them and married them. So, he already had sixteen thousand Sahaja Yogis. Here it is difficult to gather even one thousand Sahaja Yogis. He already organized for Himself, by giving birth to these sixteen thousand powers, and when He took all these sixteen thousand powers within Him, then in us also these sixteen thousand nerves got established. Because of Him only, these sixteen thousand nerves in us got enlightened.

Today morning what I told them about Gita, you may listen to it again, then you will understand that it was such a great blessing of God that Shri Krishna came on this universe.

You cannot understand Shri Krishna at a gross level, you can understand Him only on a subtle level. People who remain on a gross level can never understand Shri Krishna. To understand Him it is very important that you take your realization, then only His minute details and the minute details of this chakra you will know.

These days most of the people have their Vishuddhi Chakra caught up. Too much caught up, there are many reasons for this.

The first reason is that if yours is caught up then my also gets caught up. If you keep you alright then my throat will also get ok. This is common, people know about this, when my throat gets bad, then vibrations from this only flow out and your throat gets bad.

This Vishuddhi Chakra is where Shri Krishna resides and some things are very bad for this chakra, you must understand these, first is tobacco. I don't know from where humans have taken this idea to consume tobacco, there is no other animal apart from a human who knowingly destroys himself.

Now, this tobacco was never made by God for humans to eat, it is an insecticide you know, to kill insects, now like stupid man started eating it, whether he eats it or smokes it, the Vishuddhi Chakra gets caught up. You know that cancer develops at Vishuddhi Chakra, still, you take. It is written that by smoking Vishuddhi will go bad, you may get cancer and whatever you do, you do it on your own risk, still people do it.

When you know this is self-destroying, why do you do it? Because all these things are devilish and all these devilish things take control over you.

Humans are so stupid in some matters like we say that drinking is a bad habit, smoking is a bad habit, then he thinks that we are putting restrictions on him, we are taking away his freedom. He doesn't think that he is fooling himself. And all the elders and wise who have said this were they stupid? Why did they say so? Thousand times they told that any type of addiction is wrong, addiction means that on your awareness something gets loaded by force and acts against your alertness. That is why it has been told that any type of addiction is to be avoided.

At the time of Mohammed Sahib, this problem was not there, people did not smoke at that time, it was later when Nanak Sahib said why do you smoke? But people just do whatever has been asked to avoid. It is the straight forward fact that this is a poison so don't take it because of this Vishuddhi Chakra gets caught up.

Another reason for catching of Vishuddhi Chakra is by taking the unauthorised name of God. By taking the name of any God, by calling Him, have you gone into the kingdom of God? You are living in the kingdom of human beings, at the most you may call a policeman. At most you may call a minister. You have elected them and you are connected to them. You are calling God and giving trouble to Him.

Today my granddaughter had come, I will tell you about her, she is a realized soul. I went to their house once, there was a temple

near their house, she was

sleeping with me at night. She said, "Nani, God has run away from this temple long back, from morning till evening they keep saying Hare Ram, Hare Ram, Hare Ram, God has run away and even I am going to run away."

You should think yourself is it right to trouble like this Shri Ram who is the caretaker of this whole universe? If you go and call Morarji Desai like this two time surely you will be arrested. That is why whenever you take the name, with what right do you take it? Shri Ram's name cannot be taken lightly. Only the real gurus have the right to take the name of Shri Ram.

Till your Guru has not given you the right, your realization, you have no right to take His name. If you say that Gurus have written that name of God should be taken, they wrote it because probably they did not know that human beings are not realized. Most of the Gurus did not know that human beings are not realized. Before taking Realization, you have no right to take the name. It is unauthorized. Taking the name when you are not authorized also spoils your Vishuddhi chakra.

And taking just any mantra from any of these roadside gurus, guru hanging from the tree, standing anywhere! You start following them. You ask them "How are they your Guru?", they will say, "They have given us a name". Even a donkey can give a name. Why do you need a guru for that? Is giving name only the work of guru or some other work also he can do? I can understand if it is Guru Nanak who gives you name.

Recently a person came from South Africa, he doesn't know Sanskrit, all the more good, these gurus taught him such names as "Inga", "Pinga", "Thinga". Now say, for hours they keep reciting these names, and their Vishuddhi Chakra goes bad. Who has told them this? From where did you know which name is to be taken?

The day you get this knowledge of names, all this false knowledge will be dropped out. This knowledge is not easy, which chakra is catching? what state is it? which name is to be taken? how is it to be taken? It's deep knowledge of all these things. Till your Kundalini is not awakened, how will you know which chakra of yours is catching? Or of the other person?

Suppose your Vishuddhi Chakra is catching and you are taking the name of Shri Shivaji, all goes wrong. Vishuddhi Chakra was already bad because of unauthorized attempt and Shivaji gets annoyed because of the heart chakra.

This is a very deep knowledge (great shastra), and you must understand it. I am saying this because I have seen many people taking names as mantra and it is sheer stupidity on their part. I need to make it very clear to you.

Once Kabir said, "Karka manka chari ke, manka manka". Probably no one understood Kabir, and without getting realization you can never understand him. You

cannot understand Guru Nanak, he said, "Apaa ko cheena nahin, brahm ki kaya na jane".

We are doing all these things in illusion, that is why Vishuddhi Chakra has gone bad. If you are taking the name of any Deity, then you must know that your Vishuddhi Chakra will be caught up and also that chakra, where that Deity resides, will also go bad.

That is why people ask, "How did we fall sick? How did we get the problem?" Because both things are unauthorized.

Suppose you are not a doctor, you take a medicine and eat it, then you say, "I have taken the medicine, how is it that I have fallen sick?" Which medicine have you taken? From where have you take your doctor's degree? What have you understood?

In this matter people still understand but in the matter of dharma, they think it is in their pocket. When required they can write a book on dharma, or write a book on Kundalini, when they feel like they will write about God, "What's wrong in writing any such kind of nonsense? There is no need to know the reality, no need to understand reality. It is ok to carry on with falsehood."

Sahaja Yoga is a very big revolution. You have never believed in this, you just want to memorize things what Kabir said. People

just memorize the sayings of Kabir from morning till evening. But now the time has come that whatever Kabir said, is right before you.

Japanese can never understand the philosophy of Zen, the way people of Japan have presented Zen. If Zen sees their stupidity, he may commit suicide. They have made all of it so artificial that it is surprising to see it.

All the great seers and great people have been treated like this, till they were alive they were criticized and after they were no more, people presented their ideas and things in a strange manner.

You know there has been a very great seer in Delhi, Nizamuddin Sahib. He was a very great seer; he has no caste or creed. And what did they do to him? Now when he is no more, people present him the way they like, any nonsense they can say about him because he is now no more.

All this play of Vishuddhi Chakra must be understood. You must stand on truth at Vishuddhi Chakra.

There was person in Sahaja Yoga, who took lot of interest in Sahaja Yoga and got his realization also, but could not leave tobacco. Although it is quite surprising that many times, I have met people from foreign, who have been alcohol addicts and addiction of many other things, real alcoholics, which can't be compared to you, some people came to me who was almost unconscious. Some of them can understand

Hindi here and I know they can understand what I am saying. As these people got their realization, they left it all because when they tasted the nectar then they could not take that. All by themselves they left it. There was no need to give them any lecture.

But there was one person who could not leave it. One day he came to me and said, "Mother I don't understand, whenever I sit for meditation, my face bloats up like the face of Hanumana." Hanumanji is a very jovial deity, and His ways are so hilarious. I said "Really?" He said, "Yes I feel I am looking like Hanumanji. You please cure me. What is happening to me in Sahaja Yoga?". I said, "Do you take tobacco?" He said, "How do you know?" I said, "That is why, if you are seeing Hanumanji, I understood, these are all His tricks. You just now hold your ears and ask for forgiveness. Also promise me, everything will be alright."

All this works out on its own when we have got enlightenment, then how can darkness remain in us?

Whatever greatness I say about this Vishuddhi Chakra it will be less, because it is for this chakra that you got your neck upright.

Now to bow this neck before just anyone is very wrong. You should bow this only before God or His representative.

But we bow it before everyone. Tomorrow if someone comes to ask for the vote you will bow. This is very wrong, not only that we have bowed before many wrong gurus, and it becomes very difficult for such people. Then when I tell them that, "Your guru was wrong", these people get annoyed. There is no need to get annoyed, I have nothing to do with them, I talk only of your benevolence. If your Guru is alright, I have all respect for him. If not ok then I will say it. A Mother's responsibility is to tell Her children the whole thing, why will She hide it? The only difference is that Kabir said it sternly but I tell with love.

I am a Mother and a Mother is wiser in such matters. If She has to give castor oil, She will give it in chocolate. That is why it is all working out.

Whatever is wrong is wrong. If a human being has to achieve God and if this is the destination, and from this only the revolution will come and this is only meaningful, rest all is of no use, and all that is useless has no meaning, no meaning in the life of a human being, when you will understand the meaning of your life, when you will realize that you are the part and parcel of this universe, the Virata, when you will understand the importance of your life and you will give importance and respect to your being, then Kundalini will itself rise and salute you, in a fraction of a second you will get your realization.

If you have not given respect to yourself, if you have not realized your value, you have bowed yourself before wrong.

You have to bow only before God and no one else.

Now after talking about Vishuddhi Chakra I will talk about Agnya Chakra.

Agnya Chakra is the middle of the optic nerve, the crossing of the optic chiasma. It is very subtle, this is what is called the third eye. Those who open the third eye don't know that it is the bhoots eye. Near this Agnya Chakra as shown, ego and superego are there.

Because of catch in this chakra, many people either see some light or some vision or something else. People feel very happy and think they have been blessed. Such people do not have anything special in their life. Their life is hopeless, only they think they have seen God, have some vision, have seen this or seen that.

I had told you earlier that on our right side is supra-conscious and collective supra-conscious area, and on our left side is collective subconscious. So, if you do not keep in balance on this chakra then you will either go to this side or to that side. The moment you go on this side [right] you will see any one of the five elements.

Now you know about a drug by the name of LSD, it is a strange kind of drug, it will not take you to the subconscious, but will take you to supra-conscious. By drinking this drug, you will see such different kinds of miracles that you will be surprised what kind of world you are in.

Now, this movement is such that when these people come to my program, they cannot see Me, they see only sunlight because that is my future and they see that. Some can see the only wind. Some see the only sun. I am not visible. It happens much time when I am travelling by train, suddenly someone will stand up and start watching me in the wilderness.

Those who are in subconscious they can see the past, that I was so and so or so and so.

This is all wrong. Whatever is the present you should be in that, you should see only that. If you see something else then you are outside, not in the centre. When you are outside then only you see such things, when you are inside then you do not see anything.

Now all that you see outside means that someone is taking you out, you are not going. So you should be careful. You should not call it grace, this is not divine, but this is the movement of your attention when you go to the extremes.

Many people take out kumkum from their hands, some take out money, some say suddenly Shri Ganesha appeared in their house.

There is one person in Mumbai, in his house idols appear studded with diamonds. He asked Me, "What to do with them?" I said, "Submerge in the water." He said, "Why?" I said, "All these idols are of unsatisfied people. They prayed to these and they got no blessings. So, they think these are neglected from families and have been put here. This is like what they say 'bhanumati ka pitara'." If such things are put here, you people will say, "Oh wow, God has put these."

God has no other work? Is this His work to give you these useless diamonds and so? He will keep spreading these stones before you? And has He no sense that He will throw before you such useless things which have no relation with the Param?

Or there are other types of people who are in the subconscious. They say that the Spirit has come in their body, the Devi has come. They start moving and making sound "ghun ghun ghun" and say the Devi has come. Now people come near the "Devi", put kumkum on her and ask the number of the horse.

Now you think, Devi has no work? Now She will tell you the number of the horse? This is how they have insulted the Param Tattwa in this world. And there are many who follow such false people.

I have seen a person near Nagpur, known as Gulab Baba. He was working in shipping corporation as a purser. His father was a very decent man. This man never uses to do any work. When he came back from there, he started his wrong work again. During this period his father expired. He went to his mother, sold her jewellery, sold his wife's jewellery, sold his house, sold everything and went missing.

His mother came to Me and asked me if he was alive. I said, "Yes he is alive, that devil is not going to die." She said, "Now what to do? I have lost everything. Where can I go?" So I said, "Let's see what can be done for you, will try to settle you at someplace." Then she came after one year and said that, "He sent me a lot of money, I have taken back my house and now I am comfortable, but I doubt where he is and he doesn't know how to earn money." So I told her, "You to find out about him." Then the next year when I came here, she told me, "Mother I have asked him to take back all his money because he is doing something wrong."

These days he is known as Gulab Baba near Nagpur. Did I say, really, his real name is Chotu Nimbalkar? You will be surprised to know that all cars from Birlaji are going to him, to this Chotu Nimbalkar. People have become such stupids that there are no limits. And I sent a word to him that I am coming to Nagpur to see Gulab Baba. So, for one month he went missing from there. There is nothing false in all this, and when people announced that Mataji Nirmala Devi is coming for one month he went missing from Nagpur.

And all these big, big people send their motor cars, send fruits; silver utensils were being sent. These are all signs of hypnosis. These people do hypnosis and loot your valuables, and ruin your wife and children.

This all works out from Agnya Chakra. Many people work on Agnya Chakra like this.

There is one more who is the avatar of Rakt Beej, he is sakshat Rakt Beej. They put their finger on your Agnya and say Divine light has come into you. You feel excited that a spark has come. He was caught in smuggling, doing all sorts of wrong things. Now his photographs are being printed. This is Rakt Beej, all his followers who came to me are suffering from leukaemia. This is his identification.

This is how they work on your Agnya Chakra, by touching and rotating it they put such a devil that you get the disease of leukaemia in you. I cannot explain to you his wrongdoings. In spite of all having exposed in newspapers, still, there are thousands and thousands of his followers.

I cannot understand the mind of human beings. All these maha devil people about whom everything has been printed, still people don't leave them, they continue to follow and that is why this Agnya Chakra gets caught up. Because we have bowed before wrong people.

Never allow anyone to touch your Agnya Chakra till you have not experienced collective consciousness. This collective consciousness when gets enlightened in you then you can feel others, you can feel their chakras, feel your own chakras and you can cure them.

(Sit down Sir, I have to go very far. What is this? Sit down. If you have to go, move out silently, do not disturb all others.)

Now, this Agnya Chakra is very important, we put sindoor on this chakra. Why should we put sindoor? Nowadays women don't put sindoor, I don't know why. I don't understand. What happens with sindoor? Because women are weak from heart, by putting sindoor, it is very protective.

This red colour protects from these what I say 'spirits'. They know this is the path of the Mother, it is protected. Even in the Bible it is mentioned that all the chosen ones will have this mark on their forehead. They will be recognized by this. It is so important for women to put it. They are protected from satanic forces by this. It is not written in the Bible that you should put it but it is mentioned that this is the identification of those people who are the chosen ones.

Now, this chakra is where there is sakshat Christ. Christ is none other, he is the incarnation of Shri Ganesha. How He was made? If you read Devi Bhagwat by Markandeya, you will understand. He was made as Maha Vishnu first and was described as how

he is the basis of this Universe and how Shri Krishna who is the father of Christ, that is why He is called 'Christ'. They call Him Christ like it, is the surname, and Yeshodaji's name is used and He is also called as 'Yeshu'. That is how Radhaji herself kept his name, and Radhaji is His mother.

So, what is the fight about? Because Krishna had said that this Pranav, this power never gets destroyed. He took His incarnation and, in this incarnation, at the time of resurrection, He proved that when this sakshat Pranav takes birth as the reality, it never gets destroyed.

Many great saints took birth in a body except Him because, in reality, He is Pranav. Ganesh is sakshat Pranav. When Om takes birth, it will not get destroyed. To show this, that is why He came for a small time on this earth and then went away.

Now whether Christ is there or not, and Pranav is there or not, this Shri Ganesh is there or not, how do we prove it? Not because I am saying you should believe it. When your Kundalini rises and when you raise the Kundalini of others and if this chakra opens, and if you say the Lord's prayer which Christ had taught, then only this works as a mantra here, none other.

Like I had told you that all the Gurus are settled around our Nabhi Chakra. Without taking their names the Kundalini does not cross the Nabhi Chakra. Similarly, when it gets stuck here, only His name is to be taken.

Now whatever I told you about Gandhiji, you will understand slowly even he said the same thing.

Also here two great incarnations reside on the forehead, one is Buddha and the other is Mahavira.

These are both very special, for guidance to human beings. These both are Luv and Kush. Luv and Kush took birth as Buddha and Mahavira, both have the same mother. Both these Luv and Kush were born when work was being done on Nabhi Chakra along with Chandra Nadi and Surya Nadi. This I am telling you the subtle side of it. You may check this when your Kundalini is awakened.

On Chandra Nadi and Surya Nadi, they were born separately. Buddha was born on Surya Nadi and Mahavira was born on Chandra Nadi. That is why Mahavirji described in details about hell and Buddha talked a lot about light. Both these Nadis exist within us and as they go up one goes here and the other goes here. That is why Buddha resides here and Mahavira resides here. They both occupy a very important place. Because only these two men came in the form of human beings and settled this high next to Him.

Do you know that they both came again on this earth, because when they saw that the meaning of

ahimsa [non-violence] was completely misunderstood by people and it was twisted in a wrong way? You know that Jains save the bed bugs so that they drink the blood of the brahmin so that he becomes a bed bug. What is this? Can this be ahimsa? Now am I going to give Realization to bed bugs? Or to mosquitoes? Or to chickens? It is for human beings. You trouble one person with bed bugs and think you are being dharmic?

All these kinds of vague ideas that started spreading in the society and even for Buddha, except Zen. Let's not talk of Vidhitama, he was turned out of India. Rest all the Buddhists, what have they done? They started worshipping His teeth and everything else too, whereas Buddha said that as you start talking about God, human beings get involved into unnecessary things.

His talk about atheism is ok. If you get Realized today and If I do not tell you about God then even you will also talk about atheism. Only after talking about the knowledge of Spirit, should you talk about knowledge of God.

He understood this fact and so, he first talked about atheism, and then about God, because if you talk of God first then you worship a rakshasa and believe he is God. You may worship a mammal and call it an 'Ishwar'. That is why he first talked about atheism. Because the level at which human being is, he talked very perfect, very proper. He said if without knowing about Spirit, without the true knowledge, if he worships anyone, he will definitely go in the wrong direction.

In his talk on atheism, there was a very big suggestion, a compromise, a very wise thing because he understood what level humans were. He did not talk about God at all. It was very much at a later stage. Because there is a lot of probability that people would have said that he does not believe in God so remove him. there was a lot of possibility of that.

But when he saw his disciples doing all stupid things, he again took birth. You will be surprised; do you know where? Can you tell? Hassan and Hussain, who were killed in Karbala, were no other than Mahavira and Buddha.

But who will tell all this? Now who can make you understand this? Now this responsibility has come on Me. So, I am telling you.

I am telling you this because when your Kundalini is awakened, then if your ego and superego are caught up, then you have to take the name of Buddha and Mahavira. These are two of the rudras in Ekadesha Rudra.

These are very great rudras, and when the last judgement will take place then many more will come, you will know about these two then, you will see that it is difficult to get rid of ego and superego. Then if you are a Hindu, you will have to take the name of Hassan

and Hussain, and if you are a Muslim then you have to take the name of Buddha and Mahavira. Without these, you cannot get rid of ego and superego, especially ego.

Now these two nadis above which the pre-conscious rotates, is controlled by Shri Hanumanji. He is on our right side and he is the one who had swallowed the Sun. On the left side, it is Bhairava Nath who moves about. These are called in the Bible as St. Gabriel and St. Michael. There is no difference in these, their unity, their similarity, you can understand in Sahaja yoga. All that I am telling you I can prove it.

After this is Sahasrara, it is made of one thousand nadis, all around the limbic area, now the doctors argue that there are 992 nadis, nerves are there. Now if they have not counted them then what is then what is the fight about? When these get enlightened then they glow like a flame and are very peaceful flames of different colours can be seen, and in the centre of these flames, you can see a thread like a thing which is part of our limbic area.

When the Kundalini comes out of this limbic area then you get moksha. This rising of Kundalini is called as surati. When this happens then we get collective consciousness, and this limbic area is the kingdom of God. When this happens, the human beings get bodh, not by just listening to lectures. And this is a very subtle thing which should happen. The deity is Adi Shakti, sakshat Adi Shakti. The power is of Shri Adi Shakti, and the deity is the Kalki which is nishkalanka. This incarnation is yet to be born and whatever is happening now, is the preparation for its coming. When the preparations will be complete, only then it will incarnate.

Now I have explained about all chakras in detail and now I wish we can do some meditation and after that if you have got your realization, it will be good, and even if you have not got it, there is no problem.

I have come to Delhi for some days, then I will go to Bombay and then go back to London. You please all come there everyday morning and evening. There will be the program, and try to get your realization. I assure you that if you get your Realization then all your physical, mental, spiritual and family problems will be solved.

This is Mother's way of putting the chocolate, but the main thing is to get the Param Tattwa, 'Sat Chit Anand' is what you should get.

May God give you wisdom and give you that which you have been seeking in all your past lives passing through different yonis and come here.

[English transcription]

Today at the end of this program at Gandhi Bhavan, I want to first tell you about Gandhiji, and why

Gandhi was so important. Perhaps you have never realized what a tremendous instrument Gandhiji was.

At the age of seven years, he just picked me up from my family. And I stayed with him, very, very close, extremely close and he uses to call me as 'Nepali', that was my name and everybody knew me by that name.

After forty years or say forty-five years or so, suddenly I met Kamal Nain Bajaj, at the wedding of his own son, and I went to him and I said, "Do you recognize me?" and he said, "What Nepali, how are you here?" and just tears started flowing down my eyes.

That was Gandhiji. He was a tremendously hard taskmaster. And I always use to say "That you can be hard, but how can you be hard with all these people?" He would make us get up at 4'0 clock. It was very easy for me to get up at 4'0, because you see my body has no habits, I can get up anytime and sleep any time, but I use to feel for others that at their age! Maulana Azad get up at 4'0 and they had to clean their utensils, they had to even he asked them as to clean their bathrooms and the W.C and everything with their own hand, he was a tremendously hard taskmaster, but an extremely loving and compassionate person.

He, as just now Gregoire has said, definitely he always used to talk to me in a way as if I was his grandmother you see, and he uses to discuss things with me most surprisingly from all others, in a way as if I was a great adviser to everyone. He uses to make me sit and said that guidance can be had better from some children than from older people.

Even when I again went to Gandhi Ashram this time Madasa told to me the same thing, "Do you remember he used to say so?" I said "I remember that." But somehow, he had recognized me, and he knew about me. Same I would say about Shastriji, who had recognized me and use to really respect me. That's another man we have not been able to know. I wish there were some people somewhere near their levels.

Some people were absolutely standing on edges of swords, they would not tolerate anything that was wrong for themselves. The first thing they had was to keep themselves upright in dharma and Gandhiji used to really appraise himself day to day ask the question, "Is it in dharmatit? Is it in dharmatit? Is it in love?"

He was tremendous. And the thing that I have learnt from him I should say is one of the things which I would have never understood otherwise, is his sense of public money. Actually, I have no sense of money at all, I am so horrid, I do not know what is bank and I do not know how to cash cheque. I am still though I mean, I must have cashed lots of cheques. But I don't know even today. If you want to teach me, I just can't learn, I am no good for it. But I have seen Gandhiji's sense of public money, so clean, so clean, and so sharp that anybody who has lived with him, I cannot understand how can they take to this kind of cheap dealing with public money.

Once we had a meeting of all the big leaders and they came to Gandhi Ashram where we all were staying. And some boys were there looking after them, giving pamphlets and thing. And suddenly Gandhiji realized that its very late and they should have their lunch in the Ashram itself.

So he said that, "Why not have your lunch here?" and they said, "Alright if you think so we will have our lunch." So he got up. He always had the bhandara keys with him. Because Ba was not there, so he came down and he told us that, "Let us weigh food for

them and take it out." So there we had to weigh according to the number of people we had to. So he said, "I am a pucka baniya, you must properly weigh everything and take it out." And then it took about 15 minutes to do all that. Then again he took the keys, put it back and went on with his work.

I think it was Maulana Azad or someone who was there, who said, "Bapu I never knew that you will, we never knew that you will take so much trouble for our sake. We would have gone back little late and had our lunch there". He said, "Trouble, what trouble is it?" He said, "No, the way you got up and take the way, so cautious and careful." You know the words he said. Even to get to say, "I feel so much touched", he said, "Do you know this is the blood of my people, I cannot allow it to be wasted or in any way spilt." Just imagine, he said, "Yeh dane mere bachon kay ghar se aa rahe hain."

I mean I cannot forget his sense of accounts. And even I have seen this in Shastriji was saying. I mean there was nothing like a double standard. On the contrary the closer you went to them you respected them much better, because they were so clean, so clean and they saw to it that they maintain that cleanliness and that's all.

We are really very lucky to have such great people born in this country of ours. Only the trouble is that you have forgotten what great contribution they have done, that Gandhiji was a person who gave ahimsa to save us from this foreign domination.

In a such a unique manner he laid down the basis for Sahaja Yoga actually, in every way he laid down. For example, if you see his ideas, economic ideas are absolutely in tune with Sahaja Yoga.

Now, after the industrial revolution and industrial revolution as they call it in the west, people have gone so far in creating an aggressive economy that they are astounded the way now things are working out in the west. The aggression that started in the industry of machinery is now directed towards the human beings themselves.

In England you'll be amazed which is the soberest country among all others, in England every week two children are killed by their parents. Is the statistics, can you imagine? Good children, they are not illegitimate children! No family is safe from this aggression.

The aggression is now towards oneself, is absolutely self-destroying. The machinery, the giant, that started creating things also made human beings machines and these machines had no feelings within them. And the feelings started drying up and drying them to such an extent that human beings have become feelingless, they have no emotions left.

I don't know if Gandhiji could have sensed to that extent, because you know it is difficult for a saint to see the forces of ego, how far they can move. It's a very difficult thing. But he did see something of it so he was warning that, "Don't go for heavy industries, heavy industries are very dangerous" and he throughout preached that, "Try to keep medium pace in industries."

With all this advancement in the west, you'll be surprised the condition is such that you cannot get anything fresh. The food that you get is nothing but God knows what kind of a chemistry they have adopted, that all the time you are eating chemicals, you do not feel you are eating any fruit.

If you talk to people, you feel they are stunned and they are shocked. They are afraid of each other, there is no love, there is no trust, there is no give and take. It's such a ridiculous thing, absurd society that has been created that it is important for us, the so-called developing countries, to know where have they fallen, through what teachings they have come and stand by and see for yourself that when you are trying to use science and you see these industrial achievements of other countries as a tool to our advancement, you should know that they can completely destroy us as they have destroyed those people.

Their destruction is not from outside so much of course. It is in a way, the way we have created Hiroshima and all that. But the destruction is from within and that destruction is set in such a big way that it's impossible now to talk. The only way is to turn the whole thing into a new dimension by which you can control and that is only possible through Sahaja Yoga. Thank God my husband was elected and I went to London as we have now a base.

Gandhiji is the man who has created a base for dharma in this country of modern times. If you see his bhajanawali, you'll be

amazed it is all based on the different chakras, one after another. All that bhajanawali starts from one to another. It's just like how we do it for our Kundalini awakening. It is based one after another from one chakra to another chakra to another chakra, though has not mentioned it anywhere.

Apart from that in Sahaja Yoga we have to take account of all the incarnations, of all the prophets, of all the great primordial masters, who came on this earth and adjust accordingly to different movements of Kundalini, because according to Sahaja Yoga all these incarnations are within us and they help us and we have to awaken them.

Same thing Gandhiji has done, is to tell us that we have to know Quran, we have to know Bible, we have to know Gita, we have to know all these great scriptures and awake people and integrate. Of course, that part is left to me, is the actualization of what he wanted to do.

So, he definitely has prepared the base, economic base then political base also. He never believed in aggression, never, and he said that sharing should be taught. He always believed even capitalism should be conquered through enlightenment. Though he was so busy with this emergency job of saving the whole nation that he could not pay much attention to the subtler side of Sahaja Yoga which I call 'awakening of the Kundalini' or 'self-realization', but he always talked about it, he always said about it. Most surprising he's the only one as I have seen so far who was not doing self-realization or working out self-realization but was so close to it and could see clearly that self-realization is the only way for the emancipation of human beings. His values and his styles were so correct.

As a mother also has a child, I was a Mother throughout, I would always feel that Gandhiji was too strict and I always use to say that, "You are too strict, I just can't bear it." Tears used to come into my eyes. I said, "This is a bit too much." He said, "No we are in an emergency, we have to be self-disciplined, we have to be disciplined and we have to tell them."

Once I told him, "Bapu, if you, if you want to discipline people why not discipline them from within?", he said, "How could they?" I said, "It is very easy, you can do it." He said, "Not just now, not just now. First of all, let us be free. If we are not free, what can we enjoy? We cannot talk about it; people will say, "We are not even free, how can we talk of freedom of Spirit? We should be free from foreign domination."

I would say in emergency supposing we use a boat to cross over then we do not carry the boat over our heads but we do carry the experiences of our crossing and those experiences have been great. And the greatness about Gandhiji was that he created great only by his personal character and by his dynamic, absolutely dynamic leaders. And the era when this has happened, I have seen those people were absolutely genuine you cannot be. How sacrificing they were!

I have seen my own father that today I think he was a legendary man. If I tell you how great he was, I

mean in every way I cannot find a single fault in his life as a leader.

But today it is very different and very sad that those who were supposed to be Gandhiji's followers! The other day only I talked to somebody that, "Why not start with the basic education because we do not live in the city, why should we have this education which doesn't go to the villages", so he said, "It's difficult, very difficult, it's a very difficult proposition" and all that, I was amazed he was a Gandhian, how could he talk like that. It is not at all difficult to adopt Gandhiji's ways in India.

As Gregoire has told you I have been to China, and Mao has definitely followed Gandhiji, he has copied everything that Gandhiji has done. I was amazed because when I was there I saw even Magan Chula are being practiced by him. All the things that Gandhiji thought of he has done and he has improved China, and today China is ahead of tiger. People are now afraid you see, this tiger has now awakened, it has now got its own power and this is what Gandhiji had dreamt. Imagine that Mao should use it, and while our people! I don't know, I should blame the bureaucrats, or the Congressmen or the politicians, who never understood that Gandhiji was the most practical man.

And now Sahaja yoga I am sure will re-establish his values. Definitely it has to be established. Too much of asking, too much of

elaborations, too much of materialism makes you a slave of material.

You'll be amazed we are supposed to be poor people, there are supposed to be, but they are not. In London or in America, American people are such miserly people that I am really shocked, absolutely shockingly misers, "To spend five rupees for us in nothing, for somebody who comes to our house!" But the Americans are such miserly people that even if they have to spend one rupee, they'll think ten times, same in England I find and same in other places, terribly miserly calculative. I have known some people you go to their house and they count heads and give you sandwiches accordingly, horrible and they are very rich people, they'll have crystals, they'll have silver, they'll have everything and they behave in such a ridiculous manner. All the time they are thinking about money, how to make this money, how to make that money, how to keep it. You cannot imagine this affluence, so called, has made them so poor; absolutely absurd.

I always felt really that through this material gains they might become a sort of satisfied people and will take to less materialism, but it's not so, it's just the opposite. People have taken to materialism as a religion and it is so maddening, so maddening that you can't imagine. You are judged absolutely by the materialistic ideas you have, the value. It is such a mad world that if you stay there, then only you will realize how madly they are.

So, as a result, these people that are here you can see that they revert, they could not bear it anymore. They said they will get out of it but still the clutches of materialism are so great, they have to live with them, and they find it very difficult.

Only through Sahaja Yoga they have been able to establish themselves fully and steady themselves. I would say these are the great pioneers who will change the whole of west, they are the foundations of tomorrow beautiful world. Otherwise, the west is now a wasteland, nothing but a wasteland I can tell you. I hope these people will take to Sahaja Yoga in the right earnest and will spread the message of Sahaja Yoga and will create that atmosphere. As just now Dr Pant said the beautify, transforming atmosphere in all these western countries, run about, work it out and bring the dawn of a new world in which we all live together as human beings and as real brothers and sisters!

Sahaja Yoga has done a great service to humanity that it has given you Antar Yoga within yourself, the insight, it has given you Antar Yoga between the Sahaja Yogis. And it is so great that some of these people have been before in India many times, they have never been able to come close to Indians because all the Indians, those whom they met, they are all westernized. Without the tails, they had the same ideas, the same philosophy, the same everything. And they were, they were enamoured by the west and they were just praising the western culture and rest of them.

For the first time they said, when they have come now to Indian villages and the way they have embraced all these villagers and the way they danced together and the way they enjoyed, this is the real Antar Yoga, the real love between all of you, the real enjoyment and the real oneness that one feels. It is not just talking or saying of ideal things that we are brothers and sisters and you are saying you are all brothers and sisters and nothing of that exists, you just become it's the actualization. You cannot just help it helping another person.

For example, now if I am sitting here and if I say that I have cured, I am doing no good, I am not doing it for any obligation, I am doing it because you are part and parcel of my being. I have to jolly well cure you if I want to feel you all. I can feel you all within myself. This is the actualization of collective consciousness, and once that happens you just start feeling the oneness.

And today, I am going to talk about Collective Consciousness to you through Sahaja Yoga, how we get it, it's an actualization and not brainwashing or lecture. This is the difference, between the way people have been talking and we talk before it happens. But now the time has come for this to happen.

## 1979-0311, Public Program

View [online](#).

11 March 1979

Public Program

University of Delhi, New Delhi (India)

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

[Hindi to English translation]

Work starts at 4 o'clock and by the time we finish, it's late from home today. Yesterday I told you that I will tell you about Kundalini. Can everybody see this chart? Those who cannot see, come and sit on this side. Come here and sit here nicely. Those who cannot see, please come to this side. Move a bit this side. Now you can see it. [Inaudible]

[Shri Mataji says in Marathi, "Wind is very strong, right."] [Inaudible] [Inaudible] Yes! [Inaudible] Sit down now, you see, sit in front of me. Yes, all right. Come this way, one side.

I told you yesterday that the nature of which human beings are made has done wonderful things within us, and that is why we have been created. The things which I am going to tell you now are not described in current modern scriptures. As I told you, current modern sciences only know those things which are comprehensible or can be actually visualized, and this vision of human beings is not yet having the light of Spirit. Still, human beings are not enlightened [matured]. Things which I am now going to tell you can be known only after enlightenment [maturity]. Whether these things are really existing or not existing within us, that you yourself can see.

First thing is that human beings get situated [settled]. Firstly, their existence is formed. The whole universe also initially gets its state. If it does not get its state, it cannot happen. The condition that gets created is due to the power of God that's within us, this power which we call as energy [shakti] of Sadashiva or energy [shakti] of Shiva. Due to this energy, our existence is created. Rishi-munis named this shakti [energy] as 'Mahakali.' This energy comes in us through our right side and settles on our left side. As it has been shown here. "(You show, show Ida Nadi, channel. Come here, this, show that)"

The channel carrying this is called Ida Nadi [Ida Channel]. So, all these things are very minute. These are subtle things. These cannot be seen from outside. But due to this channel only, the left sympathetic nervous system is being manifested in us – left sympathetic nervous system.

So, like this, as the condition is there, the way in which our existence is also there. If there is no existence, we reach death. It means that when this power is not there within us, we get destroyed. Therefore, many people know this as 'power of destruction.' When the sun sets, the spell of darkness sets in. In the same manner, as the existence of one power or not existence, both are representing the same power. This power must be said to represent both set and existence.

Another power which is moving in us due to which we create, due to which we think, which retains the body, due to which we keep this body moving, this energy is called 'Shakti of Brahmadeva' and this 'Shakti of Brahmadeva' is called 'Mahasaraswati.' This energy (I am talking in English because we get confused in Hindi language in left and right) passes through our left side and settles in our right side. The channel carrying this energy, which is very minute, very, very minute, is called Pingala Nadi [Pingala Channel].

The channel which is first [Ida] is also called the "moon channel," and this second channel [Pingala] is also called the "sun channel." Due to this channel within us, the right sympathetic nervous system, this is a subtle channel, but the material channel which can be seen with the eye, which is an active channel, that right sympathetic nervous system is manifested.

This channel, I told you, is responsible for physical and mental work being performed, due to which we think. The first channel, which is called the 'Moon Channel' or 'Ida Channel,' activates the Subconscious [Supt Chetan] in us. As you are now listening to my discussion; at this moment, at present, you listen to my talk and immediately you throw it in the subconscious mind. You are listening to this in the conscious mind, and from the conscious mind, you move this to the subconscious mind. And due to this mind, conditionings [sanskar] get developed within you; may be those are good conditionings [susanskar] or bad conditionings [kusanskar]. That is the conditionings of the brain.

Due to this channel our past is created, 'bhav' is formed. Means whatever has happened in past, which is called as 'bhutkal' [past tense], whatever is over gets collected and stored in us due to this channel only.

And the very minute recording or collection is kept in Kundalini. Kundalini Shakti [energy] is only the residual Shakti of Mahakali. The power of Sadashiva is always there, as if it were a seed. It is from this seed that both these powers are awakened and at the end absorbed in it only. And that's why it is called as 'Sadashiva' because this energy is always present and other energies get awakened from this and get absorbed in this only.

Other than this there is one more energy in between in us: the channel carrying this energy is called as 'Sushumna Channel'. Some say it as 'Sushmna', some say as 'Sushumna'. It's having different pronunciations but Sushumna is proper pronunciation, which can be sung in Mantras also.

So, this Sushumna Channel is carrying our activity of ascent, evolutionary processes. Due to this channel, we became from amoeba to human beings. Through all these three channels whatever is achieved, whatever is worked out, whatever a being obtains, whatever has happened, that is stored on our central nervous system, which enters in us through the rear side of the brain going downwards.

Today, whatever human consciousness has, like now at this moment whatever you have obtained, that is settled completely in the central nervous system, your conscious mind. So this way, I have told you four institutions.

The central system, which we call as 'Shakti' of Shri Vishnu. By Shri Vishnu's power, firstly Dharma gets established in us. Through retention of Dharma only, our ascent gets developed. Like if you see the periodic table in chemistry, you can understand how properly and neatly God Almighty has arranged all elements there in it and how He has given different types of energy or special Dharma has been allotted to them.

They have eight valencies, and this you can ask any specialist of chemistry or medical science, and from these eight valencies, some of them have either fulfilment with eight or with four valencies. In case they are complete and due to lack or excess of one or two or three [electrons], transactions take place in between them. This has been created very delicately. This retention also, this retention of Dharma also takes place due to Shri Vishnu Tattwa.

As gold has the quality that it never gets spoiled, it never becomes black, untarnishable, this retention of Dharma is due to Shri Vishnu principle that is active in Nabhi Chakra. When this principle is spoiled, then our ascent is stopped. This principle mostly we have to practice in Sahaja Yoga, and mostly we have to consider this only.

Earlier I told you that Kundalini is residual consciousness of Mahakali power. It has the collection of whatever we have done till this time, what mistakes we had done or what religious acts we had done, what we had gained, whatever kind of conditionings we are having, good or bad, all our diseases, problems, all—not just of this life but of many lives—are taped in this.

And this is your Mother who has absorbed all your conditionings in her and is moving with you every time. That's why this is called as Sahaja Yoga. But it is settled on your triangular bone in three and a half coils. Why it is having three and a half coils is a topic of great discussion. If I start to talk on this, then time will fall short!

You can see with your eyes whether this Kundalini is there within us or not. When Kundalini gets awakened, you can see how it vibrates on this triangular bone. When there is a catch in Nabhi Chakra, then specially these vibrations can be seen so strongly that any small child also can see this. This does not require any proof. For this, we have made a film also, which we will show on BBC TV.

Kundalini resides here only at this place and nowhere else. You can read some of the books that have been written—one Irwin Sahab has also written such a big book about Kundalini. Till now, he doesn't know where exactly Kundalini resides. Then why write? Who has given them rights to write such a big book? If he is British, that does not mean whatever they feel, they can write. By reading books and without experience and observing, he had written that maybe Kundalini is in the stomach or maybe a little bit below this or maybe above the seat.

All things made by God are never this way or that way. Truth is one. All this confusion is there only in the human brain, whether it is here or there. Things which have been created by God are just at that place only and not at any other place. You can see this with your eyes. This Kundalini residing at the triangular bone has been moving with you for many lives. Even after death, she is wandering above your head, and when you again take birth, she enters in you and resides inside. Death and rebirth are the work of very great compilation. A dedicated lecture shall have to be given to do justice to this topic.

But we don't have any connection with death at this moment. Today we are just related to the present, and we will discuss only about it. As the left-side channel, Ida Nadi, is related to our subconscious, our past; in the same manner, the channel from the right side, which is called Pingala Nadi, is related to our future. The channel which is in our middle is related to the present, now, at this moment.

See this gap between these, due to which human beings cannot stay in the present. Either he goes ahead or stays behind but cannot stay in the present. Now see how Kundalini gets awakened. When you hold your hands like this in front of me, the energy or vibrations flowing through me enter through your hands, through fingers. See these fingers—they have not shown this in the chart, but another chart has shown this. These are also having centres on the right and left. On the right hand and left hand are also having these centres, and all these fingers, their edges, you can say ends, at that place are centres [chakras].

When these chakras or centres are awakened, you can feel on them which chakras of yours are caught up and also which of others' are catching. With this left sympathetic and right sympathetic, chakras of both sides are understood, and when you know chakras, then you can cure any disease due to these chakras. Like yesterday, one girl came, suffering from [inaudible], got spontaneously cured, and started moving nicely. She was having multiple sclerosis, which is incurable; nobody can cure this. Why did she get cured by Sahaja Yoga? Because in this, first, diagnosis is there—determining which chakra is being caught up. Mooladhara Chakra is caught up. Heart chakra is caught up. If you awaken Shri Ganesha on the Mooladhara Chakra and in the Heart Chakra, Shri Shiva is pleased. Then immediately vibrations will come there because his chakras, which are there inside, which are his basic, are cured; then that person will be cured.

Diagnosis also will be done by a human being. That person who gets realized will himself diagnose, give treatment, give medicine, and can give self-realization to others. The first chakra is below Kundalini. God Almighty has kept this here with proper wisdom. So, this chakra is adorned due to Shri Ganesha. It is called the Mooladhara Chakra, and above this is Mooladhara. Triangular bone [sacrum] is called Mooladhara. Some people call it Kumbhkund. Many names have been given. But Shri Ganesha resides on the Mooladhara Chakra, and it's very necessary to understand this Mooladhara Chakra.

Our sex is controlled by this chakra, and Shri Ganesha has been kept above this. Shri Ganesha is an innocent child. That's why he has been positioned there because he is so pure that no dirt can touch him. That's why he is seated there. Because a small child has so much innocence that he is above all such things, that's why Shri Ganesha is sitting there. Sitting there, Shri Ganesha protects Kundalini, which is 'Gauri Swaroopa,' meaning she is married but still has not met her husband, still a virgin. In virginity only, she has created Ganesha and kept him here. See, such a beautiful situation is this, and she is residing there, waiting for her husband, waiting to meet Shiva.

For the protection of her chastity, for her protocol, Shri Ganesha is installed there. Now, on this, I will tell you what 'Tantrics' have committed as mistakes. Because I am Mother, I will not say that they do this deliberately because this can be the greatest sin, but this can happen by mistake only. Initially, when they started exploring "manan," for not having so much purity, it might be that they took Shri Ganesha's trunk as Kundalini, and due to this, it might be they considered Kundalini at that place where we sustain chakra. Where there is Shri Ganesha, there is no Kundalini. That's why they developed such a theory that by doing sex Kundalini comes up. May be initially, this mistake happened. Might have happened, but being a Mother, I cannot blame them. They are also my children. But human beings have never done any mistake more than this. See, Kundalini is your Mother, and this is so strong to blame on her.

But by this mistake, all Tantric society was created. In the sixth century, there were riots in our country, and all kings, emperors who were filled with filthy lifestyles were giving more support. They ruined it to such a low level that our entire architecture, scripture, and even our sciences featured it.

They started saying that Shiva and Shakti were homosexual and also started saying that "Ashwamegha Yagnya" is also unisexual. The one who gets blind in Shravan [one season with all greenery around] sees everything green. Such a highest, virgin, great principle they brought down to such a low level.

We are actually Tantric; we know [tantra] and we operate [tantra]. This is your technique, which is called Kundalini, your [tantra]. But these bad people named themselves "tantric." It is like as if one thief has come and is calling himself a king, and due to this confusion, human beings cannot understand that while discussing Kundalini, why Mataji is saying about purity.

Actually, this Kundalini, which is the purest thing, astonishes people when we relate it to purity. What darkness! Then when such people who do not value character in their life, who are not pure, those who are spending their life in wrong ways, those who have completely prepared themselves for their destruction—if such people try to raise Kundalini, then it's certain that heat will be created inside them. They will get short-circuited. Problems will come; they will jump and do all sorts of things.

Those who have faced such experiences—it is natural because Shri Ganesha is the survivor of mistakes. He breaks all sympathetic nervous systems. We have such people when their Kundalini was raised; then bristles came out from head to toe, all over their body. This, you see, is not due to the raising of Kundalini but a reaction of the sympathetic that is passing through both sides.

You can see that you cannot raise Kundalini without Shri Ganesha. He is residing at the rear side. But I feel that when people come from foreign countries to our country, they come from bathrooms or drainage, and then they write an explanation of that [drainage] as an explanation of our country. They are donkeys only. If they want to come, then they can come through the main gate and then understand the culture of our civilization!

Such a learned man like Hume—I admire him a lot—was also a donkey because he came the same way and spread all Tantra and promoted its importance. No Indian is remaining with us to tell them the real truth. No one is remaining with us to tell them the real truth, nor did they try to learn the real meaning of the Kundalini system.

When your Kundalini is awakened, you will be surprised to know that you just become like an innocent child because Shri Ganesha is awakened first. At the beginning, the vibrations flowing through your hands are received by Shri Ganesha only. Your hands are towards me. Vibrations enter through your hands and inform Shri Ganesha that now Mother has come, and you become like a small child. He breaks the way in between.

Only after that does Kundalini rise. Kundalini never rises until Shri Ganesha sanctions it. If you are a very impure person, Kundalini cannot rise, or if anybody has damaged your Mooladhara, then it also cannot rise. Nowadays, most [false] gurus do this dirty work. These people break your Kundalini. People become unhappy with me if I say something against their gurus.

"Mataji, don't say this." Then what? Shall I adorn them with garlands? Or shall I do aarti to them, who break your Kundalini, who destroy your chance to have a second birth, and dispel you from your own right to get this?

These people are just interested in money. They eat your money. I don't have a problem. They crook you; I don't mind. Whatever they want to do, they may become thieves. They make your women dirty. If your women are so stupid, let them become dirty. I don't mind. But when they trouble Kundalini and make your Kundalini dirty, then they should be called "rakshasa" [demons], and they are demons only. I know at least 16 massive demons. They were killed by Goddess many times, and they have been born again and again. They are born in this Kali Yuga [era of Kali], and six rakshas [female demons] also have taken birth, and people worship them. Such senseless people—they have no limits.

This Kundalini, that is your Mother. She is waiting for the day when her child will get his second birth. She only gives you a second birth. Due to her, you are known as twice-born. If you are a superficial person, if you don't have any depth in you, if you don't want that, Kundalini does not rise on her own.

If you have done some mistakes, she informs that he has done this mistake. From your chakras, it can be known that you have done this mistake, that you haven't done, and, in this way, all about Kundalini can be known completely. But if you have carefully kept your Kundalini properly like as Kabira has said, "Das kabir jatan se odhi, jaisi ki taisi rakhdi chadariya," at that time Kundalini of such people gets easily awakened.

Now after this, the next chakra above this is called Swadishthana. This chakra comes from our Nabhi and is moving around [Nabhi]. This is known as Swadishthana Chakra. Due to Swadishthana Chakra, our attention is activated. Wherever we put our attention, there Swadishthana Chakra starts working. That's why when we think too much, at that time Swadishthana Chakra converts, transforms fat from the stomach so that it can be used in our brain. Brain is also having fat globules in it. These fat globules which we use are transformed in the stomach by Swadishthana Chakra and transferred to the brain.

This is the chakra which keeps control of our liver, pancreas, kidney, and some part of the uterus. This is the centre of creation. Whatever we think about the future, we feel like to create, whatever we do planning for the future, then this Chakra starts working and it enlightens our attention. It enlightens our [Chitta]. The person who has a bad liver, his attention is always sad. He will not like anything. It's not his fault because his liver is not good. That's why it is called 'liver' as it is related to your life. In the same manner, a person who thinks too much and does too much planning, his Swadishthana Chakra also becomes worse because either it is doing the work of thinking and supplying continuously to the brain, the poor thing, or it will look after all these organs.

From these organs, when the pancreas becomes bad, then you get diabetes. Diabetes can be cured 100 percent by Sahaja Yoga, hundred percent. In this manner, due to excessive thinking, the right side of a person is doing excessive work and the left side becomes unsupported or becomes sad, gets neglected. Due to this, when a person thinks too much, works hard, or does too much physical effort, then he gets a heart attack. When he gets a heart attack, then he should understand that, "Now I have done too much." He becomes imbalanced. He should understand immediately that now he should pay attention to emotions and try to bring balance.

In Sahaja Yoga, after self-realization, there is a very simple process to bring balance: raise the left side and put it on the right side. Just now, many people came here who were not able to get realized, their only left side was raised and put it on the right side only three times, then immediately their Kundalini came out. As you can see here, when you think too much or when you are very busy with work, then your ego gets developed, as shown above, which actually goes through your head up to here, revolving like a balloon. When you develop conditionings in yourself, it means when you try to press this ego, then superego is awakened in you, which is called superego. It comes from behind you to the right side – that's also an imbalance. In this manner, two different types of balloons are developed in you. When one balloon is more developed than another balloon, then it tries to control another balloon, and it exerts pressure on another balloon. Nowadays, ego is more developed in Indians because we are developing, so we do much planning. We are very active; that's why due to thinking, our ego is increasing. Nowadays, in Western people, superego is increasing because initially, their ego was so much grown up that it completely controlled superego. So, they were disturbed, and through ego, they started thinking there should be some control over this, and they started taking drugs, etc.

Due to intake of drugs, superego was increased. As superego gave a push to ego, then ego came here, and superego was expanded. Now wobbling is going on in between these two. They are pushing each other from here to there, and nothing is in its proper place. All the time, wobbling is going on in between the two in their minds. They are having very different worries. As you know, those who are in very wealthy countries, like Sweden, are having more suicides because in their minds, this quarrel of ego and superego is going on. Living is not in their tract. In one minute, you can see in America hundreds of people: somebody's nose is moving, somebody's head is moving, somebody's eyes are flickering, somebody's mouth is twisting. They cannot sit in peace for one minute. If you see young people, you can see big wrinkles over here due to worries. The reason for this is the quarrel between ego and superego, which is continuously going on within them. Fallacy and confusion is going on in their mind that they don't understand, "What is it?" And by taking benefit of this, demonic powers or negativities enter in their brain. And that's why they follow such things so that they can run away from this and can run away from all problems in this world.

Swadishthana Chakra is very important. Because those people who do excessive work either go to extreme, we call this as supra conscious area which is on right-hand side. So, when it's transgressed, then we enter into collective supra conscious. In this manner, when they are transgressed on left side, then he enters from [personal] subconscious into collective subconscious. Upper part of human beings is of collective consciousness. The person who thinks too much about dead persons, about death specially in Buddha Dharma [religion], this has entered. It's surprising, I don't understand that why Buddhists have given so much importance to this. It's surprising. That why did Buddhist give so much leverage to this, although as per me, Buddha must not have considered. And Buddha said, to the extent that, don't worship any dead things. Buddhist people are just opposite to this. If you go to Ladakh or if you go to Tibet there Buddhists, many of them do tantra. 'Pret Vidya', 'Shmshan Vidya', 'Bhoot Vidya', with Mahavira followers is also the same thing.

But these people go to more extremes than Mahavira followers. But at least Mahavira's followers, due to their going opposite or whatever it may be like, but they will build temple, create caves, will do drawings, if not find anything else, then will work for cloth shops, sell clothes; do such acts.

And Buddha followers – but Buddha who never talked about death, surely Mahavira has said about death and hell, but Buddha never talked about death – all are just going on discussing about death. In Ladakh, there is a sign formed about which person is to be seated, in what way; how a person is to be buried, how his hand is to be kept; how he is to be managed. In which text of Buddha it is written, I know not; but I can tell you for now that He cannot write such a thing. All this necromancy, tantra, all force them towards the left side. And with this you have the equations about whom you must have heard dakini, shakini, hakini, etc., etc., in this way have seven resonances. With its resonance a person is just pushed forward in collective subconscious and in collective subconscious. And all those persons who are dead are there who are afraid of their life, who run away from life, sly being. Those who are very wicked in nature are also there, very nefarious people can also be there. But they don't have courage to do this work openly. They do this dirty work very secretly. Those people who are not satisfied in this way are also wandering there only.

Our place is beyond this. When we are dead then we stay in collective conscious and we are waiting for the day when we will get rebirth. We don't believe that you wander here and there with unsatisfied emotions. These wandering beings in [their] left side are very bad and when they enter in our body through our Agnya Chakra then a person can get infected with diseases or becomes mad or many other different diseases. All these diseases are of Ida Nadi and those diseases which psychologists treat, are due to our left subconscious. So, our Freud Sir was only intelligent according to me, he was just having one eye and didn't have another eye. He just saw one side but he did not see another side. He used to say that, "It's all conditionings and nothing else and as it starts only with sex." He brought all things in front of it. If he would have read at least little bit of Indian 'Sexology', then he would have improved little intelligent. But his vision was so much one-sided, he just used to see only one side, and he himself was very disgusting. He was having a bad relationship with his own mother and that's why he put forth all that filth. And this must happen because if psychologist all time stays with mad people, then he himself will become mad. All that filth comes in him that he sees in mad people. This maybe psychologist doesn't know. And the one who has come with me here, he is very, very good psychologist there, he himself told this. Because if somebody has got TB [tuberculosis] then we understand that he has got TB, need to protect ourselves. But we don't understand any way to protect ourselves from these [dead] spirits, possessions. We meet them, we talk with them, then it might happen that we also take something from them. And due to this

reason, they cannot cure many people's diseases because they cannot see them. This is a very subtle thing. It resides inside us and it is there, surely there, and this is settled in us.

Now if you go to the right side then in right side you reach in supra conscious area. Then from there, if you encroach beyond, you reach the collective supra-conscious area. At this place, those people who are very ambitious stay. They are very ambitious people, those who always talk about the future. When someone's spirit gets satisfied, then they reach the future location. But as Hitler is dead, he must still be there because he is still not satisfied. This place is made for more ambitious people.

When you go to the supra-conscious, then one of these gentlemen (Preit) enters in you. When these spirits enter you, they will drive you too. You will do all that a madman does. He will run around like a mad person. You will just see that either he will get a heart attack or he will go mad. Then he gets absorbed. You must have seen many children, those studying and after that securing first class, first position, and then flat. After securing first class, first, suddenly fall flat. This is quite common, and it is because of this only.

Expecting too much of a thing to the extreme... If it's too much, this must not happen. Hatha Yoga or transcendental meditation is this only. In this, only some ambitious spirit is implanted in you. A spirit named "Ram" is filled in you, then you start working. You start working very hard. They start working on you. In ten years, your condition will become like a used-up car making khad khad sounds when running.

Now, I have been to Milan; there, they were the first to do trans. There, whoever did trans, today if you go and see, you will hold your ears not to involve in it. Because when you go in trans, you enter this supra-conscious area only. These spirits of the supra-conscious ride on you. The spirit of trans rides on you, and whatever is your own is all lost. You take somebody else's load on yourself and roam around. Suppose if Hitler comes and sits on you, what will be your condition? It might be you become a very successful person. The whole world may see you as successful. But after ten years, your condition will become such that you... not ten, hardly in one year. Had there been any Buddhist sitting, that could have been seen within one year.

In your Delhi, there was one 'Sahab.' Last year, when we came, she came before us and started saying, "Mother, my condition is such that I have no stamina, I tremble while walking; if there is fragrance, it suffocates. My condition is that I cannot go through any temple or masjid. If anybody says the name of God, then my breathing becomes faster. What is this?" I removed her possession, and then she is better. So this is a spirit. And so, you need to understand that both things are wrong.

We have to be in the centre, the middle way. This has also been told by Buddha. The same thing has been told by all, that we have to be in the centre. Now about the Nabhi Chakra, that's in the middle. I told you yesterday about someone else. That Nabhi Chakra of our country is spoiled. One thing about God is that why God must give you happiness and peace, why give joy and wellness? You don't even seek Him. You don't even desire to know Him. You are wandering hither and thither. You don't recognize Him, you don't want to know Him, just loitering all around.

I ask you on His behalf, "What justice have you been doing to God?" He has created all this nature for you, and you are just fighting head-on. You are quarrelling among yourselves. Even two brothers cannot stay in peace; then why should God look after you? Whatever questions have popped up are all human-created questions. This is because human beings have adopted demonic power in themselves and are forgetting all about God; then why should He help you? What is that to Him? Today He has created you, tomorrow He will destroy and will again create another world.

He has no concern with you. It's me only that I am Mother and feel that, "No, children should be saved," and this is going to happen. What do you think, that you will be sitting relaxed? That thing is going to happen. It's all right that now time has been given; now you get realized, then it's all right. Else Kalki incarnation is going to come, and when it comes, He will not see anybody, He will not give realization to anybody, will not give lectures to anybody. Like me, He is not going to meddle with you. "Baba" settle, settle, settle. With one sword, He will just cut and finish you.

He will create a situation where you will not understand where you are. That's why you must understand that now the last time

has been given to us, and this is the last moment also, and we should get it. Don't spoil your life by treading on the wrong path, by hankering after the wrong things. Because your life is very precious. Through so much difficulty, you have been created. See, all chakras have been created by God Almighty within you. Firstly, the beautiful centre like Mooladhara on which Shri Ganesha is residing, then Kundalini that you call Mooladhara. Then after that, the Swadishthana Chakra due to which you can control the whole of nature.

See, when we were coming here, these people told us that in Delhi it's raining a lot. I said, "Don't worry, let us reach." Since the day we arrived, the rain has stopped. Suddenly, the rain stopped. It's not difficult work. We say that even to control the sun and all that is not a difficult job. But human beings are very difficult to correct, very difficult. The most difficult thing is human beings. Sun, moon, stars, all are under the gesticulation of God. It's no difficult task. But human beings, who are free, in front of them even God is also bowing down. How, by which way, should He persuade you that, "See how beautiful a thing He has created within you? Through this beautiful thing, achieve God, get joy through this."

But human beings are not relieved for even two minutes to sit, settle in God, achieve it, clear it, and give it to others. But they don't have time, though actually, they always have a watch. For what purpose has God given you time? What for all secrets of nature, which you actually call science, has God opened to tell you? From where did you get all these powers? For what purpose will you save time? Everybody will save time. "We want to save time." What for? They will say that, "We want to go to the pub, that's why we are saving time." What to say! By saving time, we want to go to the ballroom for dancing.

This time saving—you need to save time so that you can do meditation, settle in meditation, and achieve your Self. That's what God has given you all these powers for. And above this, you can see the Nabhi Chakra, about which I told you yesterday how important this Nabhi Chakra is. That's why I will not tell you more, but human beings get evolved through Nabhi only. When their vision goes to God, they get their ascent, and then only their sight reaches the Almighty.

So long as attention is always on money, status, politics, or all lower-level things, the Kundalini cannot rise. Now this chakra is very important within us and should be cherished. This needs to be well preserved and understood—how the Nabhi Chakra can be properly kept and what must be done for it. You should understand how your Nabhi Chakra is going to work; you must talk to these people about it, and they will tell you. On top of that, because it is a very necessary chakra, it is specially created in us. When the role of upliftment was created in the Nabhi Chakra, it means the role of upliftment in us; then you know that Dashavatara took place.

This means that one by one, incarnations took place. Firstly, the fish incarnation took place. This means that initially, the fish came out. After the fish, when it touched the land, it became a reptile. Then the incarnation of the tortoise took place. All these things are in the scriptures, and you have seen them. In this way, one by one, creatures were developed. Incarnation does not mean that they are over—they come and evolve you. But this life that evolves from the partly formed aspect of God tells you, guides you, and gets positioned within you.

So from this, whatever incarnations took place mostly occurred in the Void, and from there, they kept helping you. Since that time, many people tried to achieve God, but every time the demonic or satanic people failed their efforts. At that time, as you know, Goddess Shakti herself incarnated. It is said that about a thousand incarnations took place; in Kalyuga, many incarnations occurred. She did massive work securing all those people who, for their ascent, had been doing Yagnya, etc., in the Void. She protected them.

Yagnyas were performed with the intention to enlighten all five elements in nature. That's why yagnyas were performed. Now there is no need to enlighten these elements. All of them are already enlightened in you. Because of this, you get electricity and are able to use magnetism. Due to the enlightenment of all these elements, you are able to do agriculture and have all these new advancements like mass manufacturing materials. All these are because of the enlightened elements. That's why now there is a need to go beyond all your dharmas. You need to attain the extreme of your evolution.

This means you have to get introduced to your own Spirit. This is your job. All other jobs are finished. Only this is the last job.

Now, as I told you, this Goddess incarnated for your protection, and she has a thousand names. Whatever is expressed about her will be insufficient. You all know how important the Goddess's divine powers are—how they are famous, dynamic, and so subtle. It's not easy to express. It sees all that which is not in you, and it's so difficult to express it. This means it's so active, so subtle, and so loving that if one of her fingers is moved, the whole world will be moved. So much power she beholds.

This Goddess incarnated many times and destroyed demons so that you can move around freely. Now in the right side of the Heart Chakra, in the centre of it, is the place of Jagdamba, who is your Mother. When you forget that Jagdamba is your Mother, a sense of insecurity develops in you, and when this happens, you get diseases of breathing, such as asthma and all that. So, asthma and in case of women, they get breast cancer. This is also caused due to this centre. This sense of insecurity is developed because this abode of Shri Jagdamba remains destitute, and it is cured only with the awakening of this abode of Jagdamba. All such diseases like lung cancer, etc., are cured due to the awakening of this centre. Whatever human diseases like cancer, etc., get cured by awakening the place of Jagdamba. But till human beings don't know that we have the abode of Shri Jagdamba in us. To know all means to enlighten. I don't mean that to know means knowledge. There is a lot of difference between knowledge and enlightenment. When one gets enlightened that Jagdamba resides in us, then only does this Chakra get alright.

The chakra which has been shown on its right side is the chakra of Shri Rama. Here we have the incarnation of Shri Rama. This is the place of the father.

On the left side, there is the abode of Jagdamba. In the centre is the abode of Jagdamba, and on the left side is the abode of Shri Parvati, who is our Mother. This is the abode of the mother. That's the place of Mother, which is on the left. If you have a catch on your left, then if questioned about your mother, then we get to know that either your mother is sick or she has been dead or on her deathbed. If your left is absolutely still, it means you are going to have heart trouble. If the left gets a little catch, then I see that you have heart disease.

After this, the next chakra/centre which is above is a very important chakra, called the Vishuddhi Chakra, and through this 16,000 nadis or channels pass from the head. This is the abode of Virata, which is called by the primordial master, which is all this primordial being, and in which you all are these small, small cells, which is called as mind in English. This is that big wire that God has inserted within and resonated. When these cells are awakened, then this Great Body is also awakened. The Incarnation of God or Goddess created you as a human being, and now you know Him and achieve Him. This is your enlightenment. For this reason, this Chakra has importance, especially from the Sahaja Yoga point of view. This Vishuddhi Chakra is the place of Shri Krishna. We cannot understand Shri Krishna now as He is 'Almighty'. Shri Krishna was a very Great Diplomat. If you want to learn from him, learn politics and diplomacy.

The complete Geeta is full of His diplomacy, which you can understand. Because He was such a Great Diplomat that He thought, these are foolish, and these foolish people cannot understand straightforwardly if you tell them, so it's better to bend the method. That's why He told you all things in puzzled ways. This I will tell you in brief as there are many things to be told now. Krishna has already told you in Geeta to find Him, know Him, and for that you just find yourself, know in your quiet mind, know the people above you—in the first chapter.

This is also extreme because if He could be understood, then He said to Him, "You are saying know yourself; on the other side, you are saying fight, I am not understanding." What He meant was that, when you have become a witness, then what is lawful, and what is unlawful? But when Arjuna asked such a question, He responded with great respect as a father. Diplomacy has been done with him which should also be done with you.

We are Mother, and hence we are telling you clearly that you are being befooled, because if you want to be an idiot, then what? The father's way is different; Mother's is different. He fooled you in such a way. Take it that there is a son, and he is sitting in the horse-cart and wants to drive it. And the horse is tugged behind. Then the father came and said, "Son, your work will be done only when you tug the horse in front; only then will your cart move." So the son said, "No, I will do it by keeping him behind." So the father came and explained to him. He did not understand, so he said, "Okay, you keep driving, keep driving all the time but keep

your mind on the horse."

What he said to you was to keep your attention on the soul. Whatever deeds have been done, they will have done that one condition. Reach up to. I am very dizzy. Whatever deeds were done, there is great confusion. Keep the whole burden on God. This cannot happen. This diplomacy puts absurd conditions—absurd conditions. If you think that whatever we do, we are great karma yogis. Leave God alone. You have no faith in Him. Keep doing it. It can never be yours because you have been befooled.

As long as you haven't attained yoga, you will do any work. Never think that you have got any result from it. When you ascend, then you will see another kind of language. It is 'happening' or 'coming'. Speak in the third language: 'It is rising; it is running'; it is happening'; 'Kundalini is rising; they have transcended.' Even if you have your own son, you will still say, "Mother, what to do, he cannot ascend." Whoever has to get it, they get it, and who can't, they can't get. "Karmanye Vaadhika Raste Faleshu Maha Kadachin." All this is done in Sahaja Yoga. That Karma: Look, we are raising this Kundalini. Brought it to the top, then Kundalini dropped. What do we do? If Kundalini does not hold, then what should we do?

Faleshu Kadachin. Now leave your work to God because it does happen. There is no question of its being; it can't be. You have come into inaction now. Things are flowing from your hands. There is the sun, sitting in inaction but Lighting the whole earth that you are seeing, you can see greenery all around. It's for Him that every leaf is greener, but He too is in inaction. Inactively active. Himself is inactive and active from within. Seeing own inactivity and releasing from inactivity. This can happen only after ascent, but when (unintelligible) happened. Keep running (unintelligible). But Mother, it's different. She said, "Son is now tired of running." "(Unclear) This is what I will say, (unclear) this is the difference. Even then, what to do? (Unclear) That thing is something (unclear).

It is the same in Bhakti Yoga, Bhakti Yoga also. In Bhakti Yoga, it is said Pushpam, Phalam, Toyam—Whatever flowers, fruits, and water you give us, we will accept that; but what will you give us? So they say in it that [inaudible]—this is too much, see, no one has paid attention to the amazing word that has been used, everyone is listening to the sermon on Geeta (unclear). There is a very good word which you did not understand. This is his wonder. But what does the word 'do exclusive devotion' mean exclusive? When there will be no one second. Means, it will happen only after you have transcended. This is the catch. Do exclusive devotion. How to do exclusive? Unless you are, you cannot do it. Absurd conditions should be imposed, this is diplomacy. This is it. Do anything in such a way that the one who has the abnormal condition will get confused by the other. Unless there is exclusive devotion, your devotion will be no. You cannot be exclusive unless you ascend. The meaning of your giving is that yes, you get realized. This is its point.

If you understand that even in Geeta Krishna has described the whole Sahaja Yoga only. This leela they have done is, in this leela, in that—Radhaji was actually Adishakti. When from the river Yamuna did they come from, the whole water vibrated. Now, when the Gopis went there to draw water, Krishna used to bang them with little stones. That vibrated water used to flow down on the entire Kundalini, 'dhud, dhud, dhud.' He used to raise it up. Look at His amazing feats (unclear) since childhood. When He was the youngest, just four years old, He hid the clothes of Gopis, and then also, He used to awaken their Kundalini, sitting up there. And were looking where the Kundalini was; what it is? Did such people sit there then? At that time, someone in Gokul would say, "Brother, sit like this" and give a lecture, would anyone listen (unintelligible)? Raas, that too was this. 'Ra' meaning power and 'S' means 'with.' 'Ras,' 'ras' meaning 'Ra' means Shakti was made to dance holding her hand in hand. One may get tired while dancing (unclear), but then kept dancing and raising the Kundalini. As long as He needed, He used this power. Whatever He did was all Sahaja Yoga.

When Ram also took Sita along with him without wearing shoes on feet, that too, so that the whole of Bharatvarsh be vibrated. Roamed bare feet, made everyone vibrate; created this whole drama. What has happened is that we awaken our land by walking on our land. Came eight thousand (hundred) years ago. When the time came today, when we came, we saw that you all are now English. What to do with the British now? All those feelings are gone, all that beauty is gone, that simplicity is finished, that purity is gone. Now we are holding our heads wondering what to do now? Now when the time has come to offer the urn, you have made yourself this condition. Even now in our villages by the grace of God simplicity is quite good, and you guys too if you understand this thing and get rooted in it, Sahaja Yoga can be established very well. Doing one thing (unintelligible), you will be

surprised how the whole surroundings have changed.

Now if asked whether communism or democracy is better? Capitalism is good, or communism is good (unclear)? I said that this biggest capitalism is that first your power has awakened, all your own wealth. And without giving you do not get peace, this is the biggest communism. You are not going to get peace without giving, this is your communism. And both things we get in Sahaja Yoga. In this one gets joy in just keep giving. Then there is no fun in how much money you have saved, how much assets you have, how many things you have, but there the question is how many did you transcend? Enjoys this, remains busy in this, in giving vibrations, and in giving, he accumulates through meditation. The entire health of a person changes from top to bottom because this is a living process. Just like if a tree gets damaged, it may be set by humans. But if its upper globe, you may understand—if its pillar gets damaged, you cannot fix it. But you can fix a tree because you are alive; but completely One must understand and grasp what is important. One should not waste one's time on useless things.

Just today a lady had come, her health was so bad. I said, "What do you do?" She said, "Upvas." We said, "Are you crazy?" When you went it was all good. God created everything. What is the point in fasting? Some fall ill due to overeating and some due to fasting. Oho, what is kept in it? Stay in the middle. No one should go to extremes. Some religious person will rise beyond 'Gunatit' and then when Kundalini will cross the Vishuddhi Chakra and reach Agnya Chakra, then you will know that you are going into a thoughtless state.

I have given a lot of speeches today and you know that for the last two or three months I have been giving speeches three-three, four-four times continuously. And very successful Vidya. Tomorrow there is no program here but in the evening I will try because I will tell you completely about these chakras and what are the benefits of Sahaja Yoga, I will tell you about this also in the evening. Hope you all will come. Let's meditate for a while because only in meditation there is achievement, and in achievement itself lies all its main reasons and the main purpose, everything else is fine. However, even through speech, your Kundalini may be awakened a little and that's why we do it. Hopefully, you get it, and once you get it you settle in it – it's not that you came for two minutes and left; this is not a movie show, or a play, or anything like that. That you have gone and gone – one has to settle in it. You yourself are an actor in this. For an actor, it's not that he does it only for one show. You yourself are on the stage. The stage is completely readied for you. You come and act.

It is not that you came and saw, directed good things and went away. You yourself get on the stage and work. For the evening after today's speech (unintelligible – meditation will be at 5 o'clock?) and we will finish by 7 o'clock. Because I have to go from here, it will take a lot (unclear – time?) Although we do not wear the clock and especially in this, we don't pay attention; our clock is always in reverse mode, and all this keeps (unclear) happening by devoting to this. Freelancer, what to do? All in the same way, things keep going and this is how things get accomplished. So please excuse us if we ever come late, that's necessary because its auspicious time is late. Our events are done at the auspicious time. The one in which we were right now (unintelligible) – One, we also have fifty programs.

One Sahab started saying, there is a sir, "There is a very good land at the sea beach; Mother, it will be very nice there, but just take a look once." And on the same day a gentleman organized a puja asking everyone to come and attend the puja. It was his birthday that day and there were many programs. And that Sahab took me somewhere near the sea. While walking there for three-four miles they broke some of our legs (got tired) and after that, it was too late to come back. We had come comfortably. When he came to say that, everyone was sitting, it was 2 o'clock. The puja started at 2:30. So everyone said, "Mataji, puja is taking place at 2.30, now when will we have dinner?"

I said, "What if there is no food for a day? What disaster has happened?" I said, "Okay, find out when you yourself were born." Then he said, "I don't know." We said, "Just find out." You were born at 2:30, that's why it was 2:30, did the puja. And it was found out that it was 2:30. So we take all the Panchang when we move and that ephemeris is so good that it's so accurate. Just now someone (unclear) asked that (unclear). That day is 'Amavasya' [No Moon day], or it is 'Navami' yes, it is Navami. Yes, so he said, "Start the havan in the morning."

We said, "Yes, yes will, will," like this. Kept postponing, kept postponing. While doing so it was four o'clock. So he said, "Mataji we

are thinking of performing Havan since morning." I said, "What, you guys will meditate? Meditate, what kind of problem is there on this day?"

Then I said, "Okay, find out when, at what time did Navami start?" Because the intention was to do it on Navami. So he said, "From four o'clock." I said, "Just see." We have no will plan. Say us to read any almanac, we don't know. But everything remains our calendar, we follow our own Panchang and you people should also learn this.

Many resolutions then 'Sankalp Vikalp Karoti'. Such people get hurt. And then people start saying, "Mataji, look at our...."

## 1979-0312, Mooladhara: morning talk

View [online](#).

12 March 1979

Mooladhara: Morning Talk

Public Program

New Delhi (India)

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

Public program, Mooladhara (English & Hindi). Delhi, India. 12 March 1979.

In the morning, I was telling you that your attention which is towards Me, if I say that you take it inside you, that you cannot take.

(I want to ask whether I should speak in Hindi or in English.

Sahaja Yogis: Hindi.

Shri Mataji: All of you understand English or Hindi?

Sahaja Yogi: Hindi. Any language you can speak easily.

Shri Mataji: So, I can speak in all the languages. In this birth I learnt English also.

Sahaja Yogi: Hindi.

Shri Mataji: In Hindi? Ok, will speak in Hindi.)

For that, something should happen inside you. Some happening should be there. This I told you in the morning.

Another very important thing is that only one or two people achieve atma and paramatma. Only selected ones have and common man is left untouched then there is no meaning of it. There will be no meaning of paramatma neither there will be any meaning of this world. There will be no meaning of this creation.

Common man has to achieve it. If it is not of common man and only selected people get it then there will be same condition as of everyone else. Those who had it no one believed in them. And what happens even if we believe, tell Me? Just assume that someone is a king, so he is a king in his house, how does it matter to us. We did not get anything from him. We should also get something, then it will have meaning.

That's why this happening should be there. Not only this, it should happen in common man and in many people. It should happen in many people.

I told you science has the same way. That you have come to know about electricity, whoever would have found it, if it is of no use to common man, then what is the meaning of that electricity?

Today whatever Sahaja Yoga has achieved, sahaj has been for many years, from the time this earth was created, it was created sahaj only. Like there is a seed, and its sprout is made inside it, everything is inside it, all the maps are already present inside it, all the trees which are going to come out of it.

In the same way, entire microscopic map of this universe is made from before only. And that already made is blooming since

ages in sahaj way only. 'Sahaj' means: 'sah' means 'with you' and 'ja' means 'which has taken birth'. This thing has taken birth with you only. And like one or two flowers bloom on a tree initially, but when tree grows and spring comes then there are many flowers which gets converted into many fruits. In the same way this Sahaja Yoga which is in our hands today is standing in a new dimension that is for common man. It is not for uncommon people.

So first, you should remove this from your brains that, "How will it happen to me? Whether I am worthy of it or not? This happening cannot happen inside us." If you have come with all such thoughts in your mind so remove these thoughts along with your shoes outside. This is destined to happen. This happening has to happen. If not today, it will definitely happen tomorrow. And I have to do it. And you deserve it also. Now till when I can wander in finding the best deserving? What great will happen if I find the best thing and do all the happening in it?

So never think like this that this thing will never happen to us. First thing is that. If you have any nervousness regarding it then remove it first. Because I will work hard and this thing will happen.

Second point is that you can get doubt that who is Mother to do it. And we had heard that Kundalini awakening is a very difficult process. You have to stand on your head and it takes thousands of years to happen. Everyone says like that only.

Don't know what all they have written about it. But this is not true with me. May be I am an expert of it, artist, know this work that's why till today I have never seen that someone has asked for Realization and I have not given it. There are many kinds of problems, there are many permutations and combinations for it. Problems are also there as humans have put themselves on wrong ways.

It is not necessary that he is a bad person. Person may be good but there can be mistakes in the dharma. They bow their heads at wrong places. They start believing wrong people, get in the circle. Like this man is very nice, very nice man, do not have any bad habit, he has fallen trap, have done some stupidity, what else. And just because evil powers are so much active in Kali Yuga, that remaining protected from it is difficult.

These are all children. I have raised Kundalini of thousands of people and I can do yours also, there is no doubt in it. But when I can do it then there is no need for you to get angry with me because of this.

In the morning I have told you that when I am artisan of this so I can do it [referring to some other object]. If you are artisan of this, if anyone says to me to repair it, I cannot do it. This never means I have fallen down or raised high. If you ask me to operate it, then I cannot operate it. You may teach it seventeen times but it is not my capability. In this field I am of no use.

But the work I know, I know that work, I do it and I have done it and can happen in you too. So, you should be prepared for it before sitting. It has to happen, I deserve it and this happening will happen. And it is for common man. Just be prepared for it. If there is some problem, I will have to tell you, if something has to be avoided then it has to be told, or if you have avoided something which is wrong then I will have to tell you about that also.

People get angry on every small thing. Humans are weird. If I say that you bring three thousand rupees for me then you will have no problem. You will give it immediately. But if I say that, "Son, this is a wrong work and leave it", then you will get upset and leave the premises immediately. I am mother and I will have to tell you. You will not get upset by it, first thing. Second thing is that you will have to set in it.

Today you have come many people, some people had come in morning and have come again. You have to set in Sahaja Yoga. Because like there is a tree and it has a live process, it has to be set. Initially when the seed sprout, then everything is so soft. It has to be nurtured and taken care. Once the tree is set then no matter winds move, any problem comes, it does not affect the tree. Therefore, you need to know this that after getting you have to be set.

Third thing is that many people have habit of listening to lecture. One person came, whom I think does guru shopping. I asked

him that he goes to all the gurus, and have come to me in the same way holding his cloth bag, "Guru shopping is happening, let's buy something here also."

But here things are different. You cannot do any shopping here. I don't get satisfaction from lectures. Lectures are alright, in that also I am making your Kundalini dance and rise. Till you do not get Realization, I will not get satisfaction. And you people why are you still stuck in all these things, why don't you get your Realization? In the end you have to achieve it, you have to know it.

But Sahaja Yoga cannot be set due to the reason because people think they should give money to Mother or do something wayward, and you are free. All the gurus do it but you are not able to give money to Mother. You cannot win Mother till you are not realised and you are not set in it. These two things are there.

People do not want it and think it is something of hard work. At the time of Realization, you do not need to do any hard work. Not that time. After Realization you need to set and should also set. The time has come. It is the call of the time. If you do not awaken yourself [your Self] in this call of the time then it will be very difficult later. There will be very big problem which I will tell you later.

Second thing is that people do not set in Sahaja Yoga and after that they get all the diseases. Then they come to me and say, "Mother cure us."

After coming in Sahaja Yoga people have closed the doors for the doctors. They don't go to their house now. All the things can be corrected but there is one point that after knowing yourself you will have to get into yourself. You will have to be sam ras with yourself. And you will have to use all your powers. Sahaja Yoga is not for any person. Anyone who will be Mother's son will get from the Mother. I am telling it first; you don't mind it. Tukaram has said that [unclear] can enter in Sahaja Yoga.

Now I will tell you something about Kundalini. Which I have... (Mother and a Sahaja Yogi speak in Marathi). I am here for around five days more. In five days, I will tell you everything about Kundalini. From tomorrow you bring paper and pencil so that you can note the things I am telling.

First, you can see in your front this, the God Almighty has created an instrument inside us. Now this instrument is not dead like other things in the world but it is live instrument. And what you call as surati is only the Kundalini. After all we the human beings are moving on the support of something. Look at this eye so it is such a wonderful thing. Movement of the entire body is so efficient and beautiful. Creation of the entire earth has been done with such beauty.

All these things, there is some or the other powers which are secret, those are secret because our gross attention cannot know it. You will have to become subtle for that. Having this subtleness is the aim of Sahaja Yoga. To get into this subtleness is aim of Sahaja Yoga.

Like we say knowing yourself [Your Self], knowing the Spirit. Like I have told you in the morning that without knowing the Spirit your mystification cannot break. And you cannot know the God Almighty. Anything you know about it just the knowledge but not conception. Conception happens after knowing the Spirit. That's why Spirit will be known first. After that all the things will be clear to you.

Now this is Kundalini. I will explain the entire instrument and then also tell the Kundalini where it is.

Firstly (Mother speaks in Marathi) in the left-hand side, you see from the right-hand side of the head power enters and flow through left hand side. Due to this power, we have our existence. It is a subtle power; it is not visible to us. It comes from our head, passes through our spine and comes till the bottom. It is not visible by eyes.

But when Realization happens then I will be able to show you each and every power. The channel which bears this power we call it Ida Nadi or Chandra Nadi. This subtle power when manifests outside, when there is its expression or manifestation, then our

left sympathetic nervous system is made by it. It is the power of our existence and when this power sleeps then we die. That's why people also call this power as samvhar power. In Sanskrit, this power is called 'Mahakali Shakti'.

There is no word in English because in English they have not found about these things that what are its undercurrents. Science has not been able to find about undercurrents of sympathetic and parasympathetic nervous system till now. So, you don't have to be afraid if I call it Mahakali power. We are not English people. And second power inside us which passes through left hand side [in the head] and comes on the right-hand side it is called power of Mahasaraswati. By this power we do all the movements, physical activities and mental activities.

In medicine people are not able to find difference between left and right sympathetic. But these two are two different things.

Your emotional side is due to left, and mental and physical side is because of right. This difference is not found in medicine. Because of this people are not able to understand disease like diabetes. That I will tell that how imbalances come. And imbalance we can understand by understanding the difference of these two things that one channel is used more and other channel is used less. One channel is used less so because of that, diseases related to it happen and the one which is used more, then because of it, aggression occurs on it. Sense of imbalance comes only when you are able to see its two sides. The channel in which the power of right-side flows is known as Pingala Nadi. People also call it 'Surya Nadi'. By this, sympathetic nervous system of right-side manifests.

In the centre what you are looking, there is a channel, this channel is called 'Sushumna Nadi'. This channel is created inside us, it manifests parasympathetic nervous system in us. Human beings have reached till that only.

Now whatever we have achieved in our evolution from amoeba stage to stage of human beings it is recorded in our central nervous system. Our central nervous system can be understood as a reflector of all this. It is in our conscious mind. Left-hand channel called Ida Nadi nurtures our subconscious mind. Or it operates it, like if you are listening something from me, you are listening from your conscious mind. But it goes in your subconscious. This work is done by your left-side channel. It hears anything and then immediately transfers it in the subconscious.

And that is why what people call conditioning can be of two types. It can be good sanskars as well as bad sanskars. People like Freud have seen only bad sanskars. Their eyes are like the way of taking knowledge of such people is like it is a dark place and whatever is found in anybody's hand, they take and sit, "It is the truth." It is called 'objecting'.

Second way is that light has been switched on. You see everything. It is the way of Sahaja Yoga.

Gaining knowledge by listening to someone or by science is a blind way. When searched by that method, Mr. Freud was already a blind. In my view he was a strange man by brain. People tell such dirty things about him. He held this thing and worked on it. And he said that whenever you stop someone from doing something it leads to conditioning, man is not free because of it. But he did not think that if you do not stop a person from doing things then his other channel will become powerful.

By first channel superego is formed inside us. First channel which is Ida Nadi it forms superego inside us. And the second channel which is channel of ego, which is on right-hand side, it forms ego. It means if you have become a government servant then you will not talk to anybody nicely.

Some people went to meet the Minister, there one person was jumping a lot. Villagers did not understand it so they asked what the matter is. He said, "You do not know I am the PA?" Villagers said, "You should have told us earlier that you are drunk; we would not have talked to you." (Mother laughs.) In this way ego rises. It is not understood by Mr Freud. When you cut the left side, it will rise from other side and sit in your head in the form of ego.

Ego and superego are like that in our head. Now let me explain ego and superego to you. It is not due to psychology but by the grace of God. Psychology has also accepted ego and superego.

For e.g. a small kid is drinking milk from mother and sitting in joy. Now mother picked him up to take on other side, it awakens the ego of the child, "Why she did it?", so mother scolds, "No son, you should not do like that", this awakens his superego.

In this way balloons of ego and superego gets accumulated in our head. Ego is from front till here and superego is from back till here. Now when these two gets accumulated in our head then fontanel bone of our head gets calcified. It becomes strong and our head is filled.

Now you have become you, you have become you and you have become you. Everything else is left. Everyone is separated, everyone has separate shells, like there are shells of egg, in the same way humans also have shells. These shells are made because inside it, humans should recognise their freedom inside it. Use it properly. After using it he understands what is right and what is not. Though it is not left completely on the man.

Many big saints have taken incarnation in this world and explained you that it is dharma, "Don't do this, do this." Are they all mad? We all made their caste and made them sit separately in corner. Just fold hands in front of them from morning till evening, that's it. Listening to their talks in our life is waste for us. After all, why they said it? Why did they say this thing that, "Don't do this, don't do that. If you do this, this will happen, if you do that, that will happen." Because we are very intelligent, we will know about everything through science.

What is science? It is a very small part of this knowledge. I will also tell you that with science you know such a small portion. Very little. Through Pingala Nadi you get five elements, through science you just know five elements, like earth has gravity. But why it is there, how it is there?

You ask one question that why have we become humans from amoeba, what is the reason? If we are making something then human being will ask that, "Why are you making it?" After all it must be having some meaning. Why God has made us?

Today a biology person came, he said, "I don't have faith in God." I said, "I wonder about you that even a biology person doesn't have trust then it is all done!" All others work with dead matter. At least who is in biology should think that God has made human beings with such beauty. And God has made in such small time that many big biologists are surprised that humans could not have been created by law of chance. At the max an amoeba could have been created.

So, God have given us this responsibility, he has given us freedom, that we know in our freedom about what is good and bad.

And when we accept God Almighty in our freedom then He gives us the blessing of knowing Him, the way this machine has been made and got ready. But till we do not attach it to mains, till then what is its meaning? A cord is made inside it only nad. In the same way cord made inside you is Kundalini. God has made it from before only, you don't have to make it, you don't have to put any efforts.

Like there is a sprout, a premule, in the same way God has kept its sprout inside you. Kundalini is the same which is in the triangular bone. Now you see the gap in between, this gap is there in central nervous system of the human beings. This gap is, that the gap between the humans and the Spirit inside in the heart, it is the same gap.

We have a Spirit inside us, It knows all about us, It is kshetr Heart. But it is not in our central nervous system, means it is not in our conscious mind. That means that we have not known It but It knows about us. That's why this gap has been made because Kundalini has to rise from inside it. This has to happen. The happening about which I used to say you, Kundalini awakening, is the happening. It is not mechanical, don't think it as dead. It is a live happening. Like a sprout comes out of a seed, in the same way it is a living process.

Humans have not done any living work till date, have you done? Try taking out one sprout from one seed. Any tree died, you fixed

a pole there, you became a big person. You are changing a dead, whether you make a chair out of it or make anything else. Then you started sitting on the chair, so chair sat on your head and now you cannot sit on floor. You see people sitting in the back are hanging, cannot sit on the floor. This is your condition. You have become a slave of it. What have been the advantage from this dead work? You discover about all the dead elements.

Try finding about some live element, that how all this happens? How one sprout becomes a big tree, can you find about it? You see thousands of such things around you. Yes, you say it is like that, it is like that, which is visible. But how that happening happens? It is a very subtle happening. You are not able to see it. You also know that many sounds are of so high frequency that you cannot listen it.

The state in which humans are made, in that state he cannot know about such subtle things. But he is made like that, that he knows it also. Only human beings can know about it. Only in humans this special brain has been made, which is triangular, in which all the happenings take place inside which ego and superego meets. In humans only Kundalini is sitting like this and this happening can happen in human beings only.

Now you think that this universe was created, inside which earth was specially created, inside which plants and trees were made and then you were made. You were created in a special way and all such things were placed inside you. Only you have this right that you know about the God and carry His powers inside you. This is your aim and this is your fulfilment. Till you will not carry powers of God inside you, till then there is no meaning of you and there is no meaning of the entire universe. This happening has to happen, and today whatever is happening it is also historical thing, coming of all the people in this world, step by step is necessary.

I will tell about it tomorrow that how in this world all the big incarnations whom we call big prophets, we call them Gurus, how they came in this world and how they worked in our awareness and where inside us they are placed. I will tell about it tomorrow.

This Kundalini is in our triangular bone or not, people don't know about this also and there are big books on Kundalini. Tell me what should I do? In all those big books they don't even know where is Kundalini. I can show you this, you can see your Kundalini vibrating with your own eyes. With your eyes, whether you get Realization or not, you can see the vibrations of the Kundalini, you can see its rising and falling by your eyes. Like you are breathing in the same way you can see breathing of Kundalini. You will see triangular bone shaking, in that you will see Kundalini awakening, you see by yourself with your eyes. I have made a film also on it.

When Kundalini rises then it starts vibrating. Some people are such nice people that Kundalini rises in a moment. It is not visible in them. Who have a catch in Nabhi Chakra, the Nabhi Chakra present here, when it gets catches the Kundalini starts vibrating. Not only that you will also see that when Kundalini rises. Suppose you have liver trouble, then you will see it is going towards liver and vibrating. You will be able to see with your eyes. If you use stethoscope then you will be able to see it where it is rising. In the end it reaches here, on which Kabir has said, "Shunya shikhar par anhad baje", means its pulsation is felt. 'Anahad' means 'it pulsates'. When it gets open then the pulsation stops and the All-Pervading Power [Chaitanya] which is very subtle and you do not know it, by which each and every leaf, every flower, every fruit and every human being is completely taken care of, guided and sheltered, you become one with that Power.

Till now you have not known it, you don't have any information about it. You have only read about it, till now you have not felt it. You should feel it, without feeling, everything is waste.

You have started doubting since the beginning. What is there to doubt in it? Have people not written about it in the past? Everyone has told. But if the time has come to receive it then everyone should get it. But everyone will take it, this also I know. There are many reasons for it, many reasons are there. Now all these centres, the subtle centres reside inside us. These centres are one by one stages of our evolution.

First, when we were carbon so this is the first centre of Shri Ganeshaji. After that when Brahma made the entire universe, so

the second centre is of Bramahadeva, that is Swadishthan Centre, it is also inside us because of it only we can make the universe. Because of this centre only we think and plan.

After that there is Nabhi Centre, For Nabhi Centre you know that whatever has happened in the evolution from fish to human being, everything has happened here. For helping in it many big Gurus have incarnated inside us, whom you know from Socrates to Confucius, Moses, Raja Janaka, Mohammed Sahib, Nanak Sahib, Kabir, all these big Gurus, all of them have worked hard on it and made dharma of human beings. It is the dharma of human beings inside, in the stomach, not outside. Like dharma of this gold is that it does not get spoiled, it is untarnishable. In the same way, 10 dharmas of human beings are formed inside the stomach. If the man gets (unclear word: blockages-?) from these ten dharmas, then his Kundalini will not rise. We have to rectify these dharmas again. Kundalini Herself has to feed them, nourish them. Only after that, Kundalini rises, otherwise it gets sucked there. And this work is done by Kundalini, you don't have to do anything, it is effortless.

What effort have you put in getting born? Or what effort has been put by seed in growing tree from it? What books it has read? In the same way as it is a live happening then what effort do you have to put? Effortless: 'sahaja' means 'effortless'. And by the word 'sahaja' it means 'with you it is born'. This right to unify is born with you. Since you are a human being, it is your birth right that you achieve this yoga or unification and know the God Almighty. This is your right. But you yourself don't want to use your rights. Then what will God do?

Now these subtle centres, if you are able to awaken these centres, then your health will improve automatically. There is one disease, what it is called, it is called multiple sclerosis, doctors say it cannot be treated but I say it can be treated with Sahaj Yoga. It can be cured 100 percent. In this I see three centres which get catches: Mooladhara Chakra, Nabhi Chakra and Agnya Chakra. If we cure these three centres then it can get cured.

When you try to search something from outside, suppose there is a tree, some problem has come in it, even if you do some treatment from outside also it may get cured to some extent, but if you know how to cure it from its roots then the tree will get cured.

In the same way, disease of cancer. You get cancer due to over usage of sympathetic nervous system. Either you do it emotionally or due to some other reasons, sometimes there is some irritation or some infection, in any ways these sympathetic emergencies are there on you. If there is emergency, is continuously on you. Then what happened in emergency here, same condition happens to human beings, in that time parasympathetic is constantly trying to cure your cancer. You get cancer daily. That means you use sympathetic nervous system daily and parasympathetic goes on feeding it to balance it. It is in the centre Sushumna Nadi.

Like there is a left side or right side, there is right side sympathetic or left side sympathetic, both are working all the time. When they break, the Deities inside it also sleeps. Then starts the malignancy, one cell starts expanding, from that another cell also start expanding. It is not related to the entire body; single unit starts expanding arbitrarily. It forms cancer. If we awaken the Deities inside it then the cancer can be cured.

Now there are Deities or not? People will say, how can we trust in Deities? After Sahaja Yoga, you yourself will see that after taking their names things get cured and you will realise, they are there. This will happen after Sahaja Yoga.

But mentally also we can explain. Like adrenaline and acetylcholine are two chemicals, two absolutely dead chemicals, but they have a weird behaviour in our body. Nobody is able to understand.

They say that we cannot explain their mode of action. All the scientists are genuine, not fraud but they have their own limitations and according to that they tell that at some places these chemicals augment and at some other places it relaxes. They are not able to understand.

Same thing is done by the Deities. If some foreign matter enters our body, then they try to throw it out of the body. But if there is

a foetus in the womb then it is not thrown out but it is taken care, nurtured and at proper time, exact time it is thrown out of the body. It is the work of Shri Ganesha. It is done by Ganeshaji. Ganesha Tattwa does this work inside us.

Now, doctors will not believe in Ganeshaji but keep his photo in their house. There will be photo of Nanakji, Ganeshaji and all. But Ganeshaji is present inside us on our Mooladhara Chakra. This they will not believe.

Now what shall I do? You tell Me. How to teach?

Now, the girl that came here with multiple sclerosis, I told her to say the mantra of Shri Ganesha in front of Me, she got cured. But if you say it will not happen because you should have the right to awaken Shri Ganeshaji. But if you get your Realization, you will also get the right. If you are citizen of Delhi then whatever rights are there in Delhi you will get it. If you become the citizen of God's Kingdom then what Ganeshaji and what Hanumanji? All will be in front of you with their hands folded asking, "Tell my child what has to be done?"

Now is this true or not you should test it and see. First, you come in the Kingdom of God. Otherwise, if you are not its citizen, you are of Government of India then live in its efficiency.

I am saying you come in Government of God, then I will tell you the things. You see your powers will reach where. Then no disease will be able to touch you, leave aside cancer. You will be able to cure cancer of other people.

But without getting Realization we cannot talk about anything; point is that first you should get your Realization. Only then you will be able to go in subtle. When you go in subtle you yourself will be able to control it. Your yourself will be able to control that which controls the entire universe. It is an All-Pervading Power and the moment you come in it, in your attention, it starts flowing from your central nervous system. The vibrations of your heart start flowing from your central nervous system and you feel cool vibration in your hands. We call it 'cool breeze'. When it starts flowing through you, means the Spirit is flowing through you, then whatever you do, you are doing in the Kingdom of God.

This happening is necessary for man. Then I don't need to say that you leave alcohol or leave cigarette. You have to leave everything and you leave it on your own. Because when there is joy inside then who will be interested in joys of outside? All of these people sitting here in the backside were drunkards, firm drunkards. What drunkards, they used to take so much drugs that can do anything to you. They have left everything and sitting in joy. It happens automatic.

Now there is no need to say, "When you start enjoying from inside then you don't need anything from outside." I don't need to say anything. There is a small thing that if you take an animal from any dirt, filth, mud anything, he does not get smell. But if you take a human being, he gets smell. In the same way when you go in Kingdom of God your awareness becomes such that you are not able to tolerate it. You will get burning in your hands. You will not like all this. These things will be left on its own. And that's why all the habits, everything falls off on its own. I will not have to say anything in that. Everything will happen on its own.

Today in front of you, I have given an introduction to Sahaja Yoga. Tomorrow, I will tell you about its deep details. I have told you that whatever subtle, subtlest its knowledge is, all of it I am ready to tell you. Entire knowledge is this, everything else is impure knowledge.

Things will work out just by the movement of your fingers, but first you should know yourself. You are not knowing your powers and just sitting keeping hands on hands. Till now, your motor has not started. First start the motor then you will come to know. Before that only you are doing other work. It is a small thing.

(Mother talking to some yogi, "How are you child? Please sit down.")

So, the first thing is that this happening should happen, second thing is to establish in it, third thing is to get the entire knowledge, which chakra is where, how to move that chakra, how to cure that chakra.

There are only three steps of Sahaja Yoga. If this happens then you become a Sahaja Yogi and you start doing miracles sitting here only for you and for others also. You start enjoying because the power will be flowing from you all the time. Do you understand it? Everybody understood it or not? Or you still have questions in your mind?

If you don't have any questions then after this we will go into meditation. I am coming in two minutes till then you people relax a bit, take off this tie as you are getting catches on Vishuddhi Chakra. Just become light and sit. I am not any Guru, I am your Mother. You have a place on my head. Just relax your body.

(Still Hindi translation.)

What should I say? Just tell me really, I don't know what to say. (Mother laughs.) I keep on saying everything. Sir you tell me what do you want to know.

Yogi: Tell us Do's and Don'ts.

Shri Mataji: Ha, Do's and Don'ts. Actually, today here more Sahaja Yogis are sitting who have already attained Realization and those who are not realised are less. So, they are asking me to tell what realised people should do.

First thing is that Sahaja Yoga is not a lecture or a brain wash. It is nothing like these things. It is actualisation which actually happens to you. It has to be actualisation because if your attention is outside and if I say you take your attention inside then you cannot take it. If I say take your attention towards your Spirit then you will ask where the Spirit is and where I have to take the attention. It is possible only by one means when something happens inside you and due to that actualisation attention will go inside.

[Shri Mataji speaks in English]

I am telling them about the way Sahaj Yoga is. It is not the talking about it or giving a lecture or a brain wash that is going to help but the actualisation, the happening that is going to take place within you.

Now why, people ask me, why this Kundalini was kept like that there and then it had to rise and that people had to seek it?

First of all, as I said that Kundalini is the residual consciousness within us is recording all that we have done before in many lives and today whatever we are doing. It is the subconscious which is like a tape recorder, the complete micro subconscious you can call it, which is placed in the triangular bone.

Now, why is happening is necessary because the attention that is outside of human beings have to be pulled inside. Now how is it possible to attract the attention inside?

Say something happens, say a tree falls down, you are listening to me with complete concentration but a tree falls down you all will pay attention to that because that's a happening which attracts your attention. That's why Kundalini rising was necessary.

If Kundalini was just placed in a way like all our nerves are there would have been no happening. To create the happening within us the Kundalini was kept in such a fashion in three and a half coils. So, the happening takes place and automatically our attention is attracted inside. Because we know Sahaja Yoga is a spontaneous happening. It happens spontaneously. You cannot take your attention inside whatever you may try. You think you are deluded in thinking that you are doing something about your evolution.

So, we come to the point, "What should we do after Realization?" Before Realization you don't have to do anything whatsoever

because you cannot do. It is something like this machine has not yet started or your car has not yet started. When the car has not started then how will you move about? What is the use of moving the steering? What's the use of moving the brake or clutches? It makes no difference. So, doing anything before Self-Realization has no meaning. Has no meaning.

(Now don't pay attention to every small happening anybody coming in and all that. That's too much. Pay attention.) (Shri Mataji laughs.)

So, before Realization people think, "We should do some sort of a *jap* and *tap*" and all these things. This is all artificial. When your machine has not yet started why should you do it? Without knowing your Atma or Spirit you cannot know anything about God and whatever you try to do could be absolutely wrong because you haven't got the eyes to see. That's why all these people who play into the religions have landed in difficulties.

Once you are connected with God, you enter into the Kingdom of God, then you are looked after and then you have a right to use your powers as a citizen of that kingdom. But before that if you try to do any such efforts it is all futile. Could be like a telephone being used which is not connected to the mains. It is like a toy. It's a dummy. Till you are Realised you are a dummy.

You must get your Realization. And for that God has already made arrangements in you. Why are you worried? As I have said again and again you have become a human being from amoeba without doing any effort. Who has done it? A seed sprouts (unclear word), do you stand on your head for a seed or does the seed stand on its head? This is a living process! Your whole evolution is a living process, which has to be worked out by God Almighty Himself. You cannot do it. Once you know that you cannot do it, then you will realise that all the efforts you have put in might have even spoiled your Kundalini's channel. It has gone to such absurd limit of deliberations sometimes I do feel like laughing but mostly I weep.

Even like Raja Yoga and all that people talk of. Actually, these things happen within yourself to the machinery when it starts moving. You see it would be something like a car when it moves the wheel also move, automatically. You don't have to move the wheel. But before starting the car if you start moving the wheel will the car move? It is something like that you have done. Artificially you have moved the wheels, you have moved everything, taken so much labour. And if you have to move the wheel, imagine without starting the car, how much effort you have to put in. You are exhausting your energy, you are spoiling the wheel and you do not even budge out an inch. It is as simple as that.

But when I say it has to be effortless, people say, "What about purusharth [effort]? Is all egoistical. Purusharth [effort] is in maintaining yourself alright."

Like Kabir has said, "Das kabeer jatan se odhi, jaisi ki taisi rakh di ni chadariya!" That you do not do. You will go to a guru, pay him money, run after him and do all kinds of thing for a guru. But you will not improve your moral life. You will drink, you will have woman, you will have all kinds of self-destroying elements working and here you will be going to guru.

You must have your dharmas intact. This is the effort [purusharth] is to keep yourself away from all kinds of non sensical temptations which come to you and use your freedom to maintain your freedom from this kind of non sensical enslavement. This is all enslavement. This is not freedom. To enjoy your lust and greed is not freedom. The freedom lies in achieving the power to be above all these things, above all temptations. Every moment we are enslaving ourselves.

There we do not put in any efforts. On the contrary we make all efforts to see that we are completely destroyed before we come to Sahaja Yoga. So now here Mataji is sitting and breaking her hands and making her feet.

Children get Realization in no time. They enjoy the vibrations without any difficulty. They have no problems. They are so quiet. They are enjoying the atmosphere while you have complicated yourself for nothing at all.

We read all kinds of non sensical things. By reading do you think you will reach God? What university did Christ attend? How many books did He read? What university any one of the saints who were regarded as a real saint have attended? Gyaneshwara

the great person from the south, Adi Shankaracharya from Kerala, anyone of them, did they attend any university?

They never required it. Because knowledge is within. Whatever is with the out is non knowledge avidhya. Even Surdas says after writing Sursagar: "Surdas ki sabhi avidhya dur karo nandlal."

What is the vidhya [true knowledge]? What is the vidhya of a motor car? To know what switch works what instrument, to know how to control the car, to know how to drive it, that is the vidhya of car. In the same way the vidhya is to know what is the key for different chakras, how to keep your own chakras alright, how to keep the chakras of others alright. How by these things you get the movement into your own being.

(What's the matter? I don't think I need it. It's quite a lot.)

There is no need at all for you to know the key before starting the car. After starting the car, you can see for yourself. If this works, you can put on the switch, does the light comes in? If you are not able to start the car, what's the use of knowing the keys also? But surprisingly nobody knows the keys. They are so silly if I tell you. You will be amazed to know how to work it out.

Now you get a car which is stranded. It's not moving at all. You are a novice person; you have never seen a car. Alright, so the car comes to you. So, they say, "Alright you take one name, Rama's name." You don't know where does this deity lie. Whether you have to put on that one or not? Whether you have to use that name or not? Whether you are endowed with the right to use that name or not? You say, "Alright I will take the name." So, you start taking out the hood of the car. It is that foolish. It is that absurd. It is that stupid.

Vidhya [true knowledge] is to know all the keys of your being, to know about yourself, and about others and to know how to work out these keys of this mechanism, the tantra [conscience expansion system] of Kundalini.

But these horrible "tantrikas", they call themselves "tantrikas", they are thugs [cheats]. They are not tantrikas, they do not know the tantra. They know just opposite of tantra, how to insult the tantra by leading a very unholy life. Holiness is the petrol of this tantra. Is the light of this tantra. Without holiness you cannot work out anything about Kundalini and those who try their hands get such backfires and such shocks they describe it as Kundalini awakening. So useless and so thoroughly dangerous are these theories of tantrikas. Throw all these theories in the sea. Sea is the only thing can take engulf this poison. You are selling tantrism, you are selling poison, you are making money on selling poison, befalling your motherland, defaming your own Mother Kundalini.

So, realise that it is the work of God. It is the ocean which is going to engulf the little drop and not the drop that is going to fall into the ocean. It is effortless. Sahaja: 'Sahaj' means 'effortless' but the word has come from Sah and Ja. 'Sahaj' means 'with germ is born', 'is born with you'. Even using this name, I have seen, I have seen people using this name 'sahaja', have used all asahaja methods.

(Give them chairs if they want to sit. Come in the evening.)

Now, what the Sahaja Yogis should do and what they should not do, I am still not very sure. I am not very [sure] just now I should tell about it because there are many who are not yet Sahaja Yogis here.

So best thing is to give them Realization first. And then we will discuss this with the Sahaja Yogis, all right?

## 1979-0312, Public program: Evening Talk

View [online](#).

12 March 1979

Mooladhara: Evening Talk

Public Program

New Delhi (India)

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

This morning I was telling you that if we say that your mind is towards us, take it inside you, you cannot. I wanted to ask one more thing. Need I speak in Hindi or speak in English? Everyone understands English or Hindi. 'Bete' we speak in all. What to do, in this life learned English as well; Speak in Hindi, ok let's speak in Hindi.

For that some incident must happen inside, there must be something happening; I told you everything here, and one more thing, it is important that if the attainment of Soul and God is only to one or two people, selected people, and if the general public remain inaccessible, then it carries no meaning and neither God will mean any sense, nor will this world make any sense. This creation too is also not going to be meaningful. This achievement should be for common people, if general public do not get it but of very selected people, then the same situation will happen that happened to everyone. Those who lived like this were never recognized by anyone and what happens even by recognizing, just tell me; Take it there is someone wrong and is a King, then he is a king in his own house, what to us? We haven't got anything, we should also get something, then it has a meaning. So this incident must happen, not only this, it must happen in general, should be among more people, must happen among a lot of people. I told you about science, its ways, you something about electricity. The one who found out, if it is not used for common people, then what is the point of that electricity?

The achievement of Sahaja Yoga today is that Sahaja has been going on for many years. Ever since the creation was created, it has been created spontaneously. Like in a seed, there are sprouts that remain within the seed; everything remains inside it. All symptoms remain within it, as many trees emerge from within it; in the same way, the entire map of this universe is microscopic, already made, and all that formed, blooming, moving forward in a 'Sahaja' way. 'Sahja' meaning: 'Sah' i.e. With you, and 'ja' means born; along with you this thing is born. And the way one or two flowers appear on the tree at first, but when the tree grows, sort of spring sets in, it gets laden with numerous flowers, bearing many fruits. Similarly, this Sahaja Yoga in our hands today is established in a new dimension. It is for the common people and not for the abnormal. Before this do it first with your mind; get rid first of your mind as to how we will do it brother; Are we even worthy of this or not, this incident cannot happen inside us. If you have already come with such a conversation in mind, keep it outside along with your shoes. This has to happen; this event is bound to happen. Whether it happens today, it will definitely happen tomorrow and we have to do it. And you do deserve it. Now how far do I wander in search of a worthy person? Meaning, if there is the best thing and you have worked only on it, what miracle did you do?

So the first thing is that, never think that this thing will not be done to us. If already there is any nervousness in this matter, throw it out because we will work hard and this thing will happen; now secondly the thing is that there is doubt that, Mother, who is she to do this and that we had heard that Kundalini awakening is a very tough task. That for stand firm on head, then after thousands of years it happens, everyone says this; don't know what all things have been written down. But this is not the case with us, it may be that we are an expert of it, it's craftsman and know the work, that is why till date we have never seen that someone at some point said that Mother! Transcend us, and we didn't. All kinds of problems, big permutations, combinations, it has; it also has its problems because man has put himself in a very wrong way; it is not necessary that he is a bad man, he may be a good man, but mistakes are committed in 'Dharma'. Bows heads at wrong places, recognize wrong people and such things happen. Men are Very decent, poor people; they are very decent men, there is nothing wrong, they got in trap, did something stupid and what! And because the powers of Satan are so much active in Kalyuga, children hardly escape from its trap, don't they?

We have awakened the Kundalini of thousands, and can do yours too, there is no doubt about that. But if we can do; for you to be

angry with us for this, there is no need. Today morning I had told that if I am its artisan I can do it; if you are its artisans and if someone says to cure this, we cannot do it; doesn't mean that we are inferior, nor do they get superior. If you ask us to run this, we can't run it. You will teach us seventeen times; we are not able to. So we are useless in this matter. But the ones we know, we know the work, we do it and have done it and it can happen to you too. Therefore, sit down with such preparation that it has to happen, it is our right, and this event will happen, and it is for all common people. Only be prepared for it. If at all there is any guilt, do tell us; if some precautions need to be taken, do tell us, or if you have messed up your abstinence, about that too you will have to say about that also; so people get annoyed in petty things.

Humans are also strange. If I tell you, for me, you get me Rupees three thousand, it matters not to you. You will bring it and immediately give it; but I would say, son! this is a bit wrong, if you leave it then you will feel very bad. Will go, will leave the pandal immediately. So we are Mothers; we have to tell a little bit too, don't feel bad about it. First thing; the other thing is that this involves settling. Today you people have come, some people came in the morning, they have come again; in Sahaja Yoga there is a need to settle. As there is a plant and it has a living process, it needs to settle down. Firstly, as the seed germinates, everything is very tender, it needs to be cherished and handled; then when the tree is well established, then no matter how strong the wind blows, whatever problems may occur, no matter how much storm comes, it has no fear. So this should be known that after getting it, it is necessary to settle down. The third thing is also that many people became very used to listening to speeches. A 'Sahib' had come, who I think does Gurus shopping. I asked him, he is visiting all the gurus, came to me as well, carrying his bag. Guru's shopping is on, let's do something here too. So here the matter is different. You can't do any shopping here; I get contented only from lectures; speeches are fine, in that also I am making your Kundalini dance and raising it, and until you transcend, I won't have satisfaction. And you also stuck in this mess, why not attain realization? After all, that is what we have to achieve, we have to know only that, but Sahaja Yoga does not suit because people want to give money to Mother, do something this or that like this, take leave; all Gurus do this. Well, you can't pay money to Mother here.

You can't win your mother until you transcend and get set in it. These are two things; people don't want; they think that it is a matter of very hard work. At the time of transcending, you need not incur any hard work, not at that time; after attainment, you have to settle down and need to settle, the time has come. This is the call of time, and in this call of time, if you do not self-awaken, then later it will be very difficult, that I will tell you; the second thing is that people do not settle in Sahaja Yoga, after that they get diseases, then later they come to me and say, Mother, please cure us.

After coming into Sahaja Yoga, people have closed the doors of doctors; don't visit their houses; it can be fixed by all means. But there is one thing that after knowing self, you need to get into yourself, harmonise self; and all your full strength should be used. Sahaja Yoga is not for such people; whoever is mother's courageous son, the same will get from Mother. This I may tell you first, you don't mind it. Tukaram has said, 'Marathi- Ariya Gabalayache Kamnohe Hoi'; someone who is of 'Patti' can enter get into Sahaja Yoga.

Now I will tell you a little about Kundalini. So now we are here for five days, and in five days, we will tell you completely about Kundalini. From tomorrow, do bring some paper and pencil so you can also make notes of all that I am telling you. Firstly, so you can see here in front of you, this God has created within us a complete instrument. Now the instrument, as we see the worldly things, it is not like a dead instrument, it is live; and which is called Surti, that's Kundalini. After all, that we the human beings are active on the strength of something or the other. Look at this fire; it is such an amazing thing, how efficient is the movement etc. of the entire body; the whole creation of the universe, how beautifully it is carved. All these things, there are certain powers that are secret; they are secret because the gross attention that we have, the inanimate mind that we have, cannot understand it; for that, there should be subtlety. And to acquire this subtlety, Sahaja Yoga aims at. To descend into this stillness is the goal of Sahaja Yoga that is self-realization, recognizing the soul.

As I told you today morning, without knowing 'Atma', spirit, your illusion cannot be broken, and you cannot know God. Whatever you know about that is just knowledge, not realization; realization happens only after knowing the 'Atma', hence the 'Atma' will be known first, only after that everything will be understood. Now this Kundalini, let me explain this complete instrument. And then I also tell you where the Kundalini is. First of all, this that you see in the left hand, from the right-hand side of the head the power that passes through our inside and descends on the left-hand side, our existence is due to this power. This is a subtle power; we

can't see it, from our head this comes and passes through our spine and reaches down. It is not visible to the eyes, but when realization occurs then I will be able to show you each power. The nerve that carries this power we people call it Ida Nadi or Chandra Nadi.

When this subtle power manifests itself externally, when it gets expressed, its manifestation takes place, then our left sympathetic nervous system is formed from this; it is responsible for our existence, this is power our existence. And when this power extinguishes, then we die. Hence people call this power also called 'Sanghark Shakti'; in Sanskrit, this power is called Mahakali Shakti. There are no words for it in English because this thing has not been explored in English. As to what are its undercurrents? Sympathetic and the parasympathetic nervous system, what are their undercurrents, science has not explored yet. So for this, if I say the power of Mahakali, there is no need to make a big fuss. We people are not English. And the other power inside us, that passing through the left hand and comes on the right-hand side, it is called the power of Maha Saraswati. With this power, we do body movements etc., physical activities and intellectual activities, mental activities. You people do not differentiate between left and right sympathetic in medicine. Are able to apply, but these are two things; Left is your emotional side and right is your mental and physical side. There is no difference in medicine, because of this reason people understand diseases like diabetes doesn't come; I will tell you how imbalances come, and imbalance can be understood only by understanding the difference between these two things. It turns out that one pulse moves more, one moves less, and the other moves less. Because of that, he gets diseases, and the one that moves more aggressively, by reason of its aggression occurs.

The sense of imbalance comes when you can see its two ends. So the power on the right side, the nerve that's carrying it is called Pingala Nadi. People also call it 'Surya Nadi'. Due to this, the right-sided sympathetic nervous system gets manifested. The one that you are seeing in the middle there is a 'Nadi' nerve, this nerve is called Shushmana Nadi. This nerve, so far this exists within us, means it manifests the entire sympathetic nervous system. The same element has reached the world.

Now whatever we have achieved till date in our transformation, in evolution from the state of amoeba to the state of human, all that is there in our central nervous system. Understand it that our central nervous system is a reflector of all this. It is in our conscious mind. The Ida Nadi of the left-hand side invigorates our dormant conscious, means it invigorates sub-conscious or makes it work; as you are hearing something from me just now, this you are hearing from the conscious mind; but this talk goes into your dormant conscious. This is the work of the left-sided nerve; that whatever conversation it listened, immediately stored in the sub-conscious. Hence, people call it conditioning; it can be of two types, may be cultured and can also be un-cultured. Now people like Fried saw only bad values, his eyes – it means the way of acquiring knowledge of these people; it's like it's a dark place, came, whatever one got in hands sat down with that, this is the truth.

Object thing that's called another way; light is switched on, you see all. This is the way of Sahaja Yoga; and that way of getting such knowledge by listening, science or any such other blind way to get it; then with that way when the exploration was done, since Farite Sahib was already blind, and I think he himself was also a strange mentally indifferent person. What all dirty things people talk about him. He caught hold of this one and worked on this and he started saying that whatever, in this way, you ask someone not to do this, don't do that, do not do this, do not do that, this results in conditioning; due to which man does not remain free; but he didn't think that if a person is not forbidden from one thing then his other nerve will strengthen. The first 'Nadi' generates the superego; the first 'Nadi', that's 'Ida Nadi' generates superego from conditioning and the other 'Nadi', that's of ego which is on the right-hand side, that develops ego; first, you become a government servant.

'Sahib', so you don't talk to anyone properly; some people went to meet the Minister 'Sahib', there one gentleman was very impatient. The poor villagers asked what's the matter. He said don't you know that I am P.A. ['PIYE' in Hindi means drunk]; they said that had you told us in advance that you are drunk, why would we talk to you? So this Ego ascends. This has been not understood. by Frite Sahib that when you cut the left side, the other side will rise. And ego will swell onto the skull super ego. Like this, ego and superego are there in our heads; now let me explain ego and super ego a little because you people are not of any psychologist, by God's grace. In psychology, it has also been accepted.

Ego and superego, understand that a small child is drinking his milk from his mother, sitting in bliss, in bliss. If now his mother picked him up and if she wanted to take him to the other side, his ego gets awakened that why did she do it. So his mother

scolded him saying, "No son, don't do this." So his super ego got awakened. Like this, a balloon-like thing, like ego and super ego accumulates in our head. Ego from front to here and the super ego from behind like this. Now when both of them, after coming, settle down here properly, only then this part of the head, that's the part of the fontanel bone, becomes calcified, gets absolutely solidified; then the palate gets filled, then it happens. Then you become 'you', you became 'you'; all left behind, all separated, everyone has their own shells like eggs have shells; similarly, humans too form shells. They get so formed so that within it, a human may fully recognize his freedom and utilize it properly.

After using it, they will understand which thing is right and which is bad. However, on man, it's not entirely left. Many great saints took incarnation in the world and explained to you that this is the religion, don't do this, do this; were they all crazy? We people categorized them as different castes and side-lined them. From morning to evening, just greet them and over. In our lives, it is useless for us to listen to them.

After all, why did he say that, why did he say this? Don't do this, don't do this; by doing this, this will happen, by doing that, this will happen, because we are very intelligent, no! We will know everything through science. What is science? It's a very small part; what can I tell you? I will tell you that too. All that you know from science is how small a part it is; it's a very small part. The five elements that pass through your Pingala Nadi, which are about the Panch Mahabutas. You just know about them; as there is gravity inside the Earth, but why is it there, how is it? You ask a question, why did we become humans from amoeba, what is the reason, if we are making it, then a man will ask, why are you making this?

After all, it shall have some meaning, why did God create us! Today a biologist had come, he said, "I do not believe in God." I said, I am surprised at you that if a biology person does not believe, then that's done; the rest do with the inanimate elements. At least those who are biologists should think how beautifully God created man, and it was created in such a short time that even big biologists are astonished that just by love chance man couldn't be made; at the most, one amoeba would be made. Then upon us, this responsibility God gave to us. He gave us freedom to freely know what is good or bad. And when in our freedom if God be called by us, He gives you this bless that you also know him. In this way, this machine was prepared and it was set, but unless you connect it to the mains, till then what meaning does it carry? Cards are made inside this; in the same way, the card that was created inside you, that is Kundalini.

God has already created you; you have not to do anything; you don't have to do any hard work. Like a seedling, there is a primula; in the same way, God has planted primula within you, the same is Kundalini, which is in the triangular bone. Now the gap, you see, in the middle, this gap is also present in the central nervous system of humans.

This gap is that the 'Atma' in his heart, the spirit in his heart; the gap thus formed is this gap. The spirit inside us. Yes, that's the gap. The soul within us, it knows; it's regional, but in our central nervous system it's not there. Means, it's not in our conscious mind, meaning that we have not known it; it knows us; so this gap that is there, it was created because Kundalini has to rise from within this; The same incident that I told you about happening, Kundalini awakening is that incident; But this mechanical thing, which you should not consider dead, is a living phenomenon. Such as a primula emerges from a seed, alike it is a living thing. Man has till date haven't done any living work, have you? Pop out a sprout from a seed; A tree died, you erected a pillar, you became a great man; this you are just changing the dead, whether make a chair or make something out of it. Then he started sitting on the chair, so the chair sat on the head and can't sit down and have been tight; look at behind you people sitting there, can't sit on the ground. Such situation has come, it's slavery started.

What benefit did you get from this dead work? You explore all the dead elements; You should find out the living element, how it happens? How does a seedling grow into a big, massive tree, would you be able to find out this? Thousands of such things all around you see; you say, "Yes, it's like this." This is how it looks like; But how does that event occur? This is a very subtle phenomenon; you cannot see it. You know that many voices are of such high frequencies that you can't hear. The condition in which man has been created, in this condition he cannot know this subtle thing. But he has been so created that he can know that too. Only a human being can know; in man itself such a brain is specially designed which is triangular, in which all these happenings occur; inside it are Ego and Superego meet in this way and Kundalini keeps sitting in the human in this way. Now you think that The entire universe was created, the earth was specially created, vegetation was created in it, Created and then

created you and created specifically for you and all such things were kept in it and only you have the right to Know God and embrace His Power Carry from within. This is your goal, your fulfilment; Until the power of God comes from within you, you don't make any sense, you don't mean anything and so does the whole universe mean nothing. This is to happen and all that happening today is also historical thing. Coming of all in the world, step by step, is important; I will tell about it tomorrow how every great incarnation and those whom we call prophets, that we call Guru, how did they come into this world and what did they do in our awareness, in our consciousness and where do they reside within us, I will tell you all that tomorrow.

This Kundalini is present here in the triangular bone or not, even this much people do not know; and on Kundalini, write such huge books, tell me what should I do? In such big books it is not even known where Kundalini is; We can make you witness this, you can see its vibration with your own eyes; whether you are transcended or not you can see its vibration; You can see the rise and fall with your eyes; Hey! Just like yours, just like your breathing is going on, like that the breathing of the Kundalini will be visible. Triangular bone If we look below, at that time the Kundalini will be seen growing like this, you see, see with your eyes. We also made a film about it. When the Kundalini rises, its vibration commences, but some are so good people that spontaneously find it on top, it's not visible in them; whose Navel 'Nabhi' Chakra will have catch, the 'Nabhi' Chakra, that's there, when it has a catch there, then the Kundalini will be visible; Not only this much, you will also see that when Kundalini rises; Take it that your liver If there is a problem then you will see that there is pulsation on the side of the liver. You will see it with your eyes. If you use your stethoscope, you can see it where its rising? At the end, it reaches there, which Kabir said, 'Shunya Shikhar Pe Anharad Baji Re' Its pulsation is felt; 'Anharad' means pulsation occurs, then Only when it opens the pulsation stops and the power, that's omnipresent which you do not know in its subtleness; That rears and endures every leaf, every flower, every fruit and every human, in care of that power, 'Shakti' you become one. So far you have not known so you won't be aware of it, just read and read about it, you haven't realized it yet. Must be aware of it, without realizing it everything has settled. happened, you already started doubting it; Hey brother! in this what is there to doubt? Haven't people written about this before? Everyone told; But now the time has come for everyone to get, so everyone has to get it. Needed; But everyone will accept it, I also know it. There are many reasons of it, there are many reasons of it; Now these centres, these chakras, these subtle centres are made inside us. These centres within us reflect the steps of evolution that has taken place within us. These are stages; first when we were carbon, so this is the first Chakra which belongs to Lord Ganesha. After that, when Brahmadeva created the entire universe, then second Chakra is there which is of Brahmadev, this is Swadhishtan Chakra, that too is within us, only due to which we can create the universe; Because of that only we plan, think.

After that is Nabhi Chakra. From Nabhi Chakra, you know that for being Human from fish whatever has happened, has taken place in this lap only. To help us in this, there have been great Gurus within us, whom you know, from Socrates to Confucius, Moses, Raja Janak, Mohammad Saheb, Nanak Saheb, all these whence became great Gurus, all these Gurus worked hard on this and created the religion of man. The Human religion is inside the stomach; His religion is not outside; As this Gold has its religion, it doesn't go bad, it is Untarnishable. In the same way the ten religions of Human remain in his stomach; If a person becomes oblivious to this religion then his Kundalini does not rise, Brother! these religions need again be fixed. The Kundalini, herself needs come, fix them, care for them; only after that the Kundalini rises, so suction happens, and whatever this work, it's done by the Kundalini, you do not have to do anything. Effortless; You were born, what efforts did you make, or a tree emerged from the seed? What efforts did the seed do? which books did it read? Similarly, when this is a live activity what an effort you need to do, effortless. Sahaj means 'Effortless' and has come from 'Sahaja' word, it means born with you.

This Right to Yoga is born with you because you are human; It's your birth right that you attain this Yoga; through this you know God, it is yours right. But you yourself do not want to use your rights, What God may do? Now there are these subtle Centres; If you attain these Centres and if you can awaken them then your health will even otherwise be fine. There is a disease, take it, what is called multiple sclerosis; those doctors, they say it can't be cured, we say that in Sahaja Yoga it will be cured. It will be hundred percent absolutely cured. In this we see three Chakras that are bad: Mujadara Chakra, Navel 'Nabhi' Chakra and Agnya Chakra. If these three Chakras, if we set right, it will be cured. When you explore a thing from outside; take it that there is a tree, it got a problem. Now from outside, even if you have done something right in it, then some betterment may occur; but if you know to fix something from its root then the tree will be fine. Just like this cancer disease; cancer disease also results due to your sympathetic nervous system, due to its excessive usage, either emotionally or you use it to the extreme for other reasons, sometimes irritation occurs, sometimes infection occurs; for any reason, the sympathetic emergency, that remains on you. If

always there is an emergency in your life like the potato of emergency, the same thing happens to the human being. At that time your parasympathetic, which is there, keeps fixing your cancer all the time; you get cancer every day. Means, you use it daily and it is the parasympathetic that keeps fixing, balancing itself, which is the Sushumna Nadi in the middle. But as this is left side and right side, now the left side's sympathetic and the right-sided sympathetic, both these are fully working like this; when these break, the gods inside them also fall asleep. Then malignancy occurs. A cell that is there starts growing a lot; it infects the other one and that too starts growing. It gets related by the contact, not to the whole. Out of the whole body, one single starts growing arbitrarily. Cancer has occurred. If we awaken this Deity, the cancer gets cured; now whether there are gods or not, people will say why believe in gods, whether there are gods or not? Now after Sahaja Yoga, you will see for yourself that things get better when you take their names. So there are gods; they will be seen only after Sahaja Yoga. But we can explain it mentally also.

As adrenaline and acetylcholine are two chemicals; take it that both these are absolutely dead chemicals, but they behave strangely in our body, no one understands; they say we cannot explain their mode of action. Means, they are honest people, all scientists aren't liars, but they have their own decorum, they have their own limitations, telling according to that that we cannot tell that at some place it augments and at other places it relaxes. It's not understood that the same things these Deities do inside us. If any foreign matter enters our body, then the body efforts to expel it out of it. But if the foetus in the stomach, which is a child, being a mass, settles, it's not thrown away; it is cared for. It's nurtured, it is looked after. And when the time comes, it is thrown out on time. The work of Lord Ganesha, that is performed by Lord Ganesha. The element of Ganesha does this work within us.

Now doctors will not believe in Ganesh ji, they will keep photos in their house, Nanak ji's photo will remain. Ganesh ji's will remain, all will remain; but Ganesha resides in our Mooladhara Chakra. Not understandable, what should I do? Tell me how to teach them? Now the girl with sclerosis who came here on the stage in the morning, I just told her to chant Ganesh Mantra right in front of us; she became alright, but you will say, 'It can't be.' But if you say so, it is not going to happen. Because you should have the authority to awaken Shri Ganesha; but if you get transcended, then you too will get the right. When you are a citizen of Delhi, whatever are the rights of Delhi, then you are fully entitled to. If you become the citizen of God's kingdom, then what Ganesh ji and what Hanuman ji? All stand in front of you with folded hands and tell us what is your work to be done? Say.

Now this thing is true or not, you should investigate and see. First, come into the kingdom of God; this is the first thing, otherwise you are not its citizens; you are of the Government of India. Stay in their efficiency; we are saying that you come under the Government of God and then we will tell you; then see where your powers reach to, then leave aside cancer, no disease will touch you. You will cure others' cancer, but without realization, we cannot talk about anything. The point is to first get transcended, only then you descend into the subtle. When you descend into the subtle, you will control it yourself. You can control that thing yourself which is controlling the entire creation because this is omnipresent power, 'Shakti'; as soon as you are in it, it starts flowing through the central nervous system, your heart; its vibrations start flowing through your central nervous system. You get vibrations in your hand, the cool breeze. That's called 'Chaitanya Lahariyan.' When this starts flowing from inside you, it means the spirit flows from within you. Then it seems that whatever you do, you are doing it in the kingdom of God. It is important for a human being to have this. Then I don't even have to say that you quit alcohol or quit smoking, nothing; we must have to leave, we do leave, because when inside you start enjoying, then who will enjoy outside?

Now whoever, sitting here, were drunkards; all the people sitting there at the back were hard drunkards. What drunkard, who may send you guys to hide-outs, of this kind? Like this, these used to take drugs; abandoning everything, today they are having fun, it happens automatically. In that, there's no need to say anything else when you start to get inner happiness. All external things automatically fall away; I don't even have to say anything special! Like a small thing: if you want, you can take it from the dirt, take it from the dung; an animal doesn't feel foul odour. But if you take a human, he does feel it, right? In the same way, when you enter the Kingdom of God, your consciousness becomes so that you can't tolerate it. You will feel a burning sensation like in your hand; you can't bear it; by itself, the thing is abandoned.

So, whatever the problems are there, everything gets swept away. Everything automatically falls away from you. I won't have to say anything in that; everything will happen automatically. Today I have given you an introduction about Sahaja Yoga. That is, I will tell you all the deep things, I have said that the subtler, the subtlest of it. I have knowledge, I will tell you all that; I am ready;

this is all knowledge, everything else is ignorance. Things will work out at your fingertips. You first of all know yourself! You are not recognizing your power and are sitting confused. So far your motor has not started yet; start the motor at least, then you will know. Prior to that, you are doing other work. One thing; it's a small thing. So the first thing is this, and happening of this event; the other thing is to settle down; and the third thing is to know the full knowledge, which chakra is where, in which way the chakra is made to act, how to fix it. There are only three steps of this Sahaja Yoga; once you do this, then you become a great Sahaja Yogi and right sitting do your own miracles and of others too; and enjoy! Because your Power, 'Shakti', will keep on flowing from within all the time.

Do you understand? Does everyone understand or not? Is there still a question in the skull? If there is no question, then now after this we will all go into meditation. I'll be back in a minute or two, you guys. Just loosen your waist a bit, take off your tie, etc., because 'Vishuddhi' chakra is getting caught. And sit lightly. Very light, we are not Guru or something. We are your mother. You are everything to us, and we are yours, Mother! Loosen up a bit your body; yes, socks if you want, so do it; there is no harm, some nylons, etc., thing it may have, isn't it? Do as you like.

## 1979-0314, Seminar followed by questions

View [online](#).

14 March 1979

Talk to Sahaja Yogis

New Delhi (India)

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

[Hindi to English translation]

One has to observe everything in the form of equality and witness. He said that here everybody is against me and everybody wants me to lose my job. Now a job is also a thing for a human being; it is a state of their well-being. After that, he started saying that at 5 in the evening, he was informed that he had been reinstated. Not only that, but he was also confirmed in his position. He was quite surprised and said he had no idea how everyone suddenly started speaking in his favor, and it was done. When he asked what time it happened, they said it was decided at 2:15 PM. The gentleman who was with him also checked the time and was surprised, wondering how everyone's mindset had changed all of a sudden, how they were all speaking in the same way.

Such things do happen, and many experiences can arise. After realization [Self-Realization], people have had so many experiences that if they were to be compiled, countless books could be written on them, and many articles would have to be penned.

Anyway, there is a book about Me written by a gentleman from Switzerland who, although a native French speaker, made an effort to write in English. That book has been completed, and we intend to publish it on the 27th, and we would like all of you to be present there and see the book. In it, he has written, many such experiences, and historically, he has traced how Sahaja Yoga has reached its current state and why people are experiencing Amass Realization.

It is a very beautiful book, and a lot of hard work has gone into it. I have also looked through it quite a bit, though I hardly get any time to read much. But he has put in a lot of effort, and he is a very learned man—extremely learned. He has written this book covering everything, from Socrates to all the Upanishads and other scriptures. It is an exceptionally beautiful book. It also talks about Gandhiji—what his role was in the advent of Sahaja Yoga, and so on. The book is very well written. And whatever expenses have been incurred in printing this book, I have said that only the actual cost should be charged, nothing more. Although people often lecture Me, saying, 'Mother, if you do this, no one will buy the book, thinking', "How can such a cheap book be so beautiful, so big," and so on. But I don't conform to such teachings because I am excessively independent in this matter. Such experiences are numerous, but if you are a devotee of truth and are seeking the truth, you should know that the achievement gained from it is the ultimate truth.

"Absolute Truth" means the complete, the ultimate—where there is no relativity left because you become that truth itself. For you, the truth right now is that this canopy is set up, people are sitting here, and whatever science and other things exist—this is all truth for you. But the ultimate truth is that the power of the Divine prevails over the entire universe; it is transmitted everywhere, functioning even at the atomic and subatomic levels. It is so dynamic, so subtle, and its work is so extraordinary—it thinks, understands, and loves. Not only that, but it also carries out all the functions of the entire universe.

Attaining such a supreme power is the true reality, and you can only attain it when you become connected to it. It is a simple task—to connect you with that supreme power.

Ever since I was born, I knew all of this—I was aware of everything. But My father, who was himself a great saint, a highly realized man, told Me that until I discover a collective system, a system for the common people, any discussion on this subject will become just another Bible or another Gita. Otherwise, things will keep getting built upon it, and people will keep clinging to words without truly understanding them. Words will remain mere words. And if only one or two individuals attain realization, it won't

make much difference because, at that time, I could see no one else except those few who had attained it.

This is why they said that people cannot understand certain things, and these matters do not come within the grasp of ordinary intellect. Therefore, if they are enlightened, then these things will become clear to everyone. And now, the time for this has come. This is why You[Shri Mataji] have been born into this world, and this is your purpose. He had dreams about Me. My mother also had many dreams, and accordingly, until the very end, she kept asking Me whether I had found that thing or not. Even before her death, My mother kept asking, "Now that I am going to meet your father, tell me whether you have found that thing or not." When I told her, "Yes, I have found it, and I have discovered it."

So what I did was this: I went into deep contemplation Myself and, through My life, I had such connections with people that I had a deep bond with the masses—because My father was also an old Congressman, and I too had been with Gandhiji. I had the opportunity to observe everyone closely there.

So through contemplation, with a subtle mind, I would observe the inner state of each person—their inner expressions, what questions lay within them, what problems were present, and what had made a person the way they were. In other words, what were their permutations and combinations?

I entered into the inner worlds of thousands of people and saw what their questions were, what issues they carried, what kinds of flaws might exist in them, what disturbances were present, and why. Because when a realized soul comes into the world, they have no questions—they simply remain in their bliss.

But others, who are still below that state, so Now, how to raise them upward becomes the question for them. If someone happens to have a nature that resonates with theirs[Realised Soul's], then the process becomes easier. But because there are so many permutations and combinations in human beings, very rarely would someone be found who is close to their nature—who, with just a little effort, could be set right.

That's why people would take a few such individuals and live in the forests with them, working hard to uplift them.

Because without giving, without offering something, there is no true joy in it. But that thing—the truth or realization—also had to become accessible to everyone. And I knew this from My childhood, that no matter what happens, I have to do this work.

In the same way, throughout My life—even in My married life—I kept encountering many people, and in all of that, I focused on just one thing: to understand which nature within people, because you see, there are three fundamental natures in a human being, and these three natures rotate through 360 degrees.

So you can imagine how many permutations and combinations there can be in a human being—and it's on these very small, subtle things that a human being gets stuck. Just like if a speck gets into the eye, the entire sky becomes invisible—that's what happens.

Now, I have deeply contemplated this, performed intense \*tapasya\* [austerities], and reflected on it with great focus—what exactly is the flaw in human beings? Then I observed that each person's flaws are different, and they must be categorized. For example, your guru's flaw is one such flaw—it too must be categorized. Gurus come in all kinds, meaning those who are \*aguru\* [not true gurus]—I do not consider them gurus, they are \*aguru\* [false gurus].

True gurus are very rare—extremely rare. In the past, and even now, the few genuine gurus I know truly exist, but they never wish to do anything. Because the moment they start acting, disciples either cling to them or, if they don't, they harass them. If such gurus descend to Earth—meaning take birth or engage in any work—they suffer from childhood itself.

Because once you transcend, you will realize—you will feel others' sufferings yourself. Suddenly, something might snap—a sharp pain in the foot, some minor trouble here and there, little by little. But I thought about this and decided that a system must be

found [someone bring Me a handkerchief] a system must be devised where a human being remains completely ordinary, lives a simple life, stays in household life—without needing to retreat to the forest—and yet attains liberation right there, while also being protected. He should face no suffering, no troubles. And for this reason, I had to investigate the matter very deeply.

You know that this doesn't have any laboratory where work can be done. All of this has to be done within oneself, through one's own resolve, by awakening one's own Kundalini. Working in this way, one day—actually, in household life, it's not possible to go alone somewhere or live in a forest—so one day, I found an excuse and went to the seashore. After spending two or three nights there, I realized that now the Sahasrara—the final chakra, the one that has not yet opened—must be opened.

It hadn't opened until then—but now it has. So when it was opened, when I was finally able to open it, only then did it become possible to give amass realisation to people. But you might be surprised to know that what is now coming to you so easily—in the beginning, I started with just twenty-five disciples. In fact, I began with only one disciple: she was a very old woman. Even then, I put in great effort with her, but she was not able to get self realisation. While working with her, the number gradually grew to twenty-five disciples. And after two years of continuous, dedicated effort on those disciples—two whole years—only twelve of them were able to get their self realisation. With great difficulty, It took two years of relentless effort for twelve people to get their self realisation.

Because this is an entirely new thing—meaning, for ordinary people who have committed many mistakes and accumulated all kinds of flaws—correcting these flaws, aligning them properly, and guiding them to the right state was extremely difficult at that time. After two years of hard work, twelve people got their self realisation, but those twelve who did, became so refined that they are now our strong and solid people. Among them is our Raoul Bai, who is sitting here with you — she is one of them. She has attained a very high state, and all twelve of them have reached a very elevated state. So after that, of course, I saw that this number kept increasing every year. Not only that, but as more people attained self-realisation, it was as if power began to flow through them — they became carriers of that energy. And because of this growing power within them, many began to achieve self-realisation effortlessly.

You saw yesterday that many people had attained self-realization. But still, as I said, this is a very subtle thing, and even after self-realisation, it can suddenly break off. One has to nurture it again, because once a seed has sprouted, as you know, it needs to be carefully looked after. It requires protection — it has to be cared for with great love and affection.

Now for this, there is no other way except through motherhood. I mean, just today a gentleman came up to Me and said, 'What kind of organization do you have? There are no rules at all.' I said, 'Son, tell Me—what rule should I make?' He started suggesting rules like, 'People who come here shouldn't go elsewhere; they should be restricted from returning if they do.' I said, 'I can't do that. When they are My children, no matter what condition they are in, they must be allowed to come. He suggested all sorts of different rules. I said, 'No rules can be made here, forget about all that.' What's the need for rules anyway? Yes, if you want to create a trust or something like that, go ahead. Even in terms of money and all, some people are saying they'll set up a place and manage things there — that's fine.

For that, you can do whatever you want — it has nothing to do with Me. But if you want to create rules for this, saying that My children who come to Me might make mistakes sometimes, might walk the right path sometimes — because they live in households, they are ordinary people, and their progress may happen or may not — and then if you say, 'Sir, because of this they should be denied or removed,' that is beyond Me. So please, kindly don't make any rules — it will become very difficult for Me.

This is a completely different matter. If you try to look at it from a worldly perspective, it might seem very strange. But if you try to see it from the perspective of the Divine, you'll understand. We cannot put any rules on this, no restrictions. We don't even have a membership system. Nothing at all. Whoever wants to come, may come. Whoever doesn't want to, need not.

Like you said — I had gone there — but there's no membership with this. One can come whenever they want, use it as they wish, and grow as much as they like. It's completely free. And until you are fully liberated, there's really no benefit anyway. That's the kind of thing this is — extremely subtle. And to attain it, you too should consider bringing some subtlety into yourself. And if, at

any point, I ever say something – like I may have said to you, 'Why did you go to them? They deserve a shoe beating!. Shoe beating just has to be done – what to do? Even Prophet Mohammed spoke of it. I had started speaking very gently at first, you wouldn't know. In the beginning, I didn't even take on difficult people. For three years – you'll be surprised – I never once spoke about satanic forces.

I went to London, America. And after I returned from America, in our own group, one lady started predicting horse-race numbers and hitting people with a stick in her hand, and so on. That's when I said, 'Now I must speak openly.' That's when I began, because I had been thinking that somehow, if people could be protected and pass through without knowing about these things, it would be better. But that's not how it works, these things do arise – if ten people come here, surely one or two will carry some negativity or have been to places they shouldn't have. So then I have to speak about it. There's nothing to take offense in that. One should think about their own wellbeing, their own ascent – and there's no need to feel bad about it.

Your guru didn't give you anything – if he had, then why would you even come here? So when I say, 'Look, this is how it works, even Prophet Mohammed has spoken about it, My fate otherwise people would have been angry with Me. He explained it. He had many methods – in fact, the entire system of namaz is about the awakening of the Kundalini. But how many Muslims will accept this truth?

If you read Kabir thoroughly, you'll find complete Sahaja Yoga. He has written such things that, if I were to read them out to you, you'd be amazed. Like: 'Paanchon pacheeson pakad bulaoon' [I call all five,twenty-five elements to attention' - meaning we have five senses and our body is made up of five elements, out of which other elements are contained in earth element. To express these five elements we have five senses. Every element is connected to five senses. So with five elements and for each element five senses, we are able to manifest ourselves in twenty five ways.], just like I have called you. 'Ek hi dor bandhaoon' [I bind them with one thread.] meaning I integrate them with one thread of Kundalini.] – and there is a kind of authority in his language! That authority naturally comes when you truly know something, you speak authoritatively, You don't whimper in it like Surdas ji (Surdas () was a legendary 15th-century saint, poet, and musician, best known for his devotional songs and poems dedicated to Lord Krishna) saying, 'Lord, will You ever meet me?', Because there is no separation (From the Divine), When someone sits in union(with the Divine), they speak of union. In the same way, you can understand true gurus, and you can understand poets too – the one who speaks of union speaks with certainty, with clarity. And another thing – such a person doesn't cry out, 'Oh Lord, when will You meet me?' or 'When will You appear before me?' There have been many great poets of longing, of separation – but that tells you they are still in that state of separation. And you are also in that same state of separation – that's why you enjoy hearing those songs of longing. But the one who has entered into union doesn't enjoy that anymore. They feel, 'Why are these songs still calling for union? I am already there.' They don't enjoy that kind of thing. And even those who are not yet in union often dislike the ones who sing songs of union. So you too should come into that state of union – and enjoy the true joy of it.

This is a very simple and straightforward thing, and there's nothing difficult in it for you—because everything is already built within you. Everything is made, it's just that the awakening has to happen, and then it has to be brought out through the Sahasrara and established here. Then, slowly, everything gets settled. But many people have had all kinds of gurus—one greater than the other. Even in Maharashtra, there was a very strange guru. His disciples' Kundalini would rise, and then with a thud, it would fall back down. It would rise, then fall again. We kept tying and tying, our hands were worn out, but the Kundalini just wouldn't stay(up)—it kept falling down. Now, just through the movement of the Kundalini itself, I can immediately tell which guru the person has followed. There are so many of them—it's like what they call Paayali ke pachaas [Paayli's fifty - a figurative phrase used to imply exaggeration or a big number like fifty anklets in an ankle bracelet, expression used here by Mother to denote so many of so called 'gurus']—every day a new one shows up. One day it's this so-and-so Maharaj, another day some other fellow appears. That means, the main ones from earlier—I can still recognize even now that this person is a disciple of so-and-so, or connected to them in some way.

But the influence [of such gurus] is so strong—just the day before yesterday, a patient came to Me. She had multiple sclerosis and wanted to get cured. She actually benefited quite a lot. But after that, she stopped coming. Then I found out that she is a disciple of one of those so-called "ring-giving babas. So she said that he comes to her in dreams at night and tells her, "Beware!

[if] You go to Mother's place?" Out of fear, she's not even willing to come—just sitting there, look(at this lady who is), in their relation. That's why she's not willing to come—even though she had benefited a lot, She's so nervous and says, "I feel like I'll become disloyal." Just look at that! These gurus have such a strong hold—it's really harmful. One should stay away from that.

If you're influenced by some guru, then there's no need to come to Me. But if you're not influenced, then it's alright. And if someone is your real guru, I'll immediately be able to tell.

There's a gentleman here whose guru was a Dhuni wale Baba [a baba who sat by a sacred fire]. I told him, "Ask him about Me—he must know about Me." Not just that—many gurus have even told their disciples, "Mother has come now, so why are you coming to me?" You'd be surprised how much these people know. Those who truly know, they know. And those who don't—well, it's only from them that the questions arise.

There's a very great sadhu who lives in Amarnath—[Shri Mataji asking another yogi in Marathi: Kāy nāv tyāñchā? "What is his name?"]—no, no, Nagnath! Nagnath Baba. Yes, Nagnath Baba, Nagnath, he lives there, and his disciple is Jagannath Baba. Jagannath Baba's Agnya Chakra was damaged, so he came and started living in a place called Ambernath, near Bombay. He said, "I'm staying here because Mother is going to come here. My Guru has sent me. She will come after twelve years." Just imagine—he sat in meditation for twelve years waiting. Then he got the indication through vibrations. One of My disciples, Steryu, was there. He went to her and asked, "When is Mother coming? He said, My Guru said she'll come after twelve years. Now it has already been twelve years, So when exactly is she coming?" She replied, "She is coming now. Her program is going to happen here soon." Even then, he still had some doubt about Me—whether I was really that Mother or not. People like that develop very deep perception—especially those whose Agnya is damaged, They start seeing a lot. So he had come and was sitting in the hall. He was even invited to sit on the stage. As soon as I entered, all his doubts just vanished. He came straight to Me. I asked him, "What happened? What about your doubts?"

He said, "The moment You came in, everyone's Kundalini stood up—just like how children in school stand up when the teacher enters. In that instant, I knew: This is the Mother. What is there left to doubt?"

But now, let Me tell you about the guru. He said to Me, "Mother, please come to our ashram." So I went to meet him—after all, I go to everyone. You'd be surprised—I've gone to all of them. I even tried to explain to people like Muktananda, Rajneesh, and others—tried to tell them, "What are you people really doing?" I meet all these gurus and try to make them understand. But instead, what do they go around saying? "She is our disciple—she came to us!" Now what can you even say to such fools?

So when I went to him, I asked, "What's the matter? Why are you so troubled?" He said, "Mother, my Agnya Chakra has been caught for the last twelve years. And my Guru told me, 'Mother will come after twelve years—She will cure it. I won't do it.'" I said, "Well, your Guruji is quite harsh! Your Agnya Chakra has been caught up for twelve years—and I can clear it in a single moment. And I will definitely clear it in a single moment, because My heart will keep feeling the pull, knowing that your Agnya is caught up." And just look—she came to Me saying, "Mother, please quickly clear my Agnya, it's caught up again."

I said, "Alright, what happened? Why is it like this?"

He said, "Guruji also came to meet You." So I reached the place where he was, and he gave Me a grand welcome, all due respect. Then I asked him, "Why didn't you clear his Agnya Chakra?"

He said, "Why should I? Who cleared mine? I suffered for years—then Why didn't you clear mine? I did this, I did that, my condition was terrible. Who cleared my Agnya Chakra? Why should I clear his? You are the Mother—you clear it."

I said, "But there should at least be some compassion, some kindness."

He said, "What compassion? Right now, I feel like beating him up!"

So I asked, "Why? What happened?"

He said, "I just slapped him a few times."

Then I turned to him and asked, "What happened? Why did he hit you?"

He said, "Mother, I have this bad habit—sometimes I smoke a cigarette. Before You were supposed to come, I got a bit nervous and had one. That's why he hit me—he said, 'Mother is coming today, and even today you're smoking?'"

So even those people—those gurus—they also go through a lot of intense seeking, a lot of searching. Not only that, they have very stern hearts—very strict and tough by nature. And the reason is, they've achieved everything with great difficulty, through tremendous struggle and hardship.

That's just My nature—I don't have any problem at all and after all, I am the Mother, isn't it? so those people, they don't even meet others, they don't do anything, and on top of that, they are so stern, so tough in their ways. If I were to tell you stories about these gurus, you'd be surprised—how they take in their disciples, how they treat them. They'll pick maybe one or two disciples from somewhere, just one or two, and keep them close. Then they work hard on that person. And I know one such gentleman—he trained just one disciple in twenty-five years. And even with that one, he's upset! And frankly, he has a valid reason for it.

But that's how things are—so finding a true Guru is truly a very difficult thing. Finding a Sadguru is extremely difficult. Because these are people who have achieved something, and they've done it as human beings—through their own effort. And naturally, for those who come to them, they expect the same kind of effort—they want you to work hard too, to cleanse yourself first.

I say, first give Realization. One way is to make someone clean themselves up in darkness—searching and struggling, slowly working through each thing.

The other way is to give them their eyes first—and then let them clean themselves.

There can be two ways. But mine is the way of a Mother—I simply cannot bear to watch people struggle like that. So as far as possible, I want you to get your eyes, your Self-Realization, and then quickly begin your cleansing. And attain this great Principle—this is it, there is nothing beyond this.

Without attaining the Spirit, nothing truly happens. Till today, no one has ever written that anything can happen without attaining the Spirit—it's not written anywhere. And yet, I don't know why people go on acting as if it's possible.

Even those who were truly realized souls—the ones who wrote scriptures—they never wrote anything like that either. Whether you take Christ, or Prophet Mohammed, or anyone else—they all said the same thing: "You have to be born again." That has to happen. Without that, you simply cannot understand.

Christ even said, "You will be calling Me Christ, Christ—I will not know." That was for the Christians. He has spoken about the Kundalini many times—He said, "I will appear before you like tongues of flames." He spoke of the "Fire Tree", and described it in various ways—but what can the Christians understand of it?

That's why one must understand—it is a very subtle sensitivity.

That gentleman must have been a very decent man, who served in the military—who never did anything wrong. Military people often don't study much during service; maybe he studied later, when he became a lawyer. Military people usually stay within their own discipline, so it's possible he didn't do that much reading at the time.

Even through reading and study, the mind tends to become a little conditioned. Like today, I asked Rai Sahab—he said, "that MP

Sahab is coming." I said, "Alright, invite him." Then I asked, "What's the matter?" And he replied, "Well... the thing is," and then he pointed out his fault—"he's a bit too educated."

Even that becomes a fault sometimes. When you study too much, you start forming your own concepts.

That's why Christ said, "You have to be like small children to enter into the Kingdom of God."

There should be an innocence like that of small children, one should have simplicity—only then it happens, and it happens very quickly that way. And after that, the joy also starts coming very quickly. For some people it takes time; for others, the joy comes first and then the full truth of it starts to unfold.

Like with ladies—they often feel the joy more, and they're not so concerned about the truth and all that. They just sit in their joy. They're not bothered about knowing where the Kundalini is, where the chakras are, what is what. Even the little children—they just come into their joy and fall asleep. They don't need to know anything either. But because it is subjective knowledge, you end up knowing it—whether you understand it intellectually or not, you still just know it. How that happens—today I will tell you.

Yesterday I told you about the Nabhi chakra, and I also mentioned that if the Nabhi chakra of our country becomes enlightened, then there's no reason why poverty in our country can't be completely eradicated. Now, there's one important thing I must tell you about this Nabhi chakra—something I've already mentioned before—that there are two channels closely associated with it, very intimately connected. Among these two nadis, the Chandra Nadi [left channel] is the one that works within our subconscious. Whatever impressions enter our mind—like a taste we experienced, or a feeling that arose in our stomach—all of that is processed through this channel. It governs the ideas and impressions that come from the subconscious. For example, take many people who have allergies. Now what is an allergy, really? It's that somewhere in your subconscious, there's a certain impression or memory—perhaps in this life or even from a past life—where you ate something that once caused harm. That impression remains imprinted in the subconscious. So whenever that substance enters the body again, a reflex action immediately gets triggered, and the allergy manifests once more.

On the right side, there is also the Surya Nadi [the Sun channel]. In the Surya Nadi [Sun channel] as well, whatever you think or plan about the future—those thoughts are also connected to the Surya Chakra, which is located at the same place [Nabhi Chakra]. So, both the Surya [Sun - right] and Chandra [Moon - left] chakras lie on either side of the Nabhi Chakra. Now, on these nadis [energy channels], the left side channel, Moon channel, is associated with Shri Bhairavnath, whose movements extend from top to bottom, traveling along this channel. And on the right side channel, Sun channel, in that is the movement of Shri Hanuman Ji, traveling up and down that path.

Now one gentleman came and said, 'I believe only in Shri Hanumana.' I said, 'Why? but why do you believe?—there must be some reason. Why do you believe only in Shri Hanumana?' If someone gives you a mantra, or says, 'Do Surya Namaskar,' then you must ask, 'Why? What is the reason for doing it?'. Why do you need to do Surya Namaskar[Saluting the Sun through yogic postures]? There is a science behind it as well. If, within you, the Surya—the Sun—is already overactive, then there is absolutely no need for you to do Surya Namaskar. Yes, if someone has an overactive left side, then they can do Surya Namaskar. You see, the one whose left side is too dominant should work on the right side, and the one whose right side is excessive should work on the left. There is a whole science—'shastra'—behind this. It's not random. Even in the body, it doesn't work like that. Suppose your nose is troubling you, it doesn't mean you go and consume all the medicines in the chemist shop (buy the entire chemist's shop)!

So, the 'Ha' and 'Tha'—these are the two Nadis [channels]. And to keep these Nadis clean and pure, the Asanas and other practices have been prescribed, which are part of Hatha Yoga, the Ashtanga Yoga[The eight stage yogic procedures prescribed by sage Patanjali to achieve self realisation]. But if you just take one little thing from it—like saying, "We are only doing Asanas"(One of the eight prescribed methods)—then it is absolutely a wrong idea. Because why are you doing it? On which Chakra are you working? What is the need for that particular Asana(Yogic posture)? Without knowing anything, people just get up in the morning and start doing Paschimottanasana(One of the yogic postures), this Asana or that Asana—without any understanding.

And even this knowledge that came to us—it was brought by those, who went into the jungles, who also stayed with the Gurus there. And the Gurus would tell them: "You are not ready yet, you cannot go forward." The Guru was always trying to throw them out! It is with very great difficulty that a Guru will keep someone(As his disciple). You have to climb seven stories before they accept you. And at every stage, they will hit you with a tong—to see how strong your head is, how much faith you have in your Guru. Only when a person becomes absolutely steady and balanced, only then is he accepted by the Guru. Otherwise, these half-baked people—who just leave halfway through—pick up a little bit of this Asana or that practice, and come out thinking they are Gurus! Then they start teaching others.

So much harm is done by Hatha Yoga—by these so-called Hatha Yogis. I'm only talking about those who do just Asanas. Always, their Heart Chakra gets caught up. There is one gentleman, may be sitting here—he developed heart trouble by doing Hatha Yoga. Then they told him, "Now that you have a heart problem, you should do some other Asanas—for the heart." So I said, "On what basis? What is the connection?" This is what we call 'Samyak Gyaan'—Integrated Knowledge. And that can only happen when you see the whole.

So these two nadis which are on either side of the Nabhi Chakra—one must take great care of them. Now out of these, the left side channel, it is because of that I warn you against so-called gurus. Why? Because everything that is dead, everything that is in the subconscious, everything that is from the past—all of that exists on this left side. Beyond that lies your collective subconscious—on the left side. So all that is dead resides there. Now some people, even after dying, do not feel satisfied—they are very troublesome spirits. Sometimes due to suicide, or sometimes even parents, after dying, they feel, "Let us go back to our children." They just keep hovering around, and these people who are hovering like that—they are the ones who affect us. These are the ones what are called bad spirits or spirits in English. They are dead souls. And among these dead souls, there are some who are wise, they go to their own realm, to the preta-loka. They do not enter into anyone, they do not affect you.

There are many such people wandering around. Then, nowadays many of those who call themselves gurus are actually demons, many are demons, like Mahishasura has taken birth, Ravana has taken birth, and Bakasura has taken birth, and [[what is his name? Rakt] A sahaja yogi suggesting the name of demon Raktabeej] Raktabeej has taken birth. Many such demonic people and even demonesses have taken birth, and now they are sitting as gurus. These people have also brought their own armies, which are like viruses.

If they sit on your Agnya Chakra, then it will go to your left side and you will be pulled to that direction. The problem of the left side, in this people suffer in various ways. For example, in your homes, suddenly, people feel that Ganapati [Lord Ganesha] has arrived. This is happening in Kaliyuga and it has never happened before. You ask Me, "Mother, Ganpati has come to my house"; what should I do? I tell them, "throw it into the sea". What is the need to bring Ganpati? This is not the work of the Divine. Moving material objects from one place to another, does God have no other work?.

Now that Ganpati [Idol Of Ganesha] arrives home, people start worshipping it. Like this lady who was sitting here—she also has the same badha, left side. It gives pain in the body, body starts shaking. All, whatever mental illness cases we have, all these are because of the left side. In many homes these issues happen, where spirits reside. Just yesterday, a Sikh gentleman came [to see Me], his wife was in great pain. Came to know they had an old house, she had also started seeing some things at night.

Once you enter that area, you go to the area of the subconscious, you start seeing these ghosts. This is true that they exist. But one should never step onto their path. The greatest work in this matter was done by Christ. Christ resides on the Agnya Chakra, he has worked the most on this, that one should not get involved with spirits or ghosts. One should not have anything to do with them. However, you will be surprised to know that of all the people, Christians believe in spirits more than anyone else. And they [spirits] enter into them [Christians].

In London there is no church wherein dead bodies are not buried. If you are a realized soul, you will not be able to go into that church, where they have already buried the dead. Even in places like Westminster Abbey, where kings, emperors who had killed

seven seven wives, their dead bodies are buried. If it is of a saint then it is all right, one can say they have built a samadhi [burial]. It is very wrong to bury dead bodies of kings and emperors, because especially of that place they are great malpractitioners.

In our place[India], these people[kings] are virtuous, but in those places, kings and emperors are malpractitioners. And their corpses are buried there. And all the people do plainchant in these places. In their place, Pentecostal and what not, among Christians, ghostology rituals are the most common. But even in India, ghostology is not uncommon. Tantrics have achieved this ghostology. And then they this, If you give them five rupees, they will say, We will kill him or do something else or we can put a ghost behind him. This is a very common thing.

Tribal people do a lot of such work. And then they roam around as gurus. They put spirits in you people, and here you are putting rings on them, giving them clothes, giving them jewelry. In this I will tell one or two things. There was a woman from a wealthy family and her husband. Her husband once came to see Me. He told Me, "A babaji [holy man] gave me a ring." I asked, "You are such a rich man, how many rings do you have?" He said, "I have many." Then I asked him, "Then why did you accept this ring?" He said, "He gave it to me as prasad, so I accepted it."

I asked, Why did he give it to you? He could have given it to your driver instead. If he is such a great donor, why doesn't he solve the economic problems of our country? Why did he give it to you, because he must have cheated you of something. The man said, "No, I was not cheated." I said, "Then why have you come to Me?" I am not going to give you all these things. If you want a ring etcetera, then go to a bullion store and buy one. But if you have come to Me, then I will give you the absolute truth. However, you must first throw that ring into the sea.

The man said, "No, Mother, we came to you because many of the diamonds of our house have gone missing." I told him, "Bring your wife along." She was a lady doctor. When she arrived, I saw that she was possessed by a spirit. I gave her a bandhan and saw a ghost sitting in her and I took out her ghost. I started talking to her.

I asked her, "What happens to you?" She said, "I don't know why but some man enters inside me starts saying, 'These are just stones, just stones, give these to baba' and it is only me who gives it to him." I myself give these to him. I said, Is it so? Then she started saying, what should I do, all the time that man is bothering me, keeps giving me suggestions, comes and stands in front of me and tells me these are stones. Then I told her, "You are such an educated woman, and you are also married. Now whatever diamonds or whatever is with you, these were given to you by your husband or of hard earned money or given by your parents, whatever it is. And you live in a household, you should wear some jewelry. In a household women are required to wear ornaments, they have to remain decorated. You are the one who needs these. If these are stones for you, then what should it be for that man? Clay. Why is that babaji taking them from you? Why don't you think like this?"

When I jolted her intellect, she got awakened. She started trembling. Anyway she has recovered now, and their problem is also solved. But I am telling you as a matter of fact that people do such things as to how to put someone into a delusion. So long as you keep wearing that ring, you will not have the strength to think of something else. You will be overwhelmed by that ring. This to the extent that even if you put a dot [coloured dot] on your forehead by their hand, then you are a gone case.

They are also very clever. They know your weaknesses and where to target you. Left sided people have a lot of weaknesses and they catch you in various ways, especially women. Women are particularly very weak in this regard. They describe to them falsely about their husbands, asking them does your husband look after you? Does he buy you jewelry? They say, no he doesn't. Then they tell her, he is involved with some other woman. That is how they fill their minds with falsehood. And "I was your husband in your previous life." They often do that. Even highly educated women believe such stupid things. And then, that's it, they hand over all their jewellery to them.

These left-side issues have arisen here in our country because different kinds of false gurus have sprung up. And they are practicing this spiritism, tantrism. In the olden times in our country, they used to call it Pandora's box [Bhanumati ka pitara - a source of calamities and adversities]. You may think, like people of My father's age knew about such things. But you people have become English [Those who think very highly of oneself]. Mr Macaulay has taught you English [Thomas Babington Macaulay is

often considered the "father of modern education in India" for his role in introducing the English education system and making English the medium of instruction] and you know all these things.

Even now our tribal people do a lot of such practices. They can pierce their bodies without bleeding. Sometimes, they hang themselves and jump around from here to there. Are these works of God? It's a question of musing about it. Then these people croak like frogs and sometimes roar like lions. Now do you want to become a frog or a lion? If you understand this, you will not allow such things to enter your Nabhi Chakra.

For this, in our Sahaja Yoga there are very easy solutions for this by which you can save yourself and you will have to save yourself. Going out at midnight, etcetera is very wrong. So much, these evil tendencies are hovering above. Then people take to alcohol. Alcohol weakens your Nabhi Chakra. Once Nabhi becomes weak, it doesn't take long. On an alcoholic person the spirit of another alcoholic person enters, which then consumes the alcohol, leaving the actual drinker without any enjoyment of drinking.

In Cuba, I met a woman whose husband told Me, extremely thin and petite [Mother telling about that woman], that, "she could drink an entire bottle of whiskey, 'neat' [unmixed and without water]". I asked her, "How do you manage to drink like that?" She replied, "Mother, don't you see, inside me lives a gigantic Negro spirit. He drinks, I don't drink. He drinks and tells me, 'make me drink this.' Anyhow, she has recovered now. But such things happen.

There are so many such cases that if I start telling you all in detail, it would turn into an entire saga. However, you will encounter such things daily.

Now, when some of our Sahaja Yogis experience such issues, they recognize them immediately. They say, "Yes, Mother, we know", because they have seen this happen everyday. They see these dramas every day, and what is this business of spirits.

For example, if I tell someone, "Do not touch My Feet," there should be no reason to be upset about it. The other day there was this woman and her husband came to see Me. I had already told them that he should not touch My feet, yet the woman forced him to do [touch My Feet] so and immediately he fainted at My feet.

If someone has epilepsy, then he will surely experience a seizure in front of Me. Because they all do such tantrums and do things against protocols before Me.

The spirits that possess people and make them do strange things, are often mistaken with manifestations of the power of Devi [Goddess]. This is very common. People say, "Oh, the goddess has come into them". In our Maharashtra, almost every housemaid claims to be possessed by a goddess. But think about it—does a goddess have no other work than to enter housemaids? Just think over it that in such maids Devi has entered.

This belief is so common and deeply rooted in our society that even educated people fall into this trap and believe it. The biggest issue is that people do not think logically—why would the Divine engage in such foolishness?

There are different kinds of people, and their activities cannot even be fully described.

Now, there are people on the right side, about whom I shall describe. I recently went to Kovalam, and in Kovalam I saw something very surprising that people were burying dead bodies inside their homes. They were also cremating dead bodies right there.

I asked them, "Why do you do this?"

Just imagine how much negativity this brings! Such practices will only bring poverty.

From one side the spirits come in, and from the other Goddess Lakshmi departs.

From this side a bottle of alcohol enters the house, and from the other side Goddess Lakshmi disappears.

Now you must understand that if we keep the Nabhi Chakra all right, means if you attend someone's funeral, you should simply meet them and leave. That's it.

Even when it comes to your own parents, you should say, (To their spirits after their death) "We are fine, and now you should take your birth again. Do not worry about us—you are in another realm, and we are in a different one."

Reading too much about death, reading about the third eye, reading about the ghost world, from all these things the Nabhi Chakra is spoiled and the left side is caught up.

Secondly people also work like that on the right side. Right side work is like this, that on the right side we have the chakra of Shri Ramchandra ji and of Shri Hanuman ji. So they will work on the right side, that they will give you a mantra of Shri Ram. Someone will say now recite the mantra of Shri Ram, they enter into trance. Now, a spirit of the name Ram enters you, The Divine cannot enter like this, Isn't it?

What have you done that God enters in you? Do you have any true connection with the Divine? People call upon God as if He is sitting in their pocket or as if He is their servant.

If there's some sort of work, "Get my son a job, Shri Ram." "Cure my wife, Shri Ram."

But do you have any spiritual wealth deposited with God? I say that even if you wish to meet a king, then also you have to inquire about it seventeen times [many times] you have to bow down, you have to inquire, show respect, [follow the proper protocol] only then do you get to meet with him. You cannot meet him directly.

And the one who is the Emperor of Kings, you call him as if He is sitting next to you.

They will give you any such name, they will give you 'aeem', they will give you 'hrym'. And some people [pseudo gurus] give such strange names, from America 'aa'[or] from South Africa, one gentleman who does not know sanskrit, then they taught the name to the boys, some of My disciples have come from there, they spent an entire year cramming that name, what was it? "Inga, Pinga, Thinga."

Even a common Indian will understand this [was nonsense], but those poor people kept cramming it for a whole year. And all their Agnya Chakra and Nabhi Chakra became caught up.

One must understand these two channels. This is ghost knowledge.

Those who were highly ambitious in life, move towards the right side, after death.

If they enter you, like a spirit comes in, it never had a moment of peace in its own life, and it will not let you sit peacefully either.

That restless spirit feels that he has not done any work [in his life], now he enters inside you as a spirit. He will make you run like, your speed in life might be like a bicycle, but he [spirit inside you] will make you move at jet speed. In a few days, your body will start behaving erratically. Such people, after 10 years, begin to rattle, the whole body shakes uncontrollably.

One must understand what this thing is. One must realize that these spirits have come from supra-conscious. And once they enter your system, they take over. Even governments acknowledge this phenomenon because they want people who can work at

high speed. So, they insert a spirit [bhoot] inside them. One must think how this happens. And they will never explain the know-how of this like I am telling you in detail about Kundalini. And you can also maneuver it after realisation. They will not explain such things to you. They will not tell you that. They will only say, "Just keep chanting the name." These people have an entire assembly of spirits with them and strange things.

Just now, a man came to Me in London. He is working in America as a teacher of ghost-related practices. And his condition, that Shringa, he said, "I chant the name of Shringa." I said, "Shring was a great sage! This, I do not know what's the matter, how did you end up being possessed by a spirit?" I asked him, "What happens to you?" He said, "All the time I have suicidal tendency. His parents brought him to Me that thrice he had attempted suicide. What should we do about him? He said, "I don't know what happens to me, but something happens inside me which compels me to end my life." Then I looked at him carefully and saw that Shringa sahab [Sir] had one horn, he was a ghost [bhoot], a mighty ghost [Mahabhoot].

Then I asked him, "Why are you doing this kind of business?" He said, "I want that many people should die and that all those(spirits) who are under our control, will strengthen our empire."

This is the kind of illegal business these people are doing. You have no idea about these dark worlds, and you should never get caught in these traps. Stay in the central path, that is on Sushumna Nadi.

In this way, you must protect your Nabhi Chakra by all means. The greatest protection for the Nabhi Chakra is when we recognize and accept the Divine. Our true quest should be for the soul, for the Spirit. Only when our seeking is for the Spirit then only our Nabhi Chakra remains protected. If your seeking is for other things, then your Nabhi will never be secure. And there is nothing to be nervous about.

In our country, people are constantly nervous, always running after money, believing that they must earn money by whatever means, even if it involves cutting someone's throat, then also one must earn money, even if someone is to be defamed, doesn't matter, even if they have to lie, it doesn't matter. Money has to be earned somehow. I call this thing "Sin Against the Father." I have named it "Sin Against the Father". And the left sided people, the foreign people to them I call "Sin Against the Mother."

There are two kinds of sins. First, in our country, In India, we call it "Sin Against the Father" because we do not know that God is our Supreme Father and He is omnipotent, all-powerful. And He is looking after everything about us. Then why are we shaken so much? Why are we so caught in calamity? Why do we steal, cheat, and engage in immoral activities? If we truly know that our Supreme God is everything and He is ours, why do we resort to such immoral acts? If we have fewer radio sets [fewer possessions], then what is the calamity? Even from that [possessions] it does not seem to give any joy. If one understands this thing, that from being contented, the Divine, the Almighty who is our father who gives us whatever, "Whichever way He keeps me, I will remain that way."

Sometimes, I think that a person sleeping on the street is more at peace than a person who is writing cheques in a bank. I don't even know how to write these things. I don't even understand money, I have no knowledge of all these things. But I always live in complete joy. If you have something, that's fine. If you don't, that's also fine. For this reason, why worry so much? If God has given us something then we are living comfortably, and if He has not, then we are not living like that. What is there to be upset about? And to impress others, to make false exaggerated claims about one's wealth, there is nothing sensible in this.

If a man lives in a simple way he is still venerable. And if he lives in a luxurious way then he is still condemnable. Mostly he is condemnable. If someone drives around in a big, fancy car, then poor people say, "Ah, he must have earned the car by making money through corruption." Then why to show off, doing it will only lead to criticism. So, if you live a moderate life and don't be excessively greedy about anything, then only the Nabhi Chakra can remain well-organized.

So this was about, "Sin Against the Father". And "Sin Against the Mother" is done by Western people. What it means is that they have lost all sense of shame. They have abandoned morality completely. For them, there is no concept of family, of mother, sister, or brother. They have all become followers of Freud. And that's why they have created so much filth in the world that I feel

ashamed even talking about it and it is unspeakable. All these people have become completely corrupt and immoral, absolutely immoral people.

I feel a sense of disgust from these people, even hearing about them and I do not understand if you watch TV and there's it, go somewhere and there's it, as if they have no other work left in life. There is no real joy in their lives. They are trapped in filth, yet they call it freedom.

They do not realize that they have imposed the greatest form of slavery upon themselves. They have adopted bad habits and have become completely useless. They carry all kinds of filthy diseases within them. Their women have become immoral, and none of them seem to have any eternal values left in them.

With the help of Sahaja Yoga, we were able to settle down three hundred people and bring them onto the right path. And materialism, what we call materialism, if you become materialistic then you will be happy, is not true at all. They are the most miserly people, extremely stingy. They never spend even a penny. If you visit their homes, they won't even offer you a seat. Even a rat would hesitate to enter their house. That is how these people are, extremely miser. You are untouched by that, you don't realize how innocent and pure-hearted you are. You have simplicity, and you have respect for your mothers and sisters because our country is the Yoga Bhumi [land of yoga]. In this land how much one may fall here, to what extent one may fall. How far one can go, it is difficult to break free from the spiritual bondage of this land.

Even then you may see, if you look here, you will be surprised, there is not a single foreigner who has come here on his own. These ones present here are those who have come with Me. Not a single foreigner has come after seeing the advertisement. Not a single foreigner has come after seeing My advertisement. And if a few do come, they immediately flee because as soon as I tell them that after Sahaja Yoga, you will have to live a life of righteousness. Because for them, righteousness seems like something so rigid, they immediately dismiss it by saying, 'Oh, she's just like that aunty, that so-and-so lady, and Shri Mataji preaches in the same way.'

Yet even after this, in a city like London, we have established three hundred people in this path [Sahaja Yoga], about whom you may assume that these people are truly righteous and belong to the highest level of spirituality, and you may also assume that these people have become very deep in this respect [Spirituality]. These people have worked very hard. They have completely abandoned all dirty things and have put in great effort. There is one more thing about them that is they have a great quest for truth. If someone tells them that there is truth in something, and if they should achieve that, then they hold onto it firmly.

This is why I have spent so much time talking about the Nabhi Chakra because it is extremely important for us. Now, what are all the diseases that we can get by spoiling our Nabhi Chakra, I will tell you that. When the Nabhi Chakra becomes bad, the first disease that is caused is called liver [imbalanced Liver], the right side, the liver becoming bad. Now in Sahaja Yoga, we can completely heal the liver, and how it should be done, I will explain that to you.

The second thing is to have an imbalance, meaning this nadi or that nadi. If right nadi(channel) is very active, if a person thinks too much or contemplates, then he gets diabetes and diseases like that which are related and linked to his spleen, pancreas, kidneys, and uterus.

I have already told you some deep truths about the Nabhi Chakra that if a person drinks alcohol, or gets involved in spirit-related activities, then also Nabhi Chakra is severely damaged. And one more speciality of Nabhi Chakra is that it holds dharma [righteousness] in it. If you, now I will share something about Myself, if someone makes Me even look at a photo of a nude woman, I immediately vomit, immediately vomit. I don't think with My brain; My dharma is in My stomach [Abdomen]. If someone does something immoral, I immediately vomit, or in some cases, I get diarrhea for two-three [days] that. This is a direct and simple rule. For that I do not think, I do not speak ill about anything of anybody, but when it sees something impure, it reacts. My stomach [Abdomen] thinks. The stomach thinks, the brain does not think.

So the Dharma is in the stomach [Abdomen]. And that is why in our country food and drinking habits are advised a lot. But

whatever is advised, is completely misunderstood by us. The consideration is that a Brahmin should not eat food prepared by just anyone. Brahmin means a realized soul. If a realized soul eats food prepared by a non-realized person, then the vibrations of his hand become bad and he suffers. That is why it was said so. But if he links it to caste, however today society is divided based on caste, of different kinds, if he is a scheduled caste [someone belonging to a so-called lower caste in India] and is a realised soul then also it is forbidden for him that such a Brahmin who takes money in the name of God, one should never eat food prepared by such a person [Brahman]. This is the meaning of untouchability. Its deeper meaning is that a person who is a realized soul, should not eat food prepared by an unrealised soul, or at the very least, one should never eat food prepared by a wicked person.

Now, when you go to fake gurus, they feed you as a result of which your Nabhi [Chakra] goes missing [gets completely blocked]. These fake gurus have opened free food centers. You lose your nabhi [blocked] and you lose all your money to them. Either they [fake gurus] give you "vibhut" [sacred ash] to eat. In whomever's stomach this 'vibhut' goes, he loses his Nabhi Chakra. Laxmi Narayan [Presiding deity of Nabhi] sleeps completely in that person.

This is why I have told you about Nabhi that you have to maintain its balance and with devotion. Those people who maintain their balance, there is another special quality about Nabhi, thinking too much about food. This is also a huge problem in our country. From morning till evening women are always cooking, and they have this hobby, how to make their husband stupid. Men also become stupid about food. They do not know how to cook by themselves, they do not know at all how to work with their hands. If the woman [wife] goes to her mother's home, the man is in a bad condition. Women know this thing very well. They prepare different kinds of such foods, there is a saying "Possess your husband through his stomach." They also do [possess their husbands] such a thing. One may assume that this too is a kind of phantasm. [Mother and sahaja yogis laugh]

And menfolk are also thinking about food day and night, we want this to eat, today we would like to have this, we would like to have that. Women become busy with this. Although I also cook very good food, but, it is very wrong to keep thinking about food all the time. Like we want to have this, we want to have that, or eating too much is a sign of bhoot.

In India, some of us eat so much that it is no surprise that some people have no food to eat. Not some people but most people eat so much that it is very surprising. You wouldn't believe it, but I have seen with My own eyes.

Once there was a 'Shraadh' [ritual for deceased ancestors] at our home, when our sister-in-law said, "You are performing shraadh, in this you must feed at least five Brahmins." I said, "Let's feed two hundred poor people instead? I don't like this Brahmin [feeding] ritual nonsense." But she insisted on it, so I agreed. They [Brahmins] arrived and said, "there is no need to do much, just bring five kilos of 'Kalakand' [Indian milk cake] for each of us." I thought they would take it [Milk Cake] home. They had such big big bellies and they came and they sat down and ate the entire five kilos of Kalakand before Me in one hour. I can never forget that. I kept thinking, if these people are eating five kilograms each, then there would be many others who would not get this much [very small amount].

When people sit down to eat, it turns into a competition in our country. One gentleman ate sixty three 'Gulab Jamuns' [Indian Fried Dough Balls in Sugar Syrup] and went around boasting about it, proudly telling everyone, "I ate sixty three Gulab Jamuns!" Is this the way?

These are symptoms of being an evil spirit, just like Bakasura [A demon from Hindu mythology, particularly mentioned in the Mahabharata, known for his enormous appetite and cruelty]. Where is the need for eating like that? A human being can survive with very little food. There is no need to overeat. One should eat in moderation. But those who do not eat at all, fasting types are totally useless. There is no need to fast in Kaliyuga [the present age]. Fasting is forbidden here [in Sahaja Yoga]. In our Sahaja Yoga it is forbidden. No form of fasting is to be done. Only on the day of Naraka Chaturdashi [Day before Hindu festival of Deepawali], one should get up late and observe fast because on that day, the gates of hell are open. On other occasions like on Chaturthi [Fourth day of lunar calendar], on Sankashti, on Chaturthi or Ganesh Chaturthi, on the day of Ganesha Chaturthi all the people observe fast.

One gentleman came to Me, he was suffering from a prostate gland problem. He was a great devoted worshipper of Ganesha, a noble man and also a very good Sahaja Yogi. I was very surprised. I said how did this person develop a prostate gland problem because I have told you that near the prostate gland is the chakra of Shri Ganesha. So I just gave him chana, I usually give 'chana' [chickpeas] as My prasad, so I took out the chana and gave it to him. He hesitated and made a face. Another man nearby said, "Oh, he is fasting today." I asked, "What is the occasion today for which fast is being observed?" He said, "Today is Lord Ganesha's birth anniversary, so I am observing a fast." I said that's a good way [Asking in a surprised way]. The day someone is born, does one observe 'sutak' [a period of ritual impurity observed following significant life events such as births]?

In the same way, the day Shri Ram Chandra is born, the day Lord Shiva is born, that day [people fast]. How wrong are these traditions? These Brahmins are being used to make you stupid. Think logically, when a baby is born in our home, that day we celebrate with joy and distribute sweets, or do we sit in mourning and observe fast? All this wrong practice of fasting, then Ekadashi fasting. The day ekadashi fast is observed, one keeps thinking all the time, how to procure chestnut flour, from where will that [something else] come? Since early morning, people keep brooding about what they are going to eat that day. What will happen today? What shall be cooked today. Is this fasting? The attention should be light.

Constantly thinking about food, day and night results only in one dying from hunger because if someone has a liver disease, then he will die of hunger. If he has some suffering from some ailment then he will die of hunger. There are many such things that can force a person to remain hungry. So then, why are you remaining hungry under compulsion? If there is some problem in the body then the person remains hungry. If someone's stomach has some trouble then he remains hungry. Then why do you remain hungry under compulsion?

Yes, one should be well-nourished, eat simple food and eat balanced food, but there is no need to think about food so much. In general whatever is available, a Sahaja Yogi should simply eat that, after vibrating it. This way, the state of your Nabhi Chakra will remain all right. Now, why did I emphasize on Nabhi so much, I am telling you that.

[Mother Speaking to someone : Sit down, My child, get your realisation, where are you going? He is just a specimen.What to do?]

Because the Nabhi Chakra is extremely important, which is why I have spoken about it in detail. Over the next three to four days, I will explain about all the chakras to you. But the Nabhi Chakra is extremely important, and it must be properly understood that if for any reason the Nabhi Chakra becomes spoiled like there is disease of the liver, for example, if by mistake in the childhood, if you give heavy foods to children like chocolates, or what you call it, Rabdi [traditional Indian milk-based dessert renowned for its rich and creamy texture] etcetera, heavy things, then one gets liver. Similarly, overworking can also spoil the liver. However, this can be corrected. Through Sahaja Yoga, all diseases can be cured and balance can be maintained.

The most important thing is that human attention resides in the Nabhi Chakra. The attention [Chitta] is sustained by your liver. If you focus your attention on food, then you are lost in food.

However, when the same attention ascends towards God, then only one truly becomes a human being. As long as this attention remains engrossed in pragmatic things, in hither and thither, what you say towards superficial things, attention is trapped then that attention shall always remain in a mess, unstable.

But the same attention when it thinks that it has to only attain God and everything else is meaningless, then only the attention ascends and covers the kundalini and when the kundalini rises the attention which covers the kundalini becomes one with the all pervading power of God.

This is why the Nabhi Chakra is very essential, by which your attention should be balanced, and there should be just one emotion that this food also is a sacrificial act and we are eating it for that but especially the greatest thing is that we have to seek God. This attention when it rises from here, when it rises then it passes through different chakras and eventually comes out. In the beginning, when this attention is in animal form, it does not seek God. Only in the human state it rises toward the Divine. As long

as this emotion remains within you, that in the end, I have to only attain God, your Nabhi Chakra will remain very balanced.

This is the same as this verse: "Tvamekam Varenayam, Tvamekam Sharanyam."  
[You alone are worthy of being chosen, You alone are my refuge.]

There is nothing else that I have to attain. In this way if we maintain the balance in our Nabhi Chakra, then your nabhi chakra will always remain in a healthy state. And if this [Balanced Nabhi] happens for our entire country then our country's future will become fulgent. Because, as I have mentioned before, our country has a strong spiritual foundation and most major Divine Incarnations were born here. All the incarnations of Lord Vishnu were born here [In India].

All the incarnations of Shri Vishnu appeared on the Nabhi Chakra. You know about the 'Dashavatara' [Ten Incarnations of Shri Vishnu], which is absolutely right. This is also the tale of our [spiritual] evolution.

Just as a fish [Incarnated as Matsya Avatar] first exists in water, then moves to land and becomes a tortoise [Kurma Avatar], reptiles. Similarly during every stage of evolution that we have crossed at were at the Nabhi Chakra. In the end all incarnations like Parashurama [Sixth incarnation of Shri Vishnu] etcetera remained at the Nabhi.

Only the chakra above that which has not been shown here, [Mother talking to someone about it] is on the right hand side, aaaa... which is called the right hand side of heart, where Shri Rama incarnated. It is not in the centre because He did not declare Himself as Incarnation. Instead, He chose to declare Himself as Maryada [boundaries of dharma [duty and virtue]] Purushotam [The supreme man] [He is the embodiment of self-restraint, righteousness, and the ideal way of living—a role model for humanity.] That's why He moved to a side [Right] away from the path of Incarnations [Central path of incarnations of Shri Vishnu]. However, His chakra remains extremely important, and I will explain that in great detail tomorrow.

Now, let us all go into meditation. Tomorrow morning also, we will have meditation here, just meditation. In the evening, I will explain about the chakras. Now, if anyone has any questions, what are you saying?

Shri Mataji : What is he saying? [Inaudible clutter in the background]

So you will be surprised, please come be seated, be seated. The foreigners are better than us in this respect. Hmm! You talk to these [foreign Sahaja Yogis] people, they shall teach you who Shri Rama is. They have become self realised [like you], but you will be surprised, you do not have that thing within you. I always say this, "when you have teeth, you do not have roasted gram and when you have roasted gram, you do not have teeth" [Common folk saying to describe a condition when you have teeth, you do not have money to buy roasted gram or chickpeas and vice versa]. When these people [foreign sahaja yogis] received their realisation they gave up all the useless things of the world and dedicated themselves completely to it [Sahaja Yoga]. And the extent to which they are experts, you are not. They know each and every aspect of Shri Ram. And they know all aspects of Shri Hanumana, you only have to dedicate yourself. They can sort out any problem. They are not half baked like us because we have knowledge of everything about religion, so it does not come to our senses. Who is Shri Ram, what are His different aspects and what are His specifications, all his nuances and My, with them, the extent to which they have received from Me, you will never be able to understand. Here I see that while I am conducting a program, everyone comes. But afterward, they disappear and then no one shows up at the program. However we have got the chart prepared and everything has been given so clearly. The amount of hard work which these people have done, you can never do that sir.

I may tell you this. These people don't have assets like you have. You have huge ancient assets [religious wealth]. But you are not hard working. This is absolutely true. An Indian is rarely hard working. They are sitting here, you may ask them. Sahaja yogis will tell you how much money they have spent to come here and they are roaming with Me in the countryside. They are moving with Me everywhere. How many sahaja yogis [Indian] are moving with Me? These people have come from London and are giving realisation to the world.

Yesterday they were giving realisation in the university and the young people [Indian yogis] were just sitting here and have left

now. You do not have depth like them. That is very true. Their [religious] wealth is less than yours, less than yours. You receive your self-realisation very fast and after receiving it, give it up also very easily, because like something, like there is a rich man, how are his sons. You are like that. They get a lot of money, spend all of it, have fun and spend all the money.

They have received their self realisation with a lot of hard work that's why they know its importance more [than you]. They have no problem. They are much more capable than us. Just talk to them. If you are a Vaishnav, they shall explain the entire Vaishnav religion to you. All right? That's why I am saying that the book we are printing, you must read that. A Foreigner has written it and it shall open your eyes [Impress you tremendously]. All of them have collectively worked hard in this but your eyes shall open wide looking at the depth they have achieved. The work of Shri Ram and work of Shri Hanuman and how much they have understood that and how devoutly they have understood, you can never estimate. Not only that, our children who have gone there, out of that a few have become like them. They started saying, when we came to these foreign lands, we discovered how great our culture is. What is its importance and after that we understood its significance.

Their goodness is something else. There is something else about you, you do not know anything about your culture, you know nothing, what do you know about it? You have all become gentlemen [Sir]. The only thing is that you do not wear a tailcoat, rest you have become gentlemen. Gentlemanship has come in you. Nobody knows anything about his culture. It is not there in our education system that we talk about our culture.

All are [ignorant], to the extent that even small small things are not known to people. Nothing was known to them and I was surprised. Recently I visited Kovalam [a place in Kerala state of India] and there they had invited some journalists. I don't know, they said, "some journalists would come", I said, "all right". Then first thing they said upon arrival, "if we each get a bottle of whiskey then only we shall come". At least these [foreign sahaja yogis] people never talk like that. I said, "you chase away all these people. It is not necessary, I do not want even one person, chase them all away".

Then some of them came, helpless ones who were noble, came. Even after coming there, we should sit with devotion [as] Mother is talking, nothing [of the sort]. They sat there like very pompous people, wearing suits and boots, like donkeys. I did not even feel that I should explain anything to them or do something for them. Within ten minutes I said, "finish them off, they are all useless people".

Out of them one did such a foolish thing, I said to him, "in your land, Kerala, great men like Adishankaracharya had taken birth". He started saying, "is it so, we never knew about him". Another one said, "I don't even know who Adishankaracharya is". By saying this they were just showing off. We feel very proud that we do not know anything about our country and we know everything about foreign lands. By this we start thinking that we have become very great people.

By this you do not know such are never respected in this world. That's why our Indian brothers who have reached there [foreign countries] are never respected. They shall respect you when you become Indian in the real sense and Indianness is the greatest thing. But I don't see Indian people. All have become English and the chains of slavery that we are wearing that even now if you cannot speak Hindi it is alright, but you should not speak wrong English. English should be proper. Do people in Japan speak English?, and people of all countries speak English?

Not only that, you will be surprised that muslims who are My disciples, know more than you. They know a thousand times more than you. Whenever you meet those people, the muslims who are My disciples, you will be surprised. But I cannot say about My disciples of this place, no hard work, no hard work, only showing off, less hard working. Now let us see what you shall do. Next year when I come here I will find out one person has come, the other one has not come and the third has run away, the fourth one cannot sit – I have always seen such specimens here. Do not worry about these people, My son, worry about yourself.

Shall we go into meditation now? We are giving you Vaishnava dharma only, this is Vaishnav only. Evolution takes place only through Vaishnava dharma. This is Vaishnava dharma but Vaishnav does not mean that there is no work/role of Lord Shiva, Shiva also has a very important work/role. Yes, son? Concentration, but that concentration is a different thing and this concentration is a different thing. That's why there will be confusion in that too. Please fill it with water, okay, just water, not this,

they don't drink tea.

[Shri Mataji speaking in English]

What is the need to pull out your guts [no need to strain yourself], sit comfortably, it does not mean that you become a lazy lump, this is not what I mean. But there's no need to go to such extremes. Are there any other questions, now? Shall we go into meditation. Yours is also left. Son, your question won't be solved right now, just take your self realisation. You are stuck in just a circumgyration, your Agnya is caught up in such a way, that's it, he is a great evil person, what is his name?

[Section in English of 11 minutes 46. Starts at 1:07:54]

Sahaja Yogi: Mother, do we have to concentrate on particular plexus?

Shri Mataji: No. Nothing. That's what I'm trying to tell you.

In Sahaja Yoga, it is a spontaneous thing, you don't have to do anything at all. It is a spontaneous process. The Kundalini itself rises and tells the person who's giving you Realisation that this is the problem with the gentleman. So, the gentleman who is seeking, this 'sadhaka' [seeker] feels nothing about it but the other fellow, the one who is giving Realisation feels. So, he can manoeuvre because he's a Realised soul, the vibrations are flowing, he can manoeuvre, he can give a bandhan, he can give nourishment to that chakra and, can make that chakra all right and raise the Kundalini higher. It is the one who is Realised can do it.

After Realisation, now many people have taught that you much concentrate here [Agnya Chakra]. It's a wrong idea. Absolutely wrong, I don't know who has taught this because if you concentrate here, this is just a window, which should not be, at all, opened. You should go straight-forward, take your 'chitta' (attention) upward through the Sahasrara. Or if you concentrate here your attention will go out of the window and that is what happens to people who try to concentrate there, they start seeing visions and

yesterday only, there was one gentleman who was saying, [Shri Mataji talking to someone :Is it better now? Hnn, I will have to cure him.], so what happens, you start seeing visions, then you move to the left and right. You go to the Supra-conscious side then you will see lights, this/that. If you go to the left-hand side you will see all the previous lives of, say, Shri Rama, Sita, this/that, you see the history. You have passed through that, so you see all that. You have to be in the present and for that you have to come out of your Sahasrara. So, all this is wrong.

Sahaja Yogi: About seeing Lights.[inaudible sounds in the background]

Shri Mataji: Even if you see that, that is, you are not seeing yours because you do not see. If it is your own you don't see it. You see, if you are sitting inside you don't see it from outside. If you are seeing something that means you are outside. When you are inside you do not see, you must be seeing somebody else's. Not yours own.

Sahaja Yogi: Re: seeing with closed eyes.

Shri Mataji: With the closed eyes also you go into the Collective on the Supra-conscious and you can see. You'll be amazed, people who take LSD, they cannot see Me, they just see light. They do not see Me. They just see light.

Sahaja Yogi: Astral bodies.

Shri Mataji: That is absolutely bhoot. Astral body is a 'bhoot-vidya' (Ghostology). That too is bhoot(Evil spirit). Absolutely bhoot. This, the levitation is bhoot. All this is bhoot. Are dead spirits. Astral body is, it's a very funny thing, why can't you understand? It's very simple. How God is interested in making you astral? But people are really mad after it, I tell you. From America, three big scientists came to see Me and they said, "You make us fly in the air." [Laughter] They all know about it. So, I told them, "Why do you want to fly in the air, you are already flying up to the moon?" But they said, "No, no, we want to do it." And when I asked them that, "Why are you so insistent, you'll become a slave of those bhoots and things", so they said, "No, no, Mother, still you must do it for us." I said, "Why?" "Because" they said, "Russia is doing like this, so we should also do it." So these are mad people. If they are doing at national level, what am I to do? They are all going into the 'bhoot-vidya'. They should not! That's a very funny thing, you know!

And, who told them to come to Me is the man who suffered from this disease and I cured him. Imagine that fellow should tell

him that I should give some bhoots! It's a very wrong thing. Levitation, all this is bhoot-vidya.

You see, removing matter from here and there is not God's concern at all! He only moves their Kundalini, that's all!

Sahaja Yogi: Mother, does it help you in your particular professional field in the world? Or does it mean that any person who reaches a certain state (Hindi) eventually becomes an ascetic or something like that?

Shri Mataji: No, no, no. Not at all! No, no, no, no, no. No way. Asceticism is not for Sahaja Yogis. You should lead a very normal married life. Absolutely nothing like that.

Now in professional field or say in material field or whatever you call, it is so important at this stage because your priorities are different, you see but they will change gradually. But when these priorities are also there, I can tell you, definitely materially also you improve because – yogakshema vahamyaham (The phrase "Yogakema vahāmyaham" ( ) originates from the Bhagavad Gita, Chapter 9, Verse 22. In this verse, Lord Krishna assures that for those who are exclusively devoted to Him, He personally takes responsibility for their well-being.) That promise is fulfilled. (Inaudible sounds) Yogakshema-vahamyaham: 'yoga' means 'the meeting with God'. Once it happens, that union, that plus after that is 'shema', is 'wellbeing'. "Both I'll look after" says Shri Krishna in Gita. All right? But first should be 'yoga'.

Now questions are over?

Sahaja Yogi: How can you recognise that a person is ...(inaudible sound)?

Shri Mataji: Very easy because you can see it from the vibrations. You are a Realised soul, now you have got vibrations, very easy, you can make out a person from his vibrations. If a person is a bad soul, you won't even stand near that person. You'll feel that ants are coming. Some people are like scorpion. You stand near them, you feel there's scorpion coming out of them. So, you will make it out, not difficult, after Realisation.

Sahaja Yogi: We in India being religious people have some concept of Kundalini. How do these in medical sciences have this concept? Do they recognise it?

Shri Mataji: Medical ... [medical science]? They have no eyes beta [my child] to see, they have to go into meditation. I have told these people, "You go and talk to these doctors." I have given three lectures there. They want me to give another lecture. I'm fed up of giving lectures. I'm saying, "Why don't you take your Realisation and understand it?"

Now we have two doctors here, who have come. One is a Russian and another is an Indian, who is practicing in London. And they say that, "After knowing these subtle centres and all that, then we know that what are the, what these centres are, managing are the gross things. Once you know how to handle the centres, you can manage whole thing." But they don't want to listen to Me. Only one condition, of course I put, that when you learn Sahaja Yoga you cannot charge money for curing. That maybe the thing! I don't know.

It has absolute relevance with your medical sciences. Science is nothing but a little part of what I'm telling you.

Sahaja Yogi: ..... Practice of Hatha Yoga and even as a mere system of exercise after Realisation?

Shri Mataji: Exercises are no good, of this kind. You see, you must understand the science of Hatha Yoga. Hatha Yoga is Ashtanga Yoga(Eight stages of yoga as preached by Sage Patanjali about two thousand years back), which is to be practiced before marriage, in a forest, with a guru. Gradually, you see, you are cleansed and the guru is a Realised soul, who looks after you and gradually he does all that.

Now, I would say 'yoga' is only Sahaja Yoga. The rest of them are preparations.

Yoga is the way where you meet(with God), is the Maha Yoga. Where you 'meet' is the Yoga. The rest of it is, supposing you have to come to Delhi, till you have not reached Delhi, (you are)one mile away, you are not in Delhi. So, you can come by a bullock cart, you can come by a jet plane or you can come by such a thing that just shoots off. If somebody can do that, that is better than to do this slow movement.

In Hatha Yoga, Ashtanga Yoga is there and gradually you see, they are all human beings, and they work it out in such a manner that every chakra is cleansed gradually and a person is put to it. And, he has to lead an ascetic life, before marriage, he has to do all these things and is a very difficult thing.

But if you say that asanas [yogic postures prescribed by sage Patanjali as one of the eight stages], I'm definitely against it because you must know what asana is to be done.

We also use asanas in Sahaja Yoga but only whatever is required. Now if your throat is not all right why should you do stomach

exercise? Means your throat will be bad in any case and stomach will also go out.

Hatha Yoga, Hatha Yogis are rather difficult for Realisation, I must say. Those who do these exercises are rather difficult. They are! I mean, that's a fact! Because all these things are not to be done, like Raja Yoga also not to be done. It is a spontaneous happening. Everything works out inside. As I told you that a car which has not yet started, no use moving its wheels or anything. Sahaja Yoga encompasses all these yogas because by this your spontaneous happening takes place. Now, it could be that I cleanse you completely, sit down for hours together, cleanse you first and then raise the Kundalini. Another way would be just to raise your Kundalini, enlighten you and then you cleanse yourself.

But the way people are doing Hatha Yoga, I'm against(it), absolutely. Because they just do not know what to do. They do all the chakras – only thing you can do is thin down, at the most with that. Other things, I do not know what is the advantage because you get, I've seen people, Hatha Yogis are always having heart(catching on heart chakra) and they become very dry people. For somebody who's (doing) a Hatha Yoga, I'm sure his wife must be having a terrible time with him. He becomes a very dry person, very hot tempered. We have had people like that, you know them, Vishwamitra(One of the most venerated sages of ancient India) got after Harish Chandra(An honest noble king of ancient India); Durvasa(Legendary sage, known for his temper); they just give you sharp eyes.

These people are not going to do any 'kalyan'(benevolence). They have no love, nothing, very dry because you go to the right-hand side. Surya Namaskaras(Sun salutation,sequence of 12 yogic postures) – another thing. If you overdo it, you can become a very dry person. Extremely dry! I mean such bores they are! You just can't talk to them for more than five minutes. And if you sit there for the sixth minute, they may hit you hard. [Laughter]

Mostly they have divorces and things like that. Very dry! They never smile. They do not believe in smiling, laughing. They are not open hearted. These are the 'doshas' (doshas are the three fundamental energies—Vata, Pitta, and Kapha—that govern physiological and psychological functions in the body. They are derived from the five elements: ether, air, fire, water, and earth). But emotional side we do not see. We just want health. What's the use of having so called health, which is full of such a mind, which doesn't even smile, doesn't have any reception for others. Horrible personality. I mean, I have seen so many 'pahalwans' (wrestlers) who come to Me and say, "Mother give us peace." Such people can be horrid. Absolutely horrid people!

[End of English section.]

## 1979-0314, The real Self-realisation

View [online](#).

14 March 1979

Talk to Sahaja Yogis

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

Shri Mataji: That is it. Whatever you believe into, you just turn it down that time. That's all! Because I am being the Ego and the Mahat-Ahamkara. Just say that and you will get the vibrations. Say that, "You are the Mahat-Ahamkara" and you will get the vibrations. I am! No doubt. I don't say that but I am.

Sahaja Yogi: Lalita Sahastranama...(unclear)

Shri Mataji: See, from where do you get your 'ahamkara' [ego]? I am the one who does. So, I am Ahamkara. But the difference between you and me is only this that you don't do anything and you think you are doing and here I am doing everything and I am not bothered. [Yogis laughing and clapping.]

Someone from the crowd: As it is said in the Gita, Mother! Krishna says, "I am everything."

Shri Mataji: Yes, that is true. Very True. So, let's out. Who else?

Sahaja Yogis: (Unclear.) Alex!

Shri Mataji: Alex. Yes, I remember (while laughing Mother says so). All right!

And like that you see, people I have seen, even the complete flow of light, moving up like that, but they have not felt the realization. They saw it coming up to the Agnya and then the whole thing dropped back. They saw it. So, they saw the Kundalini how it was helping. The Adi kundalini was helping, your Kundalini. They saw it. Even this light rising, is because your attention is still outside, you see, so you go on, that flickering of the eye starts.

Then I tell you to fix up your eyes to my vision, you fix it up to my figure and my face. What happens is the Chaitanya pushes you through your eyes into the centre, you see, so that you see me as I am. But the eyes are controlled by the Chaitanya and the attention that is inside, you see, is pushed inside that, what you call that aperture in the Agnya Chakra. So, I always say that if you are flickering your eyes, please pay attention to me so that the Chaitanya works through your eyes and fixes your attention to pass through. Because the light starts spreading on all the sides, and you see that light and the eyes go on like that. You cannot close your eyes. It is that is the reason for that.

Then the second thing you said that you are facing the, your Sahasrara was on the tip, there is one of the reasons for Nirvichara [thoughtless state], is there. But also, Nirvichara [thoughtless] is a way to express the blessings of your Mother. When She wants to bless you. See you wrote the letter, She was happy. Just to bless you, you became Nirvichara. It's the blessing. That's how you, that's the grace, you see. It comes to you from your Mother that you become Nirvichara. That one has to give you. If you do the things that I tell you I feel, I bless you very much. Because they are for your good, for your kalyana [benevolence], for your mangal [auspiciousness] and that's why you are blessed and that blessing you feel as Nirvichara Because I am Nirvichara myself.

That is a mess up Kundalini. You see, this is the queries. It is not. This is what happens to so many of you. That is all the Ida and Pingala problems. This is Ida, Pingala.

Sahaja Yogi: Yes, I see.

Shri Mataji: Sympathetic. That looks out and it looks like Kundalini. But you don't get any vibrations in the hands. It looks even some people get a big hole, to get out of it. Especially this Muktananda [false guru], he does like that and you get a feeling that, "Oh!" You should never feel the Kundalini rising, that like an explosion, an example like that.

Sahaja Yogi: Oh, I see.

Shri Mataji: (Unclear: Make all half.) This kind of 'realization' is no good. Normally Realisation is good. This kind of experience many people get. Like 'Hare Krishna' also had like that and so many people get that feeling like that you see, that something goes up suddenly it shoots off and you feel exploded and opened out and all that. But that is not the Kundalini. It is the sympathetic nervous system which is very much in strain.

They have strain. In that expression of that strain what happens that the whole thing the energy of the complete sympathetic, whatever they have, parasympathetic, is sucked into the sympathetic because sympathetic is too much activated, you see. Then what happens is the parasympathetic system has your stored up energy, whatever it is, it just sucks in all that. And when it is sucked in then suddenly the wave from the pelvic plexus down below starts because you see these all the energies are released to the sympathetic. Because the sympathetic is so exhausted, that whatever is the energy left in the chakras, is released.

Once it is released, all that released energy makes you feel that the energy is rising within you because it is rising through Ida and Pingala. Now this is the energy which is just sucked into Ida and Pingala, it rises up and you can feel it going up and coming down and all that. But the after effects of these, each one of these, that such a person, of course in these experiences people feel sometimes horrible things also, that they feel that there is heat liberation, sometimes they feel some sort of a scorpion bites going on, or some snakes coming up and all kinds of things can happen in these. Can be very horrifying also these ones and could be very simple also.

But when this happens after effects is like that, that you become arbitrary. You see, all sort of this drug system started after that, because once you are released from that self-control in between you can take to anything like this. Because you are free now, do whatever you pleased with, you see! And that's how you can take to drugs and things.

And this is what all these gurus are doing. Is to take out the stored energy which is controlling you, suck them out on to the sympathetic. There are so many ways by that they can do it. They can starve you; they can make you work very hard; they can make you tired; they can make you say some mantras, things. I mean they make your sympathetic work so hard that ultimately a stage is reached where your chakras release all the energy that is stored in them and just get out of it, you see. So, all the energy has been sucked in. And a person feels, "Oh!" Suddenly, there is something, suddenly (unclear).

But in these circumstances, you can, may have a big hollow in the head like that and is like a mad person has, see here a big hollow. And the whole thing is sucked in and you get a hollow there like that. So many people get the thing. That is very different. But because all that energy that was inside is sucked in, so, it has become like a big hollow inside, you see, like a mad person has too the same thing. So, this is the way people confuse between Kundalini awakening and the exhaustion of the sympathetic.

Normally in the Kundalini awakening through Sahaja Yoga, you do not feel anything. It just goes up and works out. But sometimes if there is, after realization if there is an obstruction due to certain combinations, it may be the obstruction may go out like that. But there is a tremendous difference between the two. In that first you have release in the hands of the vibrations there.

But with the first one you do not get; on the contrary you get heated up. And you start avoiding yourself, escaping from yourself. And this starts and that's how you get into these drugs. This is very much played by these gurus. That's what they do to you. They exhaust you completely so that you cannot withstand reality and the present moment. So, you try to get into something and once you try to escape; you see just the whole release of these stores and parasympathetic takes place and Deities are broken

and you are broken. You become arbitrary. It's a cancerous sort of the thing. That's not Kundalini awakening but we would say it is more sympathetic system which comes into play. And the movement of parasympathetic is - what you call that, pumping – a movement of the pumping of the energy starts. You get start, put it on all the thing. And the whole thing is sucked in because of the exhaustion.

So, one should not confuse between the two. Because after realization you cannot take to drugs easily, it's very difficult. You have to really force yourself to take to drugs.

Yogi: Mother, (unclear).

Shri Mataji: It's a hypertension. You develop hypertension. You become very agitated. You start dancing, jumping, doing all kinds of things. You see, these things can happen that you can start dancing, jumping, shouting, doing all kinds of things. Getting into licentiousness, perverseness, because that's how you are let loose. You see, the control on your being of the wisdom is lost. Then you just get into it. You don't feel the pinch of the, you can call your conscious. The pinch of the conscious is no more. You just go arbitrary. You just shoot off. It can happen to people even without feeling it. Even without feeling this, some people can get into that kind of attitude. That's how they become alcoholic. And they become all these things where they have no control.

Now, Jay? Did you speak something?

(Pause.)

Eventually, he was absolutely on death bed. Because he got cirrhosis of liver. And he was going to die. See, he had left Sahaja Yoga. He wanted to do it on his own and all that and he just lost it. Poor thing, within three months he started showing disease and he was so bad now, I had brought him home. My husband had gone abroad. And he came back and said, "What is this? You have got a dead person in the house? They are going to prosecute us, we are all going to be in jail, he is going to die." Next moment the way he was, there I just can't look at him. He was very angry. I said, "Where can I send him? After all he is so sick. It would be very inhumane to send him anywhere out." He said, "Alright! Tomorrow, you arrange something and send him away." But next day, when my husband got up from his bed, he saw this gentleman walking about. He was so surprised and "Oh God, can you see the fellow is out? Out of his bed. (Laughter.) I just can't believe my eyes." And then believe me, within seven days he was completely cured.

Then Jay's told me that, "Mother, some of us are so egotistical that we have to go to that limit to know you and to come to you. It's not possible for some people to give up their ego and behave in such a manner, so better allow them to go to that position and then come back." I said, "For a Mother it's difficult. She will try to tell them again and again, that, "No no, you try to get alright."

See, that's what he told me. But this is very true. What I found with the Western people that they are very egotistical in the sense that they don't mind killing themselves, you see. The ego is so self-destroying that they know they are destroying themselves but just to satisfy their ego they'll go on destroying themselves. And they reach such a funny point that you just can't understand how there is that they are so foolish about it.

Then he started respecting himself and then he went to his mother. He said, "I feel tremendous love for my mother" whom he had left for years. He never bothered about her. Then he went down. Now he is in Australia and he is looking after his mother and he is coming back with her and truly she is well and he's talking with her sweeter. So, this is what the thing is of wisdom.

(Unclear: Gaas-) who was the leader of all the hippies of London and who was a very clever boy. And he was a physics professor. So you can imagine what can happen to an egotistical person, how he can lose his complete wisdom.

So that's done.

(Pause.)

Because in the first lot that I had from Bharitya Vidya Bhawan, there were about three hundred people out of which at least two hundred and seventy-five people were Indians. And they all were suffering from some disease or another. I got such a fright. I was so angry with all of them. I said, "None of you are healthy" because, you see, some were suffering from paralysis and some were suffering from gout and all kinds of problems they had.

And in that lot, I found "Kohli" sitting in front of me and absolutely cool, very, very cool, so much that he was like a frozen, you can say, dough, a frozen dough. And I cleansed him. I said, "Now this is too much." But because of his heart catching you see, when your heart is caught up, you can feel that kind of coolness. Because it depresses your heart more and you get that coolness. So, I called him "Khali".

And Khali is a one doctor whom I had heard about him, who is in Houston where they are operating small children. I had taken my grandchild there. So, I met him and he looked very much like a man "Khali" but he is a very tall fellow and very kindly person. And when I saw him, combined these two each other, he was so cool and so much speed like that I said Dr. "Khali", that I called him "Khali". And that's all. And then whenever he talked to me, he says, "Mother you remember me? I am Khali speaking." He says, "I am Khali forever." (Laughter.)

Now come along, his name is Anthony. What's the surname? (Unclear.) He is from Cyprus. You see, very near Greece from where Alexander the Great came to ascend. Now comes Khali the Great! (Cheers, laughter and claps.)

## 1979-0315, Talk to Sahaja Yogis on maryadas

View [online](#).

15 March 1979

On Maryadas

Talk to Sahaja Yogis

New Delhi (India)

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

Translation from Hindi:

The efforts put in by the people of Delhi are very commendable, because as you know, in Sahaja Yoga, we have no membership, no rules, no regulations, nor do we keep any register, and under such conditions, some people get so involved and work so hard and think such that there should be one place where all can come.

Currently, programmes are being conducted in their homes. So, they told me. I said, "Ok, see if you can find a place, it should be alright, whatever takes place with the knowledge of all should be good." But, according to my observation, blessings of God Almighty are in abundance for the people of Delhi. Because it is very surprising to see the way these people have worked, and in other places, after working hard also, nothing could happen.

All this is your own. The place has been made for you, you will only stay there, and you only will use it and make it useful. But it is important that there should be one nucleus, one place where Shri Ganeshji should be installed. It is essential to have a place like this. Because, each place has its own vibrations. It will be nice if you can choose a place where the vibrations be such that a person can have peaceful meditation and get the benefit of it.

But I do not have great understanding of money matters. As such, if you see any problem in this matter, you can tell me about it if there is any mistake or if there is any misunderstanding, but as such you may be surprised that people who have become Sahaja Yogis, are honest and faithful to such an extent that we cannot understand whether it is possible to compare their honesty to anybody else or not. Without any fear, they possess so much of honesty and duty-consciousness and there is so much of mutual love and understanding, that it is surprising to note that these people are so different, from different types of business. Some are government employees, somebody is something else, but possess a sort of deep affection, and so much of respect that we are saints and saints should be safe-guarded, and they should be respected also.

So much of thought has come from within, that it is very surprising. Like, for instance, here Shri Subramanyam Saheb, who has made a lot of progress in Sahaja Yoga. He has made a lot of progress. And, we have seen that a person who has made progress in Sahaja Yoga, he will be recognised in Sahaja Yoga voluntarily. As such, he is such a likeable person. He does not say anything about anybody, but he will be voluntarily recognised and liked. Because, he will be exuding good and beautiful vibrations, he will be appreciated and liked. They will understand that now he has reached a bit higher level than themselves. And for such a person, there will be no competition from others. In the reverse, the competition will be on, "How can we be like him? How do we become good like him? How will we become giver like him?"

But all this has to happen. It cannot happen by lecturing. I am aware that by giving lecture on this, nothing will happen. This is the matter of obtaining it. When you acquire it and when your tree grows and becomes big in this and when you reach that stage, then this will happen. You have also experienced this. Many of you have experienced this. Many of you have been enlightened and many people have obtained it. And for this, you need to know the language also.

Recently, one gentleman had written a letter to me in French. I do not know how to read French language. Meaning I am able to read, but cannot understand. But, just by vibrations, I could understand the quantum of pure love with which he has written. All this is just a cup which contains words, but the happiness derived from the aroma within and the juice, which is nectar, are more

valuable than words. It happens just on seeing such cups.

Supposing if beautiful big cups have been made and some dirty thing has been filled in that, you will spit it out soon after drinking. Those cups have no meaning. Cups may be anyhow, but if it contains nectar [amrut], then the satisfaction the person gets by drinking nectar, will not be found in the cups.

Yesterday, I had told you about Kundalini. I would like to tell you more about it. However, a big, new, good book has been published. You people may kindly take that book also, and quite a lot of minute information has been given in details. But you all must understand that all these are just words and words. Without experiencing and without concentration, nothing will happen just by mental, calculated approach. When you start getting awakened from within, then changes will start coming spontaneously.

Just as I told you, when Nabhi Chakra starts awakening from within, the first thing that will happen, is a sense of satisfaction, will develop in the person. Priorities of person keeps changing.

One gentleman was telling me, "Mother when anybody comes to our house, they will not sit even for 2 minutes also. They just runaway. Do not know what is there in our home."

But, as soon as they got their self-realisation, people started coming to their house daily. Good attraction developed within them.

I asked him, "Did you feel any change? What was the matter?" He started saying, "Yes, I understood what the matter was." He said, "When people used to come, I used to try to see how I could make them happy, I used to give some things. I used to tell them, 'Take this, will you eat this, please sit' but I do not know how they came to know that I was talking superficially. My wife also used to do the same thing. She used to tell, 'Please eat this, please take this' but she used to save some things. She used to feel not to keep all things before them. Supposed everything is kept before them and if everything is consumed, what will happen?

And after this, it so happened that I used to watch myself also and my wife also and see that whenever somebody came to our place, we used to open our heart and say, 'Brother you have come. Come sit.' becoming totally informal, used to ask, 'Ok, what will you eat? You take this, take that.' In this manner, we used to keep all things before them."

And the surprising thing is that his wife started telling, "Previously, I used to prepare so much and people used to eat so much, but they were not feeling mentally satisfied. And now, I prepare less, and people say, 'How so much of taste has come in the things prepared by you? It is prepared so nicely', will eat and then will leave with lot of happiness." Gradually, these same people slowly started coming towards Sahaja Yoga again.

One of the specialities of Nabhi Chakra is that there is blessing of Shri Annapurna in the hands of woman. And when Nabhi Chakra gets totally enlightened, even if there are thousands of people to partake food, it does not become insufficient. But there will be happiness. If people think, "How much has been prepared?", not much has been prepared but there will be happiness. Through your hand, the positive vibrations go into it and person starts eating with happiness.

Lot of love emits from Nabhi Chakra within human being, lot of affection emits. The person does not understand, "What and how to give them? How to give them my love?" We do not even think. Love does not even come within us and even if it comes, we just cover up the love thinking whether it will be thought we are wanting something or nothing.

As soon as Nabhi Chakra opens, the person is so much filled with love, he feels, "What should I give them?" or "What should be given?" He just opens up. He just opens up. He feels that brother has come and, "What should be done to make him feel good? What to give? How to give rest? What to do?" This is not artificiality.

A person may become artificial to any extent, but he knows the artificiality of others also. How much a person is speaking

artificially, and how much from within, is known to him. How much the person is conveying superficially and how much he is conveying from within, is then understood by the person.

In our villages, there are certainly people who become very happy if you go near them, and if you want to make them very happy. Previously, such people used to be there, these days there is nobody like that. We know our father that the day on which he is very angry, when you go and tell him that, "I want to eat ice cream today" then he would be very happy. If you happened to tell him anything like this, he would become very happy. In olden days people were like this, to give their love, to play, to feed, and to give happiness. All this gave them a lot of happiness. The same thing comes so overwhelmingly within, I do not know how to tell people that enough is enough, "Now do not do anything to come closer."

When people went to villages, just do not know what all they did for them. Whatever we could do for them, we did all that. Foreigners say that, "We never knew that there is so much of love in Indians." And I said, "Are you not like that? Even you have developed a lot of love." They have also developed love and you all also have. A revolution of love has appeared.

We people, at the most love our own children, wife, or a few family members. And we do not even know the quantum of our love. Even in that we have our own choice. For instance, when our son comes back from battlefield, then we think from heart as to how to meet him. Similarly, in enquiring about health, how to meet. Same quantum of love even in ordinary meeting, "Oh, come, let us meet them. They stay here, let us see them. If they have any problem let us find out and help them. Anything else we can do?"

Such type of things starts working from within as our happy vision gets a change totally. To give, brings happiness. To support somebody, gives happiness. Even if there are small requirements, a person volunteers to do it. He says, "Could this be done? That done? Can it be done this way?" The happiness we experience by this, cannot be compared to the present artificial calculation done for everything. This love, which surges from Nabhi, which enters our attention [chitta], is spread all over. This is so large-spread, happy and peaceful, that your health gets well just by meeting people.

I have also seen such people who always get bored with people. If somebody visits them, they say over the phone, "Brother I am not at home, please go." They keep running. Then they will be running from morning to evening. Some people happen to be big bore also. Keep running, and after some time, they keep running from their own people also. They wonder what to do. Two people are sitting, both are friends. In between, they read comic. One reads one comic, the other reads the other, or they go to see a movie together. There is no connectivity in both.

But Sahaja Yogis are not like that. They do not read anything. Nothing. When they are sitting together, peacefully enjoying sitting between themselves, "Oh brother, what are you doing?" "Nothing, just sitting." Cracking jokes between themselves. If somebody gets Realisation – recently, we had been to Kolkata, we were staying in a hotel there. One gentleman came to hotel. Three to four people were with him, staying in different rooms. As soon as I put my feet, good vibrations started coming quite fast. These people came running and started saying, "Mother who was at your feet?" I asked, "Why?" They said, "Vibrations started coming from top all of a sudden." I said, "See this, they are inhaling its scent, enjoying it, 'Now, who is that person? What is his caste? What is his creed? Which village is he from? Which city is he from? Which country is he from? If he is getting vibrations on his back? Oh oh, what is the matter?' Now he is standing, taking pleasure. He is also having fun. These people also are having fun."

Many times, you might have seen that those Sahaja Yogis who bring you to my feet, are enjoying you in their meditation. Again, I tell you, take pleasure in meditation. You started taking pleasure in these people. So, the pleasure a human being gets, is the essence on the returns of the earnings of the tattva. It is not on the worldly belongings. Do you have big vehicles, do you have big buildings, a house, what will you achieve by all this? But the heart should be big and that heart, you will be surprised that, works from the Nabhi Chakra. That is why the Aortic Plexus many people say is the heart of the stomach. Many people call the Aortic Plexus as the heart of the stomach. It starts running from inside. This happens only after your Realisation.

When you receive lots of blessings of the Nabhi Chakra, you feel that you yourself was never such an enjoying person, "But now how have I achieved this?" You are not able to understand that. You think that you were always a boring person and that you

always bore others always, "But now what change has come in me? I am enjoying myself and I don't get even bored with myself now."

Now if you are sitting alone, you are just sitting. You don't feel now that you are getting bored, so you should smoke a cigarette. You just enjoy yourself by sitting alone. You don't feel like doing different things. People usually get into various habits because they are bored. People get bored with themselves, bored with others. People don't have any give and take anymore. If anyone is called at home then it is necessary that you have to feed them food. This is not required. Just sit together and enjoy each other's company, give [eat] love and take love.

The enjoyment that you earlier used to get in having food together and doing all useless activities, you enjoy more than that just by talking to each other, not even talking but just enjoying each other's company. Like you never know since when you have met after you had split, you are now at peace together. This you get from your Nabhi Chakra.

You get creativity from the Swadishthan Chakra. When the Swadishthan Chakra is enlightened within you the creativity within you increases. It means the same tree that you are seeing, you are seeing today, that you have been seeing since years, you could never see its beauty then. But after your realisation you yourself see that there are so many colours that have now come in the tree, it has got so much shapes. You start seeing beauty in all such things.

The example of this is in the Zen system, the people following Zen system were also Sahaja Yogis. Veditama Saheb who started the Zen system had only 26 [twenty-six] realised souls. The only problem with Zen system was that there were not many realised souls because there was not the time. But if you read the Zen script, then for a roses flower or for a flower grown in the jungle, they have written poetries. It is so beautiful. But if a person is not realised soul, then they will not be able to enjoy the same.

There they build a garden even for the moss and if you go to see it, it has been made with so much attention and beautifully. Only some sand would be placed and on top of that there will be some stones kept and they will ask you to guess what it is. I said, "This is nothing, this just like that." They make such things that take you into thoughtless awareness [Nirvichar] state and there are no thoughts. You are so happy that you become thoughtless. These are the different ways in Zen system through which they want you to get you into thoughtless state. The creativity sense within you comes from the Swadishthan Chakra and it brings a kind of dynamism in everything that you do.

There are many Sahaja Yogis who have never given a speech or orated anything nor do they know how to give it. But even if small kids start talking it is so surprising that it seems as if Goddess Saraswati is standing there. They talk such things that it is surprising. You can listen to this small kid's recording here, you will be surprised that a seven year old kid gives such lecture that you will be surprised as if it is Goddess Saraswati who is speaking.

One gentleman from Panchan who later got his realisation, he said that he lost his job, "What should I do?" I asked him to do interior decoration work. He said, "Mother what are you saying? I have never heard about this." ... [Cut in the audio] ... She is calling them, "Respect the elders." This is a small thing. Even if they have said something harsh, no one is so difficult to ask you to go to exile. Who will go to exile nowadays? No mother or father asks their child to go to exile. This no one will say. The only thing that they will say as a maximum is that, "Do not spend much. Don't get into anything nonsense." If the father asks, "Why did you come late?", that is enough to create a disaster.

We have lost our decency [maryadas]. Completely broken. If someone is elder or is at a higher position, nowadays even someone walking on the street will abuse anyone. For them it is not important to know who it is, what is the position that they hold. We only have elected them and put them on the pedestal. Anyone and everyone is abusing. Ears start paining, I am surprised that how can someone abuse someone elder to them. And it is done by big people, people who hold higher positions. It is as if all our decency has been lost.

Assisting elders, giving respect to elders is so full of manners. And it was also in England, that those who are from big families used to talk to their fathers with their head bowed in respect. Manners show people's special character, their nobility is seen,

their knowledge is seen, their wisdom is seen. Insolence and insane behaviour by people, the way they behave and the kind of language they use, such language should never be used in front of children.

In today's times, there was a story which used to be told. There was a very interesting aunt used to narrate this story that nowadays the time has come that – as an example she used to say that – one gentleman with whom his mother used to stay and the daughter-in-law was very upset with the mother-in-law. And when the mother-in-law passed away, the father-in-law was alive and she used to never care for him. And she used to give food in an earthen pot to him which was used to feed the dogs. Then their child saw that the food was given in such a pot. He used to see that everyone else used to have in good vessels and for the poor grandfather the food used to be served in the earthen pot. One day the child was taking the food for the grandfather, he fell down, got hurt and the pot broke. Then the child started crying loudly. His mother asked, "Why are you crying so loudly, don't worry, another pot will be brought, it is not a big deal." The child became quite and asked another pot will be bought right. The mother said, "Yes, it will be bought, but tell me why did you cry so much?" The child said, "I was thinking that when you become old, then in which vessel shall I serve food to you." These kinds of manners, children learn from us. The children are surprised.

In this manner, even our ladies have given up their boundaries [maryadas]. Not being able to have connectivity with members of their family, their in-laws, their parental connections. Such strange feelings, the strange attitude grows within us, and if you want to see an example of this, you may go and see abroad. No woman accepts the person as her husband. Now, the poor husband comes home from office and he comes to know that his wife has eloped. Daily, such activities keep taking place. You may be surprised. There is no respect for anything. An eighty-year-old man can get married to a eighteen year old girl. An eighty-year-old woman can write a love letter to an eighteen-year-old boy. Tell me if anybody commits such a foolish thing here? People will comment, "What has happened to this old woman?" Because, what is the reason for that? When there is respect, then the person becomes perfect.

See, there is a tree. If it exceeds the limit of its growth, people cut it thinking that its branches have started growing, they will not bear fruits. They cut the branches. Similarly, we also have to cut our such branches which have spread here and there, and keep them in limits, so that we can get seasoned completely. Maturity should come in us. This maturity can only be seen as an example, in Shri Ramachandrajji. See what a mature personality he was. So much of balance was within him. What a mature personality he possessed. Whatever that can be told about him, is that much less. But his main quality was regarding how a ruler should be. Regarding sacrifice, how much he should sacrifice. Here is an example, and all rulers should observe regarding his wife, who herself was Adi Shakti. He knew that she was Devi. He separated from her, even under such a condition, when she was about to deliver baby. In order to give satisfaction to the people and the society, he made such a big sacrifice.

Tell people, "You change your coat today", that also they will not do. Within us, in our conscience, when Shri Ramachandrajji came about 8000 years ago, at that time, the thing enlightened us as to how the King should be. What should be the personality of a King.

Actually, I will definitely say that on account of the mercy of Shri Rama, eminent Rulers existed in our country. Our heart swells up while taking the name of each individual. Rana Pratap, how sacrificing he was. Shivaji, and one king after the other came here. While taking the name of each and every one, people feel, "Wah wah, what a name have you taken!"

In England and America, such things were very much less. But, there also, I can tell regarding Abraham Lincoln. He was such an eminent person, absolutely right in nature, perfect in his administration, follower of rules, and there was maturity in him and there was nothing dirty about him. He was a totally established, and a great human being. But now, America cannot make a person like him, neither can Russia do it. Somehow it happened, everybody's respect was broken. The best achievement we did was that we broke our respect, and this we think as 'independence'.

There is a small thing to understand, for example, there is an aeroplane. It has to fly. It is kept in perfect manner. Yes, or no? Supposing it says, "I will not be in state of respecting the boundaries [maryadas]." Then, as soon as it starts flying, it will fall here and there. Everything you have to tie in a disciplined manner.

Take for example, there is wheat, if you just spread it, nothing will come to the hands. You tie it up with discipline. The person who is not within boundary [maryada], it is difficult to move about with him. Which side, this person is going to sit and get up, is not known. He has no boundaries [maryadas]. He does not understand about mother, sister, nor about anything. Neither big nor small. When he will confront, "Come on brother", run from him. By talking like this, people think that, "We have talked quite smartly." Yes, what to say? I am surprised to see this debating. In Parliament also I have seen this. I used to feel very much surprised. How people can talk with each other like this, in a country where Shri Rama was born? There is a lot of kindness of Him on us. And the person in whom this is activated, he at once understands the boundaries ([maryadas]). It is like this even in our Sahaja Yoga. When people obtain this, they will by themselves acquire their boundaries [maryadas]. If people come sometimes, "Today, there is no time. Beta, do not touch my feet", that is all, they sat. There is no necessity to tell them. They will be just looking for signs. What they acquired out of this, what they have lost, and those who do not do like this, who have a behaviour like this for their parents, what did they achieve?

It is the same for governance. In governance, if you people think that we shall live in undisciplined way, and Mother shouts and screams and create confusion, then you people are breaking the boundaries. What did you get out of it? What can you get out of it? People tell, go on strike. We have seen that most of the people who indulge in strikes, earn a lot of money, they put a lot of money in liquor. What a big achievement like making Taj, have they done on account of this? Acquiring things by breaking boundaries is very harmful.

Being within limits also, we can achieve everything, and by breaking limits you cannot achieve anything because whatever you achieve, will also be without boundaries [maryadas]. The meaning of this, straight forward meaning of this is, if you acquire anything by breaking the boundaries, like think that there is a child, he has broken the boundary and took away the money from his mother and father, he becomes a waste. You just do it and see keep this in boundary and see it. I have seen that the person who is in boundary, rises to such high level, because his softness is his beauty. And his respect of boundaries only, in a way attracts you.

The person who has no boundaries, you do not know how and when he will pinch you. Would you like to sit on a sharp stone? Then, why do you become sharp? The beauty of the person lies in his maintaining of his boundaries. The person, who has no boundaries [maryadas], has no beauty of any sort.

It is said that in London or Western countries, people have said to have struggled. Have they broken their existing traditions, and after breaking, have they thought of making new things? And after breaking, did you start doing it? You started taking drugs. If you have any attraction, you have to break it. If you have any attraction there is a big difference between attraction and boundaries, you should be able to understand it. If you have any attraction, like Britishers had their empire on us, this was attraction on us. This should be broken. We should not endure slavery. But whosoever is in their boundary, nobody else is more free than him. He is in the boundaries [maryadas] in his freedom. Because he is independent, he is soft. The person who has sense of insecurity, and who always feels weak, he always dominates others.

Shri Rama, whose name when taken, opens the Heart Chakra, his wife Sitaji is actually incarnation of Adi Shakti. She had taken other avatars after this. She had to go to exile [vanvas]. People think, "When she was such a great goddess why did she have to go to exile?" Such people never go to exile, etc. Wherever they go, they are there. For instance, today we are talking. Now I am here, we are talking. If not here, we are in London. What is exile? There is a pandal here, we are underneath this. If not, we are below the tree. For such people there is nothing like exile etc. Wherever they are, they will be there. For them, this atmosphere and such things are not of importance.

Then, why did they go? It is important to note that they stay in their Raj Mahal. Why all this drama was made? Poor Shri Sitaji who had never walked bare feet, why was she taken bare foot at that time? There is a reason for this. In order to spread her vibrations, she had walked. When Shri Sitaji was walking, her vibrations were reaching everywhere, which reached country wide. The biggest of all tourists was Shri Ramachandralji, to the extent of even reaching places up to Bangkok etc., and coming back. All this was

enacted so that he could go country-wide and reaching every place, he could leave behind his vibrations.

The place where Shri Sitaji had her bath was made near Ravuri. I had gone to see it. It was evident from a distance only, that it was the bathing place. So much of vibrations were coming from that place, so much of vibrations were coming from that place, and the water was flowing such that we could not understand whether the water has flown from nature, from where it was coming; It is all strange. But the most important thing is about vibrations. This was really a way of distributing vibrations. If the vibrations had not been distributed at that time by them, we could not have held Sahaja Yoga today. Because even today people in India walk barefoot.

In this country, every bit is vibrated. Perhaps you do not know if you get cleared. While coming from London, I bent down and saw. I told, "We are now in India." These people asked, "Mother how did you know?" I said, "See vibrations are visible. Vibrations are seen twinkling at small intervals." I said, "See it is visible." People also said, "Yes Mother, we are now in India. Vibrations are felt." On which earth are you sitting? The foot with which Shri Rama vibrated the Mother Earth, you are sitting on that earth. You try to obtain that Chaitanya.

Whatever his sacrifice has been, it is just a drama for him. This is for sure. For him, there is no meaning in this. What is sacrifice and possessing for him? When he has not caught anything, where is the question of sacrifice by him? Whoever catches, he will only sacrifice. There is nothing like catching or sacrificing for him. But whatever he has done, it is preparation for Sahaja Yoga in our land of India [Bharath Varsha], to enable our people to obtain these vibrations.

But the sad part of it is, leave alone Chaitanya, we have forgotten Shri Rama. Now, we have opened shops of them. One plastic photo of Shri Rama was obtained by them, they sat down with that. And they started offering Pooja. Some became rich, had lots of money and they said, "Come on brother, open a Shri Rama Mandir, by which our weight gets reduced, we have done something at last."

One gentleman opened a temple somewhere. He was a very rich person. He brought an idol of Shri Rama and showed it. He asked me, "Mother, is this alright?" I said, "No, absolutely not alright." He asked, "Why?" I Said, "This is the idol of Shri Rama, and the Heart Chakra has a catch on the right. Meaning, it is against Shri Rama." He asked, "What was the diagnosis?" I said that the diagnosis was such that it shows that the person who has made it, had hurt his father very much. This is the diagnosis. You will be surprised that after one month it was revealed that the person was caught. He had murdered his father.

The idol should be made only by such a person who respects husband or father like Shri Ramachandra. Otherwise, there is no permission for one who starts doing as per his likes. The person who has not served his father cannot make the idol of Shri Ramachandra. He has no right. But person who has served his father, who felt happy to keep his father happy, the idol made by such a person will be beautiful at any cost his vibrations and giving happiness will be complete. It may be even marble or soil, there is vibration in it. As soon as it is seen, people should also feel respect towards their father. Because Shri Rama is our father. He is like our father.

When your chakra gets a catch, it means that either you are angry with your father, or not dutiful, or your father is no more. You feel sad regarding him. There is some or the other relationship with your father, and it could be also that you yourself are not a good father. The place of father is on the right-side heart. If this side is not in order, many such meanings are revealed what was the state before it got upset. Meaning there are many types of things, like your father is no more which was all of a sudden and you are also frustrated on account of that. He may still be wondering could be you are behaving very badly with him, could be you are not a good father, could be that you father is no more, could be you did not understand the essence of father. This essence father somehow gives comfort from within us.

What is the effect of this? If somebody gets pneumonia, your, this chakra gets affected. If somebody is affected with asthma, mostly this chakra gets affected. Astonishing thing is that there are two chakras wherein we see that it is connected with asthma. But mostly we see that in people, this chakra gets affected when there is sadness somewhere in father's tattwa. To insult father based upon wife's words, to insult father before his children or insulting your own children, to neglect your own

children: all these things are seen clearly in this chakra.

Now, this becomes so sensitive, let me tell you there was one sahib. He was very modern. His child was to be born. So, he got abortion done. He was asked, "Brother, why did you get this done?" Started saying, "We thought that if we had many children, we will be quite troubled. We will not be able to roam about. Now is the time for us to move about." What can she do at that time? And her chakras are so much caught, so much caught, that her going out has stopped. She felt uneasy. In the end, she had to ask for pardon. With great difficulty, this chakra has got released. So, this is such that reality comes forth.

We have cured asthma of many people. We have cured twenty-five-year-old ailing from asthma problem. In this, if you understand the reason for the occurrence of asthma, as it is controlled by lungs. If somebody gets pneumonia, you will come to know that pneumonia has occurred, because the concerned chakra gets a catch vigorously and heat exudes from this. Now where will this chakra be seen on our finger? This is on the right side.

Now on the left side also there is heart, and right in the middle also there is heart. Thus, three hearts are placed. Now, where the centre heart is placed, this is the place of Shri Jagadamba. We also call them Durga, Lalita, etc., who have taken their Avatar in this world number of times. And those people who search for Paramatma in Void [Bhavasagara], for them she takes the incarnation [Avatar] and protects everyone. So, her essence and her philosophy is protection.

Now understand, if any woman feels a sense of insecurity, see how delicate the thing is. If any woman gets the sense of insecurity, if her husband is not good, runs here and there, from whose sake she is troubled, she will get breast cancer. She gets breast cancer, because the place of safety is vacant. There is sense of insecurity. Many men think to frighten women, scold them that, "You are suspicious, you are like this, that." If there is they should give up such thing. They should not think bad of them, frighten women or scold them that, "You are suspicious, you are this, that, etc." If woman is suspicious, they should not indulge in such thing. Because if you do anything forceful, her Central Heart gets catch, and she will get such problem. Such woman will not get milk to feed her children. It gets dried up. There is sense of insecurity. It happens even in men some times. Like, regarding career matters, if something happens, there will be palpitations.

Soon after birth, where the thing called sternum bone is placed within, the said bone there develops antibodies in science. Antibodies are the soldiers of Shri Jagadamba, which develop. They all get spread in the body and stay on. And whenever a human being is attacked, these antibodies help them. But, if Jagdamba's Tattwa gets weakened, these antibodies also become dry and stay out because their essence is from Durga Tattwa. You may be aware, whenever frightened, a person's heart starts beating fast like 'dhak, dhak'.

Now in this matter, we have to say that [on Left Heart] it is mother's place. In our country, people regard their mother very high. They respect their mother but do not respect the mother of their children. Because, she is the mother of our children, this is also a very important aspect. Till we do not give that status to the mother of our children, like what the place of our mother was, their mother also suffered and her children's mother is also suffering. Then this chakra develops [blockages] and many serious problems take place.

Like the hysteria problem. All this is attack on the left side. On the left side, whatever attack comes from the subconscious, fear suffered by the ladies, screaming, shouting, being frightened, nervousness, insomnia, feeling insecure, getting worried, feeling of fear, getting frustrated, feeling of fear all the time of something, being afraid, unable to come forward to perform any work, bowing down before any aggression, all these things happen.

Many men also experience all this. When this chakra becomes dull, these poor things take big aggressions on themselves. It is also wrong thing not to take any aggression of others. You should be standing in the middle. You neither impose aggression on others, nor should you take any body's aggression.

When this chakra gets totally balanced, then you will be standing upright, because of the presence of Jagadamba, who is the mother of the entire world, who is the saviour of the whole world. She is your mother. Then what is the fear about? But you will

not do any aggression. Then you protect the devotees. Then you will shine in your goodness. You will not be nervous. Many people will feel like, "Sahib, what should I do? I am feeling very much frightened. I am more honest than actually required. In my office, all are non-trustworthy. They will just gobble me up." But, when Jagat Janani awakens within, he will feel very great. He thinks, "Ok, these people are useless. At least, I am on the right track."

He starts enjoying his virtues. We keep crying for our virtues. He does not feel frightened for his virtues, nor does he cry that, "I am so virtuous, and you are not." He does not even do that. Neither does he aggress, nor does he put any aggression on others, nor does he take anybody's aggression. This way he gets a place in the middle.

Now, this Middle Heart Chakra, is very important. If it gets spoilt, then sometimes, spondylitis occurs. These are small things. They have to be understood. Like, there is a girl, she is married. Her husband, if he makes her feel insecure, he should be made to understand, "See this is sin, it cannot be done like this." Do not pressurise, because the chakras of these ladies are specially very bad. Let me tell you, here ladies are very calm. They are very good. Because of these ladies, your status is like this.

Otherwise, you see the men in England, their eyes somewhere, nose somewhere, face elsewhere. Can't sit quiet even for a moment. They do not have decorum like you. At this age, they have 5 – 6 lines on the face, their eyes flutter, nose flutters, cheeks will be flying. Because his mother would have eloped with someone, wife would have run away with somebody.

Even now, the women here are very gentle, irrespective of how their husband, children are. But she has not taken them to task, because if she does that, England will come away here. There women have put their husband in a strict condition. Absolutely. Such condition has been formed; men do not know how to live with such ladies. And this is not just one such, I have seen the state of all. From morning till evening, "Do this cleaning, wash these dishes, do that, you have not done that, you have not done that." No sooner than he came home, there work will be piled up for him. In our country, gents do not even know how to carry the broom in their hand. When they go out, they cry as to how to prepare food now, "We do not even know how to prepare curry. Which is the Dal use? We do not know."

Women have carried a lot of burden on themselves in this country. The woman of this country is steady, great like Mother Earth, one greater than the other has been born. Take their names, like Noor Jahan, what a woman she was. Chand Bibi was there, Padmini was there. People would not believe that there would have been a special woman like Padmini. Over there, if some man followed a woman, there would be immediate disappearance. There nobody could understand that a woman could also take care of her chastity. These days, nobody can understand. You would be surprised that there are women who are interested to know how many men are running after them. Old women talk of such things, I feel surprised whether their wisdom has disappeared fully. I am telling you generally. Out of hundred, if you find one woman, who you think is alright, then you could say, "Yes, it is alright." As regards men, their condition has been made very weak. If a Hindustani gent has married a foreigner, giving up his Hindustani wife, his condition becomes worth seeing. He cries regarding his fate. As such it is not a good thing.

But these great souls cannot be criticised by you. Keep up their respect, "Yatra nari pujyante, tatra ramante devatha", "Where a woman is fit for worship, and is worshipped, there reside the Devatha." In any of these countries, the status of woman is not like what it is here, meaning good. Here, as said, the status of women has not become as proclaimed and keeping in view, women here are not respected at home as required. Everywhere woman has become a big fool. These days, they have released some more things, "liberties." And what all has been released? "Lib": liberation? These ladies have horns coming out. They have become totally animal-like, totally become like donkey. They have no sense.

To serve her husband, to take care of her children, is a great job. You will realise this when nobody does it. When children roam around on your streets, take drugs, and twelve-year-old child goes out and sells newspapers, thefts take place, and are killed.

Our ladies have not been taught anything like this by anyone. Though not educated, they are very good and generous from within. Some are spoilt. Especially if she is westernised, then she will not understand anything. As it is, women are quite silly. There is nothing to learn from them. I have told you 100 times. And women [here] strictly do not have to learn anything from them. I have not seen [there] even one woman, who is equivalent to even the dust of our feet, wherein there is understanding, adjustment and

the character. You should be very proud that you are the son of such a person who was righteous, and the husband of such a wife, who is person of good character. Because she is a person of character, she should be respected very much.

But we people are having a new fashion, high respect for the women with bad character. If one characterless woman enters, everybody starts running after her. Do not know how such type persons were born in this country. They were never here before. In about last 25–30 years many such bull-type of people have been born I am telling you.

In our days, young people used to lower their eyes and walk. They never understood who this other woman was. One's own wife, means one's own. But these days, the like of bull has come and on account of this bull, even your wife will become like a cow and not the kicking type. Now, this has to happen because you are after it. If not your wife, it could be your son's wife. These are formalities. These have to be bound and have to be taken care of. And this is the place of your wife in the heart, the place of your mother. The most important thing is the heart on the left side, which catches thumb [Swadishthan].

In our heart, on the left side, is the place of Shri Shiva. Shri Shiva is the light of Spirit, he is Sadashiv. Sadashiv is always present on our head. The reflection of that is within us and that is Atma, what we call as Atmaram. He rests in our heart. Whenever we work against our Atma, then this chakra sleeps off immediately. Consider those who are ego-oriented, who are very active on the right side, those who are ego-oriented work relentlessly like we have to do planning, have to do this and through this ego, have to execute a lot of work. Not after realisation, then dynamism flows from within. But in the beginning, it will be ego-oriented.

Now, it will be overtaken there, now it will happen here also. This ego-orientation increases more within us, when our ego develops very much meaning, "We have become very big", then your Heart Chakra gets caught. That is how heart attack happens when person becomes ego-oriented. But we express a lot of sympathy on the person who has had a heart attack. We think that this person has suffered a heart attack. If you tell that person, he has got a heart attack, and ask him to lie down calmly.

I have seen many people, there was a gentleman, who was about 90 years and he got paralysis. Those who work a lot, are controlled by paralysis. He suffered a paralysis attack – ninety years old. Went to meet him and he was giving all the statistics of shipping company. I said that this person does not know whether he can be alive for 2 days or not. His one side was damaged and he is talking through the other side, and he had by-hearted everything that he was speaking. I said I do not know what is going to happen to him.

When a person does overplanning and thinks a lot and indulges in aggression, with this even God Almighty gets angry with him. It means that our attention should be only on God Almighty. It means your attention [chitta] is not on Spirit. You should be just the Spirit. Human being feels the difficulty in that, "If we do not see It, how will it work out?" One power, who is going to look after this, is sitting there. Alright, you do your work. There is no problem in that. But getting the fruit or not getting, there should be no involvement in that.

But this is also a fact that till the work does not happen, the person cannot do it. Even then, I tell everybody, Shri Krishna has said, "Do not become overworked." Learn to take some rest also. At times try to take rest. Learn to take some rest every now and then. Whoever said, "Do not take rest at all", what great thing have they done, tell me? At least for some time, one should take some rest also and should remember the Almighty, the world Planner, Who plans for everybody, should be remembered.

These days, scientists say that there is no God, negation of God. They have said it already. For such people, if their heart is not blocked, what else will it be. Meaning, when you have not given attention to this at all, you have sacrificed it. Then this thing is going to end. Heart attack happens on account of this. The most important thing is heart. If you can think from your heart, you will become very beautiful, and if you love your wisdom, you will shine like four moons [Char Chand'].

Everything happens from the heart. All the knowledge comes from the heart. You might be surprised with what I am saying. We do not get knowledge [Gyan] from wisdom, it comes from the heart. Whatever work you do, do it from the heart. If you want to read something, do it from the heart. If you want to do any job, do it from the heart. But you do it from the intellect, you are

ego-oriented. But when you do from heart, then you will enjoy it always. The meaning of doing from the heart is that, the Spirit which is within, the Spirit [Atma] there, you are bringing it to use. Whenever somebody is talking to you, say if somebody is giving lecture before you, if he is not doing from the heart, then you will realise that there is some non-sense going on. There is nothing in this.

By taking complete three and half chakra from heart, the mirror image of Kundalini will be completely like this. Till the matter does not settle in the heart, there will be no beauty and no fruit will be achieved. Whatever emerges from intellect, does not give any gain. You do everything from the heart. See knowledge also. There is a person, think that we have ardent love for you, so we know where your Kundalini is. Now you are doing hard work, even sitting at two in the night, because you are doing from the heart. How to get up? Becomes fully aware of you. There is mother, she loves her child very much. She knows minute details of her child. She knows everything.

Whenever you do any work, do it from heart. You are a government employee, if he thinks that, "This work is of public, I am doing it from the heart." "My heart desires it. Without this, I will not like it." There will be no impact. But when this thing breaks down, then the Spirit disappears, and then there will be death.

This does not mean, those who do a lot of work are big sinners, but blind also. Do work, but do it from the heart. The work which you do, if it is not from the heart, it is of no use, there is no gain in that, and from this, there will be no comfort to anybody. You may create a mountain, everything is plastic. Now, you only think whether you do all your work in the office, from the heart. Many people do the work because they get money, have to do. What to do, have to perish? You have to play the drum hanging on to your shoulder. Then what fun will be there?

Otherwise, there will be so much of fun, that even you are maybe standing in hurricane, you feel the pleasure in fighting that you are fighting with your heart. Because the heart itself is happy. The stotra of happiness is your Spirit, your soul, and you are not going to get happiness from anywhere else. When your Atma feels happy, then alone you will experience happiness in all these things, and the word called frustration will go away from you. In this manner, I have told you about three chakras, which is called Heart Chakra. This is also called Anahat Chakra.

[Someone from the audience was talking - this is not clear.]

Shri Mataji: "Did you say something?" 'Anahat' means 'without percussion.' Because the speed in the heart, the essence by which we are alive, its sound comes without any percussion, comes without any disturbance, on account of which we call it 'Anahat'.

When Kundalini awakens and when chitta covers it, at that time even in Kundalini, the heart awakens and it speaks. You can see that it's "Dhak, Dhak, Dhak, Dhak", can be heard by you. You can also see with stethoscope the rise of Kundalini. And when it reaches the peak, then Kabir has said, "On empty tower, the heart sings." Means reaching here, the Anahat has started parlaying instrument, "I have arrived." And when this Anahat breaks here, then the person becomes Realised.

I will explain Pranav, Anahat, Aum, Adi later. Now I have spoken to you about three chakras. It is quite late now. I want some of you...

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[End of speech]

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16 March 1979

Vishuddhi Chakra

Public Program

New Delhi (India)

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

Vishuddhi Chakra (Hindi). Delhi (India), 16 March 1979.

[Hindi to English Translation]

All the people in the world are looking at us, thinking through India only they will get their salvation. Until then they won't get Realization. But we cannot even have a simple attitude.

Yesterday, I told you that I will be telling you about 'sat-chit-ananda', which is the same as Shri Shiva, and who resides in our heart. But today, I am thinking that I should tell you that, in the end, after I finish talking about all the chakras. That will be good. Although you should keep your attention on the heart from beginning to end. Just by putting your attention there, all chakras get healed by themselves.

Above the three parts of the heart chakra, is a very important chakra, it is called Vishuddhi Chakra. The Vishuddhi Chakra is right behind our throat area. Now you cannot say that it is exactly behind the throat area as it is a very subtle thing. It is likely to be a little up or down in the throat area. Just as human nature and their form varies, similarly the placement of their chakras varies. A little bit here and there. Sometimes, it could be as big as an inch. That's why you can never say that it is exactly there. I have noticed for some people it is little up; for some, little down. And for others, it is even more down. But for now, you must know that the Vishuddhi Chakra is here, right here, behind the throat area.

This chakra is very important for human beings. For animals, this chakra is not that developed and mature. Understand this very well that human beings originated from this chakra.

Shri Krishna resides in this chakra and His power is Radhaji. Radha, 'Ra' meaning 'power' and 'dha' meaning 'the one who seeks discretion'. 'Krish' means 'the one who does farming'. He is a farmer and he did farming on all of you. He sowed seeds in you. He sowed the seed that first you know what Joy is, what God is, what supreme power is. He sowed the seeds that's why he is known as Krishna.

This chakra took place in humans when Krishna lifted his neck all the way up. You know that the animal's neck is always down. Then there is a category of animals like monkeys, chimpanzees where their necks are a little high. But no other living being has the neck as high as a human being. Only because the human's neck is high, their independence could be established. And why is that, let me tell you. Because of this Vishuddhi Chakra, the two balloons, ego and superego, develop.

In animals, their shape goes this way and again this way and it then goes downwards. So whatever Chaitanya or light they get, it bends towards the earth. But with human beings, the neck is high up. He started feeling a lot of responsibilities on himself. And now whatever work he does, his ego develops. Now people are very afraid of this word 'ego' or 'ahankar'. By ahankar or ego I don't mean the feeling of pride. These two are very different. Feeling of pride is there in everyone and everyone should have it. If they do not have that, they are like animals.

We also get a feeling of the superego; it comes from the left side and comes right here. We have the fontanel bone here. It comes right here. And ahankar [ego] also comes from the left and comes here.

Now you see when it goes up, the left goes to the right and the right goes to the left. As it is shown here. It starts at Vishuddhi Chakra. If your throat is not well, the doctors would give you medicine for it, they will tell you that your throat is not well. If your Right Vishuddhi is caught up, which is the seat of Shri Rukmini, where Vithala-Rukmini resides, that chakra can be treated with medicine. But if your left side is caught up, it cannot be treated medically. Because the Left Vishuddhi leads to 'prati ahankar' or superego. You get it because of conditionings. Whatever conditioning you have leads to that.

Now there is a little child, who is with his mother, drinking milk from her, is joyful. Now as the mother wants to change the child as I told you, the child develops ego. He thinks, "Why is she troubling me? Why she interrupted, why she disturbed?" But when the mother says, "Be quiet, don't do this", that leads to conditionings in the child: good conditionings or bad conditionings. That leads to the superego in the child.

And whenever our right side, our Pingala Nadi is activated and speeds up, works, it leads to the ego in us. And when the left channel activates and speeds up, we develop superego.

When both the things speed up and overlap each other, the child is around a year old. At that age this space gets all filled up and, "We are different", this feeling develops in the child. We can say, it is an ego feeling that I am different from you. In the English language, it is called the "I"-ness. We all become different. We think this is my name, that is their name. If you talk to small kids, they always talk as the third person. They would not talk like the first person that, "I am going".

Like, I asked Munna, "Will you go or not?" He said, "Nani [grandma] this Munna won't go, he is very stubborn." They will talk as the third person as they are not related to the name Munna. He cannot identify with the name; he will always talk as the third person. That he won't listen, he is very stubborn as if Munna is someone else, and I am not him, I am separate from him. But as the child grows, these two things grow more and grow deep and he keeps getting away from this divine power.

Now animals are one with this divine power but they are not aware of this as they do not have that awareness.

Now you understand this difference that just so you become aware, God put it this way, in a shell. He put this different awareness in you. So that you seek God in your freedom. You seek goodness and then you believe in what you find. That's why this kind of arrangement was made.

Now you will say what was the need for this. People say that God should have directly given realization to people. If an animal was directly made into a man and was given realization, then there would have been no question about it.

But God is responsible for the evolution of all living beings and they function according to their nature.

For example, a scorpion would not walk like a tiger, a snake won't walk like a lion. Their nature won't change and they will function based on their nature. Whatever you condition them to, they would function like that. They get conditioned with their environment and they live accordingly.

But human is the only kind who will have jackal in him, a tiger in him, snake in him, lion in him, monster in him, and also God in him. Because humans are free. He is the only one who is free. If he wants, he can be righteous or evil, become a scorpion, or may roar like a tiger.

God gave you this freedom because you cannot know God without this freedom. You have to find God in this total freedom. By being hypnotized you cannot know God as it cannot be forced on you. You have to say this in your freedom that, "I want to know God" and because of this, the image of your brain becomes triangular. Animals' brain image is flat.

You see there is a triangle here. And because of this triangular shape, all powers flow in a quadruple manner. Because just like it

happens in the prism, like a pyramid similarly the brain becomes. That's why all four of these powers start flowing in it.

As I said the three powers are Ida, Pingala, and Sushumna and in the back, we have what we have gained so far as human beings, is the central nervous Sushumna system.

The reason these four powers start flowing in us just like a pyramid as you see, which has three sides, which has an apex. It has one top, which Kabir has called 'Shoonya Shikhar'. Kundalini passes through it and sits in the triangular bone.

When a human dies, this same Kundalini circulates on top of his head. It exits from the top of the head and it guides him. And the Spirit is also with it. That Kundalini, that Spirit, and all our four elements out of which the water element slowly reduces, earth element reduces, and in this way, the living being gets ready to go to the Mrityu Lok [death place].

And this freedom that God has given us and how we use it is pretty evident. We use it in a strange way. When the ego and superego are in balance and when you are dharmic [righteous] in your Void then we don't even know when Kundalini rises. And the man gets to awakening in a moment. In a moment. And he doesn't even know that he is awakened. Just like I told you today that when you travel in a very smooth aeroplane, you don't even know that you are in a plane. They are very fine planes; you don't even feel you are traveling in them.

But when you do not use your freedom wisely! First you understand, "How we do not use our left channel freedom properly?"

These days it is a business to print books. And what does it need: printing press. And you all have money these days. They print books after books on every subject, especially religion and God. They wrote thousands of books. Most of these books are unauthorized. Totally unauthorized.

During the times of Guru Nanaka, he felt that all kinds of men are printing. He understood that. So he made Guru Grantha Sahib [holy book of Sikh people] using books of only realized souls of that time. He said not to read anything else. Whatever is written in it, follow that.

But you all know how they manipulated this Grantha. Bible was written, it was manipulated. Kuran was written, it is also manipulated. What happened? We were supposed to get good conditionings from these books but we rather gained bad conditionings. It is like that. Although you cannot find faults in them.

Now one of the Nanaka bhajans which says "Kahe re ban khojan jaye" in which he has said that, "Kahe Nanak bin aapa chinai, Mite na Bharam ki kai", now, what more could he have said in a poem? Meaning, he said a simple thing that, "Get your self-realization." Now can you say anything more than that?

But now these people keep chanting and doing these akhand paths. I am telling you that no one wrote more clearly than Nanak Sahib. But people are saying, "Bin aapa chine bagair nahin hota." It's like you have a headache and I prescribe you a medicine, say Onasin. That you take Onasin for your headache. And here they start chanting, "Take Onasin, take Onasin." Will that chanting treat your headache?

Actually, there is no more need to write any more clearer. Yes, Krishna played diplomacy in Geeta; that also I will tell you what he did.

And that way by continuous chanting we spoil our Vishuddhi; Left Vishuddhi. This is conditioning.

Some people are very habitual of chanting mantras. One gentleman came and said that, "I say Gayatri Mantra." Who asked you to do that? He said, "I read a book." He started talking. But am I saying you read the book? Who wrote it, what you read and who told you that you need the Gayatri Mantra? Why are you chanting the Gayatri Mantra? You don't even understand what Gayatri is. And "I chant Gayatri Mantra." Even with me he was speaking Gayatri, he couldn't be quiet.

Best example of this is hare Rama hare Krishna people. They misbehave so much on Oxford Street. How shameful it is; they don't know how to wear a dhoti or saree. They buy dhotis and sell them. They take money from everyone and make big hotels and they are running them. Whatever they want to do, they do, "I don't care." But this day, night, chanting is giving them throat cancer. And then they come to me to get cured. They tell me, "Mother, we are only chanting Krishna's name and you are also saying that Krishna resides in our throat area. Then why are we suffering?" Who gave you the right to misbehave there on Oxford Street and behave in this cheap manner? Is He your servant? Then you get throat cancer.

Then I don't understand how I cure them. Mantras are like this. Until they are enlightened; until they are alive, you will be sitting with dead stuff. Then it's sure that your Vishuddhi Chakra will throw it.

Now Radha-Krishna mantra should be said in Vishuddhi Chakra but the mantra should be enlightened. How will it be enlightened? If only a realized soul has asked you to do that. Even they will not ask you to do it if your throat doesn't need this.

You have an upset stomach and you're taking Radha Krishna's name, why? Because we live in Vrindavan. Now tell me, with any kind of mantra chanting Left Vishuddhi gets caught? Because it is not a proven mantra, that's the fine point.

Now tell me, these days it has become a business to receive a mantra; find a guru. Now I am asking a simple question: why do you need to get a guru? If you want to get a mantra, any donkey can give you that. Why do you need a guru for that? And why do you need to give money to them? They made millions of rupees just by selling mantras. Do you know, millions of rupees!

Not sure if the government has rules. I don't know these laws and rules, to ask, "What are you selling here, these mantras?" To give mantras is to only give bhoots. They make a bhoot sit there in that mantra's name.

I told you yesterday also and today also, I am telling you that all mantras are big knowledge. The one who knows it is only knowledge, rest all is avidya. But what mantra has to be given, one should be knowledgeable to do that.

The one who himself is characterless and who keeps an eye on other people's money and lives like a parasite, to take anything from that person is very sinful.

Mantra now became a half thing. People give money to buy mantras. When you go there, you will see they have big donation boxes in the name of service. It is done in the name of seva [service].

Now what to calculate here? "This is for service and we are doing it for service." Service to these people who practice bhoot vidya, and take advantage of you. They give you a mantra to rest and your chakra where Sri Rama resides gets caught. Two chakras get caught. At Least with Sri Krishna's mantra only one chakra gets caught. But it gets caught so badly that you get throat cancer. It is very dangerous.

Similarly ganda-dauda [the rudraksha beads necklace], now the ganda from Kashi [Benares], they are roaming around wearing it in their neck. This is a very sensitive thing, a very subtle thing. You must understand. You will not see more evil people than these necklaces selling Kashi people. All the Pandas in Kashi are devils, maha rakshas they are. All followers of Kansa are sitting there. And you guys take these ganda-dauda, tavijs from them. All the God's people who came on earth, all prophets or any incarnation have they ever given these ganda-dauda-tavijs to anyone? And you take them from these pandits who you should not even be looking at. By mistake if you see them, wash your eyes. If you see them in the morning, the whole day will be bad. I had said last year that one day Gangaji will eat them up. And that's what happened. I saw on BBC that all were running with their stoles.

Sahaja Yoga doesn't only mean that you will have a union within. It is a revolution. Who gave them the right to sit at God's door? Until they have purity in them, they don't have rights to sit in the temples. What is there in these temples?

People will ask that, "Mother are these temples right?" Yes, they are right. From under the earth and from the earth element they are powered. This is the truth. There is no lie about it.

For example, Ashtavinayak temple, Jyotirlinga are all true. But to put a statue there, is not right. Even the stones of Kaaba are like Shiva. They are also swayambhus. They have vibrations. In olden days, the saints used to tell by vibrations if anything is swayambhu.

There is a small place called Musalwadi, we have a big Sahaja Center there. It is a very big, very nice centre. It is a small village though. When I reached there, people told me that, "Mother there is a place here from where some have come out. It is during the British times when they wanted to build a dam here. They tried very hard to build a dam here but every time they would put soil there, the soil would come flying back in a different direction. And whoever dumb people would take the soil, they would faint. They just couldn't put soil in there. People gave up. They asked people what's the matter. A saint came there, he said there are many beautiful vibrations flowing from here. This is a really pure place. Do not touch it."

I saw that place with my own eyes. Instead of the dam they made a big round there and left it like that. And they made the dam at a different spot. This place has to be seen with our own eyes. When I saw the vibrations there, it was a lot. Adi Shakti did it there. And that's why in Musalwadi our Sahaja Centre is also very successful. There are tremendous vibrations.

But to understand them one must be a realized soul. Without Realization how will you understand what thing has vibrations and what doesn't?

I told you about an incident in Kashmir. Let me tell you again. I went to Kashmir and at one place I got a lot of vibrations. Then I asked the driver, "Is there a big temple or something? Do they worship someone?" He said, "Not here but two miles from here there is a worship place for Muslims, they call it Hazratbal."

Even now as I talk about it, it gives me vibrations. There is the glory of Muhammad. I get goose bumps just taking his name. Taking Nanak Sahib's name too, pours me with vibrations.

Then I asked him to take me there. I have to go there. My husband said, "Who will let you in there?" I said, "Let's go we will see." Surprisingly no one stopped me, I went somewhat inside.

So, these kinds of places should be there and you should feel them. That you can only feel once your Spirit is awakened. Until the Spirit is not awakened you cannot understand Dharma. Neither can you understand God. Now can you understand the All-Pervading Power?

Now see here, you feel that there is some picture or something here, but you cannot see it. You put TV here, you get pictures on TV.

Similarly, when you are connected you start getting vibrations. Everything is All-Pervading Power but until now you don't have its knowledge, its understanding. That's why talking about it is a waste. All waste. To obtain that power, to get dissolved in it, man is so incomplete, without becoming the Spirit; no matter what he will do, nothing would change him.

Now on this Vishuddhi Chakra, God Almighty Himself came in the form of Shri Krishna who is Virat. When Shri Krishna came on this earth then all the powers of Virata were manifested.

As I told you Shivji's work is to give us existence, give us identity, which is done through the left channel. And Brahmaji's work is to create. Shivji doesn't incarnate. He incarnated once, but He doesn't. And that incarnation was equal to no incarnation. Brahmadeva incarnated once, you will be surprised in the form of Hazarat Ali. No one could identify them. Muslims didn't recognize him. Just once Brahmadeva took incarnation.

And only Vishnu incarnates, Vishnu Tattwa incarnates. He is the only one who can get out of the illusion of Bhavasagara [Void] through many incarnations. He is the one who comes many times on earth and guides you. He is your leader. It is because of this Tattwa, you are evolved. This is the evolutionary element of this revolution. You became human from the amoeba because of Him, because He is the bearer of Religion.

They change the dharma of all things and eventually change the dharma of humans. This is your human religion. But human religion is only attained once his Spirit is enlightened.

Now at this Vishuddhi Chakra, humans get connected into the Virata relationship. Like you put your hands towards me. Keep your hand like this. Now from this hand this channel goes here and goes here into Vishuddhi Chakra.

Now you see the human hand and the animal hand is very different. There is no difference in animals' hands and legs. Human hand is so beautiful and intricate. And there is such beautiful artistic workmanship. We never understand this. Taken for granted. This hand is so amazing. If man wants, they can do amazing things with this hand. But we made this hand dirty, the hands God made to enjoy the bliss and happiness. We use these hands to kill others and torture others. We do all bad deeds with these hands.

And these hands first connected with Vishuddhi Chakra. Now this is a fine thing, try to understand our relation with the divine. Virat is a Primordial Being. All powerful. And we are actually its nerves, capillaries, muscles and bones.

When man is realized then he becomes one with the Divine, not before that. Just like your nail, even if you get hurt at the outside edge of the nail, you won't feel anything. It's just separated. Similarly, until a man is awakened, he cannot get Realization. He doesn't have any awareness of the Divine in him. They might get a glimpse here and there.

Now the people who do social work, because of these glimpses, think that until society is not auspicious or benefitted, they won't progress either.

Please wait. Everyone will pay attention there. As both of their attention is not stable, don't give any bandhan etc. People soon start roving their eyes.

Stabilize your attention and listen. It is very hard to have a stable attention in modern times, we have to be very stable. Then only we get some outcome. Then also most people get realized. So please stabilize your attention.

When a person gets enlightened, he gets connected to the God Almighty. But before that he gets its glimpses. Like one thought will rise and drop, another will rise and drop, meaning we can see the rise of the thought but we cannot see when it drops. When a thought rises, we are on one channel but when it drops then we go to the other channel. This gap between one thought and the other is called Vilambha. This is the place that needs to be held upon the awakening of the Kundalini. One thought rose, it ended, it went into the left channel. When the thought arises, we are in the right channel. We jump between the thoughts. One thought is thrown in the left, another is thrown in the right. But the gap between is the present. We have it very little in us. Vilambha has very short space in us. That's why we are always thinking about the future. Sometimes we think of the past, sometimes the future. But the space in the middle, we fail to catch it. Both these things rise in us from the Vishuddhi Chakra. This happens from Vishuddhi Chakra. Vishuddhi is its controlling point.

But we also keep making ego and superego from Vishuddhi Chakra. To be one with the Divine, Mohammed Sahab has said to keep your hands like this. All Namaz is like that. Because all the five fingers have five centres. If you take the book, you will know what I am talking about. This finger has Swadishthan Chakra which is shown here to you. This is Swadishthana Chakra. It starts from Mooladhara, here Swadishthan, here Nabhi, here Anahat and now here is Vishuddhi. Krishna used to have a Sudarshan Chakra in his hand. This is Vishuddhi Chakra, this is Agnya and this is Sahasrara. This way a man's destiny is in his hands. Their

whole picture is in their hands and also in their feet.

But there is a difference between hands and feet. I will tell you later about the feet. The hands are like this. When you keep your hands like this, then the left and right sympathetic chakras that are. Understand this; this is left and this is right, there are two sympathetic systems. When they rotate like this, and when they rotate too much, they break. There are Deities in these chakras. Even if you rotate them too much they will break. If they break too much, humans break. As he breaks, he separates. And when the Vishuddhi Chakra breaks, humans become arbitrary.

Now if a man is ego oriented then his ego keeps growing. And when the growth makes it too big then he loses connection with the Divine. He loses his sensitivity. He just thinks that he is everything. This is madness. You don't know madness. To have an ego is also a madness. But people who have ego don't know it.

Let me tell you jokes, what happens. Once Jawaharlal ji himself went to a lunatic asylum, there one person started misbehaving with him. They said, "Don't do this. Do you even know who he is, do you recognize him?" They said, "He is Jawaharlal ji, our prime minister." This person then said he will be alright. I also used to say this.

Another is this PA story. So, once they went to meet some Minister there, a PA was jumping too much. He was not talking to anyone properly. They asked, "Why are you jumping so much? What's the matter, why are you so angry?" He said, "You don't know I am PA!" Then they said, "We didn't know if you are PEEYE or not [drunk in Hindi]. Please forgive us, we are going home."

This is just like monkeys. They really become monkeys. You must have read in Ramacharitramanas [Indian Mythological book] that Narad Saint once became egoic and how he became like a monkey. In the end how his ego was treated.

So, when a person becomes ego oriented then God only save them. If they are coming from this route, you take another route because they are always on a horse. They don't really see anything. So, they think that no one is better than them. He becomes arbitrary as if all gods left him. He runs alone, "I will do this, I will do that."

Hitler is a very good example of this. He thought, "No one could do better than me. I do all the good. If I finished all the Jews then I did a very big moral work. If I killed them in gas chambers, I did good moral work. If I helped Germans rise, I did a big religious work." He won't understand, he gets blind, he gets arbitrary. He becomes malignant like a cancer cell.

We get cancer also because of this. Cancer is always forming and deforming within us. I just showed you so whichever route gets faster, left or right sympathetic, so because of this fastness, all the Deities of that channel go to sleep. Then you are separated, do what you want then.

Now those cells are malignant. If a person is too hyperactive, he can get cancer, because he is too busy in work affairs. He was not connected with God during his work. He got disconnected. As he separates, he can get cancer because his cells become malignant on their own. In England, In the West, everyone is on their own.

Even an 11-year-old kid is on their own. Just as the child is born, the parents leave the baby in a different room. They make dogs, cats sleep in the room. They make the baby sleep in a different room. They love their pets more than their kids. It's very strange there. Everyone there is on their own. We also think that we should be on our own.

This is a very wrong thinking. People think that you are spoiling your kids. Kids should be given a lot of love. They should be loved. The child who gets his parents' love, is loved by all the people in the world. Everyone loves them. The child should not have bad habits.

One gentleman was such, he said, "My son is 12 years old. I am a very free person, I told my son to, 'Do whatever you want'. I gave my son a beer bottle and asked him to call his friends, 'Do what you want to do!'" I told him, "What really?"

They have to be taught religion. If you teach him values, his left side will be alright. He will have good conditioning. Freud says, "Don't teach them anything." Because he did not see the other side. If nothing was taught, their ego increased. Good values should be taught to kids. It's a waste to teach values to adults. Look at our children, what values they have. It is very important to teach value to small kids. That's why keep your children in your home and teach them good values.

If the child is alright in childhood, he gets realization faster. The person who grows up without parents, that person may be a very nice and famous person in the outside world but if you go to his house then his wife or his kids will tell you that he is a very strict person. He is strangely uncanny. That's why kids should be given a lot of love, so their ego and superego is in place; in the proper place. There should be a balance.

To become egotistical is different from what I said, this egoic thought that, "I will show this to the world, only I can do it." You separate yourself from the divine. That's why I am saying God is there, Shri Krishna is also there. Give it in their hands a little bit. They will do it. See how he does it. This is very hard for a human. Either they will be lethargic or they will be very egoistic. Until you are in the centre, it won't be alright.

It doesn't mean you stop working. Actually, the one who believes in God works the most in the Brahma. If you look at me you will say, "Mataji you work so much, You work so hard, You do this." I don't even know that I do the work. If you see Sun, he changes colour in each and every leaf. If asked Sun will say, "I don't know if I am doing this. I am resting in Akarma. This is happening through me, happening on its own. It is most implemented."

Giving example of Sun, I am talking of this Surya Nadi only. Same thing Shri Krishna told us. Shri Krishna also told us in Geeta to stay in Akarma. Akarma meaning you are active from outside but inactive from inside. But have heard people give lectures on Geeta. (unclear).

Because even to understand Krishna one has to be realized. I have written many. But no one has ever understood Krishna. Krishna was the most ancient diplomat. He understood, human won't get it in a simple language. Humans are crooked.

"If I tell him anything straight, he will not listen." That's why he first hand told Krishna to be sakshi [witness]. He did not say this later, he said this beforehand. First thing he said is to attain God, you attain his knowledge. It is all done here. He said that you have to be enlightened. Be a witness.

Now this is ignorance. They asked this, here you are saying to attain God, to become a witness and there you are saying to go on the war. How come both these things synchronize? To go on war, to be witness, to attain God, don't understand this. Krishna sensed this, that Arjuna who is the superior of all can't understand this, then what about others? Then He said Geeta.

Now there is big diplomacy here, let me explain to you that. Suppose a son is trying to ride a chariot, the chariot is in the front and the horse is at the back. Then the father as he comes out, will say, "Son bring the horse in the front and the chariot in the back." He will say that, "I am going to ride like this. How is this that I ride also and I have to be in the back seat; to bring the horse in the front too and ride too?" Then the father understood that his mind is not alright. Then he said that, "Alright, keep on hitting the chariot but keep your attention on the horse."

Now see, what people say about our actions. It is a very subtle thing, to be understood. You understand this. Keep doing actions or work but leave its outcome on God. This is a very diplomatic thing. This is an absurd condition. Diplomacy is practiced best when you put an absurd condition out there and the person gets trapped in it. This can never happen. Until you have ego in you, this can never happen that you keep working and leave its outcome on God.

Yes, people will say, "Mataji, whatever work we do, we leave its outcome on God; this is a lie; this cannot happen." Because your ego is intact there and superego is also intact. You will say, "Mataji, I read a book and it affected me." This cannot happen. If not for 2 or 4 people, it will happen for 1 or 2 people because you have superego and ego.

Now they put an absurd condition. Now they will say, "We work so much but we leave all the outcome on God?" but people say he is such an egoistic person that God only save us.

So, to leave things on God is a happening. This is a spontaneous happening. When the Kundalini pierces the Sahasrara, then it happens, before that it doesn't happen.

Now after realization, this is how people talk, you see, "Mother, this is going, this is coming, he is getting it, he is not. Kundalini is stuck." Third person talking starts. No one says, "I am doing this, I cured his disease, I am fixing their chakras", no one says this. "Now their chakra is caught, now it's open", they talk in third person language. You notice that.

If your own son doesn't get realization, then not. No one will say that he is realized. Here it's actually the opposite. "If he is my son then give him everything in the world, others' son let them die." Even if you want, you can't give it to your son. Because even with that desire one can understand, if Kundalini is not rising then what to do? When if he is your son; what can be done if it is your son?

I went to America, One Gujarati went with me. His wife said to me, "Mataji please give realization to my son." I told her, "What are you saying? If he gets realized, he does. If he doesn't, he doesn't. You know this." She said, "No Mataji, please give him realization. It's your will." I told her that, "I have no will, you know that." "Why don't you have that will? If it works, it works." When we reached there, this boy did not get realization. She became very sad, "Mataji, he didn't get realization." I said, "Son, you give her the certificate that he is realized? You are realized too." He said, "How can I give a false certificate?" I said, "That is what. In Sahaja Yoga you cannot give a false certificate, even if it's your son."

These people teach falsehood to the child. They keep making treasure for their child. This way you cannot grow. Here no son or anything works, no relationship works. Only relationship with God works. The one who has relation with God only can get realization, others don't.

You also need to have some good past karmas. If your son does not have any good past karmas then nothing can happen. You just leave it, leave it. When it has to happen, it will happen. You can't force it.

The same thing happens with karmwad [the principle where work is the highest principle]. When Krishna said do the work and leave the outcome on divine, it just cannot happen. He put this absurd condition. Are you able to understand this? It is a deep thing.

Because till date we have been told to do your work and leave the outcome to God, everyone started singing bhajan about it, "Do the karmas and leave the rest on God", but how? The God Almighty said, "Shri Krishna was like a father, let it be like this for some time." This was told six thousand years ago and you guys are still chanting this. But I am a Mother. Mother says, "It's enough. They should know the truth that this is not possible. This is all a lie, leave all this."

What's in it? Because a human follows a lie first that is the quality of a human, it's less likely that he follows the truth. If I put two horns on my head and have a band party with me, then many people will gather here. Everyone said, "They don't take any money, they must be useless. It will be a waste, Mataji doesn't even take money. She doesn't have anything still she doesn't take money. What will she give then if she has no money. She is very naive. She is married, has children. She doesn't even wear saintly clothes, nothing, then what will she give you."

Until you bear a lie, humans don't believe in you. That's why Krishna had said, "Leave all the fruits of your karma on God." This cannot happen. That happens only after realization. After that you don't take credit for any work neither you keep accounts of your deeds. Now if someone will ask me, "Mataji, how many people have you fixed", I said, "I don't know."

Today one lady came and was upset with me. She said, "We don't even know how many people come here and go. How many are there?" I said, "I don't know." Now should I keep accounts of how many people I gave love to? I don't know. You people understand love, right? We don't keep counts of bites we feed to the numerous kids.

So, when it is a work of love then there is no favour. I love that's why I work. And in that process if you feel you are getting something then I am actually benefiting. When you are part and parcel of Virata, you are actually my fingers. If I get hurt in the finger and if I rubbed it, then am I doing favour to anyone? I am doing favour to myself. If I don't rub it and fix it then where will I go? There is no question of favour here.

They say, "Do favours for everyone." These are such illusionary ideas people have. There are many philanthropic institutions, there everyone's Vishuddhi is caught. Who are you to do favours? They made a building, gave food to hungry people. But who are you? You can't even make a seed grow.

If you ask someone to say that, "Tell people that you are not doing but God is doing it", then they will say it but it will be ego oriented. They don't mean it. That can't be said until you are realized. One should believe that. Meaning, your ego will always be there, sitting subtly. Sometimes it's even in the roots.

One gentleman publishes a lot of his books, and in those books, even by mistake they misspelled his name. His father, forefather will come to fight. Many such things, humans have made that pamper your ego.

Now there is a book called 'Who's who'. They will call them and say, "We will publish your name in the book." He will say, "Wao my name is being published." Then they will say, "Send 100 pounds and we will publish your name." He will be very happy that, "My name is written in Who's who." They made a fool out of you and you got trapped by your ego. You did not even understand this.

This is how all philanthropic work is. Because the one who did this is also trapped and the one for whom it is being done is also trapped.

Now you will say, "Mataji, should we stop all this philanthropic work?" Everyone asks me this.

Since you are asking, I will tell you, to actually stop all this work. And use your energy in Sahaj work and get people realized. Leave all philanthropies and get people realized.

You can heal people from diseases, immediately disease gets cured. They are sitting here, ask them, you can be cured in a second. After coming in Sahaja Yoga, they say any kind of disease can be cured. Except for two or four, that I have seen do not get cured. Most diseases here get cured. Then why are you holding on to philanthropies?

But you cannot charge money here. Doctors can work here. If you have some mental problem, some brain related problem or maybe you are really crazy still you can come in Sahaja Yoga. Your madness gets cured. Many mad people got cured. If you are not at peace, you are worried, you cannot sleep.

Now yesterday a lady came to see me, she sat here for half an hour. Do you know she hasn't slept in so many years and she is an MD. And she fell asleep here, such sound sleep. She then said, "Let me sleep here only." This all can happen in Sahaja Yoga.

Now the time has come to obtain all this. But there is no sense collecting ego within us. Although you can't see it from outside.

Some people are very humble, when you see them from outside, But the subtle ego within them does not let the Kundalini rise and it breaks it again and again. You rise it, it again comes down, it keeps coming down every time you rise it. It can't go very fast.

But once you get realized properly, we have people here who have given realization to thousands of people and helped them. Thousands of people. Just by keeping their hands like this, giving vibrations, by fixing their chakras.

That's why Krishna has said, "Leave the outcome of your work on God." Where else can you leave. This is such a condition; who will you leave it too? Because I am not even doing it, it's flowing through me.

You also say that, "It is coming in me", you do not say that, "I am taking it." You do not say that, "I am bringing it in me." Those words disappear, "I" and etc. "It becomes, it is happening, not happening, it is working" etc.

In bhakti also, Krishna has a very important role.

One must understand Krishna. I am happy, I am telling you all; your Vishuddhi chakras are opening as I am talking.

Krishna said "Pushpam, Phalam, Toyam" "Whatever you have, give it to me." At the time of receiving, it is ok, but at the time of giving! It is all based on this word. You couldn't catch that word. Do ananya bhakti. 'Ananya' meaning 'when there is no second in you, it's just you'. Meaning when you are realized then do bhakti.

Now they will hold on to the word. They will say, "I am doing ananya bhakti." But how is this ananya bhakti?

Then why are you crying? The ones who cry so badly, the poets who write about separation, referring to bhakti, what bhakti will they do? I find them very disturbing. They cry so much as if they will take their eyes out and wash them and throw them away. Why you have to cry?

Do ananya bhakti: when you enter ananya, then do bhakti.

Then there will be the voice of Kabira, the voice of Nanaka. Then there will be the talk of Christ. These saints talk with authority, they don't have doubts. With full authority that this will happen, that will happen, this should happen.

But they don't believe in Kabir. Especially our hindi poets who only like to cry. They compare Kabirdas and Surdas and say Kabir has Sadukktari (hindi word) and Surdas is very sweet. I would say Surdas cries too much. He himself wrote after writing Sursagar, that, "Krishna please remove all ignorance from Surdas." He confessed that he is ignorant. But since we like to cry, we like all poems that cry.

When you rise above the weeping stage, then you do not like weeping people at all. It feels why they are crying from morning to evening for no reason.

Suppose someone is newly married and someone in their neighbourhood dies, then it feels, "Why such an inauspicious thing happened?" Exactly that's how it is.

Then a person enjoys reading zen. You read Khalil Gibran. Khalil Gibran is all Sahaja Yoga. Zen is also all Sahaja Yoga. Then, your interests change, your priorities change. You start seeing the world from a different angle.

At first you ask then you give. Right now, you are asking then you give it from the other hand. When this happens then you become a witness. This is what Shri Krishna has said that you have to become a witness.

Shri Krishna is known as a complete incarnation because this whole world is like a drama. Even Rama also played this drama. But he played it so well that he made it look like he was not a witness. That's why he is known as a maryada purushottam.

But this is all a play, this Shri Krishna proved it fully. That's why Shri Krishna is known as the complete incarnation. For him all

this is a play.

After Sahaja Yoga, you all also become a witness. Now you just see that, "Oh a nice drama is going on." You don't think about the past or future, you just become a witness and enjoy the play. With a stable mind, you start seeing. Even if you are angry, you are not angry within. You witness the whole thing, watching the drama of being angry.

Krishna's world is also like this. All lila. Sometimes killing has to be done.

There are many people who follow non-violence. Don't kill mosquitoes, don't kill bedbugs. There are so-called non-violent people in the world, you don't know. They will put the brahmins in a hut and leave many bedbugs in that hut. And they will let all the bedbugs eat the brahmin. And these people will then say, "Wah, that what nice work we did."

Now tell me why do you want to save these mosquitoes, these bedbugs? Do we have to give realization to them? Ahimsa or non-violence can only be followed for humans. I don't understand non-violence on animals. Yes, if eating an animal can harm you, then it is a different thing. But killing an animal sets him on the path of evolution. That is what is called as halal.

If you keep hitting someone then it is violence, no matter if it is on animals or humans. You have violence in you and you are taking it out. When one person does harsh behaviour towards another person, that is equal to eating a hundred cows.

Now, why do we have such devotion towards a cow? No one knows this. This is a high-level thing.

Because once Adi Shakti took the form of a cow named Surabhi. To honour that, we all respect cows. Because she was incarnated as a cow, maybe you have not heard the name Surabhi. You all are very modern; I am a very ancient person. Adi Shakti incarnated as a cow named Surabhi and she resided five thousand Gods in Surabhi. That is why we consider cow as a God.

In India cows are kept in the house and we get milk from her and we treat her like a mother. But in England cows are like buffaloes, exactly like buffaloes. You cannot say that it is a cow from any angle. My grandkids when they came here, they said, "Grandma why the buffaloes here are white in colour?"

Indian cows have a special quality. Because of Surabhi, all cows are Godly there. That is why cows are respected here. And Indian cows have a mild and beautiful appearance. That is why the credit we give to cows is limited to India only. You understand this.

Do not practice such non-violence. People will starve. In Greenland, it is only named sake green land, these poor people have not even seen a green leaf. One of my students came from here, she said, "Mother people talk of becoming vegetarian. We do not grow any vegetables there, why did God send us to such a cursed place?" I told her, we should save ourselves from these notions that have settled in us. You can take out all Muslims, all Christians, many Hindus, Japanese people, Russians. Take them all and may be few Brahmins will be left who won't eat. They may also be secretly eating. No one else other than them. This is wrong.

Yes, no alcohol. It is totally wrong. Jain won't even kill mosquitoes but drink alcohol. For them alcohol is essential.

And these days it is, you know it. You know in Pune, this monster is sitting there. A lot of westerners go to him. One writer came with me, I told her to see what they do. She told us, these poor people are in very bad shape. There everyone has to eat only vegetables. Now these people are all non-vegetarians, they will starve. On top of that they say, don't put salt. Eat boiled food. She said, these people have all lost weight and look miserable. This man makes everyone work for 9 hours. One will keep cutting vegetables for nine hours, his hand got peeled off. Now when this man is totally wrecked then put a bhoot in him. Finish. Now man will roam around with clothes and a so-called holy necklace. And all his money is taken.

He has fooled many esteemed females by doing this. All big people do this. I will tell you all their secrets someday. I should do a

lecture on that someday.

These people think they are very moral. Now Lama people think they are very moral. I haven't found one yet. Morality is an inner thing. Some people do such harsh things in the name of morality and with animals they will be so loving.

A human passes through thousand lives to be born as a human. All these chakras are made within humans. Animals cannot equal the dust particles of the feet of humans. This is such a huge thing. And it doesn't take you any time to make a human sad, to torture him, to trouble him. But you worry about mosquitoes, about bedbugs.

People roam around by putting masks on their faces. They are stupid. They waste their life, other's lives. What is the need for such a thing? If you do not like to eat certain things, then don't. You eat what you like. But to force people so much that they cannot eat anything. They starve! It is not right. I tell you that is a kind of aggression. If you don't like certain things, don't eat them. But forcefully you make people follow you!

Everyone has a discrimination point. And this can be found from the Vishuddhi Chakra.' [Nirkshirviveke tu]. In Sanskrit there is a sloka. When there is a mix of water and milk, then the swan drinks only milk from that mix. This is how his wisdom is. But the bird heron doesn't get it and it drinks both milk and water. It cannot discriminate. So ':, : [Nirkshirviveke tu hango hans; bako bakah]. You can understand this with your wisdom.

And kindness is the most important thing. There should be compassion among human beings. Do the kindness first to the humans. Even in showing kindness people think they are doing favours. If someone gives a lift in the car, he thinks, "The other person is my slave."

Compassion is a very inherent thing. I told you yesterday that when a person gets realization, he automatically becomes kind. Just when a flower blossoms, it gets a sweet fragrance and the whole environment becomes fragrant. This is how when a person is realized, he is enlightened. You don't have to swear for it. If you put kasturi [a kind of precious musk] here, you don't have to swear to confirm it is here. You will yourself know that kasturi is here.

But if someone's nose is not working then what can we do? People's noses even do not work properly these days.

Still humans have not fallen so much that they cannot identify the truth. They wander around for some time then they ultimately find the truth. This is also a blessing of Shri Krishna.

All discrimination is done by Shri Krishna's Chakra. And he kept this chakra right here. We cannot really give a name to this chakra. You must know that actually Shri Krishna's hands have reached here. When it gets caught then a person loses their discrimination.

This chakra belongs to Shri Krishna. He is the Virat. He is the one who creates the drama, who plays the drama and we are his parts and parcel. When we are realized, we are one with him, and then he manifests through us.

Mohammed called him Akbar. That is why the mantra here is very beautiful. You put these two fingers in your ear, raise your throat towards the sky and say Allah Hu Akbar. For whoever this chakra is caught, it will open. In Pune, I made many brahmins do this.

This finger [pointer] belongs to Shri Krishna. Using this finger, he held the whole Govardhana mountain. He would rotate his Sudarshan Chakra on this finger.

There are so many myths and misunderstandings about Shri Krishna, I would like to share some with you. Because today in a way, we inaugurated him.

First of all, the myth that he had sixteen thousand wives. Many people have objections about it. He was a Yogeshwar, Shri Krishna was a Yogeshwar.

You must know the story, where few women were going to a saint. He had five wives. These five women were his five elements. The river rose high and these women could not cross the Tapi river. They asked, "Krishna, how do we reach that side?" Then he said, "Ask the river, if Shri Krishna is a Yogeshwar and he has not been with any woman then please temper down." And after saying that the river came down. People said that this is the height of lying but still what can we say. But they crossed the river and reached the other side. They treated the saint very well, fed him tasty foods. The saint ate very well.

Now when these women wanted to go back, they saw the river rose back up again. They told the saint about it. Said asked how they came there in the first place. They said, "We were told to ask the river if Shri Krishna is a Yogeshwar and if he has never been with a woman, if it was true the river would go down. We asked this and it did go down." Saint then said, "This time ask the river that, "If the Saint ate even a bite of the food we offered to him, then go down." These five women did the same, asked the river that question and the river went down again. These women did not understand anything. He ate everything but he did not take anything?

He has sixteen thousand wives and he has not been with a single woman. What kind of Yogeshwar is he? One has to understand that Shri Krishna has sixteen thousand powers. In our Vishuddhi Chakra sixteen thousand channels work. It has sixteen petals. Do you know they are also known as sixteen arts. Vishuddhi Chakra has sixteen arts.

Similarly, the plexus we have here is known as cervical plexus. It also has sixteen sub-plexuses. It is in our subtle and in our gross. And each art has one thousand channels, because in our Sahasrara we have thousands of his Nadis. Each Nadi has sixteen Nadis in it, this way we have sixteen thousand Nadis right here.

This chakra is so important, you must understand. It is responsible for our nose, outer part of our eyes, mouth, throat, teeth and forehead too. Other than that, our Ego and Superego is also controlled by it. This chakra with sixteen thousand Nadis is so important.

Shri Krishna is called Dhumil. We can see the dhumi. People say he is black but he has bluish, dhumil colour.

And he doesn't like the cigarette smoke at all. He cannot tolerate tobacco. If you chew tobacco, then this is gone and the stomach is also gone. People are like, "Mataji I just take a little bit of tobacco in the pan and even that is also gone."

One gentleman came, he is a very good Sahaja Yogi. He is a nice man. I told him to quit tobacco because it is not a good thing and it will give you problems. He did not take it seriously. The one day he came and said, "Mataji, I am in big trouble." I said, "What happened, son?" He said, "When I sit down for meditation, I feel like Hanuman's face is forming in me, it becomes very big, then it becomes small. Sometimes when I sit for meditation, it feels like my face is becoming like this, it is becoming kind of crooked." Then I said, "You lie that you don't eat tobacco. You eat tobacco, right?" Then he said, "Yes I do." I asked him to hold his ears. I told him, if you eat tobacco again you will become Hanuman. Your face will become like Hanuman's face. (Mother is laughing.)

Poor guy was a simple person. Although later he gave realization to many people. He was a known man but he was stuck on tobacco. See what happens to a human. Then he quits eating tobacco. It was gone.

Now this tobacco is a very bad thing, it is an insecticide. The one that kills the insects, will kill our cells too. It is such a bad thing. I don't know who asked you to eat this. From where did you learn to eat this? Human beings don't know what they eat. Why don't they think that is it written here that one should eat tobacco? They wreck themselves eating tobacco. Kundalini won't rise for such people and they get all the diseases of the world.

Now cigarette, this is also a big issue. In England, they write that it is poison and cigarette smoking can lead to cancer. It is written, still people smoke. Still people would smoke secretly. Whoever will come to London, will say, "Give the best cigarette you have here, that I would enjoy." I just keep looking; these big people; big officers, the ones who are considered big officers, those people, they want the whiskey and the cigarette. What public work these people do and what public welfare they do, I don't understand. This is insecticide, who asked you to eat or drink this? I asked them, "In what shastra or holy book have you read this?"

You will be shocked that eating tobacco goes so much against our guru tattva. Because of this first the Vishuddhi Chakra gets caught and later near Nabhi, it accumulates a lot of filth. The kind of cancer people get, I say you should make films and make people watch them.

First, they remove your, this pipe or poke a hole here, and then slowly they start removing stomach pipes. And this cancer grows so badly. Because in the Virata its main place is Vishuddhi Chakra. If this gets caught then it bubbles in the whole body. And this smoke gets deposited in the lungs so badly that don't even ask me. It is such a dangerous thing. It is better to eat poison once and die, if you are really fond of dying. But why do you want to die such a death? But just by telling it won't work. I know this too. This has to go on its own.

That also happens in Sahaja Yoga. This is also a work of Sahaja Yoga. Some of our people in Western countries, some people even take a lot of drugs. Because there everything is relative. "That drug is better than alcohol so take drugs." But alcohol is such a dirty thing, why don't you quit it? And for them relatively drugs are better than alcohol. And for cigarettes, they think it is a very simple thing. But it is such a dangerous thing.

It is also dangerous because to drink alcohol you will have to at least open the bottle, you will need a glass. In London, they have these tricks, they have special glasses for this. For brandy you use this glass, for this you use that. So, they can sell their crystals there. For different alcohol, they use different stuff. For that there is a big shastra [book] in French about it. And they are so proud of this as if they have not done better science than this. They have written many big books on this. And God only saves, by the names they give. And that too, that is asked in a particular way. They will say, "What would you like to drink?" They had such an attitude, a person like me did not understand all this.

In London they have a culture of shaking hands. That is ok, I give realization doing that. When I leave it is ok. But at the reception there will be five hundred people. They hurt my hands. That is also ok, but when they come drunk, then God only saves. You cannot talk to anyone there, without a drink. What a show! And this cigarette! If you want to talk to someone then you offer a cigarette, otherwise you cannot talk.

There is no communication. Until you give something to a stranger, there is no communication between them. I don't know what intellect they have. A person like me does not understand this. And what is even surprising is, women smoking. They will wear a saree, also put on nathni [nose jewellery], the latest trend these days, and on top of that, cigarette. How to comprehend? In our culture did women ever smoke?

Yes, they said, in rural areas in Nepal, women smoke So now you want to become them? Do you want to become wild? They said they are tribal people. So, you want to become tribal people? So, if tribal people do it then you also become tribal. There are many people in London, they are like, "We want to become primitive." I said, "You cannot become primitive."

It is impracticable because your brain cannot be primitive. You will be a primitive bhoot. When you make hair like this, like a bhoot, why won't bhoot come to you? Bhoots search out for people like them. (Mother laughing.) Bhoot will catch them only. Dress up properly when you go out, so bhoot will stay away from you. If you are a drunkard, then a drunkard bhoot will come and sit on you. Then you will drink so much alcohol that you won't believe. If you are a smoker, then a bhoot who likes cigars will come to you. You don't know that things like this happen. And if you have that cigar bhoot in you and you don't get cigar from anywhere, then you are gone. Then life loses its charm. All your life you will cry, "I did not get the cigar." Your whole life is

dependent on cigars, how dangerous it is.

You must understand. English people used to drink very less alcohol but now their third generation will all die in the pubs. In our country too, it is a very dangerous thing. Once someone is high on alcohol, you can buy any officer or minister if they drink alcohol. It is a weakness. It is such a weak thing. Human beings have so much weaknesses in them. It makes humans very weak. Because you can buy it, a bottle.

Morarji Bhai says he will do something; God knows when he will start it. You guys write so many bad things about him, that is, "Why he is not doing it?" He said it will lead to even more bootlegging. It will happen but after a few days, it will stop. Let them die, if they are going to die because of this bootlegging. They have to die anyways. It will be good for them and for us.

And some people give explanations, that it will make it grow. It would never grow. If not in the first generation or the second generation, but in the third-generation, people will definitely quit alcohol. Try quitting first. Pakistanis are better than us, they hit people with heavy sticks [danda]. Because of this alcohol, women become miserable, their houses become miserable.

My husband used to run this office. He became very socialistic and he increased the drivers' salary to 1000 Rs. After four-five months their wives came complaining about their husbands. They said, "What a disaster you did." I asked, "Why?" They said, "First thing alcohol and second thing prostitutes and third thing they don't even come home. They stay out only. They will bring alcohol in the house and the kids do not have food to eat. Sir, instead of making their salary 1000 Rs, it would have been better if you had paid for our kids' education. You could have done us good in a different way."

Now these people fight for salary appraisal. Don't increase their salary; they will only drink alcohol and won't do anything. It is better if you give them a house, give them clothes. They should also know how to spend the money. You notice that when you increase the salary of a servant, you think you are doing big kindness, charity work. You think you are doing favours on them. They will really show you what the money does. One should have dignity to receive money, they should have some prestige. You can never improve through money. You give them food to eat, it's ok, but do not make them beggars. If you give 25 paise to a beggar, he will buy a cinema ticket and watch cinema. You see.

One must understand how to balance with money. The money that will lead to buying dirty things, that money's distribution or growth will not make any country prosper. A nation prospers because of the humans.

Now we have this imagination that we develop our country like this. You will not get anything other than plastic. What do they have, stones?

Humans should be prosperous. Every human should be a king. A king like Shri Krishna. He was a shepherd and used to take cows for grazing, but he was the king of kings. He would sleep on the floor but he was a king. One should be king by nature not king of plastic.

The one who runs after things, after diamonds, jewellery and who tortures others, who will be more wretched and beggar than such person? This is a sign of misery. A satisfied being is actually a king.

It won't take long for us Indians to become such kings. Just look at them, so many have even got it. And where they are sitting today? Shri Krishna gave numerous blessings to this world. Great blessings he gave, that he incarnated and he gave us that light that we should achieve the absolute and to accept only the absolute.

And under his power only we should grow. And after taking refuge at Krishna's feet, our Vishuddhi also opened completely. And we become a witness. We will offer our namaskar and prayers to him and we will meditate.

## 1979-0318, Public Program on Sahasrara

View [online](#).

18 March 1979

Public Program

New Delhi (India)

Talk Language: Hindi | Translation (Hindi to English) - Reviewing [Hindi to English translation]

Public program, Sahasrara (Hindi). Delhi (India). 18 March 1979.

It should be understood what Sahasrara is. No scripture has vividly described anything about Sahasrara, not because people would not have known about it, but because, till then the Sahasrara had not been fully opened, so no one wrote anything about it. Sahasrara means - like this (flower) bud, if we consider our brain to be a lotus flower, then inside it, layer by layer, like these petals, each different level has been made, and these layers are formed from grey matter and white matter. In the center, if you open and see, inside that you will see the core (gabha - ) and thousands of small, small pollen, (paraga - ) inside that.

Similarly, our brain is made up of fat, and it has layers. If you take a cross-section of the brain and study it, you will be surprised that inside, you will see each layer, they look exactly like the petals of a lotus flower. Because doctors had no relation with poetry, they don't think of such a comparison. Doctors are mostly enemies of poetry, so they can't see this thing. But God is integrated - he is poetic also and is also creative, so he has made the brain like a beautiful lotus flower too. And it has one thousand petals or layers, "Sahasrara". And inside each petal or layer, in the center, is the thread (sutra - ) of energy. And below them, in the center, is the core which has pollen. When the thousand petals close, there is an empty space in the middle.

[Apart: Don't move your attention so much, sit quietly now. So, what if someone's handkerchief fell down? While I am speaking, I am also opening your thousand petals, and I'm also speaking, I'm doing all of this effort by my willpower, so at this time, you should not do something just casually. You should not move your eyes suddenly, just like that. Keep your eyes steady - this is something you must do in Sahaja Yoga. Otherwise, if your attention goes to such things, close your eyes.]

Now, in the core, down below, there is a, sort of a circular bed, and above that, there is empty space - which doctors call as "limbic area". The pollen here are the thousand chakras that are in our body. I have told you only about seven chakras - just by knowing seven chakras one gets self-realized, if you include the sun and moon chakras, then anyways these are nine chakras. But there are one thousand chakras in your body, they are not yet awakened - but there is no need to be afraid, they will be awakened gradually. So, the one thousand chakras are placed on that bed which is in the core, and above that is the limbic area. Out of them, are the seven main chakras that you already know of. There are seven main chakras and their seats are here (in the core), similarly, the seats of all the thousand chakras are also there. In all, there are one thousand chakras, out of which we regard seven to be the main chakras; then there are sub plexuses, but all this will be too much detail.

Now see how these seven chakras are formed inside us. (In the head) first, this is Agnya, this you know, now behind it, is the Mooladhara, third, back here is the Swadishthana, above that, is the Nabhi chakra, above that is the heart chakra, here is Krishna's chakra. If you are properly self-realized, then by placing finger here, you can control that chakra, these are the seats. This is Shri Krishna's chakra. Sometimes, I ask you to lift your hair because on the sides there are these 2 chakras that I have told you about that take care of ego and super-ego, these are the places of Buddha and Mahavira, so these are 2 more chakras, so seven plus two, nine chakras. This is the heart chakra, the place of the heart chakra. If a man's heart is weak, his Realization also remains a bit weak, and then here he gets nourished. So, the core or the bed of Sahasrara contains seats for all the one thousand chakras, and these one thousand chakras guide the one thousand layers. And the big-big chakras that are outside, at least they get awakened after Realization.

Now, how does the Sahasrara look before Realization? Similar to how a flower bud looks - all the layers are covered, and inside there is no light; not enlightened. But when your Kundalini rises from bottom to top, then these seats (of chakras) get enlightened. At a minimum, these seven seats (get enlightened), because the Kundalini does pass through these seven chakras. So, when these seven seats get awakened, and because of that the pollen in the core also get some light, then Sahasrara looks

like thousand candles that have wicks inside, but the candles are not lighted. Like if there are candles placed through layers but not lighted, then nothing will be visible. It looks as though a flame is lighted from here, then you can see only these flames, but these flames are very gentle. In the bible, it is said, "I will appear before you like tongues of flames" — similarly, alive and moving flames like that, moving very beautifully, in many colours especially in seven main colours.

Then Sahasrara opens like this, and then Kundalini passes through the middle of them and goes up.

In a person who has less hair, if you see, a hole forms here, in the Nabhi, because the Kundalini rises from the Nabhi, then a hole is formed here, then here, then comes in the fontanelle bone area (talu) and then a depression forms in the fontanelle bone area. So those who are realized souls, have a depression in the fontanelle bone area similar to that in infants — that should be maintained. I will tell you later how to make it. So, this is how Sahasrara is awakened.

Now there is a lot to understand next.

In a human being, the heart goes on one side, the brain goes on the other, liver goes in a third side; and the human being does not have control over these three things, they each go their own way. Now the human heart would desire eating this thing, then brain will say don't eat this it will cause trouble, and after eating the liver will say what a useless thing was eaten and will throw it away. On emotions if we like something and we accept it, that it is looking very good... in western countries, it is the only criteria, this is the only way or proof of knowing, that "I like it"; that " You like it?" - then finished, then no question after that. "But, I like it" - then finished. "I" - there is a big "I" there. And when that "I" started, then it is the order given by the brain, this "I like it" is the order given by the ego, not by the heart. So it is not understandable if what we want from the heart is right, or that what we want from the brain is right, that we... what gives us trouble in the stomach, what causes that? A human being does not understand these three things; that how to know if something is really okay for us or bad? Like it was said earlier, "Satyam vadet, Priyam vadet" (speak the truth, speak what is pleasing). So people said, this is very difficult. If you speak the truth, it is not going to be pleasing, and if you say what is pleasing, it will not be the truth. Because truth will be known through rationality, what is pleasing will be known by heart... and liver will go according to its own accord, you don't know when will it mess up. So Krishna said the middle thing, he said, "Satyam vadet, Hitam vadet, Priyam vadet" (speak the truth, speak benevolence, speak what is pleasing). That if you say something beneficial and auspicious, which gives benevolence, then even if it is unpleasant for some time, it will become pleasing later.

And the question about truth is, what will be the truth? Suppose, a man is coming to murder someone. And the one who he wants to murder came and hid behind you. And he asks you about the man whom he wants to murder. Now the truth is that you know because he is hiding behind, will it be the truth to tell him? And if this is the truth, then you will get him killed, you will be the reason for him getting killed. Then the dilemma is, what is the truth? And people use rationality in truth: that this is unauthorized, who is he to ask us, who are we to tell him... The language, definition of truth is that one must also be a bearer of truth. Otherwise, Jesus Christ has said, "Why are you casting pearls before swines?"

A man like Jesus Christ said that, who was very forgiving, was the incarnation of forgiveness. He said what is the use of speaking our words, auspicious words in front of these wicked people? The truth is to be told with a great balance. This is the advantage of rationality, but if there is no wisdom in rationality, then that subtlety is finished. The one who has wisdom, says the truth very loudly, but he keeps on weighing and tells the truth in a way that it gets absorbed. Otherwise, it is useless, what is the use of throwing such truth? So now the question is, how to match (integrate) these three? That is, how do we satisfy our Mental being, Emotional being, Physical being, and finally, our Spiritual Being? Because there is no integration within us. Integration meaning, the front of every - for example if you take ten needles, and they have ten holes, then a thread that passes through all of them integrates them.

So integration is not in us. Within our being, integration is not there. Our one hand wants one thing, the other hand wants another, the eye wants one thing, the intellect wants another, the ego wants a third thing, the super-ego fourth thing. So we - for example, if there is a point in space which is being pulled by a lot of forces, it will not go anywhere, it cannot have any progress, and it will get diffused. When your Realization has not happened, integration has not happened, what should be the arrangement? For this, God has made a very good arrangement within us. So he pulled it from all four sides from below and put a bridge in the middle

like this pandal. By pulling a point from many sides, if you put a bridge in the middle, then it becomes like a tent or a pandal, similarly a human being becomes when he stands on the support of dharma. Until you become paar\* (- gone across), you will be tied like this tent – you neither wobble too much on this side nor on that side, remaining stable in the middle. And because you have not gone into extremes, it becomes very easy at the time of awakening of the Kundalini, the Kundalini just pierces and goes up, and then very beautifully the whole sky opens up. Then you become completely integrated, your thread runs inside the fronts (agra - ) of all the chakras I have told you about. And when this thread runs from within - then the attention which is in your stomach - this thread runs with that attention on its head. If you have to insert a cloth through a hole, you put a needle or something inside that cloth and you move it from inside. In the same way, your attention, by sitting on the Kundalini, itself comes up, and then becomes one with the all-pervading power. When Kundalini comes in Sahasrara, it integrates all seven chakras. So the guru mantra of Sahasrara is – integration, unification. Integration.

The task of the incarnation of Sahasrara is to integrate all religions, integrate all truths, and integrate all hearts. First, you have been integrated within yourself, after that, everyone's hearts have been integrated, everyone's intellects have been integrated, and everyone's nabhis have been integrated. For this, imagine if you take such needles which are placed in this way, and for you to integrate them, you will have to bring these needles exactly in the middle, so their holes all come together (align). If they are off here or there, then when the thread goes from inside, Kundalini will not be able to ascend. So there are some practical things that you would want to understand, like these are the fronts (agra - ) I showed to you, these. Now if they are properly aligned one above the other, then Kundalini will go straight through them. But if they have been stretched, then there will be vacant space here. Although the Kundalini may slide up a bit, but if there is weakness in chakra, she will fall down again.

The work of Sahasrara is that when those who have authority of Sahasrara come in the world, then lift up the Kundalini, bring into Sahasrara, and pierce from here - this is the work of Sahasrara. This is one bandh (), especially the bandh... as I said that all the bandh's of Raja Yoga happen in the rising of the Kundalini. They do not to be done, they do not to be done - understand this a hundred times - Raja Yoga cannot be done, it happens inside yourself. Even hatha Yoga is not done - that also happens inside. Even when a guru does it, (s)he makes it happen. And in the end the Mahayoga happens at the Sahasrara, where it is the time for your union. So, when all the force stops here in the Sahasrara, first "Entry into the Kingdom of God" takes place. This is the Kingdom of God, this is it. When you make an entry into it, first thoughtless awareness comes because you cross the Agnya, you become thoughtless, so now your attention does not expand towards thoughts, this is arranged first. Gradually, however much attention the Kundalini can suck-in, she sucks in above. When Kundalini has pulled up your attention however much could be, absorbed it, however much attention came above, then first of all she calms your "moordha" () which is the lower part of the brain. And from that "moordha", the Kundalini rains (or showers) a little in our these 2 Nadis (channels) which are called Ida (left) and Pingala (right).

It does not happen in everyone, happens in many, the reason is that, in those whose Ida or Pingala Nadi is not alright or is too active, meaning who had too much sympathetic activity, such attentions are found to be stretched. So, after she comes at the "moordha", which is the lower plate of the brain, this is before crossing the Agnya, the Kundalini spreads herself ( ) here. So the person feels that the eyes are getting bit heavy, feels some relaxation, feels slightly sleepy. In the beginning, if someone is too burdened, then there will be slightly more sleepiness. Then she spreads here, after which, these 2 Nadis (Ida and Pingala) start becoming lighter, meaning after coming on these Nadis, their fronts (agra - ) start improving gradually. Then the part of Kundalini which descends down, it again comes in the Nabhi and then rises again -- now these are all bandh's (), I will not tell you all those long-winded things – however, she rises up again. After ascending, She crosses the Agnya chakra again - actually, she first just touches the Agnya chakra slightly. When she crosses the Agnya chakra, then dilatation of the pupils takes place so I ask you to close your eyes. Now doctors do not know whether dilatation of the pupil is exactly sympathetic or parasympathetic activity, they say that it is sympathetic/parasympathetic, they don't know, they are still fighting about it, because they are not able to settle all these things right now. However, now we have nothing to say to them, but dilation of the pupils takes place. The eyes become completely black. Now, these foreigners who have blue/green eyes, their eyes also look black, so they say that mother our eyes have become black? I said you are my child, so you will have eyes like mine. Because the pupils dilate completely. Sometimes it dilates so much in some, that at that time it seems for a moment, that everything has become dark, just for a moment but most can't see. Happens to a few, there is nothing to worry about, it happens just for a moment.

A lady, we had a lady doctor, I was giving her Realization, it could not be finished, but she said she had to leave. While going in a car, she felt as if it was getting dark, so he stopped the car on one side. She felt like this for a while and after that, she felt like she had blossomed. She went and called from there, that I don't know what happened to me, I just opened up, so it happened to me on the way, mother, so why is that? So I said you had dilatation of the pupils. And for this, I ask you to close your eyes. Because the poor Kundalini stops, she thinks so much, she knows everything, that the eyes are open, so just wait and then open, otherwise, if it will go into the eyes suddenly, this person should not become afraid. Very soft, very delicately, slowly, like "gajgaamini" (, one who moves in a graceful way like the walk of an elephant), slowly-slowly, watching your eyes carefully, and then -

But when does the Sahasrara close even after the Kundalini has come in it? I have told you, I do not know whether I have not told you or not, that the Kundalini is made of many strands (), just like a rope that is formed from many strands of threads. So in the beginning, only one or two strands pierce absolutely in the very innermost of that which is called Bramhanadi which is right in the middle of the Sushumna Nadi – now I have not told all these lengthy, fine details – and they (strands of Kundalini) come out from inside of it (Bramhanadi). There is no alternative to this. It is a very subtle. Only one or two strands of the Kundalini rise from inside of it (Bramhanadi). And after coming up, they push the attention up here, they keep the attention pushed up here. So because of this event, your attention is removed from the outside, and here they (strands of Kundalini) nourish and awaken your Sahasrar, and due to its awakening, chakras also start getting awakened gradually. Because there are seats here, as the seat of our India is in Delhi. If you have to get some work done, you have to come to Delhi, even if you want to get work done in Madras. Similarly, because the seats here, you have to come here. So when they (strands of Kundalini) come here, then orders are issued from here that - yes, wake up; then your chakras get awakened, and the deities within them get awakened. In some it happens very fast, in some, it happens late, in some, it happens very late, in some, it takes even one month; happens sometimes, but I am not at fault for this.

After this, your Sahasrara opens, but that too opens only when you have accumulated enough attention inside. That's why I say, don't move your eyes here and there, because, due to the eyes your attention gets distracted here and there. If you keep looking at me, then whatever is growing inside me, the voice is coming - Chaitnaya (vibrations) is coming, isn't it? Chaitanya (vibrations) also goes through your eyes, and by that your Ganeshji is pacified, that's why I ask you to keep your eyes open. But later, even when I ask you to close your eyes, then I ask you to stabilize the attention, because as soon as the attention becomes stable here, then it gets established here properly, it gets fixed because of its pressure... which means that this thing is not mechanical. Kundalini understands all this, she organizes, awakens; and she loves you. She is the power of love. Like your mother has the power of love, a thousand-times more, million times more than that is this power of love within you. So she does all this with great understanding and gives you rebirth. But Sahastrar's hand is the biggest in this, that the integrated awakening of the seven chakras takes place in it.

In Sahasrara integrated awakening happens. Suppose seven men are working in parallel, doing seven types of work, nothing will get formed from that. If you want to build a house, you need cement, wood, stone, and whatever else is needed. Now you put seven things separately, it doesn't make any sense. To harmonize those seven things, to coordinate them, to organize them, and finally when completely such state comes, when so much attention reaches there, at that time opening the Sahasrara, this is Sahasrar's work.

The deity of Sahastrar is "Nishkalanka" (unblemished), his name is Nishkalanka, people also call him Kalki. Kalki incarnation will also be coming. Kalki is an incarnation of Mahavishnu - meaning it is on the Vishnu principle, Vishnu principle means evolutionary. And evolution has two meanings – in evolution, always there is creation and then destruction. Like we had very big-big animals earlier, you must have heard names like mammoth, etc., among them was elephant also. So elephant still exists, evolution happened, and elephant was saved because it was found to be alright, not too big, and not bad. It was saved.

You must have read about "Gajendra moksha" (, salvation of elephant king), elephant was saved by Vishnu. I don't know how many people read or not. That place is very beautiful, on the bank of the Gandak river. If you ever get a chance, go see it. There is also a park, and a very beautiful place, where Sitaji went and lived near Sage Valmiki. It is a very beautiful place, worth seeing. Valmiki Nagar is a place in Bihar where "Gajendra moksha" (saving of elephant) happened. "Gajendra moksha" is a

reminder that Vishnu saved only elephant among these big animals, and all the other animals had to be destroyed because they had grown too large. So always you see that, even in a tree, when a tree forms a flower, when the flower becomes a fruit, something falls off from it and something becomes the fruit. Some things definitely fall off, and some things become the fruit.

That is how it is in Sahaja Yoga also. Now it is a matter of fruition. Now fruits have taken place, now whatever is waste and useless, or harmful, all that will have to be thrown out, brushed off. Like in the case of wheat, we keep the thing as it is, till its hair mature in the sun, then gets completely separated, then you know how we separate it - when the wind blows [unclear word] catches in it, and the wheat separates from it and the chaff falls apart. You see this every day. So that event will happen when Kalki will incarnate. At that time he will not give you realization, will not explain anything to you, he will not do any work like me. He will not have the time. He will just bring eleven rudras – which I had said, eleven Rudras are to be incarnated, Rudra means the destructive power of Shiva, so he has eleven destructive powers, he will come into the world upon awakening them – and he will destroy whatever useless things are there, will put them in their place. And all the destructive forces that exist will be completely destroyed, and in this way, "Raam Rajya" (Shri Rama's rule) will be established in the world, which we call "Kingdom of God", "Thy Kingdom Come". All people will be Realized Souls, they will be endowed with collective consciousness, and from that they will be working, using that they will work.

So, now its last stage is in front of you at this time. It is not only about fixing our social or political, or the pace of our time, but it is the last time, now the time has come for this creation to achieve that for which the whole world was created. Just as a pot is made, whatever is useless to it is thrown out. In the same way, whatever is useless, whatever is harmful, whatever is destructive, whatever is in opposition to God, whatever is painful everything will be destroyed. That's why, I am a mother, and the mother always thinks for her child that he should get benevolence and auspiciousness - and if she is the giver of that, then she wants that whatever is my "punya", whatever I have, my children take all of it, take everything, but get all their own. Mother's power grows in the children only. She doesn't care about her own power. She is proud of her children's power, and she is contained in the power of her children, and she has no other existence. If you people are not there, then I am not there, if you people are there then I exist, such is the thing.

Otherwise, I am absolutely a bubble, I have no meaning, I have just come, and will disappear just like that, there is no meaning to this human body. You are its meaning. Like a matchstick, it has meaning by how many lamps it has lit, otherwise, it has no meaning. In the same way, is Sahaja Yoga work. By looking at its depth, its importance, its profoundness, and its divine power, you should understand that what you have got it is invaluable. When people get something readily from the Mother, they don't think much of it. This happening (realization) takes place very strongly, especially in my presence. There are people sitting here right now, who were saying that "on the first day my Kundalini stood up so strongly, the whole night I was in bliss, and this happened, and, then now it came down"... So this also happens. So you will say, Mother what have you done? Using my willpower, I had you sit on my Kundalini and gave you birth from my heart, and from your Sahasrar in fact, I gave you complete birth. Just as a mother nourishes a child in her lap, and then gives birth to it, in the same way you have been given birth from Sahasrara. And it is such a universal phenomenon, that it happens even on the photograph. It is surprising that there are so many vibrations in my photos too, it is a matter of surprise. And I owe it a lot to science, even as I speak through this (microphone), my vibrations are getting carried.

Many times when your chakras catch, then I put this (microphone) on the Agnya (Shri Mataji's), then your Agnya gets cleared. See, science was created so it would be useful to Sahaja Yoga. If you put me in the TV, on the TV, and if people put their hands towards me, then I don't know how many people will get realization. But I don't know when will such days come when TV people say, Mother, please sit, and we will take vibrations from you. It is a very difficult task, they never even call me, and people tried, they say, many such cunning people keep coming. One of my disciples, poor thing she had just come to England, then the TV people got after her, she is a painter or something. So she said that such a great power is sitting here, why are you after me, get her to do something (like a program). So then they inquired who and what, and then said, so many have come here and gone. And they had programs with all the wicked, but have a program with me. There is a big flaw with truth that until a lot of people do not come in positivity, the light of truth does not come in. Because if you are a stone and even if sunshine falls on you, there will be no reflection. Yes, if you have a mirror, then its light will come out. So the first task I said, let's start making mirrors first of all. Now in your city of Delhi many people have become realized, many. It's a great thing. In city, in such short time, I was able to give

realization to so many people in Mumbai also, And even after so many people got realized, after I am gone, you see what happens.

Now all of you make a resolution within yourself too. My resolve has been fulfilled. Today you also have to resolve that whatever happens, we will keep our Kundalini alright, whatever we have to leave, we have to leave the gurus, we have to leave anything that mother asked to leave, we will keep our Kundalini awakened, and we will keep ourselves alright. For this, the biggest thing that has to be remembered is that this is the work of Viraat. Now the Sahasrar of the Viraat has opened, which means this is now a collective work. This is not individual work, it is collective work. So at home, you can do a bit of clearing, but unless you go to the centers, it will not work out that deeply. We have had some amazing people. When I came, some people got realized so strongly, today itself one gentleman had come, everyone said "how good he is, how wonderful", but today his vibrations are not that great. There was another gentleman, he was very well educated, he kept arguing with me a bit, his motor moved a bit slowly, but slowly-slowly I now see he has risen very high. Very surprising. The one who took a big leap remained there itself, and the one who moved slowly has moved ahead. You must have read that story about the hare (and tortoise)? I see that the case is similar in Sahaja Yoga. So the one who has completely adopted it with determination rises very high. And the biggest thing is collectivity. You have to give it to others. If you do not give to others, it will not work out. Slowly give to others. By giving, you yourself will understand how it is given. Nobody lights a lamp to keep it under a chair, correct? These lamps should be lit and their lamp-pillars should be made, so that others who are looking for their way, may come on the right path and reach the shore.

Now I have to tell a little about what should be done, what should not be done. First of all, we should first find out about ourselves, what kind of habits do we have? Straightforward, because first thing is to see yourself. First you have to look at yourself, then you can look at others, right? So first we have to see what is the defect, what is wrong with us. Then you will see that you have got strange habits, which are not needed. So like you have done in Sahaja Yoga, you have to similarly do for your habits, that you tell me on the photograph, that Mother please get me rid of this habit. Straightforward. First, use my resolve, then keep attention to yourself. I have seen such people, big drunkards... There was a gentleman in Singapore, he used to smoke too many cigarettes, that his chest was as if rotten from inside due to the cigarettes. When he came in front of me in meditation, so much of cigarette came out of him, bad smell of cigarette, and after that fragrance started coming out of him. Now he is in such a state that whenever he tried to smoke, he would get the fragrance, so his attention would move away (from smoking). So it should be remembered that you have got these habits because you are not able to face yourself, you are not able to see yourself, so the habit is formed. Suppose a man is sitting quietly at a party, he feels I am bad, I am having to see myself, so immediately he took a cigarette, that somehow remove the mind from here. If four friends came, now it is best for the four friends to talk, exchange with each other, be happy from that, but they felt that if they sit with each other, they will have to see each other, there will be an exchange, so better light cigarettes, take alcohol, just disappear from there. This is escapism, we call it running away from the battlefield. It is only because of this escapism that addictions are formed in man, all the addictions are due to escape. Because man does not feel empowered, and he does not know how to enjoy himself. So anytime you start having such desires, start laughing at yourself, that great mister, what to say, now you are remembering cigarette? And this cigarette, Mother I give it up in your name. By doing any kind of talk like this, coax your mind a bit.

Now this mind you have, is a horse, and the horse climbs on you. You have to sit on this horse. After Sahaja Yoga, you can bring the mind under such control, as you could have never done. If you had tried earlier, you would have developed abnormalities. If you suppress the mind, don't know what can happen. Now tell the mind that, go on the right path, sir. Now you know how to move this horse, you have become an expert, when the horse knows that now you have learned the skill, that it should cooperate and walk straight, then the horse itself takes you there. So the horse should neither be dropped (felled) nor tortured. Tell it that sir, you know the destination, now let's go. Now you should start seeing yourself as other [press?], that whoever this Mr. X is, let's say this Nirmala, see, how she is getting these whims now. So the one who starts laughing at himself becomes great in Sahaja Yoga. He laughs at himself, that from where did this horse of ego come in me, now how can I remove it, how is this bed bug (ego) biting me, in this way he removes himself. Because now there is light inside. As soon as there is light inside, you start seeing your chakras, you can't see them with the eyes, but can be felt on the hands. Now you do not feel sad, but you will say that my Agnya chakra is bad, everyone says that. The Agnya chakra is bad even in mad people. But man does not feel bad that my Agnya chakra is bad because his Agnya starts hurting. "Mother, please cure my Agnya", or you will rub (clear) your own if it is catching.

This means, your awareness now becomes such, that it does not tolerate any filth. See what a feat of Sahaja Yoga, but if you stay with it. For example, an animal going from a street does not see that there is filth, bad smell, it just walks, neither does it notice beauty. These days the flowers are in bloom so much, you go on looking, "Ahaha what flowers have bloomed". Whether flowers, grass, leaves, are all the same to animals, makes no difference. As human consciousness is of beauty, in the same way, after realization you get a complete idea of your own beauty also, whatever is ugly in the world, it automatically makes you feel bad, meaning your chakras catch, you say, "oh no, got caught up". Your friends will change, your companions will change, your priorities will change, you get a transformative change in you. But stay with Sahaja Yoga, flow in its stream, don't get upset in it. There was an American girl, she was into business, she knew all about what is imported, what is exported, how much is earned, where every cent goes, she was quite miserly. She wrote to me that, Mother since I have become realized, I can't remember how much came in, what came in, but my business has grown significantly and I can't remember, everything is working by itself. So you become a witness, you see - this has come, that went, this came, you are viewing that, "wow, what fun is going on". You start watching everything as a witness. Now if any question comes before you, you watch as a witness. Now tell me if without a witness form, can there be a solution for anything? Suppose you are drowning in water, then you will drown, how will you survive? But when you want to get out of the water and look at the water, you can survive. In Sahaja Yoga, you have come out of the water and in the boat. But now if you want to get down into the water, then go, because freedom is the prasad of Sahaja Yoga, you are completely free. You become so free that you will get rid of all habits, you will be free from whatever had enslaved you, but if you want to get stuck there, then go, you have freedom for that also. And then you go with a great force, the higher a man has risen, he falls with that much force. So be careful. In this matter, you do not have to be afraid of anyone. Even Sahaja Yoga, you don't need to tell anyone forcefully, if you see a man is going in this way, slowly you can make him. That thing you have, you can nourish it. But be wise while talking to people.

Now one thing you must always remember is that a cool breeze is coming in our hands – this is undeniable, there is no doubt about it. And it has been described by Adi Shankaracharya and others. If you have to read the Bible, then I have told you that it is in John's revelations, that cool breeze comes out of the Holy Ghost, all that is described in the Bible. And in all our books, Chaitanya Laharis (cool breeze) have been written about, it's not a new thing. Don't forget this. It is a great truth. It is a subtle thing, and you should understand how wrong it will be to lose it. You must not lose it. Now when I leave, many people will experience that the Kundalini will go to places where you have weaknesses. For example, if you have liver trouble, then the Kundalini will go down into the liver, no problem in that. The people at the center (Sahaja Yogis) are quite smart, you should ask them about what is happening and what should you do. They will tell you how to take vibrations and nourish yourself.

You don't have to renounce your house, no need to renounce anything, but the need is to get into the essence of everything. You do not have to renounce any religion also. Whatever religion you belong to, stay with that religion. Although after realization you go beyond religion, you do not have any religion left. When you believe in Mohammad Sahab also, also in Nanak Sahab, and in Hazrat Ali also, in Fatimabai also, and in Sitaji also, also in Jesus Christ, and also in Ganeshji, then how can you sit in these small compartments of religions? Then you become "dharmateet" (beyond religions/dharmas), and beyond religions, you also become "gunateet" (beyond gunas or properties), gunas meaning three -- Tamo guna (Left side), Rajo guna (Right), and Satwa guna. Due to Tamo guna, a person keeps thinking about past things, and sleeps too much. Due to Rajo guna, you become overactive, overactivity. The problems of Rajo guna are more in the west, but now they have started here also. The problem with Satwa guna is that one becomes too interested in dharma and becomes bit scared of Tamo guna and Rajo guna. But because of balancing, Satwa guna is okay.

But you go beyond these three, you don't worry about anything. Now it is not like, "if after getting up in the morning, I did not do namaskar to mother at 9, now I'm gone" – it is never like this in Sahaja Yoga. Know this. I am saying this, beyond dharma, "dharmateet", "gunateet". Not necessary... it's a matter of the Mother. But the mind has to be kept clean. If something (ritual) could not be done, what's the big deal? It is not necessary that the cow was not touched... such is not mother's work. Believe from the heart. When you believe from the heart... Then Shabri's ber (berries), Ram ate. Which dharma did he follow? Which berries were washed, wiped, or cleaned? But given with love, he ate them. So in love, these bondages are not there. But automatically beautiful maryadas (boundaries) get created in a human being. It is fun to roam in it because it is from that

maryada (boundary) that its beautiful shape and form gets formed automatically. Just keep the attention there. Now after Sahaja Yoga many people say that Mother had said that everything happens automatically, so there is no need to do anything. (Shri Mataji laughed). I want to touch upon both the points because if I push from this extreme, then they go to the other extreme, and if I push from there, they come to this extreme -- you still haven't become "dharmatit" (beyond dharmas). You first have to tie your dharmas. First, tie your dharmas, then you will transcend them (become dharmatit)...

After you get self-realized, you have to go through three stages. As it is, whatever the situation is, whatever the state is, has its own rights and its own blessings. For instance, suppose I become the head of some place, then it has its authority, then if I become the "sarpanch" (head of village), then from the head, the authority becomes that of the "sarpanch", then suppose I become a minister, then that has its authority, then if I become Prime Minister, then it has its own authority, similarly, according to our state, we receive rights from the kingdom of God.

So the first right you absolutely have got is, you have got dharma which means you can become thoughtless. Getting thoughtless awareness. Not become paar\* yet, just thoughtless awareness, meaning the thoughtless awareness has come after the awakening of the Kundalini -- just based on this little thing, you can cure anyone's health problems. Any physical disease you can cure, meaning you can give wellbeing, meaning you can give bodily comfort. Just this much. But there are many who say they cure others by touching or something, they are not paar\*. But the [sounds like "fake"] healers are of two types, ones who work with bhoots (dead souls) - leave them, they heal with bhoots; the other, whose Kundalini has crossed the Agnya, they also cure by touching or something, some of them are paar\* and they cure. There was a gentleman in London who was paar\* and he used to heal others. Later when he came to me, he found out everything, but he was paar\*. So there may be people who are paar\*, some people whose Kundalini has crossed the Agnya. Keep one hand towards the photo and the other on this, and after doing namaskar to the photo, you can cure their diseases. Think, disease cure! Now when the Kundalini has crossed over and if your Kundalini has pierced, you can awaken Kundalini.

All of you who have become paar\* can awaken the Kundalini of others, and after some time you can also make them paar\*. See, just in thoughtlessness you got so much and as soon and just as you become paar\*, you got this blessing. Even if your chakras are catching, you can still awaken other's Kundalini completely cleanly (Nirmal), she's not going to touch, even if your chakras are caught, the other's chakras won't be affected, see the wonder of Sahaja Yoga. All the Sahaja Yogis who are here will appreciate this fact that even if their chakras are catching and they give realization, that realization is completely clean (Nirmal). It is surprising but true. What more do you want. Kundalini awakened from your hand, with your hand the Kundalini rose. On my feet, you must have seen that you can see the pulsation of the Kundalini very well. But even when, you raise the Kundalini, you will be able to see, you will come to know you felt coolness till here, here and here. If you can learn the chakras, as to how to tie them, how to raise them above, if you learn its art, the "vidya". It is the "Vidya" (true knowledge). "Vidya" means rising the Kundalini, making paar\*, and being authorized for it. After you become authorized, you raise the Kundalini of anyone sitting down wherever you are.

Its second right is that you have come into the collective consciousness. Now its rights what should I describe to you, how many infinite rights you have obtained. That if you want to know about someone, all forward-looking instruments and all get switched on. We have an English gentleman. His father was very sick. He said, "Mother it's been many days since I received their letter, what should I do". I told him, what's in it, you do like this and check. When checked, he felt a catch at this place. Now, this (probably pointing on the hand) is father's place, this is mother's place. Father's this chakra is catching means he has some serious thing like bronchitis or something. So he telephoned, his mother came on the line, and when he asked about his father, she said he has serious bronchitis. So he started moving his hands like this and this - see this is also a power you have - he started clearing like this and he felt better, and there the father also got alright. You won't believe, this power has come in you. What do you understand about yourself? You have become paar\* (realized), have become saints, are people endowed with great experience. But you do not know because in Sahaja Yoga you get the biggest thing, humility.

These people are not even realized, they do not know anything, absolutely useless people, they are sitting there making their own big-big monasteries; strange, monkey-like people. And you people, despite being paar\*, despite having your realization, you say nothing, you do nothing, I don't understand who had asked people to be so humble! They are shy even in saying that "I am a Realized Soul". There are many such people who don't even want to tell that they are realized. You are! Absolutely. You have got it based on your pre-earned wealth (your punyas or good deeds). This was meant to happen to you, so it has happened. You do not get any ego in it. What you are, you should say, "Yes, we have got our realization, Mataji has given us, we went there and it

happened". (Laughingly) Defame my name only if you have to do it, If you feel so shy then say "yes, Mother did it", I don't mind. But you are realized, surely you are realized. And it's a very big thing. It is not any initiation-finitiation; you are realized souls! You try using this (power), thousands of things happen in it. You grow in it, then you will find out how many deep things work out in this. In the collective consciousness, you give realization to a man, you will come to know which of his chakras are catching. You just rotate your hand properly on him -- there is a difference in doing it from the front vs the back, you go to the centers and learn the subtleties -- and then it will be alright. It's not a lie at all. After Sahaja Yoga, you will not get any physical trouble at all, even if you have any, just learn how to correct it. You can correct yourself, and also others. Believe it, it is such a thing that your entire store has been opened, but if you do not use it, what can I do? In a few days, it will be locked again. if you use it, see how awakened your own power is. Now the gurus who show you all kinds of miracles of the world have not given you any power, so such a guru should not be accepted as guru. One who gives you your power is the guru. The one who connects you with the divine is considered to be a guru. So if one is realized, but has not given you realization, why should you accept that as guru? So, there is no need to bow your head in front of anyone. Never needed. Let thousands bow down, but you do not, you are paar\*, you are higher than them. Now this vibratory awareness has come in you, you have got vibrations in you. You can ask them any question you want to ask. You know that many people became paar\* just by asking questions. This is vibratory awareness, your computer has started, now you have to know everything from this. Like man knows everything from his humanity, similarly after realization, now know through this. "Mother, what to do in this" -- check vibrations. Initially, there may be some dilemma, some confusion, you may feel. this is not correct. After using it, you will be surprised by how exact it is. We keep giving bandhans from morning till evening that they get good sense, this thing gets corrected, this, that.

One day, while giving vibrations to Mr. Nixon, it felt now he's going to get his 'welfare' (Shri Mataji laughed). All the boys told me that Mother his vibrations are going all bad. This was many days back. Much before his 'welfare' (impeachment), that everyone came to know. You can also correct people at home using vibrations. But first is to improve yourself. If due to a guru there are quarrels and discord at a home, and if they follow a guru at that home, and if the discord and strife is increasing, I don't understand what use is the guru? Gradually so much love surges that we start speaking even with those that we were not speaking with earlier. Gradually everything becomes so clear that you will be surprised. Now you give bandhan to yourself for this thing... let's say there is a gentleman, your brother, he's upset with you for no reason. Write his name on your palm and give bandhan like this, seven times, you can take Mataji's name if you want, and then do like this and leave it. You will see the whole thing will change. He will be alright in a few days. Because this bandhan is of love, this is the use of power of love. This power of love, it tells you, it has taken you into the collective consciousness, and which has awakened our collective consciousness. And so you can get answers to all collective questions here. But there is only one hindrance everywhere, you must not forget that, and so you should also not feel frightened ever, that human freedom will never be taken away. If someone wants to be a rakshas, you can't make him God, unless he asks -- please bring me on the path. No one's freedom will be taken away in Sahaja Yoga. This is the only hindrance. And if every person solves this hindrance, then it will work out. For that give bandhans to this person in advance to bring him on our path, once the fronts are aggregated, they're not integrated yet, but upon aggregation of fronts, the Kundalini may rise.

But the Sahasrara will not break till the other person asks that, "Yes I want to be paar\*". Yes, the Kundalini may be risen, but Kundalini rises in many, but even rising of Kundalini may make get the (pure) desire. Gradually, his attention goes to God, his desire goes there. So you may not say anything to him verbally, but keep rising his Kundalini. By doing this also, the Kundalini rises. Write the name, do like this, the Kundalini will rise, may not become paar\*, they don't become paar\*. For that, permission is needed. it should happen in the knowledge of that person. Because, if you have paid attention to this, it is the first time that this higher step of evolution has happened in your awareness. Not before this. When you became a tortoise from a fish, you didn't know, from tortoise onwards as you became a monkey, you didn't know, and from monkey when you became human, you didn't know. But today, from human when you are becoming superhuman, you know.

Now, what should you not do, what to do, I have told quite a bit about this. For diseases and such, for that we have a few doctors here and they are realized souls, you can speak with them... But I have mostly observed that after Sahaja Yoga, the first thing people do is to make a list of all sick relatives, "when Mother comes, we will take so many sick people to her". Very common. Sitting down they think all the time that when Mother comes, then I will get my uncle's nephew who is there in England, that xyz had that problem, I will call him. And this is the worst thing. This happens with everyone, and it's a very harmful thing - for me and for you also. For one, till you yourself become powerful, do not go to people who are sick, sad, worried, because if you go to

them, then you will catch from them, their disease will stick with you. Especially run away from mentally affected people; initially when your own sapling has just been planted, it has to be taken care of. In the morning before going out, take bandhan. And in the night also sleep after taking bandhan and washing feet. Maintain yourself in this way at least till I come back. It does not take much time - in just 15 minutes the whole thing can be done in the night. And in the beginning, please don't gather all made and sick people. I have not come to cure diseases. I have come to give Realization to all.

First you become Realized, then the diseases will run away by themselves. And those who are not seeking God, what do I have to do by healing them, make pickles? You tell me, think from my perspective, that the lamps that are not going to get enlightened, rather than correcting them it's better to put them in junk so they get remade then correct, won't someone think like that? Yes, if someone is seeking God, then even if he is ninety years old or a hundred years old, even if he is in a bad state, for such a person, I will work day and night. That is very different. Gather those who are seeking God. Who is seeking God, gather those. Now next time I should not see that every person has brought twenty-five sick people, out of them, I tell you, not one person will stay. Now you see, how many sick people were coming initially, they all got alright, they even brought reports to show that, but who is coming now, will they come? I have healed thousands, my disciples have healed thousands, but nobody cares.

First we want Realized people, a lot of people should become Realized. Give them, there must be intact people in the world. And even if these become corrected physically, what good are they for, because that way there are many strong people (wrestlers) - what is to God? If they don't get corrected, a new pot will be made from them. But the pots that are already made and ready to receive water, they will be filled with water. So gather such people who are seeking God, who are wholeheartedly towards God. If they are already stuck with a guru, do not bring them to me and stick here, otherwise, they fight with me. If they think some guru has given them the absolute, then please spare me, tell them to go to the same guru, that your guru is a very nice man, you stick with him, pardon us, please do not torment Mother. Otherwise, such people trouble me a lot. So I have this much request to you, that those who are sticking with some guru, let them be stuck, when the guru will give them a few blows and they will understand, then they will come. We do not have to go to any gurus. Recently I went to Pune, and [many?] said, "Mother should we go there and work"? I said there is no need, let them be there. They become very difficult. And the more number of gurus they have been to, the more problems they have. Those who come by themselves, let them come. Yes, but if you know such a man – it is not necessary that he may be taking God's name in big ways, but he is a good man, about whom people say he is a very good man, he is innocent, whom everyone cheats, he is okay. The one who cheats everyone - let him cheat, he will be cheated such that he will understand, his cheating will eat him.

So, a good man, who is innocent, simple, who is not very boastful, who does not spoil other people's minds with his own intellectual brilliance, find such simple straightforward people. Everyone must know such people, who are good people, who have goodwill in them, who do good to the world, always wishes well for others, and who does not hanker or lust after anything -- gather such simple people and bring them. And do not gather patients (sick people). I am fed up of sick people now. Now if someone's some disease does not get corrected, they get after my life, "my this thing did not go away" -- if it did not, what can I do? The point is, what will I gain from removing it? And they will be after me. And they will be the first to come and sit. The most caught up come very first and sit down. Now the problem is, how do I heal them -- and they will be after my life, "no, please heal, you have to" -- how to do, you also need to have some accumulated wealth (punyas), you also need to have a bank account, isn't it? Now if you do not have a bank account (punyas), what can I do? You need to have at least a little bit. The bank may even give overdraft, but how much (Shri Mataji laughed), that also has an end, isn't it? So don't gather such people.

Those who are good people, who do not go into extremes, remain in the center, who live in dharma, who are ordinary, find such people. Very big people become difficult. And then those who work as servants and maids at homes. Some servants are okay... we had a driver at Mumbai, we used to call him Raja Sahab (Honorable King), some servants are also like king (by temperament) but not all. Because they are your servants, don't bring and put them at my feet, "because these are our servants, so we brought them" -- don't do this. Just now one lady had come, she ate up (figuratively) my whole foot, burned my foot, and then if you say something, they get offended.

Have interest always in Sahaja Yogis, how are Sahaja Yogis, that they are not in any trouble, they are not bothered about anything. But it (the interest) does not stay in that. Do not have interest in useless people, but in those who are Sahaja Yogis. And first gather those who are seeking God, who are simple people. When these people will be all right, the difficult ones can be

corrected later. Otherwise, such people come - who seem to have four horns, and I can't understand how to save myself from them. Sometimes they run here, sometimes there, they just don't listen. So bring ordinary, simple people.

Now, if someone is your father or your mother - that is not the criteria. The criteria is, that who is seeking God - that is my brother, sister, mother. Christ once said, "Who are my brothers, and who are my sisters?" - it is a very big sentence. "Who are my brothers and who are my sisters?" -- The Sahaja Yogis are his brothers and Sahaja Yognis are his sisters. He is their eldest brother. Ganesha is your eldest brother. And those who are related to you by these "laukik" ( - worldly) relationships, and into "laukik" (worldly) relationships, these are worldly only, there is no need to go crazy after them. Gradually, you will be surprised, they will come into it. By observing your behavior, your thoughts, your ways & methods, gradually they will all come. But there is no need to waste energy after it. They will all come gradually. "My"-ness has to be reduced - this is too much in our Indians, and completely missing abroad. "My son", "my daughter", "my this-", reduce this a bit. But because this Sahaja Yoga is going to grow in family (environment), it is very essential that family atmosphere must be good, and gradually it must be expanded in your family as well. There is no need to hurt any family members in any way, gradually everything will be alright. It depends on your handling, and how powerful are you at home, it depends on that. This way, bring everyone in love and by proving your love, bring them in Sahaja Yoga. And Sahaja Yoga is self-proven, there is no need to prove it. And because of that (Sahaja Yoga), you also shine, and that is your proof too. Now you are all proven, and I bow to you.

Tomorrow I will go and will come back here on the twenty-eighth. I hope you all know the venue and everything and will be present there. And this book - you all buy one copy each, because how much can I say in one lecture, I do not know how much I might have said in that book also, but it has some deliberation about some subtle things. So you see it, understand it, from that you will know more about me, because when I speak, I keep myself in the back because this is a maya form, and is a bit difficult to understand, so from that book also you can understand me. So it will be good if you buy that book. And if there are a few questions, you can ask, otherwise meditate.

[ Later, Shri Mataji talked about balancing vibrations, how to raise the left and bring down the right, and vice-versa. And She talked about the bandhan ][\*Paar: One who has got Realization and has crossed the Sahasrara and has got the knowledge of vibrations.]

## 1979-0321, Birthday Puja

View [online](#).

21 March 1979

Birthday Puja

Mumbai (India)

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

My heart is overwhelmed. Till date, this birthday has been regularly celebrated in Bombay [former name for Mumbai]. Had to work really hard in Bombay; had to work the most, here. People often ask me, "Mother, why do you need to work so much in Bombay?" Initially, I stayed here, and, then I felt that there is so much work that can be done in Bombay.

However, some shadows are cast over Bombay. Now in Delhi, even less work amounts to a lot more. Lot of work has been done in villages too. Undoubtedly, thousands have got their realization. A lot of work has been done, even in a city like London. But, people of Bombay have an ominous shadow cast upon them. I think they are too indulged in materialism. Strangely, we have worked the most in Bombay and yet have the least number of Sahaja Yogis here. Can't find a reason for this.

Often, I contemplate, especially when people question me, "Mother, why do you devote so much time in Bombay? Why is Bombay so special?", although I am quite wary of cities. Because in cities, you have money, and, there are already enough conmen who ready to rob you. Since you have money, you prefer to go to these conmen. You run behind these circus owners. Thousands run to the sermons of such people; they do not seek the truth. They constantly experiment with the power of money that confers ego.

In spite of all this, I love Bombay. There is a big reason behind this – you people are aware that all three – Mahakali, Mahalakshmi and Mahasaraswati – have originated in this city. Unsure what Mother Earth would have thought, to have chosen nowhere but this land, and bless it immensely such that all the three powers [shakti] have originated in this city.

But then people go to the Mahalakshmi temple and do all sorts of immoral things there. There is a race to be at the Mahalakshmi, so much rush there.

Yet the people of Bombay are unsure of what they are seeking. I often wonder, when will these people use their brains? When will they understand? When will they realize that the foremost thing is to seek your Spirit (Atma)? Without seeking your Spirit, you can't seek the Almighty [Paramatma]. Everything else that you are doing is ignorance [avidya] and worthless. You're aware that God's Kingdom reigns unrestrained in this world. He has not only created the universe but also you so that you identify with Him as the Doer [Karta], the Creator [Srishta], and the Nurturer [Paalanhaar]. You must understand His Powers [Shakti].

I don't understand why man is so confused to have taken the wrong path, and made his life so petty.

Albeit God has worked hard to create man; you have evolved into a human from an amoeba. If you notice your eyes, you will realize how important an organ it is. God has sculpted these eyes so beautifully. He has created this entire body so beautifully. He has created the entire instrument within this body through which you will receive this boon and it will be unlocked soon. But, the people of Bombay are asleep, in a state of deep slumber. Don't know why they are so inebriated and intoxicated?

I repeatedly ask you to wake up, it's time to wake up now. In fact, you already know that Sahaja Yoga is nothing new – Saint Kabir has spoken about it, Guru Nanak has spoken about it, even what Lord Rama did was, in fact, Sahaja Yoga. He walked barefoot across India including in your Maharashtra. He walked on this land, covering every bit of this Mother India, so as to vibrate it. Vibrations flowed from his feet. He walked barefoot everywhere to spread these vibrations. Even Mother Earth established the Ashtavinayaka [8 swayambhus of Shri Ganesha] here [in Maharashtra] so that vibrations would emanate, and people would recognize it.

Later, what Lord Krishna did was also Sahaja Yoga, it was all Sahaja Yoga. Shri Radha herself was the Power (Shakti). Radha – 'Ra' means 'power' [shakti], 'Dha' means 'the one who bears it' [dhaarān karne wali]; She was the Shakti. When She would put her feet in the Yamuna, vibrations would flow. When Radha would carry water pitchers on Her head, vibrations would flow. When He (Shri Krishna) would break those pitchers with stones, the trickled water would vibrate the ground. When Gopis would carry the Yamuna water in pitchers on their heads, Krishna would hit and break their pitchers, the vibrated water would then spill on their backs and thus the Gopis would get their Realization.

Then they would often play the "rasa". 'Rasa' : 'ra' means 'shakti' and 'sa' means 'with' [sah]. He wanted to awaken everyone and so they would run around and play, and be immersed in the vibrations flowing from Radha. He did all this to awaken the Kundalini in humans – playfully via all these acts – for He was the "lila Priya" [the One who loves the Divine play].

But man has been doing this for thousands of years. Since birth, I was sure of an important aspect and therefore I would often seek my father's advice because he was a very learned man. Even he advised me that unless this Realization is available for common masses [sarva saamanya] and unless they experience this Spirit [Atma], God or His creation would remain meaningless. It is important for people to recognize the Spirit because without recognizing the Spirit, you cannot recognize God. Like you can't see without your eyes, similarly, you can't recognize God unless the soul is awakened.

Thousands of shops may be opened in the name of God, there may be all sorts of shams and pretence in His name, but none of it would work. Your Spirit resides in your heart. The witness that resides within you, must be recognized. This is very important. Yet you don't understand. This is so important. The time has come now.

You heard from these foreigner Sahaja Yogis how their countries have been doomed – homes are shattered, families are broken, people are unsheltered and on streets due to alcoholism. Such apathy that there is no recognition of a mother or a sister. They are emotionally crippled, can't sleep at night. In Sweden, nine out of ten people are suicidal. They have the maximum number of suicides in the world; even though it's a country of conveniences and affluence.

Today we are running after money and wasting our energy in all sorts of meaningless things, we are just deteriorating our self-worth. For what and how we have been created? God has created us with such hard work. What is our significance? What is so unique about us? For us, all five elements have also worked hard. Everyone has painstakingly created and sculpted you. The entire mechanism, the Kundalini and its awakening have all been created within you.

But Sahaja Yoga grows slowly. One reason is, it is a living process, and secondly, it is the truth. You can make any artificial thing easily; you can make thousands of plastic flowers but real flowers bloom with much difficulty. However, when blossom times come, thousands of flowers bloom. But, in Bombay no one is aware of the blossom times; everyone is asleep in deep slumber. They are unaware that blossom times have come and so many flowers have already bloomed. And they are lying lowly and just dying.

It is a very pious day today. Today, it isn't such a day that a mother should scold the children. Really, it isn't such a day. Since 1970, I have been insisting that this day should be celebrated in Bombay. And every time I shower praises upon you people. But then I see that Sahaja Yoga isn't flourishing here. Dirty conmen are running their businesses here. If such a person comes here today to tell you all sort of dirty things, thousands will run to him and dance naked. You dance but you don't need the truth.

And today, I am warning, you must pay heed. In the same way, once I warned them in Andhra [Andhra Pradesh is a state in India], but they got annoyed with me. I cautioned them that they must wake up because they were growing tobacco everywhere, fields and fields of tobacco. They said, "We don't eat it, we just export it".

The rich peasants are cultivating tobacco and the poor ones are doing black magic. I forewarned them; this is enough – this sea would swell and engulf everything. And you must see, I said it on a particular date and then it happened. I don't know why, but I

got very anxious to see what they were doing. Have they forgotten that God watches and takes cognizance of everything?

Every city has its virtues. Every place has its virtues. But there is a limit to it and people have crossed these limits. Ultimately you have to bear the punishment and its consequences.

Last year, I heard about these priests and how they have been tormenting people. They are sitting on the shores of Ganga and Yamuna and selling religion. I warned people vociferously that they should be wary of these priests. Now you can see, how these priests had to run away dismantling their shops as the Ganga and Yamuna swelled. This is the beginning.

But today, I am telling you, you must think about the future. You must be wary of it, the Kalki incarnation that is about to arrive. It will not warn you or request you, it will not work hard on you or give you realization, it will not cure your cancer. It will just come with a sword for the Last Judgment. That will be a catastrophe. That will be its work. Sahaja Yoga is very good: it has integration, it has joy, it was bliss, it has physical and mental well-being, and, it has the Almighty's blessings. It is all very beautiful. But in the Kalki era, this won't happen. You have heard about the Kalki incarnation and it is about to arrive. There is little time left for it. In the time being please awaken your Spirit [Atma]. Your Spirit and Kundalini have always resided within you.

But I don't understand what gibberish people talk about Kundalini – it's your mother. And you have been listening to all this. I don't understand how you fondly listen to such people who use obscenities for Kundalini, which is your mother. You give them your money, spend your time with them, listen to their tapes and devotedly accepted their teachings. People who abuse your mother, you revere them.

First, you must understand that when God created this universe, the first thing He established was Ganesha, the epitome of purity. He is purity. The first thing that was created in this world was purity. Someone who isn't pure doesn't have the right to talk about God. Because once you take to Sahaja Yoga, you become pure. Many attain it on their own, they were already ready for it [purva sampada]. But for others, they get it gradually, little by little.

You must understand where you have come, sixteen thousand people have quit drinking alcohol. So, people don't come to Sahaja Yoga because they think Shri Mataji will ask them to give up alcohol. I never say it, they just give it up on their own. Because when you are drenched in your own nectar, when you feel joyous within, when this ambrosia is flowing in your heart, then why would you consume alcohol? There is no need for me to say anything. You can see these three hundred experienced people standing in front of you here, they have given up all these things including drugs. I never asked them, "You must give up drugs".

You have to seek your powers. The key lies within you. This is all that I have to say. But why should you be angry if I say this? Even the black magic people [tantrika] must understand, "Will a Mother ever say things that will harm her children?" No, Mother will ever side with her children even if they are doing wrong things. I don't say anything before you take to Sahaja Yoga. Whoever you are, whatever disease you may have, whatever be your state, I accept it all and welcome you. Once you accept Sahaja Yoga, it automatically transforms you – from top to bottom – because it is a living process. Like a tree, it has life. If it is damaged, you may pour a medicinal potion that would heal it from within, from top to bottom. But if something is dead, like for a building, if its basement or walls are damaged, we cannot repair it.

You are living. This living process occurs within you. For this, God has created you. He has created each chakra step by step, gradually and beautifully. But don't you wish to know anything about yourself? Do you not wish to achieve the powers within you? These chakras within you are so beautiful. They were created with many efforts and they are eager [to manifest]. Your Kundalini has been residing within you since ages and has been waiting for that moment when you would achieve your unison with God. For this, how many times do I need to request and beg of you? You must also ask for the truth.

The truth will not come begging to you. Truth is not asking you for votes or for any money. You cannot buy truth; this is its biggest flaw. If you could have bought truth and if it would have fulfilled your ego, then you would have continued like this. Just like how you are running after other gurus and wasting your time and money there. You are your own guru then why do you need

to run behind anyone? You must understand and achieve it. At least value yourself a little, respect yourself and understand yourself. Don't waste this valuable human birth in such futile things.

Recently, so many people got their Realization in the Delhi program. I was amazed that so many people of such varied types had come. I must say that Delhi is blessed by Guru Nanak. So, people there accept it easily. But even in Maharashtra, so much is being done. This is the land of saints. Saints who nurtured it with their blood. Lot of work can be done here in Maharashtra. But in this city of Mumbai, which is considered the capital of Maharashtra, I can't comprehend why is it so devoid of saints, devoid of truth, is full of atheists and has become a land of sins. There is a huge responsibility that you must shoulder. Tomorrow God will question you, "Son, what did you do? Did you sin? Did you engross in that sin?" Then people come to me and ask, "Mother why did this happen to my child? Why is my child suffering like this? Why is my daughter suffering? Why did this happen to us?" What have you been doing? Where have you been?"

People from different countries are coming and talking to you. Your eyes will be opened once you go there. You are treading the same path. You are unable to see the pits where they fell. Because you are just enamoured by their path, you can't see the pitfalls from which they are trying to escape and recover. And when they can't find a way out, they commit suicides. Who can be saved despite suicide, because nobody dies? It is a vicious cycle of birth and rebirth – same dilemma, same troubles and same terror.

The cancer disease is a huge problem facing you like a demon. Looking at it, you must understand that it has no cure other than Sahaja Yoga. No matter what you may try, cancer can't be cured except in Sahaja Yoga. You just met Dr Kajoria [unsure], he has treated cancer patients in London. You should go to the doctors. Many of our disciples here are doctors, who have treated cancer. But when you go to the doctors, they ask you to show a list of people that have been treated.

This is the work of love. Do you give your guestlist to others when guests come over? Do you give proofs of how much food you fed them? These doctors who work for money, they can never understand this love. How can they understand Mother? They can't possibly understand. I am surprised at the weird questions they ask me. I don't know how many people I have cured or not. Ganga is flowing, whoever is cured, is cured, and, one who isn't, isn't. Who keeps a count of how many are cured? How many were blessed? How many were quenched? How many filled their pitchers?

The glory of love can never be seen without the light of the Spirit [Atma]. First, let the light of Spirit gleam. In this light, you can witness that love is actually a unique thing. Till now you haven't understood love. The power of love is very compelling and great. There is no power subtler than love. Even though you may be sitting here, you can give Realization to anyone, anywhere; you can benefit them and work for their welfare. Its power is so subtle and dynamic, you cannot comprehend it. Your science etc... cannot even come close to it. But you should come and witness it. Why are you sitting with such ego? The blindness of this pride is too much, too much blindness. Sometimes, I'm very disheartened. When will people become aware and will achieve this?

Tomorrow, I will tell you who and what you are, what are the different chakras inside you and how can they be activated. And how this union, this Kundalini, which is your Mother, grants you Realization. It is so creative, beautiful and affectionate. Therefore, it is your foremost duty to understand it. It has stayed within you since ages and your ultimate goal is to achieve it. Why were you born? Why were you born as a human being? Why did you evolve into a human from an amoeba?

Consider this, if we make a large instrument and do not connect it to the mains, then it is useless. It is meaningless, it is a waste. And even its creator is of no use. Likewise, even God would have been meaningless. But the Almighty bows in front of you because you have freedom. This work would not have been possible without your freedom. Hence you were granted freedom. But freedom does not mean unbridled exemption. If the different components of an aeroplane claim freedom to attach themselves to wherever they want, can such a plane ever take off or fly? Similarly, when you are bound as the part and parcel of the Almighty, and exist as the blood and tissues in the being of the Virata, then how can you exist as an individual personality, or claim that you are born free?

The moment you say this, immediately you become malignant and cancerous to that body. As soon as you say, "I will do what I want to", you must realize that all beings exist as the part and parcel of the Almighty. All the souls are watching you. Once you

reach this cancerous stage, not only do you harm yourself but also to the Magnificent Body that has assimilated you.

You should keep this in mind. It is very important because time is less, very less. You can understand that since 1970, I have spent several months in Bombay and have worked very hard. Like they said that I have worked the hardest in Bombay. But the people here are very difficult. May be here, it is the case of what they say: 'over-familiarity breeds disrespect' [ati parichyat avaghyā]. But now there is no time to sleep. Please wake up.

Tomorrow, all of you must bring more people with you, your neighbours. If possible, stay back for the qawwali session, after this program today, and I will try to give Self-realization. At that time, everyone should sit with your hands open towards me and gradually you will feel a cool breeze in your hands. You will see these cool divine vibrations flowing from your hands.

Even Adi Shankaracharya spoke quite vividly about this cool breeze. The Bible says that these cool vibrations emanate from the body of the Holy Ghost, the Adi Shakti. It is mentioned in all scriptures, it is nothing new. But till now, it has never happened for the masses. The common masses should get it. It does not thrive if it happens only for a few. Therefore, it was important to do this work in Kali Yuga.

Today, so many of you congratulated me including the Sahaja Yogis. For Sahaja Yogis, I must say that since it has no branches, so it spreads comparatively less. Therefore, whatever Sahaja Yogis we have, they are very deep, and this depth is indeed praiseworthy. Because they don't have too many branches, most of the Sahaja Yogis attain great depths. But their light spreads less on the outside. We have approximately 200 or 300 or 400 Sahaja Yogis here. They are very deep but their lights haven't spread on the outside yet.

So, I want to tell you that instead of taking your friends and relatives to some futile parties and treats, bring them here so that they can get their Realization and benefit from this boon. You know, we don't ask for any money or any other thing, you just have to get your Realization. Nobody can get their Realization through arguments or brawls. Anyone who is Realized is Realized; and one who is not, is not. If you want to get your Realization, you must. You can come once, or twice and as soon as you come, you will get your Realization.

Last time, I worked very hard and paid a lot of attention. But then I noticed that people are still asleep. They must be woken up now. So, in this hope, I spoke a little strongly to you today that you must wake up. If you can't listen when spoken to softly and sweetly, then I must talk to you strictly, "Son wake up, it is already late. The sun has risen in the sky, it will set again and then it will be dark and then you will drown forever in that darkness".

It is Mother's heart and becomes very perplexed and distressed at times. You must understand this. Today you must promise me that next time when I celebrate my birthday here, you will come in huge numbers and all will take to Sahaja Yoga.

## 1979-0322, Sahaja Yoga & the Subtle System

View [online](#).

22 March 1979

Sahaja Yoga & The Subtle System

Public Program

Mumbai (India)

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

"Sahaja Yoga & the Subtle System" (Hindi). Mumbai, Maharashtra (India). 22 March 1979.

[English translation from Hindi]

There was some misunderstanding. Some other people had booked this hall and they were saying that they will not vacate it before 8 o'clock. However, in Sahaja Yoga, it happens many times.

I told you yesterday that you are a beautiful creation of nature. God Almighty has created you with great love, effort, and compassion. You are very special being who has been transformed into human form after taking countless births in different forms. You do not understand its importance because you have got it very easily. You would have realized its importance if you had put in lots of effort and worked very hard to get it. Then you must have been aware of the fact that you are such a special person.

Humans must understand as to why God has created them after going through a lot of labour. Why did you come to this world? What is your future? What is its meaning?

As I told you yesterday if we make this machine and never use it, there is no point in making it. Also, you cannot use it, until it is connected to the mains. Likewise, till the time you are connected to your creator, you cannot know about Him.

Many saints and yogis have described Him and a lot is mentioned in many books. You must have heard about the all-pervading power of God Almighty who takes care of every task and controlling the movement of every small thing. Till the time you are connected to your Spirit, the Atma, you cannot know about the God Almighty, the Paramatma. It is something you have heard several times but still cannot understand till you are connected.

As I told you yesterday also that you cannot know about God, Paramatma, without knowing the Atma. It is similar to a situation where you want to use your landline phone without plugging it to its connection.

Whatever you have been doing till now in the name of religion was done like this only in blind faith. You will understand it once you are connected to God. This question will remain with us till the time we are not connected to the God Almighty: what we are; what all arrangements have been done by God in us, and due to which machine and instrumentation we are going to achieve it.

I want to tell you about all this. It is a very complicated subject. It should be discussed with you after you get your self-realization. The moment you get connected you will understand it.

Suppose you are a blind person and I tell you about its structure, light arrangement, colour combination, and its beautiful environment, you will say, "I don't have eyes thus how will I know about it?", and it will be difficult for me to explain it to you.

Just as I want to switch on the light of this room, I need to turn its switch on.

Similarly, you also have such an arrangement within you created by God which is ready.

When you are enlightened and awakened, you understand everything easily. If before switching on the light, I start giving you a lecture about how this light came, how it is generated, from where we got electricity, what is its history, how it is created, then everything will become messed up.

Modern humans have a habit of taking everything on their heads, he wants to get headache first and then take anything. If he gets anything easily then he asks, "I have read about Kundalini, it is a very difficult thing. It happens in thousands of years. Oh, it's so difficult, a man has to do this and that." Thus, I can just say that maybe I am an expert at it and I know it and I have something special in me, so I can do it easily and it has been done to many people.

Not only this. When you get your self-realization, when you become enlightened, you spread the light to many very easily. Many have seen that after getting their realization, that they do not put any efforts, they don't do anything to grow.

In Mumbai, there is some kind of inertia; yesterday I told you about it. You also live in Mumbai that is why I want to tell you that it is a very, very minute divine process, it is the result of your good works done in your different births.

After several births you got it. You must understand that you need to progress in it and not just be stagnant. When it happens then I see you are not benefited by it.

It is very, very beneficial, the biggest gift is that your physical ailments just vanish away. It is a by-product because you are about to get enlightened by God and your Spirit is going to be enlightened by God and therefore the temple of your body should be pure. Even if there are any mental problems, they get removed.

Your wisdom is also enlightened and you become wiser.

The fourth thing that you get is that you have cool vibrations coming out of your hands. It is called 'Saundarya Lahiri' by Adi Shankaracharya. In the Bible, it has been described as a cool breeze. When you get it, if you get, you feel something cool, the breeze coming out from your hands in form of cosmic breeze.

If you consider vibration means some part of your body moving or shaking or something moving or having some seizers, then it is not right. You must understand that vibrations mean cool, very cool air, a cosmic breeze coming out [or flowing out] of your hands, which makes you cool and composed within. You feel blessed and have divine feelings.

It is a reality, it is actualization, it is not a lie or some kind of brainwash. It is actualization in this if you come in it. And this thing happening to you is a very important thing for you. If it does not happen then, humans will remain as it is then. And there, he will not be able to know the real meaning of himself and will be unable to become capable. He will not be able to get that thing by which he knows his meaning and become capable.

Now Kundalini is in front of you all. I hope you all can see this picture made here.

(Someone tries to leave the room.)

If someone wants to go to do something important then he must leave at once, and not disturb by going out and coming in during the lecture. I am giving Self-realization as I am speaking. Those of you want to go, must leave. You must be patient with yourself and you must take out time for yourself otherwise there is no point of coming here to get self-realization.

This Kundalini is like a seed planted by God inside us and I will explain in brief about it today because realization and Kundalini awakening are important. But as I am speaking your Kundalini will rise so keep your hands towards me like this while I'm talking.

Now, this Kundalini will rise which resides in you. Please remove your shoes because earthing has to happen with Mother Earth. Remove your socks also it is good, you should touch the ground. This event will happen instantly but the preparations have to be done. Sit comfortably and give some time, don't make noise, sit quietly, please sit quietly.

This is Kundalini and it resides in you like a sprout in your triangular bone. God has planted it in you. A lot can be told about it, but I will just say this, that she is your Mother who has lived with you in all your previous births. Whatever you have done so far, she knows about it. It is recorded within her. You cannot deceive her. She keeps a note of your earnings, mistakes, your qualities, your good deeds and your shortcomings. In this triangular bone, She is very pious and your Mother.

And below it is the chakra that you can see here, is the chakra of Shri Ganesha. It is there to protect his mother Gauri whom we call Kundalini. That is why he is sitting there below her to look after her.

The person who is not pure, he cannot perform the work of Kundalini. Only a very pure person is authorized to perform the task of Kundalini. If such a person tries to do any work of Kundalini, then he lands into great trouble. Why? Because it is an unauthorized action.

You become like Ganesha when you get your realization because when you have opened your hands towards me, the cool breeze travels through the two channels and informs Ganesha that now the Kundalini can rise.

The Kundalini is that Chaitanya, that state which knows, loves, organizes and gives you your second birth. With this you become dvija [born again].

This is pure untouched power and no one can reach it until a person who deserves it, stands before you. This power goes in when a deserving person stands in front of you. Then through your hands, the Kundalini awakens, it rises on its own. You don't have to put in any efforts because it is a living process. No living process needs any labour, it happens on its own, Kundalini awakens or rises on its own. It just wants to know that a person who is standing in front of it is a deserving or an authorized person. This goes up piercing six other chakras.

Then it goes to the important chakra that is Swadishthana Chakra though it goes to the third chakra. Still Kundalini goes to this third chakra because the second chakra comes out of Nabhi Chakra and rotates over it. The power is extracted from the second chakra and then the Chaitanya is on your attention on the chakra that resides in your second chakra, that is the Swadishthana Chakra.

The attention is drawn from this chakra and Kundalini covers itself the way my hand goes up from a cloth [close-?]. You will be surprised to know that your attention lives in your stomach and not in your brain. Attention is in the stomach but we realize it from the brain how it happened. I'll tell you about it later.

At present, I will tell you only this, that Kundalini moves upwards taking the chitta [attention] along with it.

After that the Swadishthana Chakra which is responsible for doing all our works, future planning and thinking about one thing or the other, it is responsible for converting the fat of our stomach for the brain. This chakra is responsible for our Aortic Plexus. The doctors sitting here know about it. In modern days this chakra has to work harder as we keep on thinking about one thing or the other. Due to overthinking, the other tasks which this chakra has to do, also get affected and they cannot be done as they are neglected.

This chakra takes care of the upper part of the liver, pancreas, spleen, kidney, and uterus. All these organs are taken care of, by this chakra only.

When we do overthink, it results in diabetes. This chakra is responsible for thinking as well as burning the fat and taking care of

the pancreas. Thus, those people who think too much get diabetes. And the second disease that is also due to overthinking is a kidney problem. There may be other reasons also for kidney disease but the main reason is thinking too much. The liver also gets affected and the uterus is also found to get harmed due to overthinking.

Now you will ask Me, "How to stop thinking?" Human beings are involved in thinking all the time. This thinking never stops and if it gets stopped, it is something very surprising. and this is the thing that I will tell you about how your thoughts, will become quite in a few minutes. You will see inside and find that you have absolutely no thoughts. You become very quiet. It happens when the Kundalini crosses your Agnya Chakra.

After that Nabhi Chakra is another very important chakra, responsible for our digestion process. Nabhi Chakra creates our dharma. Every human has dharma and he has the freedom to follow it or not. Just as gold has dharma that it is pure, a scorpion has a dharma and a snake has the dharma to bite others. The lion also has a dharma. They all follow the dharma. Only the human being has freedom whether to abide by the law or neglect it, whether to follow evil methods or be on the right path. This freedom has only been given by God Almighty to humans only.

(Someone disturbs.)

Please sit quietly and put the attention to my words. I am pulling my attention towards your Kundalini so please be quiet.

So, the dharma that has been established in us by God Almighty!

Because if we want to go to the Kingdom of God then in our freedom we must desire to get to God. If someone tries to pressurize us and says, "You must ask for God", then it is of no use, it is not an evaluation. That is why to reach in this state, a person has to seek the God as per his own independent sweet will and not due to any pressure, or any disease or any hardships or any sorrow but only because of the fact and realizing that it is the only motive of our life to seek God. That is why, when we desire for this divine gift then the doors of God Almighty's divine blessings open for you.

And around the centre is a place of 10 primordial gurus. These are the main gurus which are the incarnation of Sri Dattatreya; they are Socrates, Moses, Mohammed Sahab, Guru Nanaka, Shirdi Sai Nath, and Zoroaster. They are all incarnation of one incarnation. There is no difference between Muhammad Sahab and Guru Nanak. When Mohammed Sahab saw that people are taking wrong interpretation of his dharma and doing everything against the dharma then, he was born again as Guru Nanaka to correct it because he wanted to bring unity among people. But you know what happened during their lives!

The Swadishthana Chakra is a place of Shri Brahmadeva and Saraswati is His Power.

And Nabhi Chakra is a place of Shri Laxmi Narayana. There are many opposite imaginations about Sri Lakshmi Narayana.

This chakra only gives us the inclination towards the dharma and due to this, we become Dharma Parayan i.e., the followers of dharma. The four valences of carbon are also due to this dharma.

Your evolution as a human being is also due to following the dharma and this is due to [?] and the Vishnu Tattva. Those who call themselves as Vaishnavas, they must know their Vaishnava Dharma is not attained till the time they found their Spirit. It resides in our Nabhi Chakra.

Vishnu Ji has incarnated in different forms. Shri Shiva never incarnated and Shri Brahma incarnated only once.

You will be surprised to know that He incarnated as Hazrat Ali. You can check it if it is true or not with the help of your vibrations. If somebody gets a disease of diabetes, the person has to take the name of Hazrat Ali to cure it, whether you are Hindu, Muslim or Parsi, because his incarnation is present on this chakra and it gets cured by taking His name only. We have cured diabetes in Sahaja Yoga over almost a hundred per cent and the doctors call it as incurable as they will not ask anyone to take Hazarat Ali's

name.

They don't even know about these undercurrents; they only know about this is due to the process in which our plexus works. They see what is outside or gross or what is visible. They only know about it that is solid or gross.

With meditation, you know about your inner being and those gurus who know about it. They know that on our left, at the place of Swadishthan, we have to take the name of Hazrat Ali and Fatima.

In Nabhi Chakra, at the place of Shri Lakshmi Narayana, you know he has taken 10 incarnations. Nine have already been incarnated and the 10th is about to come. On the nine incarnations, most of them are for the evolution. Earlier he came as a fish, you know earlier a creature appeared in the ocean. After that, the fish converted into a tortoise and like this, different evolutionary stages appeared. These are the evolutionary stages of evolution and are the indications of incarnations of Shri Lakshmi Narayana. All these are inside every human being.

All that happened to-date. That entire history is present inside every human being. A man has been given the highest position because its condition is the best of all creatures. Rest all stages in human beings are of low-grade. The Bhavasagara is all around the Nabhi Chakra. Humans have evolved from here. Animals could not come out of present.

They have a word from here. We had Vamana Avatar, then Shri Parshurama incarnation. Then Shri Rama incarnated.

Shri Rama's incarnation is located in the Right Heart Chakra. His place is not on the centre channel, the Sushumna Nadi, because he did not consider himself as an incarnation. He considered himself as a human being, that is why he is known as Maryada Purushotam.

It is the place of your father or the place of your pitratava. If anyone has troubled, bothered or tortured his father, then this chakra gets caught. Doctors don't agree to it, that if this chakra is caught, people suffer from a disease in which they cannot breathe normally, their breath moves very fast and does not get cured. People say that they suffer from it for years.

It is a very simple process. If this chakra gets affected there must be due to some problem with the father. It may be fathers who don't take care of his children means their pitratava is not all right, then also this chakra gets caught.

If the father dies when his child is very young then his jeevatama bothers about him and remains around the child worrying about him. This is also the reason for a catch in the Right Heart Chakra. You all know that Atma never dies. We have cured many people in Sahaja Yoga just by saying this to fathers that, "Please don't worry about me, I am all right and just fine, you go and take birth somewhere else", and this disease was cured.

It may be with them for so many years but it can be cured easily. One gentleman had it for 25 years and was surprised that Shri Mataji had cured him in just five minutes. If you understand its undercurrent, then this disease is not something special.

It is not only this body, this mind, this heart, this ego, but this Spirit as well. Till you understand all these are together, you cannot know about the reason for heart disease. On the left side of it is the organ of heart, this is the place of Atma, the Spirit. It resides in your heart; it knows everything about you. But it is not in your consciousness means you have to know that someone knows about you but you may not understand it.

In medical science, a human is seen from its outer appearance but doesn't see him integrated as we see and cure him. It knows everything about you but you don't control it in medical autonomous. Who does digestion in your stomach swayam is Atma. This Atma controls our parasympathetic nervous system but Atma is not in our central nervous system. As soon as we get Atma in our central nervous system, many of our diseases get cured. As heart attack nowadays it is a very common disease.

But why do we have a heart attack? In our heart, there is Shiv's place meaning Atma is where Shiv resides.

When a person is a workaholic, very hard working, his left side gets affected and his heart gets weak. When Shiv gets angry, he gets a heart attack. When a person is right-sided his Pingala Nadi is very active then nature is to slow him down, gets him a heart attack. When a person is a workaholic, his ego increases.

One person came to me, he had Parkinson. I asked him, "Do you believe in God?" and he replied no. I asked him, "Who made you and the galaxy?" When a person's ego rises then one gets Parkinson's disease. The reason is their Atma is weak, they shiver.

Suppose you are sitting in a hall and to reduce the burden you think, "I should keep these chairs on my head." If you are going on an aeroplane and you think to reduce the burden, "I should keep a few things on my head." Like that only you keep the burden on your head.

Everything is done by God, not even a petal can move without his will.

Without Self-realization you cannot understand whether this is right or not, you cannot understand God's love and his power till the time you don't come in His Kingdom. As till you come and be the citizen of India, then only you can know rights of Indian citizens.

But God's government is the best government. You just have to enter in His Kingdom. You can cure many people, you can give realization to many people, you can enjoy bliss as long as you wish and your work gets blessed by all angels like Hanumana, Ganesha and Bharavnath, and you get help from them. All your works become very easy.

If you talk to Sahaj Yogis, you will be amazed, a person who was not able to earn even a rupee is earning a lot. But there is no extreme in Sahaja Yoga because with extreme there are problems.

An extremely intelligent person will not get realization. If a person is an extreme Shrimant, he will not get realization, and if someone is extreme Rajkarani, he too will not get realization, because extreme is problematic.

After all, in extreme, you enter into your nadis on both sides, Ida and Pingala, not your parasympathetic nervous system. And if you further go into extreme you go beyond them also. Because it is your Kundalini which is in the middle, it becomes a bridge through which you rise upwards in your Sushumna Nadi.

You have to be in the middle; the humans have to be in the middle and follow the middle path. Because when you go into extreme you always regret it. You will be frustrated and you will be sad, even go mad. There is no need to go to the extreme of anything. If you are in the middle then it is very easy to get self-realization. But if you are very successful then I salute you because you are successful in this and not that.

The central part of the heart chakra is very important. It is the place of Jagadamba.

When Jagadamba is weak, our heart starts palpitating. We become insecure. When women have insecurity then they have breast cancer. Whatever extreme we do, from that only one gets cancer. When a human being remains in middle, he will not get cancer. To decrease both Nadis, Ida and Pingla are sympathetic nervous systems overactive, in them only we get cancer decease. When one is in middle and leaves everything on God, and works, he will not get cancer.

Only Sahaja Yoga can cure cancer. It cannot be cured by anything else because with Sahaja Yoga only you can Atma and your parasympathetic nervous system which in the centre helps both left and right. In middle, there is a chakra and within that, there is a deity. When we overuse the chakras, the deity leaves the place and then the person becomes arbitrary, "I am on my own." When he becomes arbitrary, he is separated from Almighty. He takes on his own, then only one gets cancer disease.

If you can awaken the deity in that chakra then the situation can be established, then he can be cured.

Today only one person came who had cancer. His one side was. Because doctors have only one thing cut. The organ cut: nose, eyes, this is not the way to get cure cancer. He came today only. In one day only he was cured.

Now you will say, "Mother, how is it possible?" It is very simple. Because they don't know the machinery, without knowledge about machinery event, do anything from outside, one will only spoil even further. If the doctor had been told to understand machinery, know about the machinery, then they will say, "Give me the list of people whom you have cared." Now am I supposed to make a list.

Whoever comes near Ganga, it's fine. It is the love. I am not sitting here to make money. But people who are there to make money, will never understand nor they can even understand that Chaitanya is flowing. Divine Love is flowing. In this way only there is joy.

When Chaitanya flows it implements, entire nature is working on God's compassion and mercy. We all have committed mistakes, many, so many mistakes that we all should be thankful to God for His Grace. We should be thankful to God for giving us.

How many people are there who have time for God? There are very few people who believe in God and think about Him.

When chakras are affected then humans get diseases. The biggest disease in this is breast cancer. All those for men who have insecurity even in life. In this field the husband is on a wrong path. Nowadays you cannot say anything to men. And women are also on the same path.

I have already said purity is most important. The person who is not seen pure cannot do anything. In this world not of that a person is, achievements are overshadowed by the bad deeds. In the memory of masses, in all literature written about that person, their [bad deeds] are showered as on evil person, never in history such person will be popular with people.

The chakra above this one [Vishuddhi Chakra] is also very important. The awakening of this chakra comes when new humans evolved to stand up, stand straight humans, action stage. This is Virata Chakra. The word signifies the knowledge humans gained with evolution mentioned, are only a small part of Virata. The ceremonial being the Realization, that Virata reservation that they are just a sack of meat within Virata, just a drop in the ocean.

Does human begin to give thought to the supreme being Shri Krishna in whom they have to ultimately merge with when you're one with the ocean? When the drop and ocean are one again at that time the individual realizes that there is no individuality at all, there is no that there is only collective consciousness and one is the supreme being and the powers of the ocean and the power of the drop collective consciousness.

It is not that I give a lecture to you people that you are brothers and sisters but you become brothers and sisters. If I cure you then what? Because you are part and parcel of me. Suppose my finger gets hurt and I try to cure it then I am not doing any favour to you, I am just curing my finger.

When people do work for charity and associated with God then they do not get philosophical self-realization.

People their Kundalini cannot be awakened because they are not there, because they're in a mist. It is ok if you want to help poor. You are doing this because they are in a mist. It is ok if you want to help poor, you are doing this because there is something inside you which is crying part which is feeling food or challenging you from inside if you are fat. And helping a patient then there is even in times of something which is pulling you and you are helping the patient. When people say, "We are very charitable", it is being egoistic people who think, "I am doing this for my happiness." And this is giving a happiness. "That's the reason I am doing

it." Those people get awaken very quickly.

One should not associate this one with God. It is your thing. You have sympathy for that, it's the reason you do it. People make a mission for this and associate it with God.

God's relationship is with Atma only. People who are doing God's work should understand that God works only to connect humans with God, help people connect with Atma and help in connection with Parmatma. This is the only work you should do and for God's name.

Collecting things like blanket clothes and distributing them, is not God's work. This is all material work and is not associated with God.

In Ashok Chakra there are 16000 veins. Think how important it is, your 16000 nadis work with the chakra.

When one smokes then you spoil this chakra. Why do you people trouble yourself and inviting problems and paying for it? You do not have any idea of devastating effects of smoking. Smoking causes cancer. Only cancer can be dealt with but excessive smoking virtually. And your chances of privileged excessive smoking happen with the functioning of this chakra. And surprising the everything is forgiven inside yoga. Even if you are a chain smoker you can achieve the ultimate goal of self-realization.

One such man can achieve this the moment he did a lot of smoking was realized from his body. And he sends a strange scent. Whenever he would try smoking, he would encounter the same scent until the point he quits smoking.

Humans only used in toxic. Whether at 20 drinking alcohol or smoking cigarettes only used by humans as a way to escape their own reality and avoiding introspection.

When you realise that your own inner beauty, you are not tempted by these vices. You become content with yourself and you quit them yourself. This is the reason there are little to no medication in Sahaja Yoga.

You will be surprised to learn that through this method 300 have been rehabilitated without medication. Does it differ in? The people in India are blessed to higher degree given for their actions in previous lives. Your previous lives determine the circumstances of your current life which is also the reason you are religious.

Though Indians are not flawless. A major problem is that Indians don't realize that things that you can acquire easily may be just as important or perhaps even more than things that require more effort.

You will be astonished to learn that in the Sahaja Yoga program in London attract so many people that halls are always full. These people follow the program religiously having read in men's mount of literature including the Devi Mahatamya, Adi Shankaracharya's manual. They took visa to accompany me and oversee the functioning of Sahaj Yoga to an extent that 1520 of them have come here spending their own money.

I have celebrated my birthday in London for 9 years, even my followers in Delhi outnumber those in London but our focus is on Mumbai. Today people in Mumbai seem to be lagging behind. Perhaps it is because they are too fascinated by Western culture. It is easy to join and it is sting inside job and doing service is what tough. The realisation comes easily to Indians whereas for a foreigner it may take up to 8 days. However, when the foreigner achieves this feat, they do not let themselves reach the same level at which they were earlier strict around and devote time and effort to Sahaja Yoga. But since Indians achieved this almost effortlessly, they do not comprehend its value. Therefore, it is my request that after achieving realisation please do remain connected to Sahaja Yoga.

We frequently conduct program so even after receiving the previously mentioned realisation please do attend those programs. People somehow only value extravagant events and not attend a simple stick. Even historically people have ventured into forest

to gain what you are getting staying at home. Do respect that using this repeatedly. Is not a good thing if you lose this divine attribute. You would end up confusing God himself as to whether he should place you in heaven or hell therefore.

It is my request that you read our literature and attend sessions at the Sahaja Yoga centre. That's all for Vishuddhi Chakra.

Next one we have is located where are optic chiasma intersects. It controls pituitary and pineal glands, as well as our eyes.

If the functioning of this chakra [unclear] or one could have anger issues, become egoistical. When the back side of this chakra becomes [unclear], one get infected by superego, in which in such a scenario one becomes extremely lethargic. That person's willingness to work vanishes whereas when front side of the same chakra becomes for the [?] then one becomes over ambitious starch displaying narcissistic traits. In this manner the balance is broken.

This chakra is embodiment of lord Ganesha who is Jesus. The description of Maha Vishnu in Devi Mahatmyam [Bhagavatam] is similar to that Jesus Christ. If you dive deep into the text, you would realise that this correlation when Kundalini passes through this chakra, one becomes thoughtless. If you concentrate then you will have no thoughts.

For majority of people when they said "in silence" and they would be thoughtless, yet aware of this, this is called 'Nirvichara Samadhi'. It is also the first stage. When this stage is achieved then you will be surprised that you can awaken anybody's Kundalini.

Still, you are not Realized, no vibrations are coming from you people. But when you can achieve the thoughtless awareness then only you can cure diseases and awaken the Kundalini somewhat, but you can't give realization.

When Kundalini pierces Sahasrara, thousands of veins are crossing. In medicine terminology it is called [fontanel-?] area merges with extremely shiny [?] moving power. At that time, one gets collective connections, one can feel the vibrations of heart on hands and the place of Sadashiva is placed in heart.

Also, as soon as there is light on Sahasrara, then the Spirit gets enlightened. One can control parasympathetic nervous system, one gets cool vibration on hands as well as on Sahasrara. This chakra is most important. Till that time, one is not self-realised.

Now you can say, "Mother why can't we be realised?" I will only say to you that this is not working properly and that can be corrected. One does not have to think about one's mistakes. All this is vanished at once since we're virtuous. These are our result of ego and superego. When ego and superego vanish, one becomes a new personality, one becomes what we call as Atma.

One start seeing things from Atma. Till the time one is in water, till this time, one is afraid to board the boat. We start watching waterfalls the time one achieves the thoughtless awareness state and still there one should do yoga regularly.

On the first day Kundalini rises very high because it knows me, this is her happiness to meet me. Pierces here but then starts correcting your diseases.

So, to achieve thoughtless stage, one should regularly practice. As when seed disseminated then one needs to take care of it till it becomes plant.

There are many people in Mumbai who have achieved awareness. Same way you should also give it.

Now I want to see how many people have a cool breeze in their hands. Please don't get up in between.

Many people are fascinated with lectures. They will listen to lectures and go out. They used to have a fascination for darshan, just to see Sri Mataji and bow in front of her.

Some of them will say lecture was very nice. What is this? You should get Self-realization. There is no need for a lecture but without it, you will not sit.

One should close eyes. If eyelids are not flickering, we are the ones who have to give the certificate to ourselves. This can be achieved. If it has to happen with debate, then only it will not happen. Even if you want to give it to your daughter, it won't happen; we want anybody to get, it won't happen. Just relax and close your eyes. If eyelids are flickering then open them otherwise close your eyes.

Even if your body is shaking still close your eyes. Do not do anything, show off like breathing faster, etc... If you want to do any drama, then go to your place. Here silently get your Realization and don't spoil your time in any stupid things.

Close your eyes, this is very important thing. Get it seriously. Please put your hands towards me and close your eyes.

(Mother gives the Realization to all those people present there.)

## 1979-0324, Chitta Ki Gaharai, False Gurus

View [online](#).

24 March 1979

Chitta Ki Gaharai, False Gurus

Public Program

Bordi (India)

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

You all have come in Sahaja Yoga. Some are there since a long time, some are new. Slowly the number of Sahaja Yogis is going to increase. There is no doubt. The truth always establishes itself slowly. Truth takes time to get established [within ourselves]. Some people came in Sahaja Yoga and took 8 to 9 months to get their Realization. To achieve the truth, we should have depth inside us and the most important thing is we have to be pure inside. If we have been to many gurus, our chitta [attention] becomes impure.

Secondly, when we are living in today's society, due to many distractions outside, our chitta [attention] is always directed outwards [towards the physical world]. We get impressed by all these distractions and also we have been brainwashed by society that these things are important for us. Hence, we put our attention to the things which are not at all important and neglect those which are necessary.

Therefore, we go on collecting the things which are useless for us which we call 'junk' in English. So, our mind becomes heavy with all the 'junk' it collects inside. Our minds can't carry this burden. It gets tiring. When people get together in the society, they can't talk to each other for a long time because their mind is so heavy with the thoughts that they are tired. Even while talking to each other, they need to do something else like reading a book or watching a movie. They can't sit together even for 10 minutes without those distractions.

The more you keep your mind pure, the happier you will be. So, while purifying our Chitta [attention], we should remember that this Chitta is going to take us to God. Once we know God, the rest of the things become easy to understand. Because when you get to the core of something, you understand the depth and extent of the thing very easily and in a subtler way. Hence, you should always keep your attention on your Chitta, "Where is my Chitta going?" The more your Chitta gets surrendered, the purer it becomes. It's like as many times you take bath in the river Ganges [Holy River in India]; you become purer every time. Then the biggest question arises, "Mother, how to surrender ourselves?"

Now you know one way of surrendering yourselves which you have been practicing for years. As you have seen, a lady surrenders herself to Maa Gayatri or Shri Ram. We have this tradition in our country that in almost every family in India, we have any one of the deities which is the deity for our whole family to whom we worship from generations to generations and we are completely surrendered to that deity. But we don't gain anything from this kind of surrender. We attain a depth in this surrender for sure but we don't achieve anything in that depth.

It's like we have a big ghada [earthen pot used in India to carry and store water] which is big and deep but its mouth [opening to pour water inside] is not directed towards the river Ganges. It is getting deeper but because its mouth is directed away from the river, the river water can't flow inside the pot. Now if we direct the mouth of the pot towards the river, immediately the pot will be filled with the river water.

So, this is the biggest advantage for the people in our country. If someone is surrendered to Shri Ram or any other Incarnations of God, he just has to ask, "Mother, are you that Incarnation?" and vibrations start flowing through him instantly. See, how easy is Sahaja Yoga! This has two benefits. Firstly, whatever hard work you have been doing to reach God until now is not wasted and secondly, you could identify me very easily.

Now, you know all the incarnations that came on this earth before me. How people have tortured them and troubled them. But in this Incarnation, it was considered as to how to make people identify that this is the Incarnation of God. Because human beings are so egoistic, they are not ready to accept anyone as the incarnation and when the incarnation leaves this earth, people come to know the truth about the incarnation. Then, they feel guilty, they cry.

There was one gentleman. His name was T. Maniklal. I went for his treatment. He used to be always ill. He said, "Mother, I saw this weird dream in which I was sleeping in a room and my family was also there in the same room with me, and you were in another room where people were worshipping you, doing you Puja, but I couldn't go there. I was trying to get up but I couldn't. My family was just looking at me. I was trying to tell them, "Go and worship Shri Mataji", but I was unable to do anything.

Actually, he was dreaming about his state after his death. Now he is no more. But how could I tell him that he was about to die and that time he was going to feel like that? He was dreaming about his condition after death. At that time, he was dying. He told me about his dream 3-4 times and asked me to explain the meaning of his dream. He was getting this dream again and again. He said, "I always get this dream and my family is sitting there with me, crying for me but not going towards you [Shri Mataji]. I try again and again to tell them to go to Shri Mataji and surrender, but I can't." He asked many times about this dream in front of his family. But even now if I try to explain it to his family, they will not understand.

So, in this country [India], this has become a very useful tool because we are already surrendered to any one of the deities. Even if those "Hare Rama, Hare Krishna" people turn the mouths of their pots towards me [turn to me] and ask, "Mother, are you the Hare Rama, Hare Krishna to whom we have been worshipping all this time?", then instantly their Vishuddhi Chakra will get cleared and their pots will be filled with the river water [vibrations will start flowing through them]. You all have already experienced these things. I am not telling you anything new.

Whenever you give realization to someone, tell him to ask me first, "Mother, are you that same power to whom I have been worshiping all my life?" This works better in our country [India] than in any other country. Because, people over there, do not worship anyone. Most of them don't listen to anyone other than themselves. It's useless to talk about these things there. Because people are so much separated from each other that sometimes one doesn't know whether his father is alive or not. I have seen many such people there. But it's very easy in our country. If you ask them about the deity they worship and tell them to ask whether the mother is that deity or not. Also, you have to keep in mind that I am talking about any true Guru or true incarnation and not any weird person. So, if they ask this question 3 times, they should get their vibrations.

Now, there was one lady who said, "Mother, I worship Renuka Devi." So, you should not consider Renuka Devi as an Incarnation specifically. People do many such things but normally if you ask about the very well-known Incarnations, this will happen immediately. Just put your hand on the liver while doing this step. So, when their attention [chitta] knows that this is the same deity, slowly they understand.

There is nothing to fear or feel awkward about this. Anyways, you now know who am I. In the same way, when you asked me about who was I, I answered you [I gave you the truth]. I am not scared to tell you that. I have always told you with full confidence, "Yes, this is the truth."

But People are so egoistic that as soon as they come to know this, they run after the person to hit him. For them, this is the biggest fear that someone has come into this world as God's Incarnation because then, they feel that everything has been taken away from their hands. They feel that someone has snatched the whole world from them and they are left with nothing. They are finished now. Because they were thinking that they are the incarnations [wise people] themselves. This is the difficulty. So, as soon as they hear this kind of thing, they start doubting. But they are ready to worship deities who are dead thousands of years back. That's ok for them. They will worship them.

In Kashmir, the Gayatri mantra is very popular. All the brahmins chant the Gayatri mantra and they are suffering from all the problems in the world. Some of them say that, "We can't leave this Gayatri" and some of them say, "Mother, we didn't get any

benefit from Gayatri, we worshipped it so much." They blame Gayatri that they did so much but still have so many problems, diseases, etc. That time, if you tell them to ask Mother if She is Gayatri Devi, they will get realization within 5 minutes and all their machinery starts working. It's like, you have connected some plug wrongly so the machine, is not working. But when you correct it and put the plug perfectly, the machine starts working perfectly. Like that you have to make people understand.

It is not an easy task to get incarnated on this earth. It's very difficult and to be born amid fools is even more difficult. Because if you try to tell them some wise things, they also have a way such that they will name you with some brand [title]. Maybe they will spread rumours about you that you are mad. But if you praise them saying they are very brilliant people and that even if they eat cow dung, that's alright, then you will become a very good person in their view.

But if you try to explain to them that whatever they are doing is wrong, they will not listen. Every true Guru does that. If it's a false guru, he won't do it because he just wants your money. He will say, "Do whatever you want, just pay me my money." So, they [false gurus] don't have this problem. The problem starts when a true Guru comes and tries to explain to people what is wrong and what is right. Only a wise man can tell this. But then, people call him names, they spread rumours about him that he is mad or something.

People also tease their fathers, mothers, and teachers. They make fun of them. Because they don't understand what they are trying to tell, they just make fun of their parents and teachers. This is the modern way. In older days, people used to sit at Guru's feet for hours, in the hope that Guru will guide them about their faults. Even now, the true Gurus make their disciples understand their own mistakes but their ways are difficult. I told you about one Guru who broke someone's legs and he was brought back to me. This way the Gurus gave such punishment just to clear his Agnya Chakra. But then Guru himself is just a human being. Whenever true incarnations came on this earth, people troubled them.

During Shri Rama's incarnation, Kaikeyi listened to her maid [servant]. A wise woman like Kaikeyi listened to a servant and sent Shri Rama and Sitaji to the forest, etc. Anyways, it was a planned work and it's finished.

During Krishna's time, he couldn't tell Geeta to anyone except Arjuna alone. It's not like he could collect 50 people and sit together and tell them. If Krishna would have told in front of many people, " , " [Sanskrit: "Renounce all the beliefs, and surrender to me"], then people would have named him with a funny title and made fun of him. It's after his death that people are reading Geeta.

Like Christ has said, "I am the light, I am the path". But people named him with a brand [title] like he is egoistic or something. So, the job of an incarnation is very difficult. There is nothing more difficult than that. Firstly, you are a God who has come on this earth. Then living with human beings is even more difficult. Because you don't have habits that normal human beings have and it's even too much difficult to understand human beings.

Suppose you are a human being, how will you understand a dog? Tell me, is that easy? It's very difficult. Then how will you understand an insect, like what are his habits, how does he manage to live in dirt, how much dirt he creates?

So, getting incarnated on this earth is not an easy task and if someone wants to get incarnated, he has to go through lots of hardships. But telling a lie, "I am an incarnation" is very easy. There is nothing easier than that. For example, if someone wants to establish a true business; he knows how difficult it is. But if someone wants to earn illegal money in the name of business; he will fool the government, take the money and show fake investments, grab money from here and there and run away to America.

So, to fool people is very easy. If you fake yourself as a God, it's easy. Someone says, "I am God. So, I want silver plates to eat, a golden bucket to have a bath, a palace to live in, a Mercedes to travel", you have to supply everything because he is God.

But for someone who is the real God, He will think, "I should become like these human beings. I should become a common man and forget those days when I used to live in a palace and was surrounded by all the luxuries when I was happy both inside and outside. I should forget all that and work hard, travel in villages, live in dust, save people, take their burden onto myself, give

realization to them."

You can see how difficult it was for Shri Krishna. He came from Vrindavan to Mathura, stayed there as a common cowherd, took all the troubles onto himself. Demons used to come again and again to kill him. How he used his powers of destruction, how he fought with the Kaliya snake. You know about all his life. You know about Shri Ram's life, you know about Christ's life, you know about Mohammad Sahib's life, you know about Zoroaster's life. How many problems they had to face! How people tortured them and troubled them!

So, what's the difference between the two [true God and fake God]? The biggest difference is that the fake person lives in luxury, fools everyone, and acquires money. No one dares say anything against him. But the true God is always tortured by others. He works hard throughout his life, wears off like sandalwood, and fills the environment with its fragrance.

The fake one says, "I will do everything for you, you will have no problem" and when someone complains, he says, "Those are your previous deeds that are backfiring" and people take it happily that, "Their past deeds are bad so what can their guru do about it?" They think, "Maybe I paid him less. If I have some more faith, maybe I will get my wish." So, in the form of faith, something more [money] is given to him and it goes on, the lies will go on until that person is completely fooled and destroyed by the guru.

But the truth, the truth is very deep. It can't be destroyed by money. Money is nothing in front of the truth. The truth connects to your heart, it can be felt. You have to put your efforts and that's what human beings don't want to do.

It's easy to buy something with money. As you buy anything with money, you buy a guru. There is nothing difficult in that. If you have money, you can buy whatever you want. So, you have bought your guru. It's easy. But here, people say, "Oh, this Guru is a trouble, he tells us to leave drinking, leave cigarette, leave tobacco, follow rules, you can't leave your wife and run away."

Once, in Delhi, a gentleman came to me and said, "I am not happy with my wife and I love another woman", I said, "Don't tell such things to me please." Immediately, I became an old-fashioned woman in his view and he named me with some title and went on to fulfil his desire.

So, it's a difficult task. But my question is, "Alright, you don't want to listen to him [true Guru], you don't agree with him, not happy with his teachings. But my dear, have you ever thought about what good have you done to others in your whole life? It's ok that you have a problem following whatever he is asking you to do but what good have you done for others till now? How much have you helped others? Have you ever carried the burdens of other people on your shoulders?"

If you want to know whether someone is a true Guru or a false one, there is only one way, that is a true Guru cares for you and a false guru cares for your money. You have to see that for yourself.

Now, there is a big question in front of all the Sahaja Yogis that is, whether we should tell other people that, "Mother is the Adishakti." But this is not false. You like it or not, this is the truth. So, we should in turn ask them, "We have already seen the rising Kundalini with our eyes. We have seen it pulsating, have you seen this anywhere else? Even when we raise our Kundalini, we don't get as many vibrations as we get at Shri Mataji's lotus feet. Has anyone seen a pulsating Kundalini? We have seen it with our eyes, numerous times. Kundalini starts rising when we surrender at Mother's lotus feet." It's written in Devi Mahatmya, in Lalita Sahastranaam [Sahasranama], that Kundalini rises at Mother's Lotus feet. And if thousands of Kundalinis are rising, there is surely something. So you tell them, "How can't we believe our own eyes?"

I will tell you a joke. One gentleman went somewhere. He saw sun and started thinking about whether it's a sun or a moon. A fight started between two men whether it is the sun or the moon. A third person was passing by. They asked him whether it's a sun or a moon. He said, "See, I am a foreigner, I don't know." (Laughter.)

Same way, for the people who don't understand, just tell them, "We have seen and felt the rising Kundalini. How can we forget it?"

Also, you can tell them to ask in front of the photograph, "Mother, are you Adishakti?" I have arranged for you to get the answer at the photograph.

You know that God has created every small thing very specially. He has arranged every tiny detail miraculously.

So, you have to tell them, "We have seen it with our eyes. If you want proof, come and ask at the photograph." You ask them straightaway. If the person is very bad then leave it. But if it's a common man with a pure heart and if he is a seeker, then he gets it instantly.

It's very easy to give realization in Sahaja Yoga. But to do that it is necessary for you to achieve stability, to establish that trust within yourself. Until you are not confident about it, others will of course doubt you. Of course, when someone talks with authority, there is always a possibility that people will name you with a title. They use the words like, "That lady has bewitched you" or "You are mesmerized by her", etc. But tell them, "How can we forget that we have seen Kundalini rising, vibrations flowing, people are getting realization? How can we forget?"

But unless you become completely confident about yourself, people are not going to get impressed by you. There are many people here especially in Mumbai who know this thing very deeply. I always say, "There are fewer people here but each one is better than the other." Comparatively, there are more people in Delhi but very few are confident about it. Of course, I also have worked hard on you but by God's grace, we didn't get lots of shallow people here. Otherwise, it would have been difficult.

You should also be wise enough to recognize whether the person who is in front of you is worthy. Don't waste your time on worthless people.

For example, this is your brother, you go on trying for him. When you know that your brother is a drinker, a gambler, he misbehaves with his wife and is a worthless person, but even then, you work hard on him because he is your brother, then you are a fool.

You should always first try for the people who are similar to you. Who are simple, normal. Try them first. But many people try to first bring their relations like their brother, their father, their wife, etc., and it becomes very difficult to correct them. Though, it is true that unless your family is into it, it is a bit difficult to get established in Sahaja Yoga. If the whole family is in Sahaja Yoga, then it becomes easy.

But the biggest question in front of today's Sahaja Yogis is, "Have you established yourself?" You can't do anything without establishing yourself. First of all, you establish yourself in Sahaja Yoga. Secondly, you have to see how many other people you can bring in. You light your lamp first properly. Then you think about how many other lamps you can light. You think about which person will be suitable for this. You have to work wisely.

If you go and directly start chanting, "Jai Mataji", then you will lose it. You have to behave wisely. The right person will automatically reach you. I make them reach out to you. For example, if someone is ill, someone left his wife, etc., these people directly come to you.

But anyways, whenever something like that happens and that person comes to you, that's good. But even when you want to go and talk to that person, the first thing that impresses him is your character, your behaviour, etc. But if someone is not capable, he will misinterpret everything about you. If you have put kumkum, he will have an objection, if you haven't, he will have an objection. I am not talking about such people. They are worthless. They are not going to get realization. It's very difficult. So, there is no need to think about them but a normal person who you think can come in Sahaja Yoga, you have to behave very wisely with him.

First important thing is, how will he get impressed by you? If he has some level, he will understand just by seeing you that you have something different in you. If he hasn't attained that level, he won't be able to recognize you. He will look at your clothes, your shoes, etc.

There was a gentleman from Nagpur, all of his family is following "Radha swamy" except him. He used to fight them all saying, "There is no change in you people, why are you following this guru?" But when he met (unclear: Mehtani), he understood that there is something different in this man. He talks with confidence so definitely he has achieved something. Then he told his family, "Now, I have got the real Guru because now I have achieved it."

If you have achieved it, then by your behaviour, your way of communication, your confidence, others should feel that you have got it. If they feel that you have achieved that 'state', they will ask you, "How have you got it? How do you remain always calm? How have you become so sweet?" Until that transformation happens within you, unless that sweetness and beauty shine within you, you can't impress others. Of course, I am not talking about people who are superficial but simple, common people will recognize that there is something spiritual about this person. So, first of all, you have to establish yourself then you have to search for such people. The first identity is they should get impressed by your behaviour.

Many real Gurus used to hit people who came to them and then also if someone doesn't run away from them, then they used to accept him as a disciple. But the situation is not the same now. Now you have to catch people like Christ said, "Come, I will teach you how to catch human beings and you stop catching fishes".

Same way all of you should learn how to catch people and save them through this Bhavasagar. This is the biggest question in front of us. The biggest question in front of the Sahaja Yogis is how to save people and it has to happen, no matter what. For that, whatever you have to do, whatever problems you need to face, you have to do it. You have to save people and bring them to Sahaja Yoga. This is the only thing you have to do. And not that, "My brother is not getting any job, my work is pending", etc. These are not the things for you to worry about.

The biggest work you do today is you are on the seashore and see the people who are drowning and try to save them. If we can't do this then our realization is wasted. Everything is in vain.

Today, at this place in Bordi, you all take an oath in your mind that, "This is our aim that each person will save at least 1000 more people." You will have to work hard, to face problems, suffer but you have to do it calmly, wisely and try to save people.

So, getting angry, shouting at others, getting upset, condemning yourself or others or thinking that we have done so much or we can't do anything or trying to dominate others, or getting scared of others. All these things have to be stopped. And with calm, stable mind and with confidence, you have to do this work. Think about how to save more and more people.

Once, we went to Rahuri and people were requested not to come to my feet for worshipping because there was swelling on my legs, but people got hurt. Then I said, "Alright, you can come to worship, let the swelling be. I will do something about it." I couldn't upset them. It was their love. But if they could understand that Mother is suffering, it would have been better. But that's alright. Somehow, I want them to get it [realization], understand it. So, you too have to do this work considering yourself as an elder person to them or at a higher level of understanding than others.

This is the thing you have to understand. You have to be wise. So, may you all establish this maturity within yourself and you all get enlightened with the light of God and enlighten others. This is my blessing to you all.

(Shri Mataji is giving some instructions to Sahaja Yogis.)

It [Kundalini] carries the light with it. But if your attention is at the centre of the Agnya Chakra, you don't see the light. But if it is not passing through that [centre], then because your attention is outside, you see the light because it is carrying the light also with it. But Kundalini is not passing through it. It's stuck up. So, because of that light, your eyes go like that. People even have seen the complete flow of light moving up like that but they don't feel the realization. They see it coming up to the Agnya but the whole thing drops back.

They saw how Adi Kundalini was helping their Kundalini but since your attention is outside, the flickering of the light starts. Then I tell you to fix up your eyes on my photograph. When you see towards my face, what happens, the Chaitanya pushes you through your eyes into the centre so that you see me as I am. But the eyes are controlled by the Chaitanya and the attention is pushed inside that aperture in the Agnya Chakra. So, I always say that if your eyes are fluttering, please pay attention to me so that the Chaitanya works out through your eyes and fixes your attention to pass it through that [Agnya Chakra]. Because the light starts spreading on all the sides, you see that light and your eyes go like that, you can't close your eyes. It's the reason for that.

One of the reasons for Nirvichara is that. But also, Nirvichara is a way to express the blessings of your Mother. When She wants to bless you, you see. You wrote the letter, She was happy. Just to bless you, you became Nirvichar. You see, it's the blessing. That's how you, that's the Grace, you see, that comes to you from your Mother that you become Nirvichar. That's one has to remember.

If you do the things that I tell you, I bless you very much because they are for your good, for your Kalyana [well-being], for your Mangal [auspicious]. And that's why you are blessed and that blessing you feel as Nirvichara. Because I am Nirvichara myself.

(Shri Mataji is having some discussion with Sahaja Yogis)

[ENGLISH PART]

...But if your attention is passing through the centre of the Agnya chakra you don't see any light. But if it is not passing through that, then what happens [is], because your attention is outside, you see the light. Because it is enlightening also, you see. And you just see the light but the Kundalini is not passing through, just it's stuck up there. And that's why, because of that light, your eyes go on like that, you see.

People have seen even a complete flow of light moving up like that. But they have not felt the Realization. They saw it coming up to the Agnya and then the whole thing dropped back. They saw it! They saw the Kundalini how it was helping, [how] the Adi Kundalini was helping your Kundalini - they saw it.

Even this light rising is because of that. Because your attention is still outside, you see. So the flickering of the eyes starts. Then I tell you to fix up your eyes onto my finger. When you fix it up onto my finger and my face, what happens [is] the chaitanya pushes you, through your eyes, into the centre, so that you see me as I am. But the eyes are controlled by the chaitanya and the attention that is inside is pushed inside that, what you call the apparition, in the Agnya chakra.

So I always say that if you are flickering your eyes please pay attention to me so that the chaitanya works out through your eyes and fixes your attention to pass through. Because the light starts spreading on all the sides and you see that light and the eyes go on like that; you cannot close your eyes. That is the reason for that.

Then the second thing you said [is] that you are facing: your Sahasrara was on the thing. Yes, one of the reasons for nirvichara is that. But also nirvichara is a way to express the blessings of your Mother. When She wants to bless you. See, you wrote the letter [so] She was happy. Just to bless you, you became nirvichar. You see, it's the blessing. That's how you...that's the grace that comes to you from your Mother, that you become nirvichar - that one has to recognise. If you do the things that I tell you, I feel I bless you very much, because they are for your good, for your kalyana (benevolence), for your mangal (auspiciousness) and that's why you are blessed and that blessing you feel as nirvichara. Because I am Nirvichara myself.

Yes. Come along.

Douglas Fry: I'm Douglas Fry, one of the early Sahaja yogis from London. And what I would like to say is, it's rather amazing the way that the forces of good and the forces of bad have nevertheless, pushed us towards Mataji. Now the person that introduced

us to Mataji, as you have heard from Gavin, was a yoga 'playboy'.

Shri Mataji: And who was that?

Douglas Fry: A yoga playboy. A guru or something.

Shri Mataji: Yes, he was, he was no doubt, and is still!

Douglas Fry: The reason he came to England...

Shri Mataji: ...was to make some money out of yoga!

Douglas Fry: The reason he came to England was because he'd seen this particular fake guru with long hair that looked like a pop star (laughter). He told me, and I think he might have told some of the youngest of us, that this particular guru had said to him, "You should go to England." So, obviously he came to England and started yoga classes. Now where the yoga classes started was the last place that you could teach yoga because it was very, very cold and we started in winter, and there was no heating on. But for some reason, the yoga classes still went on. Now, eventually, he met Mataji and tried his experiment on us. And we all felt coolness in the hands, we all got Realization.

Now, another thing that this yoga playboy had tried was Transcendental Meditation, I found out. Now, after us having got Realization, he tried to teach us meditation and the technique that he was trying to do was a technique used by TM. The TM people, they give you a mantra, they might make the mantra up themselves. Or sometimes they give you names that sounds a bit like Sanskrit. In fact, I heard one fellow who had a mantra that sounded like "key ring". If you pronounce it strangely it can sort of sound a bit like Indian but that's neither here nor there.

So this fellow was trying to use TM techniques to make us go into meditation. And he told us that we should concentrate on a word, a word that we think is nice. Now the particular word I used was 'divine'.

Now we sat down there for about ten or fifteen minutes to meditate and I remember I felt an explosion that finished in my head. Now I did not know the time that it was so I said, "I felt that explosion in my head, what was it?" So he said, "Oh, I don't think that was anything, you forget about it!"

(Laughter)

Now, once again, I think perhaps, just for a split of a second, I had achieved thoughtless awareness and my Kundalini obviously had risen. Then, at a later date, once I was asleep, I actually saw my Kundalini rise. So my head was full of an intense white flame then it went down again and then it came up again. And then I heard a "ting" from the top of my head.

(Laughter)

Shri Mataji: That's not Kundalini, you see, this is the thing [to understand].

Douglas Fry: This I assume was the breaking of the brahmarandhra.

Shri Mataji: No, no.

Douglas Fry: This wasn't.

Shri Mataji: It is not. It happens with so many people, you see, that is al the ida and pingala ??.

Douglas Fry: This is?

Shri Mataji: This is ida pingala

Douglas Fry: Oh, I see, pardon me.

Shri Mataji: The sympathetic. That works out and it looks like Kundalini. But you don't get any vibrations in the hand or head. You know, some people get a big hole here, down below. Especially this Muktananda he does like that. And they get a feeling like that you know. You should never feel the Kundalini rising like an explosion in a block like that.

Douglas Fry: Oh, I see

Shri Mataji: Later on, after Realization, you may feel the slow movement. But normally in Realization you do not.

Douglas Fry: So, anyway, that's all I want to say. Thank you very much.

Shri Mataji: What about Sahaj Yog?

Douglas Fry: Well, anyway, after all this experience - initially of course I was in quite a mess, I used to take drugs and drink as many of the Western people seem to do these days. And gradually I found, after being exposed to Mataji's love and Mataji's influence, I found that gradually my interest in drugs, my interest in drinking and smoking, it all dropped out and I gradually became more and more stable. And now, I found that life for me is very settled and...

Shri Mataji: ...you can give Realization.

Douglas Fry: I find that I can give Realization to people and..

Shri Mataji: I can cure also

Douglas Fry: And yes, also I have to say I can cure people and the first time I gave Realization to somebody, I was quite amazed and, just to realize I could do such a thing. But now, to give Realization it's still, you know, it still makes me feel very nice and clean inside, it's just wonderful.

(Applause)

Shri Mataji: This kind of experience also many people get, like Shri Krishna also had like that and so many people get a feeling like that, that something goes up, suddenly shoots off, and you feel exploded and opened out and all that. But that is not the Kundalini. It is the sympathetic nervous system which is very much in strain. You see her strain.

And in that expression of that strain, what happens is that the whole thing, the energy of the complete sympathetic, whatever they have in the parasympathetic is sucked in, into the sympathetic. Because the sympathetic is too much activated. Then what happens, the parasympathetic system has your stored up energy whatever it is. So it just sucks in all that and when it is sucked in, suddenly, the wave from the pelvic plexus, down below starts. Because, all the energies are released to the sympathetic.

Because the sympathetic is so exhausted that whatever is the energy left in the chakras is released. Once it is released, all that released energy makes you feel that the energy is rising within you because it is rising through ida and pingala. Now this is the energy which is just sucked into ida and pingala. It rises up. And you can feel it going up and coming down and all that. But the after effects of this one is this, that such a person - of course in these experiences people feel sometimes a horrible thing also, that they feel that there's a heat liberation, sometimes they feel some sort of a scorpion bites going on or some snakes coming

up and all kind of things can happen in this. It can be very horrifying also, this one, and could be very simple also.

But when this happens, the after effect is like that, that you become arbitrary.

All this drugs system started after that, because once you are released from that self-control in between, you can take to anything like this, because you are free now to do whatever you please. And that's how you can take to drugs and things.

And this is what all these gurus are doing, is to take out this stored energy which is controlling you, suck them out onto the sympathetic. There are so many ways by which they can do it: they can starve you, they can make you work very hard, they can make you tired, they can make you say some mantras, things. I mean they make your sympathetic work so hard that ultimately a stage is reached where your chakras release all the energy that is stored in them and just get out of it. So all this energy they will suck in and a person feels: "Oh, suddenly something has happened!"

But in these circumstances, you may have a big hollow in the head like that, as if, like a mad person has, here, a big hollow. And the whole thing is sucked in and you get a hollow there like that. So many people get this thing, that is a very different thing. But because all the energy that was inside is sucked in. So it has become like a big hollow inside, you see. Like a mad person has too, the same thing.

So this is the way people confuse between Kundalini awakening and the exhaustion of the sympathetic. Normally when the Kundalini is awakened through Sahaj Yoga, you do not feel anything. It just goes up and works out.

But sometimes, after Realization, if there is an obstruction due to certain combinations, it may be the obstruction may go out like that. But there's a tremendous difference between the two.

That first, you release in the hands, of the vibrations, start with that. But with the first one you do not get [vibrations]. On the contrary, you get heated up and you start avoiding yourself, escaping from yourself. And this starts. And that's how you get into these drugs.

This is very much played by the gurus. You see, that's what they do to you. They exhaust you completely so that you cannot withstand reality and the present moment. And so you try to get into something. And once you try to escape it, the whole release of the stores and parasympathetic takes place and the Deities are broken and you are broken, you become arbitrary. It's a cancerous sort of a thing. So that's not Kundalini awakening but we would say, it is more a sympathetic system which comes into play and the movement of peristaltic, what you call that 'pumping'. Peristaltic movements of the pumping up of the energy starts. They start putting it into the thing. And the whole thing is sucked in because of the exhaustion.

So one should not confuse between the two. Because after Realization you cannot take to drugs and things easily. It's very difficult. You have to really force yourself to take to drugs.

Gregoire: Mother, you just answered now something that I never questioned because after I met I did not want to question it. I had, two years before meeting you, I had an extremely powerful experience of the same kind...

(End of audio)

## 1979-0324, Advice at Bordi Shibir (English part)

View [online](#).

24 March 1979

Talk to Sahaja Yogis

Bordi (India)

Talk Language: English | Transcript (English) – VERIFIED

Advice at Bordi Shibir (English part). Bordi, Maharashtra, India. 22 March 1979.

You develop a hypertension, you become very agitated, you start dancing and doing all kinds of things. These things can happen – that you may start dancing, jumping, shouting, doing all kinds of things, getting into licentiousness, permissiveness. Because that's how you are let loose. The control on your being of the wisdom is lost, and then you just get into it. And you don't feel the pinch of your conscience. The pinch of the conscience is no more. You just go arbitrary and you just shoot off. It can happen to people even without feeling this. Even without feeling this some people can get into that kind of a mood. That's how they become alcoholic and they become all these things where they have no control.

(Break in recording.)

...eventually he was absolutely on [his] deathbed because he got cirrhosis of the liver and he was going to die. He had left Sahaj Yoga, he wanted to do it on his own and all that, and he just lost it, poor thing! Within three months he started showing results. And he was so badly off and I brought him home. My husband had gone abroad and when he came back, he said, "What's this? You have got a dead person in the house! They are going to prosecute us; we are all going to be in jail. He's going to die next moment the way he is. I just can't look at him!" He was very angry. I said, "Now where can I send him? After all, he's so sick, it would be very inhuman to send him anywhere out." He said, "All right, tomorrow you arrange something and send him away."

But next day you see when my husband got up from his bed, he saw this gentleman walking about. He was so surprised and aghast! He came in and he said, "The fellow is out, out of his bed! I just can't believe my eyes." And then within seven days he was completely cured. But then Gus told me that, "Mother, some of us are so egotistical that we have to go to that limit to know you and to come to you. It's not possible for some people to give up their ego and to behave in this manner, so you better allow them to go to that position and then to come back." I said, "For a Mother it is difficult. She will try to tell them again and again that, no, no, you try to get all right." So, that's what he told me.

But this is very true. You see, what I have found with the Western people is that they are really egotistical in the sense that they, they don't mind killing themselves. The ego is so self-destroying that they know that they are unkind to themselves but to just satisfy their ego, they'll go on destroying themselves. And they reach such a funny point that you just can't understand how they have been so foolish about it.

Then he started respecting himself and then he went to his mother. He said, "I feel tremendous love for my mother!" Whom he had left for years. He never bothered about her. Then he went down [to Australia]. Now he's in Australia looking after his mother and he'll be coming back to London. I am sure he's much better off. He writes very sweet letters.

So, this is what is the thing of Mr. Gus, who was the leader of all the hippies of London and who was a very clever boy, and he was a physics professor. And so you can imagine what can happen to an egotistical person, how he can lose his complete wisdom.

In Bharatiya Vidya Bhavan there were about 300 people out of which at least 275 people were Indians. And they were all suffering from some disease or other. I got such a fright and I was so angry with all of them. I said, "None of you are healthy to come to me." Some were suffering from paralysis, some were suffering from gout and all kinds of troubles they had.

And, in that lot I found "Cooly" sitting in front of me and he was absolutely cool, very, very cool: so much that he was like a frozen dough. And I felt him and I said, "Now this is too much!" But because of his heart catching you see. When your heart is caught up you can feel that kind of coolness because it depresses your heart more and you get that cool there.

So, I called him Cooly. And [Dr. Denton] Cooley is one doctor whom you might have heard about him, who is in Houston, where they are operating small children, and I had taken my grandchild there. So I met him. He looked very much like our Cooly, but he's a very tall fellow; a very kindly person. And when I saw him I combined these two things together because he's was so cool and also his face so much like Dr. Cooley that I called him Cooly; and that's how [he got the name]. And then whenever he talked to me he said, "You remember Mother, I'm Cooly speaking." So his name became Cooly forever (laughter).

Now, come along. His name is Anthony Panayiotou. He is from Cyprus, very near Greece from where Alexander the Great came to us. And now comes "Cooly the Great".

But I must also give the other side of the picture. The other side of the picture is that though you people have one problem which I call as the sin against the Mother, also Indians have sin against the Father, which they do not know.

In London you cannot imagine someone running away with your chappals (Indian sandals) from Caxton Hall. Nobody can even think of such nonsense! But here, how many of you have lost your chappals in the programme? And not only you but even yesterday, poor Mr. Pradhan lost his new shoe because where he wore it for a function like that!

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This kind of an absurdity is only possible in this wretched India, where you get all this kind of nonsense! That's the point where I really cannot understand that people are so much worried and upset about their belongings, about their things and they want to grab anything that comes in their way. If they can do it without paying anything for it, they'll be very happy.

So, in this way we are really committing sins against the Father, who has said that He is going to look after the kshema (well-being) also. He looks after the kshema. And while we do not believe into it that He looks after it. We get upset for a little money spent here, we get upset for little things done there. I mean we are really, that way, very, very funny people.

Though Indians are very generous no doubt but they do not mind taking away things without the knowledge of the person who is around. It's something so funny! Of course, everybody does not do it but quite a lot of [them do]. But especially the people who are at the helm of affairs are absolute cheats sometimes and are so funny that one can't understand why do they want to cheat. I mean, they have everything, and they have got a lot of money. But they won't mind taking away some money away from you, taking away some money away from the other person. For no rhyme and reason, they will expect you to give them money and bribes and things like that.

So, this is something so surprising that in London we have taken a flat, and now you know we have taken a house. We have taken a flat from one Indian and then we took a house in London. I didn't have to pay any black money or anything like that for taking this house and it worked out very well. But here it is not possible unless and until you give them some black money and you do all kinds of nonsensical things. It's very, very difficult! Even in England Indians try this trick with others. If you remember our first flat fellow wanted us to give him some money and wanted this and that, and I had a big argument with him.

So, this kind of a nonsense which I call as the sin against the Father is all the time [here]. Even if they get a broken chappal somewhere, they would carry it out. I mean, all this kind of a thing is not possible in London: people are very, very honest and they don't take somebody's money like that nor do they take away things. Here if you have the kind of newspaper distribution you have there, people will take away the newspaper! They will take away even the container of the money and also the cash box and also the lamppost! And they can use it for any purpose.

Even I have seen people putting their bottles out. And everything, the way we have in London, the postal system, they send anything to you from thousands of rupees to any amount; nobody takes it. It is kept outside your house. It is lying there. Nobody takes it! Especially in Oxted, a place of, so forlorn and absolutely a desolate place and there also I have seen [that] if something arrived by parcel, it would be lying there for two days, three days, if you were out and nobody would touch it. That is not possible here at all. People would even take away locks you have, they'll take away the panels you have (Mother laughs). I mean, they can take away anything they feel like.

Can you imagine in India people can even take away a small, little tap that is hanging out! From the bathrooms they'll take away the taps. You allow them to go wash in your washbasin, they may take away the washbasins! Dustbins: they'll take away your dustbins. They can take away anything! Like they are possessed by some people who are thieves and thugs or I don't know what!

Our gurus are just the same: they don't mind living on opium that is other people's money. They indulge in other people's money all the time. They have no shame about it. And when I say anything about it people say, "Mother, you are very hard on them!"

What should I say? Should I garland them and make an aarti out of them that: what thugs you are, very nicely living on the people's money? I just can't understand what one should say. I feel so ashamed of them, and responsible also, the way they have really lynched all the Western seekers. And these are sadhus and they have no business to do that! And with that they have put all the bhoots into them and have taken away all that they had.

Even there are some people, one boy came to me, he didn't have a proper shoe on him, and he's the son of a Lord! And he said, "Now my father has no place for me because I stole some antiques from his house and sold them to give it to this fellow who's now having an airstrip for himself." Is this the way? To lynch people and take money from them and befool them? I mean, this is really shameful, absolutely shameful. And I am really ashamed of it.

So, though we are, in a way, naïve, because we are not yet exposed to that kind of a sex-orientated society: but it will take no time if we do not stop it now with a complete force. It will take no time for us to get into that horrible, perverted thing, you see.

And the other day somebody asked me, "What do you say to permissiveness and to licentiousness?" So, I said, "In our Indian language, we call it badmashi and badchali." This is the word we have got. I mean we have no other sensible words for these things. They are called badchali and badmashi. This is the word we have got. What am I to do? I mean, can you suggest some new words for permissiveness and licentiousness? These are all horrid things! And I mean, this is regarded as something very bad.

So, this one can be twisted also, and people can say that Mataji calls all the Westerners badmash. But if you are licentious, according to Indian language, any language, in Marathi language, we call it gundgiri. So, this is the word we use. Now we haven't got any word for a man like that, to call him: you see, we do not call and enshrine people who are licentious here, never! We never enshrine people who are permissive.

But here, I don't know how do you accept it, that, "It's a permissive society, so what?" "If it is a satanic society, so what?" But 'satanic' means you are Satans! You have to say you are Satans. Even if you don't like my language, what other words can I use? You tell me. Is there any other word that can really describe them? It is simply a very, very dilapidated state of affairs and one has to accept it. It's horrible! It's rotting the whole society there. And we have to warn our people with very strong words. Even if people think that these words are very, very strong, you should not mind telling them that, "This is a very wrong thing that you are doing in that country and one should never do it, and one should never accept." Because this may come here also and it's so

shocking!

Today she was telling me something, Felicity, and Zareen was there and she just couldn't understand anything. She was so shocked she was perspiring. Zareen, Zareen was there, and she was perspiring. And she couldn't understand how could she stand all this nonsense? No girl in India would stand this kind-of-a nonsense. [If] any man tries to touch her she will just slap him nicely and put him right! She knows what it means. But you are so naïve also about these things that you go on compromising on these fundamental things and on certain things, like putting on weight, you get so upset. You should be upset about losing your chastity much more than about losing your weight and things like that – it's nothing important!

The priorities are so funny that sometimes I just can't understand. The main thing is, your chastity is the most important thing that must be saved and should not be allowed to be challenged by anyone whatsoever!

Women have given up [their] lives, they have burnt themselves in this country, for saving their chastity. That's the most important thing that they want to save. While there it's so sex-orientated that you have got ideas, also, about your figures and things so that the body should be so attractive. It's more like prostitution, I feel, myself, the way you are all the time paying attention to your body that you should be attractive to others. I mean this is something absurd and there is no beauty in such things. It is nothing but perversion of life, absolute perversion. You should try to remain in such a manner that you are dignified.

Even the ideas are so much changed now. I think it's much more satanic than anything else, because if you see Mona Lisa, who is regarded as still the best painting, she was a plump lady and nobody has any objection. They pay such a lot of money just to see her face!

While suddenly the ideas have changed! I think a satanic force worked out to weaken the women in this manner. Because a woman who practices these things becomes very weak, physically, and then people can dominate them and can overtake them. And that's why these funny ideas about [weight] reducing women and men and make them absolutely slaves of these horrible satanic gurus and things, have started, I think. This is how they do it. Perhaps it's a very, very subtle way the satanic [force] acts through putting these ideas.

The other day only, a friend of mine had come and she was telling me about her sister-in-law who went into a drastic [weight] reduction process, suddenly. And I had met her about ten years back when she started it and I told her, "What are you doing? You are looking so much older than your age. You are looking at least ten years older already." Now this lady told me, "Now she looks like your mother!" I said, "Really? She's so much younger to me in age." She said, "She looks so much like your mother."

Because thin people look so much older. I have seen women of my age in England look at least double my age. I mean, they look like my mother's there. Because of this kind of thing the whole body shrivels up and also a little resistance that is needed, or reserve that is needed, is not there, and a balance in the body is not there. And it's a very wrong thing to treat your body so shabbily just to satisfy certain foolish ideas that are all around.

Be kind to your body. Don't try to be very, very hard on this. It works on your heart. You might get a heart attack. You might get any kind of problems and it's a very wrong thing. Don't develop yourself in the lines which are suggested in the West. I have seen women who are so fidgety and so irritatingly boring with their figures. I don't know how people marry with them! That's why you are having divorces also. You are having divorces. The women who always go to dieting are a very irritating type. Actually, it's a common thing. You know that Brutus has been described by Shakespeare, as a thin man who was so irritatingly funny that people never liked him. He was always a complaining type.

So, one must understand, you must have a little balance within yourself and don't go all out for something that is so nonsensical. And always after Sahaj Yoga you will find our will have a body which will have a weight because water is accumulated and you will have a personality with that.

Otherwise, I have seen some ladies who reduced themselves too much, and when they went to England, one of them was the

wife of a Cabinet Secretary and she was taken as a secretary! And, she was made to sit somewhere in the corner. And the gentleman came in and said, "Where's my wife?" They said, "Your wife never came." He said, "But my wife was here." So, he said, "No, no, she's never come." He said, "But she was to arrive here earlier." Then they said, "No, there's only one Indian lady who has come. She's sitting in the corner there." And they said, "We thought she was your secretary." You see, a certain amount of dignity is needed.

And also, in India, also all of our Gods and Goddesses have been like that, because it gives you dignity, a contour and a personality which is required. Of course, it should not be a hindrance to you in anyway and should not be too much. But the amount of fighting and quarrelling [that] is going on among thin people is so saddening that one wants to run away. On the contrary, a person who laughs and is relaxed always puts on weight. And what's the use of making a mess out of yourself that nobody can even stand you? You'll become like a thorn!

So, I would warn you that don't go in for these drastic things of [weight] reductions and all that. That's not sahaj. Of course, you should not put on weight much, then it's different. But don't go in for drastic things. That is asahaj. And don't become like bamboos, because these bamboos have no impression on people and people must see you flowering like beautiful lotuses and they should be blooming with health. Because you know the Goddess is described as Pushti is well-nourished. A person should look well nourished.

In London, when you walk, sometimes I feel that half of these women who have no weight might be lifted away by the breeze that is coming and may be planted into something horrible! It might be happening to some women. And they are a very irritated type. Extremely irritable temperaments they have. And they are all the time complaining, complaining, complaining.

We have some neighbours and I happened to go to one of their meetings. And I got so bored with them [that] I came away. And they didn't know how to talk to each other so they asked for drinks and started drinking, because there was no other way out from this kind of an irritated nature, the way they were complaining to each other. They got so tired of each other that they said, "Let's have some drinks." That's the only way they can exist then.

So, try to be very, very humorous and jolly and happy people. Enjoy yourself. That's the thing God has given you. And not try to become like Bombil machis! You see, that is one thing I must tell you [which] is very important. Because that is something that will be very wrong and will be asahaj. Of course, you should not be extremely fat that you can't move out. You need not be. You will never be with Sahaj Yoga, because if you get more fat, it will be dissolved and things will be this thing.

Now, what is the criteria? What are we to know? What sort of a weight is needed? There're no criteria. We have to have different weights. We have to have different heights. We have to have different clothes. We have to be very, very different. And variety brings the beauty. If you have all of them, put together in the same way, the same forms, with the same dresses going round, you get so bored looking at them! As if a machine has created all these people, human beings. There's no sweetness about it.

So, don't try to play havoc with the nature. Never try that. Try to be attuned to the nature, attuned to it. Because all such things create problems and the first problem that is created is the liver. So, be careful and don't go into such haphazard treatments.

I would again request you, all of you, never to go in for such drastic things, neither in medicines nor in exercising yourself. Because you know, with exercises, what happens to your heart, we have seen it now. And it's very difficult to rectify it, so be careful about it. And automatically you come down, you are normalised.

And God knows how much weight you should have and all that.

Now, those people who eat more may not put on weight. Those who eat less may put on weight. It's possible. This happens. So, it depends on your temperament, whatever are the requirements. And of course, you must keep a watch.

But still, I would say that one should not try to do something of that kind. On the contrary if somebody eats too much, that means

something is wrong. If he eats too little also there's something wrong. So, you should eat a normal type of food and lead a normal life. And one type of food also one should not eat – too much of one type of food. We should eat all kinds of food and try to understand your own nature, what sort of a nature you have.

And tomorrow I am going to give you a little bit of Ayurveda, by which you will know what is your nature and what sort of food you have to have and how you have to be a normal person.

May God Bless you, now.

So, let's have food.

## 1979-0328, Release of Advent, FICCI HALL (ANANT JEEVAN, ISSUE 1, July 1979)

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28 March 1979

Quote

New Delhi (India)

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### Release of Advent, FICCI HALL (ANANT JEEVAN, ISSUE 1, July 1979)

Our respected leader Shri Gulzari Lai Nanda, author of the book 'THE ADVENT' Mr. Gregoire, members of the Sahajyoga Society of Delhi and Bombay and you all the seekers of Divine.

I am so very thankful to all of you for giving me this opportunity to stand before you and say a few words about Divinity and about God's compassion and love for all the humanity that He has created. We are not aware or we do not know that we have become human beings thru' His grace and thru' His own doings not by our own efforts from animal stage to this stage of human awareness. We never think why God has made us human beings ? What is the purpose of our being itself? As I said today. Gandhiji always wanted us to be 'Swatantra' That time the meaning of was political freedom but today the meaning has changed, like a flower ultimately becomes the fruit. Swatantra means : Swa is your self, the being and tantra means its mechanism. We have to become the mechanism of our being. We are the instrument of our being. This is what today Sahaj Yoga is manifesting. Sahaj, as you know very well, is Sah means 'with', ja means born with you Yoga is the right to be united with Divinity, with God almighty. That is your right as a human being because God has given you that special right that you have to be united with Divine, with God Almighty. This is Sahaj Yoga, but this has been working not today, has been working since long. But it's a living process. If you understand a living process, the seed sprouts, becomes the shoot and the root, the shoot develops into a proper tree and then the flowers appear at the blossom time. Many fruits are manifested out of those flowers. In the same way the living process of life started long long time back and today we are at a point when blossom time has come and many have to receive self realisation. The time has come. Krishna has said rfb i e. first I give you tfJT and then srm All of them had said the same thing. The only difference is : the different stages of human evolution took place when all these incarnations came on this earth.

Incarnations have to come. If you reason it out you will understand why an incarnation is needed to come on this earth e.g. if you are to be guided there are few

ways by which unconscious can guide you. It can guide you through symbols which appear in your dreams about which Yoga & Freud have written a lot. There are so many other ways by certain happenings the unconscious, the Divine can guide you ; but it is all vague, extremely vague. The unconscious must have a mouth to explain itself. It must have proper body to be able to communicate what it has to say otherwise how are you going to have a rapport with unconscious. If you take the position, that everybody has got a guru within. Yes, it is so. Everyone has a guru within, no doubt but still the guru is asleep, means that guru is not in your conscious mind. You can not consciously talk to that guru. If you think that you are talking to your guru or God before realisation, I think you are under some illusion. You cannot have any rapport with the divine unless and until you are realised, unless and until you know you are Atman, your Atma. Before that whatever you may try may create a depth in you, a serenity in you, a character in you but still you can not have a direct rapport. You are to be connected. Now somebody has to do this job. That is why many incarnations came on this earth. But somehow human beings do not like them. They have never liked them. The reason is man does not like himself. He cannot believe that in his life time an incarnation can come. If he knew how great he is what a great wonderous thing God has created in him, if he knew what a great mechanism is built within him self, he would not have resisted against incarnations. At the time of Rama He decided, it was decided, that he should not also remember that He is an incarnation of Shri Vishnu because even that memory may spoil the game. But you know Parshurama recognised Him. There was a trick in that. Parshurama is also an incarnation of Shri

Vishnu and Shri Ram is also an incarnation of Shri Vishnu. Why these two incarnations came together ? Because when Parshurama came, He was a strong man very strong, fiery, extremely fiery, and in those days people only cared for very strong people. He had captured the hearts of people through His fierce nature. In human beings there are of different levels at different

times. Then when Rama came and when Parshurama recognised him then people had to recognise Rama, At the time of Shri Krishna when He came on this earth, today we worship him in the temple, we talk about him but when he was here you know he lived with ordinary milk-maids and cowboys in a village, as a very ordinary person and the people did not recognise him much. They played with him and in his play He displayed Sahaj Yoga. When Shri Rama went to all these places in search of Sitaji, He wanted to vibrate this motherland of yours. That is why He went without wearing any shoes or without anything between him and the Mother earth. When Krishna played his game of RAS : RA means energy, S means with energy, it was another kind of play for Sahaj Yoga because at that time there were no such halls, there were not intellectuals, there were not people who were over-read, there were not people who were willing to come to a hall and sit down and listen to Shri Krishna. So he caught hold of people who were playful, played with them. When Radhaji went to the river Yamuna and put Her feet in the river, the vibrated water from Yamuna was carried on Her head. He used to break the pitcher with a stone to allow that water to fall and vibrate and when the milkmaids carried that water on their heads he used to break it at the back so that whole water would fall on the Kundalini and Kundalini would rise. As a child when he played, Gopta Kala, when He tried to steal bread, butter which was kept in ghee at top. It was a pyramid he created. On top of the pyramid he would stand, and the flow of Kundalini, with his feet, you see, he would press it on their heads. Now it was not possible in those days for any one to stand like that to put the Kundalini in such a way that the flow comes to the Kundalini and the Kundalini rises. Even when his mother punished them for stealing butter and put them together, tied a piece of cloth from one naval to another and he started moving the energy of Kundalini through that. There was a gentleman who got his realisation in America and I think he was one of the gopas with Shri Krishna and he described this experience when he had never heard of Shri Krishna. This was the Rasa (rm), this was Radha (ttut), Ra is the one who sustains, dha is the energy.

Afterwards' Jesus Christ came on this earth, He is nobody else but Mahavishnu - the one described in our books. I do not know how many read Devi Bhagvat. People have no time to read these outdated books . Mahavishnu was a special incarnation created, and when this Mahavishnu came on this earth, it is all very beautifully described in Devi Bhagvat, what he is going to do what he is going to be, what is his relationship with Krishna. Krishna is the Father that is why he is called as Christ & Mary, the mother, was no body else but Radhaji Herself. It is all written in the Devi Bhagvat. I am not telling you a new story. Only thing I am giving a mouth to unconscious to tell you that you can verify it yourself. His name was Jesus because you know that in U.P 'Yashoda' is called as 'Jasoda'. It is Jasoda's name Radhaji wanted to give Him and that's why called Him Jesu or Yeshu. Now if I am telling you lies or if I am telling you tall stories, how are you going to know ? Are you going to believe me whatever I say ? Is it proper that you should blindly believe me ? That would not be alright. That is not going to help you at all. But how are you going to know whether it is absolute truth or not You cannot know, because you are not yet on that level or state where you have realised your Atma. Like this instrument that is created here it has to be put to the mains. You have to be put to your mains otherwise you do not know even your meaning. Once you are put to your mains, you can ask the question, you can ask all the absolute questions, every thing, even a question like Is there God or not ? Immediately you will get the vibrations flowing into you. About ME also you can ask questions. There are many ways of recognising because in this life, you have to recognise. You have never recognised an incarnation so far. You have to recognise. That is compulsory and that is done through Sahaj Yoga because unless and until you are realised, how are going to recognise them also ? But even if you have not recognised them, there was no need for you to crucify them or to torture. Then all the gurus who came on this earth, the real ones, fakes are never gurus. They are not gurus. The real ones that came on this earth, say, we can say Moses, Abraham, Nanak, Mohammed Sahib, Kabir, all these are incarnations of Primordial Master whom we call as " Dattatreya " . If they are or not, if Mohammed Sahib and Guru Nanak are the same personality, same people who came in different times then what justice are we doing to them ? How are we to find out ? How are you to believe me about it ? I will give you an example. There was a Muslim gentleman from Iran who came to see me, who was suffering from cancer. He asked me : Mother, I want to get cured. I said "you a Muslim", he said "Yes, I only believe in Mohammed Sahib and no body else !" I said this would be something like that I only believe in my nose, and not in anything else. He was such a fanatic and fanaticism brings about the cancer of Nabhi Chakra as we call it, the stomach. You will be amazed fanaticism is Sin, Sinful. It gives you the cancer of stomach. I asked him 'Will you worship Nanak Sahib T ' He said, 'No, why should I ? I am a muslim.' I said, 'Do you know Mohammed Sahib himself is angry with you and you have to worship Nanak. He would not but it happened for months and then he had to accept. Any extreme behaviour of this kind is prohibited in all the religions. When Nanak came or when even our Shirdi Sai Nath came, they talked about Sadachar. Even the Goddess's name is Sadachar Pravartika. Sadachar is the most important thing. The dharna is the most important thing. One has to be in Dharma. If you are adharmi how do you expect me to give you realisation, you just tell me. Today I went to see a tailor of mine who was

saying " Mother if I am bad you tell me but why should not I get realisation. I said, 'true, why should not you?' Alright ask a question 'Mother are you Nanak ?' He asked me the question. Normally the vibrations start but would not. Hesaid," what has happened to me," I said, " see where -is your Surati". Nanak has described 'Kundilini' as 'Surati'. His Kundalini was pulsating at Nabhi. You could see with your naked eye. His friend or his proprietor was also seeing that. It was pulsating there. I said " you have a liver. Do you drink ?" He said, " I drink quite a lot." Then 1 said " how do you expect me to give you realisation in the name of Nanak who has prohibited all this?" When I say this people brand me as anything. Licensiveness and permissiveness is not the way of religion by any norms, by any measure. They are translated in Hindi, if you see them, the words are s/fa

In Indian languages there is nothing like licensiveness and permissiveness as a good word. It is a bad thing. Absolutely it is wrong. It is very fashionable these days

to become sort of a disciple of a guru ! It is a fashion these days Divinity is not a fashion. It is the way of life. It is the need of your being, You have to be that Guru, shopping is on; people are going and1shop ping for Gurus. How can you pay for Gods, work ? Christ, the person, who forg ve the people who crucified him withthe shopkeepers who were selling things in front of the church What about selling the church itself, selling the God himself? How can that be religion ? You have to know that truth is not going to fall at your feet You have to fall at the feet of truth if you want to achieve it. But it has happened before many a times and you did not recognise You did not recognise You did not like them. You do not like people who tell you about the truth. People had always made fun of such people. You have not one but many in this country it self. We had people like Tukaram, Jya- neshwar. Thousands would go after some thing that is falsehood and how many disciples did they have ?

The fakes are very clever. They know how to tamper your ego. I am your mother. I have to tell you the truth whether you like it or not. They just Pamper your ego. The first way is to say that you can purchase them. You can pay for it. So you do it. You have paid for it and you go on with it because you have paid for it. After all we have paid we should some-how make good of whatever we have paid. Then the second thing they do is to pamper your ego by saying that you cm do something about, it They will make you stand on your head, they will make you jump, they will make you frogs, I do not what all kinds of things they do. So you think, " we have sacrificed such a lot'for God !" It is very difficult for a human being to feel and understand that you cannot do anything about it. Only thing, you keep in balance. Do not over-do things. Do not go to ati (xrfjr), to extreme.

This is the simple thing human beings are to do. Human beings do not want to be simple. They want to be complicated. There was no need for people to go to such extremes as to spoil all the chakras within yourself, why ? After all you have become human being from ameaba without doing anything and if you have to become some thing more it is God's job. He is doing for His own sake. When you feel the need, when you are seeking, that is also God's job.

So the Kundalini is placed within you. It is the residual power within you, God has placed it. It is there to give your rebirth. It is your Mother. It is the holiest of holy. We have forgotten the word holy now-a-days because it is not fashionable for people to be holy. People are afraid to say that you have to be holy because it offends people. To be righteous is another thing very important. All the ten commandments described in the Bible describe all the ten dharmas we have to have. Gandhiji, also, has described them. We never understand that Gandhiji's coming was a historical event for us, is the base of Sahajyoga, absolutely. If you read this book (The Advent) you will know, what follies so called deve loped countries have committed and into what ditch they had fallen into ? But we are so pseudo westernised that we do not like these ideas. We do not want to hear anything against this. This is the sad part. 1am not against western people or eastern people but what I am trying to say is that if we commit one kind of sin, they commit another kind. We commit the sin that we do not believe that God almighty is our Father, that He ha\* created us and that He is going to look after us in thick and thin.

He is the one who has said tfrir san the one who has given us n'm ; first you get your Yoga, then your will be looked after. Yes it will be, but first get your Yoga, will be looked after, is promised. It is time for you to find out if it is true or not but first get your jjljt. Then your will be looked after. Then you will give up all these corrupt ideas and the corrupt ways we are living in this country. It is absolutely ridiculous and absurd the way we are. We get rid of this as soon as we get our realisation, because our priorities change. We feel so secure within ourselves. As soon as we know ourselves, we feel so happy. We feel so relaxed that we give up all these corrupt ideas Because we are insecure, that is why we take to these corrupt methods. Because once you know the meaning of self (Swarth) people think is selfishness, it is not the Sanskrit word means 'the meaning of self'. If you know the meaning of self, you feel so secure, so happy with yourself because it is such a joy giving, it is such a powerful

thing that you just do not want to compromise with all these useless worldly things. You do not think that they are of any importance. You just go through them without paying much importance. Your whole being is transformed. But that has to happen. In the same way, in the west people commit sin again the Mother. They will not steal anything if they come to your house. No, they will not touch even if there is a diamond ring lying they will not touch, but they may runaway with your wife, may run away with your daughter. They have no objection and even the daughter may not have any objection. Whole society does not have any objection as if this is the only dharma they have to look after. It is amazing For an Indian it is shocking when he see all these things.

So we have to understand that if we are committing this kind of foolish thing, also can be forgiven by God because He is the ocean of forgiveness. She is guru Nanaki. She is Daya Sagar. He has to do it because he hastocomplete His creation. Sobe assured about it that Sahajyoga is your fundamental right, is the one that God has bestowed upon you, is going to happen to all of you but why also argue about it. There are so many people who come—'Mother Kundalini raising is very difficult. That you can only raise it upto Nabhi or something like that. We can live upto the ten dwaras and all sorts of ideas. But supposing this is done through this being just like that. There must br something with ME. I know the job. The one who does not know the job, suppo sing 1 do not know how to put this right I cannot. Whatever I may try I may break this. 1 may break that, I may go here and there. I may break the plug. But If I am a mechanic. I know' the job. I can do it That is the only difference butfor that why should you be so much hurt. I mean you know so many things w'ich I do not know. I do not know' how to cash a cheque. You will be amazed. Till this day I do not know how to cash a cheque. Somebody has to guide me how to write a cheque I am so hopeless in so many things. But if I know another thing why should you be so angry with me for that ? Why should it hurt you ? And if I am going to give you, what you have been asking for, the physical, the mental, the emotional and the spiritual being is within you, all that is there All your sciences, all your enterprises, all your knowledge is analytical. You treat somebody for one eye, you need another doctor for the other eye, something like that. But this is something else. This is what I am talking about your under currents, which ultimately becomes one current. That is what you have to get. Once you get it, you yourself start manevou- ring it, it starts flowing through you. It is always being promised to you. Kundalini knowledge is very much known to us. Actually we are so much englishized, thanks to lord Mackaule that a very few people who even know the word Kundalini. If you read Kabir, the whole thing, Kabir is nothing but Sahaj Yoga. How many of you read Kabir ? For fashion sake even if they read they dont know what he is talking about. Nanak has talked about it. Jynashwara has talked about it. Christ has talked about it that I will appear before you like tons of {lames. What is the meaning? Christians do not know about it. So it is being promised. Adi Shankaracharya, of course, the greatest son of our country has described it so elaborately, but those who call themselves also Hindus, do they know the word Kundalini ? While throughout in the Markandeya Puran, such a great sage, the one who has not read the Markandeya, 1 would not call him an Indian at all. One of the greatest sages of this country is Markendeya who has written a complete knowledge about the Devi to such a little extent, to such a small detail that you will be so surprised, how he could see all these things. Did he enter into the body of Devi to find out these small small minute things ? But all this we have done in this country much more than any other country.

There will be Prakopa (spfil't) of Devi. There will be fury of Goddess. You do not know when it will be. If you have to go out, you have to take half an hour to get ready to go out otherwise you are finished. The nature is so misadjusted, it is so furious still that it is to be balanced, brought to proper levels, was done by our Rishis long time back. They harnessed the nature by doing 'Yagnas' It is because of their Yagnas only, we have been to discover sciences. We have discovered sciences long time back. At the time of Rama, we knew about Vimana (air craft). This was all done by our Rishis because they did not have to fight outside so much. We can live in a forest. Really we can live in a forest without difficulty. That is how we have been able to find out about innerbeing. This is 'The 'Yogabhumi' and you are the 'Yogis.' You are the special ones to be born in this country. You have to do great Tapasaya (rTIFtn) to have a great Sampda but we are not aware of it.

In this country, in this great country of ours, Sahaj Yoga was to be born in this new way. When I was born, my father was him self a realised soul in my family. He was a great man and he told me that unless and until you find out a method by which the common people get this realisation, no body is going to accept God because one or two flowers here and there do not convince people of God. You have to work it out. My mother also knew about it. Till her death. She was asking me, "have you been able to find out or not. ?" When I told her, I have, she was very happy.

It is a mass experience today. It has to be. It is a mass experience, no doubt. In villages, it works much faster than in the cities, because city people are very complica ted, very artificial They try to dodge the truth every time. They are over read. Kabir has

said—

Just imagine what a contrast ! Panditas have become stupid by reading too much. What does that mean that we condition ourselves with all kinds of knowledge whether it is knowledge or non-knowledge, whether

Vidya or Avidya (fam ur \*rfe?n). Vidya & Avidya—we cannot discriminate between the two and we get all the things that are not congenial to this beautiful human personality of ours. We consume it. We go on consuming it, destroying ourselves all the time and anybody who comes up with an idea that you are destroying yourselves, we brand him—oh ! he is the school master, or something more I do not know. In England they have real definite words of describing such horrible people who tell you not to destroy yourself. This is modern style of crucifixion, I call it. Because nosv you cannot crucify Christ. So you are going to crucify Him like this. Anything about self preservation is wrong. We must preach self destruction - Is this the way are we going to achieve for which God has created us? But why, I cannot understand because if by getting self realisation, you get that bliss, that joy, that happiness, and you also become collective conscious, what we call in Hindi— STTJrfp? %rPTT, you become. It is an actualization, you start feeling another person. It is not brain-washing, just telling you that he is my brother. f?sfY =EfMt vnf-\*TT#-All that is not done. It just happens. You start working out

that way. It is a part and parcel of your being. If it is so why not have it. Why not try and get it ?

I know it is a very big thing to say that you have to recognise an incarnation. I am avoiding for the last so many years of my age. Even Shri Krishna dare not do it. He said :-

Give up all the dharmas & follow me.

Christ said 'I am the light. I am the path'— He was crucified.

It is tactless to say these things—people know and I am very tactful.

Normally I would not come into your askings. But one has to find out. One has to find out, One has to find out not ME but yourself. First find out yourself then you will know me. As I said, I am your mother. I have to work it out. You have to be-reborn. That is your right. Better have it. Better get it. For ME you are just children. Whether you quarrel with me, you fight with me or you argue with me or if you are humble to me and surrender to me - you are my CHILDREN. The one who are sensible will get it faster, those who are not, will get it later - but all of you who are here must get it. Now for such a short time I cannot tell you all elaborately, what are the advantages of Sahaj Yoga but the end is nothing else but 'Sahaj Yoga' which is advantageous because your physical being gets alright, you get rid of most of the doctors; your emotional beings receives balance; your mental being jumps into thoughtless awareness and your spiritual beings becomes that is sat-chit-anand. You become collectively conscious. Your priorities change. All this happens to you. It is a revolution inside out. It is the revolution within yourself -that all yourself gets integrated and you change yourself entirely automatically. Now somebody says that I cannot give up drinking. I say alright, come along. Have your realization. After realisation he does not drink at all, just does not drink. He forgets. If he tries to take, he vomits. You become that. Do you know by becoming human being, you know so many things. You know the shape of this room, you know the colour combination\* you know the beauty, you can feel the dirt and filth. You can smell it. An animal cannot.

In the same way, when you get realised, you can see the dirt and filth of morality. No body has to preach you. You just do not like it. You do not like such a person who talks of these things because you start getting burning on your hand. You do not like it—you feel heavy in your head. You do not like it. You just get away from such a company. You do not like a word against God. You cannot enjoy anything that does not have the beauty of God. You just talk about it. Now, we have here many Sahajyogis. In Delhi itself we have lots of Sahaj Yogis. If you go and just listen to them, you will be amazed, they will be just talking about God Nothing else but about God. They have no other enjoyment. They do not believe in gossips, they do not believe in any criticism or anything. They are not bothered about what money they have got but they are just enjoying the Divine that is flowing. They will just give their experiences. "I was sitting in meditation, breeze came on me and I felt so happy." They will only describe all the things how they have cured people. How the people have been cured by them. You do not say 1 cured. All this happens to you. You can imagine Gregoire has done 419 pages of Sahaj Yoga. He has written such a big book and they have done 85 tapes in London Still they say, 'Mother every time you always say something new.' But you just get into it and start enjoying every wave that comes. simple thing.

Why not have it ?

This is the 'If you do not like ME being here what can I do. This is how it has to be. But then somebody is going to come. As Gregoire has pointed out—is a fact and then it will be last sorting out. There would not be any arguments. There would not be any realisation. Nothing, it is just sorting out. So let us have it. It is the thing that has to work out within all of you and it has to happen to you and if does not happen, you should not be upset. It will happen to you, if not today, tomorrow. It has to happen. There is nothing to criticise if it does not happen today. Nothing to get angry. More over it is a very subtle happening. It happens en-mass

but again you have to settle down. We have no centre as such We have not been able to get such a place so far because 1 have made one compulsion that we shall not pay any black money for any land and so we have not got an inch of land in this country. In London I have got a place where I can say this is my set. But still there is somebody's house we are using now. You can get the address. Please, after realisation also, do attend the programmes. It is a very humble place. In a big hall people think, it is prestigious to go there and that is how people think that you should get your realisation in a prestigious place. But God always goes to the humble people. So humble down yourself in your hearts and come to the centres and try to establish yourself. We have many Sahajyogis like that—they just come when 1 am here and then say, "Mother we lost all the vibrations". "Did you go to your Centres". They would say, "No, mother we did not". Because they are too big, they have big cars and they are big people. Before God, no body is big or great. We have to know that He is God almighty who is all powerful. He is the Highest. We have to be really humble about it if we want to kindle the light within us and also if we have to maintain that light kindled all the time. May God bless you.

1979-0330, Evening prior to departure for London, Importance of Meditation

View [online](#).

30 March 1979

Talk to Sahaja Yogis

Pune (India)

Talk Language: Hindi, Marathi | Translation (Hindi to English) - In Progress, Translation (Marathi to English) - In Progress

Evening prior to Her departure for London (Marathi & Hindi). Pune, Maharashtra, India. 30 March 1979.

[English Translation from Hindi and Marathi]

Tell them to go. All of you sit with hands towards me like this. Like this, you hold your hands, sit, and be relaxed. Why don't you sit on a chair? Why don't you sit on a chair, there, there? Or in front is better. Sit like this. Simply sit like this and sit very relaxed. No need to take any special pose, sit completely relaxed, in Sahaja aasan (posture), with complete simplicity in which you have no pressure on yourself. You do not have to move your head up or down, nothing. No need to get any special expression on your face. And anything like, crying out loud or shouting, swaying hands or legs, breathe heavily, stand in between or breathe inflating nothing of this sort you need to do.

It is Sahaja in a simple way and on its own, it takes place. Inside you, there is a seed of it. With much care, it is placed inside the triangular bone. For this, you do not need to do anything. Keep your eyes in this way, moving eyes frequently will also move your attention (Chitta). Keep your eyes this way. Do not move your attention. By moving eyes, attention also moves. Close your eyes, no problem in it, instead it is good, close your eyes. If your eyes are not able to close or your eyes are twitching then open your eyes.

First thing is that this incident should occur. Hearing lectures and knowing about Sahaja Yoga, every time talking and talking about this, has made me tired now. Moreover, a very big book has written in English. Maybe the copies are over now but more copies will be available, whoever wants it should give their names. In that book everything about Sahaja Yoga has talked about, it is a big book. Therefore, I will not give any lectures now. Delivering lectures often has made me tired now. Now you all get realization. Whatever you should achieve, achieve it! We will give time for it only because today is the last day that I am here then I will be going to London.

The thing that you have to achieve is Sahaja (spontaneous) and it happens Sahaja (spontaneously) only. No need to create any nuisance, shout or yell. When it happens you will know it yourself that, it has happened. Child, you keep your eyes closed completely. Close your eyes completely, your Agnya is catching. Both your hands towards me, keeping them in your lap in a relaxed way, in a relaxed way you sit. No need to hold your hands high. Sit relaxed, very relaxed. For time being keep your thoughts outside, you will not gain anything from them. The thing that will happen let it happen within yourself. Do you want to achieve it? Then you achieve it. What will you gain in thinking about this and that? Listening to anyone is also of no use. Those who have not done any good to others, what they are going to speak? All of you accomplish good for yourself. You should accomplish it. Sit lightly, some people are bit nervous, sit lightly. Leave your legs etc light, keeping in front. No need for any locking system, sit lightly. Keep your body completely light. No need to put any aasan (posture). Put both hands towards me and close your eyes.

Now you see it what happens. Now look towards your mind and find out if any thought is occurring to you from inside, from within. You are listening to me from outside. You are alert. However, you look at this, that are you getting any thought? Sit now sit, sit fast. You should not disturb this way by coming

late. Therefore, I come late. So that everybody has come then I should come. Now no need to look at every one. Only to save you I am saying it that do not look here there. If anyone has come, why do you need to look at him or her? You all sit silently and

accomplish this within you. Do not look at others. From next time, after I come, you must close the doors. [Blowing of wind by Shri Mataji.] Within. Now see if a cold breeze is blowing from your hand. Put your attention on your hands do not open your eyes. Without opening eyes, put attention on your hands. See if a cold breeze is blowing from your hands. If the warm breeze is coming then shake hands once. Shake hands a little bit, rub hands or blow on your hands if a warm breeze is coming. Is it coming? Sit relaxed and watch. Take your hands down. You put your hands down. Tell him he has to put his hand down. Keep them like this relax. Put attention on your hands. Firstly, put attention on your hands. Shake hands a little bit. Little bit shake your hands like this if.

One or two things I will tell you if you pay attention. Therefore, keep your eyes closed. Do not open eyes. Please do not open eyes because when the kundalini rises at agnya chakra dilatation of pupil occurs. Therefore, if eyes are open then Kundalini will not rise. This is exactly the opposite of hypnosis, Sahaja Yoga. [Pause]. Close your eyes. Sit quietly, put both your hands towards me, and close your eyes. Sit silently completely. Put both your hands towards me this way and close your eyes. Assume as if you are asking that give us kundalini jagruti (self-realization). Make us realized. [Pause]. Now to understand is that. You child you go down or if you want to go out then go, do not disturb others. Among you, whoever has assumed some traditional deity or has worshiped any deity, like if you have worshiped Dattatray. Then at this moment whatever the situation is, in that you need to ask whether actual Dattatray deity is sitting in front of us. Whose body is shaking can open their eyes? If you believe in Shri Ram then ask a similar question. Someone is standing in that corner, Jaywant you check there vibrations are not good. In that corner, behind. [Pause].

Such kind of questions. If you believe in Jagdamba, then ask whether Maa, are you Jagdamba? This is the only way to achieve in Sahaja Yoga. Even I cannot do anything in it. In a way like an electric plug, which is working, in that only we plug. At this time only I am working. When Shri Krishna was there, then people said that they believe in Shri Ram. When Shri Krishna departed and Lord Jesus came, then people said we believe in Moses. When I came, people say that we believe in all of them and do not believe in you when they all are me only. Therefore, what can we do? If they all are me, then what can I do? Moreover, why do you feel bad in it, I do not understand. You can do many different things, which I cannot. I cannot do many things at all. This is the work if I know about then why do you feel bad about it, I cannot understand this. If you are something then you are. Why do you need to fear about it? I make thousands of kundalini rise, it means there must be something in it else how would I make kundalini rise. You should think about it. Those who say Gayatri mantra, they should ask Ma, are you Gayatri, Sandhya? Those who believe in Mohammad Sahab should ask if Maa, are you Mohammad Sahab? Those who believe in Laxmi Narayan should ask if Maa, are you Laxmi Narayan? Those who believe in Hanuman should ask if Maa, are you Hanuman? Those who believe in Bhairav should ask if Maa, are you Bhairav? Those who believe in Shivji should ask if Maa, are you Shivji? Similarly, you should ask Jagdamba, you should ask Shri Ram. Similarly, you should ask about Shri Krishna that whether you are Shri Radha Krishna. Similarly, you should ask Lord Jesus, ask me whether Maa, are you, Lord Jesus? Similarly, you ask whether Maa, you are Kalki? Ask whether Maa you are Adi shakti? Whatever has been told, about Adi Shakti if I do all that work, then while believing in me that I am Adi Shakti, why should you hesitate so much? You get Cancer cured of me and make your kundalini rise. Then why do you stay in fantasy? Until today, I have not said this because I know humans are more of idiots. Those who are cruel, fraudsters, and thieves humans consider them as God. Super idiots have the same characteristics. Moreover, harass them those who are sage, saints, and real people and avatar who descends on earth. This is a special feature of most human beings. Sit this side, this side you sit. Are chairs there? Take chairs. Relax and sit here in front. Come sit with hands this way, this way you sit. Sit completely peacefully with your eyes closed. Okay, sit with some belief. You have come to me to take the realization. If you do not believe in me then why should I give you realization? First, you calculate and tell me that I do not take any money from you. Neither am I going to give you any. I never demand anything for you. Instead, I only make all the expenditure myself and stay here by spending my own money. Then why you are showing your ownership on me? You come to me to ask something or give me a lecture. If you had found something so far, then why would you have come to me? When some diseases will strike you then you will come again. Get cured now, then you will not get bad diseases in the future, otherwise, diseases like cancer will also strike you, I am telling you, be cautious. You should achieve this. This is param (ultimate). This is especially for you that I have gotten it has made it very nicely and you take it. You have come here like a big sane, where have you come from I am not understanding. All insanity signs are visible. All rampages are also of human beings. Now keep some understanding for some time and get realization. Childishness is not good. You have wasted all your life on useless things. Will Maa ever say you that go and drink alcohol and destroy yourself cause your destruction? Moreover, the person who says these things will she garland him and say,

okay you destroy my child. At least in our country, such mothers have come. This is your fortune. Similar questions you ask. Keep on asking. Ask, Maa, are you Adi Shakti? Ask such a question. Bhai Sahab, close your eyes. The one in the blue shirt close your eyes and keep your hands towards me. Tell [some name not clear] to close your eyes. You had better sit on a chair. Those people who are not comfortable to sit down should sit on the chair from before only. Those who are not comfortable should always sit on a chair, to begin with instead of disturbing everyone. Sit initially only. Come those who want to come, come. Moreover, do not stand and watch as if entertainment program is going on. Strange people are there in the world. What to say. You should love yourself also a little bit. You should also worry about yourself. If you keep watching others the whole life, then when will you look at yourself. You close your eyes, please. Close your eyes for a while. Give them bandana. Joy. Joy. Yes, sit. Sit down relaxed. Now look, do not allow anybody to come now. New people come and get bad vibrations along. Until 9:00 people will keep coming. Is this the way? If you want to achieve God, then you should come before and sit peacefully. At least something, people should have. Hello, why have you come to disturb everybody? Sit silently. Sit relaxed for some time. You have to achieve it. Close your eyes dear. Close your eyes. It will happen slowly, slowly. I need to explain you every time like small children that you have come for meditation, to know God, to know yourself. There is no such thing, that you are considering it as a very small thing, it is a very big thing. It is a thing of many ages that you have come to achieve. You are behaving as if you have come to some cinema show. Get some seriousness in yourself. You need some profoundness in yourself. One must be profound. All of you sit silently. Until I do not explain, nobody understands. How early have you all come? Everyone is disturbed. Now come and sit. Now, tell them no if anybody comes. Sit in the front. Sit. You are coming so late, neatly after cooking your food and then you are coming, how will it work? Everyone is getting disturbed. Sit now and at least do not talk. People here are sitting in meditation. This has become a meditation land now, at least after coming here you should think about others. Sit with your hands this way. You have come to meet God then what so you should be on time. Still, I come so late that after everybody comes, I come. Keep your hands this way and sit, this way you keep your hands. You should have at least some seriousness in everything. You have come to ask me such a big thing. It is such a big thing. Our Sahaja Yogis also come so early [sarcasm], then what should I say others. Yes, sit. Now you stop the trespassers. Hmm. People are not able to meditate. People keep coming and going. Yes now sit for some time. [Put the diya]. Sit now. Sit with some love. The breeze is so good.

1979-0416, Agnya Chakra and Lord Jesus Christ

View [online](#).

16 April 1979

Agnya Chakra And Lord Jesus Christ

Public Program

Philippa Pullar's House, London (England)

Talk Language: English | Transcript (English) - Reviewed

Asking questions? What is it? There are a lot of people here Mother that have not met you..

Yes I know, let them come forward..if it is awkward or uncomfortable..also sometimes people make you stand on your heads..it is nothing of the kind...there is no circus...nothing of the kind...neither you should have a body of a particular type...not important....

The main thing is you should be comfortable so that your attention does not go to things which are of just useless value..so you should be absolutely comfortable..if you can take a chair..let them take a chair..it would be a very good idea. Those who can sit on the ground, are all right? No hard and fast rule about it..sit this way or that way..nothing of the kind...

It is simplest of all...easiest of all...but we are not easy, we are complicated, that's the problem but otherwise it's the easiest thing that should happen to all of you and you are born to get it. It's your right to have it, it is something that has to happen also, like the spring has to come in the same way....(some seating arrangement sounds)

So on the tree of life we have to have spring time also...it's part of the (unclear)

[Are you all right?

[Gap]

You have to have any time also. It's a part of the whole cycle.

[A Yogi: Sorry ...]

...I had to ...

[INDIST.]

[SHRI MATAJI aside: It's all right.] this may be omitted completely

People are expecting Sahaja Yoga, no doubt, when they talk, when they write, when they express themselves, you can see very clearly that they are expecting some sort of a breakthrough- sort of, they have reached a certain frantic condition in which they expect there has to be something. Otherwise, how can they explain the creation? How can they explain God? How can they explain that there is some force which is looking after us? So, everybody is expecting some sort of a breakthrough. Not only that, but there is also a search for a breakthrough. You can see that very clearly, everywhere. But the trouble is, you see, one has to understand that it is God's job, not yours. That it is to be done by God, not by you. That is very difficult to accept.

But when we accept our own life as a human being, we should know that we became human beings by ourselves or by God? We could not become human beings ourselves, from amoeba stage, can we? Can any amoeba try to become even a turtle? It cannot. So, how did we become human beings? By some sort of a force or some sort of an energy or some sort of a guiding hand which

brought forth this happening that we became human beings.

And in the same way if you have to become super-human-beings or we have to become something else more than this, or our awareness has to achieve something more – it has to happen. Only thing, if we had not spoiled ourselves, our own being – which is perfectly all right – there is no need to do anything extra-ordinary. Because in this frantic search we might ruin ourselves, we might ruin our instruments which are within us, because there is an under-current within us which works out all these things. Like the seed has its own femur, in the same way there is something within you also playing; you should work it out. But when you try to do something about it – it gets spoiled.

This is a very simple thing but we cannot get out of the idea, because we [seek in our wisdom ?] by our effort. We think we do this, as Sahaja Yogi, but do we? See these flowers, how do they come up? What is there that you have done to create them? We do something dead. We do not do anything living, we cannot do anything living. Now just stupid this, what do you think have we done? Nothing at all! Everything that is dead we are converting into different forms. Say, the tree is dead so we make a furniture , we say, "Oh we are great, we have done this furniture". It's from dead to dead. What living work have you done? Once we realize that we have done nothing living so the living God has to do this. He has to do it and he will do it through his own – he can seed, he can grow . He is not going to make you do it. This he has never asked you to do anything. Why should he now trouble you? He has created you in his own love, this beautiful universes just for you to enjoy. But this is all a brain wash as long as you do not have the sensitivity to enjoy. But the sensitivity is lost. Moreover the sensitivity is there at last has to be again manifested in a different way to really absorb the beauty and the joy that god has created. It's a very delicate instrument which lies within you.

They have told you that it is called as Kundalini . Of course they have played havoc with it , you know that. They have really made a mess of what is called Kundalini? They have ruined it, completely ruined and that's how they have ruined your inner being. It is shocking, really shocking. And in your frantic search you also believed these horrible people who are just out to ruin you. These people have no relationship with reality, they don't know who is Christ, they don't know who is Mohammed, they don't know who is Nanak. They don't know anything about the great Incarnations who came on this Earth. They don't want to talk about it! There is no relationship, there is no historical background to what they are saying. After all if there is a tree and everything within comes in a circle. This has a history; it was a seed first, then it grew up to big tree and even a seed has its history that it was a seed and then a flower. So when these people just start talking to you off hand without any relationship to the historical background or to their – you can say – to the surrounding, they are just ... In English language you can say, they are talking nothing. But why do we believe it? Because they have something in them for which they control us.

Now you have your own conceptions say about god that god should be like this, god should be like that . This concept cannot be your own, how is it your own? How, now how do you say that god should be like this, or like that? What is your ideal? But why do you decide that god should be like that? What is your basic? Ask questions please! Then it will give you different [INDIST.] What is your basic purpose? What have you read about god? Who looks as he read? Can you discriminate between a person who is real or who is unreal? Time has one very great advantage that in history you can find out that time crops down everything that is false. Everything that is false is cropped down and whatever real remains.

Like about Christ you see, where he lived how people just see. They said, you know what things they have said against Him and they crucified Him. Now they have the biggest problems how to explain His resurrection? Who has asked them to explain? Now why should they explain? What is the need to explain His resurrection? He was resurrected because He was very different from you people are. He was not a human being.

You cannot even explain how a flower becomes a fruit – which you see everyday, can you? You cannot even say why there is gravity on this Earth. From where did it come in the Mother Earth? Can you explain? You cannot explain anything whatsoever through your science, can we any 'why' , how can it be we cannot explain? Then how can you explain the resurrection of Christ? But you want to explain that, if you cannot explain then you stand on two legs. Either you say that you are exhausted – it is not so, how can you?

I met some very frivolous people in Argentina, they said, "Why was Christ poor, why did He take birth as a poor Man?" I said, "Who

are you to decide about it?" I mean, you will take to His birth according to His own wish, because He is really free. This you cannot understand, you know, human beings cannot understand that free, free personality, because you are not. He can take His birth anywhere He wants to take, He can do whatever He likes with Himself, because He is freely free. And in all this freedom whatever He does is for the good of the whole. While when we are free we do something that will be absolutely nasty, and maybe very much destroying the whole, because our freedom is too very lunatic. We have no sense of judging a person, not at all – because we are not [inward – UNCLEAR] realized. At least that should happen to human being where they achieve a sense of freedom. This is absolute.

So they have a problem, what is resurrection of Christ – let us explain, let us understand. One way, as I told you, is to just to say that we cannot explain, so it's all wrong; you shouldn't believe anyone, He was just like that; should'nt believe in any Incarnation, there were no good; resurrection is falsehood, it was all a myth – so we feel very happy about it. . You are being very honest. Then you do not know the whole truth. What is the sense of your honesty and dishonesty?

Say I do not know this house, how it looks like, all right? Then I should say I do not know – is all right. But then to form a complete idea about this house, even denying it. You see denying it, means you are not honest. So this is one way of looking at it, especially intelligence you see. It makes you think like that, and you think you are being very rational. But rationality if it is of that much limited shows ego-centric, as you can call it, which cannot see things beyond, it is no rationality. Why do you in the rationality think that perhaps He was resurrected, because there was something special about Him, which we could not understand?

Rationality should see things that happened, which rationality cannot explain. Like as I said a tree having flowers, and then becoming fruits. A tree that is a mango tree can give you mangos, and a rose bush will give you roses, and the birds that are cuckoo birds will sing the way they are. What is the rationality behind it? Why do they do it? What is their place in this universe? Through rationality you can recognize one thing that rationality is silliness. It cannot pass the barriers communications of understanding.

The second style is that you don't believe in, then its all right, He was resurrected all right. He was resurrected all right, so believe in Christ and believe in Him. So we believe in Him, we don't believe in anything else, we just believe in Him. Now even if Christ comes and stands before you and says that I am Christ now, see for yourself – you are not going to believe. You believed in the Christ who got crucified because you were not there. Who were there never believed Him. But when He comes back and says, "Now I am here sitting before you, now you try to recognize Me and find out if I am Christ or not". So then you'll say that how can that be? We like to believe in Christ who died, now He is finished, now what do you do? This is another style.

So we get two extremes we can say, is one side is fanaticism. You can say akward and very detrimental for human growth and when you turn away from that, from one thing to another; you go to the other side where you start feeling, 'oh how can you believe it'? So we do not believe. So this is the same, in-between these two where we stand. In many countries all over the world, all the young people are awakened to this fact that fanaticism is something stupid. So they are moving to the other side towards the rationality, the intellectualism. But a simple thing one should understand, does rationality give you joy? It is so dry. You go on building words after words, at the end you are tired, fagged out, jittery. . You have had a discussion with an intellectual say twice or thrice and say, 'better you go to a pub'. You will be in the tension and really you will become jittery.

As I was just now telling, I went to Switzerland and I was surprised about them. Just all they stand, this is an argument. This one is saying something, the other one is saying something and the whole argument was on and on and on and people were so jittery. . The vibrations were, all the children were shattered as if they are moving on a, what you call it as a wheel, no as if a wheel is [rotating?] and the people are moving on a wheel, so much shattered and everybody got shaking like that. What sort of vibrations will be there ? Children themselves were [shocked?] and the whole atmosphere was beautiful. The nature was so beautiful and the nature was looking absolutely tired, fagged out and dissatisfied and the people were, I don't know what they were [INDIST.] their brains were shooting off their all very very speed, extremely speedy. So what have they achieved? Are they happy? Has that rationality done any good to them? Nobody seems to be happy in that affluent country where rationality is the way they look at things. And even when we talk of selfishness – I said, "Unless and until you discover yourself, how can you be selfish? You can

be only shellfishes but you cannot be selfish!"

In Sanskrit the word is svartha, for selfishness is the word svartha. Svartha means – sva means yourself, the being, and artha means the meaning. If you know the meaning of yourself, then it is svartha – but how will you know? If there is an undercurrent working out, if there is something that is working it out you see. It would be a folly not to expose ourselves to that and to understand our own value, our own place in this Universe and our own meaning. Why are we here?

So rationality, if it is based on wisdom, then you can see very clearly that it is wise to wait and see. But wisdom is only possible if you understand the limitations of rationality. If you are too much identified with rationality then wisdom becomes dimmer and dimmer. So we have to know ourselves – that's very important. You are not to be guided by the tricks of people who just want to get money of you or some sort of a reputation or I don't know what they want to make out of themselves, but what you have to do is to really know ourselves. Unless and until you know yourself you are not to believe anyone. But that doesn't mean by any chance that you close yourself. Just say to know this house is to come inside this house. In the same way to know yourself is to enter into your own being. Now how can you enter into your own being? Which is the way?

It is a typical human question – how? But I ask you a question: "Now how does a seed grow?" So you say, "We don't know". All right, so you do not know 'how'. Somebody has to know it. If you do not know – say I know. Why should you be angry with Me for that? I say, I know. Supposing I don't know, I don't even know how to make a candle, I don't know how to run this transister, I don't know even it is Mine or it is [Douglas's], Am so bad. I think I don't know so many things, but if I know this then why should you be angry for that? Why should you feel hurt? Then this hurts people! If you know, well and good, that's a very good thing, if you know it's a very good thing. But if I know that – now what should I do about it? Should I not tell you how to do it? I should. But that hurts people very much, you will see that in the history of all the saints, of all the incarnations, if you [want it OR understand], it hurts them. What did Christ do, that you should have [been OR Him?] – Christ crucified?

So the question comes in, why do we feel hurt about it? Let us have it! Do you feel hurt if somebody gives you a diamond? If your property is locked up, do you feel hurt if I tell you that this is your property and you will use it? What is there to feel hurt about it? Now where does your rationality go when it comes to reality? At this time the rationality should help you. And the way people judge it is also something very, very absurd. When you know yourself, as I say, you will know others also. Now when you know yourself, how will you know you know yourself or not? You should feel yourself. You do not know what is within . By any chance it happens to you that you start 'seeing' what is within you – 'seeing' is feeling. Then you start feeling the others, their inner being and yours , then still should you be no doubting about it? So why should we doubt? What is the advantage?

Say people are getting drowned and there is a boat, there's a boat of love that is coming trying to save you – you can feel it, you can feel the boat, you can also get out of the water. You can feel that you are out of the water for the time being, again you jump back. Now what you should believe into – is the boat. If you don't believe into the boat, how will you have a stronger grip? This is the problem, this is the problem of the western mind – you have to feel it. It's not the problem of the eastern mind so much, they have other problems. They have other terrible problems, but you forget about them, we discuss about our own problems here in this country and around- in all the western people.

You have achieved affluence to effort as they think. You believe in Christ. Because whatever you see to be in this way, it's not absolute. I can prove it to you just now. If you bring a television set you can see in that, that those pictures are also here, otherwise how are you getting it? They are in the atmosphere. You are sitting down here, you can't hear the music, but if you bring a radio I can prove it to you that this music exists here also. You have to [respect OR just connect?]. All kinds of things from all over the world, if you have really a very sensitive radio, a extremely sensitive, you can catch the music from [UNCLEAR]. Do you realize that? Even as you are your awareness is, you know you have increased it through all these various methods. So we have to understand that whatever you'll know through this human manifestation, whatever you have is not complete, is not perfect, is not yet that level. If this could be understood through your rationality, rationality has done its job. But even that much is not possible. Then its going to be difficult.

This understanding about yourself has to grow. This, of course. I mean you do feel it. Do we really do not understand ourselves

and our fellow being? We know that, we are sure of that, you are quiet sure of that and that's why you are confused. But if there is a method by which you can clear this points and if it works and clicks in you – then you have to believe into it. That is what is called as faith and not the blind faith. Why should there be, be two words like "blind faith" and "faith"? If faith means blindness, then there should not be two words? That means that there is something like blind faith and there is something like faith. Even in Sanskrit-Language we have one called as 'andha shraddha', another as 'shraddha'.

So the faith starts after the experience and we come to a point now that we all should have the experience of the self to begin with and we have to believe into it and through that faith we have to mould it. Rationality also has faith – otherwise rationality cannot exist. Perhaps we do not know how we work out our rationality. Supposing you are going by a car and you say I have no faith in the way the car moves. You get into the car. Then you know the car moves well so you [press the key into the ?? ...] and you have faith in it. I mean at every step you have faith, otherwise what is faith, is nothing but your experiences which you have seen. And the rationality is the one that accepts, accepts that faith and proceeds further.

In everything that you do out of rationality you do not go further unless and until you have faith in what you are doing is correct. You have to believe into it, otherwise you cannot exercise your rationality. You follow this point? But by no chance it means "blind faith", this is another madness as I have told you. There is a very easy method for people who are blind – just to open their eyes. But those people who are blind and believe that they can see everything, it's an impossibility. Those who say, "We are blindly following something", then you can say, "All right, if you are following, blindly following we will show you where you are going". You can hold their hand and put them on the right track and then open their eyes and they will be very much willing to open their eyes. But what about people who are blind, but think that they can see everything and can analyze everything and can rationalize everything? They are a little difficult. So we have to bring our rationality to a point that so far we have not been able to achieve it; let us have it. Once you say that, it works out. In some people I have seen Sahaja Yoga works wonders, works very fast. They jump into it much more faster than others. Some of them really go very deep into it and they settle down there. In some people it works very slowly; in some people they think they have gone very deep and they come out very fast. So one has to know it is for your own being; it is for your own selfishness because that goes into our rationality. If something is for our selfishness we understand it better – but it is, hundred percent it is for your selfishness and for the selfishness of the whole of which you are a part and parcel.

It is the method of love, of god,. Because god loves you, He has done all the things. He wants to entertain you, He wants you to grow big, to mature and then to have the beauty of His own creation completely enjoyed by you. It's all His love. His love is working out His power to love, there is a living energy that does it. How can it harm you? We talk of love, talk of universal life, we talk of universal organizations also. We have so many organizations which are universal, they talk of those things . I met so many of these people also, but there is no love. Love is the universal energy, love is the universal thing that exists . It is so pure, so purifying, it's so joy-giving. But we have to have faith in that and not in ourselves as long as we are in imperfect condition. When we perfect ourselves then you will know that you are nothing but instruments of love. God wants to use you for His love. He wants to express His love and He wants His love to flow through you so that it goes to others. And He wants you to make so beautiful that you become absolutely sensitive to the beauty of love. This is the new dimension that He wants you to enter into and that is what is the kingdom of God.

So if you could put down your mind a little bit and tell him not to be so jittery, it will work out. You have depended on a horse which has been playing around with you. It will become your friend and it is going to look after you. It has been may be miserable sometimes, it has been neutral, and it has also may be ego-centric and egoistical in a very subtle way which you do not know and it has been playing around with you and has been keeping you away from reality because it is testing; it is your friend. The moment it knows that you want that, the absolute, it settles down. This is Sahaja Yoga, is the power that is bestowed upon every human being to be united with that divine Power to be an instrument of this divine Power, this is the ultimate of our evolution which has to happen. Do you think god is going to leave it without being completed? If He is the All Mighty then He is going to do it.

There is only one snag that it is your freedom. God has made you free because to enter into His kingdom where complete freedom is to be enjoyed, you have to be there in your own freedom, not in bondage. So your freedom is there, you chose

between ego and wisdom and then you have to enter into that arena. This is your own, acting through your own.

Now if you have any problem, you ask a question! You couldn't see anywhere as I said, could you? You could? That's great, that's great. What you say? Some questions should be there.

Yogi: Too many!

Shri Mataji: Too many are there, ah? I know. What's that?

ANOTHER Yogi: I am just new to Sahaja Yoga ...

Shri Mataji: Yes.

Yogi: ... what should I be doing?

Shri Mataji: Perhaps, feel it. What should I tell you, you dare not to do anything. First it's like you people are drowning [in all these things OR as we say, ..examine?] and then they are to be saved. Now who does that – is the swimmer. Then you come to the shore and you learn to swim. Completely! Then you know all that swimming, then you can help others, it is as simple as that. Now this, say, one is enlightened but I have a candle which is not, just I have to face it towards that, it's that. You are built-in , everything is there. You are computerized already, the computer is in, only you have to be put to the mains.

SEEKER: Shri Mataji, do you believe in [INDIST.SOUNDS LIKE: what Christ has done] and what have you done?

Shri Mataji: What's it?

Yogi: He says, do you believe that Christ was a [INDIST.SOUNDS LIKE: dancer]?

Shri Mataji: What? What?

YOGIS: That Christ was a [INDIST.SOUNDS LIKE: dancer].

Shri Mataji: Who is this one ? Come forward! Now what does that matter, whether I believe it or not ? [Who are you?] Now sit down, sit down! Come along, come along! Come along, sit down! Now whether I believe it or not, what does it matter, tell Me! Why do you want to go into headaches? They are all headaches, I tell you really.

SEEKER: I think I couldn't make it another question. Are I?

Shri Mataji: You see the thing is I believe not only believe, but I know all of them are correct. Absolutely true! But you see, what has happened with human brains, whatever is told to them, whatever is coming, is coming from their unconsciousness. Then we make a dogma out of it and start fighting.

[GAP]

.... not understanding because all of you, I would say those who look at it, all of them have only one eye and that too partly opened. So somebody sees this, somebody says that. Things that can be seen clearly only when you are fully open to it, isn't it? Now you come in this room for example and the whole thing is all darkness, I can't see. So I jump on to this table say, "This is really a huge thing" , then I say, "This picture is the thing", then I say, "This light is the rope". It is like that. So whatever is discovered in the Virata quite clear to Me. It's not clear .

It is so simple. I'll tell you about, recently I asked her, "Why do they go for theosophical works for Christianity?" I just couldn't

understand, you see. I said, "Did Christ say so anywhere in the bible?", because I have not read it. I haven't read [He was a baptizer, so I really tell you this- UNCLEAR] [I haven't read it either?]. So I know what it is. So I said, "Did He say or anywhere or in the Bible it is written that there should be philanthropic work done by Christians?" They said, "No, but it happened once, you see, when Mary Magdalena wanted to anoint Him with some oil. And Peter said, 'Why should you do it? Why shouldn't you try to use this oil, sell it and make money and give it to the poor?' It is typical, you know? He was no Prophet.

So Christ said that poor are with you all the time, headaches you see, but I am with you for a short time. He tried to emphasize the importance of Divinity, of divine Light that is with you – very important thing for Christians. But if this is the example for it, I mean this is stupidity. So if you go into the arguments and to the finding out of all the different Vedanta, ideals and things like that, it will be another sort of a problem. But the best way to see the unity of it is to go to the point where you are united. Like now say, if you say, "Do you believe in this flower?" Then another will say, "Do you believe in that flower?" "No, I believe in all of them". "How?" "Because if I am in the sap I believe into all of them". So let us go to that point which is universally supplying knowledge to all of these branches, all right? If you reach there then you'll be amazed to see how this diversity has such a unity [after all?]. You have to go to that unifying factor to see this so called diverse things, having the same unifying power in it. All right?

Yogi: Yes.

SHRI MATAJI (to a Yogi): You have read Vedanta?

Yogi: No, no, but ....

Shri Mataji: The truth!

Yogi: ... in India one can't ...

Shri Mataji: ... get out of it ...

Yogi: ... get help very much [??]

Shri Mataji: ... oh, oh, horrible people in that country. Oh, you don't know – they are mad, real mad [unclear] I tell you. Don't go near them!

ANOTHER Yogi: ... rakshasas, asuras ...

Shri Mataji: ... asuras, asuras ...

Yogi: ... asuras ...

Shri Mataji: ... asuras. They are rakshasas, real rakshasas some of them are. Imagine they challenged Adi Shankara Charya I must say. When he wrote His vivekachudamani, they got after His life. So He gave up everything – He said, "All right, I will just sing the praise of the Mother – finished! I am not going to talk". He has been a very clever man though ...

[Shri Mataji aside: (INDIST.) How are you? Good? All right? You have to do it! They danced before the inward eye. All right?]

You see, it is the bliss of God you see. What a beautiful picture! [This is a place to take birth – unclear] for the realized soul, no doubt. You have so many of them here. So this is the problem and you can't just get out of it. You see, if you go to India there is a lot of muck around. But you don't go from the backside, that's the problem. You go from the front side and to enter into India is through the villages, not through these cities. Even Benaras – horrid, never go near it! All horrid people live there ...

Yogi: ... Kunda [??] ...

Shri Mataji: ... What? Kundas, Kundas! And the rakshasas and a horrible, terrible people! They are all to be thrown away. They are being already punished by the river Ganges, and the Yamuna has punished them. Horrible people they are- cheats; they are even worse and ...

Yogi: They all want paisa. They all want paisa. They all talk about paisa.

Shri Mataji: ... Paisa, paisa, paisa! Now thank God there is somebody, you please record him! When I say that, people get very angry with Me. When I tell them that all these Pandas must be thrown into the Ganges, but why spoil the Ganges also? You can find some better place to drown them. But why do you, how are you impressed by them? Indians are not impressed by them. I am surprised how are you impressed by these horrible hypocrites?

Yogi: Shri Mataji, can I come in there? I am not actually an Indian born Indian, I am an African Indian, I was born in Africa, but I know a lot about Indian and when you say, 'we are not impressed by' like I mean Shankara Charya and ...

Shri Mataji: Shankara Charya they are, but not by these horrible gundas who live in the temples and things and sell hashish ...

Yogi: ... true but if You, when I was in Uganda you see any persons who's been there, You know, they were as You described, even so these people, You know like you said paise , where we go money is there. and a lot of us, you know, the younger ones who have seen all this , not heard about it, are not so impressed by it. So once I have heard about You, I was really impressed. I also heard about other swamis and all that like, what's his name, I can't remember his name ...

Shri Mataji: One better than the other. Don't take their names. They are all horrible. One better than the other, I went to East-Africa for your information, and I saw horrible things happening there, too ...

SEEKER: All right! I know this.

Shri Mataji: ... you see all kinds of these horrible people are being exported from you. You see, because they don't need any licence for its exporting or importing. And they very nicely go and settle down in East-Africa there might be hundreds, hundreds of these thugs, sitting down there, doing Puja, this, that and collecting all kinds of people around and exploiting them. And East-Africans are very traditional people, you see, they went there long time back, they are still keeping up their traditions and [divine?] and then they took Me to a temple there and in the temple when I was there they all were doing 'hooh, hooh, hooh, hooh' - all were possessed! In My presence they all got possessed and I asked, "What sort of a Temple is this one?" and it was a Kali's Temple, just imagine! I said, "He is wretched" , not because from where have they come. And I asked them, "Who is the one, who is your guru?" The guru had run away, you see, that he was not there. I bashed them nicely and I told these ladies that throw him away, this is what it is and you are all wrong.

There is so much of black magic, this, that going on in that East-Africa. It's, you know, every third person was possessed. Horrible things were happening and maybe in Uganda also and you have such a horrible, this rakshasa there living. Now thank god is finished and all these people , were so much impressed by these, from this pandits and pandas coming from there. I know, I know it is, you are right there, absolutely right. But you go and see what I told you, and when I was in East-Africa I told all of them, even these Jain-is and all of them and I shouted at them and I said, "You will go all of you to hell". And they were so much frightened, they said, "What are You saying Mother?" I said, all these will fall down in no time, all these temples and all these. But here are also the same things I find, My child, it's nowhere an exception, except it is very clever here and it is very crude there, but also here the same.

Yogi: But Mother, I have the same feeling when I was in Brazil they worshipped together Mary and black magic. Then I wondered and they wanted to talk about the things to me and they stopped because I talked about Your name and they stopped to speak about it.

Shri Mataji: Very true! You see, this is what it is, without self-Realization you cannot understand god. Without self-Realization you can even worship a demon or a man thinking that is God. That's why you must have self-Realization, that is the only way you are going to know that. One small thing will people do not understand, how can you purchase god? How can you pay for god?

In East-Africa I know, it was so, I am so, people were mad and you don't know why. My host himself his wife were so sick. She was so sick, she was mentally so upset and she was getting into fits and things like that, but we have to do something about it and I told that this is all wrong, throw away all these people – same in Uganda. This is all money-making propositions but you awaken to it. You see, there is a fashion now in East-Africa. 'Who is your guru?' Everybody must have [attain?] here; they must have a guru. Why must you have a guru? I can't understand, but you do not know whether he is a guru or else he is a rakshasa.

Yogi: So You see, when I meant in that sort of things later means that when I talk about You to them, You know, it is the same thing, they said that if She is to you so much, he is to me just as much, you see?

Shri Mataji: 'But what have you gained?' is the point, you should ask them. All right, you should say that. 'What has he given you?' You have given him money, you have given him fruits, you have given him clothes, you have done everything – what has he given to you? He is suffering from all kinds of diseases – what has he given? You see, if he is at a higher position you should get something from that – isn't it? What has he given you ? But when you come to Sahaja Yoga, what happens to you? You are physically, mentally, emotionally you are put right. Spiritually you start feeling the vibrations, you can cure people, you know there are many Sahaja Yogis who have cured people. You can cure cancer! That is one-sided, only the person who can give is the Guru, not the one who can take. That's why he is called as Guru. If they say so, you should ask, 'what have you achieved?' Only you have cleared out with your purses, given away all that you possessed, now you have become a beggar, that's what you have achieved. They are possessed by these people, that's why they can't see. They can't see, you know they posses you, that's why you cannot see.

In India we had a cult called, now even today it is, after Vandana-Charya they were called as Vaishnavas and all that. I don't know what to call them, because Vandana Charya himself was a realized soul, and he had eight disciples who did not get Realization, very unlucky. And when they started following this 'ashtachap-vaishnava-dharma'. In this you know, what they had? You will be shocked, if I tell you. The head priest was supposed to enjoy the bride on the first night. Any bride! And he was invited to anybody, anywhere in India. A person had to spend lacks of Rupees and this is what the blessing from the guru they were given. Now what to say to such silly, stupid, useless – what should I call them? Now I don't know many bad words. .

What do you say to such stupid people? You see, that's why we need intelligent people for Sahaja Yoga – to understand. But not intellectuals, there is a difference between it – you should be intelligent. Intellectuals are the people who just enjoy the mental fields , you see like sucker. They are nowhere, they are just moving in the same – UNCLEAR]. There is no where somersault, you see, some somersaults you should have. But these , this is very true, this kind of a fanaticism is there. But you young people can fight it out. That's why you are born at this time and you are young. You have to tell them that this is wrong – [INDIST.SOUNDS LIKE: not many] – also I must say in East-Africa within eight days time there was such a change – such a change, tremendous change came, and they were [INDIST. elderly?] people also, even I went to the, actually the Jain-is had arranged My program, then I gave them right and left there all about Jainism and about Mahavira I told them, "What are you doing? This is not Jainism". Not a word! They started thinking about it.

So it is true, they are like that, it's a sad thing, but there is a trick in Sahaja Yoga by which you can turn them round. I will tell you later of it. There are lots of tricks by which you can make these people come around. Oh! I worked out lots of permutations and combinations. Only thing you must decide to learn all these tricks. For fanatics also we can work it out, only thing they should know that they have not achieved anything, then it works out. They know when they get sick also. There is one society in India which they invited Me to address – their name is "Servants of God". I said, "All right". As soon as I reached there they came out with their problems mostly physical. They said, "This is wrong with us, Mother. You must cure this". I said, "Now what kind of servants of god are these ?" All of them are sick people, now what have I to do with them? But they realized it was a sickness

that if you were really servants of god and you are really serving god, then you should be [perfect OR first fit]. That means something is wrong.

So all those who had been to India, before getting Realization, raise your hands – I wanted to see. Before getting Realization, went to India. . [UNCLEAR]. You, You have been to India before getting realization, you went down?

Yogi: I haven't got realization.

Shri Mataji: That's it, so now you are one of them. Now who else? You have been there too? You better write down all the nonsense of Indians, all right? Next week we have to [publish it OR publicize]. May God bless you! May God bless you!

You write it down, all your experiences, because after realization we forgive them, and you will not even remember, you better write it down. You! They way they have used you and troubled you, very important! You see? You have to inform the government of India about it, they are busy ...

Yogi: I am going to tell all about the Pondicherry-Ashram, I won't forgive them in the Pondicherry-Ashram. I got beaten up by the gym-master there. I am not going to forgive them for that ...

Shri Mataji: All right! I am with you, for that! Please write it down!

[Yogis laugh]

Yogi: All that thing is a tack -stall, the whole thing is run by Mahishasura.

Shri Mataji: Ha, Ha! That's good! Now will you please write it down for Me, I'll give it in writing and get more things

Yogi: I was certainly will. I tell You the whole story, he was a gym-master, he was making love to his girl-friend in the mothers shrine and he ...

Shri Mataji: She is not a mother!

Yogi: What?

Shri Mataji: She is not a mother.

Yogi: No, she is awful, rakshasa ...

Yogi: ...absolute ... a terrible asura.

Shri Mataji: That's it! Thank God there is somebody else, talking like that. Horrible people, one better than the other ...

Yogi: ... and Rajnish, he is another.

Shri Mataji: Good! Good! You see, this Rajnish has bade a woman to write about against Me.

ANOTHER Yogi: You can see. What has he, what – if he does that, ...

Shri Mataji: He has done it.

Yogi: I would give, I would give the whole dope against him ...

Shri Mataji: And she came poor thing, you know she was, she, she couldn't find anything against Me and whatever she wrote was all wrong. You see that, whatever she wrote was I never do this thing, like she said I had eaten 'paan' I never eat 'paan' and all sorts of things, when I was wearing a jade, I never had a jade and all kinds of things she has written about Me, so when I have seen the maya played on her. I am very happy that somebody is talking about it.

Yogi: Shri Mataji, I think you and we all can to get together and get Rajnish because he is Mahishasura ...

Shri Mataji: He is more he is a Ravana, I think, he is a Ravana, he is a Ravana, you see – Mahishasura is the other one. You see, the one who is after Mahishasura has now come to London, he is coming tomorrow to see Me. He is, this Mahishasura as you know, is this asatya baba, asatya-baba. You don't know him?

Yogi: I don't know. I don't know. Asatya-baba?

Shri Mataji: They are called as satya-baba, but he is asatya.

Yogi: Sai baba?

Shri Mataji: Sai baba, not the old one, the new one. You see, I was, our Ex-Prime-minster, Mr. Gurjari Lal Bhandari, you see, he has spoke very well about Sahaja Yoga, this thing and that thing, but next day somebody wrote to him that you praised Her such a lot and you did all this, but do you know one thing about Her, She criticizes all the people, even like Satya-Sai-Baba and even like your that another woman, what's her name is? - that philanthropic horrible woman

YOGIS: manga mai

Shri Mataji: Anandamayi and all these people, you see. So he was telling, "But Mother [what's to or must you] criticize?" But I said, "Did I ever criticize to you?" He said, "Not to me, but people say your disciples did shout and say, 'oh she is rakshasi and he is a rakshasa!'" . I said, "They must be the one who have been beaten up by them, so they must have said it with that loudness". But he said, "What do You say?" I said, "They are correct". "Are they?" "Yes, I think they are correct, what they are saying is correct, you don't understand". So I said, "Now wait, wait a minute! There's one gentleman who has come just now to meet Me and you must talk to him". So this one was Mr. Bharani . [You remember at him? Or You must [unclear] .

He's another interesting person, you see – Mr. Bharani. He was head long with this fellow, you see. He was the co-pilot of the whole school in Delhi. Where if you had got with this horrible rakshasa was there , all the traffic jams, nobody could go anywhere, never such a population gathered for these great rakshasa. And then this fellow, Mr. Bhalani was the main person behind the whole show, he spend Lacks and Lacks of Rupees on him and he did all that. And then, what happened? That this fellow told his wife that see you should become a sanyasin, you must give up your husband, you must come and stay with me and it is not good to be with your husband. He vanished with this all the money and the property she had in self r -all ornaments and everything, and she went down to his ashram. Now this Bharani has now realized that he has been befooled, so he came to see Me first day, you see, with terrible anger in him and he said that Mother, if you don't mind, I want to tell you something. I said, "You see I will mind if you say something which is not decent, because be careful about Me, you must not say indecent things to Me". He said, "No not indecent to you Mother, but I want to tell you something about someone whom people regard as a guru". I said, "All right you tell Me, I know about whom you are going to tell". So I told him, it is asatya-baba. He said, "How did you know?" I said, "I can see what you are catching from your chakras that he has affected you". So then he told Me he is writing a book now about asatya-baba and he is going to do this and he is going to do that. So I told him that you come and see Me on such and such point. That time this Ex-Prime-Minister of India was talking to Me. I said, "Now talk with Mr. Bharani". So I solved the problem both of you . And Mr. Bharani was on the subject [unclear] and he told Me how [INDIST.].

[SHRI MATAJI aside: Nothing of that kind.]

But they have done their job, they have, they have [lynched?] all your money, and they are settled very nicely now. They are gathering new people, now you have to warn the new. All of you have to talk about it and write about it, take the responsibility. I have been saying this, I said this in nineteen-seventy.

Yogi: If we write about it, the rakshasas who come back at us, You know, isn't it?.

Shri Mataji: No, but you have to be careful. You have to be careful.

Yogi: They are very strong asuras. [Yes, I need [INDIST.]. To beckon us – UNCLEAR] the asuras, too many of them are around.

Shri Mataji: All sorts of Lamas ...

Yogi : Llama

Shri Mataji: horrible!

Yogi: OOh!

Shri Mataji: [You have some lamas now – UNCLEAR].

Yogi: You should have seen the one who came last week.

Shri Mataji: But why do you garland them? Why don't you beat them with shoes?

Yogi: Didn't they got Maha-Siddhis, you know, they are attempt to nothing, that f...ing [all laugh] man. [ child stuff – UNCLEAR] that, that leads to beckons. I even do what to master them because they are the people who helped hitler, they are helping the Russians now ...

Shri Mataji: Correct!

Yogi: now ... they are horrible ...

Shri Mataji: Have you read the book written on Me – you haven't got the book here, yet?

SHRI MATAJI. ...

YOGIS: Yes. Yes. Yes.

Shri Mataji: You better ask him to read the book. He will know quite a lot we have tried to do.

Yogi: The Advent.

Shri Mataji: Advent.

Yogi: It is a beautiful picture on the –

Shri Mataji: The picture is beautiful and you see inside also. We have exposed all of them one by one, but in that, you see, we have to be careful..

[aside:]

Hallo Biggie!

BIGGIE: Hallo!

Shri Mataji: We have to be careful about them because, you know, there is a law which says we should not condemn them, they can condemn us, but we cannot. But still you can say about your own experiences, this has happened. You should gather people around, but now you are already looted.

ANOTHER Yogi: Looted?

Shri Mataji: Yes you are already being looted.

Yogi: By?

Shri Mataji: By these!

Yogi: By these asuras.

Shri Mataji: Of course.

Yogi: By these Tibetiens?

Shri Mataji: Of course. Tibetiens are the worst of all.

Yogi: I think so. I think so. But I haven't got, this is England.

Shri Mataji: But there is one Englishman also here. You've got very nicely settled down in England.

Yogi: Which one?

Shri Mataji: What's his name?

Yogi: [INDIST.SOUNDS LIKE: Arun Apansanyaylane] that ...

Shri Mataji: No, no. What's his name?

Yogi: [INDIST:SOUNDS LIKE: Yaak?.]

Shri Mataji: Yaak, Mr. Yaak.

Yogi: Yaak. [laughs]

Shri Mataji: You don't know him?

ANOTHER Yogi: No.

SHHRI MATAJI: Oh! He is sending his emissaries to Me. You don't know him?

Yogi: No.

Shri Mataji: He is an Englishman, he has taken a tip.

ANOTHER Yogi: Who's name, which one? There is another English fellow who is trying to [sabotage us?] all the day.

Shri Mataji: Who?

Yogi: Someone called Benjamin Cram.

Shri Mataji: Where is he?

Yogi: He does a strange thing. Whereby they hold a wire and they say they get in touch with Jesus.

Shri Mataji: With the wire?

Yogi: Yes.

Shri Mataji: Was Christ made a wire or – ?

Yogi: We, we have raised somebody's Kundalini and he started saying, "Oh this is very dangerous", you know. [He talked and so he is off or ...goes off].

Shri Mataji: What's name you said ?

Yogi: Benjamin Crame.

Shri Mataji: Cram?

Yogi: Crame.

Shri Mataji: Crame?

Yogi: C-r-a-m-e. That's right.

Shri Mataji: Who is he?

Yogi: Hm, yah.

ANOTHER Yogi: What can you tell on him?

Yogi: Oh yes, I have seen that before. I know that.

THIRD Yogi: He was not very lucky because we are, he was just in front of this and your teacher was just a test. This school [INDIST.SOUNDS LIKE: master] I think he was not very lucky.

Shri Mataji: And he started shaking and what happened?

Yogi: Now he, they – a person came and we raised their Kundalini and he started saying, “Oh this is very dangerous, some say cause they are not allowed to do it, and it’s all business”.

ANOTHER Yogi: But he ran away, he disappeared for the rest of the afternoon –

FIRST Yogi: But everybody asked, “What were you doing?”, you see, the people, the people who were with him, so what about we were doing? And we started saying something to him -.

Shri Mataji: Ahh! I think the time has come, I really, now you are doing this. Do that as I tell you, do that as I tell you.

Yogi: But –

Shri Mataji: Do this, not condemning them [with that emphasis], , but what happens after Realization, you become mild.

ANOTHER Yogi: You lose interest in that Maya.

Shri Mataji: No, but you have to think of others, you see, there are so many who are going to be with us. Who will, are going to be really [disturbed ?]. Be careful, you have to do that. For others you have to do it.

Shri Mataji: It will be better if you pull back the curtains, because this is the light that should be on My face [??]

Oh God! how many people you have been to, My child? What's your name?

YOGIS: [INDIST.]

Shri Mataji: You, I am asking you.

YOGINI: [INDIST.]

Yogi: I saw her.

ANOTHER Yogi: Ah, now, I am not really, I am not really, I am not doing the [INDIST.SOUNDS LIKE: vote-consequential] politics. I don't know them all. I have been to millions and I ...

Shri Mataji: Really?

Yogi: I have been to, I have been all across India and found the dana and lost and harming again, and lost it again and I looked for the heavenly tika Master Kung-fu-ze, known as Lao-tse or [Konfuzius or Confucious?] and I found the man of the Dana and I found Gopal Swami and then I lost him again. You see even this rakshasas – Digambaras-Sadhu came up after Gopal Swami had died I didn't get to his death-beds and he died and I wasn't there and didn't pass on the dharma and satana dharma and so I, I ... They were all wild and ...

Shri Mataji: This Digambara-Swaraj will beaten up

Yogi: He took me up on a hill for three nights, said mantras over me and bought – now all this shanti and you know this Anahata-Chakra was before it, after Gopal-Swamis eldest son when, like that, you see, he lights up. Then after that the digambaras and said all his mantras, it is like a spike to the Anahata-Chakra, you know – bang! , but it's like black and in the middle of the, and the petal of Manipura, you know – it's very tough. That's what he has done. That's the digambaras That's the

Jain-as!

Shri Mataji: Horrible!

Yogi: Horrible, an asura! That's a real asura.

Shri Mataji: They talk of vegetarianism. This is what they do, the digambaras.[unclear]

ANOTHER Yogi: Tum shaitan! shaitan! Tum jao..tum shaitan. [Translation from hindi: You are evil! Evil! You go, you evil.]

Shri Mataji: Who these digambaras said? Avoid it!

At the funniest time, point at it, digambaras [INDIST.] I confronted them when I was very young you know, just married . They had invited My husband to inaugurate something, I don't know, some sort of a Temple or something. I did laugh all the time and these, there were about forty of these digambaras. Now 'dig' means directions, you see, and direction and 'ambar' means the cloth, so they have no clothes. Directions are their clothes, imagine! All these horrible people sitting on a stage and We both were sitting in front of them. And they were scratching themselves and horrible people and ghastly, forty of them, you see? My Husband looked at Me and said, "What is this style?" I said, I don't know, "This is the first time I am facing these horrible dirty people. I don't know what to call them." And everybody was very much surrendered to them, you see. After ten minutes we just couldn't manage. I came out and I was vomiting, vomiting and vomiting. They are horrible people, you see!

Yogi: I didn't know of that. Oh, oh – pretty well.

Shri Mataji: So now you are in politics, that's another nonsense.

Yogi: We are –

ANOTHER Yogi: The whole tour it was after midnight and he was a little party governor. .

Shri Mataji: [Oh that's good. I am with them, am with them

Yogi: That's good. And imagine ...

Shri Mataji: [] But you have to enter politics after some time, perhaps, maybe. Maybe we may have to be, if you are really liberated, in the sense that if you achieve that and there is no harm in becoming that. But just now let us concentrate on assuming our own powers and then only you have to fight it out, because – you know – even our laws are not such.

Now we have in India many Justices, Chief-Justices who are Sahaja Yogis. But there are no laws so far prohibiting any black magic in India, because they do not believe in the existence of black magic in India. Can you imagine that? This is thanks to our [Lord Mc Coley?] who went to India and tried to help us with our laws, you see. So like people in England they did not believe in any laws like that. So they said, "We know that there is black magic and these people are working out black magic and we cannot do anything about it". And sometimes these laws are very handy for these horrible black magicians. Like Rajnish they cannot catch, they cannot catch all these people and even the CBI Chief who had come and who is a Sahaja Yogi, he says, "I find it very difficult to catch them". So you can imagine how terrible it is.

First of all let us assume ourselves, let us become ourselves, let us feel ourselves, let us know our own powers and then we can fight them out much better than we can do it this way, because you have to pass certain laws now. You have to bring the attention of the people to this dimension which is not known to them and they think this is unknown and that's why it is something divine. This is the confusion which we have to clear out. We have to have more Sahaja Yogis.

So how many of you are not yet realized? [Shri Mataji counts:] One, two, three, four ... Only four! I tell you There everybody is realized at the back?

Yogi: No!

Shri Mataji: No? Who else is not? Do come up! Come here! In front! Now it's better. Just come in front!

Yogi: This is Bill.

Shri Mataji: How do you do? Come along, come, come! Who else is there – not realized? You are not? All right! What's your name?

SEEKER: Sako, s-a-k-o from Paris.

Shri Mataji: Sako, from?

SEEKER: From Paris.

Shri Mataji: From Paris! Oh I see.

Yogi: He came with Oliver [??], as far as I know.

Shri Mataji: He came to the ashram, is it? You see, you are from, otherwise from Mauritius?

SEEKER: I come from Africa, West-Africa.

Shri Mataji: West, what part? What?

SEEKER: Mali. Near Algeria.

Shri Mataji: Oh I see. We have an Algerian here.

Yogi: Yeah!

Shri Mataji: Yes, we have an Algerian. Good. We have from Mauritius also. We have met people from Mauritius, don't you think so?

YOGIS: [laugh]

SHRI MATAJI seeks aside: It is better you get My sweater also and all of that. It is for [INDIST.] or should I sit that side will be better, there is [INDIST.] it melts My Vibrations better than can – you bring?

[GAP]

Shri Mataji: But what are these vibrations, what you have got? It is something so great that we cannot achieve it. So there must be something special in Sahaja Yoga, not like that. Now what is so special about that, what happens to you after receiving realization, what you can work it out? How it works, how it works within you? You first work on these things. Do not divert your attention to other things. First of all you settle down with it seriously and find out what are these vibrations – how are they helping me, how are they helping others, what changes are coming within you? We should go that way. But in case you find it

absolute transformation within you, you find its absolute joy and happiness within you, then you don't have to think about these things. But it is so funny that this human mind doesn't stop easily. You see, it'll come back. It is to doubt something, so what? You got vibrations, so what? All sorts of things will be there.

One of the reasons why in the West you do not often understand about these vibrations because it is not talked about it. People do not, but Indians know. So there is no argument on this part, once they get the vibrations they know it is something. But here you do not know, you see, so we do not know what they are. Now what are these vibrations and how they come to us – this is to be understood in full, full way, not in a half-hearted way. So like a seeker you might humble down yourself and now see for yourself how these vibrations were coming? How you can raise the Kundalini? How can you give realization to others? How you can work it out?

So for this you have to come to different programs we have. Settle down yourself, settle down these vibrations within you. How to maneuver them? How to decode them? What things work with vibrations? What finger means what? Then you have to verify and find out if it is true or not, work on other people and that's how it is going to settle down. Because in this country I have seen that you give realization to many. Now I've become very conscious. So what happens, they go home, then it starts working in their mind, the whole thing, because still the mind is not steady and the ego, you see, might come up and give you some ideas or else you can say come might come over somehow or the other. And what happens that you now lose vibrations. Once you lose the vibrations then you cannot understand. The first thing is to steady these vibrations, that is the most important. But people just do not steady it and then they get very upset.

I would advice you that you should go through the [Shri Mataji speaks aside – UNCLEAR]. But now you can feel the vibrations of others also. From everywhere you won't get vibrations, but say, now just now if you see his vibrations, I mean I would not like it, because if you see his vibrations you will know that he has got lots of problems within himself and these problems can show on the vibrations and you can see on your Chakras and all that. And the fellow who has come here, he too has the problem. Now he has problems because of his – what's the name?

Yogi: Now, TM

Shri Mataji: Ah, we call it TM – but his Sushumna has opened out, but still his Vishuddhi is catching, that's why his ear is not all right. If I work on his Vishuddhi then he will start feeling the vibrations, but otherwise he is Realized. You can see, on his head, you can see on your head also. Now see on your head, who has got realization, you feel the cool coming out of it.

[aside:]

Just feel it! Come along, feel it! Do you feel something cool coming out? Or some hot breeze?

YOGINI: No!

Shri Mataji: Are you all right?

YOGINI: Yes!

Yogi: Got Nabhi!

Shri Mataji: Nabhi?

Yogi: Nabhi.

Shri Mataji: ... and?

Yogi: And Swadishthan.

Shri Mataji: She has Nabhi – as you said.

Yogi: Yes Nabhi, very strong.

Shri Mataji: It's the heart must be put all right, because what happens, the Kundalini sucked it from the heart. I mean from the heart the [ force-unclear] is given. With the connection, if it is established with the heart, then there is no problem. Must be first Heart, then Nabhi. See when it reaches that stage of Heart, you should attend to Heart first and then to the Nabhi. A sort of it is quite there ...

Yogi: I feel heart in the center ...

Shri Mataji: After all that is the alarming thing. Now Simon are you better?

ANOTHER Yogi: Yes, first ...

Shri Mataji: Ah?

Yogi: I can't feel much difference.

Shri Mataji: It all has been inside your head.

Yogi: The head is full.

Shri Mataji: Just say, are you thinking?

Yogi: No.

Shri Mataji: No, there is no thought?

Yogi: Oh no, there is a thought, I was thinking about Lancaster.

Shri Mataji: Ah?

Yogi: I was thinking about families in Saint John's Wood

Shri Mataji: About what?

ANOTHER Yogi: About some people he knows in Saint John's Wood.

Shri Mataji: All right, now you just tell yourself, I am not going to think. Now, turn down . You turn down t. All right, you try the one thing.

[to another person:]

Come along! Here

You just stay, turn around and see My face. Without thinking you will see My Face, all right?

Yogi: All right.

You have to try all that, now you put your hands like that, all of you. Now you tell Me, if there is any burning or anything in any finger? You have been right. Both the Nabhi – correct. Now just sit, you will know, gradually, you see this is the sensitivity one has to develop, all right? Gradually, because they are so enamored . So much of flow is there, that you are not feeling. Are you feeling? Correct! From there you felt, correct. Now your heart is very week. Because it is an extol on the heart you have to be carefull. That works on the [INDIST.]. That can be very temporary but must be within first.

Yogi: You have said a very deep heart-problem?

Shri Mataji: No, no, no – you see, it starts when the Kundalini moves to a certain height in any chakra, it will slow down. That's all about it. That's somewhere existed. You know, are you better?

Yogi: No.

Shri Mataji: You feel now?

ANOTHER Yogi: I can't feel any difference, I just ...

Shri Mataji: It's all right, but are you feeling better in the head?

ANOTHER Yogi: Oh yeah! I mean ...

Shri Mataji: That's the main, yeah ...

Yogi: ... I am cured.

Shri Mataji: ... that's all. Bringing down your speed, all right?

You have done too much of reading. What's your age?

Yogi: Twenty-seven.

Shri Mataji: And you have read so much?

Yogi: Yes, I want, I said today of, how can I read the liberal party manifesto, now it –

[GAP]

Shri Mataji: [laughs]

Yogi: I really did, I am sick.

Shri Mataji: Oh they have this manifestos. Not just one, but three of them, I see, you have to go to understand, Keep out of it for the time being , all right? Fine! Now you feel better? It's good? Are you feeling better? Now can you feel anything, anyone of you?

ANOTHER Yogi: I do feel some [INDIST.] sensation in my thumb

Shri Mataji: Thumb? In your thumb? All right, now let's keep it that. Now what do you feel? Nothing? All right, just now he is so much opened up. Now what about you? Bad thing?

Yogi: Now I do feel this finger very strong.

Shri Mataji: This finger, now ... there ... all right. So now you have the thumb and you have, you don't feel anything no, then he feels on this, this finger – all right. So who else is there? What about you?

## 1979-0422, Give up Misidentifications

View [online](#).

22 April 1979

Give Up Misidentifications

Talk to Sahaja Yogis

Dollis Hill Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

...and because of the cleansing of the feet of Christ they said, "Why should we waste such a lot of oil? You can sell it and give it to the poor." And Christ said - now see what He said - that Christ Himself has said these words and if they are depicted the same way. You just see the meaning and what you should take out. He says that, "These poor are forever, but I am for a short time." You see? How clearly He has said that there's no philanthropic work involved. But people take the other meaning! I don't know from where you get the other meaning? That you must look after the poor. That's not your job at all! Alright, Atul? That's not your job to look after the poor. What we have to work out [is] in the middle. By which we can pull the right and left to both the banks. You have to be in the middle course! When we are in the middle course, we first of all settle down ourselves nicely, and then the left and right can be engulfed. The poor and the rich.

The over-rich are horrid people! They smoke, they drink, they are wretched people. Gambling, this, that, all sorts of things they do. They waste their lives. They don't know how to face themselves. They are in the worst possible condition. And the poor are another style, labour class and all that.

So you have to bring them to the centre. But how? You yourself have the depth within yourself. You can pull all of them together into this. First solution has to come in the central path. Alright?

So this is it, that, when you start doing your philanthropic work you cannot do it with Sahaja Yoga, you cannot. Of course, I mean poor is alright, in the Indian villages I can work it out, but very poor will not take to Sahaja Yoga. They'll take to drinking, smoking, or if some time is left, then burgling or cheating. They will take to these things because, for them, eating is the main thing. Just like animals they are. And for the very rich, they are another type of animals - they are vultures. They cannot live without being parasites on the society. If you tell them anything they will not understand you.

So, the upper classes is useless [and] the lower class is useless for us. Ours is the middle class, which has to settle down with the values of Sahaja Yoga. And then once they see you, the river flowing, they can be enriched and they will come to us. You are like a river and we have to enrich both the banks, this side or that side. That is important. One side you have to cleanse, on the upper class and the lower class you have to enrich them. But if you do not have that within yourselves how are you going to do it?

Sahaja Yoga is going to work for the middle class. This is the point. Not for the poor and the greedy. And that's a very wrong thing to do [that] attention is put to the poor. That's not our job. We have not created poor have we? We have not. Who has created them? The upper class. We [can] club them together, the upper and lower class. So they'll say, "We'll have Labour government." Both are just the same! That's it you see. They think by denying God, we are challenging God. [They think] if they deny God then God will fall at their feet, that's why they deny. Otherwise what is the need? What matters? Is he standing for any election? Is He contesting any election that you are saying, "We do not believe in God"? What does it matter? So that is how we understand that these are fools.

Maria: Is there any way, Mother that..

Shri Mataji: That's what I said that, the way is that the middle class should be developed.

Maria: ...for these people who are on the extremes like that to say, "I do not believe and I am angry."

Shri Mataji: Then let it be. You don't make them believe.

Maria: Yes, but is there any way of helping them to come to an understanding in the beginning?

Shri Mataji: If you think that you can make these people believe, you cannot. It's wrong. They will not. They will not, because the more you will try to do it, the more they'll [continue], because their ego is hurt. They are the people whose ego is hurt because they find some people rich. The person on this bank and this bank: he sees this, he sees this. We are somewhere down below here, alright? And they are seeing each other. So their ego is hurt very much. And here there are people who are egoistical. So both do not believe in God. What does it matter if they believe it or not? There is God. They just want to say it out. "Here it is, a big words!" I have seen everybody [saying], "I believe.." Now, who are you? Everyone says, "I believe into..." I mean, believing, from where it has come? From where did you get this belief? What is your experience? So that's how they do it.

So they have to say, if a politician comes up and gives a lecture. "I believe that this is this." So everybody hears that, so they go on home [and] they say, "I believe in this!" It's like ringing one bell, putting into another bell and the resonance starts and everyone says, "I believe." (laughter)

I find, in this country, even an ordinary beggar talks like that! There's no humility of any kind. That's why they talk like that - they lack of humility. They are so aggressive. You just see how aggressive they are. They have aggressed all the cultures of the world. Now today's article, I brought it for you to see specially. Now, in Tehran, whatever they have done, Tehranis have done, they have put a chaddar on a lady and say, "You wear a chaddar." So an English lady writes about it. She says, "They have made our body..." You see, now, your attitude towards life - you can say a British attitude or you can say the Western attitude - is that your body is very beautiful so you must show it. Why? Why cheat yourself? It is not because your body is beautiful that you are showing off but [because] you want to catch it. It's simple. It is as simple as that. Face it! But you want all the world, all over the world [that] the women should be like you. It's such a subtle aggression. You don't know. They have killed all the cultures of the world with this kind of an understanding that, "We are the best! Most educated and sophisticated people."

But others also must exist. They have their own cultures, understand them and think. If you do not say, "Please, give me this," then he's [regarded as] uncultured. It is such a subtle aggression on everybody's culture. That's how you have removed all the Indians from South America and North America. Everywhere, wherever these people have gone they have finished the cultures. It's a very, very special type of aggression these people have, and aggression has a reaction always. Either the other culture's people, those people who have other cultures, would strive to be this culture, because this is supposed to be the greatest of all. To say like that, that, "We should not be afraid of showing, we should not be ashamed of our body." What is something like privacy within us? Is there nothing like privacy? We should respect our bodies!

Now if this is the attitude taken, that everybody, "Oh, this woman is inhibited because she does not show off her body." The showing off of the body is nothing but is a subtle prostitution! You see it's on, and on, and on. It's very subtle. Now another suggestion comes in from there that, for twenty-five years they cannot believe that people can remain celibate because in this country people cannot. But there are so many countries where they really remain celibate till they are married; so many of them. But according to them it is not possible, so those who remain must be wrong, they are telling lies. And they force this on others that, "You become like us only! Because our noses are cut so you also cut your noses." On all types of people. If you go anywhere, all the Western people, what they have ruined is the culture, is the variety of culture. And such subtle cultures they have reduced to nothing! And by their aggression they have told people that, "We are the highest of highest. English language you must know! You must know French! You must know this!"

So, what I am saying is: when we understand, we have to change. We must know we have to be really humble. Not in language, not in behaviour but inside. To know that we do not aggress others. Alright?

So this Labour [party] and this one problem is only of aggression. One community here. Now, say you take an elite person, so-called elite. That's why I liked 'Evita' - they have made a big satire on all the elites. The dancing how they do. They have made a big satire on all the upper classes and all the lower classes and all that type. It's a very good one, I must say. It's a very good satire - 'Evita' . It's a very good satire ever since long.

So, now, if you have that aggression within you existing, then better take it out. The culture of the Spirit has to come in you. That is to be there. If that culture doesn't come, then these all cultures are very aggressive, and they can never give any happiness to anyone. Labour [Party] people think that they are hurt by the elites, or by the rich or the upper class. But what are they aspiring to be? They are aspiring to be the rich people themselves! They are hurt by the rich and they want to be the rich. It would be like, if you are hurt by somebody's shoes, you become the shoe yourself. If you are hurt by the rich people then why do you want to be rich? It's a simple question. For a person like me who has no materialism I cannot understand it.

Simon: Can I say something about our political system?

Shri Mataji: Yes.

Simon: It was set up on the three gunas, you have radicals who are Rajas, Conservatives who are Tamas and you have in the middle the Liberals who are Sattva, intelligence.

Shri Mataji: But I tell you Liberals also need Realisation! They are to be reborn. Otherwise you will had one horrible Jeremy Thorpe (a homosexual MP accused of murder)! Why did you give him anywhere the seat (in parliament). You gave him a seat, why should you give a seat? You should have courage to say, "Better not be there." He has got a seat!

Yogi: He's going back to his seat. He's standing for his seat again.

Shri Mataji: Yes, What I am saying is: unless and until they take to realisation it will not work.

Yogi: I told David Steel about Mataji, I told David Steel about Mataji.

Shri Mataji: What I am saying [is]: just by proposing that you are in the centre you do not become. "Sahaja, Sahaja," Kabira has said it: "Sahaja Sahaja, saba karata," (meaning) "They all say Sahaja, Sahaja, but they are not!" You should be ashamed of such a horrible leader you had for so many days!

Simon: Jeremy Thorpe? Well he's better than some that we've had.

Shri Mataji: No, no, horrible he is! You just see his vibrations. Horrible person he is! No, no, no. All of them are just the same! To me all of them are just the same - there is nothing to choose. But if you have a choice...

Simon: You see, England: we aren't an aggressive nation and I don't like you saying that we are an aggressive nation!

Shri Mataji: No, no, no. You are not aggressive when it comes to something else. But when it comes to cultures, you do like this.

Simon: Well we are uneducated, I admit. When we came to India we didn't know what we were doing, so we cut off from it and we wouldn't have anything to do with it.

Shri Mataji: What English brought from India? Pyjamas (laughter) Jodhpurs, verandahs. And what else did you buy? So, you are aggressive that way. You see? So, all these things have to be changed. Like Indians must change and they should not accept whatever you give them.

Simon: Our aim of being in India was not an aggressive one. And we weren't aggressive!

Shri Mataji: In India?

New person: I don't like hearing these things!

Shri Mataji: You may not like it but we have had it!! You don't know how they treated us. You have no idea Simon.

Simon: When I go to India and why do they say, "Victoria Rani"? I want to know why in India they say "Oh, we want [Victoria] Rani back."

Shri Mataji: Arey! If you pay money to someone!

Another person: Well I've met Indians who like Germans for kicking us out because they say without the second world war...

Shri Mataji: No, no, I tell you very simple. Just Simon, Simon. Listen, listen! I'll tell you. You will understand. Very simple. It is very simple. It is a poor country. You give them money, they can sell you anything. They gave kitaabs and they gave these...we never had these. Like they called somebody [with a title]. What do you call that? All these M.A.D PhD's and all that, that you have here? 'Titles'! They gave titles and they gave this and that. English know how to do it. And they collected some people to say something about it. But the way they had to fight it out, you don't know. You don't know. You were not there.

Simon: Have you seen Satyajit Ray's film 'The Chess Players' ( )? Satyajit Ray is the best filmmaker in India.

Shri Mataji: That's what you people think because he tells all about our poverty! He doesn't know anything about our Indian culture, not a word. He doesn't know anything about spirituality - Satyajit Ray. He is alright, people like him because he sings the saga of communism. That's why people like him. That's not India! He never represents India. It's alright, he is very good at getting very old people who have somewhere showing all their ribs and stomachs and this and that. That's how he does and people like it, because there is a kind of a sadism: we like to see poverty, we like to see some people being tortured because we feel we are tortured. It's very subtle Simon, I tell you. You are a different person, you cannot understand it. But now you are different. I am not talking about the people who came to India, but I am saying today also as the Western mind is. With your rationality, with the so-called scholarships that you have, the so-called we can say industrial...

Simon: Indians these days go overboard for Bertrand Russell...

Shri Mataji: That's what I am saying! This is what I am saying! The same thing as you are saying, I am saying the same thing. You are giving them and they are taking it, whether it is poison or anything! This is what I am saying. They are another type of fools! You are one type, they are another type. You aggress and they take it. If anything comes from India they will accept. If anything goes from England they will accept it! It's a funny thing going on.

Yogi: But we get all these fake gurus all coming out from India.

Shri Mataji: Yes, that's what I am saying! You take from them, they are another sect. They are sending some gurus to you, you accept them! And this is the mutual understanding going on. There's a big fraternity of thugs!

Yogi: After all, you built a fantastic Wembley building for them!

Shri Mataji: (Laughing) See now! You see the joke! Whole thing! Once you say that, "We are British or not," - finished there. You just say, "We are human beings," and then you can see the whole joke. If I say, "I am an Indian," I'm gone, finished!

Yogi: It's not a political thing.

Shri Mataji: See, it's not politically. It's much higher. You don't identify yourself with any group and then you can see the joke. If you are identified then you cannot.

New person: You don't have to take it literally. You have to take the essence of what Shri Mataji is saying. You listen, you take the essence not the literal thing of what Mataji is saying.

Shri Mataji: No, no, no. If you listen to me, the whole thing you will understand it, very clearly, what I am trying to say. Don't get angry. When I am saying "aggression is there", you see, what I do not understand that people do not study others and just [try to] bring about your own ideas onto another - that's great aggression. Now, in my own house, my two daughters are there: I have not told them what is Kundalini! Can you beat it? Can you beat it? Even not told them what is Kundalini, leave alone giving Realisation. Same with my husband. If they do not want it, I am not going to aggress. This is non-aggression. But that doesn't mean I accept aggression from them. So, when you accept aggression is the same as if you give aggression, if you do aggression. For me, both things are just the same.

So, when we have to change ourselves, we should say, "What do we do?" "Where are we?" "Are we aggressing others or are we taking aggression?" Now, say Atul feels guilty, then he's taking in aggression. If you feel like [an] egoistical way that, "This is wrong! That is wrong!" then you are aggressing others. All these things must be seen in its full context and in the full view of the whole thing, so you will understand. But what happens [is] we identify ourselves with one part of life. We say, "This is the thing." And either we aggress others in that case or we take aggression. This is sickness. This is the sign of sickness. Anytime this happens, sickness starts. And this is the cause of sickness of all the human beings all over the world.

But once you identify yourself with the whole then you start seeing the whole as a diseased thing. And then you feel [like] treating that disease as a doctor. Then you do not identify yourself with any sickness. Alright? That is what means 'Sahaja' life is.

So, now if you have somebody sick - alright - so now you understand that by helping that particular sick [person]...Of course, if it is your desire it will be done, because you are one with the whole. But the approach towards that sickness is difficult. Do you understand my point? It's one way to help because he's sick, he's poor - is different. What I am saying: the approach should be that we become absolutely confident of Sahaja Yoga. We establish our own powers - absolutely. And then we make them also the same. Because they will fall sick, they'll have all problems, unless and until they are alright. So that is the primary thing that must be done. Because on one side they are the people whose ego is hurt, the other side are the people who have been suffering from their egos. So, if you have to help both of them, you have to bring them in the centre. Alright? Do you understand my point now?

Now, to bring them in the centre is not to appease them. Not that way. But by developing the centre. Let the centre grow far, on both the sides, so it engulfs all that. Do you understand Maria?

Maria: Yes Mother.

Shri Mataji: They will never believe in God because that is the way they can assert their ego. Indians are another set of fools, absolutely set of fools, because [of] the way they are following you people! I mean you are already in the ditch, where are they going? Firstly, they do not have any values about honesty about them - that's finished. Now even if they are getting the other values also from you then these sickly people, where will they be? As it is they are thieves. When a thief becomes an immoral person, now what will happen? It's like somebody has been bitten by a scorpion and on top of that he takes wine, then what happens to such a person?

So the aggression is within, which is to be corrected. For all Realised-souls, it is important to see if we are taking any aggression within us is equally wrong as giving aggression to others.

We have to develop a set of people who have the idea of Reality, those who understand what is Reality. Those who are going to set in another type of way, which will cut down this vicious circle. We have to have that kind of mind, by which we see the disease of the whole and try to correct it. That's how we can manage. But if you start identifying, even today I would say, with any one of them, you are mistaken. Now do you understand my point?

You just don't identify with any one of them! You have to identify yourself with Reality, with your Self - to begin with. When you become that...

Yogi: Nirguna!

Shri Mataji: Not necessarily nirguna. You start with saguna only. Because I am in saguna, what to do? If you do not come in saguna - saguna is 'with forms' - if you do not come in the form, nobody understands, who will talk to you? A Nirguna cannot talk to you. So the saguna had to come.

Now you establish within yourself the complete understanding of the saguna. Now, don't doubt too much. If you are a doubting Thomas you will end up with zero! I can tell you this much. We have had people for years together. There is one gentleman coming for seven years and you know him, and nothing could be done. And he's supposed to be a wrangler in mathematics! So, you must see the people who have understood the saguna and how far they have gone; and, if you are to progress, you try to understand it now, first of all.

Secondly, you must also understand that you are going to be the people who are going to lead the whole world into a new awareness, into a new life, into a new dimension! So don't identify with people who are still blind, who do not see. They'll make you more blind. Identify yourself with people who have seen something. The ones who have had experiences, you identify [with]. Put your attention to them, then only you can see. And that is only possible when you start giving up your misidentifications.

Do you see? As long as you have misidentifications you will be mad! You would not know what to do about it. That's sickness. You got involved into these identifications gradually, because the atmosphere is like that, the whole surrounding is like that. From all sides you have people who just engulfed [you]. They club you into it! You have to jolly well come in to it! Your freedom is cut off. You are not free to think about it. And that's how you are not free from misidentifications. To begin with you were alright, but gradually you started getting enveloped and identified with your mistakes.

How are you responsible for what your forefathers have done in this country, or my forefathers have done in my country? Tell me. Who are they to you? They might have been born in China now with chinky eyes. (laughter) That's it! Or could be in Rye (?), or could be running away with [Idi] Amin as his soldiers. Could be anywhere! And we are not responsible for them, whatever they have done. Alright? Keep it at that point.

Now, if you feel responsible even for anyone who belongs to your tribe, still it's wrong, because you are different people. When you become that then you must identify yourself with the new tribe, the one who has known the Reality.

But human beings identify very easily with something so much illusory: like if you are born in England you are English, if you are born in India, you are Indian. You could have been born in Timbuktu or any place! These all misidentifications create this problem in you. Then with this identifications also, you go into complete circles. If you are an Indian, you start speaking like an Indian, behaving like an Indian: all the good and bad of it. Same with English, same with French, same with everything. Gradually you start, [the] misidentification starts working in you. But you are the Pure Thing inside. These all impurities cover you. So to free yourself from all these impurities, of any kind. I tell you this is like possession in you.

To be free absolutely of all these things is the ultimate aim.

So, all these ideas, when they come into your head, please remember that all these have come to us because we belong to a particular society, a particular caste, a particular religion.

Now, for example, the other day, you know, there was a gentleman who said, "I feel very guilty all the time." So I said, "Are you a Catholic?" He said, "No." So I said, "You have no business to feel guilty!" (laughter) Because if you are a Catholic, you are made to feel guilty all the time! It's a collective. From childhood, if somebody gets a brain wash all the time, a little child doesn't understand. You go and tell him, "You are a sinner." He said, "No?" You go on telling him, he'll say, "Am I a sinner?" Then he goes to the church. Then they tell, "You are a sinner."

Yogini: You must confess!

French yogi: 'Repent, repent!'

Shri Mataji: Repent, repent. Now he says, "What should I repent?" So he thinks about it, he goes to the priest and he tells him that, "I repent for one thing." He said, "What?" "Because I opened the tap." He said, "What?" "I opened the tap and my mother's scolded me for that. I repent for that." So it starts from there, and the whole thing starts working out. Then poor thing repents for something else. But inside, when he's repenting, he's building up a pouch. And that's how these horrible people, so-called 'Christians' - or so-called 'Hindus' also we can say - all of them just the same. But I am saying about these, how they have gone against Christ. There's one thing he taught is non-aggression! You make somebody feel guilty and you have it! Absolutely satanic! Is there any mention in The Bible, that Christ wanted somebody to confess to him? Where did He mention by any chance?

Yogis: No, no.

Shri Mataji: Then why these people have started this confession business? And who are they, compared to Christ, that they ask for confessions? Appointed by some theological college! Elected by some people where the smoke comes out of the chimney! (in the Vatican when the new pope is elected)

All these silly things you digest without thinking about it and then you are misidentified also Maria. Alright? So, you must understand. Be happy and joyous that you have found that Eternal Life and be one with it.

Maria: I will Mother

Shri Mataji: Alright. And you tell them off that, "You are all silly fools. And you go ahead with your idiocy! And when you are absolutely drowned, then come to us!"

Maria: I used to do that until they strangled me Mother. That's when you found me Mother and you pulled me out of that.

Shri Mataji: I know.

Maria: That's what I used to say to spiritualists. I used to tell them what I thought of them.

Shri Mataji: But why? A spiritualist whom are they? Do you know who indulges? All these poor things. Same in India! We have all these horrible tantrikas, this, that. If you see, tantrikas are mostly prevalent in Bengal, in Bihar, in U.P., in Kerala, in Madras, Assam. And there you find the poverty! And maximum are in Bihar which is the poorest of all!

I mean, see the absurdity of these people: that place that we went to, Kovalam, is in Kerala. The people are extremely poor and for the newspaper people this is the main issue they have - that poverty. They want to take advantage of it all the time - poverty. As if they are very poor, live like poor. And these people arranged my programme in a big hall, and it was a carpet or something, I

don't know what it is; so they published that she was living in suites of rooms with wall-to-wall carpet and this nonsense! I was, poor thing, living with these people! But why? Because they wanted to imply that she lives in luxury or whatever it is. I live always in luxury whether I am poor or rich - makes no difference to me! So, this is what is the accent they had. But why there is poverty, why don't they think?

Do you know, in that country, such a wretched condition is, that Shri Adi Shankaracharya was born in that country, and these people told me that, "We do not know who he was and also we do not know that he was born in this country." They should be ashamed of themselves! And the second thing that they did [was] that they tortured him because when he came back, when his mother was sick, they would not even give him water, they said, "You are a sanyasi, you have no business to come to your mother." And when she died they would not burn her. So, he burnt her in the house itself and he used all the banana trees to burn her off. And then he cursed that country that, "The way I had to burn my mother, you will be doing the same." So now, they cannot burn. So what they do [is] they dig the graves and put them just in front of their houses. So imagine every house is hovered by all the thousands of horrible people who are dead! We went to one village and asked the condition of the people. They all ran out! They [the yogis] said, "Oh God!" Ask Rustom - they said, "Mother, what sort of a village is this?" And then you talk of emancipating these horrible nonsensical people! Why should God do that?

They want to run after the tantrikas, then the bhoots come in and how can you have your problem of poverty solved? Tell me any country where there are so many bhoots and there is riches. Always you'll find the poor people indulging more into it than the rich! And once the rich start indulging into it you'll also become. It is a very simple thing. I can understand if you people do not know but Indians know this, but still they do it - that, if there is one bhoot coming inside your house, all your Lakshmi will be destroyed. Everyone knows this but still they do it in India.

Rustom: There's no doubt Mother that the moment that you return to London the Left Agnya goes. And when you leave it you can feel it releasing. When I was in the plane going to Germany I could feel it release and when I was coming back it caught again.

Shri Mataji: England is full of it. No use bringing up Labour and Conservatives and all that. If they want to listen to me, destroy all these tantrikas from here, one and all - you'll be alright. You try any trick - you will have problems. But who will listen to me? They used to believe in witches and all that once upon a time. There used to be witch hunting and all that, but they have stopped it. Now witches are very nicely settled down in this country.

Simon: Many Christians are witches Mother.

Shri Mataji: Yes! So-called Christians!

Simon: No. It doesn't mean that they are bad. No! It doesn't mean that they are bad.

Shri Mataji: They are not bad but they are bad, in a way, because they bring all the bhoots from outside.

Simon: No, they make the fields grow and we have to keep witches here otherwise we'd get no harvest.

Shri Mataji: Some bhoot is speaking through you. (laughter) Some bhoot is speaking through you, you know.

Simon: I'm sorry.

Shri Mataji: Simon, you are correct, but there is a witch in you that is speaking, you are not saying that. How can you say witches should be here when I have just told you all about them, what they do? Do you want people to suffer from poverty? Suffer from all kinds of mental diseases and troubles? We don't want them here.

Simon: (continues muttering in a quiet voice like a madman)

Shri Mataji: What you want you do not know. First of all you find out what you want, write it down, and let me know. First of all you should get rid of all these operations on you. In your room itself, there's a problem: these witches are there, around. All of them are here. You must clear them. They all have to get out from this country. If, by my coming here, if I cannot do even that much, then what's the use of my coming here? But if you are identified with them then what can I do about it?

All the churches are doing that. As I have told you already that this confession business is very wrong. Whatever is the problem of a particular country is to be handled in that particular country, isn't it? In India also we have the same problem. But that's a very different type. I mean it is not an organised religion so I can wipe it out better but it is organised here! The Seventh Day Adventists, these another horrible Pentecostals, they are organised, they are accepted by law, they are doing all these things here through law!

Arnaud: Mother, Don't you think that, when they give you the sense of being guilty and all that, through the Christian and Catholic Church, [that] they want at the same time to increase their power?

Shri Mataji: Of course! This is the play, this is the play. But only an intelligent man can see that's true. You make somebody feel very guilty, that is how they brainwash you! It's only brainwashing. As Hitler could brainwash Germans, these people have also brainwashed you. In India, also, they do the same thing - brainwash you. They have done all kinds of brainwashing but the only difference is this, that the Western religions are all organised.

So when they are organised they become firm and they have much more power than a religion which is disorganised. You can hit them better! Now the priest here is so much respected! In India a priest is not respected so much. Ask him, he is a brahmin! (laughing) If a priest comes into our house we do not respect him. He takes money, we know he takes money. We do not respect him the way here the priest is respected. Because it is organised. They have made their norms and things by making some respect.

Arnaud: What is terrible [is that] they gave the illusion; and during the middle age they give to the Western countries knowledge, religion of knowledge. Because through the knowledge they wanted to introduce the religion. And afterwards religion became to be knowledge.

Shri Mataji: So the vicious circle starts. So you must decide it and you must give up your misidentifications, first of all. Because all your diseases come from your identifications. Alright? Say now you are Greek. Now Greeks also have certain misidentifications, quite a lot of them!

Maria: Many!

Shri Mataji: (laughing) So, once you start becoming a Sahaja Yogi or a universal personality, you just dissociate from all that, you do not stand for that. But if you are a real Greek, then you must tell all the other Greeks also that, "This is what it is!" If you really love them.

Arnaud: I would be pleased to say that to my aunts you know.

Shri Mataji: (laughing) About your aunts I am not so much worried! Because that's an age now, they are gone. But what about the future that's coming up? Now the people who belong to such organised religions, as they have, which has happened in India: in the same way it's going to happen here also, that they are not going to believe in any religion whatsoever. The other side has started as you said! They don't believe in any God.

Maria: I don't really know what they need to find out.

Shri Mataji: Nothing! It's just a swing from one extreme to another extreme, that's all. There is no direction, there's no guidance.

It's just a swing from believing into it too much - fanaticism - to another [which] is non-belief! Our Sahaja Yoga is not like that at all. Extremes, you know, extremes.

So from one extreme and to another extreme they go just automatically. I mean it is absolutely inevitable. You have to stop in the centre. And those who are stopping must grow so they engulf all that. This is what I am trying to tell you. Alright?

And when you start seeing them, then you will know how horrible they are.

Maria: It's very painful.

Shri Mataji: It's very painful to see how horrible they are, it's true. We have to of course cure them, but first we should be alright, all of us, and we should pull all these things together.

Rustom: I don't know Mother, I've noticed about the way that negativity works is that it attacks people and then it makes you feel sorry for them and then it sucks all your energy so that you have no chance to do any work for Sahaja Yoga.

Shri Mataji: You see, also negativity is there. Like Rustom had this problem before - he was over-sympathetic. If you have sympathies...if you see the meaning [of] 'sympathy' - it means 'sharing pathos'.

You share their pathos isn't it! (laughing) So this is also there. And now why I said this is that you have, in these Western countries, you have seen the aggression of your [forefathers], so you are taking to the other course. You are over-sympathetic. And that thing is going to tell against you, absolutely. There is nothing to sympathise. There is to be so strong, that you just solve the problems like that. Sitting down here you should be able to solve the problem. So develop your powers. Alright Simon? That's what it is. You must develop your powers. And how will you develop them is by becoming silent and silent within and seeing for yourself. You have to just assume! You have powers already. You have been enriched by all the Adi Shakti. Everything has been done for you. You've got it. You are already empowered. Just use that. Can you doubt that you are not empowered? You already have got powers and also most of you know what is to be done. You know what is this power to be used for. You have the knowledge as well. But only thing is to assume it! You have to assume.

Maria: We need the wisdom as well.

Shri Mataji: You have! You don't need Maria. You have a lot of it. Only thing is don't sympathise with them. Just don't worry about them. They are foolish people.

Maria: This is what I have been doing all the time.

Shri Mataji: That's not proper. You don't waste your energy on that, that's why you have thinned down so much. There's a saying in Urdu, "Kazidli bidli ka shayed kya deshakte" (?) they say, "Priest, why are you so sick? Because you are worried about the whole world"!

[break]

Pay attention. But your attention should be detached in that case. If it is not a detached attention you cannot do that.

Maria: It is only through Sahaja Yoga that I start feeling a lot of extra powers. A detachment from these things. But I still have a long way to go.

Shri Mataji: No, no, not difficult. It's only one second you need. You just say, "Go away all of you!"

Child: Go away!

Shri Mataji: So, we had an example of that in Delhi. We had those Ramkrishna mission people. There was a lady who had cancer from the same ashram and she said, "Why? I was doing upkar (charity), I was helping others. I was looking after them." I said, "Then why did you get cancer?" She said, "Now in my upkar I've got it." So I said, "You enjoy it now!" You have paid for it by doing upkar! You just do it without doing it. You even do not know you are doing it. It's so simple as that. Alright?

Maria: It becomes part of your inner religion.

Shri Mataji: Yes, otherwise, you think you are doing something, that means pride comes into you, and the whole thing is spoiled.

Arnaud: But Mother, the more we surrender and the more we have faith, the more it will be alright.

Shri Mataji: Yes, it will be alright. If you are alright, if you are strong people, then the Viraata becomes alright, the Primordial becomes alright - if you become a strong body. If some part of the body is sick you can cure it. How many cells you need to fight them? Not much.

But we are the fighting cells. We have to fight them. By not becoming identified with them. You have to fight with them in such a way that you do not weep for them. [That] means you are affected by them. No! You are detached. You just say, "You will be alright," and they will be alright. So much powers you have! Do you know that? But once you start weeping for them, the power is neutralised. It should be done without any guide, anything, you just say, "Alright, you will be alright."

Which is all well and good. Otherwise there is no question of prestige for us! If somebody is cured, well and good. We have not taken everybody's bond that we should do it. We'll do if we want to. If we don't want to we'll not do it. It's in complete freedom that we do it. At least I do! It's in absolute freedom. If I want to do, I will do; otherwise I will not do. In the same way you should be. So then the detachment comes. Complete freedom is also complete detachment, and that is complete love.

Maria: Sometimes Mother when I go to some place people say that they used to know me before feeling very much for them and showing it, and that, if through Sahaja Yoga you become unfeeling...That's how they interpret it.

Shri Mataji: Unfeeling? No you should say, "Now I understand that what was lacking. And I have too much feeling for you. You become Sahaja Yogis." They always depended on you and you had to give them. Now you should say, "You also become givers! Through Sahaja Yoga you can become equal to me. I want you to become that." Sitting down and weeping for somebody is no good. And some people are like this also.

Maria: They like the sympathy?

Shri Mataji: They like the show of the thing. Say you go to a place and they say, "Oh, have you seen? Is he with her?" All that should go away.

Maria, for a person like me, I will just, I may not even bother. Why should I? I'm not attached. But then people like it if somebody comes and too much asks. That's not feeling! Feeling is when it is in pure detachment. You are not feelingless, you are not emotionless, but you are emotion. You become the emotion. Emotion is identified with you completely. Do you understand?

Maria: Yes.

Shri Mataji: You are the emotion. The complete ocean: ocean of emotion. You generate emotion! When you are with people they get into emotions. You can inspire emotions into them. But nobody's emotion should affect you, then only it is possible. Even the ocean cannot become like a pond.

Maria: Do you remember Mother, in the letter, I wrote a sentence that I have a little bit of a problem of work. This was the problem. Although I put the peoples names in a bandhan and I would pray for them at home, at work I would be detached from their emotions and their problems and because of that they would be upset why they could not attract my attention. You see, my attention was attracted but not to the point to become part of it and that would upset them and that's why I had the problem because they sent very negative vibrations back which eventually I could not tolerate and feel..

Shri Mataji: No, you should be tactful about it. You should be tactful. You should be tactful about them. That is not the thing. Only thing is, even if you bleed, it doesn't matter as long as it doesn't hurt you inside. If it's all outside, it's alright. Attention, when you give to somebody, you should be fully attentive to yourself.

Maria: But the attention Mother, that they needed was a selfish one which I did not entertain.

Shri Mataji: Don't entertain them. What I am saying is that, as you are Realised you will be surprised that you are in a different wavelength absolutely, on a different position. And it is going to be a little difficult to adjust with others because they want you [to be] the same person [you were]. You cannot be the same. You are a different one. It was only that you could give them something for the time being, that's all. But now, they will know that you have curative powers; you can cure them, you can do things. Your value [to them] will go up much more! So you need not try to worry about these things. Gradually they will accept you.

Maria: Things have sorted themselves out.

Shri Mataji: Yes, they will sort it out! There are thousands of people behind you! You don't know there are chiranjeevas (eternal beings) there are great personalities behind you. So you just let go. And we are not to be guided by their norms, not by them. We have to put our own norms because we are different people. But first have confidence in ourselves! [That's the] first thing.

Are you better Atul? Now, Simon how are you? Are you feeling guilty about something?

Simon: (muttering) No.

Shri Mataji: Now you don't swing from one end to another, just try to keep in the centre. You have read a lot and you know a lot, that's called as dhyana. You have got dhyana. But you haven't got bodha. Means your dhyana is not enlightened as yet. Aright? Because one is 'to know', and the another is 'to know that the knowledge is enlightened'. This is the difference between the two. Alright?

The other day Gavin asked me, "What is samadhi?" So I told him [that] it is enlightened awareness. Enlightened awareness. You are aware, but you are not enlightened. Samadhi is that.

So in Sahaja Yoga, first you get nirvichara samadhi - that is thoughtless enlightened awareness. And secondly you get nirvikalpa samadhi - that is doubtless enlightened awareness. So to go to doubtless condition you must know [how] to avoid doubts. You have to change your style of approach. Other things you might have achieved through doubting, but Sahaja Yoga you achieve through dissolving.

Gavin: You even have to pretend that you don't doubt to start with.

Shri Mataji: You have to go on pretending with yourself. Tell your mind, "I am not going to doubt." Go on for a while. Then it works out.

There's nothing like the faith. Faith, I am saying, not the blind faith but faith. You have got the vibrations now. Now believe into them! That's the only way! There's no other way out I can tell you this much. Those who have taken to doubting will never

approach it. You'll be thrown away all the time with doubts. And a time may come when my attention may recede and you'll drop out just like that. You just cannot do Sahaja Yoga like that. But blind faith is not needed. First you feel the vibrations. You see for yourself.

Either we absolutely have blind faith or we have rationality. Can't we be something in between? The people who are absolutely blind are useless. They might be saved because if they can ask questions to me that, "Are you this? Are you that?" Then they can be saved. If they come to that point! But those who are rational, they can never come into it! Because it's like jumping like a monkey, from one branch to another branch. You can never land down.

It's only through faith, shraddha, through surrendering [that] you are going to achieve that state. And then [no] small ripples here and there, nothing, is going to disturb you. You are going to enjoy that state within yourself. Allow your faith to dissolve you.

You know the time is very short. You've got your Realisation and you take so much time after that to come up to that, and that time is very much lost. Why do it? Now you have seen people who have shraddha how far they have gone, so why not follow them?

So that is very important that, by doubting you are not going to achieve anything! You'll be tossing. But you are to really put...

Shri Mataji: Big girls have gone out (laughter) The big girls have gone out to play, you also go out and play with them, alright?

Child: Ok. (laughter)

Shri Mataji: Alright. See, how confident! Because they are innocent. They have faith in themselves. So stop your rationality. It is not going to take you anywhere! You have to learn to develop your shraddha. Even [if] you get Realisation, you cure people, you do anything.

We have an example of somebody you know of. His mother was cured just like that. He was cured just like that. He got a job just like that. He got whatever he wanted, and then suddenly he drops out! Without any shraddha. So that is what it is. So many have done like that because if you do not have shraddha, you get tired of jumping from one to another. All the time you are doubting in this. It's just a mental feat. We like to do circus for a while, it's alright, but forget it! Now jump into it and get it! Now what do you lose? You lose nothing!

Yogi: We lose ego.

Shri Mataji: Ego. You lose your ego but you get your personality. What do you lose? Nothing. You get all the powers. Now the time is too short and you are taking too long to do it. And some of you will be tired, jumping like that all the time with your doubts, this way, that way. And what are you doubting? It's all free. You don't have to do anything about it. And doubting people can be quite foolish. They doubt about every nonsensical thing which has no meaning at all. They see things which do not exist because it's just a habit, or you can say an indulgence; you can say an entertainment for people, to doubt into this. And then doubt. You see they are just jumping like monkeys. Stop that!

Any one of you who goes [deep] down into shraddha and dissolves becomes a great instrument in the hands of God! Even to say that, "I doubt," is wrong. These people think we are very honest by saying, "I doubt. I doubt Mother." Please give up such 'honesties'! It's absurd! This is ego which is making you say these things that, "I doubt." Because by saying that, it exists and you feel you are very honest. It's not you are doubting, your ego is doubting. When you realise that, that your ego is doubting, it will become easier. "It's not I who is doubting, it's my ego which is doubting. Or maybe some possession in me which is doubting." "Am I playing into the hands of some possession or my own ego?"

That's what it is - hundred percent! Because those who have not doubted have gone too far. You have seen people in India. You have seen Dhumal - he never doubted! His own brother, he was helped so much: he had no money to eat his food, he had gone to

that condition because he had put a lot of money in a business which was failing. When he came to Sahaja Yoga his business started earning just like that. He became a moneyed man. His child was sick, he was cured. He was sick, he was cured. His wife was sick with something incurable, she was cured. But still he was doubting. He started taking drinks after that. He never used to take drinks [but] after doubting he started taking drinks. He did all that was prohibited in Sahaja Yoga just to prove his point. And where is he now?

I would say, pay attention to your Self and not to your doubts! The doubts are coming from some dark corners of your mind which is with you. What are you going to lose is the point you must look into. Sort it out there. What have others lost? They have gained. Those who have doubted have lost, lost time. So don't waste your time in useless things. There's nothing to doubt. Every word I say is the truth and the truth.

See the vibrations. You see! I have to boast [to make the vibrations flow]. You see! Every word. So don't doubt it! Just take it and take it and take it. I know all this myself. I am not going to achieve anything by telling you these things, except that you will know me and I will know you.

You are not to lose anything. You have to gain. So tell your mind to shut up for a while! It is already running with a very fast speed.

Good!

We want to get to that state of complete doubtless awareness and, for that, are we going to carry these doubts in our pockets? They have no meaning. They will all be neutralised. You have seen people who have neutralised it. But those who do it (doubting)...I have no word.

Steady your shraddha. Steady it! It's a force. It's like a flame of a candle. Steady it! But by your doubts you are putting heavy pressure on it and it has to face those doubts. You are weakening yourself! Steady it. All of you steady it.

Simon you have to get well. You are a seeker for ages now. In many lives you have been seeking. And now you are not going to play about anymore. Alright? You are going to be a certain ?? . Absolutely

Simon: Mataji may I go now?

Shri Mataji: Alright. You may go.

Simon: See you.

Shri Mataji: And you throw those away and bring seven more [lemons] to me in my house.

Simon: Tomorrow night?

Shri Mataji: Tomorrow night.

Simon: What time would you like me to turn up?

Shri Mataji: Oh, any time from about five onwards, that's better. Alright? Five, six, anytime. Come to my house, bring them. And ask Philippa to come and see me also tomorrow evening, if possible, because I'll talk to her about this, what is to be given.

Simon: Seven chillies as well as seven lemons?

Shri Mataji: Yes, yes. Alright? And as I love you, try to love yourself. And now don't get after yourself.

I tried to tell you because there's time today I can tell you about these things, for certain chakras how to clear them, even physically you can try. One of them is of Vishuddhi chakra.

Now for Vishuddhi chakra I have told you many things but you can try one more thing which will help you. Is to put your head on the ground like this, near a bed, with your feet on the bed, resting on the bed. And try to come on the bed more and more, the body. Push it on the bed so the whole pressure comes up here. Alright. And then keep my photograph handy. In that stage you see my photograph. It will improve your Vishuddhis. In that case, in case you have Left Vishuddhi, then you turn your face towards the right and see it. If you have the Right Vishuddhi then turn your face to the left and see my photograph. That will help you because all of you have Vishuddhi problem. This will be of help.

Yogi: You mean the neck on the floor?

Shri Mataji: On the floor if you lie down. Now just lie down now, facing that side towards the...yes, now go ahead, like that. Gavin be careful. Now, go down. You go down, and more, more. Again try to bring this lower portion on top.

Rustom: Bring the body straight.

Shri Mataji: Yes. So that there isn't much of a Hatha Yoga. Can you see? Yes.

Yogi: Do you rest the weight on your shoulders or the head? Pressure on the neck?

Shri Mataji: More on the Vishuddhi. Better now?

Yogi: Where do you have the photo if you're not going to look at it?

Shri Mataji: No, no. You have the photo whichever side you look.

Yogi: Yeah, I know. But if you're not going to look to the left or the right?

Shri Mataji: You turn your photograph with you. You must look at the photograph isn't it? Because it helps your Agnya, always. If your Agnya is cleared out with that. Otherwise the Agnya is blocked. You see? Better?

Gavin Brown: Hmm. It's very good.

Shri Mataji: It's very good this way. All of you should try this thing. I have told you about, for Swadishthana, what should be done. That you remember?

Yogi: Should I show them?

Shri Mataji: Yes show them what is to be done for Swadishthana - physically.

Yogi: And you say the mantra?

Shri Mataji: Yes you can say the mantra, would be a good idea.

Now for people who have a problem of Mooladhara, or those who cannot sit on the ground and sort of a things: for them it's [helpful] to practice with both your legs like this. Put them like that, you too have the same problem. Put these two [feet] together like this. You see, you cannot stretch it much. Try to stretch it down (the knees) on to the ground! Try to, try to, as much as you

can! Not, in one shot you cannot do it!

Yogi: You have to [try] to put your knees down?

Shri Mataji: Yes. Put your knees down. They must touch the ground. I can do [this] quite a lot, despite my fat! Try to raise it and push that down. Gradually you have to do it. You'll do it, in a month, you will work it out. That's very good. You lift this so only your Mooladhara is touching.

First you do this exercise then that one will work out.

Just try. See! It's working out. It's much better now. Gradually it is. It is working out. You see, it is much better now. You see gradually it will work out, gradually, if you do it.

It's good for Mooladhara. For all the people who have mooladhara problem, this would be a good idea.

So gradually we should see to different chakras, everything. Now for Hamsa also, Hamsa, I'll tell you what is to be done. You lie on your body like that, on your stomach.

Yogi: For which chakra?

Shri Mataji: For the Hamsa. Now come along! Put your these things, Mooladharas, here on the Hamsa, and now ask the Mother Earth to suck in your problem. But the pressure should be quite a lot on that.

Now you move it. Better? You feel better? You can feel the sensation at the bottom. Allow them to disappear. Here, even your pressure will go away from your...You'll feel relieved from the pressure. Better?

Now meditate.

Even with your Vishuddhi here, would be a good idea, to the Mother Earth.

Aum sakshat Omkara swarupini.

It is Omkara and it becomes Christ here. So take Omkara here.

No Deity, because it's a nirguna.

This is just relaxing. And for relaxing your sides you can lie down you can put your head on Mother Earth. Any of the cheeks on Mother Earth, you see.

But this is not the end of everything! You have to use the mantras, and with dedication and devotion.

Better? Much lighter now. It's good.

How are you? You have been at sea?

Yogi: No, not at sea but I have been going into the sea.

Shri Mataji: Good. (laughing) That must have solved all your problems! It's a good idea. That's what I say: get into the sea. Good. Very good.

Yogi: Because these places where we go, you see, it's surrounded by people who come for non-dharmic things. So you are in the midst of them and you jump into the sea!

Shri Mataji: But now they are having a bad time. Everywhere you see now, all these resorts are having a bad time. Earthquakes are coming to resorts and things. Earthquakes and also lots of hurricanes and all these things are happening, because if you do adharmic things then the sea itself gets angry.

Yogi: Do you remember last year in Spain with the fires, nine hundred people died?

Shri Mataji: Yes very much. That also happened. All kinds you know. This Greek ship this tanker, landed. In France there is one resort which was all finished by this thing. And in Spain it was finished when they brought a gas, this thing. So, everywhere. Now there's a hurricane and the other day I read about an earthquake coming.

Yogi: Well in the Caribbean right now there's a volcano erupting

Shri Mataji: Yes, Volcano is bursting. All the Caribbean sea that was misused for adharmic things.

Arnaud: Mother, I read an article in the Herald Tribune I read an article that said that, not only wars but nature is coming to be angry and we must be very careful. And I gave Gregoire this article.

Shri Mataji: But this is all wrong you are doing. Imagine behaving like this before the sea!

Yogi: But in some parts of the Caribbean they are very dharmic people. I saw a programme where an old lady was reading a Bible. She was in charge of the cash register and she would serve the customers and then read the Bible.

Shri Mataji: Something is coming up there also.

Yogi: But it's mixed with a bit of spiritualism.

Shri Mataji: Nothing clear cut, you know. Nothing in absolute way. So, these small, small patchworks, what are they going to help? You need a volcano! Really! What to do? That's why I say, "What's the use in having sympathy with these horrible people?" The whole of Caribbean sea they have ruined. Whole of it.

Yogi: And California.

Shri Mataji: California is another! That's going to blast out very nicely!

Yogi: Last year they did have a fire didn't they, which damaged quite a lot of the properties and areas. Do you remember?

Shri Mataji: Oh they had recently something there?

Yogi: Yeah.

Shri Mataji: A hurricane came in I think.

Yogi: California?

Shri Mataji: Yes. Very recently.

Yogi: Not California, Florida.

Shri Mataji: No, no. California itself. There was.

Yogi: A fire.

Shri Mataji: A fire broke out yes, fire broke out.

Yogi: I drove through that place where the star's homes are. They couldn't stop the fire.

Yogi: Hollywood is one of the worst places in the world.

Shri Mataji: They generate sin.

Yogini: And they export it all over the world.

Shri Mataji: Yes, they generate all that is blasphemous. They teach people how to sin. They give people licentiousness. Give them all the power that is needed to fight the Absolute, the truth. They brainwash you.

## 1979-0505, Sahasrara Puja Talk: How Shri Mataji Experienced Sahasrara Opening

View [online](#).

5 May 1979

How Shri Mataji Experienced Sahasrara Opening

Sahasrara Puja

Dollis Hill Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

So today is a very, very important day, you know that; because in the history of creation, till the time of Christ, in the human awareness, only the sense of resurrection was created – that you can be resurrected or you can be reborn. That sense came down with them. People recognized it, that it can happen to all of us, sometime. But it did not happen. Actualization never took place. That was a problem.

And without you entering into the Reality, whatever one may talk about, it sounds imaginative. So, one has to jump into the Reality, into the truth. This never had happened before and, as I have told you that, if it had happened to one or two people it makes no difference at all, to the masses, and nobody accepts it. And like the small little river flowing in the desert it disappears in the thin air. The truth also, whatever was found out, never had any roots. And all kinds of funny things started with this reality, which these people preached.

So it was to be the culmination of human consciousness, where he becomes one with the Divine. That he becomes one with himself. It was to happen. And that too was to happen at the time, which was most opportune, the best time. Because, unless and until the human desire is very strong, the human will is very strong and is asking for the Reality, the Reality does not go into action. Other things, of course, as far as the creation is concerned, creating the animals and all the trees and the fruits and flowers, all these things are done. But the human evolution could not have matured earlier because there was not so much of seeking. So when the time came, when the necessity was so great that the necessity itself brought forth Sahaja Yoga.

And it happened that I really saw the Sahasrara. Of course, you know there's a difference between your Sahasrara and mine. And I saw the Sahasrara, which is the Great Sahasrara, opening out beautifully. And the petals were just like flames, rounded flames; not like flames but rounded ones: rounded, beautifully coloured flames, of different colours. That's why I wore today a blouse of many colours and a sari of many colours. Because I saw so many permutations and combinations of these. It opened out so beautifully. And as if every petal was individually, absolutely complete and perfect, but so integrated at the base. And the way it opened out, and the movement, was so rhythmic and so harmonious. There was no problem. Such a harmony was between them; no fluctuation anywhere. As if they were dancing to the tune, they opened out.

And the colours, all spread out their light around the aura. And in the centre I saw the Agnya (inaudible), or you can say the Sun colour, and all the chakras from there also emitting light. But the chakras were darker in shades and they were emitting. So dark that they were all looking blackish, so dark. Sort of a condensed colour they had. And they were also emitting light all over. And the light, as soon as the whole thing opened out, the light absolutely spread out, and then I said "It's done," it can be done.

So, first I had to open out my Sahasrara itself, then your Sahasraras could be opened out. And then I felt that, a tremendous flow of my grace, started flowing. So much grace, even upon me. Like torrential rain on me. Absolutely I was so drenched in that joy. Really I was lost, absolutely lost. I felt that the whole Creation is now resounding with that Universal Consciousness. Just like that. Everything was finished. Only the joy was permeating. It was such a beautiful time. And then I started my work.

But as you know, in the beginning, it's very difficult to talk about these things. To begin with it is very difficult for a person to say that "I am such and such." It's a really embarrassing stuff. It's extremely embarrassing to tell someone. I mean if you have some power, or something you feel shy to talk about that. You just don't want to stand out and be singled out. You feel so lonely about it and you don't want to mention it to anyone. I managed it for quite some time. But when the Sahasrara opened out, I knew that I

will have to come out in my true colours. Of course, not yet, I have not yet come out because that would be terrible. But, as it is, when the Sahasrara opened out I realised that the instrument is now operative.

So this Instrument that is before you is the Instrument by which you are going to know the truth. You can find out the truth now, through this Instrument of mine. Because through this Instrument you will get your Kundalini awakened, you'll get your Realisation. And through your vibrations you will be able to know the Truth. You already know that the rapport between you and the Truth has started. You can ask any question and you get the answer.

So, first of all the Truth will be known, and that Truth, once you know, will be followed by another dimension of that Truth and another dimension. And I knew a stage will be reached where I will have to give the whole of it. And the whole of it you have got it. But this Instrument has a special thing about it, because Sahasrara is, the essence of Sahasrara, is integration, is ekagrata. I have told you what is ekagrata: that is all the holes of all the needles if you put together and thread them together that is called as 'ekagra'. 'Agra' means 'the end', 'ek' means 'one'. All the ends are put through one string. Now what does this mean? In a very subtle way if we understand that all the chakras are threaded into my Being. That means all types of patterns that have been created, all types of religions, all types of faiths, all types of ideas, all types of enterprises, science, yogas, everything! All of them are threaded in this Being.

So supposing you are a hatha yogi, then you have to just ask question, "Mother, are you hatha yoga?" finished. If you are doing Raja Yoga, you just ask, "Mother, are you Raja Yoga?" If you are a Christian, just ask, "Mother, are you Christ?" If you are a Muslim you just ask, "Mother, are you the Prophet?" Even if you are people who do not believe in God, [you] say, "Are You the Abstract Image? Are You Buddha? Are You Mahavira?" All of them are with me. So that all of you, wherever you may be, whatever you might have developed, nothing is wasted, but is given a proper meaning.

But with that meaning you will be integrated with others also. Because there's One Personality, which has all these within. Like one thousand names of one Goddess. So automatically they will be integrated. You can be a Hindu, you can be a Muslim, you can be a Christian, if you want to call yourself something like that. But once you become a Sahaja Yogi you are all integrated. You can go to Church, if you want to, you can go to a Mosque if you want to, but you know who is the person who is there. Do you follow that point?

This is the essence of Sahasrara. And for that reason we have to give up our misidentifications. Like if you say, "I am a Christian," then how are you a Christian? "I am Church of England," that's not the way to understand. You are a Christian, alright, then you are following Christ, because I am Christ. If everybody is following one lamppost, you can say, then they are all integrating.

You may seek from one angle another may seek from another angle, but by this integration you will realise that the Light is the same. So all these years, the way people have been fighting and quarrelling, all that is going to be absolutely neutralised. This is the beauty of integration. Anywhere in the world, whatever they are following can be answered. But supposing its some sort of a falsehood thing like voodoo, then I am not that. Of course not. I am not falsehood.

Whatever is the Truth, whatever you have followed something which is called as 'truth' - which is called, also. In the sense, like Christianity is not Truth, Christ is the Truth. But if you are a Christian and followed Christ in a false way, because following pope is not following Christ at all. Or say, becoming a Church of England, this thing is not following Christ. But, if you have been following Christ even through Church of England, it's alright. Even through pope it's alright. Because now you have found out the Truth.

So this was a very important and a crucial day I would say, the 5th of May. And it all happened very dramatically, extremely dramatically, that I went to a programme, not a programme, but I went to find out about one of the horrid rakshasas' places, to see what sort of a thing he was about to.

And of course I had made my own arrangements and I stayed in a friend's place. But I went to the camp to see what he was doing, what was he up to; in a very simple innocent way, he could never have guessed that I was up to some mischief! Extremely

simple and innocent. I look so innocent don't take me for that. I am very clever! So I went down and the fellow thought me to be a great disciple of his and all that. (laughing) Then I went to the seashore and I saw what he was up to, I was so angry, I said, "Now, what is it?" I said, "I must hurry up. It has to be done now. It's no more time needed. Because just see what is he up to!" He was working on a chakra which is to be worshipped and I felt that I must do something about it. And really it happened, that I could just open out the Sahasrara. I said, "That's it!" Because as you must've heard that Goddess has no [purpose]. She's nishprajana, She's purposeless, She has no purpose at all. But, if the purpose comes in Her way, then She may do something. But She doesn't have Her own purpose. She's absolutely purposeless, useless! Without any desire. Imagine! Without any attributes. What a thing and a half, whatever it is! Such a personality when It is faced with a demand like that, comes up with its form.

So now you understand from there that, on this Sahasrara day, you have to also demand. I want you to demand and ask, because I have no desire. And you just go ahead! You have all the rights to demand from me. And ask for the biggest and the highest and the most fantastic and the most dynamic that you want to do. Put up your minds and heads together, and ask for something big. This is a very great day today. Go home, think about it. Collectively also you decide. I'll go now, so then you decide and put a demand and it could be done! Now, thy will be done, not mine.

After lecture conversation:

So, I will make a move now. I hope all of you will come on the 7th and bring all your friends and all that. We might get a big crowd, I can't say. But crowd is a crowd. Sahaja Yogis are Sahaja Yogis. You might get a big crowd out of which, we put in them in the sea you'll find only two remaining back. So sahaja yogi is different. We might get a crowd. I don't know depends on Caxton Hall maybe. Thanks to Caxton Hall Meeting that my children have lost all their seats and all their ?? (laughing)

Douglas Fry: I thought something would come of it.

Shri Mataji: Ha ha! You knew that.

Douglas Fry: I knew something funny would happen, it had to!

Shri Mataji: There is a saying that 'When the fox has to die, he runs towards the city.' Then they told me they are coming to the Caxton Hall I said, "Very good idea!" You see that's a very good trap. And not a single person, all of them lost their vibrations.

Sahaja Yogi: They went down

Shri Mataji: You see hatred is not going to work out. It's nice, in a way, this lady has also come, lets see, she's after all a woman and we can work on her. Though she's also with this crowd.

Sahaja Yogi: She has a colossal of ego.

Shri Mataji: She has, for a woman, eh!

She does. I shook hand with her, raised her Kundalini and with the speed with which it raised I felt wawa! I'll raise her Kundalini all right. Don't say. Not much hope from her but. We might get a good group. There's Lord Hailsham, I met him in a dinner very, very intimate dinner we had. Dr. Nagendra Singh was there and he told that She is a very big spiritual leader of India, this and that. He said, "If you want to know anything about Truth, She'll be able to tell you". He said, "I know all about the Truth". So he (Dr Singh) asked me, "What do you know about this one?" I said, "His Kundalini is frozen down below there!" (laughing) He was a very proud fellow – "I know all about Truth!" Imagine to say that!

Rustom: Should I take some vibrations from you?

Shri Mataji: Lots of it left here. Nabhi, most of you have a left Nabhi....

## 1979-0507, Sahaja Yoga and Christianity, They Are All Seeking

View [online](#).

7 May 1979

Sahaja Yoga And Christianity, They Are All Seeking  
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[Unclear.] Music is a very great instrument for the Spirit to manifest itself. Especially Vina is one of the Adivaadyas, they call them, or you can say the musical instrument, which is a very important instrument for inciting the Kundalini also. As he is a Realised soul, it will definitely act on people whenever he will play. I am sure it is going to give him a great success. May not be to many people it will appeal, but it will definitely go to people who are seeking and who are deep within themselves, asking for the answers of many absolute questions.

The seeking is a fashion today, in the West, and also it is very genuine among many. What are we seeking in life? What do we expect to seek? One thing we know that we are not satisfied with whatever things we have. We are not satisfied with our material being, neither with our emotional being, neither with our mental being. Always the joy is followed by unhappiness. That means that there is something imperfect within us, something lacking very much. If that was not so, we would have been happy like the birds, like the flowers, like the animals. This lacking is felt only in this form which we call as a human being. Only in the human being, one feels that there is something that is missing in life. Because in the evolutionary path, as you know, human beings are the highest and they have reached a stage where they are aware of this lacking, this imperfection within ourselves.

This is I think also is the blessing of the modern times that we are aware of it much more today than we were ever. Some are really aware of it, they are genuinely aware of it, and they are really seeking something. Others take to fashion, they may not be that deep, they may not be that massive, but if I have to tell you that there is a life which is not known to us which is beyond us, it is not easy for a thinking man to believe in it because we see only our body, we can see the working of our minds but we cannot see other things, we cannot feel them through our senses, and it is very difficult for a modern person to believe into something that is beyond.

But this is not only one dimension, that we have another life, another force, another source but I would say there are at least 4 dimensions in which we live unknown to those realms which are around us. Sometimes we get a glimpse of that sometimes, but we are not stationed there, neither we are there to understand it.

Here are we have shown in the diagram a human being. I hope you all can see. Can you? You all can come this way. There is no need to be in that way, could all be this way it's better, because the new people will come, they can go there. It's better together. Here, that's better. Now can you all see from there. Can you all sit down; can you see from there? Oh, you can come round. Here is the human being, as you are a human being.

Now whatever I have to tell you about this you need not believe me at all. There is no blind faith needed on the contrary blind faith goes against reality, but keep yourself open and see for yourself if it works. You need not have any preconceived ideas about it also, because you will be able to see later on that whatever I say can happen to you all.

Now this is a human being as I have shown here, and he has got the left, right, and the lower and the top of his head, 4 sides.

The left side of the human being contains all the subconscious, all that is dead in him in all his lives, and through his left side he is connected to the collective consciousness, collective subconsciousness that is all that is dead. All that has happened all that is (bhawa-?).

On the right-hand side there is another area which is called as the supraconscious. Left-hand side is all the past, right-hand side is all the future about which we conceive of, about which we think of. By our mental activity we can conceive of all the future we can achieve. For example, the idea of going to the moon existed in this part. We have achieved it by movement towards the right and also all that is dead in the name of future. Like a person who always plans about the future is also on the right-hand side, in the collective supraconscious. The right-hand area is the [individual] supraconscious and beyond that is the collective supraconscious. This area is also unknown to us. Left-hand side area is also unknown to us. But whatever is unknown need not be divine and need not be a conveyance for your Realisation.

As you see, down below is the area where what we call the Hell, exists. It exists around us. But on top of the head there exists an area of Super-consciousness that is the area of divine Power. You have heard in the books that there is All-pervading divine Power, the Holy Ghost, the Adi Shakti, which encompasses the whole universe. The whole creation even the small atoms and molecules, it is pulsating because of this all-pervading power of Divine Power.

In all the scriptures, it has been described but how are we to believe it. Is there really such a power existing? Is there something beyond or is it only the material life that we live into, that we are every day? Today we are worried about what to get for food what to wear, how to go about social life, political life, economic life. Or is there any other power which is really manifesting, acting, controlling, co-ordinating and also all the time loving you. If there is so has anybody felt it, has anybody known it? This is the power you are really seeking, not the power of the left hand or the right hand nor the power of hell which is a bottomless pit. You are seeking the power that is all pervading is the power of God's love. Love is the most powerful thing. But which love? Is the dynamic love of God.

"Is there God even?" One can ask a question like that. "Is there God? Are we to believe that there is God? How are we to believe that there is God?" People have believed into God without knowing him, without feeling him, without any experience. Why they have been doing it? Because there has been a sustaining force. Some sort of a sustaining force has been working on them, which has kept them alive, the fact that there is some power who we can call as Divine Power.

But nobody has so far been able to give an en masse understanding or feeling of it. Very few who talked about it, who felt it, were never accepted by common people. They were rejected, stoned, crucified, killed, poisoned. It is said that the whole world, the whole universe that you see is just a reflection on the mirror of that all-pervading power. When you see the reflection, you cannot see the mirror. You have to become the mirror but how? Then we come to one question, why did a human being become a human being from amoeba stage, why did he become that?

What is the purpose of making him a human being of this shape? We should wonder about it, why with two limbs like that, two legs like that in an erect position? It is a fundamental question which any scientist should look into. What is the reason for creating in all these thousands of years a human being? It is not just to run a puppet show of politics or economics, it has no meaning, it is just a game going on. You can see it clearly, it's a game. Is it only to play these games we were made into human beings..

If so, why are we not happy about it, why are we not satisfied, why do we not feel our fulfilment? The reason is our fulfilment is not this, is something very different. Unless and until we have that fulfilment, we are not going to feel satisfied with ourselves, and that fulfilment is to feel that Super-consciousness which is all-pervading. So, we can also conclude that if we have to become that, if we have to become that all pervading power or if we have to be connected to that all pervading power, what are we going to gain out of it?

First of all, you do not know any truths, you do not know if there is God, it is all relative. If there is God there is 37 truths, people say, there are 38 truths, there are 65 truths, is there any absolute truth? A simple question like God, is there God, is a fundamental question. If you ask this question to a computer, you might get any number of answers as many numbers of computers there are. Those people who are feeding the computers will give you a different answer. But if there is something else by which we can know the absolute?

We have become a human being without doing anything about it. We were just amoeba anyway and we have become a Human Being, we have done nothing about it. What are we going to do to become that by which you are going to know this Super consciousness within you? You cannot do anything about it. It is a spontaneous process it is a living process within you which works spontaneously. And that's why we call it Sahaja. 'Saha' means 'with', 'ja' means 'born', it is born with you. What is born with you is the light to unite with that power. It is born with you, so we call it as Sahaja Yoga. It is the Maha Yoga they call it because this is what one has to achieve.

All the rest of the nonsensical things are useless. Supposing you start flying on a flying saucer what's the use? Supposing somebody gives you 100 diamonds, what's the use? Supposing you get into a trance and start talking big what's the use? Supposing by saying some mantras you become a speedy person and you start doing too much of work and cannot rest like a mad possessed person, what's the use?

So, what do you have to become is your Self, which you are not yet your Self. Because you do not know your Self, you do not know what is within you. You cannot feel your Self. Because you cannot feel your Self, we can say that there is no awareness about your Self. At the most you can see some pain here or a pain there. Because you cannot feel your Self, you cannot feel others.

Now what is the mechanism that God has built within us? How are we built? We have to find out. In our being God resides as a reflection in our heart as Spirit, as Atma. How are we to know there is Atma is a simple thing. Like I would say I am not this church, I am not this life because I can see I am not this lamp, because I can see I am not this mind because I know how it works. I am not this body because I can see there is something else that is seeing it. You go on negating one by one; you reach a place where there is one "I" which knows what is that "I". You have to reach that point.

From the point of science, we have to know there are many things absolutely undiscovered so far. If there are doctors here, they will know we have a system called as autonomous nervous system. Yes, it works on itself. What is this auto? In Sanskrit, we can call it 'Swayamchaalit' [unsure]. What is this 'Swayam', what is this self-driven, self-motivated system? You have just given it a name; you have not explained anything by saying it is autonomous. But who is this auto, who is this Atma, who does this work? If you can understand that there is something which knows everything about us and around us that is the one, is the Spirit.

You say that all the time, "I know." Now which part of you knows? But how to know the Self? Is there any mechanism within us that God has placed to know the Self by which we know this All-pervading Power of Super-consciousness? There is a beautiful mechanism within us placed and that mechanism is called in the Sanskrit language as Kundalini because in India people have meditated. They were not so much challenged by the nature as they are challenged in other countries. It is a very warm country; people can live with minimum. It was not necessary for them to indulge so much in the protection of their body, securing food or ordinary life.

They could live so their attention was turned towards the questions that I just now said that, "Why are we here as Human Beings." And when they started searching it in their meditation, they discovered the great truth about this great instrument called as Kundalini. Of course, in the Bible also there is a mention of Kundalini, because it is said that, "I will appear before you like tongues of flames." Tongues of flames, how do we explain tongues of flames? Where are the tongues of flames within us? Have you seen any tongues of flames within us? Have you seen them outside somewhere, that God is going to appear before us as tongues of flames? That is a description of the Kundalini, of the chakras, of the centres which lies within us in this way as it is shown over here.

You may say you are not seeing it. Alright, for that you have to have a different personality, a higher personality where you become that all-pervading power, when you get in contact with that Divine Power. Then only you start feeling those centres within you on your fingers. You can feel them very clearly, you can feel all these centres that are within you and also the centres in other people.

Now there are at least 50% people who have felt it among you. Minimum of 50% people who know about it and at least there are 25% who have mastered this. So why not the rest of them, all of them should get it. But for that keep a little open mind and I will explain to you what is the Kundalini within us. I am talking of the subtler things, much subtler than we think of. Can you say from where does our idea of innocence come? Do we ever realise that there is definitely this idea prevalent? We accept the word 'innocence'. It is a very subtle thing innocence is. From where does it come to us innocence, where does it lie within us? Can any psychologist tell me from where does the innocence come and how it is destroyed and how you can regain it back?

All these centres here, these 7 centres that lie within us, represent such subtle things like innocence, the first centre which lies below the Kundalini, the Kundalini which is the main force, residual force which brings forth this experience of Self Realisation, the one that connects you with the mains, like you can say this is connected with the mains. Unless and until it is connected, what we talk of God, what we talk of the all-pervading power, it all has no meaning. It is just a joke going on. If it is not connected, if I speak on this, will you hear me?

In the same way, when you are not connected with God through your Self-realisation, all talk of God could be all right or could be horrid. You may be worshipping a devil in the name of God. How will you know that a person is divine?

This Kundalini which is above the first centre which is in three and a half coils, is an energy that rests in the triangular bone in every Human Being in a dormant stage just waiting for that moment when somebody who is authorised can raise it and give you that power. This is, I am talking about your own power, and not my power, it is your own power which must manifest.

If you go to a guru if he just polishes off your money, what do you understand of it? He is just befooling you. If he cannot give you your own power then he is not a Guru. It is your own power which must manifest and you should feel this all-pervading power. You must experience it, you must experiment it and should be able to manoeuvre it. Then only one can say you are self-realised. Not only that but you should be able to feel your own chakras and you should be able to feel the chakras of others, and you should be able to give Realisation to others. All this can be done once you are Self-realised. Without that nothing can work out. My talk is a talk, it has no meaning unless and until it has worked out the miracle of Kundalini awakening.

Now, a lot has been said against the Kundalini awakening part. People are frightened. There are books and books which fill people with awe to read about Kundalini, saying what, "Whatever it is it is a dangerous path of Kundalini, why going here to Kundalini? It is going to torture us" and all that.

I can assure you that in India, abroad, and everywhere, thousands of people must have come to Sahaja Yoga, not a single person has suffered. On the contrary at least out of them 70% people have achieved Self-realisation. Because she is your Mother. She is your Divine Mother. If your Mother has so much of compassion for you, love for you, she is the source of all that love and she is not going to trouble you. On the contrary she is so kind. She is just waiting for the moment for it to happen. She is not going to trouble you and torture you.

Then how is it these people have felt such horrible experiences you may ask me. They are not authorised people, they do not know how to do it, they have no authority to awaken the Kundalini. Supposing you do not know how to handle a mechanism, electrical mechanism, when you put your hand into it you will burn your hand. Does that mean that electricity gives you burning?

If you are not a person who is entitled to do a thing! Such a person has to be definitely a holy person. If he is not a holy person, he has no business to raise the Kundalini. A person who leads a very sinful life has nothing to do with Kundalini. One must know that a cynic can never take you to God. But a person who is holy and the one who is Realised can definitely raise your Kundalini. And the Kundalini only will rise because of him and not because of any ordering or any manoeuvring or any doing about it. All these things are absolutely useless because Kundalini is the consciousness which understands, which thinks, which loves and it obeys only the one who has the power to love as much as she does.

All these big, big books I have read I was amazed how these people without any knowledge about Kundalini, without any understanding about it, have written these big books just to make some money. Have they not to answer to God for what they have done?

So, have no fear about Kundalini, she is your Mother, the kindest of all, full of love, and she forgives you all that you have done. She is the storehouse of all the compassion that you could think of and she is not going to burn you or trouble you or give you any trouble. But if you have a problem, she will attend to it. For example, if someone is suffering from liver trouble you can see with your naked eye the Kundalini pulsating coming to the liver and supplying it.

Here there are, as I have told you, 50% people who have seen the pulsation of the Kundalini at the triangular bone, and there are thousands who have seen it with naked eye. You can see it pulsating in the triangular bone. Some of these people who have written such big books on the Kundalini have said that the Kundalini resides in the stomach. I mean something so absurd they have written, something so wrong, so false and that is why you don't be afraid of this word 'Kundalini'.

This Kundalini is the one kept in a sleeping condition they say for this last culmination of your evolution as a human being to become connected with that subtle force. And this Kundalini when it rises and passes through the various chakras, it enlightens them one by one. All these chakras are placed within us during the different evolutionary periods.

The first one which is the Ganesha Chakra as they call it, is the Mooladhara Chakra, is the centre of Mooladhara. But is not the Mooladhara or the Kula Kunda as they call it, is Mooladhara Chakra, is the one that sustains the Mooladhara. Now what is the word meaning 'Mooladhara', means 'the support of the root'. What is the support of the root? The support of the root is the ground, is the earth, is the matter, and that's why this represents the matter within us. Matter is innocent, matter has got innocence and you get your innocence from this chakra.

Shri Ganesha was made out of the – they say, it is a beautiful poetic way of saying it – out of the mud that was covering the Mother Parvati or you can say the Gauri at that time, because she was not married in the sense that she was a virgin, just finished her marriage, and she was to meet her husband. And this virgin wanted to have a bath before meeting her husband, so she cleanses her hands properly and makes this deity of Shri Ganesha which is bestowed on this centre. If you really develop your proper insight through meditation, you can see Shri Ganesha settled down there very clearly.

Shri Ganesha is the embodiment of innocence and that's why he is a child, that's why his head is that of an elephant, because an elephant being an animal doesn't grow into ego and superego like human beings do. That's why he is a child. He is the embodiment of childhood and he incarnated on this earth once which is described in Devi Bhagavatam, if you read, as Mahavishnu. He has incarnated as Mahavishnu and this was nobody else but Lord Jesus Christ. Even he was born in a way, the same way as Ganesha was born without the father, to a virgin. If I am saying something untrue you can find out later by verifying it through a method which I will explain to you a little later.

This is a very, very important centre for all of us, because unless and until the deity settled on this chakra permits, the Kundalini will not rise. If your innocence is in danger the Kundalini will never rise and even if it rises for a little while out of its excitement, it will again be sucked back. Though this chakra is placed below the Kundalini which is a very important point which people do not know. It is below the Kundalini and not above the Kundalini. So, it is not necessary to pierce this chakra through the Kundalini, it is not necessary. What is necessary is to know the importance of this centre and allow the Kundalini to rise and it passes through other 6 chakras and that is why is called as Sat Chakra Bheda, that means there are 6 chakras which it crosses.

Now the lower chakra which is the first one, Mooladhara Chakra, I will describe it in more details because we don't have too much time because you must be anxiously waiting for the experience. It is very important and is controlling or manifesting the pelvic plexus outside. Now we scientists know about the pelvic plexus being placed there. This pelvic plexus also has got 4 sub plexuses. In the same way this centre also has got 4 petals. Now you know what is a pelvic plexus is and what it does. It looks after the sex, the excretion of urine and stool. At this place Ganesha was placed because he is like a lotus in the mud and that is

why it is important that we must understand about our sex life, and we must know that we have to be correct in our ideas about sex life.

Those people who say that we can excite Kundalini through sex are immoral people. They are sinful people; they are teaching you how to commit sin. This is your Mother, so why is she sitting down there? And if you want to put your sex onto your Mother, what do you call it? I was shocked. I am so shocked that there is a regular organisation going on in this London which is teaching you how to commit sin, and there are thousands and thousands of people following that sort of an organisation.

I think it is a very wrong thing and absolutely condemnable blasphemy. Apart from that it is punishable, and if they have any fear of divine laws, they should give up all these ideas and take to a proper life. It doesn't mean any kind of fanaticism. It means that you should lead a good married life. It doesn't mean that you should take to sanyasa. Sanyasa is against Sahaja, it is absolutely against Sahaja. If someone is a sanyasi, know that there is some sort of a danger in this man. Sanyasa is another show. What is there to show that you are a sanyasi? if you have sanyasa within you, you are there, you are a sanyasi. Why to put a cloth or a dress to show that you are a sanyasi? All these extreme behaviours of life are not needed.

To achieve that state, you have to stabilise yourself, still, stabilise, do not go to extremes. There is no need to go to extremes. It is in the central path you have to be, not to go to one extreme or to another extreme. Actually, when you go too much to one extreme you will definitely go to the other extreme. It happens like that, like a pendulum you move from one to another.

For example, you know in this country people were very materialistic. They thought that matter was very important. They were building up, doing this, doing that. Now when it is over, you, young people have discovered that, "Oh God what is all this? This is not joy giving." So, you also have moved to another extreme.

No, it is not that way! It is in the centre, you have to be in the centre, in a complete balancing way, in a stabilising way to achieve your self-realisation. It is in the central path that the Kundalini rises, not on the left or the right. That is the path called as Sushumna Nadi, and this is the bridge which is made when you are facing a person who knows who is authorised to give you realisation. This bridge is created within you through what? Through what I call as Chaitanya Lahari, is the cool vibrations which are described even in the bible, the cool vibrations of the Holy Spirit.

So where do these vibrations come in? Are they within you? They are not yet felt in your central nervous system, you cannot feel them. The Spirit emits them. When you are enlightened, the Spirit starts emitting those vibrations, and by that you can feel it within yourself. The different centres that are within you, you can feel them, which is mistaken. We have shown here the different chakras that are represented on the hands where you feel it.

For example, here you see the second chakra, is the Swadishthan chakra. You feel on the left-hand side the Swadishthan Chakra. When do you feel on the left-hand Swadishthan chakra? [You feel on the left Swadishthan chakra] when a person is unauthorised, is using unauthorised ways of handling the side, like psychologists. All the psychologists catch on this centre.

When do you catch it again? Is when a person is over hard working, that is called as 'ati karmi' in the book of Gita. 'Ati karmi' is the one who works very hard for material things and for physical being and doing all kinds of yoga at the same time just to have a nice body or to have a nice house or to have a nice aura of material well-being. Such a person always catches on the left [right?] Swadishthan. What is the disease you get out of it? Diabetes is the first that shows you are so imbalanced that the balance has to be created and you get the catch on the left-hand side, means you get the diabetes. You can get the kidney trouble; you can also get some trouble with your spleen.

On the left-hand side [of the brain] the other catch would be the left [right?] Swadishthan could also give you a kind of a very dry personality. You could be a very dry personality, extremely dry. It dries out your warmth, your sweetness. That's why you find in this world people you see so called intellectuals the way they talk sometimes you feel you are talking to a machine. There is no feeling in that person. You just talk to that person, you feel, "What is the matter with this person, what has happened to him, why is he so abnormal?"

In the same way, you can see all these centres shown here, one by one. These are, can be felt on your fingers once you are realised and you can correct them. You can find out about the truth. For example, if you want to find out, "Is there God?", you put your hands like this and ask this question in your heart. And you will get the cool breeze, means it says here. For the first time, you enter into the temple of truth, that you can ask a question, you can get an absolute answer. Any one of you who are realised, all of them will get the same answer. If it's a small child, he will say the same thing. If they are old people, they will say the same thing.

But I have seen that people who come to Sahaja Yoga are very slow to move because we want it set (défini-montré), we want some sort of a camatkaar, we want to see something that is something so fantastic. We want sensation. But we have to get something permanent. Something of very permanent nature which is for our being, which has to happen, as evolution has to go forward and this is a step human beings have to cross into. They jolly well have to cross it, they have to have it. Those who will not do, will have to take to another force and that force is very dangerous!

So, it is better that you take to the course of evolution and know your own power and enjoy yourself, because not only you will know the truth, the absolute truth, but you will know what we call 'the all-pervading power'. You can, from here, tell about others, what's wrong with them, because you jump into collective consciousness. You start feeling other people. Sitting down here, you can see what's wrong with this person, what's wrong with that person. You can even correct that person. Even only thinking about them you can help. Of course, when you get this enlightenment, physically you are all right, mentally you are all right, emotionally you are all right.

Now there are many people in Sahaja Yoga who have been cured of cancer. In London itself, [there is] a very famous person who has been cured of cancer. Cancer can only be cured through Sahaja Yoga. I have told this thousands of times. But when they get cancer only, they will come to me, not before. Till they get the cancer, they will wait. They will not take it up seriously until they get cancer or some sort of a trouble. If they come to me, they will only come when they are sick and about to die.

Instead of that, if you take to Sahaja Yoga seriously, you will never get cancer. Not only that but you can cure other people because you are working on the parasympathetic which is the balancing thing. How it is cured, how it works out? Everything can be learnt without paying a single pie (paise) to me or to anyone who knows about it. It is a very simple thing how these physical ailments can be cleared by clearing all these centres because these are the centres which are underlying forces which control all our other organs which we call 'the autonomous system'. Once you can control these centres, you can control all of them and you can have a very beautiful health. No problems with your health.

But this is just a kind of attraction, that it is a chocolate on top of the inside, because I have seen mostly people come to Sahaja Yoga when they are absolutely sick. But are you seeking only that? Then you will get cured, again you will have some other disease, then again, you'll get cured and have another a third disease.

The other day, I cured somebody of heart attack. Absolutely he was cured, angina was cleared out and everything was clear. But then again after 5 or 6 months he comes to me, "Oh Mother I am getting a stomach pain, oh I have stomach trouble." I said, "What did you do about it?" He said, "Nothing, I was very happy, I went home and I was thankful to you."

Now if this life is cleansed, it has to be enlightened. Now if it has to be enlightened then it has to give light to others or it has to just rust out. If anybody works on you, on your chakras, cures you, fills you up with all that is promised, you have to give light to others. You have to know about it, you have to cleanse yourself, you have to understand yourself, and not to just get lost and then again arise after 8 months and say, "Oh Mother this was the problem I had, and I had a terrible time and I don't know, I have come back again." It is very common with many people who come to me, they say, "Oh Mother, once we are realised, we should be alright, we should be just like great people." Really?

You see we have a marketing attitude towards things. That we have come to Mataji we have obliged her, "Now she has given us

realisation and we have obliged her. Now it is her duty to see that we are fully there at that level of Realisation." Now this is not the way because you must have understood we are talking about the Divine Power, about God. There is a certain protocol about it. What have you given to Him for all this? And that is what fails in people that they do not know how to sustain Sahaja Yoga and how to keep to it. Which is a very simple thing. Not much has to be done but you must sustain it. Do not take it for granted and that's how I find many people come, they get realisation, enjoy themselves, for about 5/6 weeks or 5/6 months, or maybe 5/6 hours, again back on the same.

Because there are two forces that work on us is as shown here from the left and the right, the ego and the superego. At the very beginning the ego and the superego are sucked in but again they come up, especially the ego in this great ego-oriented society and the ego comes back. And you see your ego, the colossal one coming on you and then you start mingling with it and you get to it. Even this portion which opens out which is called as Sahasrara the top bone, when it opens out, even that gets covered and calcified. So, Sahaja Yoga is not a trick like that, it is not a sensation by any chance. It is a happening within.

The second thing that happens to you that, when you start giving this Divine Power to others, you start gradually deepening into your own being and feeling your source of joy. Life becomes full of joy and happiness. That joy and happiness must be your own, has to be there but it is lost and it has to be found out and once found it has to be sustained, has to be kept aloft. Like you get into the boat, you are still just feeling dizzy, you are still falling out. Now somebody asked me, "When do we feel we are steady?" When you are steady, you are steady. It is that simple.

Some people of course once they got realisation, even they got it on my photograph. Some of them, just got their realisation from the photograph, they are still realised. But some of them I have worked for hours together, months together, and years together, and still they go back to the same level.

I am here to work for you because I am your Mother. I am going to work very hard. No doubt I worked very hard and I have worked very hard, everyone knows that. What's about you? You have to also love yourself. You have to also understand that this should happen to you, it should be your experience and that you should sustain within yourself. And then you will know your fulfilment that now you have become one with that all pervading power and that is the time when now you can really give it to others.

And you will be amazed what wonders you can do. There are some people here who have done wonders. And then you will know how powerful you are and so far, you have not been at all introduced to your Self, as in Sanskrit they say, 'Anabhipya' – 'No knowledge of yourself'. How powerful you are!

For that you need not be a Prime Minister or you need not be a great personality. On the contrary many people who are simple, who are normal, who are in the centre, ordinary people who we call it, are the best for Sahaja Yoga. Those extraordinary people take time because they have lots of complications around them and they are very difficult but for simple people Sahaja Yoga works wonders.

In London, you know, we have lots of people here who have got it, and around London and outside in England we have lots of people who have got Realisation. But today is a special day which we are celebrating which was 5th May 1970, that was the day when this last Sahasrara was opened out. That was the day I saw the opening. It was definitely tongues of flames with round flames with all colours opening out like living flames very silent and moving and extremely compassionate. You could feel that compassion opening out fully. And I saw the lotus opening like that with many colours. And in the centre was the Agnya Chakra I could see that had brought it up the Kundalini upward. And that was a sign that now en masse realisation could be started because it has to be en masse.

Many people have to get realisation otherwise nobody is going to believe that there is God or that there is All Pervading Power or there is any Spirit. Already people have challenged God without knowing what foolish things they are doing. Then you will realise what is this All Pervading Power and how it works and then the whole thing looks like a drama. It is all mithya. It is all falsehood you see, start seeing it. Once you start seeing it then the whole thing becomes a joke and you see the game, you see yourself as

a witness of the whole game and you are not involved into it.

I think we should now go in for realisation because telling about Kundalini is not so easy. It is a tremendous thing and cannot be explained in one lecture and I have already got say 84 lectures they have got for which they are going to bring out and still I have not been able to cover the whole thing. But we have now been able to compile something, a book called "The Advent" by Gregoire de Kalbermatten who is here now, and we have been able to publish that book in Delhi and for which we have really at least I should say how many thousands people, I didn't count, but thousands of people and lots of them got realisation, and this book has been really very much comprehensive. You can get that book and read it. But still experiencing is different, understanding is different. That book covers a very little part of the whole thing, but still it gives you a good introduction to the subject which can open your eyes to reality. I hope they have some pamphlets here also to give you the first understanding of the thing.

It is a serious thing, it is not a joke, it is not just putting something into your head and finishing off. It is a very serious thing and has to be taken up seriously. Though it is very serious, it is fully enjoyable. I cannot remain serious for more than 10 minutes because it is all a joke for me.

So, once you become that, it is very, very simple and a very, very normal thing. But before that, you have to take it up with understanding and with respect and regard towards yourself. If you are really seeking you will do it. We have had people very difficult cases who have achieved it and who have done it. So, I do not think that it will be difficult for you to get this realisation and to achieve it, to sustain it, to learn about it and to give it to others.

May God bless you all.

If you have any questions, you can ask me for about 5 or 6 minutes but ask sensible questions, just wasting your time and my time is not a good thing. Just ask me very sensible questions because as I said it, it has to happen to you. It is your own power. You have to get it, you don't have to pay for anything, I don't need anything from you, nothing you can give me.

So, if you have to take, change your attitude if you are taking from me, not giving me. I am not asking for votes; I am not asking for anything. You might not have met a person like me before. But think it over that you have to take from me and it is a gift to you. So before taking the gift, don't open the mouth of the horse, try to understand what it is and then ask me sensible questions because just wasting your time is not good. I will be very happy to answer your questions if they are sensible and good enough and if they are helping you, because there must be some questions which must be asked.

(Inaudible question is asked.)

That is a good question, a very good question. You see a very good question. That is a very good question that is, "Sahaja Yoga is a religion?"

Now what is a religion according to you? First of all, the question comes back to you, "What is a religion?" When you said if it is a religion then I would like to know what a definition of a religion is from your side. So, I will tell you what is a religion and what is Sahaja Yoga.

The idea of our religion is, I mean what we call as religion is that you find certain truths about things like "There was Christ", alright, "He lived on this earth, he did this, he did that." So, some people take it up. They are not realised souls, they have not sensed the divinity, they have not known what is Divine Light. They take up the authority upon themselves, they organise it. Now "This is the religion", say, "of Christianity." And the same about Hinduism. Some pundits get together, they have some dry discussions among themselves and they are not realised, they never read also Adi Shankaracharya and they start a religion.

You cannot start a religion. Religion is within you, is the religion of evolution. The religion is in your stomach, do you know that? It is in your stomach existing. Now here if you see the yellow thing, the green thing around, the green is the Void as we call it, or you

can call it as Bhavasagara in the Sanskrit language as they call it. This portion is sustained by religion, means every human being has a sustainer.

For example, gold has a sustaining power, alright? Because it is untarnishable, we can say that it has a sustaining power of gold. Correct? In the same way every human being has got a sustaining power as a human being. If he does not have this then he falls in his dharma, in his religion.

Whatever is false, falsely made, is not a religion. That is why people are turning away from religion. Religion exists in your stomach but you can deny it, you can defy it. You can say that, "I don't believe in it." You can have cancer of the stomach, you may have some disease because of that. Fanaticism is not religion. Fanaticism is a disease. I am not talking of disease; I am talking of something that is within you.

So, if you think evolution is a religion then I would say that Sahaja Yoga is a religion. If your evolution if you call it is a religion then Sahaja Yoga is a religion. But is a religion which takes you beyond your sustenance, beyond your religion, dharmatit, beyond your dharma.

We have amongst ourselves Hindus, Muslims, Christians, all that people, you know that. All these people can feel it within themselves as a religion in their stomachs, they can feel it. They can find out where is a religion because I say the religion in the stomach is looked after by the deities of Primordial Master who we call as Dattatreya in the Sanskrit language. I don't mean in Hinduism. It doesn't mean Hinduism at all but it is called as Dattatreya in the Sanskrit language, in English it's Primordial Master. He is the same who incarnated on this earth as Moses, as Abraham, has incarnated as Muhammed Sahib, as Raja Janaka, as Nanaka, and also as Shirdi Sai Nath. Can you believe that Muhammed Sahib is the same as our Nanak?

Now in the religion of these people the Muslims so-called and the so-called Sikhs are fighting amongst themselves, can you believe that Mahavira and Buddha were the same as Hassan and Hussain, which we can prove it to you on vibrations and on curing people.

They were the same people reincarnated just to improve on themselves because people believe into something which they were not, so they were incarnated just to show that, "This was wrong. No, no, this I never said it. This is the truth."

In the story of Nanaka it was said that once he was sleeping, so they said, "What? You are preaching that there should be unity between Hindus and Muslims and you are putting your feet towards Mecca?" He said, "Really?" Then he turned to the other side. He said, "Mecca has moved." He was the religion but not his followers. They drink! He allowed them to drink, did he?

When Muhammed Sahib said, "Don't drink" that means they make a fanaticism out of all that. Fanaticism is not religion. We must understand the difference between the two. The living religion is within us. When you get that light inside, you cannot drink. I never tell people don't drink before realisation. After that you just don't drink, you just give up, because you start feeling your Self, the beauty within yourself. When you are bored only you will smoke and drink. When you are enjoying yourself why would you drink?

So, your religion automatically awakens and you just don't have to bother. Nobody has to tell you that you will get cancer, don't smoke. 99% just give up smoking without any difficulty and that's how they save money. People have given up drugs. Horrible things they have given up. You won't believe, if I tell you that there are some of them sitting here who came to me in dead condition, absolutely in dead condition, they gave it up when they found it.

So, this is a religion that is within you, which is enlightened through Kundalini and then it works out. But it is an absolute religion in the sense that you all feel the same thing. If you feel one finger, the other is also going to feel the same thing. There is no argument about it, there is no argument, everyone will say, "I am feeling this, Mother, so that person is suffering from this trouble or this trouble", whatever it is. Even if you take 10 children, if they are realised souls, if you tie their eyes, they will say the same thing. And they all will clear out there, every one of them, whether they are Muslims, Hindus, Christians, doesn't matter.

The other day, I had an Arab lady who came to me whom I have cured, who is realised, she brought another Egyptian to me. He had pain actually on the left side for defects, because on the left side he was affected. But then after the left side was cured, you see, they all started feeling pain here and pain here. So, I said, "Do you get pain here?" and he said, "How do you know that's the reason I am here to you?" I said, "Do you get pain here?" He said, "Yes throughout." We cured him also.

A little bit you get pain, just not much, just feeling, just you start suggesting the pain is here and here and here, and with your hands, you can move it and you can take it out.

Many mad people have been cured by coming to Sahaja Yoga because when the enlightenment comes, when the balance comes in, when there is light within you, the darkness goes away. The darkness of the subconscious and of the supraconscious disappears and you become an enlightened person.

If enlightenment is a religion, then I would say Sahaja Yoga is. There is nothing discarded of all the religions, nothing is discarded but it is enlightened and brought forth and told to you that this it is. What was Buddha? Do you know who was Buddha, how he was brought? Do you know who was Mahavira?

Now those people who worship Mahavira, if they are fanatics, they are really, if you go to see them really, you will go mad with them, you will not understand what's the matter, what sort of an interpretation is this of Mahavira, or of Buddha or of Rama or of Krishna or of Christ. And when you start feeling these fanatic people in the name of religion, oh God, any religion, [you] get out of it.

It is correct, I must say, you, young people, have seen to it, but still don't go away from God. You see, always you have seen in this world everything that is beautiful is covered with something ugly, because it is a market, you want to sell something in the market. Religion you cannot sell in the market. They are selling religion. If you read any one of these people there, see £50,000,000 for this, £30,000,000 for this, for raising this organisation, for doing this. Is such a headache when I see these things.

The other day I was seeing that picture on the TV of the world that they were organising so much money. And that money, is that God, is that religion?

So, differentiate between the real religion and the unreal one. Fanaticism is not the way to God, it is never the way. It is one side of God but you can go to the other side of denying of God, denying of religion is another side, both are extreme, you have to be in the centre.

Again, I say that you have to be in the centre. Just wait and see and let it happen to you, alright? It was a very good question, beautiful.

Are there any other questions?

(Unheard question is asked.)

The extreme of sanyasi? Alright, perfectly alright! You see one should not think that becoming that, is very important. It's alright, if you don't want to do, it it's alright.

Like vegetarianism also is another fad you see. There are Jains in India who are vegetarians to this limit that they want to be kind to the bugs, so they get the bugs of all the village, they collect it and keep one pundit and put him in the hut and put all the bugs to eat that or drink the blood of that pundit, or what we call as a priest, and that is how they think they are being very kind to bugs. But what are we going to do with the bugs here, you tell me. You see one pundit is better than thousands of these bugs. How if

the bugs come here how am I to give them realisation? This is what it is!

You see, if by temperament you do not like sex life, it is perfectly alright, but by becoming a nun if you will find God, is a wrong idea. This is what I am trying to say.

By temperament, if you don't like to eat flesh and things, it is perfectly alright. But if you think that by becoming vegetarian you are going to achieve God, is wrong.

Not the extreme of anything. Not extreme of anything. Any kind of fanaticism. You see, this is the reason why today God's name is erased, because of fanatic ideas, we have to understand that. If we have to allow God to work within us, we have to be sensitive, we have to be wise.

Now see this temple is sold out to Bharatiya Vidya Bhavan. What would you say to that? Why? Why has church been allowed to Bharatiya Vidya Bhavan? I don't say there is anything wrong with Bharatiya Vidya Bhavan but a church has been sold to Bharatiya Vidya Bhavan, a sign of what? People are neglecting religion, so-called. Alright?

So, we have to be sensible and wise about it because we can see the future now. We can see for ourselves what is going to happen to these younger people who are thinking about it. They should not also be allowed to go to another extreme. 26% people in this country believe in God can you imagine? What do they think of themselves? 26% people only believe in God. Out of them 6% must be others, not British. And what do the British think about themselves, that they don't have faith in God? Whom do they have faith in? I cannot understand. So, it has gone to that limit. Now at least awaken!

Only the poor countries where there is no food, nothing, so you supply food to them. Now supplying food is not God's work at all, looking after the poor is not God's work! Who has told you that it is God's work?

Even Christ has said that, "Poor will be with you always but I am with you for a short time." If you look after the divinity and the Divine life, and not all these poor people. Let other people do it, let the government do it. Why are you doing the governments job to be philanthropic?

That's not your job looking after the poor. You see, they are like labour unions there, supplying the poor food. Supplying, what is the need? That's not the way. Understand that when you have to do for anyone, it is just you do it. You just don't think you are doing anything great. You just do it because it's just you feel happy about it. You are just doing it for your own happiness, there is nothing like utkara and all that. You just do it, there is nothing so great to feel proud of it that you have done so much good work and so much good work. It's all nonsense, this is just ego pampering. What can you do for others, what can you give: dead things like I give a television set to someone or a chair to someone, all dead? Is it going to give joy to anyone? That is not joy giving.

All these great religions through which you were formed and all these organisations should have given some joy to people. They have not! They have failed completely because their attention was never in the seeking, in the finding out of the truth. They were just organising it. Do you understand my point?

There are many ways which we can follow. After getting realisation, there are many ways by which you can watch those thoughts. If you watch, you see, because you are a realised soul yourself, you know, then your attention is enlightened. Just put your attention and the whole thing will subside. It is like a light, if you put light to anything that is darkness, the thing will disappear. It will work out, just put your attention. From where do these ideas come? From your ego or from your superego. Just find out. Because you know all about it, what is the ego and the superego is, what sort of ideas are coming. You can just watch it and you can get rid of that. It is not difficult. You can remain into thoughtless awareness. There are so many ways we have by which you develop yourself [your Self] and grow.

Questions?

(Unheard question.)

Yes, no doubt he said he was a prophet he was the Son of God.

(Unheard question.)

What is Holy Trinity? Holy Trinity is God the Father, God the Mother, and God the Son.

Ask direct questions.

(Unheard questions.)

Just now if you don't ask direct questions, how can I answer them? That I'll tell you later on. All right?

You have to find out also certain things. Find out things about me, things about Sahaja Yoga. Because I'm very cautious. I'm very careful because I know the ego of human beings. If you say one thing, they just jump on it.

So, be very careful. But to you I am going to tell because you are realised. First of all, get your realisation before your ego starts jumping about. Alright? Just see it. It's just for that. It's just giving you ideas. Just look at that. Tell that to him, "For a while, you get your realisation. Through other ways you are not going to go there." I told you that's an instrument which has to chrysalid.

It is effortless. Not by thinking you are going to reach there. It is going to happen to you. It's a happening. So just wait and see. Don't allow your mind to take over you because if your mind comes in between, it will find values behind. What has your mind found so far? Nothing. Why depend on your mind?

(Unheard question.)

What is? Conscience? Conscience is the thing that gives you religion. It's the balancing force. Conscience is the one that is sustainer within you, that's the one that all the time is giving you balance. That is within you. As I said there is a religion within you. So, the conscience is there. For we are very good acceding it and removing it.

(Unheard question.)

Not allow. Alright? We'll deal it later.

(Unheard question.)

This Kundalini is placed at the triangular bone. You may not even feel the awakening of it. If you are a smoker, this will be just shoot off. It will not affect. But what you will feel, is absolute calm. And the thoughtless awareness, as they call it, is the first thing where, in Sanskrit language, it is called as Nirvichara Samadhi. Nirvichara Samadhi is the first thing. 'Samadhi' means 'enlightened consciousness'. First the consciousness is enlightened at the same where you are thoughtless.

The second thing where you are rising into, is doubtless awareness, called as Nirvikalpa Samadhi, where there is no doubt left. Between this and that, you are faced with doubts, all sorts of non-sensical doubts. But only remember one thing that, if you have felt the vibrations, if you have felt the coolbreeze, there is something about you. Better go forward with it, better go ahead with it, and work it out.

So, it starts today. Please, put your hands just like this, put your feet on the ground...

(Realisation starts...)

## 1979-0517, Seeking & Evolution, Q&A;

View [online](#).

17 May 1979

Seeking & Evolution, Q&a;

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) - Reviewed

[Talk only]

I would say those who have come for the first time, please give them the front row. Second row or first row. Please. Aap bhi samne aiyे [you too come in front].

You see if you leave the back seats vacant it will be better because there will be some more coming, I guess, and occupy these front ones here.

So today we have this introduction to Sahaja Yoga to begin with because there are some [UNCLEAR interest in you].

You have read in many scriptures that there is the power of God that works out everything. Moreover, a human being just feels that there is something of the beyond, something beyond this more comprehension that works out everything. Though we have heard about it, sometimes we get a glimpse of it also, it is not yet very well in our awareness or under our control that we can feel the divine power. As I told you the other day you are so confused about it because you do not know, you have not felt. You have just accepted certain things because some people have told us, because it has been said again and again or somebody has tried to prove that you must have faith to understand. But actually, if it exists or not, whether there is God or not, itself is a big question [UNCLEAR].

So, to approach this question either we start analysing it, rationalizing it and as we have never reached this question through rationality, [UNCLEAR we'll guess]. The another way then could be to understand that there is something lacking in us, something important, something we have to achieve, there is something less in our awareness. That's why maybe we are not feeling. For example, animals do not feel the beauty. They do not feel the beautiful fragrance and they cannot discriminate between filth and cleanliness. In the same way our awareness, whatever it is human awareness may not be sufficient enough to feel that divine power which is that we call pervading, all doing, all knowing, all loving.

So, the human being has got the freedom to find it and he tries in his own methods to find it out. In his own understanding he works out how to achieve. But if you, if you think about our own awareness, how did we get it, did we think about it? From amoeba to this stage how did we become human being? Did we do anything about it? The higher state at which human awareness is compared to animals, how did they, are enjoying it, what have they done? Nothing! You have done nothing to be a human being. I mean we could have been animals, in the same way to achieve that also you are not going to do anything about it. The nature, the evolving force within us itself is going to do it and it will achieve it. But rather difficult to accept this concept that we cannot do anything about it. I would say when I am talking to you, you did not accept Me at all. It's a hypothesis for you. And if it is proved then you have to accept and see for yourself. But you are not to deny it also, hypothesis means [UNCLEAR that's it]

Now I have shown here a human being and he has 4 dimensions as you can see it clearly. One on the right-hand side, one on the left-hand side and one below him and one on top of his head. Now, as I said it you should accept it as a hypothesis. You can see here clearly, that the left-hand side and right-hand side, these two channels are absolutely connected and there is a gap in the central channel. This is the subtle instrument or you can say the scaffolding of our being. And the centres are the subtle centres which work out our plexuses. For example, this first centre here down below manifests, controls pelvic plexus. The second one, yellow one there controls our aortic plexus, the third one controls our solar plexus, the one on top on the centre controls our

cardiac plexus. The one here near the neck controls the cervical plexus and here on top is a passing point there, this centre controls ego and super ego and the pituitary and pineal. And above all that is the centre where all these seven centres are controlled. That area is called as limbic area in the medical terminology. Now these subtle centres exist partly in our medulla oblongata in the back bone and partly in the brain as shown there.

As I have said man has got 4 dimensions, one on this side, one on this side, one on that side and one on that side. Now these two channels here, the left and right represents two folds which are within us. So, first one by which we exist, this channel in the Sanskrit language is called as the Ida Nadi and this controls the left sympathetic nervous system within human brain. And the right one is called as the Pingala Nadi and controls our creativity, it gives us creativity. The central one is our evolutionary Nadi, by which we evolve and we have evolved only up to that point and this is the gap that is left within you. Because of this gap you do not feel that all pervading power. Actually, it is the all-pervading power which manifests as the mirror, like you can see, in the mirror you see the reflection but the mirror you do not see because of the reflection. In the same way, this all-pervading power is manifesting everything that is reflected on you but cannot be seen because our attention is on the pattern, on the reflection but not on the mirror itself.

Sahaja Yoga is a method which nature has employed from the very, very beginning from when the carbon atoms or even earlier than that, when all the elements were created even when the creation was created. Sahaja, "Sahaja" means "with you it is born". "Saha" means "with", "Ja" means "born". It is born with you. Like you can see in a seed, you have got all the maps of all the trees that it is going to create and all the fruits it is going to produce. In the same way is the seed of your being, all this was there gradually manifesting one, one being in you like physical being, then say emotional being, then your mental being, then your spiritual being and now the one that becomes one with the creator.

All this has come out of one being itself. Now, is there any method or not? The question is, is there any method to achieve this sprouting to a higher awareness or not? Is there any method by which you are triggered into it? I say, there is. And what is the method God has created in us? He has created this residual force here, you can see, which is called as Kundalini. It is called as Kundalini because "Kundala" means "a coil", it means a coil. And it is coiled here into three and a half coils that's why it is called as Kundalini. But this force is specially reserved, or is a residual force yet for this occasion when you have to get this sprouting. In simple words we can say, supposing there is a, now this instrument is here and it is recording my speech, but supposing if you do not put it to the mains, it has no meaning. In the same way if you are not put to the mains, you have no meaning. And this Kundalini is the one, that is the cord within you which connects you to the mains. But this is a living process. It is not like taking out a cord from your television or any one of the instruments. But it is a living process that starts sprouting just like a premule in a seed and rises up and breaks this fontanelle born area, which we call as Brahmaandra and takes your attention to that subtle awareness by which you feel this subtle all-pervading power.

But we have problems, and the problems are, we are having these other dimensions also out of which the left dimension which I said gives you the existence itself and also your emotions. Now if you try to be too much emotional, by going to this kind of emotional behaviour, you happen to go on this side more. Sort of you get into a new balance and go on slipping of that. When you go to that side you are attacked by beings who are heavy in your past. Who have something to do with your past. May be not in this life, may be in previous lives. May be some of them who are busy bodies may not be related to you, may attack you too. And that's how people become mad, they become schizophrenic and they get all the problems of the, what as we call the left side problems.

The right side as I told you is for our creativity. By the left side we think of the past. By the right side we think of the future. What are we going to do tomorrow? I mean most of us are doing that, more that. We are not here today, at this moment we are not here, we are thinking now what are we going to do tomorrow. Or we can think, we might be thinking are we going to get a taxi or not, is it going to rain or not. But we are not thinking, that we are just now here and we are just here. So, we are not on this. But we are on the future or on the past. We are all the time moving from the past to the future, future to past. Now the future thinking also gives you a problem. If you start thinking too much for the future, of course plans always fail, that's why the problem is there. See if you plan out anything it will go wrong, something will go wrong to prove that's no use planning for the future too. It is as simple as this, that if you have to travel say to an unknown country, then if you plan out that, "I will be going to the right and

then to the left", you cannot do it. You must see what side of the road is full. Suppose if you just plan out, supposing there is no road on the left, if you go on the left, you will be in a ditch.

In the same way, the planning too much business also causes too much extreme movement to this. And when you move too much to this [right] side, you become emotionally also, very much we react and imbalance is created. This [left side] can also create imbalance; people can become lethargic. You see we had some patients here, they were all of crying mind, crying and crying, doing no work. Extremely lethargic people. You must have also met some people, whatever you may try, give them injections or anything they would not get. That type. So, they are the people who read melancholic songs and all the time they are speaking as Romeos, are crying, [UNCLEAR being sympathetic], killing their time and torturing others and extremely boring. That type. The other types are very ambitious and all the time talking about the future plans. And they cannot sit quiet for one minute because they are all the time planning for the future. That type [of people] are on the right-hand side. And if this type goes too far to this side, they are also attacked by such ambitious people who are around and they can become over ambitious. So, a vicious circle is set in and you get a whole society behaving in a very funny manner, in a very sickly manner. Everybody is running up and down, you don't know what are they after. You just can't understand what are they afraid of and where are they up to. So, that sort of a thing can also happen to a person. Or this kind of that can happen if you go too much out of the balance.

Now, this centre path is of temperateness, is absolutely of temperateness, not overdoing something. Like you are going on a road, say you are driving down to the airport. Now, you are going just enjoying the drive, just see the flowers that are out, spring is out, see the colours and all that. But not only this ever done but what you will see, look at this, these people have not yet cleaned this, they have not yet this, police must be told that they must put this sign like that, why don't. I mean you will work for the police, you will work for the sweepers, you will work for all the rest of the world but you will not see what is there in the nature. That sort of a thing happens with this kind of people and they are very dissatisfied with themselves and with others. They call themselves perfectionists but quite difficult to reading their couplets, and they can be quite mad too, you see. They do not realize but they could be very mad people. And sometimes when you talk, you start wondering, "What's the matter with these people, how are they behaving in this manner?" But the centre path is that for temperateness, is just to be kept.

Now what is to be done about religion people ask me. Now you please keep quiet about it. What is to be done in a religion is not to do anything nonsensical, that's all. I mean, when people say, "What should we do for religion?" Now I mean, "You don't do it." I mean, it's all mostly "don't". You are not doing anything about it because it's mostly don't. So, you just don't do this, that's all. But people think that even for religion you have to do something.

As you are, just keep yourself as you are and the thing will work out, and this is the sustenance which is very important to you. And this is the human sustenance, very, very important for human beings. Those who have got this balancing power, left hand side are the easiest person.

But you know that we have to be worshipers. And in seeking, they go all out, headlong into everything without even considering what sort of a thing they are moving in, and in that headlong, you see they are, many are smiling because they have been, some of us here have been there too, and what problems they create by [UNCLEAR these attitudes].

First thing that happens to them is that these chakras go into a kind of a chaos. These chakras are simply made of, out of left and right side the Ida and Pingala. Since left and right they come across and the chakra is formed. Now, if you start moving too much, any one of these they can get dislocated. Once they are dislocated, they become on their own. Because this is the way they are connected to the whole and you become on your own. That is also very common this one, "I am on, on my own." Now how can you be on your own when you are a part and parcel of the whole?

Supposing you become on your own, it's cancerous. You become a cancerous cell, because you have to keep the relation with the whole. And when this starts happening, then you develop horrible disease called as cancer. It's absolutely like that. Every day you are bringing up cancer, every day we are solving it.

But that is done through the central part which is manifested with parasympathetic nervous system which gives us all the

balance, all the harmony, all the supply of energy. But the energy is limited and if you use it too much, then any disease which is manifested because of a malfunction of these centres, can be there.

If you could keep these centres alright then there could not be any disease. There could not be any madness or lunacy and all these imbalances, but you would be a very pleasant nice person just like a flower. Let the flower remain as it is at the centres of yours because that is innately built to be in every person to become fruit. This is Sahaja Yoga; this is the promise of God.

Sahaja is with you, is spontaneously going to work out this process of becoming the fruit, giving you your own [UNCLEAR evolution]. It will work out if you are not meddled too much. But perhaps it is rather difficult, after a certain age, to find some of you who have not that. Some of them are Romeos, or some of them are great seekers you see, they have taken to horrible methods of seeking like standing on their heads all their life, standing on their feet or do all kinds of funny stuff. You must have seen hippies dancing in the Oxford Street or doing all other nonsensical thing. Not good! You give up your family, you become a Sanyasi, you become this and develop a, shave off your head and put a small little "choti" (veste) as you call it, behind as tail (en queue de pie). Not necessary at all. God has not made you without your self-respect, not. Stop! He loves you and He loves you very, very [UNCLEAR much] and He wants you to enjoy yourself. He has made your instrument in such a manner that you are going to enjoy yourself. This is the way He wants you to look at yourself. And when you start torturing yourself, what should we call it? There is no torture needed at all. People have another idea that you must suffer if you have to go to God. I don't imagine such a thing! I mean that is the greatest insult to God. God wants you to be happy, to be joyous, completely one with yourself [your Self]. He doesn't want you to be unhappy by any chance.

Only thinking that if you have to be one to Him then you should be clearing chakras. You need not do anything extraordinary. It is a simple thing which I do not know why people require so much of explanation. Supposing you are going in a boat, now you go and sit on one side. If you sit on one side, it will topple down. Now you sit in the centre. Everyone understands that if you are in the centre, you are just there on your gravity and you have your own sustenance quite intact. But it happens like that. Moreover, it is not an artificial thing by which you can work it out.

For example, it will work out in some people, it may not work out in some people. It may take some time with some people; it may not take time at all. But when it happens, what happens is that I think I should not tell you because that you should see for yourself and you should know that when it happens with you, you start feeling cool vibrations slowly coming there and then you see that, and you should feel that in feet also hands you find a cool breeze flowing forward. But if it is not flowing then, you, it is not a thing of pride but on the contrary, you should come back and get it again, establish and have it. That's the thing. If you are really the seeker there is no strategy, it is your right to have it.

And this is a very simple thing. It has to be so very simple. How can it be complicated? Because it is essential. It is the most important thing that's why it has to be extremely simple. Supposing our breathing, you have to do by reading books, what would have happened? So, by reading books you cannot get. It is so important, just like our breathing, so how can it be difficult? How can it be a hazardous? It has to be simplest, but we have made ourselves upside down, topsy-turvy. What can one do about it. See only thing you can try is to put it straight and work it out. There is no use doubting anything about it. Because by doubting what have you achieved? The first thing that comes to people is doubting.

Now if you understand there is nothing is selling here. No, it is not. If you understand this point very well that this is not a shop. You are not selling anything here, am I? Then what are we doing? It's a gift. It's a gift and if it's a gift you are not going to doubt it. If you are going to doubt it then you sit down with your doubts and go on convincing yourself. But that doesn't mean that you blindly follow me. It will happen to you. If it happens well and good if it will not happen you are willing to work it. Now, you are not to work it, till you get it and see you have got it, like a swimmer who knows how to swim can only say. But those who do not know how to swim keeps it quiet and [UNCLEAR sit].

It is so simple as that. But there is nothing to feel also [UNCLEAR hurt] that if I say this, you go to [UNCLEAR Brahmacharya]. Nothing to feel bad about it. Because after all, all of us have to go to the other side of the road. So, it's already question of how you cross it and how you land. Those who know the art can do it for you and then you just take their course and then you do it for

others. It's very simple, like one light enlightens another light.

Now the light which is not enlightened cannot be enlightened by itself. But what is the obligation of the light which is enlightened? See now no obligations. Come on. So, one should not also feel obliged, one should not even feel that some great work has been done, neither one should feel also sort of dominated. It's a very free thing; it has to be absolutely accepted in your own freedom and in absolutely in your own seeking. There cannot be any force about it. You have to ask for it, you have to ask for it. If you do not ask for it nobody is going to fall at your feet and say, "Sir please have it!" Of course, being a Mother, I will try to tell you stories and give you some chocolate but it has its own protocol. And one has to go with that protocol and must know we are asking for a Supreme. We are asking for the Supreme Joy. For what you are, what you have received and you should, you must, that is your right and you must have your right. But in a proper way.

If there is any question you ask me because it's a very big subject. You know that I have, must have given them eighty-four lectures and this is now the eighty fifth here in this hall. So, you can imagine how big is the subject if you go into details. But just now, I think it's so sufficient just to give an introduction of subject. Now, if you have any question please ask, but ask sensible question. Thank you.

Cannot think, [UNCLEAR, cannot think that happens]. You see when the Kundalini comes up over the Agnya you just cannot think. The thoughtless, thoughtless awareness. [UNCLEAR That's], what you call the Nirvachar Samadhi, [UNCLEAR sets].

(Interaction with Seekers.)

Seeker: [UNCLEAR]

Shri Mataji: How do you, how do you feel?

Seeker: [UNCLEAR]

Shri Mataji: We know you have a problem, my child. That's it, that's keeping it out. You got your realization alright but it was little mistake, alright? You are alright, you will get it. As soon as the problem goes away, you will get it. Getting now? Are you getting?

Seeker: Yeah

Shri Mataji: Much better, your shaking is much better. What is it doing? Still shaking? Equally? Feel the... What you mean? You are feeling the cool breeze. It's surrounding you. So, feel it comforting you. It is surrounding all. It's all over. It's just there, it works out everything.

So hot. [UNCLEAR] (Laughing) [UNCLEAR]

Shri Mataji: How are you, Simon?

Seeker: Fine

Shri Mataji: Put your hands towards me like this. [UNCLEAR]

Just close your eyes. Now what is going to happen to you. First of all, if you watch your thoughts, most of you will feel that there is no thought in your mind. Most of you, I would not say all of you but most of you are feeling there is no thought. If you see, that what your mind is thinking, you will think that it is blank, something. Then, after some time you will feel cool breeze flowing. Flowing. You'll feel it.

Now, at one of your centres you see, it'll stop most of the places now Thing is, you have to forgive others. When you are

asking for the supreme you must forgive them, forgiveness is very important. Because it's a myth to remember what others have done to you. Just forgive others. Just forgive them. It's only saying that you forgive. Actually, by not forgiving or forgiving you don't do anything. though you only play in their hands when you don't forgive.

[UNCLEAR] Why are you shaking? [UNCLEAR]

Put your left hand on your liver this side. Left hand. Can you feel it? [UNCLEAR]

[UNCLEAR] Are you getting? [UNCLEAR] Hamsa, have you been doing Pranayama? [UNCLEAR] [UNCLEAR] That's it, went to another extreme.

Are you getting anything? [UNCLEAR]. You, are you alright now? [UNCLEAR] Put your left hand on your liver. Your liver. Left hand. [UNCLEAR Cathy] can you check? [UNCLEAR]

[UNCLEAR] You did hatha yoga? [UNCLEAR]

See it's a very wrong concept of hatha yoga we have here. It's only physical. It's not physically! [UNCLEAR] Did Patanjali Sastanga, two simultaneously? It's to be done when you are leading a very celibate life in a jungle with your Guru. From 5 to 25 years of age. But this one is only meant for becoming actors and actresses. (Shri Mataji Laughing.) [UNCLEAR]

[UNCLEAR] Now I think, if you can get in and see their vibrations. Now you all, new people do not get disturbed, these people will just come and feel your vibrations, that's all. You just keep quiet and close your eyes. They'll just come and feel your vibrations. If you are in trouble close your eyes. Just close your eyes and just can't be disturbed, they will not touch you.

Swadhishtana, ok. You feel so different on the face itself. Showing on the face itself, you see. Relax. Enjoy yourself.

Seeker: I have little trouble hearing you.

[UNCLEAR]

(Mother talking with yogis and laughing.)

[UNCLEAR]

## 1979-0524, Seeking and Rationality

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24 May 1979

Seeking And Rationality

Talk to Sahaja Yogis

London (England)

Talk Language: English | Transcript (English) – Reviewed

[Part 1]

Every time we have some people who are new and I have to come with the introduction of the subject because after all, it's the subject of the Absolute Knowledge. And, if I suddenly start-off, then, it will be difficult for you to follow it.

Though, through rationality, you cannot understand it, it is not a subject which can be discussed or if you think by discussing and talking about it, you will reach somewhere then you are suddenly mistaken. That's how people have been doing it, all the time, they have been talking, talking, talking, talking. And, this talking has led you nowhere. For example, one can give a big sermon, as how you should be or how I should be. And may go on and on like that from generations to generations.

And, people in search of Truth, do take to it easily, because they are searching. Whatever they get, they say, "all right. let's have it". And, there has been curricular force which has been guiding them throughout in their search, of which they may not be aware of. And, that's why, they have been denying one after another all such people, all such organizations, which have not been able to give you the actualization of the Experience. And that is what it is, one has to ask for.

Now, it has been said in all the scriptures that you are to be twice born. Now, what is that? It has been said that you have to know yourself [your Self]. The rest of it, has no meaning. Now, if they have said it, either, they were wrong, they were fraudulent, or they were genuinely correct.

So, we come to a point, where we have to see whether, really such a thing like, second birth happens or not? Does it happen? Or it is just a myth, people are talking about? Are we looking out for something that is mythical or really there is something like second birth within us?

There is no religion, no religion I'm saying, which has not talked of your second birth. But, how to achieve it, how to get it? All of them have said, that you maintain your sustenance, you maintain your equilibrium. I am not talking about the organizations that we have built up, all these so called religious faiths that they have. I am talking in the essence of every religion that we have to just stabilize ourselves and wait and it will work out.

So, all these promises were given to us by people who are still, till today, are respected, and are called as they say, "Son of God" or "incarnation", with such great names. They could not have told all us a lie.

All right, then, we go out for searching the Truth. We go out with our mind, our rationality in the modern times especially. We depend on our rationality. We go on moving in this direction in every enterprise, every enterprise we move into, is through our mind. And, if you see it closely and clearly, you will find that this mind moves in a linear line, it does not behave like a living thing, like a living organism, which moves in all directions, in proportion to others, in proportion to the Whole.

So, our mind is not connected with the Whole. If it was, you would not have all the problems like you have affluence money, you have pollution. Everything, that you do, ends up into a downward curve, because you have to face many problems.

So, this mind is not the instrument that gives you the awareness of the Whole. May be, because of certain past experiences, you

may be aware of, or not I would not say aware, but that you can think about the common problems, the common difficulties, but still, you are not aware of the Whole. So, there is a difference between thinking and awareness. Awareness is that, we are aware that there is light, we are aware that there is sun, still, in the sky. We are not thinking about it. But we are aware.

But I am not talking of Awareness, I am talking of Actualization, of Enlightenment.

So, we move from one stage, where we think, rationalize, then we move to another stage, where we are aware. And, the third stage, where we are enlightened. At least, minimum three stages. With this rationality of ours which is limited, we can think off.

Rationality has had all the times, since we are being human beings for ages now, living with your ego. It is so much connected, it has been so much in association with your ego, ego. And, that there has been a lot of rapport between your rationality and your ego.

You cannot separate both of them. So, there is also a muddle about it, whether you are thinking through your ego or you are thinking through your rationality? Is it pure rationality or your Ego is on top of your rationality?

Now, when there is such a muddle within our minds, how can we say that, we believe in rationality of everything, when your Rationality itself is not established?

Now, if we take to our rationality, how far are we developed in our rationality? Let us see. Of course, it is not perfect, this you know, this you will have to admit. If we leave our ego little bit on one side, that whatever we try to rationalize, we do not reach the perfect conclusions. All kinds of problems, you start with democracy, you start with communism, you start with any enterprise, you do, you get into troubles.

That means your rationality is not yet perfected. What is the disease of your rationality, is your ego to begin with. And the second is immaturity of your rationality. Because, if you are matured enough, you should be able to tell through your rationality, why there is gravity, why there are vibrations in the molecules, say of Sulphur Dioxide. The Sulphur and Oxygen, both are vibrating all the time, all the time, with a particular frequency. Why? You cannot answer even one "why" through your rationality. So, where is the rationality?

Still, you take everything for granted. Whatever is discovered, is not through your rationality, it is dawnd upon you. And, your rationality has accepted. It's a different point. But you cannot give "Why" of anything. If you accept this, I can tell you, our ego can little bit go down.

Then, you start separating between the two, very easily when we will realise that we cannot give answers to any "Why", whatsoever. Why are you made a human being? Simple question. We take it for granted, "Oh, we are human being". But, why are you a human being? Why from amoeba, you are made a human being? When you cannot answer these questions, then we take it for granted.

Is a good thing. In a way, it's a good thing to take certain things for granted. But, if you try to rationalize everything, you will go mad because your rationality is not that much developed, is not mature, is not yet enlightened.

But, through rationality, you realize something. You realize something that certain things you have to understand beyond rationality. Certain things, you cannot rationalize. You do it, every day-to-day talk, you do it, "I do not know". If you were perfectly rationalized, you should know everything.

But, it's a common thing, we say to people, "I do not know". And, people do not mind. If this answer is given, we say, "All right, he does not know". So, finished.

That means, one does not know that "I" is not known to you, to your rationality. If it is known to your rationality, then you are an

Enlightened person.

Like, you are a human being, alright, and you have a human awareness. So, you know up to a point. That is, supposing, you know this window, alright. I will say, "I know this window". But I am not that window. Because I know it, it is "I" who has to know the window. So, I am different otherwise, if I am not separated from the window, how will I know the window? Then, I say, "I know my body", alright, that means I am not this body. Even people say, "I know my mind", so that means you are not even your mind, that means you know not your rationality.

So, you come to a point, where you realize, that there is something like this Mr. "I" within we, which knows everything, but this rationality does not know that "I".

So, we come to a point, where we realize, that there is something lacking, that a connection between "I" and rationality, is not yet established. Could be. But there is an ignorance, that if we accept, then it's easy to go further with this limited rationality that we have got. But first, let us accept that this rationality cannot know that "I". "So, then what do you do with this?"

Suppose, you want to fly. I am talking of flying into the space of the Eternal Love of God. Don't believe me, but say, I am talking about it. Now, if you have a car, which can only move in a one line, you cannot fly. So, you have to develop an aeroplane out of that car of yours.

Unless and until, you have your rationality enlightened, you cannot go further, which shows that human awareness, which have given us this rationality, which is not absolute, because everybody has a different type of an approach and attitude. If it was not so, we would have been all the same, no problems, no wars, nothing, no questions, no quarrelling. But, here, two people cannot live without quarrelling. This is the condition.

With the rationality, the way we are, we cannot see each other's point of view for a long time. So, what do we do? How do we solve this problem? So, let us see, go back to our old question, why a human being has been made out of amoeba? How do we solve this problem? How do we answer this question? That, we have become human beings from amoeba stage. is a fact. But how have we become?

Let's go with our rationality on this subject, it's very interesting.

Now, there must be some logic about it. You see, because rationality also give you the side effects of it. First of them is that there is, must be some logic in becoming a human being from amoeba. And the way it has moved. Nobody has put in any efforts; you have not put in any efforts. And you are a beautiful human being.

So, what efforts will be needed to become that higher being, if it has to be something like an Enlightened rationality that I am talking of? No efforts, should be required if we logically see that, from amoeba to this stage, for years together, the whole process has been worked out within putting any effort by the person who is transformed.

So, no effort is required for a person who wants to be transformed. That is one thing very simple. I tell you, all lazy people should say, "Oh God, thank". But there is some place where you get something without doing work. But that's rather difficult to accept this proposition. That, you can get it without doing any work, whatsoever. But, do we know that we have already got so many things without doing any effort? Like, you are breathing just now normally. You are digesting your food, listening to me, you are seeing me. And, all your body is working out. Your heart is pumping the blood. Everything is happening without you doing anything about it.

When we see this, then we realize that if it the most important thing that has to happen, then it has to happen spontaneously, like a living process of sprouting of a seed. Now, sprouting of a seed, how can you rationalize? Again, we come back to rationality because, I know, this a very common topic.

How do you rationalize a sprouting of a seed? How does it sprout? See the incapability of this rationality, that It cannot transform one flower, one flower into a fruit. Then, how can you understand God or anything divine with thinking? You can't.

The One who is doing these things, thousands of these things, millions and billions of these things, how can you understand that Personality? If it so through your rationality, you cannot do it.

So, the best thing people do, is to negate, negate. Then we cannot understand what to do, just negate God.

But only the human beings have believed in God, why? Not the animals? We have ourselves discovered God or believed into some people who have talked about God and that we say, "There is God".

Now you negate God, now what is the ultimate? What you get out of it by negating? What do we get out of all our rational enterprises? What have you got? Are we happy people? Have we found out our meanings? Have we got our fulfilment? We haven't got it. Let us accept it.

So, something has to happen and we are looking forward to it. That's why we say, that people are seeking. We are looking forward to it in a very unconscious way. It is all the time in our mind. But there is something, will happen in us. Something, that connection which has not clicked so far. We are aware of it. And, this awareness is responsible for the seeking of the people.

Now, the second point of it, would be easier to understand, that whatever I am telling you about, you may not just now, know about it. And also, you may find it rather difficult to believe into it.

I am not saying that you should take it for granted, not at all. But you have to keep yourself open, as if to a hypothesis.

Now, have you got something within us, an instrument, by which we get that enlightenment in our rationality? Is there any width, that gets enlightened within us, by which our rationality feels enlightened. I would say, "Yes there is". Now, you need not accept.

In all the scriptures, it has been described. In the Bible, it is described that I will appear before you like tongues of flames.

I would say, anyone of these people who are talking of Christianity, let them explain what it is. They cannot. Because they have not yet actualized the second birth.

Anyone, who is following Islam, if they could say, what is to be a "Peer" and how it happens, I would really accept them, as realised souls. Or, even if they could explain the symbolic expression of the Namaz [unclear, as it's ?]. They are just doing it, because it is told. What is the significance of this Namaz? What is the advantage of this Namaz? What part of your being is enlightened by this Namaz? They do not know.

In the same way, any Hindu, if he could explain to me, the symbolic meaning of the mantras like, "Aim Reem Kleem", what does this mean? Any of these mantras? What are mantras? What do they achieve? Then, I would accept it. But they are just doing it, because it has been plotted out for them. They are going the straight forward march on the line, that is made.

Though, I would say, in religion, we have to be rational, but which way? When we come to religion either, we accept it, absolutely without rationality, or we negate it, out of rationality.

To accept anything, without rationality, is also not sensible, not to negate it absolutely, because your rationality is also not wise. You have to see. Keep your rationality alert. And to see, actually, if such a happening, then take place within you. And, if I say that "yes". This will happen to all of you, has to happen. The time has come. The blossom time has come. And, many are going to be converted into their fruits. They will have their fulfilment. I mean it. But, as I again requested you not to believe me, what I am saying. But, not to deny me also, because you cannot rationalize.

It's a happening. it's a living happening and that happening takes place, because, we have an instrument. Now, instrument, what we understand, is a dead thing. But if you understand the word primule (gemmaule). If you understand the sprouting, germinating part of the seed we have within us, a germinating part which connects with the mains, we have got it.

Now, there is a complete mechanism, built within us, in the course of our evolution, and these subtle centres are placed within us. They all exist at different levels. First, in a medulla oblongata, then in the brain and here [unclear].

This is the instrument, which you see, such a beautiful picture. That is within us, kept already, to be started, to be ignited. And the cord, that is going to connect us to the mains, is there coiled up into the 3 and 1/2 coils.

When this rises upwards, then you pass through various levels of awareness. First, from the gross, the gross is you see the fruit. We see the mother earth, let us take the mother earth. From gross to subtle, what is the subtle of mother earth? Is fragrance. We pass to the subtle, then we pass to the cause of it. Into the cause, what is the cause of mother earth? The cause of mother earth is the axis it has. We have got our axis and in the same way, when we go to the cause of our being, we go to that axis. We are attracted towards that axis. That is, what is the central part. And, ultimately, we go to the primordial cause. And, what is the primordial cause that is placed within us, is the Spirit. Is the Spirit, which is the reflection of God Almighty.

It's a tremendous thing. It's a very, very deep thing. And, when it is worked out with effort, many Gurus, and very real ones, I am saying, I am not talking of the horrible ones, but the real ones, who have been working in the forests and the Great people like Moses, Abraham, all these people, they knew how difficult it was to raise the Kundalini, this coiled thing, gradually, one after another. And, the detailed description of this, is so horrified, that people get a fright.

Actually, when Kundalini rises, normally, by effort of people, who are authorized to do it, is such a slow movement, that, at any centre, where there is any escape, any weakness, the attention immediately goes on the side, from the cause, from the centre.

Once, it moves to the centre, you start getting all kinds of visions. This is for our Sahaja Yogis, this part is. That, every time, you get your introduction in different ways, but so. And, these are different levels at which you start rising in your awareness. And, the whole rising of the Kundalini up to the fontanel bone and piercing of that, in itself is such a dynamic process. That, we are not even aware, what has happened to us.

Absolutely, we are not aware what it has achieved. Of course, when I will be on Monday, in the ashram, I will give you all the details about it. But just now, for the new people also, I would like to say, though, it is so spontaneous, it is so simple. But, it is a very dynamic thing.

It's a all-dimensional working, which makes the Kundalini rise. But it has happened now. You should not be very shocking to see, a simple housewife, who has found out this method. I mean, that should not really jar you too much that, I am just a very, very simple housewife. That should not upset you very much too.

That, if I have found out a method, say, for example, by which one can get an 'en masse' actualization of breaking through into the unconscious, one should not, I feel, be upset. May be, sometimes, very simple, useless people, find something genuine. May be the great may not be able to find something, which very ordinary may find. For example, if you see, the life of Christ. What was he? A carpenter's son. having only two ropes to cover his body. What was his mother? Uneducated woman. If you see Krishna, what was he? He was the one, who was playing with the cows, a cowboy. What was their background, as far as the rationality was concerned? So, if somebody finds the thing, it should not upset anyone. You could have found it.

And, I would have been, actually in your seat, I don't mind. I could have been better, I tell you. To find something like that, is a big headache. I can tell you. Then, to tell that I have found it, is a greater headache. You must wear a helmet for a thing like that, when you are saying it.

And, to announce it to many, then you had it. Thank God, nobody has stopped of crucifixion till today about me. But you can be in for any trouble whatsoever, if you say so. But there are many who say, who have their found. Then, what to do? You find yourself in a mess.

So, what have they found it? And, what do you have to find, is on one simple thing, you should decide. That, have you been able to get your own power? Is your rationality enlightened? If not, better get it enlightened and see for yourself, is a simple thing, is extremely simple. And, there is nothing to feel upset about it. Because, it is simple love.

I should have contained with my findings, would have been much easier for me, because, I am a happily married woman, with all the conveniences of life. But, this love, I do not know, I cannot keep it to myself. I have to give you. I have to give you. I wish, I could remain without disturbing you, but I have to. And, if that, is the way of looking at things, if you could excuse some of the things, that you may have to face. Because, you have to face that you haven't got it as yet, which may be painful to some. That, you have not found it as yet.

You should understand, that it is in no way, to belittle you. But, to tell you that it is for all of you, I have found it. May be, that I am the one, who is crucified for all of you. Now, you better have it.

Until and unless, you have it, I am not going to feel alright. It's a very, very simple thing. And, as soon as I entered into the hall, I did feel the rationality, looking at me with that critical eye, and I started off with that. But I would request you to relax, just relax. It's not that difficult. You will be amazed, the things that we described as very difficult.

See sometimes, when I read these books which are being written about Kundalini, I get a shock of my life. I said, those who must have read this, would never see my face again. It's a very simple thing. It's a simplest and it will work out within you, no doubt. But after working it out, you have to know what powers you have got, how to ascertain it, and how to work out it. This is a very, very important part of it.

If you cannot do that, then, you will be again lost. I would request you, even after getting realisation, try to come and understand the whole mechanism within you. Master it. And you are the one who is going to give life to thousands. It is through your light people are going to be awokened.

So, understand your values that you are enlightened for a purpose. And, that purpose is to enlighten others. And, by which, you are going to help them, mentally, physically, emotionally, spiritually. Apart from that, they are going to play as the instruments of God, understanding all His powers flowing through you, through your rationality.

Your rationality is going to see itself. It's going to watch it. That, "Yes, the power is flowing through me. I can see. I can cure others. I am cured. I am going to do this. I am going to achieve this." And, you are going to feel that bliss and joy within yourself.

I would like today, for you people to ask me some questions. Because, I still find, there are some questions, lingering behind the mind. Of course, the questions, as I said, are again worse, worse, worse, worse, worse. You can make a pyramid out of it, you see. And, the whole thing will fall down just like that. But still, if there are sensible questions, so very good to raise. I would love to answer all of them. Because, I am here first to satisfy. Then, when you are satisfied about it, to give you what you have within you, just your own key of your own greatness, of your own glory, of your own powers. Nothing more than that. Because sort of I feel like a trustee of those keys with me. Or, I know, where they lay.

On Kundalini, they have got very good and outside thing, I hope they have brought some. And, moreover, Sunday and Monday, I will be in the Ashram. And, those who have come for the first time, can come in the evening there. And, we can talk about it more, and you can, sort of, absolutely stabilize your realisation.

May God bless you! We will have that session after you have asked me questions. Thank you very much.

[Part 2]

Question asked by Sahaja Yogi: (Voice is not clear.)

Shri Mataji: Yes, yes. It is all right. It can come from anyone. It can enter into you through any forces. It is very true. I mean, they can. See, until and unless absolutely you are a hippopotamus, you cannot get rid of it. But you have to become that cow in Sahaja Yoga. Once you are back, no negative energy can disturb you. But, of course, it can. That is a magnificent thing. Isn't it? So, I would say, will talk about it later, Will you come to the Ashram? You see, because, I know, I will talk about negative things later, will. Alright? How they work out and how they are horribly attacking us. And how we have to look after, for realised souls, you see. Only until and unless you are realised, it is rather difficult. You cannot do that. But now you know that.

And there are negative forces, there are. We are everyday clearing the mass, you see, in the programs, and all, they are pulled from here. The other day, we had a boy, who started a fighting here and he got really mad but he will be alright, I am sure he will be alright, he is not a bad person. It is some bad or negative forces, it's true but how to find out and all that, we have lots of fighting methods and this greatest contribution is done by Mohammed Saheb Himself. He has given lot of ways and methods, the real those ones to remove those things and how we have to look for realised souls. He has really done a good job. And the greatest mantra this is Lord's prayer because Christ is the one who removes all our negativities. So, Lord's prayer is best for keeping Agnya Chakra alright, to have it open, but after realisation. Before realisation it has no meaning, it's just words, words and words. After realisation Lord's prayer is very good and of course you must have detailed idea about the whole thing, and that's the way it should be.

Sahaja Yogi: {Question voice not audible.}

Shri Mataji: No, I would not say but it's maturity, some people mature just like that, they mature so fast, it is so surprising how they mature, and some of them do not, they take time. For example, the Kundalini may break through, may come out and give vibrations.

Then the second stage starts. When you get thoughtless awareness with that, you feel absolutely relaxed and first shot is really a very, very big good experience for so many of them. But then what happens, that you have problems within your chakras. So, Kundalini which is just waiting and feels going up, she will shoot up but then it goes back and starts supplying the different chakras which have problems. When such a thing starts, you start doubting, so you go into doubting stage. When you have to rise up to doubting awareness, when it is a slow-moving thing... Say from here I have to go to America, you can go straight, otherwise if it is slow moving thing, you may go by a ship touching all the ports. So, if it is a slow-moving thing, then may be maturity takes its time.

But in Sahaja Yoga in a first shot Kundalini rises just like that, shoots up, but second, shot goes back and then slowly, slowly comes up enlightening all the chakras and looking after them, physically helping them and some people have mental problems, solving them, and things like that. At this time, naturally a person starts doubting, and when you start doubting, the movement of the Kundalini is poor, very poor. But what is the solution for this? Is to remember your first experience, not to forget it. If you remember your first experience, then you will not go back.

This question of doubting is very common, where people use their rationality too much. Because you think, "Oh, I had vibrations, so what?" Finish! Because you must know that this is the ocean of knowledge. Say you are coming to this room; you don't have to the whole of rooms coming these through. So even to know that's the whole, you have to move about and find out. After realisation you have to find out all the areas of your being fully and that's out you are going to be the masters. But you are chosen to be that. But why do you sometimes are doubting? What do you get? Every time you ask, "What do I get out of it? Nothing. So, I doubt to find that out." Again, "What do I get if I go backward? I do not find out." Again, you go forward, again you

go forward, and you will find that you have really got something that you will never redeem it, it's fantastic because it's all dimensional growth which we cannot otherwise achieve by our thinking, by our effort.

Sahaja Yogi: (Question voice is not clear.)

Shri Mataji: You have gone into doubt. What faith you have? What is alright? Let's rationalise, what is alright here? The way you live you feel it's alright. What do you think when you say, "I'm alright"? But if you think like that, it is good, you are alright. What is the meaning of this also? Even if you are alright but why have you become a human being, that's the point after all? Have you been able to answer through your life? Why are you here on this Earth? For what? Maybe you are alright but why are you here? Say for example here is an instrument, it is alright, nothing wrong with it, but why is it here? It's the point. Alright? You see, if you think like that, what is the positive? If he thinks by coming here, he becomes negative so what is the positive? How you will understand because you haven't had any experiences? If you have an experience and you work it out then... Outside only you started giving all things, you are not been in. Suppose you are not been to Paris and I say, "Oh I think Paris is the worst place", so what you will say about, that Mother has not been fair. So, I could say same about you but I would not. I have accepted all of you as you are. I have to work it out, not you. You don't know by doubting, you are not going to help me absolutely. There are many who will tell that Mother has to work very hard for the negativity. That's what I teach it.

So, by doing this I mean first of all one must know there is no obligation on me if you have come here by any chance. First to realise this then start coming here. It's a big time within you. What are you going to give me? Just think like that. What are you going to give me by saying that, "I feel negative". You are not going to be certified about it. What is your credibility? What are you going to give me? Nothing. I am saying I am going to give you a gift so what's the use of saying that, "I do not believe it"? Suppose I said, "I got a diamond ring which I am going to give you here", you will come all the way from Australia running, then you will not ask any question. Now this is the rationality, see it. You understand? So, the thing is first you have to work out to get it, this is your own power, do not cheat yourself, do not go against yourself. You have nothing to lose, I have nothing to gain out of it. Simple thing, if you understand it without feeling hurt.

Another question asked by Sahaja Yogi: (Voice not audible.)

Shri Mataji: Why I am doing it? Because that is done for all of you, that's all. I get my fulfilment. Everything is not done in the same way as human beings do. Why did Christ get crucified? Can you answer that question? What did he get out of crucifixion? Why does the sun shines? What does it get out of shining? Why does a candle burn? What does it get out of burning? Everything is not done for some gain. It's only human beings who want everything out of everything. What does animal expect from you? Why it is put in here? What's the use of everything? Why it is for? (Voice not audible) What have you given to nature that has created you? What have you given so far? After realisation you can, but not before that. What have you given to society which has been created? Just tell me.

So, there is a nature also, so abundant, just so beautiful. What do we do? God has given us so much. What do we give to God? What kind of thing we can give to God? What do we have, that can be given? There are some things which are done just for you. There are some things there to take. Life is made like that. What does a mother expect from a baby? I don't know about the modern one. What he can give? This is not economic enterprise. Alright? Understand! Good.

Question by Sahaja Yogi: (Voice not audible.)

Shri Mataji: It's a very good question. If I start speaking of that, already I am gone into the negative forces. I do not know where I will be landing. So, it is a very good question which you want to know. I would like to answer this question when we meet in Ashram. If I start talking of Lord Krishna, I would be bit lengthy. Something that is endless. Let's go slowly, slowly to it. I know that's a very good question. Because I have talked of Sat-Chit-Ananda but not about Shri Krishna so much so far. I have on about Vishuddhi Chakra but I have to take on it also. Didn't talk about Him.

As we know, we have to have, as you said there are stages or not. It's not question of stages but there are people you see people

get realisation alright, they have the vibrations, know about chakras. But with the ego-oriented society like today what happens, is people start drifting with their doubts first of all. Even if they do not drift, it is difficult to accept what Sahaja Yoga is. All this takes time, and time has to be given. No doubt. Some people do not. That's why I would not like to expose every one of you to that kind of the whole thing. But it will be progressive, you will be definitely seeing all that. Because you see the light. Now you have opened out your eyes, you can see the light, you can bear a particular light of a particular intensity and when you open your eyes more and you can bear more when you have strength to bear it, then you should see more light. Because I do not want that you should again be lost because you cannot face the truth with that intensity and that's the reason we have done that way. Gradually only with six people worked on them initially and then gradually and gradually we had to work it out. Because I have seen that the way people have reacted, it doesn't help them much. But it does gradually help them if you expose them to the truth that as much as they can absorb it. It's like a little child you see, you have changed the mixture of water and milk, and how it's cooked, then you can give pure milk because it can digest.

There is another thing which I have to tell you that for reality you have to face that with boldness, one thing. Another thing is that when you see reality coming to it, you don't depend on your feelings so called but only on the vibratory awareness that you have achieved, not on the feelings, you see, "I feel like that". Now you have been feeling like that so what? You have achieved that. Because so far, your feelings have not been enlightened. Only the vibratory awareness by which you get your vibrations, only through that you should see everything, because it's a new awareness. Because so many people, you see, "I feel like that". It's so arbitrary, it has no meaning. How do you feel? Why you feel like that? It's just a whim of the brain.

It must be something absolute and that is what happens. "Enlightened" means you know everything in an absolute way; there is no second way. Whatever you know through your vibratory awareness is an absolute truth whom you have achieved, you cannot side. Anything: somebody believes in God, somebody doesn't believe in God. You cannot explain. That's I feel, then there is what. How do you feel? Another doesn't feel. He is also a human being. So, your feeling has no meaning. But we just say, "I feel". Because you can say this thing but it is not truth,

Question asked by Sahaja Yogi: (Voice not audible.)

Shri Mataji: What language you speak? Greek? That is too much for me, Greek and Latin said to be most difficult language. But there is no language of love. I know vibratory awareness. There's no language. It is an absolute language, it works out. So, you can ask question about Christ, you can ask question on your vibratory awareness. Ask any question about Him. Was He the Son of God Almighty? It's a great question. Ask it with that, with the protocol, because He is not standing on the street. Just to ask a question, ask with a protocol. Was He the Son of God Almighty? Most of you will feel it but those who haven't got vibratory awareness cannot feel it.

And also, these negativities that you said, is about this doubting, also sometimes could be back, which is all the time waiting at the doorstep, but you have to be bold about it. Greeks can ask, "What so greaty is an Incarnation or Primordial Master?" His birthday was celebrated the other day. That day, I was so very happy to know this, extremely happy. That's alright. Anthony and Andrew bought some flowers to me and said to me today is His birthday, I was so happy all the time. Was He the incarnation of our sustenance? Is He within us who looks after our sustenance? He was not the property of Greeks. He was everybody's property, which is within us. On this Earth, He existed. You can ask and know on vibrations.

(Question not audible.)

Shri Mataji: Ask such questions which can be answered only on vibratory awareness. That's the trouble with everybody. That's it, see, that's the trouble with human beings here. (Shri Mataji laughs) Christ they don't think much of Him. Now they think because He is no more. What do you think about this? Not even one educated person went to Him, not one. As a person they don't think much of Socrates, did they? Every word that Socrates had said, is absolute truth. And these are the human beings who are evaluating Him. What is their measure? Then they crucified Christ and thought that they have done the greatest job. Some of you might have been at that time also there and some of you might have been helplessly watching the whole thing, must have been redoing all. Not only that, but you knew not doing the right thing but could be of no help.

So let us not do it same again, let us keep ourselves open because you have nothing to lose again.

So, should we go ahead now? You have to just put your hands like this, because all your points are your centres here. All the seven centres are here. And left and right sympathetic nervous systems, both are expressed on your fingertips, here and here. There are seven chakras 1, 2, 3, 4, 5, 6 and 7. And when you keep your hands towards me, actually, through these centres, information goes inside these centres and then Kundalini rises with the invitation of the vibrations. When vibrations go inside, they invite Kundalini to rise. She knows. Now she has risen out of joy, just out of joy, like a river when she knows, sees the sea, she hears the voice of sea, she rushes. In the same way Kundalini flows. It happens like that. And I hope it is going to happen to all of you, that you receive it. That I can assure. But I cannot assure your stabilisation, that I leave it to you. That stabilising you have to work it out. Before realisation you don't have to do anything but after realisation you have to stabilise yourself. May be some percentage will not require anything but it's just stabilizing, some will.

Question asked by new seeker: (Voice not audible.)

Shri Mataji: Let's have it, so many are anxious to have it and there is a big lecture on that. I think I have spoken for three hours on that topic. I don't mind speaking again and also you can feel it.

Now Self is the one that is in your heart, that is reflection of the Divine, which you realise, means you know yourself. You will know what you are, all your centres, know centres of others and power of Self is pulsation of vibrations which will flow, through which you will know everything that you have not known so far. Self-realisation is a simple thing. In very simple words is the connection of your attention into the Divine. Like as I said there is pattern on this carpet and there is colour. You cannot see the colour; you see the pattern. That's why your attention is on the pattern, not on the colour. That is Divine play. By Self-realisation, you jump on, I would say, you get aware of that colour, which is all pervading, which is dynamic, which is God's love. You become one with that, which is self-realisation and which will gradually manifest and explain itself to you.

But to give complete elaborate idea about Self, I will tell you later. Better get it and best is to have it.

Question by new seeker: (Voice not audible.)

Shri Mataji: Yeah, you see you will know it, whether you have got it or not and whether the other has got it or not, once you have it. Once you have it, not only that you will know but that, whether you have got it or not, you will also know that the other got it or not, if somebody claims he has got it but you will know that he has not yet got it, because if such a person is self-realised, he would be emitting vibrations and you can feel them through your vibrations.

So, just put your hands like this and close your eyes, no thoughts in your mind, just watching. Ask your mind, "What are you thinking?" Close your eyes, please close your eyes. Because if you don't get your realisation, you will not know what about happens...

## 1979-0527, Seminar Day 1, The tricks of false gurus

View [online](#).

27 May 1979

The Tricks Of False Gurus

Talk to Sahaja Yogis

Dollis Hill Ashram, London (England)

Talk Language: English | Transcript (English) – Draft

Audio (TM, False Gurus, Industrial Revolution, Christ)

[Text of audio 1, 2 and 4]

Shri Mataji: It's all right for you to say, because he is just there, you see. He was just to be ripe, he came to Me, he got it. [clapping with hand].

Sahaja Yogi: I found he got it very easily. The minute I saw your photograph, I gave [inaudible] I mean, I was [inaudible] TM.

Shri Mataji: Really? Then, I wish all of them have even that much of you it will work out.

Sahaja Yogi: Well, since then, I spoke about [inaudible]

Shri Mataji: Yeh.

Sahaja Yogi: And within twenty-four hours, [inaudible]

Shri Mataji: Hmm.

Sahaja Yogi: It's a sudden wave of vibrations [inaudible]

Shri Mataji: We have to save them. You see, with TM, my attention is very much there, very much there. Last time we solved the problem of that "Divine Light." That "Divine Light" is out now. Only have his brother, you see. I went to Geneva. I wanted to see TM also, but he, you see, it was starting raining and all that, in night, we didn't go. We could have gone up to that place, it would have been better, but doesn't matter. So, he, the brother, drove Me down to the center in Geneva, and said, "He is the one, you know". I said, "All right, I put a bandhan". Within a week's time, he's out in jail now. And now fourteen years, thank God. [Inaudible] started. So, all this works out this way. So, my attention is very much on TM these days, very much. And, if it works out? So, here we are.

Sahaja Yogi: He must have been and with your attention, it must work.

Shri Mataji: Very much.

Sahaja Yogi: Here. Some weeks ago, it started. [Inaudible conversation]

Shri Mataji: Good. It's working through awareness. If it breaks, it will break completely. You'll see that. Because this is a bubble, this is just a bubble, it will go out. So happy about it! And this should happen. Actually, you see, even going of this Divine Life Center business, you see, I do not know how many of them will come to Sahaja Yoga.

That kind of- It's better that it works through your awareness, so that you come to Me. Otherwise you see that kind of a what you call, a removal of one person may not. They may still come to Sahaja Yoga, I don't know because Gregoire was saying he's going to start something in Geneva also. Let's see if that works out.

Sahaja Yogi: Through our future job of [inaudible] would it be a quite strong position [inaudible] Through our job we are [inaudible] much more powerful when we get a certain level.

Shri Mataji: Angel level.

Sahaja Yogi: In our job and we are mixed with other in Switzerland. And little by little, people we are working with, we attract them to Sahaja Yoga and every one of us-

Shri Mataji: Yes, I mean your life will show that, see that you are different. Now, Douglas. Look at Douglas. If Douglas has impressed you, so you can imagine. Douglas can tell you what was his condition when he came. He was in a mess because the poor fellow has been really tortured and troubled very much. He was in a mess, absolutely in a mess when he came to Me, ask him. He'll tell you. And now he's achieved this power that shows how great he is. See, he was in a complete mess, you don't know.

my husband is very much impressed by Douglas too for one reason. He says, "Whatever You tell him, he just obeys. He never questions."

I said, "That's something."

He says, "He never feels bad."

So, you see, one day he was watching TV for a long time. I said, "Douglas, not good for your eyes. See your eyes are very bad."

Immediately he stopped it, went away.

He said, "He didn't even take a second to think about it and he just stopped it and went away." "So," he said, "but what makes him do that?"

I said, "Only thing he knows is that I do it for his good, absolute good. That's why. He said, "What he never feels bad, whatever you tell him." He's quite surprised at this.

That's the surrendering, I would say. The way he has achieved that power. That's the only way really, to be very frank. That's how you achieve that. No other way but that.

Now. Who's is this one? Yours. Are you better? You did how many years? Five years or eight years for Hatha Yoga? Eight years?

Sahaja Yogi: 5 years.

Shri Mataji: Five years?

Shri Mataji: It's five years?

Sahaja Yogis: Yes. It's five years.

Shri Mataji: This is another problem, you see, this Hatha Yoga. Very wrong.

Sahaja Yogi: Hatha Yoga.

Shri Mataji: Yes, absolutely wrong. You know, this is not Hatha Yoga. Where is "ha" and where is "tha" in it? Nothing.

Sahaja Yogi: I'm vegetarian [inaudible]

Shri Mataji: Oh God! Now I am going to stop it absolutely, anybody is- Yesterday, you see, that old lady was saying, "Mother, is it wrong to be now vegetarian?" I said, "I don't mean that!" But those who are not vegetarians, why you should force them to be vegetarians? I can understand, you see, certain meats are not good. Like, I would say horses' meat, you see, is not good. When it's a big thing, you know, even cows' meat is very bad for the teeth, you see. That's how you lose your teeth here. If I eat the cow's meat, immediately, by mistake also, I get a swelling on my [inaudible] complete vibrations start flowing from my teeth here. All my gums become swollen up. Sometimes even my lips have, when I've, when I take the soup becomes thickened like that. So, that means that there is something in the fibre that is bad for your teeth which spoils or may be vibrations-wise. I do not know whatever it is. But the horses' meat is the worst of all. Now they eat horses' meat, even in Yugoslavia?

Sahaja Yogi: Yes, I live in Yugoslavia.

Shri Mataji: Yes. That's why I must tell you that in Yugoslavia, I went, and ate a salami, and I said, "What's the matter with this salami?" So, they told Me.

"What you make out of it?"

They said, "Horses."

"Horses' meat?" [laughing] Oh, I couldn't understand it. And they eat anything. Like in China they eat snakes, you see. There was a man, head of the Scientific Research Institute, and he said, "You know why we are so brainy?"

I said, "Why?"

He said, "You know in my childhood I must have eaten at least fifty-six snakes."

I said, "That's why you are brainy?"

He said, "Yes, the serpents are very brainy people."

I said, "But you don't want to become a serpent."

He said, "But, I want to become brainy."

Shri Mataji: It is wrong to eat serpents. I mean, one should understand this. That's how they are. This I am telling you about the South Koreans. He is a South Korean. He has eaten so many serpents, you see. And he said, "Only Americans can be all right if they start eating serpents." See, they are all right, they are intelligent but they are not like serpents. That's why they are failing everywhere. If they could eat serpents, they will be all right." So, this is what is the analysis of people.

So, this horses' meat you have to give up. All right? But you have to eat meat. No need to go to extremes. Like one side you will eat horses' meat, tiger's meat, every meat and on the other side you do not eat anything. You see, what am I going to do with the chicken, you tell Me? Why do you want to save them? Can I give them Realization with their two legs? What is the need to save the chicken? Save the human being.

[Conversation between Mother and Sahaja Yogis]

Shri Mataji: This is another vegetarian sitting down here. [Laughter] Still you are?

Sahaja Yogini: No, I wasn't ever really.

Shri Mataji: So, it's good. You have to just do it.

Sahaja Yogini: I was thinking about it when I met You but I never really did it.

Shri Mataji: I mean, they said, told Me, "Mother, we are cruel to animals." Something like that, you see. I said, "Now, don't worry about animals, you see. Nothing dies." Of course, you can do it in a better way. You may not be cruel; you can do mechanically, something like that. But you have to live on them. You see, the body has to live on their meat. Part of it has to be there.

Now the other extreme of vegetarianism is, if you see, then you will know what it is. Like Jainism they have. I don't know if you have idea of Jains we have in India. Did you meet them anywhere? No? Thank God.

See what they do is that they get all the bugs of the village in a hut. All right? And they put one Brahmin there and give him lot of money. Sometimes they give him a house also, later on, if he comes alive out of that ordeal.

And they put all that in a hut, and the Brahmin, and lock it up. And the bugs are supposed to feed them on the blood of that Brahmin. Poor fellow, you see. And then they give him a house or a money or something. And it is regarded as the greatest- what work?- charity done you see. And everybody will pile up money for that to give to the Brahmin, that he should give his blood to these bugs. Now what am I going to do with these bugs [unclear]?

All these Jains are going to become nothing but bugs, I can tell you, in next life. That's what is due for them. Such foolish people. Why don't they understand?

In evolution a man, human being is the highest. How much God has worked them from bug state to this state? And now to reduce the one Brahmin to a bug. See, you require at least billions of them. So, this is what it is: they have no sense of proportion, these vegetarians.

I don't say that you should be gluttons also. I mean, you see, I must give all the sides of it because people start going to the other extreme. Like, you see, some were starving and fasting. So, I said, "In Sahaja Yoga no fasting is allowed. You are not to fast."

In that also people have done lots of funny things. You know, this is all tantricism. It's really surprising, fasting. If somebody tells you to fast, you must give one real boxing on his face. That's what they deserve. It is a sign of a real devil who tells you to fast. You see, he should fast himself instead of telling everybody else to fast! It's a horrid thing to do, is to fast this way. Of course, you can fast for your health or something, but in the name of God to fast is something so nonsensical; which I'll tell you how it works out. I mean it's not only silliness, but it is cruel. It's very cruel to make people starve and make them fast, you see, when they are hungry. This way, I will tell you how they do, fasting in India.

Like these horrible Brahmins we have in India. All these so-called Brahmins, you see they are all devils. All of them are rakshasas born as Brahmins, living on in all these temples, you see. One day these temples are going to topple down on them, and they are going to be killed under these temples where they have earned money out of people. But apart from that, anything that they do is that they have started a new method of attacking people. Like, they have got fasting system. Now in the fasting system is, the day when a deity is born, that is the day they say, "You must" fast, just imagine. Now supposing a little child is born in the family in any Indian home, or any English home, or anywhere. What joy! See everybody celebrates it and makes it. Imagine the day Christ is born, you are asked to fast. I mean that is the day is of merriment. Of course, here is another extreme is that they all end up in pub. You see. [laughing].

You see, so I want you to avoid all the extremes. Because that's not the point! What I'm trying to say is the day, say, Ganesha is born, that is the day they will fast. All right. So, you start your fasting. So, what happens, Ganesha goes mad, this is mad. Now

absolutely a concrete story, I'll give you. There was one great Sahaja Yogi from Puna and he got a prostate gland problem, and he was a great worshipper of Shri Ganesha. He came to see Me. And my prasad is channa. You must have seen channa that I give as a prasad. You don't know? Have you got some channa today? No? Will you? All right?

Let's have it. So, the channa, I've prepared also channa for you today. So, this channa, I took it out and I said, "Take my prasad." He looked around, because on that day you are not supposed to eat any cereals. So - not as a cereal but channa is not one of the things used for prasad. So, the other fellow said, "Mother, today he doesn't eat anything."

Shri Mataji: "Why?"

He said, "Because today is chaturthi, is the birth of Ganesha."

I said, "Why? Why not on a Ganesha?"

"Because the Brahmins have said so."

I said, "Really? Look at these devils. This is the best way to insult Ganesha." So, I said, "You eat it today because I tell you." And, imagine his prostrate was out. He was perfectly all right. Ganesha got awakened into him. On this point Ganesha was angry that on his birthday, instead of celebrating it, he is going into fast. So that's why I say that these are devils. They have found out so many ways! You see, all these devils have entered into the rituals of Hinduism. And there are so many rituals in which they have put these things.

Sahaja Yogi: Christianity...

Shri Mataji: Christianity also, they have done it. But, you see, one thing about Christianity they have not done it so deliberately because perhaps they were possessed. But Indian ones are real ones, you know. They are the ones. They are not possessed. They are the devils. Here the Christians are possessed by devils. So, little bit excuse is there for them.

But for example, as I told you, in Westminster Cathedral, I lived facing. And in the afternoon the only activity is the beer barrels coming in and going out, you see. [laughing] I was surprised. This is the activity going on in the church, you see. Morning time all people going to the church and afternoon all that, the barrels, you see, coming in a truck and unloading and loading in the truck. I said, "How many barrels these people consume?" These are the priests. They just drink beer, I think, they don't drink water.

Sahaja Yogi: Did you have some tea?

Shri Mataji: I had. I had some coffee. Thanks a lot. No, I don't drink that. Thank you.

[Inaudible conversation]

Sahaja Yogi: [Inaudible] the essence of the Bible.

Shri Mataji: Hum?

Sahaja Yogi: The essence of the Bible, Popes re-wrote the Bible.

Shri Mataji: A hundred percent.

Sahaja Yogi: Every Pope rewrote the Bible [Inaudible].

Shri Mataji: It's too a great extent. I have never read it, you see. But I know. And whatever now for example the other day, they told Me that.. I said, "Why did they do this philanthropic work? These churches, missionary work." So, somebody told Me that, "They did, Mother, because once there was a, before Christ was crucified, they brought some oil. He was to be rubbed with some very expensive oil. So, Judas gave a explanation, saying that, "Why do you want to waste this oil? Why not sell it and give it to the poor?" You see. So, Christ said that "Poor are all the time with you, but I am with you for a short time." You see?

Now in that they start a philanthropic work. I said that, "If the divinity is important and not this, so I said, "Why did they follow this?" I mean, what He said was that divinity, the divine life is much more important than looking after these poor. But they have used it in the opposite direction. I don't know. I have not read the whole of it. But must be some books they must have placed, you see.

Sahaja Yogi: Mother, there was something very scareful and when I read it-

Another Sahaja Yogi: Apocalypse.

Shri Mataji: Ha.

Sahaja Yogi: And suddenly when I read something, I had such a terrible pain here in the center of the palm.

Shri Mataji: What was that?

Sahaja Yogi: I don't know, it was a description of the destruction of the universe. And the description was symbolized as a woman. That hurts me a lot. I don't know why.

Shri Mataji: Destruction was a woman?

Sahaja Yogi: Yes.

Shri Mataji: Let's see what's that. I would like to see that.

Sahaja Yogi: In the Bible, in the Apocalypse, I can show You the passage, I got the- She was called as the symbol of fornication and she was a symbol of a woman and a whore. And two pages before, they were describing the woman as a Goddess.

Another Sahaja Yogi: No but [inaudible]

Sahaja Yogi: Yes, of course. But I saw it myself that the description the same two pages afterwards hurt me so much that I had a pain here. Because I don't know if they mixed up the thing.

Shri Mataji: You see, they should have symbolized it as some sort of serpent or something would have been much better like it. But not as a woman or anything, you see. Because woman, that's very cruel. But the destruction is going to come through Kalaki [Kalki].

Sahaja Yogi: How soon?

Shri Mataji: Beg your pardon?

Sahaja Yogi: How soon?

Shri Mataji: No, not so soon, don't ask for it! Because there won't be any emancipation then, you see. It will be the last thing; we don't want that just now. Let's have more time to save all of you, all right? So, we don't want Him just now.

Shri Mataji: Who else? Have you given him?

We have to do a lot of things before that. But is possibly, in the Bible also, there's lots of things they have introduced. Yes, we have to find out. You see, because they wanted to put down women, might have been, might have put [unclear]. They have done all kinds of things. Here they have Mary, and then they want to put Her down. And then the Protestants, you see, they wouldn't accept Mary as the saint. All sorts of things are there. And about Mary also very little is written down about her also. And it is in a- I think because of the changing of all this, the languages have become very mysterious also for people to understand leading to confusion.

Sahaja Yogi: [Inaudible]

Shri Mataji: Yes.

I think Julio give Me this, because everybody is having so I must have a little.

Sahaja Yogi: [Inaudible]

Shri Mataji: You see, the Bible, the first Bible that was written, has been turned. Actually, this Bible is written five hundred years after Christ died. I don't think that it's the original one. It is through the Unconscious. It has been guided. All these scriptures are guided through Unconscious. The Unconscious manifests quite a lot. But still they try to do somehow.

Like Islam, Mohammed Sahib said that, "Now I am the last prophet. Now nobody is going to come and tell you." You see? He just wanted to frighten people that they should take to dharma. So, He said like that. Now these Islam people are using it as a... But imagine anybody who says that, "I will never come to you," and, "I will never do that," like a father. You see, these horrible people again working it out in a different way. So, He has to come back.

I mean the incarnations are not obstinate people. He must have said it with the under-standing that these people will do this, because if I tell them they will accept religion properly. But He sees all of them drinking, all of them going down, doing all kinds of wrong things in the name of God. So He has to come back. How can you be obstinate? I only do like that many a times and say, "I will never go and meet you," Then I go. Be-cause that is love. So, what can you do? You forgive.

Shri Mataji: He said, "Oh, just see his vibrations. His. Ah, just let's see. He has right heart."

You're getting vibrations all right? You're getting cool vibrations?

Sahaja Yogi: Yes.

Shri Mataji: Very good. But really [inaudible] every day you're changing very fast.

Sahaja Yogi:

Shri Mataji: Absolutely. I hope I'll be able to recognize your friend from Yorkshire. You better tell Me. All right? Otherwise he may

feel hurt. But the way people change I really cannot recognize, so.

Shri Mataji: [Name unclear] you're back? They've gone?

Sahaja Yogi: [Inaudible]

Shri Mataji: That's the one who had to go to Cambridge?

Sahaja Yogi: Yes, that's [inaudible] She left [inaudible]

Shri Mataji: So, she decided to go earlier. Her smoking has gone down, she said, suddenly. She smoked very few cigarettes.

Somebody asked Me the other day, "Why this time the power of Divinity is so much? So much that people are getting it" I said, "But the other forces are also so strong that you have to increase this Power, you see." The other forces are so very strong. You will see smoking, then drinking and all this, you see, spoils your being. From everywhere you see how much. There are sixteen horrible devils have taken birth, sixteen and six women who are the top people. Horrible. They have taken birth. Can you imagine? How much force is needed? To kill one rakshasa was sufficient in one life. But here, just think of it. And they have entered into your own being. Then how much force is needed, inside out?

Shri Mataji: Did he use this mantra, Narakasura Mardini, or something?

Sahaja Yogi: Sorry?

Shri Mataji: Did they tell you any mantra for this one, for this Maheshyogi? Did Rustom give you any mantra for this Maheshyogi?

Sahaja Yogi: Yes

Shri Mataji: What did he say?

Sahaja Yogi: Hum.

Shri Mataji: Narakasura Mardini?

Sahaja Yogi: Yes, and also, hum, Sarvamantra.

Shri Mataji: Sarvamantra Siddhi, Sarvamantra Siddhi and Narakasura Mardini. I think this Suraka Mantra Mardini works out also anywhere. That's the reason you have got them steady still. I hope you get your friends down here.

Sahaja Yogi: Yes, Mother.

Shri Mataji: Yeah. That would be nice. Then I'll come to Yorkshire.

Yes, I will, I can. We have time to go out. Second of July, third of July, these things again. Apart from all other programs. Now Birmingham is fixed up, all these things from David.

Sahaja Yogi: [Inaudible]

Shri Mataji: Is it?

Sahaja Yogi: Yes.

Shri Mataji: You asked David that Mataji has called you. You can come and see Me any one of these days. All right? David and- he said, "I'm free Mother." the other fellow.

Sahaja Yogi: Philip.

Shri Mataji: Philip. I said, "But you get well first of all." So, David and Philip both can come, as I said, to help [unsure] you.

I said Julio you can give Me a little tea, if everybody is having, I should also have, a little bit.

Sahaja Yogi: Yes.

Shri Mataji: If so [Hindi].

Sahaja Yogi: [Hindi].

Shri Mataji: I don't want to trouble you.

Sahaja Yogi: Can I ask you Mother?

Shri Mataji: Hum. Yes, you should ask Me questions, absolutely you should.

Sahaja Yogi: I'm interested [inaudible]

Shri Mataji: What? You are interested in?

Sahaja Yogi: [Inaudible]

Shri Mataji: Yes, in the same line.

Sahaja Yogi: And who is a prior Yogi.

Shri Mataji: I'm going to talk about it. That's why.

Sahaja Yogi: What's was Yogananda was saying?

Shri Mataji: "Neither he, nor his guru, nor their guru".

Sahaja Yogi: [Inaudible]

Shri Mataji: All of Babaji...

Sahaja Yogi: Babaji [inaudible]

Shri Mataji: Oh, he's horrible. Horrible, that Babaji was.

Sahaja Yogi: He's supposed to [Inaudible]

Shri Mataji: Must be, when all these rakshasas [unclear] I don't know. He's the devil of devils, Babaji. They and this Yogananda's guru was Lahiri. And Lahiri's guru was this horrible fellow Babaji. Now this Lahiri's grandson is in Bombay, and he came to see Me.

So, he told Me, "Because I was his grandson, Mother, I became a Kriya Yogi and did all that nonsense of taking out my tongue and this and that, and I did everything."

Then he met another one, was this, who's that? Krishnamurti. He was very much impressed by his personality and the way he talks and all that, you see. He plays those tricks. And he said that "This man is very good." You see, he went to him. Then he became a Krishnamurti fan, you see. So, he came to Me afterwards. He said, "Now Mother You cannot cure me."

I said, "Why?" He said, "On one side I'm a Kriya Yogi, done forever. Then I went to another horrible one who was Krishnamurti. I can give better speeches than Krishnamurti can on the things, subjects that he talks."

And now he told about Lahiri Baba, his own grandfather. And he said, "What upsets me, was the kind of man he was. He was a very materialistic person, very harsh, extremely cruel. They had no love for his children neither for his grandchildren, a very funny type of a person. And then he started thinking, 'Why is this fellow such a big Yogi when he has no love for anyone? And he's done no good to anyone. Why is he?' And so, I went this another one. And there I became an expert orator. I speak very well. I give big lectures about him. I talk, talk, talk, talk, talk, and nothing happens to me. Now, can you save me, Mother?"

He came to Me. You'll be surprised. Till today we have not been able to maintain his Kundalini awakening. It comes up and goes down because suction is too much in him. Poor fellow. Every time I go to India he comes down, quietly sits down. Still, we have not been able to fix it. So, Modi, one of my disciples, was so fed up with him. He said, "Now I'm going to get a nail to put it on his head so that will fix up the Kundalini there." [Shri Mataji is laughing]

Poor fellow ne? [Hindi], He's so unhappy! Very unhappy, but what to do? He said, "I can give better speeches than all these people put together. But what to do?"

He said, "I used to pretend I'm very subtle, I'm very sensitive, I understand this. I used to do all that. Now I realize that it is all pretensions".

Sahaja Yogi: So, how to stay for some time in Nirvikalpa? How they really [inaudible]?

Shri Mataji: Nirvikalpa.

Sahaja Yogi: Yes.

Shri Mataji: No not at all.

Sahaja Yogi: Because [inaudible] all the time

Shri Mataji: They say, "They are nirvikalpa".

In a way they are. Because vikalpa means doubt. They have no doubts about themselves that they are the greatest crooks, you see. So, they are in nirvikalpa [laughing]. So, that way you can say they are in nirvikalpa!

Now we have had great saints in our country, no doubt. Even a person, like Dnyaneshwara. What a great saint we had! And he was in the same line as Machhindernath, Gorakhnath, then Gyaninath and then his father. There was guruji nath. And he initiated him and we had a great guru, parampara [tradition], in our guru tradition, in that Nath Panthi. Even he, Dnyaneshwara, who was a Realized soul, no doubt, and his brother was really a very great saint. Even he, when he writes about the Kundalini awakening, he doesn't do the way you, Sahaja Yogis, do. I wish you could read Marathi; I could make you understand. And how he has raised the Kundalini, what happens, he could give Realization to two people in his life time. You see.

So, you can imagine that these devils, they talk of divinity. For people like them also it was not so. So, what these people are talking about? I mean it is not even the particle of that ocean, not even the particle. But they are just talking about. You cannot

achieve it at all, by any chance. They cannot go near it.

Sahaja Yogi: [Inaudible] Maharishi...

Shri Mataji: Yes, he can talk of these things, you see. But, if God is like that, you see, so He will bestow his powers in you. You have to be also omnipotent in a way if you are one with Him. And you have to be always present. And you have to be all doing.

But it is just the other way round. Instead you limited yourself, and you don't know where you are going to land, and hanging in the air, you cannot control yourself. While in Sahaja Yoga you control everything. Sitting down here you can give vibrations to your mother, to your father, to anyone. You see, if you are all doing all, then you should be able to do it. But you cannot even control your own movements there. He just lifts you; you hang in the air, you fall down. Now, why do you need these things? I can't understand that.

Sahaja Yogi: Respond damage.

Shri Mataji: You see, I mean, apart from that, it is so evitable to see that you do not need, it is so evident that you people do not need these things.

Because already you are raised from this earth by your planes, you have gone now to Moon. Now what more do you want? It is so clear cut. Because, you see, if you understand that this is tomfoolery, that's the way you are going to solve it. It's just playing tricks on you. That's all it is.

If you are omnipresent, all right, that means you are present in everyone, all right? You are. You can feel the vibrations of everyone.

When I move my hand like this, see on your hands, you feel the cool breeze on your right hand or left hand. I will give the breeze on your hand [unsure] I'm moving hand, my own hand, I am giving this, you are feeling on your left hand. You see? Now, on your right hand.

[End of audio 4].

[English transcription from 1979-0527 Subconscious, Supraconscious UK NITL HD, audios 5 to 8 ]

Sahaja Yogi: [Inaudible]

Shri Mataji: But this kind also, of spiritually sort of things is there.

Sahaja Yogi: I don't know, I didn't see them recently [unsure] but these people went to India, those Yugoslav, and teach Yoga because they have a guru there.

Shri Mataji: Oh. You know my husband is a citizen of Yugoslavia.

Sahaja Yogi: Yes, really?

Shri Mataji: He got the citizenship of Potenza or something or some place, he got the citizenship. He has such a lot to do with Yugoslavia surprisingly. And they had ordered some ship from Yugoslavia, a huge big tanker [inaudible] oil.

And I suggested to my husband, "Why not be decorated in Indian style? Because Indian boys will be on the ship and after all, we have a lot of handmade things and we can decorate it better".

And be comfortable, sit a little bit so you can be comfortable also there, be comfortable-

And then we decorated. I decorated the ship sitting down in India only. And they have turned out very good. Two ships were there; one was called as Jawaharlal Nehru and another was Lal Bahadur Shastri, these two ships.

Sahaja Yogi: Your husband, Mother, and he went to Yugoslavia.

Shri Mataji: My husband. [Inaudible]

Shri Mataji: But on the whole, people are more, sort of, in a state, you see, stable people, that's why. Not too much of communism, not of much of this. But I still feel that as far as the morality part is concerned, they are a bit loose there.

Sahaja Yogi: That's right. They drink too much

Shri Mataji: Drink too much

You can get divorce in Yugoslavia very easily.

Shri Mataji: That's it, you see. Because one of the gentlemen whom I knew very well, every time he came, he came with a new wife. And it was difficult for us to remember.

[Laughter]

Shri Mataji: In India. Indians that way are foolish, they don't understand these things. So, when he came for the second time with another wife, you see, they thought it was his sister, you see. And they said, "Is she your sister?" And so many things happened like that, quite embarrassing.

Like, one gentleman is sixty years old and he has a wife who's about sixteen or eighteen, something like that. So, she comes to a party and everybody says, "Oh, very nice your daughter is, very nice your daughter is". And nobody can even conceive of a thing that she could be the wife, you see. Because she's coming [inaudible]. And in India the wife will never, sort of, cling to the husband and come here. She would be little away. This lady is clinging to the father because only the daughter would cling to the father in India you see.

[Laughter]

So, they would say, "It's the daughter". And if you tell them, then you should see their faces, "Ah? How can they?"

But they are getting sophisticated now, Indians are also. They are getting sophisticated.

But, you see, these young people can become quite funny. The other day, one- I told them that one gentleman came as a sadhu, dressed like a sadhu, and I was in Bombay. He came for three days, in a program, continuously, three days. And he came and I mean, he touched my feet, he sat down, he said, "Mother, I must get my Realization" and all that. "Till three days, you were OK, what's wrong with you? You seem to be a nice man. What's the matter? You see, outwardly you are so nice, why your Kundalini doesn't rise? It's frozen." Like that and third day, it just froze up, you see, it came to a point and then it went down. And then somebody told Me, "He's the guru of Maheshyogi".

Sahaja Yogi: His guru?

Shri Mataji: Guru of Maheshyogi, he's.

Sahaja Yogi: [Inaudible]

Shri Mataji: Yes, they said, "He is the one".

Sahaja Yogi: [Inaudible]

Shri Mataji: No. The one who is now his guru. There's one who is now his guru.

Sahaja Yogi: [Inaudible]

Shri Mataji: You see, because this was told to Me, whosoever it is, I've forgotten his name, but this one is real guru he has. This is the one who is his guru.

Sahaja Yogi: [Inaudible]

Shri Mataji: And he stays there in the train. Because one gentleman, one mister Jaholi, who is with the railways, who has been with the TM also, and he came and told Me that he became very close to Maheshyogi. And this Maheshyogi he used to go and touch his feet every day and this fellow was living with him. He said this.

Who's this guru is it? This Maheshyogi tells you lies.

Sahaja Yogi: Maheshyogi is a guru and [inaudible]

Shri Mataji: [inaudible] That's why he was horrible, absolutely, the worst of all. The worst of all these, I would say, Shankarachan he was the worst.

All the devils have become Shankarachan [inaudible] all of them are devils except for one who was a Realized soul and then they threw him out, Kanshi fellow. They threw him out.

Sahaja Yogi: [Inaudible]

Shri Mataji: Who's swami?

Sahaja Yogi: [Inaudible]

Shri Mataji: [Inaudible]

Sahaja Yogi: [Inaudible]

Shri Mataji: Pune. In Pune there is no but maybe. Maybe, you see they are-

Sahaja Yogi: But he gave up. The story is that he gave up.

[Inaudible]

Shri Mataji: Oh, that fellow!

Sahaja Yogi: That's right.

Shri Mataji: Oh! But that too he is no good. He is not a Realized soul, I know, I know. He is not a Realized soul at all! He's also not a Realized soul. So, what does he get? Only the Shankaracharya said that, "They are not Realized souls, they'll get their Realization".

And then, this Swamirama has done also a lot of – [Inaudible]

Sahaja Yogi: [Inaudible]

Shri Mataji: Oh! And how, when did he die?

Sahaja Yogi: [Inaudible]

[Laughter]

Shri Mataji: That's it. That was the only way he could die, you see?

Sahaja Yogi: [Inaudible]

Shri Mataji: He was horrid. I'll tell you what they do. You see, they do not go to jungle or forest to seek God. They'll go there to seek power. You see, they confuse Power, Shakti, with all the funny things. Now, the other day, were you for my lecture in Bharatiya Vidya Bhavan hall? Bharatiya Vidya Bhavan, you were there?

Sahaja Yogi: No.

Shri Mataji: No. So, there I told as, we have got around us also other things like supraconscious and we've got the left-hand side, subconscious and all that. And also, the Hell below, you see. It is easy to go to the three places, very easy. So, what they try to do is to go to supraconscious also this side. And there, achieve these things. And that is what they really want. They do not want the Superconsciousness; that, they do not ask for. And they go for that and they will do all kinds of things just to get it, you see. So, they go to treachery, this, that.

This is not what I was going to talk to you about. Now do you think our Sahaja Yogis are efficient enough for [inaudible]? Or we should, I mean, later on talk about this point which I wanted to tell you: how the Kundalini rises or what are the subtle things that happen. And Raja Yoga and what are the differences between the two.

Sahaja Yogi: [Inaudible]

Shri Mataji: You should stay over, good idea. Yes, it's a good idea. You should stay over, it's a good idea, yes, a good idea. You see, this fellow is, 'Brahmanand and the Saraswati' [false guru's names] anyone of these, are nothing but supraconscious, you see, masters, they are supraconscious. Masters in the sense they catch hold of people who were very ambitious, you see, they are dead bodies. Say, an Indian tomorrow dies, say for example. Take it official like that. They will, all of them will hover around him. They'll try to capture his soul, you see. There's a method by which they do it, is to have a [inaudible] they will have a siddhi about it. We should not call it a siddhi, because siddhi has something to do with Superconsciousness. But what I mean, the control over the spirit and the way they do it. That, you see, how they practice this art of dead is very simple. And to begin with, what they have to do is to fix their attention at a point.

Say, if you fix your attention in the dark: now you don't try all these tricks, I'm just telling you what they do they do. But it's not meant for trying anything of this for you, because you are not interested in this nonsense and this is only for people who want to, sort of, exploit the supraconscious methods. So, they fix their attention say to a dark, in a dark room to a point which is light. They will put a black thing, all right, make a hole in that and sit down in a dark room and put a light there. And then watch through that little hole, very small aperture you can call it.

So, you get a very little light coming through that and they go into that: so, your attention starts piercing through your Agnya. The Agnya is pierced out, you see, so you are entering into the supraconscious area. Or else, also you can enter into the

subconscious, depending on what is your desire and things like that. So, you can enter into that. Once you start entering into the supraconscious or into the subconscious, especially the subconscious area, is easy to do with that, then what they do is to put your attention onto dead.

Like, you see you go, a person dies, they'll sit down there and they'll think of the person they expect. Now, if you can understand this way that if you are in England, you can see England.

If you are in India, you can see India. In the same way, if you know how to go to India, you can also see India. It is just like a television set. You see, if you can put your Agnya to your dead, you can go into the dead area. So, they start seeing the dead, they see the apparitions, they see people, devils coming down, they see all these things. They can see. And then, these gurus tell them how to man it and also how to overpower these spirits that you see. So, then they go into another kind- I mean this kind, for any kind of, they call it, as the "prataka", they call it as "prataka", that you do the "prataka".

Now this concentration of a Agnya, if you start doing it, you see, then you develop a- they call it a siddhi, but I would not call it a siddhi, because the spirit may just overpower them also, possibly. If not, they might overpower the spirit. So, with the help of the spirit, they start doing some tricks. This is only one style I will tell you, but there are so many ways of doing this, of this concentration business.

So, your attention goes into the supraconscious or into the subconscious, there. Once your attention goes there, then these people who are there, you see, they start taking interest in you because most of them are busy bodies. You see, they cannot retire from old life. So, they are around these, so they come down to your help.

Now the supraconscious people, which, of course this fellow is angry, 'Brahmanand and the Saraswati' [false guru's names] and all this sort you see, what they do, they- these are the busy bodies like the doctors who are dead, like the scientists who are dead, who have had nothing to do with searching of God, nothing to do of getting bliss in life but always have been running up and down. Especially in these times, since, say about a hundred years back, since this industrial revolution has started, people have lived on the speed, you see, very speedy people have come out, they have been ego-oriented people. So, we have much more dead people of this kind in the last hundred years, you see. So, this kind of people were not so much harnessed [unsure] before as they are nowadays. Because they are much more in the atmosphere, especially in the Western side, they are much more in the atmosphere, even in India. You see, any scientist, who is dead, is not satisfied because he thinks he has not achieved anything, his name or something, he must at least appear in one new book. So, if he has not done that, then they are very unhappy, you see, so, they don't want to die.

When they don't want to die, you see, they hover around, then they try to come just- they are, you see, helpers. So, if you are a doctor, they'll just come handy for you to help you like that. Or, maybe, otherwise, you can do that.

Now, like that doctor Lang's example, I always give it, it's very interesting. He is in England, he would die in England, this fellow. You must find this fellow if he is finished or his organization still exists or not. Its name was International Organization of curate-Sahaja Yogi: [Inaudible]

Shri Mataji: "Hardy land".

Another Sahaja Yogi: [Inaudible]

Shri Mataji: No, one day you catch on the left so much, you beat him with shoes horrible fellow. O, this is his son!

Sahaja Yogi: [Inaudible]

Shri Mataji: I'll tell you about him, if he's the same now you'll locate him. Maybe the same or somebody's name now. This one was some "Land International" I don't know whatever he was. This fellow died long time back and this one was a doctor. And then, you see, he was not satisfied of himself. So, he was hanging around or whatever it was, you see. And he just thought that he should come into somebody. So, there was one soldier, English soldier fighting in Vietnam for the things, you see- an American soldier, I am sorry, American soldier. And he came into his being and he told him, "I'm such and such doctor Lang in London. So, you'd better go and see my son. And this son will be able to help you a lot and I will work through you and you should not be frightened". So, first this fellow opposed him. But he said, "No, you have to be, because you are a healthy man, nothing can happen to you. My son is not that healthy, so you come along." And he brought him down here. When he came here to England, he went and saw the son. And the son could not believe it. So, he told him all the secrets that pass between the father and the

son, you see. So, that's how the father had faith in him and- the son had faith and they started this organization "International Curative Center of Doctor Lang". Late doctor Lang, imagine!

So, the late doctor Lang worked through this soldier, and this doctor was absolutely surprised but they made a lot of money.

[Laughter]

And what they did was to inform the people. Like, supposing one mister X was in India or, that's how I came to know about them. Because they came to Me for treatment later on. So, mister X would write to them that, "I'm so sick this and this disease and do something about it". So, they would send the message that, "All right, at this time, at this state, at this moment, we'll come and help you". But I must say, being an English man, they were not as crooked as Indians are. And they were very honest about it and they said they were using spirits, you see. So, they didn't say- they said late doctor Lang. You know, they didn't tell lies even when they were dead. [Shri Mataji is laughing] That they were doing themselves. So, I mean he just said that, it was like that. And there was a lady who came to see Me, and she told Me that she had some sort of a rheumatism or what, something she had. And then they wrote to this doctor Lang's this thing. And then one day, you see, then they wrote that, "You stay in bed and all that, and be on the watch". And then she started shivering and this thing, you see. And people went in the queue for that, you see, to get three months or four months ahead of things, you see. I mean they must be asking for some spirit to come down to help them. So- or maybe some doctors or some people might be coming just to help them, these spirits. I mean the dead spirits of these ambitious people. And they would put these doctors into their body and they would enter into the body and cure them, I don't know how they managed it. And she felt all right for a few months. Then she came to Me.

Of course, when she came to Me, she was like, "Oh what's going on". So, I said, "What's the matter? You are possessed". She said, "How can I be possessed? I belong to doctor Lang." I said, "Who is this doctor Lang?" She said, "He is no more and he is dead". And she was talking like that. And I asked her all the things then she told Me what has happened. I said, "Now what is your complaint, now?" She said, "Now I am all the time shaking. If I see God's photograph, I mean name even taken or anything, I just shake. All the time I'm shaking. So, I don't know what to do. They told me, 'You are Parkinson disease or something is there'". I said, "Nothing of the kind, you are pure and simply possessed". And then we tried this lime, lemon treatment and all that. After that, she was cured completely but it took a lot of time for this doctor Lang to get out of her".

So, this is how I came to know how they are practicing these things all the way from England, you see, this fellow was practicing this. Maybe this is doctor Lang, this another "Hardy Land" maybe a different person. But this, I'm telling you, there was a centre here, but I don't know the address of the gentleman. And this is what they did.

So, you see, like they sent, these people, I think, must have concentrated on the Western people. They must have thought that, "Let us get some spirit from the West". Because only the Western spirits can influence the West, you see, because they required people of their own type. So, they must have contacted some of these horrible spirits and they must have contacts with them. But the first encounter with this Maheshyogi was in England. Actually, I should say, in a real way. Since I came to know that he was very horrid and all that, I mean we discovered in no time in 1970 only, I told about him. But the real, I mean, the discovering to his ways and all that came to Me because one teacher of Maheshyogi came to see Me. His name was Yuji, he's from America. He came to see Me and he went to India to see Me first. And then he came to England to see Me. And his parents also came to see Me.

Now, the problem of the victims is they commit suicide and he tried to commit suicide. He tried but he did not. He escaped every time. So, the parents got worried and they brought him to India because somebody told them about Me. Or somebody who might cure all his suicide tendencies, that person told him so he came. Then there, he found out that I was not there so he came to London to see Me.

So, when he came here that time, perhaps I had not even started my work. So early he came down. I had just left India and he didn't know I was here. So, he came to see Me and he came to my house in Acton. I must tell you this experience was wonderful. So, I asked him, "What do you do?" He said, "I'm a teacher with Maheshyogi". And I said, "Then why do you commit suicide?" He said, "Because I don't know, you know, what happened in the beginning when I was teaching, I felt like killing my parents. So, I tried to throttle my father, throttle my mother". 'What's the matter with you?' They said. And then I met somebody, a relation of mine and he said that, 'This is something you can't understand. If it has anything to do with God, why kill your parents? I mean it's something funny'."

He said, "I don't know, somebody comes and tells me, 'You'd better kill your parents or something'. Because they are different type, I mean, they give every time new ideas to me".

So, I said, "All right. Then now, what happened later". He said, "Later on, I started thinking that it is something wrong. It is better I kill myself. So, I started to kill myself and I did it thrice, I failed and my parents got upset with me. So, somebody told that, 'This cannot be cured anywhere else, you'd better take to Puna". He got a trip down there.

So, I told him, "All right". Now I put a bandhan on him, first of all. And then I said, "All right, what is the mantra he gave you?" He said, "He gave me a mantra, 'shringa'". And also 'Shringa' was a very big sage in India before Rama's birth [inaudible] Then we speak because he was a Realized soul and I said, "How can this name can be given to him?" So, I was rather surprised.

So, I gave him a double bandhan, you see, and I myself went into that supraconscious state to find out about the fellow. And he was a horrid looking rakshasa. One of the worse I had never seen is, with one pawn [unsure] he had and two teeth coming out, you see, horrible stuff. So, I said, "What's the matter? How are you here mister Shringa?" [Laughter]

I said, "How is your name mister Shringa?" You see, it has been on the tape, you see, I taped him. I taped him.

Sahaja Yogi: Shringa?

Shri Mataji: Shringa, mister Shringa, I taped him, you see? The boy was talking to Me, actually, but the Shringa was giving him ideas, you see? I said, "You'd better tell Me. Otherwise you know Me, who I am. I am going to put you right. So, you'd better tell Me all about yourself".

So, he started telling through that boy. He said, "I'm such and such and I'm a rakshasa and this ". So, I said, "Why are you after this boy?" He said, "No, you see this, we are very few in number with Maheshyogi". And he also told Me who is Maheshyogi and all that, the kind of a rakshasa he was. He said, "Mother, he is frightened of you and we all know you very well". And he also said that, "First, we wanted some more devils to come in. So, we wanted to kill the parents. But then he could not kill the parents. So, now we wanted to have his life because we need more spirits than more living people. So, we wanted to use them because really, we need a big army of people". But I said, "Why? Why you all?" He said he's meant upon killing because he wants to have more spirits and an army to fight God". I said, "Really? He thinks he can fight God?" He said, "Now, with big Jivas there, he knows he can fight you better now". So, I said, "How is he going to fight Me? It's not easy, I have killed him before. Now, how is he going to fight Me?" He tells Me that he is going to use them as first stages [unsure] to the Yogi. And that's how I first came to London. Why is he interested in Yogi? This is the fact.

Sahaja Yogini: [Inaudible]

Shri Mataji: Just let me finish, he? A little while. So, I gave, you see, I asked him, you see, that when he came to this centre, he felt very much better. I tight up this fellow, this Shringa, and put him up on one of the Action streets, you see, still hanging now. [Laughter]

He's still there, tied up, you see. I said, "You'd better be there". And since then he [Maheshyogi] is not giving this name much to people, but he tries. He doesn't know where this Shringa has gone.

All right. But I would say that then, I made him listen to this tape because he [the American boy] would not believe. I gave him the tape. I said, "Take it with you".

And, you'll be amazed, he wrote to Me, saying, from there, that, "Mother, I lost the tape on my way, I don't know where". How this tape was lost? Very sad. [Unsure]

Because he had to change his plan at New York and went to the hotel and from there, he lost it. Terrible thing [inaudible]. Now, tell Me [inaudible].

Sahaja Yogini: [Inaudible]

Shri Mataji: It's very easy my child, you see, it's very easy. Among these supraconscious spirits, there are some who have been doing also the seeking of the Absolute. They are overread pandits. They are people who know all Sanskrit, everything, and through them you can talk all this nonsense, you see? Talking about Absolute is very easy, but raising the Kundalini is the main point. And the Absolute that they have told you is not the Absolute which you'll find out slowly. Then I will tell you what it is.

But these are the people who read. I'll tell you, supposing I read about England and tell somebody, "O, this is England and all that". That's not real. I should be there. They have not been here. So, when you come back, you see, like my daughters when they came here, you see, they had read lots of things about England. It's long time back, now England is much better. In 65, they came down. And they were very anxious to come and see England, you see.

When we came it was horrible! All the buildings were black, you know, with smoke. [Shri Mataji is laughing] "It's all green!" They were so much stupefied and they said, "What is this land? We are going back home. No, no, no, no, no more here, we don't want it". And every day used to be a very cold day and all, you see, months used to chatter with cold and they couldn't go out and anyway they were so tired [Shri Mataji is laughing] of the place. They said, "No, no, no, no, we don't want to be here".

So, you see, it's a different thing to be here and to talk about it. Because, you see, people have written about it, so they talk about it. It's easy to talk. Supposing somebody reads my, about my book, it's about what I say. They talk what? [Unsure]. Many who have done like that also-

Sahaja Yogini: [Inaudible]

Shri Mataji: That's the spirits, you see? Not many here, but there's a spirit. You see, now, say, I'll tell you. First experience would be, for example, I am my own. All right? Then I'm worried about my household, about my business, about my things. But "somebody" comes in [inside you] and takes the charge. So, you get the experience of relaxation, "O God, somebody is looking after me". But when the camel enters in, you see, it spreads [unsure] and will not let you in [unsure] and starts occupying everything and you are out. Then these experiences start getting- you see, these are all experiences of a spirit who is a supraconscious; spirit who is not a supraconscious is different thing. This is also another very subtle thing.

If you are possessed by a subconscious spirit, very gradually you start understanding that they are very sly, and they make you very slothful, you sleep a lot with that. You see, all these things happen with the subconscious ones, you see? And with the supraconscious ones, you become speedy. You become much more speedy than you are, you become dynamic. Because "somebody" is a planner who is dead, he is left with some plans. He comes in your head and gives his plans to you. You may even become successful, may even become successful. But your mind goes out. Gradually when, you see, those people have exhausted themselves, they disappear. And moreover, you see, when you start working out their plans, though it may appear that you are working out better and efficient, in the result, you find that everything is lost. Because it is not with the Divine, the plan is not in tune with the Divine, you see. So, you find every thing is lost like that. So, the- you see, these are the subtleties of the supraconscious spirits. They are very ambitious people, very cunning, very efficient, you see, so-called. I wouldn't tell them efficient in the real sense, but so-called efficient. Because those who do not know the plan of God are inefficient, you see.

[...]

## 1979-0528, Seminar Day 2, Christ The Gate Shri Mataji The Destination

View [online](#).

28 May 1979

Christ The Gate Shri Mataji The Destination

Talk to Sahaja Yogis

Dollis Hill Ashram, London (England)

Talk Language: English | Transcript (English) – Draft

It begins with the direction of spiritual evolution and goes on with many stories from Indian about 'dedicated women', Satis and Yatis, Mandodari, Gandhari (Kaurava's mother), Anasuya, Padmini, Nur Jahan.....

« [Shri Mataji seems to be working on a SY] Alright, so now I take all your guilt upon Myself, now you forget it, alright. And I forgive you and I give you all My grace. You see, the one who carries the, guilt is your Ego. Alright ? and if there is no Ego who is going to carry your [ ?... Can you hear Me?] There it is? You see, if the hand has no Ego, the hand is [alright?] Alright then whatever the hand does is My job ? Is My responsibility.[...] Put your right hand on the heart, right. See, the advantage of guilt is this much , is that you correct it, that's all. But one should not allow it to be a guilt One should... supposing this is the mistake you've committed, then if you realize that it's a mistake then you try and correct it. But if you allow it to become a guilt you'll never correct it and you will enjoy that guilt even. It's an indulgence. [tape interrupted]

(...) your spiritual being is all moving in a linear direction in all the sides, you see, and this is the movement is achieved because of [...lated?] you have done to yourself, I mean with science we have become nothing but different parts within ourselves, you see. So, like as I always say that you have to have two doctors for one nose, for one side is one doctor. So, but if so, if you have one common point between all of them like we had in India, you see from ancient time is God. God is the centrifugal force, you see, that is what you have to achieve, you see.

So, whatever may be the movement outside you have to go up and up towards God you can say like a pillar it is and on the pillars is, say, you have to come up, reach God. Now, for that, you may go on the left and right but the attention should be on the central path is to, how to rise to God ; and this is the real way a living thing always moves, see : living.

Dead things move in one direction but living things move in all directions. But the central thing, the central nucleus is kept intact. The whole has, whatever is the whole has a connection with the center and from the center the movement starts, you see. You never leave the center and you are always coming back to the center, you see, whatever you achieve on the periphery goes back to the center. And like that, like the amoeba whatever experiences it has goes back to the, is [kept?] back into the center, the nucleus. So nucleus again grows, you see, it becomes, it divides and then it improves and it evolves like that. So, when you move on all the sides and give all that knowledge whatever you have from periphery back to the center, you see, the center then starts evolving, the nucleus starts developing, the chromosomes start [?], you see, the number of chromosomes increases gradually till you become a human being.

This is the way evolution is which is a living process again, it's not a process which can be brought out by thinking which is a linear process, you see. Linear process cannot bring forth the evolutionary living growth. That you can see in an ordinary cell or group of cells, whatever it is. If there are group of cells it will have a, some central point, you see. So, all the group of cells will work it out, leave it to the central point, give all good things and the central point will also tell all these, uh, sub-points in every cell and then they will be connected. So, this is the way it works out while linear movement is similar type and only one movement like this, you see it has,uh, all the information and goes on collecting information, collecting information, never reach back. And even if it tries to feed back it again moves in the same direction, does not take, uh, the advantage of the rest of it. You see, this is the way the linear movement is.

In mental, of course, adventures, you see, what you do is to go find out something and then you keep it back, society's fed back

again and then the society also gives you information about that problem and then again you move in this linear way. Also on the social plane also if you see it works out the same way. Societies are grown also the same way, but, what I mean to say, that the plane of mental activity is separated from the social activity. The plane of the social activity is separated from the spiritual activity. So there are different planes, they work on different planes, so the movement is all the time on that plane only and there is no co-relationship between all these things with central path.

Now, when, say, this is, supposing which has to be a living process, so first human beings were born, say, in a country like India. So, they just thought that we are faced with the matter, we have to know what is in the matter, how the matter is to be controlled, [? handled by us], how are we going to overpower it, how are we [?] to use it? So, the first is they have to fix the point because if they move too much they'll be [drift?] out, you see, and what is the point is the Ishwara, the Supreme Be-ing, that's what they achieved. Then in that time, in the beginning they did not talk even of Shiva, or many gods, or deities, nothing.

So, this I'm telling in ancient time when the Upanishadas were written, or the Vedas were written. So the first problem to the man was: " How to handle the elements?" So they started putting God there. Now God must be having His own, uh, deities in the elements. So they started finding out which are the deities of the elements. Because first problem was of the elements. So then they discovered Varuna and they discovered Indra and they discovered all other like for the, uh, Savita for the See and all that.

So, they discovered all the deities that are controlling the elements. In the science this is negated, nobody believe in any deities or... Because they thought if you have to move from God, then, say, supposing if you have to go from the president downward then you have to find out up to the district level also who is the district officer. You see if you move that way. But if you have to move from the other hand that you just go to the [minister?... what will you have? You see, nothing] You'll have no information that way.

So they thought, first of all we must go to the deities of the elements. So we must excite and we must, uh, invoke the deities. So they sat down to find out what are the mantras by which we can really invoke. So then the Shrutis were improved and Smrutis were improved and they started exciting these mantras.

Now, simultaneously, at the same time, you see, there was also left hand side acting. This is the right hand side acting, as you know the elements are on the right hand side. So left hand activity was there, was also Bhakti. The Bhakti is devotion to God and you must worship God and they, all that was there. So both things were put together. That there is a heart movement also and the brain movement. So they started going to the supra-conscious area, trying to find out about the Sun, about the Moon, now this is what they... Surya Mandala and the Chandra Mandala and all these things they tried to find out, then what is the subtle deities which work out this movement you see.

They went up to the Anu, Parmanu. Anu is an atom, Paramanu is a molecule, they went up to that and by the time it was Rama's age, you see, the mastery over matter was great. You know Rama went by a plane, a [?] to Ayodhya and they say that there were 268 [?] in that plane and there were no machines, you see, only the [?] there will move the thing and they had the pilot less bombs in Mahabharata if you read the war in Mahabharata you will be surprised the kind of weapons they had. And [Yuddhas?] is the siege, sieges, you see : how to plan the siege, how to plan a siege that the army cannot get out. Now they were only five Pandavas who had to fight Kauravas who were so many of them. Apart from that they had a big army. So Krishna was very clever. They went to Krishna and both of them said that : "You are equal to both of us, so you cannot take sides." So He said : "Correct, I cannot take sides, so what should we do?" He said : " There are... You see, we would like to have Him for him. [?] to help him." He said : "Now, I can divide Myself in two halves : one is Myself and one is My army. Now whosoever wants Me can have Me and whosoever wants My army can have My army." So, you see, like fools these Kaurava said : "We'll now have your army." while Pandavas said we'll have you. And He said : "Yes, but one thing : I'm not going to take... And they said the compulsion is that you are not going to take any armor in your hand [?] no weapon nothing. I'm just going to do the chariot's job for Arjuna." Imagine.

And that's how they fought the war. So because Pandavas were blessed by Krishna they had all the Supra-conscious powers with them and that's how they knew all the Chakra [Bhima?]. Abhimanyu, you see, was a great general expert on Chakra Bhimas

and he heard his father telling Draupadi about the Chakra Bhima, you see, when she was pregnant. And he heard that time and remembered, but ultimately it, the end of it. So he failed and he died somehow [?] Young son. Now this Abhimanyu was the son of Arjuna, see.

Now, all this shows that they were very developed people. They had pilot less bombs, they had guided missiles and all that, you see. Even Rama used to send guided missiles. From Lanka He went to, from there He could guide them going up to Ravana to kill him directly. All these weapons.

But simultaneously the left side was also working It's not only the right side was working. Even on the right side there were many [?] For example, on the side of the men, it was, uh, they were doing these havanas. Now what is this havan normally is, normally is? Is the, is to control all the Grahas, you see, all the planets. Because if you control the planets you can control [?] So all the Navagrahas they will make and worship them. Then all these Surya, Chandra and all these Mandala, all these they would worship and offer them things.

Then fire worship was another thing : to worship fire because if you worship fire you can control fire, you see. And then to worship water also, worship Akasha, all these things are, ether. All the elements are to be worshiped and to get to the, to get to the [?] we can call it. So for example if I want to have the Sun, I don't have to bother, [I tell the Sun and it is there, you see]. I can ask the rain to stop, I can ask the Sun come in, I can do whatever I please if I want, you see it is very easy because they're under My command, you see. I just call them, they're there. But because they were not under your command, so the human beings started working on their sides : means to command the Sun, how to command the Moon. And they did like Parashar muni had the power to control the Sun, he had the power to control the Sun, you see, there's a story about him Vyasa's father Parashar muni. But he did not understand everything which he should have understood, it was of move towards the right hand side movement, you see.

Now, this movement started with Yagnya and and all that and the Shrutis and Smritis, and describing all the Mandalas, how to get [?] the Mandalas and all that. They also went up to this point that they could find out the mines under the earth, you see, in those days, imagine. There were no mines, I mean there were no way of finding out the mines also there was, uh, you see, now you have such instruments to find out all these things but there were no such things to find out. How you can find out the mines? We have so much of gold in our country. From where did they get it? Then how did they fish out the pearls? And they had much more wealth than we have now in that country, you see. And how did they built these big houses? And they created Maya Nagaris and all kinds of things, you know, if you switch on a [?] it will come out, the whole city will come up. If you switch off the whole city will disappear, again it would come up. Means like that they had all these things. If you read the Mahabharata, how these people created, specially Draupadi... [Yogi interrupts : "Is this called Ritambhara PrAgnya?"] Yes, they called as Ritambhara PrAgnya that Pra-gnya. 'Gnya' is knowledge, 'Pra' is enlightened, you see, this was the Ritambhara PrAgnya by which they discovered all these things and they could master it and they have really mastered all this. How?

They had to develop it because there were two types of horrible forces which were going against them. Means one of them is the elements and another was the demonic force, you see. And the generals had realized that, as there are deities, also we can use some horrible, these spirits. So, they had mastered those spirits. Now there are some spirits that they could use like they can bring the [whirlwind?] they can create turmoil. There are some spirits if you know how to control them, they can bring these viruses, you see. This virus infection is nothing but dead, these are the spirits of the dead. See, so, they collected all the dead animals for spirits and then [looked at?] those spirits and then [use?] these spirits. They went to that side and that's how they [? were mastered] so they had to do something about these things so, uh, they wanted to master the deities which are residing in the elements so that they could [harness?] everything that was disturbing their [?]. So first then this was started. [...] I said, there were other planes.

On the right hand side also was another one where the wives, you see, the dedicated wives you can say the devoted wives as called as Sat... one are known as Yatis and other as Satis. So, the ones who tried to find out about elements and overpower the elements and all those things, they, they were Yatis and the ones who tried to find out about, uh sought the mast... have the mastery with their will power, you see were the devoted women. They do master the [elements] as well. Though the devoted

women are regarded even higher than Yatis, you know, Satis are higher than Yatis. Uh, Satis are called as, uh, in Sanskrit name is Ucchadas they are much higher than the Yatis so their achievements were much more in dimension because what they have used their bhakti also, because they were dedicated to their husbands. One of them you can give is Ravana's wife is taken for example, Ravana's wife. She was so powerful, such a powerful woman She was. Of course She was Mahakali Herself so that should give Her [...] Mahakali She was Herself, but She was a Sati [as She came?] So She had the Sahaja Asana. She had the Sahaja power, but there are many Satis who achieved Sati power. And this [?]lady, you see this Sati, Mandodari She was Ravana's wife. Now when She married him she had to marry though She was Mahakali, there's also a big story. If I go through that story also is very interesting [that She was meeting Rama also] so she was married to him and when Ravana, you see, was fighting Rama, She was the Sati and She was a devotee of Shri Vishnu and She always used to worship Shi Vishnu. So She threw Her [Kankana? \*Bracelet of thread used in Pujas\*?] very interesting [Aparte] So all these [Kankana?], you know, She threw it in the air. She threw it in the air. And Rama's arrows were coming and they would return back [around?] because Rama cannot cross beyond the power of a Sati also. He has to respect Her because She was the devotee of Rama first of all, and which you know that Kali is the sister of... Uma is the sister of Vishnu, so you see how can He kill the husband of [yogi interrupts? : His sister] you see all of these points are there. And this Kankana was in the air, is projected. Everything failed, you see, nothing would go, even Sudarchan Chakra would be going backside. So Lakshmana said : "What are you doing? What is it? You are getting back your, here arrows. Why don't you control your arrows?" He said "[?But you know, see Uma's there].. He saw this Mandodari moving there...? He said : "Oh, God, now you have it. Is this not going to work out then? Am I useless then?" Even Lakshmana was sitting very much in frustration. Then Yama, the God of death, he thought: "The time is coming and what is this Kankana doing here... you see, so must try to solve this problem." So, he is the clever one. He went into the heart of... or he went into the mind of Ravana and told him : "Oh, you are not one of those winning the war. It is your wife's anger." And his Ego was challenged. "You see in the air, you the that Kali is there. That is the one that is protecting you." Very angry : "What does She mean by challenging my manliness? And so he went down to his palace and he saw She was sitting there smiling. She said : "I knew you will come back." He said : "What do you mean? I cannot fight the war? It is all done by your powers? Will you quickly get back your Kankana...? It's my order." So, as a Sati you have to obey the orders of your husband, you see. She said : "alright, I will take back." You see.

So, but you can find out loopholes, you see. That, that's the [?] so She said: "Now, I've taken back My Kankana." Then She sat before Vishnu. She said: "How dare you kill My husband? I will not eat food till he comes back here alive, I will not eat." Now Vishnu had a problem : now what to do He cannot kill, Rama being Vishnu, you see, He cannot kill Ravana. Vishnu said : "What to do?" So He told Lakshmana : "This is a big problem?". So Lakshmana informed Yama : " Again see the problem has come : She won't eat food till Her husband goes back." So Yama said : "I know it's very dangerous but I have to try this trick otherwise I'm in for trouble. This man has to die, you see the time has come." So Yama said with a very big respect, you see to Sati : [" Why you go fighting also this...?"] He said : "Alright, I will manage it." He took the form of Ravana himself, he became, he started looking like Ravana. And He went there and He stood up in the [?] He said : "Now, see, I've come now." She said : "Did you win the war". So He said : "Yes." He said : "Alright, now, will you eat your food?" And the food was hanging before Her. And She made a mistake there : She ate the food. Before your husband has taken the food you are not supposed to eat your food, that's why Indian women will never eat it. Because this gives them power, you see. To be a dedicated wife means power. So they do not mind, even if their husbands are bad, even if they are Rakshasas, they're anything : they will be dedicated to their husbands. They'll love their husband so that they keep their own powers and by that they save their husbands' also. So He stood up there [?] : "Eat your food." As soon as She ate the food, not even She ate the first morcel [Ravana felt cursed?] And the head fell at the feet [?] and then, you know, He, Yama get His own form and She cursed Him that you will be a dog. And He became a dog [Later on He has become?].

So, they are so powerful. But this I'm telling you about someone who was sort of a Sahaja [Samarthya?] [Yogi interrupts about : Which dog was this, Mother? Which dog?...This dog was in the car which... in company of Yuddhishtira...] Of course he was, yes. You see, actually it is uh, after Rama whatever curses and anything were carried on during the time of Krishna. So, you can say His dog, the one who followed Yuddhishtira, you see, Dharmaraja. So, this story tells you about Mandodari who was uh, Kali, Uma, She was Parvati Shakti, so it's different. But of an ordinary lady Gandhari she was the wife of Dhitarashtra who was a blind man, the father of Kauravas. And this Gandhari tied a cloth on her eyes all her life, she never saw anything because her husband was blind. She said : "If he's not going to see anything, I'm also no going to see it." And she worked it out that way. Her eyes became so powerful, very powerful because of that closing of her eyes. Going to that extreme she developed that power of

[?Bhamat] dhrishti they call it. This is called as [Bhasmat?] Dhrishti; And there's another Dhrishti is [Anant?] Dhrishti by which if you see anything that becomes, that cannot be killed. So she called her eldest son who was Duryodhana who was a horrible fellow, who was in the war. She called him, she said : "You'd better become naked. I'll put my, I'll open my eyes and put my Dhrishti, means the vision, on you and you will be absolutely Amara, means you will not be... you will be immortal." And she made him vain, sort of a... he was very much happy about it. But he thought : "I'm such a grown up boy, how can I be naked before my mother fully?" So he said " I'll wear a little [?]" so he could face his mother because it is shameful to face your mother like that. So when she opened her eyes, she removed the thing, her eyes came on the body and that part which was covered, you see, did not receive her blessing. So he was weak in that part. So when Bhima, you see, killed Duryodhana he knows this trick, he knows that part is weak so what he did he put one foot on his one leg and another leg he opened out because that was the weak point and he made him [?] that's how he was killed. Otherwise he could not have been killed by anything because that was the weak point he had which [it up?] that's how he killed him. So these were the power of the devoted wife so this was another plane where they developed power of a devoted wife and a dedicated wife.

Then this power was used also, misused, abused, people did it, but even, you see, this same Gandhari, the one who has done this was a very powerful woman during the time of Krishna. And she told Krishna that you are Vishnumaya, you are the one who is this and you can take birth many a time but the way you have killed all my hundred child of mine, you've finished my complete dynasty, no more Kauravas left on this earth means the same way Your dynasty will be finished. He's of the Yaduwansha, you see He's the Yadavas, He was the Yadava. All the Yadavas will be killed and you will be killed in an [?] and Krishna had to accept that curse on His and He was killed in an [?] of, because Sati is the one, is the purest form of devotee to the wife , you see it's easy – to the husband - easy to be dedicated to God because God is perfect, you see, God is perfect. He gives you love, He gives you this... But a husband gives what? He gives you nothing. He tries your patience all your life. To be dedicated to such a person... gives you a real training in dedication [if you keep on saying...?] you see, like the Gurus, you see, same way, they try the patience of the Bhaktas, you see, they say : "Go ahead, go ahead." That's the same principle, based on the same principle as the lady, you see, who worships her husband who is a horrible fellow, like Ravana is. you see. [?] Dhritarashtra, the [?] fellow.

Like there was another one Anasuya was another very great woman in Indian, Anasuya. She was so great She changed, I mean She made the sun wane, she made the river change its course, She did all kinds of things for Her husband who was a horrid fellow. He was absolutely the [?greedi]lest possible fellow with all [?] because of [?] all his life, you see. And he would, he cheat her and everything, then he got horrible diseases because all his life he was so [frustrated?] Then he got leprosy, he got this. She took him from one place to another to all the [temples?] and everything and She defied all the nature [?] such a powerful woman She cured Her husband, she got everything done, you see, very powerful woman. And then Narmada, the river, see, that we have, She Herself was the deity. And now She is the – uh, She was actually, uh She never married. When She loved somebody and wanted to marry, you see, She dedicated Herself fully to that love then She became this river, you see, and it's the Virgin River. So, in India, you see, people do not take out water from that river Narmada; They just say : "Alright, this is the river we are not going to touch, we are not going to take out the water out of this river." I mean, it was so deep into us, you see, we had known all these things all along. So, the Sati used to be feared very much, you see, I'm also a little afraid of them, the way they are, you see. Oh, as if someone has a husband, you know, who is wanting a divorce from a Sati, I think : "I'm out of it. I'm not for it, you see. Keep Me out. I'm not..." See, they are not to be disturbed. We have examples of them in modern times also very much in India, you see, terrible Satis, like Padmini, a terrible one. Padmini was a very beautiful woman and she was attacked by this King who was... who heard about her beauty and he asked that he should have a [leave?] with her. [Yogi interrupts : This is the one whom he saw...in the mirror?] but then Padmini said : "Otherwise if he's going to attack all the country, I don't mind if he can see me in the mirror." So she can see in the mirror. So he went and saw her in the mirror. Then it became even worse, you see, he said : "I must have her otherwise I'll have to attack." So, Padmini said that...

[tape interruption?]

You see they could not understand how can they allow their queen to be passed to other people because this would be the greatest insult, you see, it's a very different country altogether, the [?] is different not like you allow your queens to be [?] by a king even. What sort of a thing it is? A queen is a queen, he may be king. So they would not allow such a thing, they said : "No, this time we are going to fight it out." So they sent a word that Padmini is coming with her maids and they all dressed up like ladies,

you see, that inside the palanquins and the king stands on the palanquin of the queen, you see, and they had many palanquins, one thousand palanquins. And inside the palanquins stands all these [ladies?] dressed up outside like a Sari they put and inside they're all armour and everything they put. And the men, four men carried one palanquin, you see. So, the four men were also warriors, all covered with things and they had all the things put inside, all the arms put inside the palanquin and that's how they walked into the enemy's camp and they. And they had told these ladies : "If we win, well and good. If we do not win, then we'll lit a fire at a particular point and they'll see the fire from the port. Then you have to go on a pyre" It was a common in India to have a fire made and on that a woman would burn herself out, you see, it was a [tapah?] you see. English did not understand [?] the Sati system. They cannot understand, you see, when we believe that that way we get our powers. So they made a pyre, fire a pyre because they would not allow other men to touch their bodies Indian woman does like any men to touch their body unless and until they're younger than them like children is different but as older person like that they don't like, you see, that other men should touch them because they think their power will be gone if they have bad lust or anything in their head then that power will be lost, you see.

So, this pyre was made is called as Jauhar, you see, and all the women climb on the pyre because they've also – they lost the battle, see, they saw the fire. And the whole thing burned out, you see, nothing was left for the king when he came to the [...] But we had a muslim Sati, see, we have [?] Sati [?] and that's how our country is so great, with these great women who are not only respected but are extremely respectable. Women of great strength [?] now this is the age of they say Nur Jahan. Have you been to Fatehpur Sikri? All of you did not go but some of you did go to Fatehpur. Now, she's the one who created Fathepur and she was the one who was in love with Salim the son of Akbar. And Akbar although he was a good man, he was a little [?] conscious, I think, so that he wouldn't allow this [?] sahab to become [Yogi interrupts : She was a dancer?] No, no, no, she was not. She was an ordinary queen... uh, actually, there's a story about her, how she came from Afghanistan to India and what happened on the way. She, you see, when uh, she like [?] she was and he saw her there till he fell in love with her because she was so innocent. He had two doves in his hands that he just gave her that : "You just [?] till I'm coming back." So she was holding the doves and when he comes back he saw that she had only one. "What did you do to another one?" she said : "I didn't do anything it just flew out." He said : "How." Otherwise she [?]it up and the other one also flew out this way." So he laughed [?] and that's how he fell in love with her, so innocently it was. But after it came to [?] he said no, no, my son cannot marry [?] But then he wanted to compensate for it so he [?] her to Sher Afkhan another, you see, court [yogi suggests : courtier, c.o.u.r.t.i.e.r] to one of his courtiers and he sent him to their wars [?] so that there is no disturbance with their marriage, you see. But it so happened, you see, when Salim became Jahangir, the one [?] and in the war with Afghans fought against Jahangir and he lost his life. So, you see, this girl developed a feeling against Jahangir, telling things like, she thinks : "He has killed my husband because he wants to have me." And she came to Delhi, because she had a house there so she went [down to] Delhi and then what happened that he said that : "You must marry." He forced her marriage she said : "You can marry me if you want but you cannot have me as a wife : you have killed my husband, you cannot have me". Now, he was the emperor of India thatime and she refused to marry. And she was in love to begin with but once she had a husband she forgot about her love and she was dedicated to her husband. And they are Muslims. Now this girl went, uh. Then after some time what happened then this Salim could not bear this idea that's she's here and I cannot marry her and he was so [?] that he developed a terrible disease. And the physicians said that unless and until you marry this girl you won't be saved. So his mother was in [New Delhi?] Akbar had married Jhodabai. It's very, you see, our Indian life, name is 'nanatva' means is full of varieties and beauties. So this Jodhabai, imagine, Akbar married her and if you go and see, I don't know if you have seen the Agra's fort. Did you see Agra fort? Yeah? Alright. Then in Agra they have this fort in which Jodhabai is [lies?died?] there. He made all in Rajput architecture, indian – uh, hindu architecture, you see so that she could come to there. [?] And Jodhabai just thought of a trick, she said : "Now, I must try some trick to save my son." So she became an ordinary maid servant and she went to her. So, she was the mother Queen, imagine. For her son's sake she [made?] to this lady and tried to serve her as a maid. She looked after her and gave her love and was very kind to her. So this, she said : " What can I do for you? What? You ask me anything". She said : "Will you give me anything I ask?" "Yes," she said "if it is in my power I will give you." So, she said : "Alright, I request you to marry my son." She said : "Alright I will marry your son." See, she was willing to marry the son of her maid but she would not marry with the emperor. See the character. And then that turned out to be Salim with which she had to marry. Then she married him and she never used to drink, Nur Jahan never drank. But Salim would drink so she made Fathepur Sikri for him and [?]take him to beautiful place, gave him all the pleasures of life and she actually [ ruled the place]. And Salim is known for [fair play?], you see, for justice, he was known for justice. He would not deny justice to anyone, everybody gets [vice, you know, it's normal?] but he had one vice of drinking. This is the story about modern [?] they say [?].

Maybe in modern time women who are dedicated to their husbands and by that they have powers. So, this was another place they've got.

So we have Yatis or you can call them Yogis or people who had such powers that they could just look at somebody and [?] just make them into ashes. We had people of that. But these were destructive powers in a way, you see. But the cunning of Krishna has used many a time these powers to kill the rakshasas. Like there was one yogi, you see, he was sleeping for ages, he was sleeping only, he was enjoying his sleep because he had achieved through, he thought that : "I've achieved whatever I wanted." He was just sleeping like this in a cave, you see. He was in a cave and he was sleeping in a cave all his life, you see. And it was said that the one who will awaken him and the one whom he will see for the first time will be killed. So, this was the thing given to him by Shiva. Shiva had given him this [?], so this boon. So, there was another one rakshasa who was horrid and he had so many boons from Shiva that he had become actually [invulnerable?] and nobody could kill him, you see. And in the war, with, with Krishna, Krishna found it difficult : "How to kill him now because he has been [saved?] by Shiva? Now, what to do?"

So, he thought of this trick, you see, He started running out of the battlefield, so He's called as 'ranchordas', the one who runs away from the battlefield. Ran away from the battlefield, you see, is a 'ranchordas'. So He ran away from there and He ran up to this cave, you see. There He went and He was wearing a shawl, you see, and He covered this yogi with the, this shawl completely, very carefully He did so that he was not awakened and He hid Himself. Now this fellow followed Him and ran after Him and he also entered into the cave and he saw this was sleeping with the shawl on – Special own methods of Shri Krishna, see? And he saw he's sleeping now, so he : "Now, I know where you are. This is a, you've calm now, you are tired of running and you are sleeping. Now, I see how You are wicked." [?] and as soon as he pulled the shawl, you see, this fellow got up and saw him. This is of Krishna's time.

So, but simultaneously as I said other people working out the Bhakti [cult?] was there. People used to have also Bhakti, they used to worship gods and they used to ask to meet them. This was the another type which could not read the Upanishadas and could not recite the Mantras and all [Prakrut?], the people, the general public was doing Bhakti and asking God the help and all that. While the rishis were there who had [empowered?]. Lots of story were there even in the Puranas there are the story of a people who are very great saints, who have got Bhakti, through that they had powers. And there was one story, very beautiful story which is, I would say, in one Purana, can't remember which Purana it is, that there was a man who had developed lots of powers, you see. He could kill [?] birds looking at the bird, you see. So, he went out and he went in the, he was meditating under a tree and there was a bird who started disturbing. The bird started chirping and he got disturbed and into temper and the bird died, you see. And the bird died, fell down, he was very proud of killing the bird.. So he went to next village and there he begged for food, you see, from a house you see, so he sort of knocked at the door and the lady came out and he said : "I want some food, you see." She said : "You see, my husband is not in the house." It's a custom now, without the permission of the husband you are not to give alms to, even to any Guru because that's how Sita was taken away by Ravana, you see. So, she refused, she said : "No, I'm sorry, my husband is not in house I cannot give you food." So, he looked at her she said : "You cannot kill me the way you killed the bird this morning." "How does she know?" So he touched her feet, his power was useless. She said : "I know through my Sati powers but the one who is higher than me, you see, is such and such, you go and meet him on such and such date, you see." He got a shock, you see, he was shocked. He said : "You go and ask for such a name and you will be meeting then." So he went down to the another village and there, you see, he went and asked where is the [?] he said : " You have to see him there, you see, that shop. There was a man standing there and he was selling meat and he was cutting all the things there nicely, he was a – uh, what you say – butcher, he was a butcher and he was cutting the meat and he was distributing all full of blood and all that. So, he said : "Are you such and such?" He said : "Yes, so what?" He said "You mean you are the one who is higher than that lady?" He said : "Who told you that?" "The lady has said." "The lady, did she? Oh! I don't know about that." so, he said : "What are your powers?" So he said : "My powers are sahaj." Now the left side power was of the Bhakti, of dedication and that's how they developed this Bhakti tattwas but the central power is the proper [?] of [?] which is absolutely suitable for growing.....

[Tape interrupted.]

## 1979-0530, The Three Paths Of Evolution

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30 May 1979

The Three Paths Of Evolution

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

The Three Paths Of Evolution, public programme, Caxton Hall, London (UK). 30 May 1979.

I am here to talk to you about a higher life than what we know of, about a power that pervades, permeates, every other power; and about the world which is called as the world of bliss and joy.

You must have heard about all these words [worlds-?] before also. But I am here to tell you about the instrument that resides within us, all nicely planted within our being, as clear as you see here in the picture, which is a living instrument, which you can also see pulsating actually with your own eyes when the Kundalini, this coiled energy, rises.

We have already been blessed to have this ascent into our own being, the breakthrough into the unconscious, to enter into another new dimension altogether in our awareness by which we really can find out answers to all your absolute questions.

So far, in the ancient India, we had three types of movements. I don't know if you are aware of all of them, but we had three types. And the reflections of that were manifesting in that country, also in other countries. Even in England we have had people who have been very busy finding out the answers to many fundamental questions, absolute questions.

So, the seeking has been everywhere in the whole world. But, as I have told you before, India was perhaps the best country, because of its climatic conditions, and because there was a lot of scope for people to go into secluded places to find out the answer to their seeking.

Today, I would like to tell you the three methods, or three ways, we have been seeking and the results of that.

The first one is on the left-hand side: is the path by which they had devotion to God, what they call the bhakti. They sang praise of God without seeking Him. They called Him, they asked His help.

In the beginning, they thought that the greatest challenge they have is from the elements; so, they tried to overpower the elements. And in that overpowering of elements the movement was on the right-hand side, in which they used many methods by which they could excite or could innovate, as they call it, the deities or the subtle principles of the elements.

The first one was that of the devotees and the second one that of the people who were trying to find out the way to master the elements.

The third one was in the centre and there were two types of people who searched. I would say the one who searched, the another which incarnated on this Earth to help, and this was the evolutionary path of our ascent. The evolutionary path of our ascent came into light, you will be amazed, much later than Krishna Himself came on this Earth, even after Christ, people started talking about the methods of evolution within us. So, we should have no confusion about these three methods. Because of the bhakti of people, because of the asking of the people, the different aspects of God descended on this Earth as incarnations.

Whether all this I say is true or not, you need not believe, because I am putting a hypothesis before you. And then later on you can find out if it is true or not. You have to only keep your mind open like a scientist to know about it.

Now the middle path of evolution is the one that we are going to discuss here.

The one that deals with the mastering of the nature, is the one they used in the Vedas where they did not mention even the deities, they did not mention anything about God Almighty, but only talked of the Brahma Tattwa, the one principle by which all the five elements are governed. And all those mantras and slokas, to excite the elements, were recited just to get the benediction of these elements as well as the control over them.

So, once upon a time, say, twelve thousand years back, in India, we had pilotless bombs. We had instruments that could work out much better than your missiles. They achieved it through this method of Right-Side innovation.

When I went to Colombia, I was so surprised that they also used the Right-Side methods. For that they used to also take a kind of an intoxicant which we call "somras" in India. It was an intoxicant which would not give you a habit but would take you to a state where you could understand that there is beyond something; you can say something like LSD maybe.

But this LSD that you take is very different from the one they used. It was, I should say, a holy thing which had something to do with God; because whatever in India they tried to search, they kept the centrifugal force acting on them, which was the assumption that there is God. So, they did not deviate too much from the Right-Side. They did not go too far.

As a result of that search, science came to us. It came through the unconscious, all the discoveries. But our awareness – after all this world is one whole – our awareness was tuned up to a point where we could understand science. As a result of that kind of innovation they mastered a lot of things and they organised many wars as we are doing nowadays. And in those wars, there are descriptions of aeroplanes and all kinds of ayudha – they call it weapons – which are fantastic.

But there was another movement going on, on the left-hand side where people did not care for all these things. This was meant for the kshatriyas, the kings, who were very ambitious and wanted to overpower the whole world.

But the Left-Side gentry, I would say, the people who were dedicated to God, who always asked for the help of God, were busy organizing dedications and what we call worships, pujas, according to their own understanding.

But the central path was looked after by two forces: The first one those who were the seekers under some gurus, who were realised souls of a very high level. And the other were the incarnations who came on this Earth to protect, to save, the devotees of God.

This movement was very secretive in the beginning, extremely secretive. Only one or two people they would employ to this kind of work from the whole society. In one generation, you could hardly find five or six people doing this work of evolving people into new awareness. This I am telling you before the time even Vedas were written. Because the incarnations that were to come, who had not established, were kept as a very guarded secret. The reason was that if they had disclosed that these are the incarnations who are going to come then the negative forces, which were trying to pull down the evolution, would organise a method by which they would destroy these incarnations before their coming.

But still, as you can see in the life of Christ, that coming of Christ was declared much before Christ came in by the prophets who made prophecies. All these prophets belong to the category of the Gurus I am talking about.

So, all over the world three types of movements were on. For example, the scientists on the right-hand side, we can say, and the left-hand side are the devotees of God who sing the praise of God. And in the centre, there were people like Moses, like Abraham, who came on this Earth just to prophesize, just to protect the devotees of God.

Now this middle movement of evolution today has reached its peak, because all the incarnations have arrived now and have

done their job within you. They have occupied their position within you, in your awareness, on these different centres.

So, the first centre that we have here which is established in the carbon atom. Carbon has got four hands in the same way this centre has also got four hands. You can see the four sides of this centre.

That means up to the matter stage it is even below that. Then the carbon started the living. This carbon atom actually ignited the living process in the matter. Though the time taken for this, since the time the Earth seceded from the sun, is very, very short. I mean nobody can explain why and how it could happen: some Juggler could only do that job. So, this carbon atom started the triggering of living beings.

Afterwards, we can say that the incarnation of the centre, this green coloured centre, which we call as the Nabhi Chakra – the incarnations started on this point, one after another taking different forms of living animals in the evolution. Like first the fish. It came as a fish. They say when Noah was having a bad time with the deluge this fish helped him. They came as an incarnation, that aspect of God which we call as evolutionary.

That came as a fish on this Earth and then it came as quadruped. Then it came as a short man. It came as a strong man and on and on and on like that, till we reached a stage where the top one you can see, over here. This is the stage where Shri Ram, who came eight-thousand years back, this was established within us like a milestone. They were the leaders of our evolution. They led us into evolution as well as they left a mark for us there and they exist within us in that path.

So, on the right side of the centre, this is called as the Heart Chakra, as you can call it Cardiac Chakra or we call it as Hridya Chakra in Sanskrit language. On the right-hand side appeared Shri Ram. Now why did He appear, Shri Ram, on the right-hand side, because He was to forget about His incarnation. He was to forget that, in essence, He is the evolutionary aspect of God which is Shri Vishnu, who resides in the centre here, because He was somewhere in different forms. So, He was to forget about it. He had to behave just like a human being so that no human being suspects Him to be an incarnation. He became a king, a benevolent king, an ideal king, with all the limitations of a king and the beauty of a king. And that's how this incarnation came on this Earth about eight-thousand years back.

At the same time when this centre which is the we call it as Void, but you can call it as the whole universe, you can say; this was full of people who were negative and were trying to destroy the devotees of God. Then the Primordial Power which is called as the Adishakti, the primordial Mother, She came at that centre, much earlier than Rama. She came there about twelve-thousand years back to protect these devotees, from twelve thousand years, in one thousand incarnations. Of course, I think there have been much more but one thousand are the main incarnations which came on this Earth as Primordial Mother, they came to protect Her children, Her devotees.

Now the topmost one, not the topmost but the second one, this centre is the centre where the Vishnu Tattwa, or the evolutionary aspect of the God, completely manifested. The complete manifestation of this principle took place, and that is the principle of Shri Krishna. So, Shri Krishna is regarded as the complete manifestation of this evolutionary process. But God Almighty as we know Him is everything. He is not only the evolutionary principle; He's also the existence on the left-hand side and He's also the Creator on the right-hand side.

But much before all this started another state of awareness was there. In that state of awareness this second centre that you see here is the Creator's. He created, through His powers, all the universe, through all the elements; then this Earth. And on this Earth the cycle of life started. All these centres are within us.

Now last of all, about two thousand years back, came the greatest incarnation of Christ. He was the son of God, the innocence. And He came on this Earth. At this point where you see this red mark, behind, in the brain. Between the pituitary and the pineal there's a very subtle centre, He came there: for us to ascend, to us give the knowledge of the eternal life, to give the knowledge that whatever you see on this Earth is not the permanent thing, there's something beyond. And in His resurrection, He showed us how we all can be resurrected.

This was the gate into the limbic area, what we call as the Sahasrara, because it has got one thousand petals. Now these petals, as they look like this lotus, it is actually like that within us, but in a sleeping state.

You can see a candle. Now when the wick is there, you don't see this form of the wick. Only when it is enlightened you see them in that form. Now when you put one thousand like that, they all put together look like a lotus. But when it is not enlightened, you only say there are one thousand nerves but when these nerves are enlightened, you can see the light which is in different colours.

So today we are here to know that, within us, all these incarnations exist, and the force that really brought forth, really manifested – who lived like human beings, and worked like gurus – that force which existed in this area, which created religion within us. Religion as we understand, organised religion, is not the religion. But the religion means your sustaining power. You are a human being because there are ten sustaining powers within you. So, they came to sustain us and to give us full idea about these ten powers and to establish us in our religion as a human being.

So, these Gurus, who lived in that area, worked out the sustain and helped us. And this is one of the greatest forces we have got, which resides within us. And whatever they have said has a very great meaning.

Actually, we should say the main Gurus are ten, but there are many other gurus. And these ten Gurus could be described as Raja Janaka, then Moses, Abraham, and in modern times you can say Mohammed Sahib and even up to Shirdi Sainath in Shirdi that force came in for a short time, and then He disappeared. Nobody knows how He came there. He lived there and He died. Also, if you know Nanaka, He was also the same force, the same Primordial Master, who was born on this Earth.

Now this is not the time to tell about individual people, but I think one day, I will talk to you only on this subject of the Gurus.

So, these Gurus first started under the Primordial Master Himself, who was called as Dattatreya. And this Dattatreya is the one who is comprising all these forces: the existence force and the evolutionary force and the creative force, all of them, in its innocence. I don't know if you understand it, but there's a story about them, that there are three deities which belong to these three forces. The left one is Shiva's force, then the right one is Brahmadeva's force and the centre one is Vishnu's force. So, they say that all these three Gods felt that the wife of Dattatreya was a great, devoted woman. And she, with her powers could curse anyone she feels like. So, they wanted to take her test and wanted to find out how far she was a devoted wife, so they went to her and they told her that: "We want some alms." And in India, it is regarded as a great honour to be able to give somebody alms who come to your house. And three saints, they were dressed up as saints, they came to the door. So, when they asked for alms, she said, "All right, I will get you some alms."

They said, "No, we'll come inside the house, and you have to become completely naked and then give us the alms." Because to become naked before a man, you lose all your powers as a devoted wife, as a Sati. She said, "All right, if you say so, I will do it." And she started taking out her clothes. As soon as she touched her clothes, they became small children, absolutely small children, and she took out her clothes and gave them the alms. So, these three small children put together make the Dattatreya, is the Guru, is the one who is innocent like a child, innocent like a child, who has no sense of sex. So, we come to a conclusion a guru who has interest in women, a guru who has interest in sex, is not a guru but is anti-guru.

Dattatreya is the innocence of all these three powers and this Guru was the one who then had a big tradition of gurus. In the same tradition we had many gurus in our country and specially in the area near Bombay, which is called as Maharashtra. They came as Nath; they were called as Nath.

So, the first one was Adi Nath, then Dattatreya, then Machindranath, then Gorakhnath, like that a tradition of these gurus came. But all their knowledge was kept as a guarded secret, it was a gupta vidya, is absolutely guarded secret, a secret knowledge about Kundalini. They never talked about it; they never told about it, because they thought that, "Just now let us experiment with it fully and then we will give some idea about it to people." But as you see everywhere it happens, even it happens with us here

sometimes, that we get people who do not get Realisation or are half-baked and they cannot rise much higher. Then they get very angry or sometimes they take this half-baked knowledge and start working on it and they go absolutely wrong on this side or that side.

All such horrible gurus came up in those days also. But they were neutralised, because I would say that people were spiritually a very, very sensitive. Nowadays, the people are not. They are very naive. They have no sensitivity. You see from the face you can make out that a person is such and such, but they have no sensitivity left. You see they are so much used to masks. I asked, "Today why people cannot understand and why do they always have a mask on the faces? Nothing is beaming out of them, what is it?" So, one told me a very interesting answer: was that because they listen to news and they see that the newsman is reading it and he gets lot of light on his face, so he has to keep detached from the news, he cannot show his any impressions or anything. He has to be absolutely detached when he is describing some news. So, his face is just like a mask and that is why it happens.

Whatever it is, we have become really naive as far as spirituality is concerned, and the people take advantage of it: a full advantage of this naive behaviour or naive nature of others. For this you don't have to go to books, you don't have to go to any guru for this. It's only a thing of the society in which you live. Natural societies have much more sensitivity to spirituality than artificially sort of brainwashed, you can call them, or brought up in a materialistic atmosphere. They lose their sensitivity to spirituality which is spontaneous, which is spontaneous; because we lose our spontaneity, we lose that natural – we call it as "Sahaja", means "the spontaneous knowledge" – to know who is a real person and who is unreal.

So, this force started manifesting itself gradually in the caves, in the very secret caves where only one or two were asked to go there. And first they were tested very badly. I mean the way they were tested some would run away! So, for years together they would not get even one disciple who was capable of coming into this training. And at long last if they got one, they would work on him and then he may die without the experience. Then again, he would be reborn, again he would die, like that it would go on for ages until then they found that the truth is within you, till they completely cleansed themselves and they became one with the Higher Being within themselves.

But this was achieved so little that you will be amazed that Zen system of religion is exactly the same system, is avadhuta, which we call the Nath style, the same style is. And they say there have been only sixty-five Kashyapas, they call them, Kashyapas. Sixty-five, just imagine! Sixty-five in six centuries! So, I think it would be one point something one every century!

So, these were the only people who got Realisation. And it was a very difficult procedure because they would raise this Kundalini up to a point and it would drop out. Then they would raise it and cleanse it and then again cleanse it and again push it forward. It would be something like pushing a car which doesn't start: you push it, it comes back, again it goes forward, it's cut. Then again you cleanse it and take it to the garage, you see it's no good. Then you take it again back, wash it, clean it, again get under it and try to cleanse it again, the machinery, again it goes out. Like that it goes on and on and you get so fed up that you think, "Better let it go back to the factory to be completely renewed." Then they made it again, put it back and like that it moved, the movement of this evolution, very, very gradually.

And in this gradual movement they had...because if you move gradually, you see many things. For example, if you are now going on a bullock cart – you don't have any bullock carts, we still have bullock carts. If you have to go to villages, you have to go by bullock carts. And the speed of a bullock cart is maybe two miles per hour or maybe even sometimes less, it depends on the whims of the bullocks, you see. If they sit down in between, you can get down, cook your food and have your food very nicely, then again get back into the bullock cart and then again start moving. It could be a very, very slow movement. And then when you stop, you get so bored of that stay that you get out of bullock cart, you go around and see things. And that's how they started seeing things around and they described them, and poor things got sometimes so upset with it that they used to get into tantrums and their tantrums also are nowadays called as 'Raja Yoga'. I was so surprised that these tantrums were there because of frustration and because of timing.

But now, today, the condition is different because the blossom time has come, I say. The time has come that evolution has to be

en-masse, has to be en-masse.

Actually, this en-masse evolution has started much earlier as I said, from the sixth century when Adi Shankaracharya started writing about it. He was the one who proclaimed it, who said that this is the force we have got, we have to work it out.

Now people talk of Adi Shankaracharya and not a word about Kundalini. What do you say to such a knowledge? You see this is the basis, the basis of Shankaracharya is Kundalini, and the stai bhav is the emotion that substantiates it – is the complete dedication to the guru. But the guru is, has to be a real guru not the way moneymaker or what you call this womaniser and all sorts of things, abuses, which are absolutely never conceivable to a guru. He remains absolutely away from these things. All such things are I would say these are meant for criminals. Or you can say, I have no words, but you can say horrid people. It's not meant for gurus, who are the choicest flowers, who are the best people that God has created; who are the highest people above all these things. They do not organise, they do not do anything, they just sit and watch and they just impart you the power by which you become one with God. That's all their job is. They are not busy buying aeroplanes and Cadillacs and some had some, I was told, Rolls Royce's. They are not busy with.

These gurus first took to sanyasa because it was a very intensive work needed, very intensive work. In the early times they took absolute solitude as their home and they didn't have children, they didn't have wives, nothing. They would just dedicate themselves to the search. This is very early I am telling you, say twelve thousand years back but about eight thousand years and at the time of Rama, all the gurus practically were married. Most of the gurus were married. Imagine, eight thousand years back! In modern understanding, people cannot even conceive of a priest who is married.

They found out without the marriage the balance is not established. You must lead a very sensible married life, and they got married, and they had children and wife and they lived in the forest looking after the small children from the family. And when the children came down there even the grandparents came with them because according to the four ashramas we have got, the grandparents are after fifty years of age have to go to the forest to live with the grandchildren near the ashram. And they have to look after the children and forget about married life. They have to finish it at that time. At fifty a grandfather is really promoted and he looks after the children. He is not bothered about his married life so much as the husband and wife reach their culmination of the beauty of their married life and understanding from twenty-five to fifty years of age.

So, we have a division that till twenty-five years is the education system then the twenty-five years of life is the married life and twenty-five years of life is this life where, vanaprastra ashram they called it, where they had to live like grandparents with their grandchildren, give them love and they looked after and also if they were not realised or they wanted realisation, they worked for it.

So, in this system it was perfectly all right because afterwards the husband and wife died after that age so they took to sanyasa, means they just detached themselves and rose high. So, the pattern of life was such that you had to achieve God in your lifetime, you have to work for it and all of them aspired for it and they worked for it. The whole life pattern was built up to that. Of course, very few people got realisation but they led a very righteous life so that they maintained it for the next life and again they were born next time, they tried it from where they had lost, again they went up and up like that. That was the system of that society which is, of course is, now very much westernised and they think you people are much more successful in life so they are running after you and try to become like you.

But this is what it was. But we can see today that is not the situation, we are in a very different situation. It's a Ghor Kali Yuga they call it, where righteousness has no place. If you talk of righteousness people will run away.

Like today, you see, they wanted to put up an advertisement for some university, and the lady who was being there, she was telling, "No, no, no don't put Self-realisation."

Then I said, "What should I put?"

She said, "Put something like enjoying, you see."

"All right, enjoying. Then what else?"

"You don't talk of God, no, of righteousness, no."

Then should I say now I thought that you can enjoy and come to a discotheque or something like that? Is that the way we are going to attract them? And then every other person got fed up.

They said, "Mother, we are not going to fall at their feet. We need really sensible people, people who understand their value, who want to achieve something higher; they may be few but we cannot manage with this frivolous people. We cannot do anything about these frivolous people. Let them have one or two shocks in life. Then they'll come to us."

But you see, for a mother it is rather difficult to think that "Let them have a shock. Let them put their hands in the electricity so that they get a shock and next time they won't do it."

You see, for a mother it is rather difficult to accept such a situation.

But it is so, because we had another gentleman who was a hippy. He came to me and I tried to give him realisation this. Again, he went back and he started his drugs and he went into that. Again, very seriously he did it. He did it very well that doctors declared that he is going to die within twenty-four hours, you see he did the whole job very well. He had all the drugs within him, you could open a chemist shop, you see, the way he was, and mounds of things he had in him. And then he came to me with a cirrhosis liver. Liver of, you see, liver which was having cirrhosis. Thank God, my husband was not at home, so I said, "All right, get in," and he was there still when my husband came next day. He found him in an absolutely horrible condition. He said, "Now, if You have anything to do with this young gentleman, if he dies here, the police will really arrest You, and You will be in for murder. Now You please don't go in for that."

But we treated him and, you'll be amazed, within eight days he was perfectly all right and he's such a great Sahaja Yogi today. Now he's in Australia; I always remember him. And you know, he was a professor of physics and he was a very learned man, but he did all this tomfoolery just to go to hell directly with a running jump, you see, and it was very difficult in the beginning to convince him. But later on, you see, what he told me was most shocking because he told Me, "Mother, most of us have to be that way, otherwise we'll not come to You." Now this is too much for me to understand that, that it should be so hard on anyone who are seeking.

Now you will be amazed that the seekers who were there at that time are today born more in the West than in the East. You are real seekers. Perhaps you have never evaluated yourself, and you have lost that sensitivity to seeking.

That is one thing true because the way you have been guru-shopping, one can understand that how could it be possible that you have been going from here to there not understanding this. But, you see, because you were seeking, I would say, because you were seeking, you jumped onto someone, you jumped onto another one, jumped onto third one, just to get the, what you call, the feeling that you were seeking.

And this jumping from one to another has really been very, very wrong because by that you have definitely disturbed your Kundalini. The most dangerous thing about these people is that they disturbed the path of your Kundalini, which you will learn; when you will be realised, you will know. All these gurus, apart from giving you diseases like cancer and all that, have been destroying your chakras, destroying your Kundalini. I have seen big holes in your chakras. I have seen burnt portions in the Kundalini. I have seen horrible distortions and mutilations of even the private parts of people because you can see on this chakra, this last chakra, which is dealing with your private parts, you see, that they have really ruined you completely, to such an extent that it is I feel irreparable, but still, we would try our level best to work it out and to get it done.

I would only request you to have an attitude of openness and little relaxed. Like somebody has an appointment say about seven o'clock, so he comes to attend my program – six to seven, Mataji's lecture. Seven to eight, third lecture. Eight to nine, another lecture. Such a person is no good for Sahaja Yoga.

You have to have patience with yourself and you have to have patience with Sahaja Yoga too because some people from the jungles and who are not in the open, who do not come to London or to America, these people have told so many Sahaja Yogis that, "We don't know why Mataji is giving you these vibrations. What have you done?" All sorts of questions and they are quite jealous and they don't even understand how these Sahaja Yogis can raise the Kundalini so easily.

So one can say that it is happening and it is there, you all should have it because you are the seekers and this blessing was to be bestowed, is promised even in the Puranas it was said that in Kali Yuga those saints who are seeking God in the hills and dales will be blessed in Kali Yuga, in this time, modern times and they will be born as ordinary householders and they will get their ultimately truth, it is a fact. You have to see it. And no use, I was told some people are coming here for spying. I say, "What are they spying?" You see, this is for your good. What is there to spy in this thing? It is all very open. This is for your good, for your betterment, for your own life.

For whom are you spying? What are they going to give you, madness? They'll take away all your money. As a mother I must tell you, you have to be careful. They may pay you little money for spying but what's the use of loosing your Spirit and getting that little money, all the false promises. Best thing is to get it within yourself, your own powers and know yourself and know what is your self-interest and don't be just wasting yourself for all these nonsensical things like crusades and, what you call, stories about it.

People have misused all the knowledge that was in the Bible, in the Quran, in the Vedas for exploiting others. It is something very sad but human beings are like that, they are really like that. So, we have to be very, very careful and we have to understand that we have to have our own power.

What is the use if I am very powerful? What's the use? If the sun is very powerful, what's the use unless and until it does some good to us? If I have the power, say, to move all this, what's the use? You must have your powers. You must feel your powers. You should be able to exercise your powers. That is what you must ask. This is the main theme of Sahaja Yoga: that it is your own power which starts manifesting.

So, thank you very much. I hope the lecture was not too great for you. But today I was just thinking that today I will tell you about this guru dynasty because this is the way the gurus are there by the dozens. You must know that what is a real guru. And how they came in and what was their job.

There's one more point I would like to tell you that they have not yet drawn here but here there are two more small chakras, one that belongs to, which we call as the Surya. Surya is the, means the Sun, the Sun centre and the another as the Moon centre on the left-hand side. And these two are governed or, we can say, is bestowed upon by two great people who are the disciple elements. And disciple elements were first, were born to Shri Rama and Shri Sita as the Luv and Kush. And then they incarnated many a times on this Earth as disciple. One of them is, we can say, was Shankaracharya, another was Kabira, like that.

Then we can say, later on like, before Shankaracharya, they came as Buddha and Mahavira. Then Shankaracharya and then, I told you, after Shankaracharya came the advent of Hassan and Hussain, who were the grandsons of Prophet. So, these have been incarnating and they have been moving from one side to another and telling people that, "This is extreme, leave it, this is extreme, leave it. Come in the centre and be in the centre". That has been their job and they are the ones who are sort of imparting you that awareness by you become a perfect disciple.

And this is a very important point because it comes quite often that we do not understand: like Prophet Mohammad said that, "I

am the last prophet." All right, He did say that He was the last prophet. Supposing I say, "I am the last person to come here". All right I would say just to frighten you that you better take to it otherwise this is the last time I am telling you. But it is never that because when He died, He found out that, you see, these people are mad caps, "I didn't tell them this, what are they doing out of Me?" So, he said, "I better go back again", and He came as Nanaka and He told them that, "Hindu and Muslims are same people, following the same religion, why are you fighting among yourselves?" He came for that unity.

Then as Nanaka He came; so, in Nanaka's system also the Sikhism came in and they started a warrior class and this and that. I mean imagine, the Sikhism ended up by having wars within Muslims and Hindus.

So, then He came as Shirdi Sai Nath to teach them. Now this is not a very important thing that, say Mohammad Sahib said, "I am the last." Say He is the last, all right, even take that position. Who are you to him? How are you related? Through what? What is your authority? How do you appropriate Him to yourself? Because you say you are Muslims? So what? How did you become Muslims? Did you get your certificate from God?

Like Christians are, you see. They say, "We are Christians." How are they? They are baptised. How? They go to church; somebody puts the hand. Who is he? Is he authorised by God? Does he really break your fontanel bone? Does he really bless you? He is just appropriating God to himself. How are they concerned with God? I don't understand. They are nowhere near Christ, I can see that clearly. If they were, they would have been doing something else. They would have given realisation to people and giving them the second birth which Christ has told again and again that, "You are to be born again". I am talking of the eternal life, and not this life of organizing churches and making profits so much so that the half of London should belong to a church.

Same with Hindus, another silly people. One would think they did not organise it so it could not go further. Even there is one of the Shankaracharya's, he is trying to collect money. I said, "For what is he collecting the money, this fellow?" They said, "Oh, no. He wants, now he is trying to, you see, sort of, compete with your Pope". So, he wants to begin with, he wants to have an umbrella of gold, embedded with all precious stones. He's a tiny little fellow. I don't know how he is going to look with that big umbrella around him.

All such people claim. It is such a misappropriation. What is the authority you have got? This is something I can't understand. Everybody goes to theological college. How can he learn God in the college? What college did Christ go? I mean of all the things, when you have Christ before you why don't you judge according to His standards? Which college did Christ go? Which theological college? If He had, if He was to come here, people would say that He's good for nothing. They may put Him in the prison again. And in America sure, because if you cure anybody in America you are in the jail. That's what it is.

So, the whole misappropriation has been worked out. By this awareness, the vibratory awareness you get after realisation, you will know that you cannot be misappropriated, by which you become that. Once you become that, then you can feel it, those vibrations flowing into you, you can feel your heart emitting those vibrations because the Spirit is awakened and you can feel that and you get that vibratory awareness by which, as you see on the hands, you can feel your chakras. That is Self-realisation: knowing about yourself and also you know about others. It can happen just in a second, in a split of a second. With some people it takes time, doesn't matter. I have patience, you have patience. I'm only for this job here and I am going to be here for years. Now I hope so, for some years at least and we are going to work it out.

So, thank you very much. Now if you have to ask any questions, please ask me for a short time because then we should go to the workshop.

Can I have some water please.

Shri Mataji: Yes ... little louder.

Question: [INAUDIBLE]

Shri Mataji: The coming incarnation is the Kalki, as they call it, Kalki is the one which means nishkalanka, means the one which is blemish less, there is no blemish on that person, you cannot put a blemish on Him. If you try to do it, you will be destroyed. But this One is going to come just to do the last sorting-out. You won't have anybody to persuade you, to tell you that, "Get your realisation," nothing of the kind. You see, He will just come as we have after the whole harvest is done, then the last cutting of it. He is just coming for that; He is not going to talk to you; He is not going to listen to you, nothing doing.

The time from this to that is short, so you better get yourself in the proper shape and don't ask for His coming just now because it will be very hasty. Just now let all of you be there in the boat properly settled down, let us go onto the other side and then let Him come, because He's coming with eleven powers, which is known as Ekadesha Rudra. They are all placed here in the head of the primordial being and He will be manifesting all these in such a tremendous manner that you would not know how people will be destroyed, and the destruction will be of the worst type that you have ever seen that's why try to mature; become the fruits and be in the kingdom of God. All right? Thank you.

Yes, my child?

Question: Who is Your guru?

Shri Mataji: Nobody. I have no guru, I'm a mother. I don't need any guru and I have been like this since ages now. I'm very ancient.

Question: [INAUDIBLE]

Shri Mataji: That's my own. I have no guru, neither I ever had, but I have the guru, I call him as Dattatreya, if that is so, but that is also within Me. In my stomach is the guru. You ask this question, "Mother, have You any guru?" Just ask this question in your hand, and you will know it. To know me is not so easy because I'm very elusive, extremely elusive person you can think of, you see. So just now you just know yourself. All right? When you will have that awareness, you will know Me. All right?

Question: [INAUDIBLE]

Shri Mataji: Because you don't have those eyes to know Me. Good question also. Who was the guru of Christ? Who was? His own mother.

So, no question?

Question: [INAUDIBLE]

Shri Mataji: Correct. Absolutely that's what... very true, yes. No. Yeah. So, what is your question in this? All right, I will tell you one thing that, you see, if you go to these temples and places where you think that they are misappropriating or not. Now as I have said to you already that the job of a person who represents God or says that he is God or he has the power of God within himself should do only one thing, is that he should be able to connect you with God, that's all, the rest of the things is absolutely useless. If he cannot connect you to God then he is absolutely useless person.

For example, we get a person who says he is the Secretary to the Queen, her Majesty the Queen, then he should be able to get at least an appointment for us do that, otherwise how are we to believe that they have any authority? Now if you say that people believe in things as I said it, now, you see, believing into something has led you nowhere, see it is blindness, on the contrary this kind of blindness has led you to complete exploitation. You have seen in our country or in anywhere, you are completely exploited. You do not realise it how much you are exploited by these organisations which claim and appropriate that God is with them or sort of they are serving the God. The only thing that they should do to find out the ways and methods of connecting you to God. If they cannot do it then one should know that there is something wrong with them. They have no authority of any kind.

Question or comment: [INAUDIBLE]

Shri Mataji: Can organise? No, not at all. They cannot. It's a child's play going on. They cannot. How can you. See it's now but how can they You see, you cannot organise God, you must have authority, you should be a realised soul, minimum, connected with God. Say, supposing this is not connected, all right, with the mains. What can you organise it? You better put it down there, isn't it? Otherwise, you cannot use it. What else can you do?

Supposing this is not connected with the mains, it is not working, that's all, simple. You try everything, you do organise, you organise a committee, bring many people to plan it, it won't work out, unless and until you connect it. So-called, so-called baptism is useless, but the real baptism is there, the Kundalini rises, you will be surprised this portion becomes absolutely soft here, just like a child. Actualisation is important. If they cannot actualise it, what are they doing? This is like, you see, you send an invitation to people, "Please come and have dinner with us and come along and we have organised a very good dinner and everything," you go there you find a table very nicely laid down and everything is there, they ask you sit on the chair and all that, and then they will say, "Will you eat?" and there's no dinner, nothing, what means? They say, "It is very tasty dinner." Everybody looks at each other, "Yes, must be." You see, the one thinks that, "Maybe we are blind, you know, maybe that we are little foolish, we cannot do it". You see, so it would be like that, you see.

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## 1979-0531, Conceive something beyond

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31 May 1979

Conceive Something Beyond

Public Program

Doctor Johnson House, Birmingham (England)

Talk Language: English | Transcript (English) – VERIFIED

[Introduction by a yogi]: [unclear]spiritual personality and who has reincarnated on Earth and She has given many of us here realization of our true natures and I hope you'll all sit here with an open mind tonight and try and receive what She has to give you. And all I can ask is you just hold out your hands towards Her, relax and listen to what Mataji has to say.

[Shri Mataji speaks]: I am thankful to Bala and Philip, all My children, who have been able to arrange this hall and have you all here for this program.

Modern times are really very different from whatever time the incarnations came on this Earth. There's such a tremendous differences when Christ came on this Earth and today when somebody has to face the seekers. There were no seekers at the time of Christ, not a single seeker. When He came on this Earth, He had to actually persuade people, He had to put some sort of explanation for them that they should seek, that there is something beyond which they should ask for. But today it's a very different thing, today we have seekers, and not one but millions of them; especially in the West, people are seeking.

The seeking comes to us through our capacity to conceive something beyond. We do not know why we are seeking, what we are seeking, but there's a craving within us which makes us feel uncomfortable all the time. Despite the fact we have such a lot of affluence around us, I mean as far as our food and our clothing and our housing questions are there, most of them are solved. Despite that we feel that we have not been able to feel happy, joyous and have not been able to understand our own fulfillment.

We do not know why we are on this Earth, why we have to be born as human beings, what is our mission in life. But there are so many who do not think about it, they're not bothered about it. For example, the scientists of the West do not think why they have become from amoeba, a human being, why God has made them from an amoeba, a little unicellular animal, into a human being; and why such a complicated instrument has been created, and how it has been created. What are the under-currents? What are the powers that have created this wonderful thing known as a human being?

They have not been able to find out the why of it. Of course, whatever they see they can tell you that "This is what a human being is, this is what is, this is his nose and these are his eyes" and whatever factual things they find out, they tell you that "This is what it is." But what is our destination? What is the purpose? And this is what they cannot answer and that's why we have another type of people who are the seekers. But for your information, I have to tell you that God has already made all the arrangements for you. You have come up from amoeba stage to human beings. What did you do in your evolution? What effort did you put in for your evolution? To become a human being, just think of it. They say that you were monkeys and, today you are human beings. What did you do? Do you remember what you have done to become human beings? Who has done all this? Somebody who has done with his own effort. And that is the same thing that will happen to you when you have to go further in your evolution, that source or that energy or if you like it I would say, the God Almighty who has created us, is going to give us that special being, a birth within us. We are going to achieve that through His grace, and through nobody else.

Now it is being said, not only by Me, what I say I have a complete historical background. You can go up to Socrates and you can come up to Christ, everywhere you will find what I say is written down there. I do not have to quarrel with them at all; they are My own, they are with Me. But I am here to convince you that whatever they have said is the truth. Not by preaching about it, not by brain-washing, not by writing books about it, but by giving you the experience of your being, actualizing it, what they have said that there is a Spirit within us and we have to be born of the Spirit. And what is that Spirit is? And how do we become that? That

is what we are going to experience.

As soon as I say, "You cannot put in any effort about it," our ego gets challenged. How is it? It's difficult for a modern person to understand, that God's grace is going to work out. Even Shankaracharya, you know Adi Shankaracharya, the one who propounded Hinduism in India, said that "na yogena, na sankhyena," not by any of these things that it is going to happen, but by Mother's grace it's going to work out that you are going to be realized, there's no way out. No way thinking about it, writing about it, preaching about it, talking about it, it has to happen to you.

It's a living thing that has to happen to you. Like a little seed, it has to sprout. Now no use standing before the seed and doing all kinds of asanas. No use giving a lecture to the seed. Just a little water of love and the seed sprouts by itself, it comes up by itself. And that's how your own seed is going to work out, the whole process of manifestation, spontaneous. But we think of effort because we are used to it. For everything we have to have effort, so we think even for realization we have to go in to some kind of a terrible effort, but that's the wrong idea altogether.

It is a spontaneous thing, it's a living process, you are made specially like this since you were a little animal called as amoeba. Till today you are looked after, you are brought to date and now you have to happen. How are we built within ourselves, and what is the specialty that brings forth this manifestation? We have to see about it. But when I'm talking to you, you need not sort of blindly follow that whatever I have said to you. But you should not also close your minds about it, because by saying it's not going to work out, it is going to work out by some other method; and when it works out within you, you yourself will know that it has happened.

I will not have to give a certificate; you will yourself give a certificate about it. Now here I'm going to tell you how we are built within ourselves. As I have said, you should not close your minds about it; it is a hypothesis which you should see for yourself. If it works out, if you find that whatever I have said really works out and you can work it out and you can maneuver it and you can understand all the powers that are within you; then you just believe into it, then don't deny it.

So to bring forth your rebirth or your Self-realization, already there is a mechanism made ready, we can say that as we've got this mechanism made ready here, in the same way there is a mechanism within us which is absolutely ready to act. We can say like a computer, a computer is being built in us, only thing you are to be put to the mains, like this cord has to be put to the mains. That's the only thing now left, and if you have put in effort, I'll have to little bit what you call, demolish that much of effort of yours. Because there is no effort needed. Only thing is I have to take this cord and put it to the mains. But supposing I do not know how to do it, then I will spoil this. Or this by itself cannot do it.

You can see a candle and candle itself cannot light itself. But if there is an enlightened candle, it can enlighten that candle. In the same way if there is somebody who's enlightened, can enlighten your candle if he knows how to do it. This knowledge has to come to you and you have to get that enlightenment within you, then you can do that enlightenment for others also. Like that you'll find there are at least here eighty-five percent people who know that, who have got realization, and why not the rest of them should get it? They should; that is their right, that is their birth right and they must get it.

Sahaja, Saha means with, ja means born. It is born within you. It is within you, the right is within you to get it; and you all are meant for that, and you have to just get it, for yourself.

Now here is the instrument, I would say placed like this, out of which if you see, the three energies that are flowing. Is: one of the left hand side, this black one, then another on the right hand side and one in the center. Now these three energies give rise to three autonomous nervous systems within us. The left one gives rise to our left sympathetic; the right one to the right sympathetic and the central one is the parasympathetic. These are the subtle energies placed in the spinal cord also in the cranial bones. Now these energies are: the left side gives us the existence, by which we exist, by this energy we exist. But this also stores up our subconscious or we can say stores up all that is conditioning within us because, say I am telling you something, now you are listening to Me and all that you are listening is going into your subconscious, all that is stored up here.

On the right hand side, the energy that is there is for our physical and mental activity. The left hand side is for our emotional activity, and the right hand side is for our physical and mental activity. By this energy we do our physical, any emergencies or physical activity. Like if you have to run, you do Hatha Yogas, and you do all kinds of frantic things. Nowadays in London we have a group of people who are dancing nude all the time. You see, all such things are done by this energy. The upper part of this channel provides for our mental energy by which we think, plan and all that we think about the future. So we can say that this energy is for the future and that is for the past, the central one is for the present.

Now you cannot be in the present for more than a second, even a split of a second and that is what is the energy you have developed through your evolutionary process, by which now you have become a human being. Now the whole system is just like this, it's seven centers within you. You can see for yourself: the red, the yellow, the green, the blue, the smoky, and the brilliant white, or you can say the goldenish and the top. Like that there are seven centers, these are the subtle centers all within you, placed within you; they are all there, already there. I don't have to create them they are just ready and placed beautifully there inside you and these, all these centers outside manifest what you call "the plexuses." For example, the lower one manifests the pelvic plexus, and the aortic plexus, then we have solar plexus.

[interruption in recording]

[unclear] has to take place. When these two activities, the emotional activity and your what you call, the creativity activity start working together, as a by product we assimilate in our heads two things. One is called as the superego and another as the ego, you can say the smoke out of these activities accumulated there. So the ego and superego meet like this in the brain and it all fuses together and we get this fontanel bone completely covered. When this happens then you become Mr. X, you become Miss Y and you become Master Z. You become different people, you get this I-ness within you and you are separated from the whole.

Like I can say, first of all I separate this instrument and try it on its own battery and then I put it to the mains. You have been given freedom. By giving you this I-ness, you are free to do what you like with yourself. So you start seeking, you start thinking, you start a job or every sort of enterprise in your life comes in. We have seeking for money. Those people do not have seeking for money have got seeking for positions or for power. Some people of course have seeking for the Divine. But in all these seekings, we go out, like horns. We do not stay in, we seek it outside; we cannot take our attention inside. For example when you are listening to Me, if I say, "Take your the attention inside," you cannot. The attention is all out, it has come out because of this kind of arrangement that is the brain, and if I tell you all about it, it is going to take another lecture. But how it comes out is also a very interesting thing. Only among human beings it is like that, because our brains is like a prism, and because of that the energies that coming to us, actually go very little inside, most of them go out, that's why our attention is outside.

Now, how can an attention be taken in? Say you are listening to Me, all right, now suddenly if something happens, it falls out, or something happens within you then your attention is immediately drawn to that. Though you are very attentive to Me, still your attention will be drawn to that. In the same way, there has to be some sort of a happening within you. When that happening takes place, immediately your attention goes in and the happening will start by a circular thing, which is kept there, which are three and half coils and that is the energy which we call as the residual energy, which is kept there like a coil.

As I told you that you are to be put to the mains so-called, and this one is called as the Kundalini, and this residual energy has to rise, and when it is awaken, and when it rises, it passes through all these centers and integrates you completely and then you become one with the Divine. You are opened out to the Divine, and you find that both ego and superego open out like that, and you enter into a new consciousness, into a new awareness, by which you become collectively conscious. Now this is little bit too much to understand what is collective consciousness is. But as I would say that you must have heard all UN people and everybody saying, "We are all brothers and sisters, and we should not fight with each other," but it is all outside. It is all outside to say that we are all brothers and sisters, we do not think that we are brothers and sisters. Or to say that this whole Universe is one, we are all one, part of the One, and the whole primordial Being is there and we are just part of it. How are we to believe it? It's all stories.

But it happens to you that you start feeling the another person, on your fingers you start feeling the chakras. You see, here I'll show you when you are enlightened you start feeling your centers on your fingers. You start feeling what are the problems of

another person. You start feeling where is the imbalance in those energies, which energy is more, which energy is less, how to raise it, and how to put it right. Because you are open to the mains, all the tension drops out, you become absolutely blissful.

Supposing your car has got little petrol and it's about to finish, your patience goes out. But if you know that there is a pipe which is all the time flowing into your car, which is filling that tank, then you are not bothered. In the same way you get open to that all-pervading Power, that grace, which is all the time filling you later on and you feel absolutely blissful. The tensions go away and you start feeling the another person, his chakras and her chakras and you can correct them also. Now we have cured cancer, no doubt, and only this Self-realization is going to cure cancer. Now this I have been saying from the year 1970. When they get cancer they come to Me, even doctors. They get cured, but when they say that "Mataji has cured us," people just don't believe them. It is too much for them to believe that cancer can be cured by Self-realization.

Now what is cancer? Is nothing but over activity of these two nadis, or these two channels. They are like this, this channel is say the right, this is the left. Now this is the channel and these are the centers. When they start working too much, whatever it has stored, little energy you start losing it. When you use them too much they separate, and when they separate they are on their own. Once they are on their own, then they become malignant. With Sahaja Yoga what do we do is to pour that energy more into them so that they again come back to the normal state, and then the energy is sufficiently flowing in there is no exhaustion at all, and the person feels perfectly all right.

But if you say this to anyone else but a sahaja yogi, they don't believe it. I did My medicine because I had to talk to doctors, and I will be talking to doctors now in England, London, when I come back from India, and that's why I did My medicine. And I find that My professor who was teaching Me, his wife got cancer and she had a secondary cancer. And then his wife said, "Why not try Her, after all you people cannot cure me," and they said that "It's a secondary stage, it's horrible," you just can't say about the patient. Not that she is cured but there is no trace of it and the doctor cannot explain how it has happened.

I can explain to him absolutely, scientifically that we have managed the parasympathetic nervous system, which they call as autonomous. They say it is run by itself, by auto. Now who is this auto? You say it is a automobile, all right, there's somebody sitting and running it, isn't it? But who is running this? This you cannot explain. Doctors say, "We do not know the mode of action. We cannot say, how it works we do not know." They are truthful about it. But when I say, "You can jump onto it, you can just control that parasympathetic," they say, "How can that be possible?" It is, believe Me it is possible, it has to be. After all if some instrument has been made with such care for years together, for thousands of years, do you think it is just a wasteful activity of God? That He would not do something about it? That He will not give you your fulfillment? How is it possible? Any rational person can understand it; through rationality you can understand all these things but the happening is for change, is a living process, and works out by itself.

Now there are some people I've seen that in seeking they have gone to wrong places, they have been hurt, they have been troubled, they have been tortured, they have been misled, but doesn't matter. It is a living process and living process is very different from a dead process. For example something goes wrong with this say, a hall, then you cannot do something about the foundations. But if a tree is say in a mess, you can treat the tree in such a way that the whole tree can be all right, the roots can be all right. In the same way, this thing is absolutely a living process everything can be all right, and has to work out. Now but the biggest problem of the West is Mr. E-G-O, which is colossal sometimes, and it's very difficult for people to understand that they cannot pay for God, they cannot purchase Him; you cannot. Maybe in your churches people take money and live like parasites, but God is not a parasite. These are horrible people, maybe in your temples, maybe in your mosques, maybe anywhere people are purchasing God; but that's a myth, that's absolutely a myth and insult of God. Nobody can purchase God, nor can you have a say of His grace and love.

So this is a big challenge and people don't want to accept it. And so many thugs who have come from India, I take the responsibility as an Indian, if you call Me an Indian, that of course they did come here to rob you. But you are also partly responsible. Your ego was satisfied that they said, "You can pay for that," that you were robbed by these horrible people. And if they have robbed you they are going to be punished, no doubt they are going to be punished, because you are seekers they have robbed you. It's the sad part of it. If you were ordinary people they would have not bothered about it, but because you are seekers

they've harmed you deliberately, and they have robbed you.

If they are robbers they should become, say, burglars. They could be good burglars; they can earn much more money by that; they should take to smuggling. But why trouble the seekers? It has happened with so many people and so many that are here who have got realization also have gone through not to one but four, five of them, one after another.

In America people told Me, "Mother we've been to guru shopping." I said, "Now will you settle down somewhere or are you still shopping?" They get into a mood of shopping so they cannot stick on to it. It is a terrible thing, and that is the worst that has happened in the modern times.

To awaken this Kundalini they say is a very, very difficult thing, they say. I don't believe it. It is not, it is the easiest thing for Me, it's My play. I can just do it like this, I can raise your Kundalini like this and you will also do the same. Once you are realized, you will also start moving other's Kundalini. You can see for yourself that how the power of your Spirit grows. You can raise their Kundalini, you can cure them, you can understand what's wrong with their chakras, and you can look after all the people whom you want to pay attention to. You can do it too, because the time has come, the blossom times has come.

It was difficult when only one flower was to flower, then only three, four flowers came in. Now it's a blossom time, so many have to become fruits and many are changing fast. It has to be en masse, it is working out that way. It has to work out for many of them, otherwise the creation won't stay anymore there. Already the destruction has settled into our minds. This time the destruction is not going to come from outside but from within because we'll be frustrated that we are not been able to find out what we have been finding out.

But people are of varied nature. Just now Baal asked Me on the way, "Mother how is it I am such a fortunate person that I should, I should get it so easily? I haven't done anything about it and I get it." Because you are blessed specially, you are especially blessed, that's how you are going to get it. Now in this Birmingham I saw nothing but people and people and people, all kinds. But here how many do we have? This is what it is, so there is a choice and there is a selection and there is a way of getting the right people at the right time. It can only work out with people who really deserve it to begin with, but gradually it works out in a very much bigger way and a very much bigger way and many people can get it and can work it out.

If you have any questions you please ask Me because it is such a vast subject, I don't know how will I cover up in one lecture? Tomorrow I am going visit Balaa. Those who want to come and see Me personally, can come and see Me there I don't know his address he will tell you. Tomorrow I'll be there till 12 o'clock. All of you are welcome to come and see Me, but here also if you have any questions you must ask Me and also we'll try to work out the realization part of it.

[Audience]: question unclear

Shri Mataji: All right, now karmas are - this is also karma. Who does the karma? Is your ego. You do not do it. If you ask, say an animal, say you ask a tiger, he does not do any karma. We, in our ignorance, think that we are doing the karma because we have our ego there nicely placed, and because we are something that suggest the karma. But supposing I remove your ego one side, then who is doing the karma there? You are no more there, you go into akarma. Moreover if I am something, say I am something, then I can cleanse it also, possibility is there. All right.

Do you know My name Nirmala, what does that means? Means "Purity," if I'm anything of My name, I may be able to cleanse it completely. If I'm your Mother I have to do it, that's My job, and I'll work hard. So don't you stick onto your karmas, do not identify with them. They are nothing for Me, I know how to cleanse all these, very well. I've studied all the permutations and combinations of all this. All right? These people have also put ideas into your heads that you have very bad karmas, especially you see in the church you say, "you are sinners." Sinners, morning till evening.

Those who say are the greatest sinners I can tell you that, and those who receive from you confessions, I am surprised they are not mad as yet. They should become the way they are taking confessions from everybody. Just think of it, absurd. Human beings are the most beautiful things God has created, the most beautiful: he has done some mistakes, all right, but God is the ocean of

forgiveness. You know this: what is an ocean? So do not worry on that kind. Not only I, but you will raise the Kundalini and give them realization. All right?

Some question coming into your mind, Sir?

Shri Mataji: Already your the Kundalini has risen very high up. When it crosses this point you do not think even, you become into thoughtless awareness, Nirvichar Samadhi. Already even if you have to think of a question, you'll have to assert a little pressure. That's the trick.

Some questions? Unclear]

Shri Mataji: They are just like you people, like the human beings are. You see how human beings live, they will go to the church and from the church direct to the pub. How do you explain that? You see your own mother dies in the house and you have a champagne. Human beings are like that. In the same way these are just ordinary human being, they are not realized souls. A realized soul will never hurt anyone. So they try to be good; they try to be bad. They are half-hearted, half-baked people, so they are like that, but why take help from anybody else, why not be yourself?

You see, we do not like to take help from anyone normally, you see, especially in the West people do not think they should take any help. "I on my own." But why in spiritual life you want to take help from a spirit? You should not, because they are parasites. Once they get stuck onto you, it will be impossible to get rid of them; and then they start doing all kind of tricks, you see. In My presence the other day, "This you remember Maria had come in our house, we had a program and there were all spiritualist there." And one of them got up suddenly and he started moving his hands like this, [unclear] going on. He said, "I cannot control it." I said, "You better control. You say you are a spiritualist, so why not control your spirits?" So it was going on like that, and like that he cannot control.

So, these are the permutations and combinations of all types they are but basically they are the left and the right, but they can combine as I told you, and they are horrible. The sooner you get awakened to their cunningness and to their stupidity better it is for you because you are seekers. You are not seekers of this life only, you have been seeking for lives together.

It has been said at the time of Nala and Damayanti, just image at the time when it was Satya Yuga, just at the end of the Satya Yuga; you can say a little at Dwapara, thousands of years back it was said that you will be born like this. Because, you see, this Kali, this modern times, the one who is the Kali Yuga as you call it he is responsible for, you see, intriguing people against, intrigue and confusing people. So he is the one who is the, we should say the driver of this Kali Yuga is. So, this Kali was caught by Nala because poor Nala was once intrigued by this Kali, and was so much tortured that he gave up his own wife. He gave up his own wife, you see, and he was tortured and this Kali was again was caught up by Nala, and he said that "I am going to now kill you, So, because you are the one who is an intriguer, who confuses people, and who try to create all kind of problems. Because, you see, there is going to be a Yuga," as he said, Kali Yuga. He knew at that time everybody would be in a confusion.

So he told Nala that "You see, you wait for some time, and I will tell you, explain to you what is my importance is, what is my mahatmay, importance is. When you will realize my importance then you will leave me."

So he said, "All right, you tell me."

Said, "You give me some time to explain to you", and then he told him that "In the Kali Yuga when I will be the driver of that yuga, you see, the people who will be born will be the seekers who are today seeking." In those days, you see, Dwapara, long time back are seeking in the caves, and in the jungles, and in the forest, "Who are seeking God, will be born as ordinary human beings, living as house holders in very ordinary way and they will get their realization. And that's why you should not try to kill me, because Kali Yuga has to come. If the confusion is not come in, people do not seek it that much and that's why out of confusion only the light comes. So that stage had to reach, of that culminating point had to reach and that only I can do it, so you just spare me," and he was spared.

Now this is, when was this? Dwapara means at least six thousand or eight thousand years back. This was, that had happened. Eight thousand years back these things were said or even earlier we can say even before Rama's time, would be about nine thousand years back. So this was said nine thousand years back, that you will be born. So you are seekers, and you have been seeking for many lives, not this life only, and now you have come to a point when you should get that what you have been seeking, so just ask for that.

Why ask for these rope tricks? You see, that vanishing tricks, rope tricks, all these tricks, because this means all spirits. This is not your own Spirit - the Atma is. And the English language has one confusion is that the spirit is for everything. Spirit is your Atma, is the reflection of God within you in your heart; spirit is also a dead body and spirit is also what you sell in the pubs. So all these things confuse. You see, is a confusion, again is a very big confusion. But you must know that within your heart resides God, and once you become that power then you become your self. That is the self which is to be realized, that is to be achieved and that you must ask for; all the rest of the things are useless.

These are all outside; even what is the asanas for? For having a good body, for what? All right, we should keep good health I can understand, but all the time your attention is on your body, what are you going to do? Are you going to wrestle somewhere or are you going to join these, what you call these boxing bouts? You are seekers, you are a different clan altogether, you are not one of these horrible people who take out the bone of their nose just to box each other. You are not those people, you are different, you cannot make jokers out of you. I mean you are different people altogether, the flowers of the creation.

How can you accept all these nonsensical things what others are doing are doing? You cannot. You try, you will try it for a while, and then to give it up. Because there you will not find what you have been seeking - is the self, your own being within yourselves. Now how are you to believe into yourself also, how are to know what is Self-realization is? This is the point because that is what one should know; what we should know when we are Self-realized.

First of all, it is all described in the scriptures, whether you take Bible, Koran, or anything. But supposing you do not understand. But still after Self-realization what should happen? When you realize your self means you have enlightenment. What happens when you get the light in this room? You start seeing everything, you start seeing yourself and you start seeing others. In the same way when you get realization, Self-realization, you should see yourself first of all. That means you should feel your chakras, you should feel them. Now you put your hands towards Me, you can feel your own chakras whatever is catching in you, you can feel it on your hands.

You can feel the silence within you and you can feel it. If you are not feeling anything and cool breeze is coming then your chakras are clear, that means you are seniors. After sometime you'll be amazed that you will see within yourself the Kundalini rising, putting its pressure here, going there. You can also see in others, the same thing. You can say, "Where is the Kundalini?" When I ask you say, "Mother, it's here," "Mother, it's not yet risen." Not that I don't know, of course I know, but I just ask you and I show all the [unclear] that is possible because I want you to learn and work it out you see. So I say, "Oh really its there! I didn't know." But I play an illusion by which you just don't, you hear Me but you don't believe in it, you see, and so next time you will do it very seriously and I like it, because then you learn this art. Otherwise you see you will say, "Mother, You are doing everything then why should we do it?" So I want you to learn this art of Kundalini fully, that you know about yourself, that you know about your own chakras. You find out where is the Kundalini is, how it is working. Then you know about others, you know about others' chakras, where it is, where it is moving, and how it is working, so that you get into collective consciousness by which you know others and Self-realization by which you know yourself. These two things happen.

Now what happens thirdly, thirdly it should happen that you should feel that you are one with the Divine so there's no pressure in your mind, no tension. Now, how do you feel you are one with the Divine? Say for example how do you feel it is connected? When it is passing the energy through you, isn't it? Now when you see the energy passing through you, you just say, "It is going, It is coming," you don't say, "I'm giving this." You are the channel, but you never say that, you say, "It is going," "It is there," "It is not there." You start thinking about the third person. You separate yourself from that and you start seeing "It is going, it's not." And, moreover, you do not say that I am doing it, neither you feel that you are doing it so your ego is finished. You just say, "It's going."

You cannot say. Now yesterday as we were working a doctor was there and these people they Gavin was there. They said, "No Mother, not yet. No, no, it's not done." They could not say that "We are doing it," neither they could say, "Yes it is done." You cannot just say it. If it is done, it is done. If it is not done, it is not done.

See, maybe your own son cannot get realization, maybe a problem with that also. It is quite possibility, So it is the truth and it can happen to someone and may not happen to another. Truth is a truth, you cannot force it onto anyone. It has to get into a place and it is has to work it out itself.

Say, here is the light. Now here is the light so you can see, but if there is no light in the other room, you cannot say there is light. You cannot force, you cannot give a certificate, a wrong certificate - "there is light." You can clearly there is no light, so it's all right there is no light. You are not attached to it. You cannot say that "Because he is my brother, oh, he must have the light," you cannot say that. Or you cannot say falsely also that there is light, because you can see clearly. No, there is not; so there is not.

So you are identified with truth, first of all. By Self-realization, you are identified with truth. If you try to identify with untruth you cannot. You just cannot even if you try, you cannot, because how can you do it? Because you can see for yourself it is not working out; it is not going up. It's not happening, so how can you say? So first you are identify with truth, and truth is the nature of God, is the nature of God's truth which is expressed through your Spirit, and the vibrations that you are getting is nothing but the pulsation, the Spirit speaking, the Spirit is talking to you. There is a rapport between your awareness and that of the Spirit. Actually, the Spirit is giving you this light through you. You have become the lamp of the Spirit now, and the light is enlightened so you are identified with the Spirit. You become the truth.

Then, the second point is that you have to become, you can say steady person. You have to be steady into it. Like you see believe into something, All right, now you know that this is yellow color or this is white color, but supposing somebody says, "No, no, no, this is not white, this is black," and you start figuring whether it is really white or black, is it true or not. You see you are not sure about it - the surety of it, the surety of it. Even if you put ten children together and tie their eyes and ask them to see the vibration of a particular person, all of them will raise the same finger, everybody is catching on this, everybody will say they are catching on this, nobody will say that [unclear]. So you get the sure and certain truth, the truth is a sure thing, there cannot be two truths, it has to be one. You understand this? So the truth that you see is absolutely the one, and what is the one truth is very subtle, which is very difficult

## 1979-0605, Talk to Sahaja Yogis: Illusions & Collectivity

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Illusions & Collectivity

Talk to Sahaja Yogis

Northampton (England)

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Conversation with Yogis. Northampton (UK), 5 June 1979.

... any dimension it must be, just think of it. Now the permutations and combinations are, as I said, are thirty-four, thirty-five, crores [Hindi word meaning 10 million] of permutations and combinations. So, I told our great mathematician, Mr Djamel, to work it out. He said, "Impossible!" And he told Me some number; up to that we can. But this is too much. How can you work it out? How many permutations and combinations there must be in thirty-five crores of your mind.

Sahaja Yogi: Three hundred and fifty million.

That's only – that's the basic point, you see, but how many permutations and combinations out of them are active, and how they work it out? But the only thing that the human being has is to take it. You see, this is the most difficult thing. Even if you have the best on this earth, what's the use? If human beings are not going to turn their hands towards Me, what can I do about it? Now all these permutations and combinations are fixed and very nicely done and they work very fast. They are very busy – I have seen it – and they work all over the world, all over the universe. But this little brain here is covered in something called as Mr. E G O and it's very difficult for these little little things to ask them to open. It's very difficult for them. They find it impossible and it is such a funny thing going on, you see, that every time a river flows and the people have to fill the cups that have to open, either they put the cups on the other way round or they put some stones and say that, "We didn't get anything."

So, this permutations and combinations business is so tremendous that I wonder at Myself sometimes how I speak to them, you see, to speak. You see, currently with all this going on you can imagine what must be the sense, and but for My sense of humor I would not have existed, allowed Myself to live. The amount of things I have to tolerate and the amount of [unclear] to which people come to and the way they behave, it's fine, finding it out sometimes, and sometimes it's the way they question Me. Then only thing I can do is to just laugh it out and use My sense of humor and be there and work it out. So this is the big problem and this problem is not so easy to solve, but some people do feel bad sometimes and they behave in a manner that makes Me know that they know about it very well and that's why they are so frightened and they understand it very well

So, now we are today going to tell you about collectivity. You must hear the first part of this – is very interesting -but I am doing the second part now. Now, collectivity is a thing, is to be understood in a much deeper way than we have thought, you see. First of all, in collectivity, when we say this body is a collective instrument made out of many cells, all right? Then what do we understand? That first thing is, in collectivity we must realize that there is interdependence. We have to depend on others. Like he has to depend on her and she is dependent upon him. But when it comes to ego not only that it separates you from each other – that's not the only thing it does – but it teaches you not to be dependent on anyone. You have to depend on others. You are not to exploit others but you have to depend on others and others have to depend upon you first thing very much. On this subject I'll tell you a little more.

Now, for example there is one Mr X and another Mr Y who are Sahaja Yogis and X and Y have to depend on each other. Say a position like that comes up. So what should we do? We must try to find out the common point first of all. If there is a question of common point, it will not work out. So common point is – of course, you know that there is a common point between both of them – that they have been thinking and they have got it through Sahaja Yoga and that I am the person whom they think will resolve all the differences between them.

So, this is one common point, but the dependence between the two is to be prepared in a country where we don't really go near them. First of all, when we try to depend on others, have we been able to create an atmosphere of dependence? Say, supposing you know I do not want My son to stay in My house, so how will I talk to My son? I will say, "You are good for nothing. You are such a liability. You are all the time on my head and you are troubling me such a lot." All right. Or, "You cannot earn five pounds even." What have you taught him? He gets hurt. "All right, I will show you."

So, he goes out, digs a hole. He'll do anything to show his mother that he can earn money, see, and that's how he'll work it out, isn't it?

Another thing could be, simpler way, is to just throw him out, you see, and then you should say, "Look at him," and you are having bad relations. I mean, you have done everything that is possible to create bad relations. Now, it's just the truth. I mean, when you work it out that way, what do you expect to happen? The simple thing is that you have bad relations with each other. I mean, it's the whole thing is worked out bad. So what is the other thing one has to do, is to prepare a ground.

Now how I would act if I want somebody to come to Sahaj, for example? I would find out what does he like to eat. What is he fond of? Or is he an intellectual? Then I should try to tell him that, "I don't understand much or have not read much," so that he feels all right with Me, that She's all right. She is not an intellectual. There's no confrontation at that point. So it's all right. You see, intellectual is a trick, you see. I do it. So he comes in. Then when he gets realization, you see, how two people can inter-depend on each other after realization. You should see that supposing somebody is catching, all right. One way would be direct to tell, "Oh you are catching on Vishuddhi. Get out. We don't want you. You get out. You are horrid. You just can't stay". That's one way. Another is to say that, "Perhaps you know I think I am catching here on the Vishuddhi, or are you catching?" So prepare a proper seat for him in your heart. If you offer a seat in your heart, you see, half of these problems will disappear because he'll have confidence that he has ? because he will feel that at last he has found out someone who understands.

So, the preparation should be more on this side, not on the other side of anybody who comes in, give him a punch, just like this. You must have seen these boxers have a punch in the house, you see, and any time they are passing by they just try to – I am sorry. So, and if they are intellectuals then they will try such punches which will be very subtle and intelligent. But a little bit, you see, put a little what we call a, in Indian language, a Phuljhadi, you see. Just put a little of a crackle here and there. And he goes out. He finds the crackle just bursting out, you see. So, all these tricks are self-destroying because you destroy yourself sometimes.

...yourself watch your own being. That is, how much are you disciplined in Sahaja Yoga? What are you doing for Sahaja Yoga? How much you are working it out? You see, I have seen, say, in a bhoot, you see. I always play such tricks with you, which I must tell you, that if there is something I'll shout and say, "All right, now what are your suggestions?" So from the suggestions I know where you are. So I immediately know what is the position here, you see. I'll take all the suggestions from you. Of course I do. But how much I agree...?..., that only God knows, you see. But, so the suggestions come in very seriously and I find that there's a lot of negativity. So, it's better not to suggest too much because if you suggest maybe you are a medium of negativity.

So, you first of all ascertain yourself how far you are, without feeling bad about it, because collectivity is the place where you belong to. You do not really belong to this individual being that you are. You belong to collectivity and that's why you have to be there, and to be there you have to face your, all the time yourself and find out how far you are away from that collectivity, how far you are deciding things for yourself and not for the collectivity. You have to be very much on the alert and this is the discipline you have to pick out yourself.

The trouble is, you see the discipline we, if I tell you, "Get up at four o'clock", you may get up. If I say, "Shave off your heads", you can shave off. If I tell you, "Shave off your eyebrows", you will shave off. If I tell you, "Just stand before Me for hours together", you will stand on your heads for hours together. If I tell you, "You jump in the sea", you may jump. That's very easy discipline to do, nothing so difficult. You can do that. But if I tell you you have to be alert all the time, within yourself to see that are you in

collectivity, are you doing something in collectivity, or you are doing something for yourself? Do not deceive yourself at this point because deceiving yourself means you are deceiving your collectivity. Your chances of being there which is beyond, which you have achieved. So try to do something which is congenial, helpful to collectivity. I've seen people, just wives talking to each other on Sahaja Yoga also. They'll just pass a remark on someone, "Oh, he thinks he is being very clever", you see. Now we have dropped a poison in the ocean of collectivity. Pour love, pour wisdom, pour understanding.

Put your fragrance of goodness. Do things in good faith. People have faith in you and they should not be shocked by the way we are. This is the discipline one has to have, and this discipline, if you have within yourself, for that you don't have to do anything extra-curricular or something very much hazardous. No, to be on the alert, to be on the watch upon yourself. Am I there or am I doing it just to please myself, or to please this ego of mine? Myself is all right but this is the ego that one tries to work out, and that's why interdependence is very difficult. You see, if I tell you, "Don't be interdependent", then you'll do one thing. You'll not borrow money, say, from others. That's very easy. You'll not borrow money. If I say, "Return every the money that you borrowed" all right, you'll return every money. You'll keep all accounts perfectly. I know you can do that and you can also have, "All right you can also have, all right you pay one 'P' all right, well one 'P' for one and a half – what do you call – slice of bread, to buy. You can do that. That you have done already and that's not difficult for human beings. Equal distribution, absolutely perfect, honesty about it is possible. That one can do is to have a complete idea of how to maintain this beauty of honesty among yourselves, you see, that you do not depend. I do not mean that interdependence. I mean much subtler interdependence.

Interdependence comes in very, very easily. So, now you are sitting down here, now you know somebody is, for example, the name of the person, [Unclear: sitting with a person for a long time, just better check] somebody's uncomfortable. You think about it. You are thinking, did you see that everybody is watching them? Are they all right? Give others a place in your place. If they are not feeling that you are thinking about their body, about their problems. Like I have seen when you love someone, you know that happens just to please him. That also not so great, just to think of that person more than yourself. Then you detach yourself from your ego. Have you been kind? Like this, there are so many things. In the night, have they got water to drink? All right, then you put a little water for them. All these small, small things you think of when you start loving. Oh, I am going to meet such and such a man. Now should I take something that person would like to have? A little thing, not much. This kind of feeling we should have all the time for others. Then interdependence is there. Then you will be amazed that the other person will depend on you entirely, entirely. Is not the independence of earning or money or anything that is important to such a person. If you can think that much for another person, that person can give everything to you and will entirely depend upon you.

Do you know I entirely depend upon you? Do you know that, that My complete existence is there because of Sahaja Yoga? Otherwise I would be finished at this moment. Perhaps you do not know it. I would not exist in this world if you people gave Me up. Is a fact which I must accept and which you must also agree. Because see now, if you do not take My vibrations, they will all be here frozen. I would become a frozen mummy, only emitting vibrations, that's all. I won't be speaking. It happens now. See, the left nabhi is just now, I am catching, is coming hard. You have to take out My vibrations. If you do not take My vibrations I am not going to exist any more as a human being walking, you see. And as something else maybe, but not as a human being as you see. I'll be just frozen. If you do that to Me imagine how much I should owe to you. I mean, My existence is because of you. It is. Perhaps you do not know it. Do you know that I am here on this earth only because of you? Otherwise I would have been very nicely somewhere else. [Sounds like: tough luck] But then also you must know that as I depend on you, you also depend upon Me, but more I depend on your collectivity.

The moment you start becoming unaware of your collectivity, immediately cancer starts going in My body. I get physical troubles because of that. So the collectivity is not what you think of yourself, to be something great. It's not that you are above everything and you are this and you are that. How much you have done to enhance the collectivity of understanding, of love. Because say if My, this hand doesn't know this hand, now what do I do? If we are a living body, just think of it. I mean, if I do not know my one eye to another eye, if there's no connection, what will happen to it?

And when you do all this it becomes a funny personality out of Me, you see. I don't know how to manage Myself.

So, to sustain this interdependence you must learn to depend on each other. Now coming to the practical side of it I've already

told you to think all the time of another person in a loving manner, not in a criticizing manner, not seeing to the loopholes of a person. See your loopholes and another person's greatness. I mean, some people are real, I tell you, what we call drags, dragging down. Some people are like that. But to drag you is boredom you know sometimes, because they'll talk about you, "Oh, this happened. Then my mother said so. Then my father said so. My grandfather said so. Then my aunty said so. I was coming – there was a seeker who did this and all round yourself. Is very boring! Just thinking about yourself, then you are not thinking of collectivity.

But a person who is collective is the most interesting person. The one who is not that way, he may think himself to be something great, so let him think, but he's not interesting, extremely boring and people run away from such a person. The reason is he's not collective. He's not auspicious. So, to become collective you have to watch yourself like a [unclear sounds like : pussycat]. Now I would say for that, collective meditation is very important, which you have already experimented without finding there, those who have done it up to a point .....?.....and collective thinking. Now when ten people think together and are thinking collectively, it should move like one force. Even the water which is a dead thing for all that, it runs towards the slope, isn't it? Or does some water run upward? I mean, it has one Swabhava. It has one style of thinking. In the same way Sahaja Yogis all must run towards God, towards Sahaja Yoga, towards collectivity. How can they run upwards? There is no individual working on this point. Once you start doing that way you are doing just the opposite of what you should be doing.

Then they'll say, "Mother why we are not good? We have been working for so many days. It doesn't work out." This is the problem. If you are in the collectivity, even if you are not so good, you will be pulled in to it. Now what happens, it's such a vicious circle that when you are not all right, you will always oppose others and create some sort of a silly situation, or you'll bring out silly propositions or something like that you see, like a boulder inside the flowing waters. [Sounds like: so we find a little water]. And the suggestions from negative people will be always negative. So if there is negativity within us better to keep quiet. That is the biggest thing, to work it out, negativity. Better to keep quiet if you have negativity within you. Better to keep quiet. Try to remove the negativity. Because if you do not try to do that they act as mediums and they can use you as mediums and you become a medium of Satan instead of God. There you become very collective really. There's a big fraternity among them.

But after realization the drive should be much more that you can resolve because there's lots of mud sticking on the lotus which has come up. But when the lotus is high enough the fragrance is emitted. All the lotus in the beautiful pond emit the same fragrance and intensify. Nobody goes and says that the fragrance is from one lotus. The whole lake is named after [Unclear] imagine. The lake becomes smaller after the lotus flowers. That kind of fragrance of love should grow between you and such excitement and joy should be among yourselves, then the collectivity. Now for that you must know that you have to have self-preservation..?... It's very important.

Like you say you are ten Sahaja Yogis here....?..., all right? So you must have the style of lotuses and you must have sense of self-preservation against other things. Now see somebody outside has come in. Then you all should immediately come together and form a nice club of your own, you see. Then the other person comes in. With all this force he will be dragged into it. But as soon as he says anything against anyone of you, you all jump on him. Then he will know they are all one. But normally you will find if somebody comes in like that possibly you may join the other fellow who is no good, who is going to create a problem between us. There is a possibility. So remember when facing others you are all one. Among yourself you can talk but facing others you should know they are the people who are still away from us. So this is the self-preservation thing which is very important you should have, and the self-preservation in Sahaja Yoga is to be preserved. In it's purest it is very important responsibility on you people, because future Sahaja Yogis may not see Me, but you have seen and you know what is the truth.

You see, here the way we have lived a very pure ideal and pure Sahaja Yoga, absolutely above all kinds of nonsensical things. In the same way the people who are going to come after you also must think in the same way, in the same fashion. So you have to make a very pure relationship and a pure club among yourselves by which the people who are going to follow the progeny which is going to come is going to say, "This is what is being in Sahaja Yoga." So the self-preservation also means the preservation of Sahaja Yoga in its purest form.

No, if you are doubtful ask Me. Verify it. And quote it only when you have verified it. Quote should be very important, because you

are the foundation stones of Sahaja Yoga. And you have to be, every one of you, have to be perfect, so that this huge big mansion is not going to topple down because of you. There should be no weakness left in you.

[Newly transcribed]

That's why it is important to understand that the self-preservation, preservation of Sahaja Yoga in principles of God's laws, all must be preserved fully.

Do not formulate your own laws; do not try all this. Try to understand his laws, try to understand how he works. Try to be one with it and obedient and do not try your own tricks about it. If you find out something, you can always ask Me. And then again verify because that is also possible. People have done horrible things in it, which I cannot tell you what they have gone up to. And they became absolutely satanic and started doing all sort of nonsensical things. So be very careful on this point of preserving Sahaja Yoga in its purest form.

So, the third thing is that you all have to be homogenous, homogenous. Unless and until you think that you are homogeneous, Sahaja Yoga is not going to work out. Is it, when I have told you to be facing another person, you all should be feeling the same. I have seen, sometimes, it happens, that say, there are ten Sahaja Yogis, and one of them is not good at that point, who cannot say. He should keep quiet. In all sense and reason, if he doesn't know, then he should keep quiet, he shouldn't talk about it. But he shouldn't say, "Oh, no, no. I do not know, just now I am confused". No, before others. Because they'll think that, "How can they be tree truths?" You see, if there is something wrong, it's your family, it's your own name, it's yourself. So, the reputation, image of you, Sahaja Yogi and Sahaja Yoga depends on you.

It is supposing, if if my sari has a little spot somewhere, I would like to come and look at it. Why spoil the whole sari [unclear]? In the same way, if you have any negativity, anything, don't try to spoil it, because others will see that, and won't believe in it, and will say, "Oh, there's something wrong".

So, you have to be homogenous, anything you say, all of you should say the same thing.

Otherwise, I've seen even people, when there are others sitting, even Sahaja Yogis will stand and ask Me questions. In the Caxton Hall, also some Sahaja Yogis will stand and ask Me questions. I mean, in all the places, you ask Me questions. When fifty percent of people are new, you just ask a funny question there. That means you have not yet identified yourself with Sahaja Yoga. It's your own family. It's your own reputation, it's your name. You have to keep it afloat. Because you have certain sinking things, you should not sink the whole boat or create a hole in it.

Because it comes out of a sense of being something significant. You see, like people put holes in their noses or in their cheeks to show that they have some significance. You have no significance when you are sitting there, only God has a significance towards you [unsure]. You say the same thing all of you. Your significance is only great because you are dynamic people who are transforming that dynamic force to the ordinary people. That is your significance. So, be prouder of that significance than of the petty, useless significance by which you try to show off you are something very special. Or you can find out some very big point to ask Me questions.

In the Sahaja Yoga programs, when we are sitting like that, then you must ask Me questions, no doubt. You must ask Me. If there are problems, after all, I'm there. But not when others are there. Others are others, till they have joined us.

We are all one and we are not to question each other; we are not to misunderstand each other but we have to unite more and more forces. But just the opposite happens. You have seen that. Sometimes, it is so embarrassing, I don't know what to say. Then I say that, "Look at your Left Nabhi", or, "Look at your Right Nabhi", or, "Look at your Agnya", or something and make the person's head down.

You see, question asking, is not a good thing in Sahaja Yoga. Most of your questions, I'll answer. But till there are questions, you must ask Me. But the madder you are, the madder questions you ask Me.

Like today mister, I was saying 'Simon the great' he telephoned to Me. The first question he asked in the big temper, he said, "Mother, did you ask Phillipa that I should not telephone to you?" I said, "I did, I'm sorry for that. But you telephone too many times, it is disturbing Me. That is why I asked her. But I wanted you to find out how far you are settled down by telling her this. And I think that you not so furious as you would have been. So, calm down".

Second question comes in, "Mother, what about this Kalaki [Kalki], when is he coming? Who is he? What is the thing? You know all that. And how can you say that!" This is on the phone, you see. And he talked to Me for at least 15 days, honestly. So, you know, who is mad?

I mean, he is a confirmed mad. And anyone of you who does that, means there something wrong with you. So, "When is the new era is going to come? When is Kalki coming?" Then what? Is it important?

When others are sitting before us, is it important? Discussing. Diverting the attention, diverting, the whole thought is flowing to all the people there in one direction. Suddenly one of the Sahaja Yogis gets up with a big poster in the hand and says, "Oh Mother, please see this". I don't think that is a sign of maturity in Sahaja Yoga. Maturity in Sahaja Yogis, when Mother is speaking, put full attention to it and try to take all that force within yourself because you are like channels and you all channelize it. And it is you who are going to give it to others.

I am not going to give it; through your channels, I am going to give it. So the channels have to receive on one end and give. But if the channels start asking questions, what am I to do? So it should be homogeneous, means, you must know that we are all one, moving with one force. That is collectivity. As soon as you find out there's too much arguments, get out of it. You will find definitely there is some sort of evil spirit going on. There should be no analysis, there should be no argument, there should be no explanation.

But thinking in a very homogeneous manner, as if one brain is thinking, for one common goal, itself is a very dynamic thing. You see, as destructive forces are dynamic when they use separation, and the Divine forces are dynamic when they use a complete integration. And integration also, one has to understand that it is complete oneness of all your good qualities together. They are all working together just like one personality. Everybody is giving one's own best to work it out and not to feel jealous of others. It's something so low level for a Sahaja Yogi to do, is to feel jealous, is to feel competitive. Because there is nothing like that, we are all one body. I told you. I cannot exist without you. If I am the brain, you are the body. If I am the heart, you are the hand. So I cannot exist without you. In the same way, you cannot exist without you all. And those who will try to do that kind, you see like nails which are out when you cut them, in the way, they will be thrown out.

So there's more intelligence, more wisdom, I would say, cleverness in understanding that you are living now in a higher life. You are talking of a higher life and for that you have to equip yourself. You will be only there through collectivity. If you leave the collectivity you are out of it.

As I always do, I have given you a very nice image [unsure] is that, that when you have to make the butter, you churn the yogurt. The churning goes on, and the whole thing becomes a mixture. Then you take out a little butter, and put it inside. Just like Me coming in, all right? And all the particles of butter will start gathering around that. And they are all sort of taken away from that mixture. But some of them stick on to the pot or stick around. They are never used as butter. They are thrown away with the rest of the water that is there.

So those who start thinking of doing something special, individualistic, or something great about themselves, they should know they will have no place in Sahaja Yoga. And I find out ways and methods of throwing them out. I have done that. [Unclear] have been thrown out. And that's why Sahaja Yoga does not spread that fast because there is a big feeling going on. All of you have to be homogeneous. Those who strive this God or those who try to have their own say, their own methods, are the people who will be thrown out of Sahaja Yoga automatically. So try to be homogeneous. When you give some suggestions, try to suggest a person through meditation, through prayers, through vibrations, through bandhas. Do not directly do it. And best way is to tell Me. If you have any problem, it can be solved.

But do not try to solve your problems yourself which are difficult for you, which you [unclear]. All of you put together, you can

solve the problem as Me. So, with all this you have to remember that those who criticize Sahaja Yoga are outsiders. So try to find loopholes are outsiders. You must find them out. It's easy to find them out when they talk from little different things they say here and there. You must know that they are outsiders. Still they are outsiders. They may not be meaningful, but try to tell them that collectivity means absolutely pure understanding of one thing that is you ...

[cut in the audio].

[About Carl Gustav Jung] ... forces beyond that, which control us. And the forces beyond us which control us, he called them as Universal Unconscious. Unconscious, because they are not in our conscious mind. And he called them as also as- you see, he actually did not know how to name it, you see. So he said that, he had said, it is the Mother's force, the motherly force. Very clearly, he has said. And he studied Indian also, Indian literature and all that. And he had developed some thought on Shakti cult also. So, he has used the word 'shakti' for the Universal Unconscious.

But still, he was just a Realized soul. There was no Mother to tell him what on Unconscious or God. So, he could only indicate and tell you, that there is an Universal Unconscious which is guiding you. He experimented with people with their dreams. There is a very famous dream which he interpreted, about a man who would always dream that he has to bow to his own son. His son is sitting on a pedestal, and he has to bow to his son. The son might be a Realized soul. So he came to him and he said, "I don't know why I get such a dream". So Jung asked, "What is your relationship with your son?" He said, "It's very, very bad". "But why?" He said, "I am, you see, his mother is dead, I am married again, and my wife is very angry with him. And I really don't know what to, how to manage it. The relationship has gone very bad". So he said, "The unconscious is telling you that you must bow to him. He is of a higher awareness. So, you must bow to him. It is giving you a balance".

Then there was another girl who came to him, with a dream - I mean to just to put two dreams together actually. She said that, "I see my mother as a witch ". So he asked the girl, "What is your relationship with your mother?" She said, "It's very fine, very good. She actually pampers me. She has pampered me so much that I am just good for nothing". He said, "That is the thing is coming to you from your unconscious, to suggest that your mother is a witch who is spoiling your soul".

And there are thousand and ones like that, you see, there are so many volumes of Jung which you can read for yourself. So the psychologists have told us, that the state of human awareness would reach at a point when he will be thoughtlessly aware. He will be aware but there won't be any thought. This is said by Jung who was a psychologist. So we should know what we have to expect.

Now there's another source which is very clear and very, very good, which we can understand are the scriptures. If you read John's Revelation, you can read about all the thing. You will know that the cool breeze is to be expected. If you read Shankaracharya, of course, I need not hear much more, because he's the one who has completely exposed the whole thing in the sixth century. This knowledge was a secret knowledge before that, because evolutionary forces had not taken its proper course. It was kept a secret knowledge, a guarded knowledge for very few. Only in the sixth century he started exposing it. Then Kabira and Nanaka, all these people came out with full exposition of Kundalini. The greatest work done on Kundalini was in Maharashtra where Nath Patis, the nine Nathas, the primordial masters they call themselves, worked on it. And also in other places, they also came from Punjab. There was a big rapport between Punjab and Maharashtra.

And they went into the forest, they meditated and religiously tried to find out what was Kundalini, what was the force, what was the seed within us, what was the germinating force that is going to give us this! Because one or two were Realized whenever they talked about Realization, nobody could believe them nor could they understand that there is a force like that. And they said, "Oh, [unclear], we are happy with ourselves". Moreover, the people who were Realized had such bad experiences of all these people, like they were beaten up, crucified, they were poisoned. I mean, imagine the people! What was there to crucify Christ? I still can't understand.

So, the very sensible people of this world, looked at all the explanations about God and Divinity with that kind of a style, attitude. And there was no way of changing the attitude of these people. And this hostility was expressed even by religious organizations. You see, anybody who was a Realized soul was thrown away from churches, from temples. These Brahmins killed them, they

tortured them.

The last one that we had was the Shirdi Sainath. And if you see how the Brahmins from another area, from Ahmednagar, how they tortured him, you'll be surprised. Not only that, but they brought a snake charmer, with a snake to kill him. But he got hold of the snake and he talked to the snake. So, the snake went away and bit the charmer.

[Laughter]

Then he was the one who got up and saved the charmer. And he told him, "Don't do all this". He said, "I would not but people, these Brahmins, have given me money". So, the people who were supposed to be in charge of religion themselves, crucified those saints who talked of reality. And that's how reality was completely blinded. Nobody could see it and people were [unclear].

This was the problem. And that's why somebody had to come and do this, to give a mass Realization to people, so that it becomes a common knowledge. Everything that is discovered by one person has to become the common knowledge, otherwise it has no meaning. Even in the science you see, you find out about electricity. It has a big history behind it, whatever it is. But at a point, it has to become a common knowledge. If it is not a common knowledge, it will never be accepted and it has no value at all. It has to become a knowledge of every human being, otherwise it has no meaning. And the time has come for you to have the actualization. And to have the complete knowledge of your being, what you are, what you are going to be, what you could have been, what are the problems around you.

So in us it's placed, the germinating force. We are all built in it. It's like a computer. Absolutely living computer within us is placed through our evolution. One by one, step by step, all these points have been properly put down in our backbone, in our brain and in the limbic area, absolutely in a perfect manner. And the only thing that one has to do, is to surrender, accept it. But we'll surrender to all kinds of nonsensical things but to the right person, our ego will immediately stand up, you see. If somebody has two horns it is very easy to surrender. Or if somebody is very cunning very easy, to surrender.

But where do you surrender? Is to the Divine force, to yourself, to your wisdom.

What do you surrender? Is your nonsensical, idiotic ego.

What do you have to surrender to God? What do you have?

Only with non-knowledge which has come to the ego, or sometimes through these possessions, you see, the superego.

Now for surrendering people think, how can I surrender? Now you cannot think about it. How should I surrender?

Can you work it out on a paper? I will do this  $x$  plus  $x$  is equal to so much. It's very simple. How do you laugh? Do you sit down and make a picture, "Now, I'm going to laugh, my child. So, I will make a laugh with this much angle and this much angle. Then the baby there, at this angle. Look at her with this angle.

[Laughter]

Then I'll turn left, right. Then again, I'll put the child this side". Do you do like that? You know how to laugh, don't you? It's built in you. Surrendering is nothing but is the love of God that is within you. He is within you in your heart. He's there. All the scriptures have said that. And none of them are wrong or false. They might have misinterpreted somewhere. Everybody has played tricks, you see. Our Tantrikas in India, all these who are nowadays gurus, were Tantrikas once upon a time in the sixth century.

They entered into all kinds of things. And the worst thing they entered into, are the Vedas themselves, you see, where they declared that, even a thing like 'Ashwamedha yagna' [unsure], which is a very pure thing is also oriented from sex. What do you say to that? Even they said that God and the Goddess, the God and His power are sex relationships. I tell you. They think human beings are nothing but sex points. They have nothing else in them! Even an amoeba has something more than that.

But we accept them. Why? Because we are seekers. We are seekers and we are seeking. We are born in this world to seek. We have taken our birth specially at this time to seek. We have been seekers all our lives and today we want to seek. And how are we going to seek? Wherever we get a chance, we run to it, I know.

It is hard to understand that you don't have to do anything, just sit right. The boat is moving and it will take you to the other bank. You don't have to do anything. It was going to work out. It's a throne. Three has to mature. Now the flowers are there. They

attract the bees. The bees come at the right time. They blossom at the right time and also the fruits appear at the right time. It has to mature. It has to take its own course and time. The way you are built in, the way you are made, it has to complete its round so that another round starts. And that's why this hurrying up has nothing to trouble. That's all. Nothing more than that. And it is very easy to correct. There's no problem about it. It's very easy because once you have light within you, you will start seeing everything very, very clearly.

Because there is no light, it becomes so difficult. Have you tried climbing up steps without lights in a new house, which you have never been? Three times you'll fall down before you get over one light. But if there is light, whatever type of the house may be, wherever you have been, you can get [unclear] better.

In the same way, unless and until you are enlightened, unless and until you are Realized, unless and until you have that Power flowing through you, you cannot understand and you cannot see that how simple it is. And you are so beautifully built, in your previous lives, that once you get this awakening within you, you start awakening others, immediately. And you can start it on somebody else. But, you see, just now it's such a powerful thing that most of them have got it. So, I don't know where are you going to try. That's the problem.

[Laughter]

Most of them have got it. Sometimes, it happens like that. "So, whom are you going to raise now, Mother? Everybody is Realized".

[Laughter]

Sahaja Yogi: [Unclear] she said.

Lady: [Unclear]

Shri Mataji: She's got it too!

You see that's the problem, that it is so powerful. But you'll find that it will settle down again. It has to go back, because we have got chakras within us, the centres, which are being exhausted.

Like, I would say, now this side is the left side and this is the right side. And both sides are the sympathetic nervous system. The right side sympathetic nervous system works for your mental being and for emotional being, of your mental being and for your physical being. And the left side for your emotional being. In between is the central part, it's the parasympathetic.

Now we underline subtle energies that control these two left and right. The left one is controlled by the Power which we call as Mahakali's power, which is 'Aim'. Then the 'Hrim' and the 'Klim', you see. The 'Hrim' is the central power, 'ra'. 'Ra' is energy. 'Hrim' is the one which gives you evolutionary powers and also sustenance. Like carbon has its own sustenance and like gold has its own sustenance as you have your own sustenance. Everybody has the sustenance, through this central power of 'Hrim', is the power of Mahalakshmi.

And the right-hand side power is the power of Mahasaraswati. Now you shouldn't get upset with this Sanskrit language. It has nothing to do with any particular community or deity. Because these were found out by saints who were meditating in India, and they knew Sanskrit language, that's why there are in Sanskrit, you see. Moreover these [unclear] also.

Science, you see, has developed here, but also in India, a kind of a science developed. And the science that was developed in India was the science of Kundalini. It's the force of the germinating power, the residual power within us. And this science has seen or has actually experimented, with the movement of the Kundalini where it moves, the sound it makes. And these sounds are different on different centres within us, which are seven basics but there are eleven otherwise. And there are three, how much is it?

Sahaja Yogi: Three hundred and fifty million.

Shri Mataji: Three hundred and fifty million. All right?

So, this is the thing, three hundred and fifty million. But we deal only with seven at the most with eleven. Not more than that because it's too much a headache. Why should you worry?

[Laughter]

You need not worry. Now you are sitting in this room, it's all right, perfectly well. Why should you worry from where this electricity has come? And from how many drops it must have taken to create this much of electricity? Is it from the water or from the coal? Or what is the history in work? Who is bothered? You just put on the light and enjoy. They have done it for you! It's all done. In this also, you must take it for granted, that it's all done for you and you have every right to have it.

So this Kundalini, when it passes through all these various chakras, it makes a sound. And that sound has been taken by those people in the ancient days, as the phonetics, phonetic sounds for forming the Sanskrit language. That's why Sanskrit is used for controlling the Kundalini, the movement of the Kundalini. And the centres that are within you have got a mark, a landmark of your evolution.

For example, the leaders who came at different stages of your evolution, were actually the incarnations of Divine power and they have left a mark within you and they exist within you at that particular center. So when you say a particular mantra, that deity opens up and starts emitting energy. But still, human being without Realization is a limited energy. His deities have limited energies. But if he is put in connection with the All-pervading Power, through Realization, then his deities are also limited.

Like if you have a car and you have a limited petrol, all right? And the petrol shortage is there too. Then you are put into tension and you do not know what to do. But supposing there is a permanent pipe, on your cap of the petrol track, you see, which is filling it permanently, then you don't have any tension. You are not bothered what is exhausted. Now this exhaustion on all the centres, because these are the underlying forces of all the plexuses that we have outside. When they get exhausted, the plexuses that are acting our body, our mind, our thinking, our emotional activities, all of them get exhausted. And then we develop diseases of various types: physical, mental, emotional.

So, to make these centres awakened is a very important thing, even from a day-to-day life style. Like you must fill them up, you must awaken them so that at least your health is all right, your wealth is all right, your mind is all right and also your emotions are all right. This is the basis. But ultimately what do you get? Ultimately, you get that connection which is all the time flowing. Not only that much, like unless and until you get this connected to the mains you cannot work it out. It may be very nicely made, what to do with it? So, the first thing is put it to the mains. When you put it to the mains then only you will realize also where is the problem. Otherwise you will not know.

But when you get your Self-Realization, you know your problems within yourself. This is the first thing. That is Self-Realization. You know your centres, how they are affected, where they are affected, what is the problem there. And you get the power to cure them. Of course, thoughtless awareness is there, no doubt. But plus that immediately, a person whose Kundalini has crossed Agnya, only Agnya, may not even get Realization, can cure us. That's how we have half-baked curing people. Mostly then they get possessed and they get spiritualists, you see. Their Kundalini only rises up to Agnya and some spirit comes into them, they become spiritualists.

But you people, even if it crosses Agnya, immediately you can start curing people. When it crosses Sahasrara, this point, the last point, then you enter into that area or into that subtle awareness which is all-pervading. Just now we think that, "You are different, she is different, she is different". But there is a thread passing through you. If your attention becomes that thread, then you can pass into anyone. That's how though you know yourself, you know your problems, everything, you also know others immediately!

That is what is the collective consciousness about which Jung also has indicated. So you have to expect collective consciousness. That is, it's an actualization. That is that your consciousness, your awareness gets that dimension in actual form that you become that.

To explain it to you, like animals walking through dirt and filth and never feel any dirt or filth, they cannot see beauty. But you can. We cannot walk through dirt and filth. Our awareness is very different from that of animals. In the same way, when you become this, then your awareness becomes so beautiful, that you start feeling the sin. You start feeling the wrong. I don't have to tell you. You will not just do it. I don't have to tell you. Automatically, you started feeling what is good for you and what is bad for you.

Say, our Rustom has not come, I never tell, "Don't try it", like the Muslims do. No, I don't. Nothing. "You go ahead, have cancer, have everything nice and then come to Me. Have your liver absolutely shattered, be a drunken fellow, then you come to Me. All right, doesn't matter". Then I realize the shift takes place. Immediately, the priorities change with you. Absolutely. You will be amazed, I have seen people who have been terrible drunkards, you see. They said, "Mother we can't drink". I said, "What happened?" "We vomit". Same thing happened with Rustom, he started vomiting. And he couldn't take it, you see. I never told him.

Then you just enjoy something else. Because if you get the nectar of life then you don't run after frivolous things. Useless things. Your dignity becomes different, you become different, it's entirely different. Your sense of enjoyment is so different. You become really beautiful flowers. And the fragrance people can see from a distance, even from a telephone.

It's so dynamic and that is what that, it should happen to you. For that what should you do? People say, "Mother what should you do?" Nothing, just ask. Just you ask. You have to knock at the door, that's all. Even if you do not knock, your Mother is going to knock at your doors.

She's very persuasive. She will come to your house, and make you comfortable. She'll massage your body, she'll massage your head, and she'll massage your back and work on you and she'll see to it, that she brings you round. She has too much patience. And you'll be amazed that, if I'm tired, I feel better when I really do that.

Like Patricia came and she said, "Mother, you do so much for us, you've done so much and let me, I must do something for you". I said, "What can you do? " She said, "I'm very good at massaging the feet". I said, "All right, do it". She was massaging my feet and her feet were massaged. And she couldn't understand it. And she was feeling relaxed while she was massaging my feet. I said, "What's happening?" She said, "It is so [unclear], I'm getting relaxed while I'm massaging your feet". So, that's what it is. That you must know that you cannot give Me anything. I'm here to give and you are there to take. That's your right to take it and you'll have it. It's your own.

It's like a Mother who loves you such a lot, and she has such a lot of property. Everything is your own. Just take, just have it. You see, the greatest pride for any mother should be that she sees her children thrive on her power. And then they achieve their own power, and render it to others also. And they become the joyous, happy, blissful children.

That's the way I see my dreams. And I'm sure the time has come for it to be fulfilled. I'm sure of it. I had to come to London, and they'll have lots of Sahaja Yogis in India. India is a place, it's full of good vibrations, no doubt, because we have had great saints coming to India, even Christ was there. But it's like, when you have teeth, you don't have food to eat. And when you have food to eat, you don't have teeth. Like that, is the situation. While here you are the saints, are born in this country and you are misguided. And there we have people who are not seeking and they have the vibrations. This is the dilemma of Sahaja Yoga.

They think, you know, so many of them think that, you people are seeking because you are upset with the too much of machine-oriented society. That's all. They think it's more, your seeking is more like a remedy for ills, that you have got here. They do not think that you are seeking something so deep, and that there is a seeking of love. They do not understand. But in India also, I must say Sahaja Yoga has clicked very fast. And once the fire has started working, it's going very fast, you see. And how, sometimes, its works is so interesting, it's so interesting, that you just live for that, [unsure] you know.

Like in Delhi, we had a program of opening this book, releasing this book for the first time. And I said, "I don't know. It's too much for me, how will I manage?" I have never done that sort of a thing". They said, "No, no Mother, only, you have to just give a lecture, that's all. You think it's a Sahaja Yoga program and then we'll look after the rest of it". So, the President of India, you see, was somehow, cured by Me and all that. And so, they wrote to the President of India, [unclear]. Luckily, he never turned out, it was a good idea. So they said, "Mother, we can't get him. So why not you become the President then?" I said, "If you think I'm all right, I don't mind becoming the President".

And the whole press was there, all the members of Parliament, everybody very critical and all thinking. Can you imagine? We had taken the - they were taking a hall for two hundred people. I said, "No, no, just take for eight hundred". They said, "Will it fill up?" I said, "You just take for eight hundred people minimum". And all these people came. I don't know with what ideas they came there. But there was no place, even in the passages to move. People were sitting in the passages there. And I said, "Look at this, new faith coming up". And I said something which I've never said before.

I have used lot of tact in this life of mine, because people don't want to hear anything. Like Christ, what did He say that, "I am the light, I am the path", which He was. This is not egoistical, is it? You think so? I mean if you are something. Now if I am Nirmala, I should say, "I am Nirmala". Is it egoistical?

Like Krishna has said, "Sarva-dharman parityajya mām eka śāraa vraja". [Gita, chapter 18, verse 66] You have all these dharmas, it's all these like religions. He didn't mean the religions within. But what He is saying that all sorts of sustenance that you are absorbing, just come to be surrendered to Me so that you go beyond all these dharmas. Was He egoistical? But He was very tactful, He didn't tell 'en masse'. He told only to Arjuna. Nobody else. But somebody who had an eye and ear to hear that heard it, and wrote it down. But Krishna never told it to the masses, no.

Christ did that and what did you do to him? He didn't do any harm, did He? Just what they said. So, I'll be extremely tactful. I am very elusive by nature. So, don't be taken up by my words sometimes, that's for you [unsure]. I am elusive, that's the only way I can approach you.

People have tried all sorts of things. Like Krishna's, you can say, diplomacy. Then Christ sacrifices. Now mine is the style of elusiveness.

Because if I were not, you would not come near Me. First of all, I must appear just like you. Which I do not so much, sometimes. But most of the time, I do. And I should be thinking just like you. Absolutely, you will never know. In your hearts of hearts, you may know. But the illusion will be all the time maintaining so that you receive it fully, completely and you master it without feeling any awe of Me. You have to be absolutely free with Me. Absolutely free. And I assure you all the protection.

Everything that you have to tell Me, you can tell Me. Everything that you want to do, you should know. And the most secret things, which are regarded as the secrets of secrets, I am going to tell you, which even the greatest saints of India do not know. They cannot raise the Kundalini the way say, Douglas can raise or say, Pat can raise or Govind can raise. They cannot do. Just by raising your hands you can raise the Kundalini. And they are quite jealous of you. They asked Me also, "Mother, why have you done such favour to these people? Who are they?" I said, "They are mine, Me, myself. They are Me". And they are quite surprised the way you can manifest your powers.

I hope that great country, England, which I have said, again and again, is the Heart of the universe. You must understand 'Heart' has to stand up for reality and has to fight the satanic.

So, that you prepare for the advent of the last terrible One, who is going to come with his eleven destructive powers, and just going to sort it out. And there is no persuasion, no Realization, no knowledge, nothing but sort it out. Before that, you have to save all your friends, save all the people and salvage them. And you are the warriors. You are the people who are going to do it. I am just in the background. I don't do anything. I talk, that's all.

May God bless you all.

[Shri Mataji is now talking to the new people]

Regarding the different deities, have you got, [unclear]? And the centres, they know all those things?

Have you got one of these things here? No.

Sahaja Yogi: I've got some literature, I mean little.

Shri Mataji: Which one?

Sahaja Yogi: The little printed ones.

Shri Mataji: So just show them what little printed you have.

Now you can get those [unclear] and all that. And you can see for yourself what are the centers and how they are represented on your feet. When you Realized, you can start feeling it.

For example, these children have cold, you see? So, I start feeling burning on the right-hand finger.

Not that I feel, but you would start. See, they are feeling on foot with the cold the children had, and it's working out. This is the center of Vishudhi. And when there is cold, you feel it.

On the right hand is the physical, as I said. On the left hand it when the person feels guilty.

Mostly he may be a Catholic.

[Laughter]

It is very interesting, you know, to find out about people and you're amazed when you discover it.

Like Gavin, you know, one day, he was worried about his father that is not a [unclear] "Why you worry? Just see the vibrations".

This is telecommunication, absolutely.

He said, "Mother, I'm getting prick here". I said, "That's your father". You see, this is [base of the fingers on the right palm] your father, this is [base of the fingers on the left palm] your mother. I said, "All right, so he's got something wrong with his [unclear]".

So, he gave him a call and his mother said that, "You see, he has had very bad bronchitis or something". We saw even when Nixon going into problems, you see. We could see it long time back before it happened, you see. A person may appear to be very great, a very big thing, you just put your hand. Now you will know what sort of a fellow he is. Your vibrations will immediately stop or you get tingling, sometimes burning.

Sometimes you get blisters, that bad. You yourself, you are the instrument. You are the one who diagnoses. You are the one who cures. This is the power of Self-realisation.

Is there any question?

Seeker lady: Hum, yes. There is a question I want to ask.

Shri Mataji: I beg your pardon?

Seeker lady: I but what you're talking about, how, Peter, and tell me a little about you. What is the relationship between Self-realisation that you're almost immediately and enlightenment in the sense of being free from the wheel of karmas. Do you see what I mean? That, that-

Shri Mataji: Enlightenment part?

Seeker lady: Well, in the sense of being free from the wheel of karma. Do you see what I Mean?

Shri Mataji: Well, immediate, immediate release. What is karma? You see, also you must understand what is the karma is, do you? Karma? Who does the karma? It's your ego. What karma do you do? Nothing.

It's your ego that gives you the sense that you are doing. You don't do anything whatsoever. I can tell you this. It's the ego within you which does it. Now the ego is here, like this. You see, rises from the right and goes that way, and superego that way. When the Kundalini rises, both are sucked down. And your attention is above the ego. Then you laugh at it, "Oh, Mr. Napoleon, how do you enter the Sahasrara?" The karmas are resolved because you have no ego. It's like this, very simple.

It's, say, when the sun is on the side, you can see your shadow. All right? But when it comes on your head, the shadow disappears in you.

[Unclear words]

Seeker lady: When one is sort to believe that this is something-

Shri Mataji: That's how they must do it. You see, all of them are like that, tubs [unsure]. So, what they have to be- they have to make you believe into something, you see. Otherwise, how are they going to say why you don't get it? It's by your karma. Then why are you there?

You see, what I would say that, what are you doing there collecting our money? Simple question. You see, if it is our karmas by which we are suffering, you are the ones who are gambling [unsure].

There's one very wonderful one in Behar. He said, "I take only one upon, a hundred and something of your karmas". I said, "Why is this small amount? Why not the whole of it? " And then he says, "You see, for the rest of it, you have to work hard". "And what is working hard?" "It's service". "What is service?"

Big, big trunks[unsure], you see. And there's a big, what you call, piggy bank, you see, pig like that. And the piggy bank is the service. And people from all over the world come there for that service and that cleansing them. You see, they are befooling you.

Seeker lady: [Unclear words] You said earlier something about we come to you. Is it worth someone? Is it in the palm? We have done something to merit coming to you. Is it like that? Because it seems it's always too easy, you know? You see what I mean?

Shri Mataji: Why should it be difficult?

Seeker lady: Well, no,

Shri Mataji: No. I tell you one, very simple is. See, your breathing is so easy, isn't it? Did you consult any book or did you find out about karma? Because it's so important for you, in the same way, your evolution is very important. If you are not evolved, the creation will have no meaning. It has to be the simplest of it, 'sahaja', it's spontaneous. How can it be difficult? Just think of it. It has to be the easiest.

Seeker lady: [Unclear] But the thing is, I always felt that if my life is difficult, it's because I've done things wrong in the past, which are very bad. I've made it like that. It seems unlikely that my life is getting -

Shri Mataji: Oh, this is an old trick. They have tried with everyone. Like your priest telling you, "Come and confess something". Now those who have not done any sin, what are they going to confess?

So, they find out something, "I must have done something, otherwise, I have to face the priest, what am I to tell him?" Then ultimately the priest ends up in the lunatic asylum also. You go and tell him, "I can confess. I can confess all nonsense. Nonsense".

Like in India, you see, we had the priest coming to villages. And he started teaching them about Christianity. When he was going, the head of the villages, he didn't know how to thank him. He said, "Sir, we are thankful to you for visiting our village. You have really enlightened them. Because we did not know what was sin. Now we know what is sin".

[Laughter]

It's like that, you see. For this enlightenment, only in modern times, you have to pay. It's so simple. And they have done the difficult work, quite in time for you.

What sin can commit my son which is greater than the love of God? Tell me one.

Seeker lady: It seems, [unclear] get it wrong. It seems that somehow, [unclear] in the past. Then you don't feel bad towards anyone else. Whereas if you feel that you are blaming and think that they're wrong, you tend to blame other people. Right? If you see what I mean? You see, it's better to get yourself into a situation where you're in the wrong.

Shri Mataji: Yes, I mean you don't know. We are like this, either we destroy others or destroy ourselves. Must we do that? Meaning not destroy others and not destroy ourselves also. We are neither guilty nor we are putting guilt on others.

Can't we be in between? I mean, can't we be sensitive? It's just we are destroying ourselves by feeling guilty. We are destroying ourselves by that.

Seeker lady: Yes.

Shri Mataji: You see, It's a self-destruction. You see, actually, this ego-oriented society came up to a point that, when ego became too much, so just to counteract it, you see, you started with the superego. And superego is that, "Oh, you are such an egotistical fellow and you are no good. And you are so horrid". You'll be responsible for Vietnam, for [unclear], for all the [unclear]. Everybody, you'll identify with and you will feel guilty, while you are a good person. Either you will feel proud of it and egoistical, or you'll feel guilty about it.

Now what am I to do? You just think of Me, also. It's a funny situation and it is not true. It's not true: you are neither guilty of anything, nor you are to be proud of it. Because whatever is that, and there is no guilt which God cannot take upon Himself.

Because you are very sweet people. That's why you are guilty.

[Laughter]

[End of recording]

## 1979-0608, Talk to Sahaja Yogis Day 1

View [online](#).

8 June 1979

Talk to Sahaja Yogis

Maria's House, Wellingborough (England)

Talk Language: English | Transcript (English) - In Progress

Sahaja Yogi: Those things were going to happen.

Shri Mataji: Yes, for sure, because he is on the supraconscious, the future. He knows from the future, you see, the spirits come and tell him.

Sahaja Yogi: Yes. And he knew those things, what was going to happen. By those things happening, he would then be able to manipulate things.

Another Sahaja Yogi: He's having a lot of power in that.

Sahaja Yogi: Yes, a lot of power.

Shri Mataji: You see, this is the power of the spirits coming on to him, that he doesn't know. The same spirit will eat him out, bone by bone, flesh by flesh. He doesn't know these things, what he has done. He is not going to be forgiven, not going to be forgiven. All of them you will see, how they will die, in what circumstances.

Sahaja Yogi: Because I don't think he realizes. You know, he has lost that Realization to realize the possibilities.

Shri Mataji: You see, something like, this thing goes in your head, then absolutely, that's the advantage. That's a very big advantage that anything, such things you try, goes in to your head, you see. And then you just don't get a response with yourself, just don't understand anything. That's your sign [unsure].

Sahaja Yogi: According to the Quran no guru, no teacher can be either be involved in fame, women, or money.

Shri Mataji: You're not to be involved.

Sahaja Yogi: Yes, sex, what I'm talking about, you cannot be involved.

Another Sahaja Yogi: [Unclear].

Shri Mataji: Of course not. You see, how can-

Sahaja Yogi: And they are all involved in those three things.

Shri Mataji: You see, actually, I mean, if you want, I was reading them off [Unclear]. You see, you get detached in the sense you become the personality. You are a detached personality. You don't know what fame is. You don't know what fame is. It comes to, you see, you may become famous in a different point, but you don't know what is fame is. Just don't care, you know. You just don't care.

The person who is truthful also understands. But the one who is Realized, the one who is going to be the Guru or is the Guru, is the one who just doesn't care for these things. It doesn't come into his mind. I'll give you an example, I won't [unclear]. There was a one very rich man and his sister was down with cancer, [unclear] got cured. And he was very much interested in Sahaja Yoga and he's tanksful. He knew and he must help me more, "I give you that much money, I'll buy you an Ashram", [Unsure. Very unclear conversation]

I said, "What is the problem?" He said that, "My wife is a person, she's possessed, she's got cancer and she is such and such. And I want to have a divorce. And if she says, "Yes, it is like that, my wife, then I can have a divorce. And with that divorce, I'll make lot of money for myself. But just now we are [unclear]".

You see, somehow or other he tried to make [unclear]. So, very seriously [unclear part].

But the rest of the time I see what it is like [unclear]. I must say, she is very sweet [unclear] And she was herself opined, she came on a plane and she went down there [unclear]. Not that Mark was bad. No, he was also a good person. But some dirty woman must have come in-between you see, and you all have such funny ideas, you must change your wives. Like American people have, you must change your fridge, and you must change your guru, you must change your wives. The change is the sign according to them, a sign of progress or whatever it is. So I think something like that maybe, but it was very serious allegation about her, you see. She was such a fine person.

So and then she didn't talk about that and he came to see Me. And he said, "Mother what do you think about her?" I said, "She is one of the finest American woman I know. She is a very devoted wife, and don't go near them, they have a power of their own and I will not touch her by anything. And also he said, "Mother, do you think she's, she's not possessed?" I said, "Not at all, you may be, but she's not".

[Laughter]

And he said, "What about, what about cancer?" I said, "She doesn't have and there's no possibility of her getting it. She's a very devoted wife, she's a very nice person and she loves you. And if you try to have a divorce with her, you'll be a very miserable person, just don't do it. It's not at all good for you. As a Mother I'm telling you that if she's my daughter and I'm proud of her. All his face fell down.

So I said, you see, [unclear] I had to tell you the truth. Then Randra Chandubhai, he said, "Mother you have no pragmatic approach". What pragmatic?

[Laughter]

I said, "I don't understand the word".

He said, "You should be practical". I said, "What practical?" They said that, you see, he is willing; why don't you say- I said, but I said, how come it's a good thing, right? I said, Chandubhai, do you know, if there's an innocent person, and if you brand an innocent person like this, you know. Let alone Me, I would never do that. But even if you do that, it is a very great sin which you cannot fill up by giving realization to even one hundred people. He got the shock of his life. He said, "Mother, [unclear]". "Yes. Now will you do it?" "No, I'm out of it". You see, after all he is an Indian man, you see, "No, no, no, I'm out of it. We are going out. Mister Mark, got after me, I'm going out. If she is the woman like that, what Mother here said, I'm out". And like that, you see, the whole thing is fizzling down. Doesn't matter.

What are we going to do with these buildings? You have to have human beings created. You are the human beings. The temples are to be built of human beings and not of these houses, which are going to crumble down. We have to keep living images to a temple, not these things by which people are impressed for the time being and then, when they die, they say that they never take their names. Such a person cannot, just you see. He just does not bother.

Same about fame. You see, what is fame? It's nonsense. What is a fame? What is a fame? Just tell Me. I do never understand. Do you understand? What is fame is what is it, you see. Fame, if it means somebody says, "Oh, you're great, you're great", run away from that person. Because, you see, they may be wanting something out of you. They want to use you. Normally, none of the incarnations got fame and they got only stones and restrictions. None of them got it. But there's only one way Sahaja Yoga is going to do that. Because you're going to get actualization. You're going to get the experience of it. That's why in your heart God is going to reside anyway. This is the way. If you call it this fame, I accept that it should be so.

If that sort of a fame is, that you feel that now, you see that, there is a need for the person. It's the fame which comes out of auspiciousness.

You know auspiciousness is a thing by, is a quality, a personality by which you improve in your being, in every way. In your success, not this worldly success but success that is satisfying. 'Shri' means grace that is beautifying. Such a person is auspicious and such a person will have a kind of a fame which is very different from Indian style [unsure], you see.

And the world is going to change, you see. They are not going to have Lord Byron for a statue. No they are not. Or Wellington is not going to be there to drive. We are going to have something else. Now people are going to change, their awareness is going to change completely. They are going to care for people who have that eternal essence in them. They are not going to be for ever.

Sahaja Yogi: Yes.

Another Sahaja Yogi: Mother, I think, when we were all talking about these false gurus, we don't understand I think one thing, that the sin against the Holy Spirit is the worst and all the worst of the sin.

Shri Mataji: You see, it's very simple to understand. Supposing somebody beats you, you wouldn't mind. But if somebody beats me, will you be able to detain it in your heart? The same way Christ had said, "It's all right if you insult me, but if you insult my Mother, I am going to be right on your throats".

There are 11 powers he has got by which he is going to control such people. It's very simple to understand. That's what it is, you are not to insult the Mother of Christ, it's very dangerous. That's why he never told anybody that she was the Holy Spirit. She was the Holy Ghost. That's why he didn't say it, because that was a protective thing. But she was.

[Unverified part:]

Shri Mataji: Maria are you busy with this whole thing?

Maria: I just finished.

Shri Mataji: She is so sweet. She is working so hard. Will you please go and help her

Yogi: It's very logical, I mean. If he is the son and if he is the son of God, then he must be God. I wonder why he couldn't see that you know.

Shri Mataji: You see that's the trouble. They can see somethings which you cannot see. This is maya. [UNCLEAR] You see something which does not exist. And you do not see that exists, its illusion. It's the illusion. If you can get, you see, into that state from where you see the illusion you just enjoy, know the illusion. Ahh Just now as you are laughing at yourself its nice. [UNCLEAR] isn't it. It's a big joke [Shri Mataji laughing] I was also there,

Yogi: Yes, this is how the whole of maya is, till you got beyond

Shri Mataji: [UNCLEAR] you see, you are the crucified ones. How to expose them, you see this is the trick of the maya if you understand. [UNCLEAR] See you cannot treat them like that you see, because they have entered into your heads. So now how do I do it? Is to put you there. You go into that. You see them and then get out of it and it would be with a greater force and greater humility from these horrible gurus.

Yogi: [UNCLEAR] said something very funny when we were in September, we were there. He was talking about the story about a Brahmin who had rice. He went to the king's palace, on his way out he stole some jewelry and they couldn't understand why he stole the jewelry. Because he was a saint who stole the jewelry. They discovered eventually that the food they have eaten came from the village of thieves. He returned the jewelry.

Shri Mataji: What about him doing that the same?

Yogi: and then he said. He said the story looking at me and afterwards he walked out, because we just 2 hours before discussing this question the money they owe us, what they have done. He said to me as he walked out, "You see. It was any 2 months later he was apologizing for his own deeds? He then said .. the people in this room will gonna bring down the movement.

Shri Mataji: No no no, [UNCLEAR] Not that day, he was trying to prove, to say these things and all that. Just to show that I know what you are talking about. He is a thief. And certifying, see, I can, the dictionary I don't understand what to say, I have no words to say what sort of a man he is. He should really get somebody from Lucknow. They will nice abuses which they use for such people. You know what I can write to someone, write about 21 of them to send him back, this is this, this is this, you are. This is the mantra you say about yourself, I am this, I am that.

You know, I will tell you, I cannot image what sort of a man he is. We had one like that. [UNCLEAR] Once we had a very great swindler, great swindler. His name was Dharampet. [UNCLEAR] but he met Jawaharlal Nehru in America and in these matters

our Prime Minister was very nice. He was very fond of people who were properly dressed and very you see English manner and spoke good English and we had all the English. I mean he was Cambridge [UNCLEAR]. They should say superb. So that kind of a thing our families was very much interested.

So this fellow, went and told him that, 'I am doctor, I am this, English and all, and also our prime minister, they say so, I don't know, [UNCLEAR] he could officiated [UNCLEAR].

His wife was very good looking woman as they say. I have not seen her. I have seen this horrible fellow and he managed him somehow. And then he went back to India. That time I'm telling you that I am gone to received my husband at the airport. And you know for us they allowed us inside the lounge and we came out. And I saw this man with a big hat. I asked my husband, who is this man? Why do you want to know? I said, but you tell me who is this man.

He said, why are you so childish? I said 'I am not childish, I am anxious. So he said, alright I tell you his name. His name is [UNCLEAR]. What is he doing there?

Why do you want to know about him? Of all the persons why him. I said because [UNCLEAR] Really? Oh God, is he connected with you? He said, 'Very much'. 'How'? He is coming for shipping. Then you know what happened this fellow went to Jwala Neru and his wife would have a breakfast with him and she used to order this and that.

Jwalaji, as I told you, was a very nice person and he never understood that this fellow is [UNCLEAR].

Then he was given from that food, can you imagine, 65 karos of [UNCLEAR]

But my husband as soon as the proposal has came he put on [UNCLEAR] because I was after his life. They transferred him and they gave him a bigger post and they said you can become chairman of the shipping corporation. And they gave him 65 lakhs of Rupees. And the parliament passed a great prime minister. 65 karos, [UNCLEAR] and then he bought ships he cheated all the big ship yards, never paid them any money. He ordered the ships, he talked to the [UNCLEAR] and every time he took to the prime minister there and another minister the deputy prime minister who is nowadays our prime minister the great fellow, the one who brings the English.

He took him there and this fellow, this Desi was the one who was to inaugurate and big this thing and naturally you see the poor people [UNCLEAR] couldn't say anything.

Because the prime minister, deputy prime minister coming in, garland him, this that and he is going to launch the ship. They launched the ship and this fellow never gave them the money. The ship was lost permanently, and they had no way occur collectivity. And these are the two great people of our country. Can you imagine, the one who is to be the prime minister and the one who [UNCLEAR] and they gave him 65 crore of Rupees. Now, this happened and then suddenly the whole thing started to come up just like this you see and then one man he found it out. And he leaked it.

The government, then he leaked it to the police and all that and then my husband was in Japan and he suddenly came. I said, 'How?' Then they told him that this man, supposed to have killed his first wife, took her money and then come to India and this and that and that and that and because of this thing started off they found out also about shipping. And these two great giants of our country, what should I call them, you see.

They were saying, you see, 'don't have that

The police is very bad, don't harass them. They are supporting them, these two. But they were simple. They didn't take any money from him as such. But then this man was absolutely caught and then he one day just ran away from them to some place in Panama from where you don't have any extradition.

The whole thing was hashed out and all those ships were frozen, all these money was frozen, still he managed to take away 4 crore of rupees.

This best part of it, my husband says very seriously to me , 'You know the 250 Rupees you have to pay for registration that also that thug did not pay. Even that he did not pay and our great people like Jawala Nehru and Monarchie Bhai [spelling?] are great supporters of him. You shouldn't feel bad of what has happened.

[Shri Mataji laughing]

You see. It is that. And then he was arrested. He came to London [UNCLEAR] he was telling stories after stories. Jawalaji had died by then. You see. [UNCLEAR] Did such a foolish thing. If you see his old age, looks like aged person.

And then this case started in London. And then he said, another drama he played, he said you see these people are all against Jawalaji, to take bad name. vand the judge was listening to him. He just said,

'Now, have you finished? Now I see that you are a crook of the first quarters and you are a thug and you are this and you are that. And now will you shut up!' That's what they say.

I said that's the [UNCLEAR]

And he said, 'You take two running jumps and go to hell!' These are the words he used. And then he was in jail. He came out of jail and Indira Ghandi came, another great lady behind the prime minister. She saw to it that he goes out of [UNCLEAR]. Now he is out.

So are we not sufficiently luted? You want more examples?

[Shri Mataji laughing]

It's a fact, you see. Imagine people like that. And I would not blame Jawala for this, because he had such a big secretariat with the best, the cream of our country, most intelligent people. All the intelligence of India was behind this and they all did, good faith, the good faith part. And none of them got a single pie.

Hello, how are you?

Yes yes, very nice children they are. Come along, Come along, Come along, I've been just waiting for you to come down here. Come along, come along, sit down, sit down, sit down.

Good, Aha, the force has come. You see the vibrations. Just see the vibrations. All of them, how beautiful, all are realized. Just look at these children. Beautiful they are. Can you remove this and they can sit comfortably. This lady [UNCLEAR]

Look at the, Maria who are they.

[Maria talking unclear. ]

Good, you said there will be only 10 people. Maria you said there will be only 10 people

Maria: Yeah I thought so.

Shri Mataji: Good. And the great people have come. These are great people. What's your name? You must tell your name.

Yogis laughing

What's your name? See the eyes, sparkling, look at this see beautiful they are, aren't they. Just put your hands like this, lets see if the cool breeze, alright? Just like this, she is born realized. They speak Hindi. What language they speak?

Yogini: Gujarati.

Shri Mataji: Gujarati. Thāī lāgē chē. All of them just see the vibrations. Can you feel that? Tremendous. [UNCLEAR]

Hello. See that. I mean this is what it is. Can you see, can you feel that? Can you feel the vibrations? Now let's just see who is great. They do the job for me. I don't have to say anything. Please put your hands also like this, all of you, just like this. It's so simple. See that, you feel some cool? In the hand? Yes, cool.

Are you feeling alright there, all of you? Are you feeling the cool breeze? See are you feeling? See you have to be great people to be the Mother of such great children, they are great children. And they selected you as their Mother. There must be some reason for it. Beautiful. It's beautiful.

Open that window, that window is better. You open that one.

It's good, from where did you come?

Oh I didn't see, [UNCLEAR] that's another one born realized.

Are you feeling the cool breeze?

Yogi: [UNCLEAR]

Good See, have more of it and more of it. Let it go inside, absolutely.

They got cold, got cold, nice [UNCLEAR].

Nice, it's beautiful. See you already got it in the hand. Why should you worry? So many children are born in this country.

Are you fine? Better now, feeling better, better now?

The best thing is you must I know the know-how. Otherwise you don't have to believe in it. Why should you believe anyone who doesn't tell you the know-how. They call it science. Do you have any knowledge of science about you don't have to know-how? In Sahaja Yoga even children, everything. Good. [UNCLEAR]

Maria house is blessed many times. Isn't it. It's beautiful. Beautiful children.

Better now. [UNCLEAR]

Why don't you sit down Bala?

The chair people can go back. You see. Then others can sit in-between. All those who are occupying chairs should go to the back, better idea so that those who sit in front can see.

Pushed a little bit this side

Hallo, come along. We had a very nice session of great laughter. Something like talking about Charlie Chaplin.

[Yogis talking]

I think you should put these chairs down or back so that they can see. You are alright, sit.

[Yogis talking]

They have been having a big laughter.

[Yogis talking]

Come come come come

[Yogis talking]

Alright. They are never late, can you sit on the ground?

[Yogis talking]

So all the forum is complete? All of them? [UNCLEAR] They have brought the real force, you see all of them. Yes they have brought [UNCLEAR].

Just sit like this with the hands, follow me.

[Yogis talking]

Are you feeling the cool breeze? Good. Got it already. See it's so simple. What about you?

Just see that. Just see. What about you? Are you feeling the cool breeze? Not yet. You will know if it is there.

No sort of, you will feel everything. We were just laughing about all the things, how they have cheated all of us, and all that. [Shri Mataji laughing] Oh God, and now we know. Now we have to decide and plan out how [UNCLEAR] all of them. So it's a plan we have to work it out.

[UNCLEAR]

It has to settle down, an experience which needs to be settled down. The Kundalini rises at the first shoot.

There is no, there is a problem, I would say that, as I have told you before. I couldn't give realization [UNCLEAR] at all, whether foreigners nor Indians. There is something special about you, that your own Motherland, you see, that power. It is spontaneous, it is very forceful and it does happen. But then it settles back, in a sense it has to look after all the centers and all the problems you are having. So it comes down. Then you start thinking about it, that's the point where you are at fault. You cannot think about it. You didn't get it by thinking. This one thing you must know that you did not get it by thinking. You got it because it has to happen. So if you think about it, it will slow down. You cannot think about it. It is love. How can you think about love? It's not science. Just now if you watch your eye, if you watch yourself. You are beyond thoughts. Most of the time, there is no thought. Why? You done it.

Are you too close to that? Find it too hot? You can put it off, I think, just a light, is it?

Better? Are you feeling the cool breeze nicely? Good. So lets talk of something nice now. Let's talk something about the light. We talked about [UNCLEAR] too much.

[Yogis talking]

What did you say, she has?

[Yogini talking]

You got Rama's Mantra. Catch in the right heart, you can also feel it. The catch is on this. This is Rama's chakra. I will tell you about this.

[Yogis talking]

So I will have to tell you about ourselves, what are we. Actually we know so little about ourselves. This ignorance is responsible for this kind of a problem that you all have faced, because you are so ignorant about it. And the reason is the knowledge about what I am going to tell you, you can only have when you are a realized soul. Without that one cannot talk about that, one cannot explain it to you. Because it is too fantastic. It's so fantastic that you cannot believe it and you cannot except it. And that's why it is not for human mind to conceive it. It goes beyond. If I say that there is God's Divine power which is the most dynamic power, which is the only power that guides this creation, that coordinates everything, that looks after us, and that has made us human being. You won't believe it, that there is such a power of love.

All that you see other things is absolutely false. It's just a reflection, is not the mirror. And this power has entered into every atom, every molecule and can control all that. We see it every day those things but we take it for granted. Like we see the flowers suddenly becoming the fruits. How would they become? A mango tree will give you mangoes, i won't give you roses. How does it happen? If you see even in chemistry elements that are created on this earth have a regular planning about it. They are divided in to exactly 8 divisions. Now how all this happens, we never think about it. We take it for granted, we try to find out what we see, what it is, and then we say oh we are great scientists. But you cannot say how it works. Even if you take a sulfur dioxide, an ordinary atom of sulfur dioxide, The sulfur atom is on top and there are two oxygen. If you see it under microscope you can find out that it pulsates. And there is a kind of vibration that is passing between these atoms. And these vibrations are of three types. Unequal, equal, similar all sorts and who does that? And how, why. That certain act like this and certain like this. Even the matter which is a dead thing, which we do not think is capable of having an energy in it. That's what we used to think. Now of course you have changed your ideas about that. That too has such a beautiful arrangement. Even up to the molecule state, up to the atom state you can see how it is mathematically arranged, the protons and the neutrons around. It is just to see and wondering.

And when you see it in the nature and these elements there atoms then you see later on when you start watching something much more complex that is a living cell with a carbon coming into it. We just take it for granted. We never bother. From where is this carbon coming and how this carbon combination life came. We just take ourselves also for granted as if we are great kings and that whatever we have got our human life is our own, you see sort of thing.

And thinking that if we have this human body is our special right to have it. Even this eye of ours, if you see, is such a complex camera, how it works, instantaneously, how it captures. Is something beyond our comprehension. So vindicated [not sure about this word],

we don't see, its alright we take it for granted. That's the way human beings live with it. If you cannot cope with the thing, what we do is to accept it for granted. That's a sensible thing to do. In the same way nature has made you specially in such a manner

that you cannot hear certain frequencies. You can only hear certain frequencies. You are created with such beautiful adaptations, nature and surrounding. This Earth is moving with such a tremendous speed, you do not feel. Spinning around so fast you cannot feel. We take all these for granted and we think we are human beings. But why are you human beings? Why have you become human beings?

What can you find out, what did you find out so far, whatever you can see, whatever is absolutely fracture that you have found out. You have not been able to find out why these thing happened and how these thing happened. How are you going to find out about such a complex thing that is a human being. You have become a human being without doing anything about it.

And what are you going to do? For getting that awareness by which you are going to know yourself, nothing, nothing whatsoever. On the contrary effort human beings put, because they have a sense that they can put in effort. But you reach a certain stage later on that you are really working out, you are just sitting down very nicely, the whole thing is working out.

Say for example there is a relay in London about some programs in the TV. Now it's all in the atmosphere, you don't see. And suddenly you start your TV you get it. What effort have you put in? It was all build-in there. And it was all, whatever was done on the other hand was also done by somebody. You have just put on the switch and you get pictures, which you do not see normally on the walls nowhere, but suddenly you get them. They are there, exist. But you believe into it, because this you see with your own eyes. It is an actual thing, that's why you believe into it. And that's why you must believe into it when it's an actual thing. So we come to that position where we understand that if anyone talks about higher life, about the power beyond this then we must have actualization of it. We must feel it. At this point there is a problem because it is easy to talk about peace. Like there is a higher life, there is God, and this and his power working and all that. All this lecture you can hear from many people. Even actualization of it you see, they may say that jump like a frog is actualization. Yes we had people like that.

You know in one of my lectures one gentleman was sitting both his feet towards me. I said, it's alright for me but I don't know what is going to happen to this gentleman, you see. Then one of the boys went and said, 'You are not suppose to sit like this towards Mother'. He said, 'You see, I am sorry but if I sit in any other form, I cannot sit and start jumping like a frog'. So I said, 'How do you think that this happens?' 'It happens every time and if I do it now it will start, like that.' So I said, 'But why this is happen?' Doesn't matter, Kundalini has a reason, I am a self-realized person. 'Who has told you this?' He took out a big book like that, you wont belief such a big book and he showed me, written down there 'When Kundalini rises you start jumping like a frog'. Who is this gentleman, this is some Acharia Brahma some sort of a name, such a big name you see and horrible person's photograph on the thing. Such a big book and this fellow is carrying on his head all the time jumping like a frog. And he says, that yes you have to jump like a frog.

Why? I asked him. Now when you are going to evolve are you going to become a frog or a monkey, what are you going to be, this is first thing.

You can use your brains for this to understand what to expect, you see. You are not going to become like monkeys or pigs or even lions. You are already the highest and you have to be something higher. So that will sit out. Then the fellow says, another one, who came to me, and he says, 'The best was we had one frog warming up [UNCLEAR]

This is David, this is our Sahaja Yogi, very sweet otherwise poor thing. He came yesterday and I said, what happen David, what where you doing like this and why did you do all these things after coming to Sahaja Yoga. He said, there must be some devil on me, on supra conscious level. But he said Mother, he was so subtle, one of the subtlest one you should understand, that he told me, that he was this and this and that you will give me realization.

He came in my ears and told me, can you imagine to that extend it was. And so he believed in that kind of a spirit and he was telling all the time. But I said, for telling you why should you use any spirit? You can read it in Time Out. Use your brains.

Then we have another one, where we think we can purchase in the market. There are courses [UNCLEAR] three weeks course, three years course for sharing of all your property. So we go in, you see, for that. Then all such things one must understand

cannot be anywhere near reality. So what should we expect, what should be the reality. What we call of knowledge of self.

First science has given a certain thing which we should try to understand. And if you understand through science you can understand that. Science has given us an understanding that there is a power which we cannot comprehend through our rationality. Even a person like Einstein, said, 'I could not find the theory of relativity in the laboratories. I was tired, I was laying down and I was playing soap bubbles and suddenly the whole theory of relativity dawned upon him. Because he was a realized soul. So it has not come from the [UNCLEAR] these people themselves are saying. So whatever knowledge has come to us, has not come through so-called scientific research but through the grace of some power. Science cannot explain many things.

For example, the science [Shri Mataji talking to Yogis]

For example they cannot say why so many things happened in the human body. For example, it is said that any foreign body that enters in the system creates a situation by which the body tries to throw it out. But it's only the fetus which is retained in the womb, nurtured and looked after and thrown away at the time, when the thing absolutely matures. So there is somebody who thinks about it.

Then there are two chemicals, chemicals there are adrenalin and [UNCLEAR] which are secreted in our being at different points. And they cannot explain how these ordinary chemicals sometimes augment and constrict and sometimes [UNCLEAR] at different times. They cannot explain it. So they will say, they are honest. They say the mode of action of these chemicals in the human body cannot be explained.

They behave differently from their own nature, so Baba, from their own nature. There are many such things which I can throw up to you and show you, that man reaches a point a various things that there is something else which takes the decisions.

Now when you reach that stage, then you start thinking, that through science we feel that there is something that we cannot explain and that rationality cannot take it up there. So there must be some answer to it. The answer comes from psychology. I would say Jung was one of the greatest psychologist ever. The oppose Freud, because Freud you know was a horrible psychologist. He was a fellow, who was treating all kinds of abnormal things. He never treated normal things. So he got possessed by that. And he started behaving abnormal. Himself was a very abnormal person, he had very abnormal relationships, he was really absurd, his own lifetime. And he had a very bad death, he had cancer, he died. But still all of the western world worships him. They never see what he achieved in his own lifetime, what sort of a person he was, what was his relationship with other people and how really he was very anxious always taking pills and he died of terrible cancer and in a very rigid condition he died.

While Jung, in his old age he got his realization and he was of a very different nature and when he died he used to look, he was looking like a flower. But people do not see all that. They just see what he writes. And because it's so sad to listen to Freud, I don't know why it suits them, actually it should not normally. So Mr. Freud has come up. You will find out that this great man has done so many experiments with thousands of people and has established, and has established that there are forces beyond us, which control, and the forces beyond us which control us.

He called them as universal unconscious. Unconscious because they are not in our conscious mind. And he called them as, also as. You see actually he did not know how to name it so he said that, he has said it, it is the Mother's force, it is a motherly force. Very clearly he said that. And he studied also Indian literature and all that and he has developed some thought on Shakti path also. He has used the word Shakti for the universal unconscious.

But still he was just a realized soul. There was no mother to tell him all about it what it was. So he couldn't indicate and tell you that there is a universal unconscious which is guiding you. He experimented with people with their dreams. There is a very famous dream, which he interpreted, about a man who would always dream that he has to bow to his son. His son is sitting on a pedestal and he has to bow to his son. The son might be a realized soul. So he came to him and he said 'I don't know why I get such a dream.' So Jung asked, 'what is your relationship with your son?' He said, 'Very very bad'. I say, 'Why' 'You see his mother

is dead and I married again and my wife is very angry with him and I really don't know how to manage it. The relationship has gone very bad.' He said, 'The unconscious is telling you that you must bow to him. He is of a higher awareness, so you must bow to him. It is giving you a balance.'

There was another girl who came to him with a dream, just putting two dreams together I am telling you, he said that, 'I see my mother as a witch'. So he asked the girl, 'What is your relationship with your mother?' She said, 'It's very fine, very good. She actually pampers me, she has pampered me so much that I am jeers good for nothing.' 'That is the thing coming to you from your unconscious to suggest that your mother is a witch who is spoiling you.'

And there are 1001 like that, you see there are so many volumes of books which you can read for yourself. So the psychologist said to us that the state of human awareness that it will reach to a point where it will be thoughtlessly aware. He will be aware, but there won't be any thought. This is said by Jung who was a psychologist. So we should know what we have to expect.

Now there's another source which is very clear and very very [UNCLEAR] which we can understand are the scriptures. If you read John's Revelation you can read about [UNCLEAR]. You will know that the cool breeze is to be expected, if you read Adi Shankaracharya because he is the one who has completely exposed the whole thing in the 6th century [ie 600s]. This knowledge was a secret knowledge before that.

Because the evolutionary forces have not taken its proper course. It was kept as secret knowledge, a guarded knowledge, for very few. Only in the 6th century [ie 600s] he started exposing it and Kabira and Nanaka, all these people came out full exposition of Kundalini.

The greatest work on Kundalini was in Maharashtra, where Nath, the 9 Nathas, the primordial masters they call themselves, worked out and also in other places, they also came from Punjab. There was a big report Punjab and Maharashtra and they went into the forest, meditated and religiously tried to find out the works of the Kundalini, what was the force, what was the secret within us, what was the germinating force that is going to give us this. Because only one or two were realized, whenever they talked about realization, nobody could believe them and they couldn't understand. There is a force like that and they said, Oh we are happy with ourselves.

Moreover the people who were realized, had such bad experiences of all these people, like they were beaten up, crucified, they were poisoned, I mean imagine the people. What was there to crucify Christ. I still can't understand. So the very sensible people of this world looked at all the explanation about God and Divinity with that kind of a hostile attitude. And there was no way of changing this attitude of these people. And this hostility was expressed even by religious organization. You see, anybody who was a realized soul was thrown away from the churches, from temples, these brahmins killed them, they tortured them, the last one that we had was Shirdi Sai Nath. And if you see how the brahmins from another area from [UNCLEAR] how they tortured him you would be surprised. Not only that, they brought a snake charmer with a snake to kill and he got hold of the snake and talked to the snake, you see snake went away and bit charmer. Then he was the one who got up and saved the charmer. And he told him, don't do all these things. He said, I would not but these people brahmins have given me.

So the people who were supposed to be in charge of religion themselves crucified those saints who talked of reality. That's how reality was completely blinded. Nobody could see it and people were get.

This was the problem and that's why somebody had to come and do this to give en-Masse realization to people. So that it becomes a common knowledge. Everything that is discovered by one person has to become the common knowledge otherwise it has no meaning. Even in the science you see, you find out about Electricity, it has a big mystery behind it, whatever it is but at a point is has to become a common knowledge. If it is not a common knowledge it is never accepted and it has no value at all. It has to become a knowledge of every human being otherwise it has no meaning.

And the time has come fo you to have the actualization and to have the complete knowledge of your being. What you are, what you are going to be, what you could have been, what are the problems around. So in us is placed a germinating force. We are all

built in, it's like a computer, absolutely living computer within us is placed through our evolution, one by one, step by step. All these points have been properly put down in our backbone, in our brain and in the limbic area here, absolutely [UNCLEAR] and only thing one has to do is to surrender to accept it. But we surrender to all kinds of nonsensical things, but to the right person our Ego will immediately stand out, you see.

If somebody has two hearts it is very easy to surrender. Or if somebody is very cunning very easy to surrender. But where do you surrender, is to the Divine force, to yourself, to your wisdom. What do you surrender is your nonsensical idiotic Ego. What do you have to surrender to God, what do have, only this known knowledge which has come to you through Ego and sometimes through these possessions which is supra conscious.

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Now for surrendering people think, how can I surrender. Now you cannot think about it, how should I surrender. Can you work it out on a paper, I will do this  $x + x =$  so much. It's very simple, how do you love. Do you sit down and make a picture, now I'm going to love my child, so I will make a lap with this much angle and this much angle and the baby there at this angle, look at her with this angle, then I turn left right, then again I put the child this side. Do you do like that?

You know how to love, don't you? It's built in. Surrendering is nothing but the love of God that is within you. He is within you in your heart. He is there. All the scriptures have said that and none of them are wrong or false. They might have listened to [UNCLEAR] somewhere, everybody has to play tricks. Our tantras in India, all of these who are nowadays gurus were tantras once upon a time, in the 6th century. They entered into all kinds of things. And the worst thing they entered into are the Vedas themselves, you see, where they declare that even I think, like Ashwamedhya [name needs to be checked] which is a very pure thing is also disoriented from sex.

Even they said that the God and the Goddess, the God and His power are sex relationships. Actually they think that human beings are nothing but sex points. They have nothing else in them. Even an ameba has something more than that. But we accept them. Why? Because we are seekers. We are simple. And we are seeking, we are born in this world to seek. We have taken our birth specially at this time so seek. We have been seekers all our lives and today we want to seek. And how are we going to seek? Wherever we get a chance we had to. I know it is hard to understand it, you don't have to do anything, just sit right. The boat is moving and it will take you to the other end. You don't have to do anything.

It was going to work out, this is how it has to mature. Now the flowers are there, they attract the bees, the bees come at the right time, they blossom at the right time and also the fruits appear at the right time. It has to mature. It has to take its own course and time. The way you are built in, you are made it has to complete itself, so the another round starts. And that's why this [UNCLEAR] has blossomed today. That's all, nothing more than that. It is very easy to correct. There is no problem about it. It's very easy, because once you have [UNCLEAR] you start seeing everything very very clear, because there is no light it becomes so difficult. Have you tried climbing up steps without lights in any new house which you have not been? Three times you fall down before you get over one, like that. But if there is light, whatever type of the house ready, wherever you have been, you can just go up. Just like that. In the same way, unless and until you are enlightened, unless and until you are realized, unless and until you have that power poured into you, you cannot understand and you cannot see that how simple it is. And you are so beautifully built in your previous searches, that once you get this awakening within you, you start awakening others. Immediately and you can start it also [UNCLEAR]. But you see just now it's such a powerful thing, that most of them have got it, so I don't know where [UNCLEAR]. Most of them have got it. Sometimes it happens like that, whom are we going to raise now, Mother everybody is realized.

[Shri Mataji laughing and Yogis talking]

She's got it too. You see that's the problem. That it is [UNCLEAR] but you will find that it will settle down again. It has to go back because we have got chakras within us, the centers, which are being exhausted. That I would say, now this side is the left side and this side is the right side. And both sides are the sympathetic nervous system. Right side sympathetic nervous system works for your mental being and for your emotional being, mental being and for your physical being, the left side for your

emotional being. In-between is the central path, is the para sys. Now the underline subtle energies that control these two, left and right, the left one is controlled by the power which we call as Mahakali swarupa, which is, when the hrim and the kleem. The hrim is the central power, ra is energy, hrim is the one which gives you evolutionary powers and also sustenance. Like carbon had its own sustenance, and gold has its own sustenance, as you have your own sustenance. Everybody has the sustenance through this central power of hrim, is the power of Mahalakshmi. And the right hand-side power is the power of Mahasaraswati.

Now you shouldn't get upset, it resides within. It has nothing with any particular community or anything, because these were found out by Saints who were meditating in India and they read Sanskrit language. That's why they are Sadhus. Moreover these days also science has developed here, but also in India a kind of a science [UNCLEAR] and the science that was developed in India was the science of Kudalini, is the force of the germinating power, the residual power within us. And this science has seen or has actually experiment with the movement of the Kundalini when it moves, the sounds take place. And these sounds are different on different centers within us, which are seven basics, but there are 11 otherwise and there are three

[Shri Mataji talking with Yogi]

350, this is the thing, 350 million, but [UNCLEAR] only with seven [UNCLEAR]. Not more than that. It's too much of ending. Why should you [UNCLEAR]. We need not worry, now you are sitting [UNCLEAR], it's perfectly alright. Why should you worry from where this electricity has come. And from how much of drops it must have taken to create this much of electricity. Is it from the water or from the coal or what is the history, whose bother. You just put on the light and enjoying. They are ready for you. It's all done. In this also you must take it for granted that it's all done for you and you have every right to happened.

So this Kundalini, when it passes through all these various chakras it makes a sound. And that sound has been taken by those people in the ancient days as the phonetics, phonetic sounds for forming the Sanskrit language. That's why Sanskrit is used for controlling the Kundalini, the movement of the Kundalini. And the centers that are within you have got a mark, a land mark of your evolution. For example, the leaders who came at different stages of your evolution where actually the incarnations of Divine power and they have left a mark within you and they exist within you at that particular center. So when you say a particular mantra that deity opens out and starts emitting energy. But still human being without realization is a limited energy. These deities have limited energies. But if he is put in connection with the All-pervading Power through Realization, then these deities are also [UNCLEAR]. Like if you have a car and you [UNCLEAR] petrol and the petrol shop is there, then you put the car into tension and you know what to do. But supposing there is a permanent pipe on the cap of the patrol tank, which is filling is permanently then you don't have tensions. You are not bothered what is exhaustion. Now this exhaustion on all the centers, because these are the underlying forces of all the plexuses that we have outside. When they get exhausted, plexuses that are active in our body, our mind, our thinking, our emotional activities, all of them get exhausted and then we develop diseases of various types. Physical, mental, emotional.

So to make these centers awakened is a very important thing even from a day to day life stand point, like you must fill them up, you must awaken them so that at least your health is alright, your wealth is all right, your mind is alright, and also your emotions are all right. This is the basis.

But ultimately what do you get? Ultimately you get that connection which is all the time [UNCLEAR]. Not only that much like unless and until you get this connected to the main you cannot work it out. Maybe very nicely made what to do then. So, the first thing is put it to the mains. When you put it to the mains then only you will realize where is the problem. Otherwise you will not know. But when you get your self realization you know your problems. [UNCLEAR] That is self realization, you know your centers how they are effected, where they are effected, what is the problem there and you get the power to cure.

Of course thoughtless awareness is there, no doubt but plus that immediately. A person who Kundalini has crossed Agnya, only Agnya, may not even get realization can cure others. That's how are are have half baked curing people. Mostly then they get possessed and they get spiritualists, you see. Their Kundalini only rises up to Agnya and some spirit comes into and he becomes spiritualist. But you people even if it crosses Agnya immediately you can start curing. When it crosses Sahasrara this point, the last point, then you enter into that area or into that subtle awareness which is all pervading.

Just now we think that you are different, she is different, she is different, but there's a thread passing through. If your attention becomes that thread then you can pass into anyone. That's how you know yourself, you know your problems, everything, you also know ours, immediately. That is what is the collective consciousness about which Jung also has integrated. So you have to expect collective consciousness that is, is an actualization. That is that you are consciousness, your awareness get's that dimension in actual form, that you become. To explain it I will tell you.

Like animals walking through dirt and filth they never feel any dirt or filth. They cannot see beauty. But we can. We cannot walk through dirt and filth, our awareness is very different from that of animals. In the same way when you become this then your awareness becomes so beautiful, that you start feeling the sin. You start feeling the wrong. I don't have to tell you, you may not just do it. I don't have to tell you. Automatically you started feeling what is good for you and what is bad. Say our [UNCLEAR] has not come. I never tell you don't drink , you know I don't, you go ahead, have cancer and have everything nicely, then comfortably, have your liver absolutely shattered, you are a drunken fellow, then live comfortably. Alright doesn't matter. Then the realization takes place, immediately the priorities change within you. Absolutely. Will be amazed I have seen people who have been terrible drunkards, you see. They said, Mother we can't help it. I said, what happened? We vomit. Same thing happened with Rustom. He started vomiting and he couldn't take, you see, anger.

Then you just enjoy something else, because if you get the nectar of life then you don't run after frivolous things, useless thing. Your dignity becomes different. You become different. It's entirely different. Your sense of enjoyment is so different. You become really beautiful flowers and the fragrance people can see from a distance, even from a telephone. It's so dynamic. And that is what it should happen. For that what should we do? You can say, Mother what should we do? Nothing, just ask. You have to ask me and knock. That's all. Even if you do not knock your Mother is going to knock at your doors. She is very persuasive, she will come to your house. Make you comfortable, she will massage your body, she will massage your head, she will massage your back, work on you and she see to it that she takes you out. She has too much patience. And you will be amazed, that if I am tired I feel better 17:13

## 1979-0609, Talk to yogis Day 2

View [online](#).

9 June 1979

Talk to Sahaja Yogis

Maria's House, Wellingborough (England)

Talk Language: English | Transcript (English) – Draft

Maria's House Day 2, Northampton (UK), 9 June 1979.

Talk to Sahaja Yogis, Maria's House, Wellingborough (England), 9 June 1979

[Unclear] Because he must have been trained by a real tantric house, how to displease another one's Krishna. Because if Krishna is challenged, you see he is the one who gives you the feeling of the whole, you see, you start feeling, you are a part of the whole because he is the whole. He is the primordial Virata. So Krishna [Unclear: Sister] by Digi his name, by crazy him, delight them [unclear] he crosses all the plus, later on, I think maybe, I don't know how the things must have happened. He thinks also there is the power of mother working. You see, so he wants to learn that also.

So, he gives the mantra of: 'Shri', 'aim', 'hrim', 'klim'. These are the mantra of Mahakali, Mahalaxmi, Mahasaraswati. iem is Mahakali- left hand side, – very dangerous, it is whole of subconscious. You said 'aim' is normal. But 'rim' is also called as Shri at a point. At this point is called as Shri. So, you can say, these words are the short forms of Mahakali, Mahalakshmi and Mahasaraswati. So, What he does as a [Unclear: transformer]? He discretizes [unsure] all these stages and overpowers your areas, your chakras, where these Deities are, reside. Actually, he breaks them like this [Unclear] better not [unclear]. This one is left-hand side, and this is right side. All right?

Left sympathetic and right sympathetic and the center is Sushumna, is the parasympathetic. Inside of, the Deities take place at every center What he does, he uses sympathetic system by fooling them off. By making for you, first of all, you take this mantra.

So, by doing that effort, first of all, you get right Vishuddhi, which all of you have got. For example, right Vishuddhi, because if you say a mantra, you see, it immediately came down there – right Vishuddhi is taken- went off. Sneezing is nothing but right Vishuddhi [Unclear: open curve]. So, this right Vishuddhi is the – it also gets spoiled because he makes you remember and that means, he makes you put your physical effort to remember that mantra, isn't it. So your right side is unauthorized, you have no business to do it, so you got your right Vishuddhi, all of you must suffer from Cold[Unclear]because If you use that kind of right Vishuddhi then possibly also, your left Vishuddhi is spoiled why? – because it is unauthorized – first physical exertion and second the unauthorized you are taking them, and thirdly he makes you even more substantial by putting guilt in your mind. That if you don't do this, that will happen. This is the fear side.

Sahaja Yogi: Do you know one of the techniques is the [unclear]

Shri Mataji: See, now – you are saying mantra this time, putting your attention in the heart. So, all the negative forces are drawn into the heart, it sort of channelized then which is only Krishna's mantra if you give, there only one chakra is spoiled but spoiled drastically. IT cannot be spoiled so much Even by smoking 100 cigarettes per day. It runs very well – this Vishudhi but after spoiling that, then he is also interested in other chakras. So he gives you another mantra like mantra of Shrin. You can better be Shrin, your right side is [Unclear] then a ghost put there, there is a spirit it. One it is heavenly, there is a void in that area [Unclear]. The name of the fellow is Shrin, he resides in that area. I don't know if you have that system but we have in Maharashtra. If that if I come say from Nagpur they called areas Nagpur girl like Londona, your surname could be a Londana.

So they have called area in between [Unclear]. Also, they have gotten some sort of [unclear : mother] also readers of the delegation which are named like ing, bing, indya, pindya and all this. [Unclear: This is not any chance you see]. So, main chakras that he has captured is this one. as, He works on that. also on this, especially on the right-hand side because he works more on right because he believes in supraconscious. When the superconscious spirits are brought in, you become over ambitious. You start getting ideas, how to agonize, how to do this & how to do that and that's how you so much[Unclear] spreading this [Unclear]

because they give you ideas, [Unclear] make this thing. They also give you an idea how to explain certain things. What happens to you, How pulse go that – in all scientific terminology. You see, they give you ideas.

These are the some of scientists who have died and who have never satisfied with the progress they made. They didn't have sufficient satisfaction of their success. So, they come very handy. They come & give you ideas. So all things start on the right side. It's all superconscious work. He tries Shrim and all that. I think he also think of iem. Iem is left hand side and [Unclear: it's the hotchpotch he is tied to] . I don't know, he also know all the chakras and but that's all . You see this started, I must tell you how it must have started because like you see.

I also feel I must be , it's my little chance to do that [Unclear] – little benefit of doubt. In the beginning, what must have happened, they must have put in lot of effort to get into their [Unclear: senses] and may be that some of them must have been to real gurus and must have been discarded by these gurus and then they must have tried to mediate and find out themselves- all sort of activities – the original tantrika [Unclear: activities –] while working too hard, what happens that when you work too hard with sympathetic practices you may go around the chakras.

So that, you can see the chakras like this chaos of [unclear: easter], beyond [unclear]. They were not in it. In Sahaja Yoga, I don't see you pass through center but these people go round the chakras and they must have seen , you see going round the chakra. First thing, they must have seen- must be trunk of Shri Ganesha on Mooladhara. You see, they must have felt that's yes that's the kundalini at the Mooladhara. So they must have this feelings. They must have thought sex to do something with Mooladhara. So they must have tried the sex business. Sex in a funny way, perverted sex. We haven't seen sexo Yoni [Unclear]

Then you see, first they started with over indulgence in these things like Sexo Yoni business Rajneesh started, you see . May be first they to do that kind of thing[Unclear] then they must have been fond of this. So, these people go nutty and they are possessed, and they are destroyed.

So, they must have tried another way now, that is to do something called as not actually do the sex but do require [Unclear] So, out of them, came out the Kapalikas and you see, if you read our tantra [Unclear]. Did you read the book of tantra? that sort of people came. and they started having young girls with them, keeping them and not to have any relationship with them. They would try their sort of celibacy with the young girls who stayed with them and ultimately they would kill that girl like a bunny to the mother. Imagine what a thing!! and that's how by doing all these things they got power, they got more dirty people coming out.

[Child crying.]

Shri Mataji: That little Kid! How is he? Was he better? He slept better. Is he better now? Now lift your bag.

Sahaja Yogi: It's better that, it's not gone. It's still there.

Shri Mataji: Put this one on left Nabhi -[unclear]

So, ultimately you see, they must have, another set of experiment with this Kapalika. In third one's came who went into – severe austerity like they would not look at a woman. They would not go near a woman and just have nothing to do with that and just become severely austere, very austere, absolutely dried up being. And these people developed a power by which they could curse anyone, they would [Unclear] they will become 'bhasm'. They will just curse and it used to happen. These were the powers also of the supraconscious and they thought they are very powerful people like that they are many like horrible ones.

There is no question of evolution or salvation but they could only develop a set of power by which they could just burn you off and could achieve results. And that's what they did. And this austerity sort of things started is wearing these kashayavastr, wearing this rob of a sannyasi. Now when this sanyasi, you see this thing started, Parashurama came to finish them.

Parashurama came out. He killed lots of horrible people. They called themselves Brahmins. That's why Parashurama killed brahmin, you see. Why Parashurama killed Brahmin? Because of the same reason, because of these Brahmins. They had started with the austerity. You see, it's all movement in the center at point.

If you move too much from the center, the center life is a happy married life, sensible normal life with the husband. Austerity and all those things were not meant for a married man neither for a person who was grown up. But it was meant for a time when 75 years of your has passed, when your wife is lost or your husband is lost, then you give sannyasa. There was no question of

people taking a sannyasa in a way that was say [unclear] because you see all the guru have their wives.

All the guru has their wives. You can make out the guru from the gotras, you see, gotra is the name of the university where the small children at the age of say up to the age of 25 years studied from 5 years of small children up to 25 years, the name of the university was gotra. If you say my gotra is Shandilya, then I can't marry a man from the same gotra. It must have been in ancient times, the Shandilya gotra, I mean thousands of years, but it even today you cannot marry the same gotra. You can marry your own father's sister's son but you cannot marry same gotra he may be from another village. But from the same village, people would not marry. That was not regarded as good. Just to keep celibacy at the age of education, when they were educated, it was complete celibacy. To maintain they make relationship of brother and sister between the students. You see that's what they did.

[Shri Mataji conversing with someone: Unclear]

So, this is what they did is to go up to the point of austerity then Parashurama came and he just killed all these Brahmins because they were of that kind who would just do bhasam. Vishwamitar – the horrible fellow, one of them another one was Durwasa- horrible people. Lots of them.

Sahaja Yogi: So, Vishwamitar [Unclear]

Shri Mataji: Vishwamitar was horrible and later on he goes his Realization.

But even after becoming a rishi, you see, after becoming that he did these horrible things [Unclear]. He tortured the lives of so many people specially of very good being [Unclear]. He was horrible. But at the end of his life, he changed over and he became a good person. He became a saint. But people worship his back days, torturing all. So, now this another face after this one where he finds austerity and all this. That people understood that one he has that you just tell, people he has austerity [Unclear] and you know that there is something, you have all the devils with you.

So, you enjoying yourself and tell them all right what is in this money? Why should I have this? This is no good for you. You see, you give it up. All right. They put a devil into you and the devil tells you Give all this to Babaji. Babaji is the one you must give. Why should you have it like this Satya Sai Baba. One of his affected one came to me and she told me, she is actually my sister in law. She told me.... My brother told me... that baba has given me a ring. I said why? how many rings you are having? He say many. I said why did he gave it to you? I mean if he was such a great revealer, he should reveal this country financial problem.

But in India people are seeking money. You see he enjoyed that very much, and he said not only he gave me his blessings twice, What is they're after all? Even if he has given me an ordinary thing. I would have taken it. Then I said why did you come to me? So, my brother told me there is a big problem. I found from my house diamonds are missing.

[Shri Mataji conversing on other topic [unclear]]

I tell you that see still there is a space in it.

[Laughter]

[Unclear]

Now then you see this fellow is I think he has done this austerity business and all of this he has done, and he has lots of ghost in it because he has been for a Narakasura was their fourteen thousand year thousand back. Narakasura was killed and he might have taken, may be one of his horrible people like austerity and all that. He must have one of them something like that. He might have been [Unclear] someone like that. Which are the third, repeat. Put hand or something.

Sahaja Yogi: [Unclear]

Shri Mataji: Where was he killed

Sahaja Yogi: [Unclear]

Shri Mataji: Where is that?

Sahaja Yogi: In the middle of somewhere. [Unclear] Warick or somewhere else.

Shri Mataji: So you see but still when you see them you can find out from their qualities and the way they are. Find out they come back into sometimes, but they repeat themselves after 2000 years mostly, after 2000 years.

Sahaja Yogi: [Unclear] They must have seen [Unclear] there was a very interesting woman who die [Unclear]

Shri Mataji: What did she say?

Sahaja Yogi: She was able to see people and see them in their past incarnation and she believe that Maha Shiva, but she never says who she was though, She was around the time of Christ and she never say who she actually was, but she was around at the time. and Then the story starts, you know, who he was, and what he was, and the pure mythology is broke up on rumour and you know, people start then believing before you get away from the house. You start believing stories, you know Maha Shiva was this Maha Shiva was this [Unclear] and that's how the fear starts because they believe, if he was that person, he must have certain powers and these powers are able to destroy people and that you better do what he says

Shri Mataji: I mean they say, was he is good power or evil power at the time of Christ.

Sahaja Yogi: No one ever say.

Shri Mataji: I mean if she was say, a good power, he could not be better than Christ. Why believe in his?

Sahaja Yogi: [Unclear] They must be covering up that's how [Unclear]

Another Sahaja Yogi: There was a rumour that he was a good person around

Shri Mataji: All right. I see. That has to be. You see, Would you say that he is a bad person! You see, if you want to spread somebody's message, you don't say that person is bad. [Unclear] but it's in such a big way that, you cannot believe how big it is. Now this austerity business, you see – this fellow knows nothing about us. But this fellow tells you alright like Satya Sai baba I was telling you about. My brother was losing his diamonds. You see, so I asked him. He was losing his diamonds from his house, you see.

So, I asked about my sister-in-law, she came. I put bandhan on her. She was possessed, but what I can do Somebody in me, put me feel this – all of this is dust and all should be given to baba. I said you are a doctor [unclear]. Now think, you are a housewife. In India, I see every housewife, must wear her ornaments. You see, it is auspicious. She cannot go out without ornaments, if I don't have bangles on Me, my husband would be upset to see why the bangles are off. You see, it's so auspicious. I said that, "It's so- why should you give your ornaments to this fellow who is Sanyasi? He is not a married man". I said, "If he was a sannyasi, that should be more than dust to him, if it is dust for you and then you know why this [unclear]".

She lost it too. She lost a lot of her diamonds.

[Unclear] This is the only bit of jewellery left. My mother gave me a golden watch [Unclear] So much jewellery I lost. Isn't that truth!! [Unclear]

Sahaja Yogi: He materializes things. He knows how to materialize jewellery He disappears jewellery from one place to appears at another [unclear].

Shri Mataji: Thats how he did. Thats how he manages. These are not powers. This is only Spirits doing. If I remove this knife from here to here alright, what is so great. You must think about it. What I am saying you use your brain. Now, what is got interested in moving this knife from here to here.

Sahaj Yogi: [Unclear] Not at all

Shri Mataji: But you don't see the hand moving. That's why you must put into the GOD, you must appropriate it with the GOD. How can you do that? But Indians are very much realistics. They think that we must get money. If somebody give them a diamond ring. Ohhh – that's great but I am surprised. He only gives to the very rich people. I told my brother why didn't he give it to your chauffeur who had gone with you. Because you have so many diamonds, your wife has so many diamonds. Why did he give it to you? Why doesn't he solve all the problems? This is the thing people don't think because they have that problem, they think this is very important. That's why they do it. Now for you he is trying austerity trick, that like another one who is there. He says,"You must live very austere life. Give your purse to me, I will look after that. And give your property to me and also your wife".

Sahaja Yogi: I mean we know someone [Unclear].

Shri Mataji: Not yet. We have never had that.

Sahaja Yogi: [Unclear].

Another Sahaja Yogi: There is one girl we know. We see her in a very bad way.

Sahaj Yogi: She is very in a bad way. She has been rounding and mediating. I know from 9 years.

Shri Mataji: She need to [Unclear]

Sahaja Yogi: [Unclear] you must be very careful. It doesn't backfire to you. Journalist will be sympathizer to

Shri Mataji: They wouldn't. I will tell you how to work it out. You see how to work it out. I will tell you.

Sahaja Yogi: The Funny thing happened last week. [Unclear]

Shri Mataji: It is just a coincidence, but I would say. That's why I always feel first of all you get all these people into Sahaja Yoga. Your protection done and then [Unclear]. You must have your protection. You must have the force of God behind you. Once you have that, then it's a very different thing.

Sahaja Yogini: I really thank you for the last three months. [Unclear] I fell like to do something, but now it's not the time.

Shri Mataji: No, you just wait till you all are established in Sahaja Yoga, as you said.

Now, Gavin, let's see, let's see if we can sort it out now. That I was thinking of going to Scotland say why can't we do this? When can if this Guru Purnima?

Sahaja Yogi: [Unclear]

Shri Mataji: Next full moon

Sahaja Yogi: Next full moon is last night. [Unclear] – 7th of July.

Shri Mataji: Is it?

Sahaja Yogi: First week end in July. 7th is the Sunday.

Another Sahaja Yogi: [Unclear] She is saying, there is no train on Sunday but that's doesn't matter.

Shri Mataji: Everybody will come.

Sahaja Yogi: We can have people there on say

Shri Mataji: Just find out the exact date of Guru Purnima.

Sahaja Yogi: [Unclear] just give me my dairy

Shri Mataji: But I think we shouldn't have Guru Purnima there. First one, you should get realized. You can have any date. Don't you worry. We have it any date after Guru Purnima. That is how it talks [Unclear]. What is the program?

Sahaja Yogi: [Unclear]

Shri Mataji: We have no program in July. So, let us do it from the 3rd of July.

Sahaja Yogi: [Unclear]

Shri Mataji: Yes, that's how [unclear]. Guru Puja should be done. Why am I saying it is these new people are coming into Sahaja Yoga because no doubt should be gone into their mind. You see – If you put them into Guru Puja how can they start? They will get ideas. So, better think to do slowly and carefully. What I would say, what about 3rd of July or something like that?

Sahaja Yogi: [Unclear]

Shri Mataji: What's the day on the 3rd of July?

Sahaja Yogi: Tuesday

Shri Mataji: 3 days we do. Can you get those people?

Sahaja Yogi: I will try. Let's see what happens.

[Someone crying]

Shri Mataji: Why is she crying?

Sahaja Yogi: She want to say 'sorry'.

Shri Mataji: But why she is saying sorry? It's perfectly all right. For what? You have given Me such a sweet childlike Maria. What is this you are sorry about?

Sahaja Yogi: [Unclear]

Shri Mataji: [Unclear] After all, so many of them recognize Me so easily

I am so happy about it. No, she is better on [Unclear].

Sahaja Yogi: [Unclear]

Shri Mataji: This is another side of life. [Unclear] There are not going to recognize because they have given a wrong [Unclear].

This is another side.

You seek it for money purpose. [Unclear] If someone can remove that, then i think it would be a good change. [Unclear] One criteria is sufficient, Anybody who takes money is fake. Let's say, How many are left? They most of them will be failed. This one small [Unclear]. Second would be, those who are interested in women [Unclear] It is one of the greatest things [Unclear]. But a Guru, who can say he is saint man [Unclear] he is interested not only in [Unclear]. He is trying another trick of tantrism in which he says – you wear that dress. Alright. A dress which announces that you are a dashed person and you indulge into everything. See, just a position, you understand that point. You please something and do just a position, to insert something like sannyasa is the dress of the sannyasi, is the dress of the person who is detached.

A person who has renounced the word and made that person get involved in to very much. You see – you do just the opposite of what one should do by wearing a sannyasi dress. You have to be really detached person. Such a person should not live in any city or in any village. He can only live in away from the village and that too not more than one night. That's a man is known as sannyasi.

Sahaja Yogi: [Unclear]

Shri Mataji: That's it.

Sahaja Yogi: [Unclear]

Shri Mataji: You see to make a woman wear sari and insulted. You see this is the sari is the dress of the goddess. She wears the sari. The whole universe has sari and movement is that way. So, she wears a sari and the Goddess is, that's how you make somebody to wear a sari. You see sari has, I mean the biggest thing of the sari is to keep you modesty. It covers your body. You see it is the housewife thing. All the Goddesses wear sari.

Sahaj Yogi [Unclear]

Shri Mataji: Just imagine, then to spoil their chastity, to spoil their Gruhalakshmi, that is the sense of being the good housewife. So, just insulting that image which is so holy and that is how they achieve all the negative because it requires terrible.. I should say power or you can say negative power to face this kind of thing like a thief has to be very clever to enter into a say, pack which is guarded. In the same way, a person who can do such a thing to insult a sari. So, what he does, is to put them in the sari and remove their essence of Gruhalakshmi/housewife that's the best way of winning them completely, because their Gruhalakshmi completely, they use their left Nabhi completely.

Sahaj Yogi: [Unclear]

Shri Mataji: How would you have children according to them?

Sahaj Yogi: You don't.

Shri Mataji: Don't have?

Sahaj Yogi: No.

Shri Mataji: That's it. Now if I [unclear: find] Germany that not having children.

Sahaj Yogi: You know, in Germany, they believe, I mean, this is the way you get into [Unclear]. They cut tree from the roots. [Unclear]

Shri Mataji: The best part is using. Take away everybody clothes and have a shop for yourself. You see – It's something like that. Take away everybody money. Take away everybody married life and enjoy them.

Sahaj Yogi: [Unclear]

: [To a child] On you are good now. You are very good.

[Laughter]Shri Mataji: Hello Amma . How are you?

Sahaja Yogi: Fine

Shri Mataji: I am happy you come. Is he your friend?

Sahaja Yogi: Chris.

Shri Mataji: Chris. Good name. Is he from the same university?

Sahaja Yogi: Yes.

Shri Mataji: [To a child] On you are good now. You are very good.

[Laughter]

That's Maureen and Mark. They are going to get married. We are going to have marriage in our ashram very soon.

Sahaj Yogi: When?

Shri Mataji: On the 29. So, you are all cordially invited for the wedding ceremony. What I was saying about is people. See now, the custom in India is that unmarried girls are the Lakshmi actually, are the essence of the Lakshmi. They are respected as Lakshmi not Gruhalakshmi, but as a Lakshmi, in her innocence, as a child and in younger. In India, who is not yet married, could not dress up in gold and all that stuff. They are not supposed to do. Only after marriage this is the [Unclear: Alankara]. They have to put. After marriage.

Sahaja Yogi: There are 2 ways of girls.

Shri Mataji: Not for unmarried girls. It's only for married girls and not for austere people by any chance. You see, it's not too good. It's that in the ego of the women. You see, that younger get all that. They would like to do it. Only after marriage, they start, you see, ornaments come from the father and mother and the ancient ornaments also coming [unclear]. Then they started. Otherwise, they are not.

In India, nobody thinks in this way, you should lead like a life, like a- what to call hippy sort of the thing. That's not to be gave into. They will definitely come into if you become like that because you give them an invitation. They come into but everybody has a style of dressing up.

Even when Sita went with Rama in the Jungle. You see, she was to be [Unclear: detector] because you see all this, we wear this one here, this is for the right-hand side, chakra here and this is the right Vishudhi, protect your right Vishudhi, so your language is sweet. You see -When you speak, you see, you make that beautiful sound and you talk in such a manner, it makes such a delicate you see – delicate feeling, women around, you know, she is there to look after you. She loves, loves you and its purity. Purity about her. She loves her husband in that way. The rest of them is a pure relationship and so that's why you have to wear it.

All this, you see this is the Vishudhi. This is a sign of marriage and this I wore it, just imagine – this time, I have to wear, drama on Sahaja. When I was going for a dinner and I had to take out some of my ornaments to go to dinner with my husband. See – When I go with my husband, really very well dressed and that time I had to take [Unclear] but normally for a work like this, I wear a white sari and I wear simpler things, and I don't wear, minimum whatever is required. This is important for a married lady, has to wear this. This is given in the wedding time from the mother's side and this one is important from the husband side. So, mine has given to Mrs. Mehra to wear because mine is very powerful and then you have to wear certain things like red mark here, you have to put red mark from here to here throughout, this is called as Alta. That is to protect a woman from evil coming through her [Unclear: feet] Because she walks barefoot and that must be protected. This is the protection and apart from part, they give us 'maryada', the boundaries of the family life.

You cannot cross that boundary and that boundary is here, put down here. And then we have also got, another mark is very important mark is red mark. This is also for unmarried girls, but when they are married in UP, they put a mark here which is the 'Sahasrara' you see – so mostly, the realisation should come after marriage. Mostly, it should normally come, because then you are a complete person. You have married life you know but also before marriage it can come because if you are staying with Guru. When you are having your education and everything, that time Gurus can give it to you because of your innocence, you get it. But after the marriage, when it is crowned, you may get it earlier or later but it is crowned after the marriage. You see – after the marriage and the thing is put here. It is the wife who wears it, not the man. So the wife is very important. She maintains the spiritual balance and the protection of the family.

So, the Gruhalakshmi is so important, she has to wear all these things all the time. Now this [Unclear: story] you see the story, this is also in the wedding. There is another one here which I am not wearing because I have to wear socks but there is another one, which one has to wear every day after marriage and she has to be always auspiciously dressed and auspiciously living because she represents that power that subtle power which builds the family, looks after the family and that's why she is

respected and this Gruhalakshmi power, she has been trying to tackle, on the left hand side of her Nabhi, that is typical.

Because if you [Unclear: exide] the right side Swadisthana, your left Nabhi catches. Say if you are a very great thinker. If you are a bigger planner, if you are planning out things, you possibly get out of line, then what happens you get diabetes. You must have seen every day-to-day life, those who are planner, thinker, they get that because you are using your right side Swadisthana too much. Because of that there is effect on left hand side Nabhi. You neglect your wife, you become harsh to her. You see naturally those who are great planner, those who are organised their offices very well are very unkind to their wives. You see, because their left side becomes weak and left side start becoming weak. Makes your spleen and pancreas very weak and that's how you get diabetes.

Sahaja Yoga can cure diabetes by giving you balance. It's a question of balance; you lead an imbalanced life. When you are married, you must love your wife and spend time with her. She is the one who is your companion and she is the one who should be consulted and you must be with her, that should be your greatest choice in life. You see as far as the material side is concerned that's what is very important, otherwise why should a person like RAMA, who was an incarnation should run after SITA. So, this is the duty of the housewife. In India, we wear such great housewife SATI's but [Unclear] and use the message of your mother. You also as a mother you say.

So, all these things put together and it's very important for men that there Swadisthana should all right because their left Nabhi should be alright. They get diabetes, They get kidney trouble, then also they become harsh husband, will [Unclear dry] people. They are not going to be have a sex life. So, he has excited, overwork your right Swadisthana and as a result left side frozen. You can say frozen, left Nabhi is frozen. So he has a TB but he doesn't know anything about Chakras. He doesn't know anything. He has achieved because it happens. Say for example if I take, I don't know how to drive the car and I press the escalator and the escalators start working and dashes against something.

So, the person will say, "Yes, yes. I have done it". But no it was the escalator which it has done, by mistake you put your foot there and it has achieved it, because it was to be. In the same way, if I excite your right side Swadisthana, it impacts your left Nabhi, not through any power of knowledge but just by spoiling you, putting you on the ego trip. Those who are on the ego trip, always have a bad Nabhi.

Sahaja Yogi: [Unclear]

Shri Mataji: I know what it is... and moreover it has done it more here... because you were already on that sort of thing and he just got the point and he just pushed it more. Like Rajnish has got another point that you are on the point of melting awake, your morality about sex. So he's got that point.. So he became guru of that thing... and This fellow has become guru of your ambitions. He is putting ambitions in your [Unclear]

Sahaja Yogi: [Unclear] It looks expensive but it was horrible

Shri Mataji: Who has occupied that?

Sahaja Yogi: [Unclear] chocolate box, stylish, decorated

Shri Mataji: But who occupied that?

Sahaja Yogi: Well this is very old. The ladies of the government

Shri Mataji: But at least you can see, [Unclear], you can see that he was was so low [Unclear]. You see a person who is of that type. You cannot [Unclear] that person's destiny. Western people have definitely a very great sense of [Unclear: estimates] and he could find it as very easily because lack of [Unclear] colors and form. So, if you find a Guru like that. First of all, [Unclear: see in her petals]. He is zero. He doesn't understand it. You are a thousand times superior to him. In Intellect much more superior. In intellect, pure intellect, in pure knowledge you are much more. In pure knowledge I am saying. What he knows, is the knowledge of the evil.

Sahaja Yogi: You see, there is another place, [Unclear]

Shri Mataji: You call that thing knowledge? Knowledge to that evil knowledge!

Saha,a Yogi: Oh! No. No, no

Shri Mataji: No. What is that called? Tell me.

Sahaja Yogi: Shrewd. Very shrewd.

Shri Mataji: Shrewd is a very simple word.

Sahaja Yogi: Very shrewd, manipulative.

Shri Mataji: You see, I will give you a simple word: evil genius. Is it better?

Sahaja Yogi: Evil genius. Yes.

Shri Mataji: That the one, he is.

Sahaja Yogi: [Unclear] The more importantly what he has done to the people..

Shri Mataji: Yes, debased! He has debased, debased completely.

Sahaja Yogi: He has debased something you say is beautiful

Shri Mataji: That my concern,

Sahaja Yogi: That's my concern. It is something I always spoke against. That's why sometimes you can ask a lady any reason [Unclear] and whenever he speaks, he wants [Unclear] he kicks everyone out..

Shri Mataji: Which meant that?

Sahaja Yogi: [Unclear] I don't know.

Shri Mataji: [Unclear].

Sahaja Yogi: There were 700 people in a room. [Unclear] He starts talking and obviously, he influenced in a way because I mean last [unclear] It's not just one people. There are thousands of people out there. Thousands of people. They are all being in the name of spirituality.

Shri Mataji: I am saying from heart. I am saying what I think about him. I say they want to make money. Let them make. They want to be thugs. Let them be whatever they want. But how dare to touch you in the name of spirituality. They are touching your kundalini. You see, how can they, in the name of God. In the name of God, of course, there are many But to touch your kundalini! You see, they have gone very deep. They put into your superego, they put into your left Nabhi which is the base [Unclear]. Now, should I also think what she is also thinking about how [unclear] is going to be saved.

Sahaja Yogi: [Unclear]

Shri Mataji: That's why you have to build it up very carefully. What I am saying is you have to build up the base very carefully. You see, in such a manner that when they are away from it, they should not fall into it back. You see [Unclear], it can do that, they can just wait for them to fall into [Unclear], then they will start to say, because you see you left me that's why it happened. Because you see [Unclear] is consuming you all the time but while consuming you also just need that. You will all be shocked so much, inside so much shock, that by that shock only you might get into some sort of trouble. [Unclear]

Sahaja Yogi: and there is no concern for these people. You [Unclear] there was this woman specify, the person who is in charge of the people having, you know. All the people who are mediating in this country. She used to write the monthly report and when we were having enough time. One of the girls asked. What do you do of all these monthly reports. She said what reports. The all-monthly reports. They are all unopened & they could [Unclear: bring all the troubles. & there was this trouble] We know one person who wrote help to her home over a year [Unclear]

Shri Mataji: She doesn't [Unclear] those letters. All right?

Sahaja Yogi: No.

Shri Mataji: You see, [unclear] Now it's good for my Sahaja Yogi.

Sahaja Yogi: Then he says [unclear]. You are supposed to put A, B or C. A is for good, B is for bad.

Shri Mataji: Permanently they are branded.

Sahaja Yogi: You brand yourself. You say with your month's experience are good, bad or indifferent or terrible.

Shri Mataji: But How do you brand yourself?

Sahaja Yogi: Just the way you feel? If you know how you feel...

Shri Mataji: So that's why you just make up stories and say, I am A.

Sahaja Yogi: Yes

Shri Mataji: But he is not interested.

Sahaja Yogi: [Unclear] They said, "Well we don't want you to be here anymore". They talk that you are not of good vibrations.

Shri Mataji: They talk of vibrations. All right?

Sahaja Yogi: Vibes are one of the thing, bad vibes

Shri Mataji: Where did they get those words "vibrations"?

Sahaja Yogi: It's common, in explanation.

Shri Mataji: I think since I went their in some 70's.

Another Sahaja Yogi: Yes

Sahaja Yogi: It's from the hippy in 60's. You know the California thing. [Unclear] It's also the same sort of. You know.

Another Sahaja Yogi: When they come out, things like.

Another Sahaja Yogi: I didn't want their [Unclear] because of very, very wealthy woman. I didn't know what it was?

Shri Mataji: Everything is past.

Sahaja Yogi: And [unclear].

Another Sahaja Yogi: She is very pretty.

Sahaja Yogi: She is wealthy to the extreme and I said Tremanda. Who paid this? What are they telling you? [Unclear] and just say it is ridiculous. People are stressing [unclear]. Nothing is being [Unclear] the money no one know where the money going. [Unclear]. She wrote it all down. & then. She supposedly talked to "Maha Shri". [Unclear] enjoy the moment, enjoy the night. If there is any problem in this country. [Unclear] This is it.

Shri Mataji: What is it?

Sahaja Yogi: I say this is it. This is nonsense. You know people having particular problem. When Lili was having her problem, I spoke to MahaShri in front of 400-500 people in hall. And I said 'Maha Shri' because none of them have guts to say anything. That's the one of thing you don't talk about and I said 'Maha Shri'. Certain people are having certain experiences of they feel that, they are leaving their body and they get very frightened. They are getting death experiences. They get very frightened experiences. [Unclear] biggest idiot there and that was it. You laugh and that was end of it, and everyone else laugh, laugh.

Another Sahaja Yogi: They all laugh very well.

Sahaja Yogi: You know. And we know all of them are suffering from it. The people don't want to say anything about it. [Unclear]. It's like a spider web, you just hang on the thread. What happen when that thread snaps? You just left after that.

Shri Mataji: Because already he is burnt most of your boats.

Sahaja Yogi: The person reaches there have nothing. They have nothing. They have no training. They left school. They didn't have any training. They have nothing. they left school. they left to meditate young. they left school. They go straight into teacher training course. They spend 3 or 6 months which cost them anything up to 2500 – 3000 pounds to do that... then become four times [unclear] for 10 years. Then they are not trained in anything else [unclear]. What they do [unclear]. They look to work in private then [unclear]. What is it? [Unclear] And they are fifteen- twenty thousand people. [Unclear] and their knowledge is so minuscule, They even talk and any of them. I mean they are like [unclear, cats].

Shri Mataji: They are shallow.

Sahaja Yogi: They are very harsh. No heart.

Shri Mataji: They just go deep and it's all made up like this.

Sahaja Yogi: And they go up with a very set propaganda thing. You know – [unclear], then you got all the anxiety of exams [Unclear] why do we have to pay 40 pounds. Well you see. If you don't pay 40 pounds then there is no meaning to it and you are westerner and you hold money as a, as a-

Shri Mataji: Symbol of meaning.

Sahaja Yogi: Yes. If you don't pay then you don't do it. You give up. Why do we have to pay 1200 pounds without doing course. You see, city is ours.

Other sahaja Yogini: This is the same thing they did to us. [Unclear] But people came for 2 weeks [Unclear] & stayed at our place. They were definitely not paying 1500 bucks a week. And after the course we went to [unclear]

Shri Mataji: So, you must have starved, eating potatoes [Unclear]

Sahaja Yogi: [Unclear]

Shri Mataji: But Peter who did that, telling-

Sahaja Yogi: Who's running the course. [Unclear] We went their at a time. [Unclear] Anyway, we left.

Shri Mataji: I would say at a stage there must be some people who are having [Unclear]. I am sure of that at a certain stage like you said a lady [Unclear] that's sort. That's done. You see. So, they must be paying to their hands at a point. But all of you were sort of didn't understand and we are trying. You see couldn't get out of it. That was the point.

Sahaja Yogi: The thing is like a person highly positive. [Unclear]

Another Sahaja Yogi: This is mad. This is crazy.

Sahaja Yogi: You know. I mean, the interesting thing was that when 'Maha Shri' was speaking in public. He was a certain character and when He meets in private he was a completely different person. He said... Don't worry. Everything would be alright. You don't have to worry about money and open the door and then change like that. Like that, you become a completely different man.

Shri Mataji: About what he says?

Sahaja Yogi: Well for instance, there was one chance, when I am working in [Unclear]. I was working in the architectural department. Building. The building was huge. [Unclear] and they had bill for 60000 francs of electricity bill and Electricity goes and they hadn't paid the bill for some time. So, the decision was by the electricity board they switch off electricity for the entire village because they didn't pay the bill. [Unclear]. So the community, whole community operates in the small community. So community is like a council of this area, then council came to ask architectural department and demand 60000 francs So, there was this public meeting. So, one man stood up asks the person in-charge and asks why this money hasn't been paid? Pay it. (Incomplete conversation)

[A lady with a child comes. Child is crying.]

Shri Mataji: No, no. Mooladhara and left Vishudhi. Now, it's hot.

Shri Mataji asking a lady [In Hindi]: Where were you born?

Shri Mataji to a child: [Hindi] What happens? Should I give you something to eat? Do you want a banana? Do you want to eat it? Come here.

Shri Mataji to the lady: [Hindi] Throw this photo away. Because of this my hand is not working. It is happening due to this photo. It is too hot.

Sahaja Yogi: Jai Shri Mataji. I have to go now. I have to give Sahaj Yoga in [Unclear].

Shri Mataji: When?

Sahaja Yogi: This afternoon at 2:00 clock.

Shri Mataji: Ok. Good. May God Bless you. And [Unclear]

Sahaja Yogi: See you in Balgarnium.

Shri Mataji: Definitely. May God Bless you.

You are going too?

Sahaja Yogi: No, I am not going.

Shri Mataji: So, I have to tell you about baby. He had a supraconscious ghost on it. And I have put it out. Gone out. Now. He is alright. So, you take him [Unclear] I cleared that first day. But this one was very bad when she gave him. Now he doesn't shake. He is alright. So, you take him out. He is alright. He himself confessed, he was giving ideas of ego and all that. Now, he is alright. He will be all right. Don't you worry. Things are being easier for them.

Actually, they came for the program and they telephoned me to come alone here in the program. There is no program That's good. They came on their ownall and there was certain things, I asked her to remove. I am coming on the. What date?

Sahaja Yogi: 16th

Shri Mataji: Alright. May God Bless you. I hope you will be coming in one of the programs.

Sahaja Yogi: Yes.

Shri Mataji: Good.

[Sahaja Yogi going]

Shri Mataji: May God Bless you. May God Bless you.

[Child playing now.]

Shri Mataji: What's his name?

Sahaja Yogi: Derek

Shri Mataji: Derek is his name?

Shri Mataji: Somebody says a gentleman comes to house whose name is Joshi. What does he do for a living?

Sahaja Yogi: My husband discovering [unclear: his wealth. He just found.]

Shri Mataji: Are you feeling cold in hands?

Sahaja Yogi: Yes, I am feeling

Shri Mataji: What is the occupation of the Joshi?

Sahaja Yogi: [Unclear] Satya Naryan Katha

Shri Mataji: When did you do? These are all businesses for money.

Sahaja Yogi: I don't have his photo of Joshi.

Shri Mataji: Whom photo do you have?

Sahaja Yogi: I have a photo of Bal Yogeshwar.

Shri Mataji: [Angrily] He attacks the child. He is a very bad man. First remove his photo.

Sahaja Yogi: When coming from India, photo was also brought.

Shri Mataji: First remove the photo. Just beat [shoebeat] that Bal Yogeshwar, a horrible fellow. Beat him out. Just see – this child had got it from that Bal Yogeshwar fellow. Due to him, children suffer from a very bad disease.

[The child talks with Shri Mataji]

Shri Mataji [to the child]: You are liking it. You can take it. This is good. You can eat. You are liking it. Have it. Take it. Yes, it's lemon. Take it. Eat it.

Shri Mataji: That horrible Bal Yogeshwar. He killed so many people. Why you need him?

Do you know? He is 14 years, pupil get a punishment. You don't know. In Switzerland. You didn't read.

Lady: I don't know anything about him.

Shri Mataji: That Johiji. Anyway. don't invite such kind of people at home. All the ghosts are in your home. At Least, remove the photo of Bal Yogeshwar. Otherwise, he will attack the child again. Thank God you told Me. They didn't tell yesterday? One child had suffered through leukemia cancer because of Bal Yogeshwar. Don't go to all these types of things.

Shri Mataji: Ask for yourself, "Are you 'Adi Shakti?" Ask this question. You do mediation of Jagdamba. So you ask, "Are you Jagdamba?"

[Unclear]

Lady: My husband wants to do some business. He brought a shop.

Another Sahaja Yogi: Everything will be all right? Will he be running shop all right?

Shri Mataji: First of all ,you must be all right inside, clear your Devatas [Deities], then everything will be all right. If all Devatas, are happy everything will be all right. And all Devatas are inside us only. So, first clear your Devatas.

[The child is playing now]

Shri Mataji: Child is all right now. Is he looking all right now? Is he normal? Does he do like this normally? Does he play like this normally?

[Unclear]

Shri Mataji: She is asking you. She is opening their shop.

Sahaja Yogi: Yes, she told me.

Shri Mataji: What I said, that is also important. If inside you are all right, if there is Laxmi's blessing, everything will be all right.

Sahaja Yogi: Blessing will work. Don't worry about anything.

Shri Mataji: Be all right. He is very good, I must say. What's your name?

Sahaja Yogi: Chris

Shri Mataji: Chris. You are doing well.

Are you feeling all right? Give him bandhan though. Give him bandhan because this child [Unclear].

Shri Mataji: Just a child has come. Whose mother is worshipping the Bal Yogeshwar. She also had caught up.

What's your name?

Sahaja Yogi: Vijaya

Shri Mataji: His?

Sahaja Yogi: Amin.

[Some activities are going on]

Shri Mataji to child: Come. Come to Me.

[Child starts crying]

Shri Mataji: Ok. No. no. no. Ok. Take it. Take it. see.

You see, a little child can bring it. Just see – how he caught up. Now look at me. Don't do all these types of things. Remove the black thread worn in the hand. Don't wear black in hand. You can wear red but not black. Never take photos of all these Guru's or such bad people. Child suffer through all this.

Sahaja Yogi: [Unclear]

Shri Mataji: You see, it works out in the same way. See, what's going on left Nabhi. It is horrible. Do you also feel angry? Insomnia issues. These are the symptoms. See everybody is feeling. Now you are also feeling. A child has got it. Everybody is feeling. You see, this is a collective conscious. You see, all of you are feeling that. [Unclear]

Bring the child.

Better?

Feeling Better? Good. Now do you feel cool breeze?

Mother to child: Say, Jai Jai" [asking child to bow down/worship].

Shri Mataji: It's all right. Now, are you feeling peace?

Say the Lord's prayer – 3 times

Everyone singing Lord's Prayer.

Shri Mataji: Better now. See his chakra Agnya

Mother to child – Asking him again to bow down.

Shri Mataji: Did you take kumkum?

Sahaja Yogi: [Unclear]

[Mother to child – Asking him again to bow down...Jai, jai. Jai. Jai.]

Shri Mataji: Please come here. Are your parents disciples of Bal Yogeshwar?

Lady: No, brother of my father-in-law.

Shri Mataji: Did he get any benefit.

Lady: I don't know.

Shri Mataji: Then don't take his name. If you are not getting any benefit, why to go there? Then don't go.

[Mother to child, asking him again to bow down. Jai! Jai!]

[Many activities going on. ]

[Mother to child, asking him again to bow down. Jai! Jai!]

[Child starts crying]

Shri Mataji: Don't force him. he will not listen. He will be all right.

Sahaja Yogi: [Unclear].

Shri Mataji: How are you? How many sisters you are?

Sahaja Yogi: 3 sisters.

Shri Mataji: You all are come from-

Sahaja Yogi: Malhari.

Shri Mataji: Ok. I have been there. Is she going to some guru or some. No. you know her. Have you ever gone to these horrible people?. No. What about these Supra Nature business. No.

[Unclear]

Put your left hand on Me and right to [Unclear].

Better now? Much better?

How are you?

Linda, how are you?

[Unclear]

I can do anything to your eyes.

[Unclear]

[Shri Mataji is working on Yogis]

What are you studying?

Sahaja Yogi: [Unclear]

Shri Mataji: You suddenly get nervous sometimes?? or depressed??

Yes

Shri Mataji: You get nervous and depressed some time. You shouldn't go in the night out a door. Otherwise also, no travel in night. Say at least, walk around after say 10'o clock.

Shri Mataji: How is your mother? All right? How is your father? All right? Both of them are all right? You have good relations with them? [Unclear]

[End of conversation]

## 1979-0611, How Aspects of God are expressed within us

View [online](#).

11 June 1979

How Aspects Of God Are Expressed Within Us

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) - Reviewed

"How Aspects of God are Expressed within us," Caxton Hall, London (UK). 11 June 1979.

...Thank you. Come along. See those who are... You come in front, all right? Better thing is that the new people sit in front. It's better. Yes. Hello. Good. Very good.

So I would like to give you a little idea about this picture that we have in front of us (chakra chart). Now whom we call as God Almighty, the One who is eternal, who doesn't incarnate, who is all the time there watching the play of His Power, the Primordial Mother, is manifested through Her Power into His three aspects here, clearly, within ourselves and within the Primordial Being who is the ultimate which all the created people have to reach.

Now there's a difference between the two, the Almighty, God, as you call Him, the One who never incarnates, and the One who incarnates on this Earth and occupies a position like this, just like a human being, and He's called as a Primordial Being or you can say the Viraata, you can call Him the Viraat. Actually, though He's called as 'Primordial Being', He's an aspect of God. So these are two things if you understand, I will be able to explain to you how the aspects of God are expressed in us.

So the first aspect of God is His desire to create, His desire to create and in His desire to create ... (Oh, you were outside there Linda, I didn't recognise. Come along, I'm sorry I didn't recognise you, I never recognised you, I'm sorry, I never recognised. I thought, "Who is this one?" I'm sorry. So, this side would be better.)

So His desire to manifest, His desire to create, that's the aspect within us which is represented by this blue colour line which is called as the Adi Ida Nadi, or you can call it the primordial Ida channel by which He desires. Now as a desire can be born and can be finished off, can be switched off, in the same way, His desire to create also can be over. His desire to create any more may be over. His desire not to create for the time being could be there. So if you understand your desires, you can understand His desire also to create and that's why when He does not desire to have it anymore, the creation He can destroy.

So He is the One through which we exist and through which we are destroyed, too. So He's the One who manifests existence and destruction of Creation. That's why He is called as Destroyer. This aspect is represented by the principle of Shiva; which never incarnates because this principle is the one which is the germ, which is the beginning and which is the end of everything. Like a seed becomes the seed ultimately, in the same way this Shiva Tattwa, this principle of Shiva, germinates, creates and then it again becomes the same principle. That's why the principle of Shiva never changes. It is called as Shiva, means it is permanent, it is eternal. The rest of Them go into manifestations.

So first He desired and He wanted to create. So He had to have His aspect of Creator being put in and the second aspect of Creator (aside: can you show [them]?) is the, this yellow line that shows here is the Pingala Nadi, called as Adi Pingala, the Primordial Pingala channel by which He has created this Universe. Now the centre of this figure you can find this green round circle and this one is the one, is the space in which He created. He created in this space and that's why this space is called as Bhavasagara. Is the Ocean of Creation. 'Bhava' is the one that is created. Bhu, Bhava means the one... exactly it is the one that is done; bhava is done, means created. So the Creator then produces all the stars and the, all the galaxies, solar plexus, lunar plexuses, all the so-called mandalas. He does all that work.

But as you would say that first of all this blue line, if you follow it up, goes absolutely to the first centre, here. Now this line represents, though it manifests the Shiva principle, it is manifested or, you can say, it's carried on, through the power of Shiva that is known as Mahakali. That's the power of Mahakali which descends up to the lowest point there which is the first centre that is created by Mahakali Herself, and this centre is called as the Mooladhara Chakra. On this She has created first of all the first deity, the first we can call the Aradhy Devata. The one deity which is to be worshipped first in this whole world is the deity that is the embodiment of innocence.

So innocence was the first thing that was created by God, and not cunningness. Cunningness is our by-product, you see. He created innocence and holiness and that's how he put the deity there and that deity is called as Shri Ganesha. It's a, later on you will know that the same embodiment of innocence incarnated on this earth as Jesus Christ. Now this is a very, very important chakra or the centre about which I will tell you later on. But then after creating this, you see, God is a very, I should say, a very, very compassionate and affectionate being. He is the source of all our compassion and affection because He resides in the heart as Shiva there - you can see His place there. And then He wanted to produce somebody who would - after creating this. First He created the chakra for the innocence. That was the most primarily important thing, was to create innocence on this earth, to protect people. Innocence is auspiciousness, is called as mangalakari. Is the one that gives you auspiciousness. Now about auspiciousness also they have had a tape with them, you can ask them what it gives. And it is a thing that was first created, means that for us the blessings were created even before He started creating these galaxies. So He created a place in the space from where He could emit His blessings on this earth.

So secondly, then, He, before even creating the Creator, He just thought, "Let Me put Him up. Let Me have another aspect manifested," which is the central, centre path, in the - from the centre path which is known as the Sushumna, is the centre path of sustenance, of your dharma. Before creating anything else He created this one because this is the centre of seeking, is the centre of seeking. And this seeking was created even from the smallest of animals you know. When amoeba was created he's had a seeking. Otherwise he would never have evolved. And the, of course, the seeking changed its mode and its tone but there was a seeking first implanted at that point and for that He had to create a deity of His aspect of sustenance which was called as Shri Vishnu. His power is Mahalakshmi which is that channel, is the centre power.

Now the third one that He created out of it actually [UNCLEAR]. These are from here, what He made first of all from here is very formal and [INAUDIBLE for about 15 sec] and this power is called as the power of Mahasaraswati. So you have got three powers of Mahakali, Mahasaraswati and Mahalakshmi. This universe then was created through galaxies and through many ... solar systems and if you happen to read one of the so-called article of Mine on solar plexus or on the creation itself you will know how we were created very carefully, how the earth was created, how it was taken away. Part of it was taken away from the sun, taken very far away first and then adjusted, brought to a point where life could grow. All that was done and so the earth was created.

Now the first chakra, as I told you, is the Ganesha's chakra. Now this chakra is most important for us because this is the centre of Shri Ganesha who is the son of Mahakali's residual power which we can call as the Gauri. It is that, you can see in the centre, it's also called as the Kundalini. After creating the whole thing, I mean desiring the whole thing, He put part of that - that's why we call it residual power - into that Kundalini, the Adi Kundalini which would record all that is happening within and later on when the time comes it would give you your second birth. So this is the Kundalini here. It is placed in three and a half coil because three and a half coil brings forth eternal movement like your watches which are, say, automatic are... also have got three and a half coils just to put it in automatic way. That's how this idea must have come to somebody that we should put three and a half coils to have automatic watches, you see. So this is the three and a half coils there placed. And that's the Mother. That's the Mother. That's the Virgin. That's the One sitting down there.

Now this is the Mother who had not yet met Her husband but was married, but still a virgin. And the story is very interesting how She created Ganesha. She was worried that somebody may come inside the bathroom so She, out of Her body these things, what you call mala, the dirt on Her body, She took out some soil or clay that we use in India for washing the hands. Our clay is very good. And She put all the clay and took it out and made out of that a Ganesha. And put Him down there, at that point because She wanted somebody to protect Her. (Somebody has come? If you lock the door, how will I know? It's all right)

So this protection was created there for Her. But actually that's the One is also protecting Her protocol. That means this chakra nobody can enter into. Nobody can touch it. Through this centre anybody who tries to come in will be punished. Now, those people who say that Kundalini can be risen through sex are, I must say, either sadly mistaken or are sinister people, because that's the centre is to protect Her protocol. He never would allow anybody to enter through that point because that is the point which regulates and controls the sex. So that is a very, very holy place through which you cannot enter. The reason is, say, if there is mud and if there is all kind of filth, best thing is to put there the most purest form of deity who'd never gets embellished or who does not get hurt or in any way involved into that filth. So He, being the purest, He was placed there.

Like Christ came on this earth to a place, like horrible place like Bethlehem and all this, just because there was no other way out, you see. He was the only one who could come there and sustain these people who wanted to crucify Him later on. So He came down later but this embodiment of innocence was put there. Innocence is a thing which never is cunning and intelligent as you think intelligence is supposed to be. It's very different type of intelligence it has got that it just works out. You may be any amount of intelligence you may have and you may try to trick the innocence by any chances or by any, any sort of fraudulent ways. You cannot cheat. Innocence is above all that. And that is what was very important and that's why He was placed there.

Now the people who have been practicing this kind of a nonsensical stuff like going to Kundalini through the sex are really doing a very abusive and horrible thing to their own Mother, who is the Kundalini. Kundalini is your Mother. She has been with you for ages and She has been waiting for this day when you could get your Realisation. So those who try such tricks on the Kundalini, on their Mother, you can imagine how much they should be punished. That's why so many people get all these horrible experiences, of getting blisters in the body, they get heat in the body, sometimes they get a temperature and they get stuck up and all sort of things happen because of this kind of unauthorised behaviour.

The another thing could be to freeze this Ganesha, is to become a person who is absolutely running away from sex. One does not have to run away from sex because sex is one of the activities of Ganesha because He's a child, He doesn't understand what is sex is. He's abodh. He's innocent. He doesn't know that sex is something. You see, He has no consciousness of it. Like a child when He sees sex, for Him it is just like seeing flowers so nothing... he, he doesn't understand it. After a certain age only people start understanding it. So those people who also run away from sex are equally the same because there's nothing to run away and there's nothing to run to. It has to be understood at this point that sex has to be a very sacred and a secret thing between two personalities that is husband and wife who should be really married, collectively. A marriage which is done secretly somewhere and marriage secretly done somewhere is always brings problems. So marriage must be done in a open way and should be sanctioned collectively. Marriage is not an institution came to human beings from somewhere outside, but it has come to them from within. God Himself has brought this institution within them and it is to be respected in full way. And family life is the basis, absolutely the basis of human beings. Every human being must have a nest to grow when they are children.

We are playing havoc with this principle of family life everywhere and we are really out to ruin our children through abandoning the norms that are required for a human life. I mean, we have taken up everything into our hands, you see, as if we can do whatever we feel. Perhaps by that we do not realise how we are giving no fair chance to our children to grow in a proper, secure place. So family life is a very important thing and must be dealt with in a way, the way you do a Puja, you do a worship.

The home is a temple where you must have all the holy things, to give children the holiness, the innocence that is required for them to continue. Here if you find now the children are so precocious, sometimes you are shocked the way they are precocious because the parents talk all these things in their presence and they say, "What's wrong?" Like you are teaching children about sex. What is there to teach? I really can't understand. What is there to teach? Every dog, every, I mean all these birds, everybody, they know what sex is. Oh, no, human beings need a teaching out of it. I mean, Indians who are supposed to be most uneducated people, they are doing much better than all of you are doing here. It beats me to understand how you people start thinking about teaching everything, even sex. You see, it is of course to be guided properly through family channels but not to be talked so openly, you know. In the beginning it was very difficult for Me even to open My mouth. But when I saw the whole thing is so filled with it, let Me talk about it. Because it is not to be talked, it is not to be mentioned, it's a very sacred thing between husband and

wife and to be kept as sacred. But if you excite it too much, from the childhood if you give ideas and all that, you see unnaturally people are brought up in that way into a very unnatural atmosphere and you become nothing but a sex point.

The amount of, you see, importance is given to sex life, you see, as if, as if they are impotent. I mean, it is something like that. It amounts to that, the way people are, it's such a natural thing. It's such a spontaneous thing. It's available to everyone. What is there for people to think so much about it and plan about it, talk about it and make the whole thing so vulgar?

There are certain rules and regulations that are to be followed. I mean, you have to be very, very chaste about it and there's a certain protocol and certain beauty of making it a secret. The more I find now here people, I'm just talking about the West because we are concerned with Western problems. Indians have another type which I will tell you later. They have another horrible types of problems but this is another type we have. Like a, like we find two people going up the escalator, they must kiss, you see. They shouldn't miss one point even. Every step they must go on kissing. All right. And where are you going? To the divorce court, that's what it is. You know, it's so absurd.

There is no deep understanding of the marriage institution. We cannot exist without marriage institution. Marriage institution is a gift of God to human beings and not to animals. We are not going to become again animals. They study the sexual behavior of, say, of fishes. I mean, are you going to become fishes now? Are we to learn from pigs? I mean, have we gone that low that we have to go down up to fishes' level and find out how to behave? I mean, it's absurd.

So this is this centre which is very important and it's very sacred, but the other side I told you that is to running away from sex. On this point I would like to speak because perhaps I have not spoken so much as that. This is another craze that people have, is to suppress the sex, is to have nunneries, to have places like where the fathers are living in a very unnatural manner, create situations where there is no husband-wife relation existing. I would say Navy has this problem, too. And thank God now Navy has decided to have women on board and the wives on board, you see. And actually it has working wonders because they are very good husbands, people have found out, and it gives them some chance to exist normally. I mean, imagine that every port you get, you get some new girl and end to a complication, fighting with another. All sorts of problems come up. This multi, multi-women business is going to make you mad. I mean, to live with one woman itself it's sufficient. But to have many women is much more dangerous. So the another thing starts.

See, human beings are like that. If they cannot they'll go one side, complete indulgences. They'll have ten women, get hit, beaten up, finished by that, absolutely broken up, becoming insolvent. Ultimately they are left like that. Then they become sadhus. To the other end they will go. They become the sadhus and the sadhus start, you see, then, "Give up sex. Have nothing to do. Don't see a woman. Just you can't bear her." You see, this is madness.

Why go from one extreme to another extreme? Why not see it in a poised and a proper manner that marriage is important, husband-wife is an important thing. But that's not the end of life there also. But still running away from it is something one cannot explain. Otherwise why God has made you women and men? One should understand about it. And secondly, those who run away like that, I mean if the women run away, God save this world, but if men run away what do they get? You see, they run away from it to another, another style. And what happens with that? You just have a look here. This is the chakra of the Devi which [UNCLEAR] to run away from. Now there is no way. You cannot go to this one because it is a... this is the one which is [UNCLEAR]. Thus your attention is just from there you go. There is no attention at all. No attention there [UNCLEAR]. [UNCLEAR] convert your fat into a proper fat which can be consumed by brain. So as soon as you do that you start thinking about sex. That is what it is. People are not spontaneous but they are thinking. They'll plan out about it. Everything is planned out and then what happens you start thinking about it but you don't have any sex. So the people who say, "We are nuns, we are nuns," they are thinking about it all the time. But they do not have the actual thing which should be done. It would be something like eating food with your nose, try to push your food through your nose.

You see that there is no thinking needed for this and you start thinking about it. So they start thinking. How can they get rid of it? You just tell Me. There's no sublimation, so-called sublimation and all that nonsense. If there is no chance of sublimation only the attention will move. How will you sublimate this part when there is a barrier here and this one is as the special one sitting

there, with a big rod in his hand? We call it as the parasha. How do you cross that point? You cannot just cross it. So what you do? You remove your attention from there and predict. Now this is the one which we call as the, also called as the sun line. It's the sun line, called as sun line. So you move towards the sun. That's why you people are such worshippers of sun.

Now, then burn your body. You see, you will not have sex but burn your body and make yourself look what you call that brown colour and do all kind of nonsensical things to your body. Be unkind to it. Try to do your level best to ruin it. That's what you do. And then this sun line starts acting. Now, sun line takes you away from the left side. You see that if too much activity starts here it's because your whole attention goes on this side and it is...[UNCLEAR]. That's why you become extremely dry. I mean, such a person, I would say Hitler, Hitler was nothing but this. Hitler had no feelings left in him at all. There was no emotional thing left in him. He was drained out. And all these yogis also of this type have this. Like we had a guru in our, you see, in Durvasa. I mean, if he'd looked at somebody he would burn off. Just imagine. Such horrible ones, what are they going to do for the emancipation of human beings? What are they going to do for the Kalyana, for the betterment of human beings who haven't got a grain of love within them? All your idea of love is drained out.

Then you must have heard about these gurus, that the way they are. Most of them I've seen, even the realised ones, needs lot of love within them. I've seen so many realised ones also but they believe in beating the people. You know, anybody comes to them, first of all they'll put a big chintamani on them, hit them, cut. "Oh, you are not good." They, they test your head by hitting. And you know, sometimes tears would roll down My eyes seeing all that cruelty.

I said, "How can you do this to them?"

They said, "You don't know these human beings. They deserve it. We were like that. Now we are better."

I said, "What are you better? You are hitting the same way."

But they are realised people. Can you imagine? Even without knowing much about love they get Realisation and then they start saying, "Now, go into absolute vairanthy." Take the case of our Buddha. Now Buddha was one of the very great incarnations in the sense that He was the son, one of the sons of Rama who incarnated on this earth, Buddha, to occupy the highest life on this earth. So He had to take sanyasa because without that He could not show that. But there was no need for anybody else to take sanyasa. But in His case mistakes, I mean, why there were some mistakes about things, because when He tried all these tricks of sanyasa, going here and there He never realised that this is all not needed. He was so tired and fagged out, that suddenly, spontaneous, the Primordial Mother Herself gave Him the realisation because He was so tired.

Now supposing this is Caxton Hall. To come here you go to, say, Reading, then you go to in the north to Leeds, then you go this side and then you go to Brighton and come back here. And you tell everybody, "If you have to go to Caxton Hall you better do all that." It is just like that. It is just like that, very misleading. Because when He found it out, as you have found out too, you do not realise how you have found it. You do not know how you have done it. If I do not tell you that it is God who has done it, how are you going to believe it? You will think, "I've done Self-realisation, all right. I am a self-realised person." Self is most important. That's why He believed this Anishvarad means atheism. He said, "There is no God. Only thing, the Self is to be achieved." Naturally, because there was nobody to tell Him that you have achieved through the grace of the Primordial Mother. So He was to be born again as one of the sons of Fatimabai who was the daughter of Mohammed Sahib. Then again He was to be born as Markandeya and again as Shankaracharya, just to neutralise what He has been preaching. So you will see that in the sixth century Shankaracharya is the one who put end to Buddhism, the nonsense of Buddhism in India. Because apart from what Buddha's understanding of the whole thing is His disciples made it so perverse that somebody had to come down to tell that marriage system has to be re-established.

And this is how this right side was controlled through various incarnations coming down. But now we come to the centre point, is the Vishnu Tattwa, as I told you, the principle of sustenance within us. By this sustenance force only we have within us our dharma, means we are human beings. Human beings have to have some sustenance. Otherwise he would have two horns. He would have a tail hanging around. But he does not. He doesn't have. Why human beings do not have horns? Why do not they

have tails? I mean, they behave sometimes like that but still they don't develop. You see, in churches in children it is very common to tell them that "If you behave like this you will start developing a tail." Immediately they'll start looking. "Have we already developed?" Then you have to tell them, "Not yet." "But then be careful about us, you see. Better tell us. Otherwise we'll develop it." So this is how we are, that we are human beings. If we were not human beings our noses would have been like that or could have been like that. But we are human beings. That's why we have a particular type of a face. We have a particular type of eyes. You have seen in the animal kingdom how the eyes are placed. Like fishes, how their eyes are placed according to their environment, according to their evolution. Now why should we try to be fishes? Have you got eyes like fishes? We are human beings. We have to be human beings. And the human beings have got as in the four varanas are described, they have to move in a evolutionary process with their understanding. This is the biggest difference between a human being and animal.

So far from animal to this stage you do not know how you came up. You never felt your evolution. You never knew that what, how you evolved into it. But only when you have become a human being you can feel it. That's why your evolution had to be in such a manner that you can feel it. And you have also got a special faculty of deciding for yourself, of freedom by which you develop yourself in such a manner that you can feel it. The fishes never felt it. The amoeba never felt it. It's only you who can feel your evolution because you are at the topmost position of evolution and if it has to move forward it has to be in your own awareness with all respect to your freedom. So freedom was given to human being, not only that but also that they are going to see their own evolution within themselves. They are going to feel it. You'll feel so different as soon as you are evolved, because you are the highest. Human beings, if they had ever evaluated themselves, even if they had asked this question to themselves, "Why did I became human being from that insignificant amoeba?" then they would have realised, evaluated their value. But when they evaluate themselves, when they try to understand themselves they become egoistical. This is the problem. And that also comes from the same sun line. You see the ego - that's the yellow, that balloon of ego - when it covers the whole being a person just, you see, he talks as if he is possessed. He can never understand what he is talking about and what he is meaning when he says, "I, I, I, I," because you are not a separate entity. You are a part and parcel of the whole. And when you start saying, "I, I," you actually secede yourself. You cut yourself short of your connections with the whole.

With this understanding if you see, here the centre chakra which is the, what we call the Nabhi chakra. Here the sustenance was established and through its establishment, the seat for your evolution was created. So we evolve through our sustenance, through our evolutionary process by which we have a complete incarnation of this principle of Vishnu, is Krishna who is placed there. So from this Vishnu Tattwa when you go around the Bhavasagara till that point you are still trying to come out of it and at this point you come out and here is [UNCLEAR] Shri Rama. Normally this place is occupied by the deity of Mahakali? or you can call..[UNCLEAR]. Which comes from here, this power, normally, and then She incarnates in this Bhavasagara where the seekers are trying to find God. Because every time the seekers tried to find God there were evil forces which tried to put it down. So She had to incarnate. They say She incarnated only one thousand times but I think She has incarnated many more times. But whatever it is, She incarnated one thousand times and She protected these, Her bhaktas or Her, what you call, Her devotees to be saved from the satanic forces. Now this one is the incarnation of Vaikadesha but before that all those incarnations that came are up to this point. Now this one, one must understand is, these devya were actually normal human beings. They could not come up. Because Rama was not regarded as an incarnation. He was seen as absolutely a human being who was still on this sun line, the rajasa, the absolutely human being. This is the rajasa. That is the tamasa, on the left hand side. This is the rajasa. And the centre one is the satwa. That's why He was placed there.

Now this Goddess is the power which exists in your heart chakra in the centre. Now when the child is small, you must know that all the antibodies develop in the sternum, in the sternum. And these antibodies are actually the fighters who fight evil or any harm to the body. These bodies, what you call these antibodies, spread to the whole being and after, say, twelve years or so they start acting automatically or, you can say, even spontaneously. Sometimes they are on their own, because they are trained in this area, in the sternum area, how to fight the disease, how to fight the outward invasions. Even the mental trouble which comes to you comes through some sort of a satanic force which can be in a very, in the form of a small lacuna and then they attack there. And that's how they work out. So this is the, in the sternum here is placed the power of the Durga or you can call the Mother, the Mother of this earth, Jagadamba. She's the One who is the Mother of this earth. And She, Her power comes from the back here, where you have a centre called as the Hridaya (Heart) chakra but we can say that it looks after the cardiac plexus in the human being.

So those people who have got say asthma are suffering from the same. Those women who have got, say, breast cancer have suffering from the same, means the sense of insecurity. If you have sense of insecurity then these, these lungs start breathing fast. You have seen suddenly you, if you meet with fear you get that breathing very fast in you. And this breathing is denoting or is pointing out to some sort of a fear that is working within you. It could be due to previous conditionings or could be immediate, but this centre starts working, breathing starts moving at a very high speed and that is the sign of this centre that it starts emitting power of protection when if you start breathing heavily. But it is automatically done. And the women who suffer from sense of insecurity get breast cancer and that also this is the centre. While I will be talking to you about various diseases how we can cure through Sahaja Yoga then I'll tell you more about it.

Now the highest point of the sustenance is here, just here. When man raised his head upward, this is the point where Shri Krishna, the, the highest goal of human evolution reached its completion poornatha. At that time we, we should say that when we raised our heads up He established Himself in our Vishuddhi chakra. And He is the one who is this Primordial Being. He is the One who grows into that Primordial Being. About Shri Krishna also I will tell you, I think, later on because you can understand He has sixteen petals. He has the largest number of petals which in physical way look after your ear, nose, throat, these mastoid muscles and teeth and all, all this portion. Apart from that if you notice it that this ego and superego, you see, actually they do not rise that high up. They rise from here it starts, from this centre only give the complete start. Complete start from this centre... [INAUDIBLE] but they cross at this centre which we call as the Agnya chakra. Now pumping of the ego and superego comes like the, we can say, the fumes from a factory. Like when you are overactive on the right hand side you develop your ego as a by-product. If somebody says, "I have no ego," well, it's wrong, not possible. There is all the time ego within you. Like people said, "Krishna has said that 'Oh, you, you just surrender everything to Me,' and that's how I have surrendered myself to Him." It's wrong. You cannot do it, because you have got ego. You have to cross beyond. Unless and until you cross behind - beyond, you cannot get over your ego.

So these ego and superego, if you see, they cross. So the superego is, say, from here to here. The ego is from here to here. But as the human beings started growing the superego which is the conditioning in us, the conditioning as seen by the psychologists, they call it the psyche part and they never realised that there is also ego. If you remove the conditionings completely from human beings, do whatever you please, you become egoistical. They never realised this subtle point and they allowed you to do whatever you liked, and they allowed you to, sort of fully assert yourself. Then they did never realise that on the other side is also this ego developing within you. And that's why we have got now countries we can say which are ego-oriented. Others are superego-oriented.

But now the stage is such that nothing much to choose, it's such a confusion and a muddle. Because when ego-oriented society developed too much of their ego, they tried to push the superego down like that which went to such a limit that it started hurting people. They couldn't bear it so they came up with their superego. And this is the beginning of people talking about, "I feel very guilty," "I'm very sorry," "We must have some sympathy for others," "We must look after the people who are suffering," and all that kind of a thing. Then they take to also drugs. Also you can see that all this left side is more sort of meant for people who take drugs and who go into lethargy and more sitting down and dreaming for poets, all sorts of things.

[Missing part] went to India and invaded India and now I am responsible for that. You start feeling guilty for somebody who's died and is born somewhere in Africa or maybe born in Timbuktu. You see maybe that you are the one who was a saint in India and who has been looked after the Mother and today you are here crying for nothing at all. So this is the situation of today's muddled-up world and the superego, or the others who were supposed to be superego, non-aggressive people, say like Indian people, now are, they are developing, they are getting sophisticated, you see. And they think that to wear a suit is a very big thing. If you wear a suit they start speaking some other language. And to them you see to be posh, to be very impressive and all that is very important. Whether they have food or not doesn't matter but must dress up well to impress people, you see, and that's why I tell always my disciples that when you go to India don't go like hippies. Better go like very well-dressed government servants. And you can only impress them only.... And there, so we are developing now in India and we are becoming very materialistic, extremely materialistic.

I mean not that you people here in the West have left your materialism to that extent but I mean here every Dick, Tom and Harry is not a materialistic person. Specially the people who are of a higher style, they are not that materialistic. But like, your, you see, the labor class here you can say as they are very particular now... Today was the budget day, last day so all the shops were on and everybody was buying even the jewellery?, then everything, in the shops, you see. But the Indians would be the most, you see, because they must see what is happening here. As soon as... I wouldn't say Indians, all the Asians I would put like that, not only Indians, because you see when they come to England they see in the shops, you see. They make the list of saris they have to take home. They make the list of things they have to take home. They are equally the same as you have been long time back. Like you'll be amazed that once upon a time plastic was a big, big craze for you people here and nylon was also once upon a time. Now we are trying to wear nylons for you. It's a good exchange, I think, but this is what we are in the muddle, either in the superego or ego. We cannot just fix the person. He could be one moment in the superego, one moment in the ego. He'll be just going from one side to another.

The thing that really gives you the balance is the sustenance, is the sustenance, dharma. If you do not have that then you could go, shoot off like a pendulum from this side to that. But in dharma also there could be a problem and that is one of the worst possible, is of fanaticism. So I mean if you try to make the dharma a fanatic idea like none of these incarnations, like Mohamed Sahib who was an incarnation of the Primordial Master and all others like Him - Moses, Abraham - anyone of Them who came on this earth, ever thought of fanaticism. Never they realised that when they told, "Don't do this. Don't do that," some sort of people will take up upon themselves that, "We are the chosen ones. We are the great." I mean, this they could have never understood and whenever they found it was happening again they took birth. Again they took birth to tell people this is not dharma. To form any kind of a cult or an organisation and religion is against God. It's blasphemous.

How can you organise God? You cannot. Those who have done it always have brought absolute fall of human beings. You see, that's why you cannot control. Like the other day I was saying that our Pope has good intentions of going to Poland. But in a way I like Polish Catholicism more than the Irish one. If this is the freedom what Catholicism is, better not have it. You see, if this is what you are going to achieve through your Catholicism, better not have it. In Poland, say, for example, people do not do philanthropic work, you see, like helping the poor. Is that the work of Christ? I asked somebody, I said, "How did you come to this conclusion that Christ wanted you to help the poor?"

They said, "Because You know once He was to be, He was to be anointed with some very expensive oil," and I think Judah said that 'How can you spend such a lot of money on Him, on His body? Let us sell it and give it to the poor.' So He said - now, see, listen to this one carefully - He said that, "Poor are forever," means it's a permanent headache, you see, "but I am for a short time." That means spiritual life is the thing. Now, in the same way He said that "No rich man can enter into the kingdom of God."

Both are just the same. Poor are just the same as the rich. Do you find any difference in them? I do not. One hankers after money; another one gets spoilt by it. I mean, both are the results of the same. Because one doesn't have, he is no good and one has, that's why he is no good. If the rich had little less money it would be better for them. And if the poor had little more it would be better. So our Sahaja Yoga works for the people of the middle, middle things. Now immediately you will say, "Then what about the poor of the world?" Immediately the attention will go there. "Mother, what do you think?" Now you don't worry about that part. There is God who has created them and He is going to look after them. Are you an economist? Then you are, you have done all bad things. Because of faulty planning, because of selfish nature, because of conservatism, because of thinking that you are the person who should enjoy all your wealth, you have created these disparities. Human beings have created, not God, and when you have to achieve God you don't have to think all these problems that human beings have created.

Like somebody came and told Me, "What about Vietnam?" I said, "Are you a governor appointed there?" You see, he had a problem of his own. He was coming from an asylum and he asked Me, gets up very seriously, said, "What about Vietnam?" Now tell Me, this fellow is really half mad. He's gone to that asylum from where he has come, and why is he worried about this Vietnam? Now, what does that show? How is he going to help Vietnam? This is how the attention of human beings moves. I mean, what you have to do is to achieve that within yourself, your own powers. Everyone has to achieve that power. Even if you

are poor you can achieve it. What is poverty? It's just mental idea, "It is poverty." You see, for people I've seen, horrible people who are supposed to be rich just like beggars, I tell you, absolutely beggars. Even if they could get out of you one torn handkerchief, oh, they will be very happy. Horrible people, I don't know, what riches, it has not gone even skin deep. Even I would tell you that if you put so many pounds just posted on a donkey he would look better than these people are. I mean, it has not touched them at all, you see. And the way they talk you know how the people are, how licentious they are, how permissive they are, how careless they are about their children, how they are irresponsible, how they are killing others just to save their reputation. I mean, there's nothing that they cannot do.

Same with poorer people; they are just the same. You see, if you go and talk to them, now our Maria had this, this thing, they said, "We, we want this man to be cured by Mataji but we are not going to believe in God." Now what can you say to that? Only you can say to take two running jumps and go to hell. That's what it is meant for such horrible people. They want to take advantage of God's power and then, "We don't believe in God." See, this is poverty. And the poorer they are the worse they are in their arrogance, in their assertions, in their asking. They don't want to do any work. They want to have this. They want to have that. All these things will be only explained once they achieve God. Otherwise they will not move. They all must rise. I mean, that the way the churches have now become nothing but union offices, labor union offices. See, poor people go there and confess to the priest. Now, it's madness. He cannot do anything to them. What is he after all? He himself is an ordinary human being, ordained. Which by whom? God has ordained you? Or who has ordained you?

All such organisations will only create headaches and people who have got nothing but some sort of an idea that they are something great. You see, you ask anyone, "What are you?" "I'm a Catholic." What does that mean? "I'm a," what you call that, "Church of England." In India specially, the Indian Christians, if somebody is from Church of England he will not look at the person from Church of Scotland. You should see Indians, you see when they are Christians you must see the way they are. "Oh, we, we don't talk to them." I said, "Why?" "Because they are from the Church of Scotland, you know," or Presbyterians you see, or Lutherans. So according to them they are the highest because Church of England. Now they must come and see the condition of Church of England to understand. You see, this is the trouble. It is really, I tell you, like lunatic people. It's absolutely like lunatic people. They are brainwashed, completely. And by that they are not going to achieve anything.

We have to achieve the reality. We have to know that we have to achieve it and for that we have to stand by reality, face it moment and moment and then the enjoyment of reality will be uncovered and will be absolutely manifested within you. But we have to stand by reality and not go by thinking, "I think, Mataji, You were wrong there."

I said, "Where? Where was I wrong?"

"Because, You know, You told us this," and that's why I was wrong.

I said, "How do you know?"

"I feel that way."

"Now, how can you feel about what I am thinking or what I am saying? You have to then understand rationally. But when I say rationally, do you understand?"

"Rationally I understand but I don't feel that way."

Now, what is this feel? See, a thing which is told to you rationally must be understood rationally. And whatever is to be felt is to be felt through heart. But they will feel a rational thing and they will think about the love. It is something absurd. That's why it is crazy. The attitude itself is crazy. So open out yourself because there is an invitation. There is a great invitation for you to enter into that kingdom of God which is promised to you. You must know that God has created this earth. He has created you. He is not going to allow His creation to be destroyed, will He? What are you worried about? He is the One who is going to take you across. He is the One who is going to tell you each and everything that He has, to possess all the beauties, all the blessings that

He has, to enjoy them. He is going to do everything for you. But when the boat is crossing, keep quiet. Don't run here and there. All the time the children are running from here and there. You go on catching them. "Come along. Come along." Sometimes even they get drowned. Just keep quiet. Everybody is going to get it, everybody is going to be taken into it and everybody is going to enjoy it.

For today I think it was quite a lecture though I have told you that Christ is on this chakra has come and that is the last chakra of Sahasrara which opened on the fifth of May in India in 1970 and since then the new awareness has started becoming, dawning into people. The vibrations have started flowing. And it's a very great thing that you are born at this time and you are the people, the foundations. You are the people who are going to receive it completely. I don't know about the future, what is going to happen to the future and all that but I am sure it is going to work out. And in this London, London which I have always said it's the heart of the universe, we are going to do it with great understanding of the problems of the whole world. If heart is all right everything will be all right because through it everything is going to circulate, and going to improve, and going to nurture, and going to develop this beautiful universe that God has created for you. But first thing you must know is to give up all your misidentifications. And do not go on hankering onto them and again getting identifying yourself with them but keep a complete alert attention on your progress in Sahaja Yoga. I'm sure it is going to work out. May God bless you all! Thank you.

So, any questions? Now, ask questions which are related to this lecture. Because if you ask them out of the blue questions, you see not out of the blue questions, see what is there, now I need another lecture. You see, I cannot just say what is God is and things like that. So you please don't ask such questions. Ask something relating to this lecture that would help you and everybody. And ask questions which are constructive.

Question: [Inaudible] 5th of May.

Shri Mataji: That happened... That is the day when the en-masse Realisation was established... Why?

Question: Where?

Shri Mataji: Where? In India.

Question: [Inaudible]

Shri Mataji: It happened in My brain. And it happened on a sea shore in India when I saw it.... And of course I will tell you some time how beautifully it worked out, and how beautiful it was.

Question: [Inaudible]

Shri Mataji: One of the names it is in the one book I have given you, is that Nirvicharita, is thoughtless, beyond thoughts. That is the power. All right, so I bring you down. Now you think of that thought. You see, now you cannot. Can you? Try. No, no. That is the fact. One must accept. You have crossed the Agnya. You see, now you cannot. Enjoy it. Enjoy it. It's very good. Now you can see the thoughts also. Are you returned now? Are you feeling better Hester? Good. This is very beautiful.

Enjoy it. Forget it. Forget about that. We are going to meet again and again and you'll have ample time. But the more you will be meeting the more you'll become thoughtless, the more you'll be enjoying the silence within you, more you will be going deep into your own silence, really enjoying it. Actually after Realisation you don't even feel bored. You'll be surprised. You'll be sitting for hours together without getting bored, absolutely without getting bored. And that's how people give up, you see, all these habits of say, smoking and all those because when you are bored you don't know what to do so you take to these habits. That's what you get it. You are not to be forced, you are not to be told but once you start enjoying yourself you just don't do it. [Hindi] Are you better now? Not yet? [Hindi] He's a born-realised, still.

## 1979-0615, The Higher Life

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The Higher Life

Public Program

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This is The Living Power that I am talking about. It has so many more facilities and also capacities to work out that no camera can replace. And there are so many eyes we have gained without any effort, without any money being paid for. Only we realise it when we have a problem with our eyes. In the same way if you have to achieve something higher, if you have to get something more than what we are, if you have to perfect ourselves, the One who has created you, the One who has manifested this human awareness within you is going to do. And He has to do it because it is His creation and He is going to see to it that He achieves the completion of His [Creation].

They were quite shocked, one or two people, when we start talking of God. That is something very, very usual I have seen in people that they do not like it when we talk about God, because they think God is a myth. Now, I would say that before we start off, with such problems of whether there is God or not, let us first see, whatever is said about God, is it [??]; is there some sense in it? Let's find out that point. If we can find even a little bit of it, then maybe we might be able to see the whole truth.

So first of all it is said that, "There is God's All-pervading Power, which organises everything, works out everything and which loves." How many of you can say that they have felt it? Very few. What is the reason we cannot feel that within us or around us?

Now, for example, here if I say there are all kinds of pictures around you which you cannot see. But if you put a television immediately you catch all these pictures. That means you are not a television as yet to see that. But as soon as we put the television it can catch. It has more sensitivity, more capacity to capture that which looks absolutely hidden and unknown; you cannot see it. In the same way, we have to be something more than what we have been to feel that, to understand that. And that's what gives you the reason for our seeking.

We do feel we are not perfect: there's something is lacking in us, we have to go beyond; it's not sufficient for us to be satisfied. That's how you are seeking. What is that and how we are going to reach there is the second problem which we face.

I would say that truth is truth by itself and you cannot conceive it through your own understanding, when you are not in the truth. For example if you are dreaming, then in dreams you cannot think of the truth. Supposing you are all in a dream, you have to be awakened, to know the truth. In a dream you do feel everything being truthful. You think that, "Yes, there's a ??, there's a light. Yes all these things are there." But when you are awakened then you know that it wasn't real. In the same way we are in a dream which is just a statement from me, which is just a statement from me which I have given to you and for that ?? is that you must keep your minds open and not suddenly jump to any conclusions because you have read something against the Divine Power, but just try to feel it. Because this is your right, this is what God has given you, that you should manifest: that awareness within you by which you can feel the All-pervading Divine Power.

And this is not going to be denied to anyone who asks for it. But God is not going to fall at everybody's feet that, "Please ask for it." That is your freedom. That is what you have to ask for. You have to desire it. You cannot give up your freedom nor it will be denied. It is respected. In the same way, you cannot take God's free will; which doesn't fall at your feet. I request you to seek it.

So now I'm talking about that All-pervading Power which you cannot see. I would say it is like a mirror which is God's reflection

on to many things. We cannot see the mirror because we stop at the reflections. Our attention is on the reflection that's why we cannot feel the bliss; while the mirror is the one that is reflecting and all the reflections are changing. But because our attention is still in that dreamland of reflection we cannot feel that All-pervading Power.

So now, is there any method within our being which is being raised by God Almighty? Because if He has created us He must have power which triggers this happening within us by which we become aware of that All-pervading Power.

I say there is a method; there is a special instrument within us which is being placed by God. Through our different phases of evolution He has placed different centres within us which are subtle centres in the spinal cord. Now these centres do exist within us and if you want to see these centres you can, with your own eyes, you can visualise it. You can see, some people, I will show you, when we try to raise their Kundalini, you see that this Kundalini will start pulsating. You can see with your naked eyes that triangular bone. In the triangular bone you can see the Kundalini pulsating. And then you can also see the rising of the Kundalini. And you can also see the pulsation of these centres in some.

This may not be in every person. It may be in some few people this will happen, but not in every person. Because if there is an obstruction here and here, then only the Kundalini pushes Herself too much, too hard, and that's how could you see the pulsation very clearly. But some people have such beautiful centres and such beautiful Kundalini and such beautiful desire that it just rises straight away, and just like a jet. You do not see anything and you just become thoughtlessly aware when it crosses the Agnya, this centre here.

And then when it opens out this part of the head, which we call as Sahasrara or Brahmarandhra, here, the opening of the Brahma, then the whole thing becomes as if you have become a holy personality - absolutely a holy personality. And at that moment you feel cool vibrations flowing into you.

This is a happening and an actualisation and not a sermoning and a brainwashing. Now say, even if it's my own daughter: if she is not realised, she's not. I cannot say, "You are realised," because it is a happening which happens to every individual and one has to be honest about it, that you cannot guarantee it with anyone. If it will work out, well and good: one can work hard on him to pull the Kundalini out. Only the difference is that only those who are realised have got the power to raise the Kundalini: otherwise every Dick, Tom, Harry cannot do it.

Like, we think that everybody has right to talk about God. Everybody has. Even Napoleon, Hitler, I mean, anyone. They can talk about God. I mean, nobody is going to catch their tongues and say, "How dare you talk about God? What right have you got? What your authority is?" In the same way about Kundalini also everybody talks. Talking is different, raising it is absolutely different. It's only possible if the person has that authority from the Divine. It's the sign of a person who is realised - the one who can raise the Kundalini, who can show you the raising of the Kundalini and can give you Realisation.

This is the first time a human being is doing a living work. So far what living work have you done? Say if you have painted this, maybe, all right, very good, artistic, all right. But is it a living work? We cannot germinate even a small, little seed - even one! But here you will be germinating the seeds of human beings. And this is the force here, which is kept here, this living force, awaiting for that happening: which is called as Kundalini. She sleeps there in three and a half coils, very nicely settled down. And She is your Mother, because she gives you your rebirth.

Every individual has an individual Mother. And your Kundalini is so sweet a Mother, settled down there. And like a tape recorder, She is taping down all that you have done in the name of God, in the name of such. Even if you are a materialistic person She knows. She knows everything. And while rising She indicates what sort of personality you are, what's the problem, what centres are catching. There could be physical problems, there could be mental problems, there could be spiritual problems. But She feels so anxious to give you the rebirth that at the first shot Kundalini will rise. And then She settles back again into these centres and tries to nourish them and bring them up.

Now these centres are, though subtle, inside the medulla oblongata, you can see them manifested outside as plexuses, as the

doctors call them, by different things. For example, this centre manifests the pelvic plexus which also looks after the sex. Now one has to remember that Kundalini is above, so sex cannot have anything to do with Kundalini. And the Deity on this centre is the embodiment of innocence. Say a child who is innocent doesn't understand any sex. That's why He's put down there. Then He incarnates again at this point, as Christ - same personality.

Now this one is here at this point where you see my mark is. Inside the brain where the optic chiasma crosses each other, at that point it is. It controls your pituitary and pineal. Then the other one is this centre which moves around your stomach. This one helps manifest our aortic plexus and looks after all the physical organs that are over here, like the liver, a part of liver, pancreas, your spleen and again kidneys. This is the creative centre which looks after the creative side. This is the creative side within us.

So if, supposing, somebody is catching on this, supposing he is catching on the right hand side, means definitely he must be an artist. That means he is using too much of his creativity; he is imbalanced as far as creativity is concerned.

Say if he is catching on the other side, on the left hand side Swadishthana, then that means that person has been indulging into some sort of a black magic, or is being under the influence of the black magic. Means just the opposite of the creativity of mind: in the sense that his mental capacities have been used, his emotional capacities have been used for wrong things. And that is how you know when you catch on Swadishthana that you have this problem. Mostly people who are possessed, people who have wrong type of gurus, they have this problem, they catch onto the Left Swadishthana.

Or you can see on, here is the thumb, and that thumb, you see thumbs indicating. When you are a realised-soul you start feeling all these centres on your five fingers. So if you start feeling heat on the right or the left, accordingly you will know what is the position of your problem and what is actually wrong with you.

Say, for a liver patient immediately you catch it here, right hand side. That means your liver is in problems. A person who is very much all the time thinking, mentally using his capacity to produce something for the future, because right side is for the future. So if you are a big planner and all time you are planning and if the planning has got into you as a habit then this chakra starts working very fast, and at this stage what happens that the other side is completely neglected. Because of the neglect this side becomes frozen, and that's how such people develop diabetes, because of imbalance. One side is used too much, another side is not used.

Like, morning you get up, have a wash, go to the office, come back home, work out, then again you go through the next day. You have no time for your wife, or children or anything. You are a busy man, then have your diabetes. That's what it will take you a little worse. So the nature tries to give you balance. Such people also get heart attacks, because the Left Side being neglected, they get heart attack. So that is to say that, in life, whatever imbalances come to us are also because of using up this side or that side. And, like that, all these centres - one by one I cannot tell you today, in such a short time - all these centres show that you have to be in the centre.

If you are a temperate person and not with extremes, you keep to the centre. At that time when the person is absolutely in the centre, he is neither too much on the left or on the right. He is not too much emotional and neither too much mental. Then, at that time the Kundalini rises in the proper way.

Because when you are on one side, I would say the left and right sympathetic nervous systems, both on the left and the right as you see here working out in this way: when you move too much on one side this is also very dangerous and that's how we develop a disconnection; the connection between the two is lost. When this is lost, it starts working on its own. When it has starting working on its own, now see this centre if it starts working on its own, it loses this connection with the whole. And that time cancer is set in. Cancer is not so very old disease. It's a modern disease, cancer is. How it has come to be, is because these fifty years we have realised that we have to find something out to evolve. We all are conscious of it, whether we like it or not, but we are all conscious of it, that the present life that we are living is nonsense. Because of this consciousness and because of the development of the ego in us, we start understanding that we have been working on something that is not the end of our life or that there's something more and that is why the tension you see. See our forefathers, say three generations back, didn't know

what tension was, what was cancer. This is a very modern stuff is the tension.

When the tension is built up, again the imbalance starts. And when the imbalance starts you start moving either to right or to the left. In the beginning it is maybe just a disease or just a little problem here and there, but it can develop into anything serious like depending on the centres which are catching. Specially if in this part there is an imbalance then cancer of the stomach is set in: leukemia. Leukaemia is just this. And leukaemia can be cured through Sahaja Yoga you'll be amazed. But don't bring all the leukaemia patients to me, because we need people who are doctors themselves, who themselves are first of all cured and then you can cure leukaemia patients. You can see that by giving them a full balance in this area, you can cure them.

Now this science of God's own method is absolutely perfect. There cannot be two opinions about it, there cannot be. Like, if you go to the doctor, he may say something [is] wrong with your eyes, he may say something is wrong with your brain, he may say something's wrong with your throat and you just have temperature! So you don't know what to say. I mean, it could be anywhere wrong, anywhere, according to every doctor you come against.

But in Sahaja Yoga, when you get Realisation: means, when the Kundalini pierces through, as I told you, and as the vibrations start flowing, you don't have any two opinions about it - everybody feels the same. Say you have some children who are realised-souls. There are many children in this country who are born-realised and they have vibrations. You put ten children together and tie up their eyes and ask them to feel the vibrations and they all will tell the same thing about a person. There are not two opinions. There cannot be two opinions about it.

And this is how, once the vibrations start flowing through you, gradually you start understanding their language. You understand what they mean. The whole decoding is explained to you and you can verify yourself. For example, somebody comes in, and you catch on this. Today only we had a patient and she was catching on this one. So I asked her, I said, "Where is your father?" She said, "He died suddenly. I couldn't meet him." And then she came out with the whole problem about her father. She said, "I'm so worried because you see, at this time, I am catching about his dying," and this and that. I said, "All right." And then she told me the Deity she worships, that is also the same centre right hand side, right side hand side of the heart we have a centre here. And so I asked her, "Why didn't you ask your father to leave you alone now and promise that you are all right and that he should take his birth if he likes, but he should not bother about you?" And she felt better. And she had asthma. It's very simple. But everybody cannot do it, because you must be a person who is authorised. You must have your vibrations flowing; otherwise it has no meaning.

So it is absolutely to be understood that you cannot make a circus out of it. You cannot sort of make a hypocritical announcement about it, and you cannot force, "Oh," that, "No you are this." If you are that, you are that. If you are not, you are not.

It is so simple and once you accept this fact, you will be amazed that you will progress much faster. But one should be able to face it, which is a very difficult thing. The first concentration comes from your own ego. It's a horrible stuff sits on the head here. This is the ego, is a by-product of the activity of the right hand side. And it presses this one down to such an extent that it can become congested on the Agnya, the whole thing. So you can become a Napoleon as far as your thinking is concerned, can be with that. And when you start praising it, you really don't understand, "How my ego is now giving me ideas!" And the ideas, you will find, are so idiotic and so foolish sometimes that you realise suddenly, after Realisation, that this is not you. "This just can't be." Because you start seeing it.

First of all, as we see now, you can see me, I can see you. I can see this lamp. I say, "Oh, this is the lamp." That means I am not that lamp because I can see it. All right?

Then I can see this room, or this is the room. That means I can see the room. That means I am not the room.

I can see these hands, so I'm not the hands.

Now I say I can see this body, so I am not this body.

I can know my brain, so I am not the brain.

I can know my thoughts, then I am not the thoughts. So something definitely is wrong with this.

That's what you are: which sees, knows and understands. And that's what resides in your heart, reflected in your heart as the Spirit. In Sanskrit language is called as 'Atma'. I have to use some Sanskrit words for which you must excuse me, because I'm not so good at English first of all, and moreover it is, in the Sanskrit language only, there are some words which are very expressive.

Perhaps as you have developed your science and your outward life much more, in the same way, in India, perhaps, people didn't have to face life in the way you had to face here the dangers of nature; or we can say the life in India is naturally much more peaceful because there is sun, there is no problem of rain, they have clear-cut seasons, so people know how to manage their life in a simple way. That may be the reason that they tried to search within themselves. And from ancient times they have been finding out what is the way to be transformed. And in their finding they did commit, some of them did commit mistakes. And in that committing mistakes, of course it should be forgiven. But some people have been deliberate about it. And those deliberations have created three types of schools which are to be understood. One is that goes onto the right, another goes onto the left, another one goes to the centre.

So we have got on the right hand side, the supraconscious area, we call it. And beyond that, is collective supraconscious area.

On the left hand side we have got the subconscious area and beyond that is the collective subconscious area.

And on top here is the super-conscious area, where we enter into the subtleness of Divine Power and start feeling it. That is what one has to achieve. That is what is to be born again, to be twice born. So many people have seen they said, "Mother, I am already twice born." And I didn't know what to tell, because they are wrong. If they are I would I would love to see that they are, because we'll speak the same language; they'll understand and I will understand. But when this happens to you, this breakthrough takes place, you get connected with the whole.

For example, say, this is God, and you are a part in that. Once you get Realisation what happens is that you get connected with God and you start feeling the whole and that's how you assume, I wouldn't say 'assume', you actualise, collective consciousness, because you just start feeling the centres of others, as well as yours. You start seeing yourself because Self-realisation comes and you start seeing others because you become connected with the whole.

So everybody is conscious that we have to be part of the whole. If we do not understand the cycle, if we do not understand our position in the whole we become malignant, we become cancers.

Now the idea of "on my own": there cannot be any life that could be on its own. I was amazed, the other day I was listening to one of the programmes on the TV "Mother's Long Search" where they were all talking about wholesomeness and that people are searching for wholesomeness. And the most amusing thing was, that they ended up in milking a goat. I just don't know how it comes to that! To become the whole, if you milk the goats how do you become one with the whole? I just couldn't understand. But they blame all the modern sciences and the modern technologies and modern living for all the tensions that they have got. And that's how they say, if you take to goats it will be all right. It is not so. That is just a very misleading conception of life. I agree [that] modernisation and too much of artificialities of life have taken you away from the beauty of life, the aesthetics of life, or the calmness of life, the blissfulness of life, but it has not taken you away from reality by any chance because reality is yet to be found in you.

On the contrary, some of the science things are of great help to Sahaja Yoga and I must pay my tribute to it. For example, now, my photograph has the vibrations of very...I mean I wouldn't say as good as me being there, but quite a lot the presence, you can

feel it. And we have cured people through my photographs. But, if there were no photographs I don't think the people would have worked that fast.

Then there are many other things which work out. For example, I speak on the loudspeaker. And one of the disciples told me in India that, "Mother, we see your vibrations getting into the mic which you are using. But again, we see them again relayed out from the loud speakers that they have. I said, "Is that the thing?" So I started using the mic on my chakras, and it worked wonders. I was surprised that how it is expanded.

So all these discoveries have come to us as a blessing from God. He Himself has given these to us, for us to finish our mundane work, day-to-day work. Imagine you could not have been here today: you would have been ploughing your field somewhere. And you must be walking for miles together to come to this Church Street, you see. But, can you believe, it's worked out in this way that you have so much of time. And people know that time is important: they are having watches and they say, "You must save time. You must save time." For what? What are we saving for? You ask somebody, "I must save time. I am very late!" Then when I say, "What's it?" "I must go to London." I said, "What is it?" "I have to attend a ball." That's what the saving of time is for!

Also you must ask somebody else, he'll say, "Oh, I have go to the pub. There are friends I have to see," Is this the way are we going to save our time?

So, even the unconscious is trying to give us a proper guideline to be finding that superior power. By running away from anything you are not going to get it. You don't have to run away from London to get it. If you run away to any furthest place from London, still you will be there with all your problems, with all your ideas about things. I have seen people who have been in the jungles, they are living in the jungles, but they will have a compound to their house. So I said, "Now, why you have a compound?" Then they have a locker. So I said, "You are still carrying the same germ in your head. You think you have achieved a lot of freedom by running away."

What is there to run away when you are free? If you are absolutely free what is there to run away? You can face reality and enjoy it when you are absolutely free. And that absolute freedom is to be achieved.

But the idea of freedom also is so much clouded in us that we think that if we play into our weaknesses we are the freest people. If the society allows us to enjoy our weaknesses we [think we] are the best. I mean, I wouldn't be surprised tomorrow some sort of laws may come up that you must allow people to thieve. It's possible. How can you say they will not? Because people are so fond of thieving, you know. If we have some kleptomaniacs in majority, in any country, they may say that, "You must allow us to thieve, because we are all kleptomaniacs. We enjoy that." And they may have a complete enterprise which is built on kleptomaniac style of habits to be pampered. So to allow any of our weaknesses to sit on our head is not the way we are going to be free.

Freedom comes by which we become so powerful that nothing can enslave us. We enjoy our freedom and we worship the freedom of others. We understand them. We never aggress on others, nor do we take in aggression but we stand in our own, we talk in our own freedom. That is what freedom is.

But all those ideas I cannot correct by just standing here and giving you lectures. It's another brainwashing.

But what happens when the Kundalini rises She enlightens all of the centres. By enlightenment you start seeing the whole thing. Like in this room if it is dark I can't see anything, but if there is light I can see everything clearly, I can relate everything to everyone. I know what is what, what is the use for what. But if there is no light I cannot see. And this is what is enlightenment. When the Kundalini rises, She enlightens all these centres. And when these centres are enlightened within us, we have physical, emotional, mental and spiritual enlightenment, by which we get completely integrated and we start seeing things as they are, relating them as they are, and we find our peace within.

Now it sounds very fantastic. It's too much to believe. "After all, you see Mother, you can't explain." That's true. I must say, it is

fantastic. I mean, I am myself surprised the way people get Self-realisation. It's really fantastic. But it is not also, because this all building up has taken thousands of years within you. It has been built up all everything nicely. It could be if you supposing take a nice television set in India and if you have electricity by chance in the village, which is probably not. But supposing there is electricity and you put the television and if it starts working people will say, "How can it be? We can't just believe it! It's a miracle! How can it happen?"

Or a telephone for example, you see. When first the telephone started, I remember in my house, telephone came for the first time when I was about seven or eight years of age. And we used to ring up the whole day and the whole night to our friends. And we were so excited about it. We couldn't believe how we could talk to some people who were away from us.

But this is what it is that your instrument is all ready, but when it starts working, it starts working. And the whole thing then, it looks so fantastic, and you start feeling that power within you by which you know also all the answers to all your absolute questions like, "Is there God?" You ask the question now in your heart, "Is there God?" and the answer will be through vibrations, says, "Yes."

You ask about any absolute question, this rapport will be established. Like you are a computer and the computer which is very minutely built, in so many years and ages, and so many lives of yours that now you we have this and it just clicks. It is just that.

Now if I have to say that it can be understood rationally - you cannot understand it. Because the triggering takes place by which you enter into the realm which is a beyond realm. And there you see everything and you feel the whole thing is just a dream, and a drama and you are just a witness, which is also described in The Bible.

Now I have just separated Bible here because we are mostly, we have come through Bible only, you see. But I was amazed that people are so disappointed about Christianity, also about churches; and they think that they are good for nothing. So then I have to say that Sahaja Yoga is not a religion outside, it's not an organised religion by human beings. It is a thing that is within us, is spontaneously happening within us and it works out absolutely without any concern to your community, race, or to your colour, or to your nationality, or to your position or whatever may be the relationship you may have with each other. For the husband may get Realisation; the wife may not. my own two daughters are not yet realised. Can you believe that? But my four grandchildren are born-realised and they are great people.

So this is what is possible. And whatever is so, you shouldn't mind. And in this country, I must say, as I have said many a times, that I think this is the heart of the universe. That's how I was just placed in this country. I didn't come otherwise. I was just placed. As you know my husband got elected to this job and I had to be here. So I came down and saw how the people here are very much more balanced, and are very wise and really scholarly type. And if they get to anything they do it very fast. But to get to anything itself, is very difficult [for them]! And, because, perhaps they have been disillusioned by so many nonsensical movements that everywhere they go they are searching God, and they want to seek. And, "Let's see what's it all about. It's another story going on."

So, I have to tell you one more thing that you haven't come to give me anything. Actually, you cannot give me anything. That's the sad bit is. I'm the one who can only give you. Like you take so much from nature. What can you give to nature? You cannot. But after Realisation you'll be surprised you can give vibrations to nature. And this can be done in a way that nobody can do otherwise.

If you, if you see a farm which has been vibrated and which has been tilled by realised-souls, you'll be amazed, they produce ten times more wheat, and the wheat has a special glow about and it tastes so nice. I have seen with my own eyes and I was amazed. I have been amazed about it.

These things are so much to be understood and you can say now that, unless and until it happens to you, one should not believe it. But once it happens you will be amazed and then you must believe it. Because even then if you do not believe it, then it's a dangerous thing. Because then the vibrations come down within you and they start disappearing from you and then you are

amazed and then you will call me and tell me, "Mother, it was all right first day. I got it and then I lost it." So that should not happen to all of you people.

I wish you all a very great luck. Let's see now what is the situation with all of you and let's work it out.

We have people here who were just like you and they got Realisation. Now they are glowing and they are enjoying their life and they are not at all bored and so they have given up all their nonsense. I do not want to tell you, "Don't do this, don't do that." because I will manage it, so that it you do not just do it. You see, there is a way about these things. And it will happen that your all priorities will change, and you'll be such a different person that you would just not do that because you won't enjoy it.

You will start enjoying yourself, when you get the nectar of life, when you get the bliss that you have got within you, then you do not go for these cheap, frivolous things. You will not destroy it. It is automatically dropped from you. It is not done by any force or by any conviction, or by any talking about it. It just happens to you. So may God bless you.

It's such a big, large subject, you know that. I cannot talk to you in this short time. And I have to tell you that, why I have been late at this programme. The public thought I was very late. And I went round the whole of the corners. Perhaps the vibrations had to go round and I had to go round. And that's how Gavin got lost. He never gets lost normally!

And I said, "This is what one has to go through," ??? But there are so many others who can be masters, and I had to go there. So I was enjoying this. And now I see it's very late, but I would like to see how the position is. Before that I would like you to ask me sensible questions. But why I say sensible questions is because you know that there are some really cracked people - some just coming from the lunatic asylum. We had one like that. And he came out with such a horrible question. I looked at him and I knew what it was then. He went on. But then he realised that he was very much possessed. He's cured now, he's cured now. He's very much better. So, all kinds of people we have helped.

So I would request you: ask sensible questions which will help you to move, and which will be helpful to your ascent ultimately.

Shri Mataji: How are you?

Sahaja Yogi: Very very good vibrations.

Shri Mataji: I am all right.

Sahaja Yogi: You look fine.

Shri Mataji: I am all the time all right. I wish everybody could have that.

How about you? You ask some questions.

New Yogi: Excuse me. I'm rather handicapped at hearing and such but, if I look at your photo and I did feel the coolness of the hands immediately, and I'm terrible for rests but I did feel after a while, as I notice now, that the pain disappeared which I have etc. But erm, wouldn't it be sufficient, if I had done that each day, and done that for about ten minutes. And apparently I was being worked on as well by someone. Would it be OK without [being worked on]?

Shri Mataji: Yes, yes, it should be. You see, once you have touched it, once you have touched it, you are just there. But you have to maintain it and keep it up. I would say the situation is like this: that if you are getting drowned and you are brought in and put in the ship or on the boat, now you still remember that, you see? So many again will topple down. So steady yourself!

Now somebody asked me, "Mother, when are we steady?" I said, "When you are steady you are steady." And you don't find that question anymore once you become steady.

So there is no guarantee of time or anything but it can be just a minute. As a second also it can work out.

New Yogi: Thank you Mother. I am trying concentrate on...

Shri Mataji: It's already, you see, worked in you. And your ears can be improved also. It's not difficult to improve your ears. We'll tell you some methods by which, because of this centre being in trouble your ears are affected. If you can improve this centre your ears will improve. All right?

Shri Mataji: ??

Sahaja Yogini: No, I suffer from epilepsy.

Shri Mataji: What?

Sahaja Yogini: I have got epilepsy. Someone told me how to clear.

Shri Mataji: Yes, that is clearing for Hamsa.

Sahaja Yogini: My Hamsa?

Shri Mataji: Yes. All right?

Sahaja Yogini: I suffer from epilepsy Mother.

Shri Mataji: I can quite understand, you see, because your Agnya is caught. But now I wouldn't say that. It's such a short time. Now where did you get it first?

Sahaja Yogini: I got the epilepsy last year.

Shri Mataji: Did you go to any guru or anything?

(short break in recording)

...you know, we should have brought. You know, you'll be amazed we use some things called lemons. You know, lemons: oranges and lemons, you see. And those lemons you can vibrate. They have such absorbers of vibrations that they keep the vibrations within themselves. And in the night the vibrations come out and work on a person and in one or two days, you can work it out.

Good, good, all right. So we'll work it out for you. Hmm?

Now, what else? What is the other problem? Epilepsy is curable, but you have to a little bit cooperate. All right? Are you feeling better now?

Sahaja Yogini: But the main thing is I've got it ?? from years ago. But since I got the epilepsy last year, you know...

Shri Mataji: Shoebeat, all right? It's a question of this centre being blocked. And when this centre is blocked then that also is lacking in you, and that's why it happens.

But do you know a simple method of curing this one after Realisation, is the mantra for this centre is The Lord's Prayer. After Realisation you have to say The Lord's Prayer because Christ is the One who actually keeps us away from dead spirits. And these horrible dead spirits, these busibodies, they don't want again with life, they hang around where they enter into you and trouble you. It's worth seeing the way they affect people. But I have seen in the churches; now for example here is the church and I saw huge, big these blocks which are used for the tombs. So that way, they must be having lots of dead spirits. Now if you go to the church you will not get realised, but you will get possessed!

I don't know from where this idea came into the minds of people: to put all the dead in the church! I mean even if you want to have a place for them, you can have them outside. That is only for the dead. But your children go there, you all go there. I mean, no wonder people are getting mad here - because these are all dead spirits. And out of them maybe at least five per cent are dissatisfied souls, and five per cent are these depraved people. Because whether is a saint or a depraved person, they can all go to hell. And they might be affecting you.

So I saw it and I was rather amazed. Have you seen? Have you noticed it? It's the warning. And they were very shocked they said, "Now, when are we going to the church? Because look, how many are going to reach the God?"

So this is what it is. We must understand all about all these things that can affect us, that can trouble us. And then when we realise it, then we can control them, control our own problems, and can control them also. They have no reasons to be here at all. We have nothing to do with them. They are dead and gone. We are in the present, they are in the past. They should be in the past. So they want to just enter into this area and want to manifest.

Sahaja Yogini: Mother, You talked about the dead entering the living. Could this have happened to my mother? She was knocked down by a car and banged her head, and two months later she found my father dead and since this, she is not the same person anymore.

Shri Mataji: But she can be cured, my child. Absolutely, she can be cured.

Sahaja Yogini: It's is my father's fault. I've felt that.

Shri Mataji: Yes, of course. Yes, yes, absolutely. It's not question of haunting, you see. The father feels for the mother that he thinks that she is been knocked down by the car and he feels concerned about her. So he is to be told and he can go.

Sahaja Yogini: I have thought that inwardly, but I haven't able approach her for the moment and want to very much.

Shri Mataji: Where is she now?

Sahaja Yogini: She is in Bracknell, in Berkshire. She's not here tonight.

Shri Mataji: But you can get ??? or maybe I can ???. It's not difficult. All right? It's a very common disease this is. Very common. All right? It's very common.

Sahaja Yogi: Mother, if you don't mind, I have to speak on behalf of my wife, who led me here, you see, because she can't speak herself. But she did write you a letter and we brought it to you but there was nobody here. So it's actually a letter from her explaining her problem.

Shri Mataji: What is the problem in a nutshell. Can you tell me just now what is the problem? You can ask her. If you can speak about it, but if you feel that it is not all right then I don't mind.

Sahaja Yogi: No, the problem is that last August she began losing the power of her voice and now she can't speak at all, not to

any extent. If she spoke you wouldn't be able to understand her. And also she finds it very difficult to swallow and feels as if she's choking when she swallows. And she's seen doctors and specialists, consultants. They don't know what causes it and they say they haven't any treatment for it.

Shri Mataji: Absolutely. It's just the same. It's nothing so difficult. All right? She's catching on the Vishuddhi chakra, this one, here, at the back, and that's how she has got it. It's very common. You come and see our programme.

Sahaja Yogini: This is the lady.

Shri Mataji: She's the lady?

Sahaja Yogi: Yes.

Shri Mataji: We can work it out on her after the programme.

Seeker: My little boy here, he cannot speak or hear. He's deaf and dumb. Could anything be done?

Shri Mataji: We can do something. We can do.

So got any problems? All right. You have?

Sahaja Yogi: On the heart chakra Mother.

Shri Mataji: You have a heart trouble? Do you feel frightened?

Sahaja Yogi: No, not really, I'm not frightened. I don't get frightened. The only problem is I don't have the energy to do anything. It is coming from the angina.

Shri Mataji: Angina is curable. You have to meditate. It's all right. All right? Have faith.

What do you want?

Sahaja Yogini: ??

Shri Mataji: You see this bondage itself. That means... And there are certain principles that we observe about it, getting out of it. And, especially during the winter [UNCLEAR WORDS]. But really, you must have a bath. Whatever may be the cold or anything, we all have baths, every day, and then we go out. And here because it's cold, they will take bath, hot bath. But I was amazed [when] I was in some Himalayan villages, they never take [hot] bath. Always in cold, absolutely cold. You see, because the difference in temperature is so much there, they don't do it much. That's why if you look to the persons here, they do not take bath too much. And solve lots of problems, see, of having very few bathrooms and this. And secondly the another thing is that, even if they take it, they take it in the night. But that should be religiously and should not be avoided because when you take your bath you should not go out at least for two, three hours because it catches.

And secondly I have seen here when you go out, mostly what happens is that this portion is always kept opened, because this portion is regarded as something which should be shown to people. So it will be harder to cover this portion of your mouth and nose. But I think this might be one of the reasons why women who observe, for example, some of the religions... But if you could just, if it is very, very cold by any chance, if you could just cover this portion of our mouth, or of our nose and of the part of the mouth, it would very good for us. Because then, these troubles starts because of the sinus. And the sinuses get swollen up because of this cold coming on the nose. I mean, we cover the whole body, we cover everywhere but the nose is exposed. And because of that exposure, complete exposure, this portion gets inflamed and then the sinus starts working out here and because

of that, you see, we get this trouble.

Now this is the chakra which controls this, called as 'Hamsa'. Is this centre here, which - just place your finger there, yes, no, just below. Yes just below that is that centre here, which works it out.

Now the best way to get rid of this coldy-ness (sic) is to be cautious about the climate here - cautious about it. But secondly there are so many things in Sahaja Yoga to cure this centre. And which they will tell you how to cure this centre, how to cure also this centre. If you could cure these two centres then you cannot catch cold much.

But another thing which is very good for the throat is salt. And there's a simple grandmother's medicine for this to appease, that you take the, heat a little salt in butter and put that in your throat and in your sinus; a little warm so that it clears out and the salt absorbs the cold. It's very nice and you'll feel very much better.

And you can take an onion and roast it and foment it here. Cut it into pieces, cool it a bit and put on the eyes, so that the sinus would be cured. It should be done thrice or four times before sleeping. And there some other things also one can try.

But there is another method by which we can cure cold forever. Sort of we can develop immunity, which is called Jal Neti in the yoga. Because we use yoga wherever it is required at whatever point is. We do not use yoga in the way people do, indiscriminately use, but whenever it is required. Like Jal Neti is required for people who catch very much on this centre and get diseases. It's a kind of a water carrier that they have. We call that as a Neti. And that one has a, what you call, as a snout which is coming out just like a, just like a kettle. And when you put a little tepid water and the salt in it, you can start pouring: that goes from one end of the nose. And you'll be surprised that, because of gravity, from the other side it goes down, just like as if the water is poured out. You see, it goes on falling down. And when it falls down like that, it sucks down. Because of the vacuum that is created, it sucks all the mucus and everything from this centre. And you can also use it the other side, like that. If you do it for say about ten days both the type, it helps you a lot. And then gradually you reduce it, and gradually you reduce it. Then you will be absolutely free of the cold - you do not get cold much. Because the salt goes there and sucks out all the problems. And the treatment lasts about for two months or so.

Which they can also teach you some medicines, because I am now experimenting with it, and trying to see. Because this is the first time I have seen that, in this country, I also catch cold. Because I have to have vibrations for your cold, so I get cold. When your cold is all right my cold is also. Because I accumulate that vibration as cold, and then it passes to you and you feel all right and I get cold. It's like that. So it is, a cold is the problem which you have, is the national problem. And it should be dealt with it on a national basis and in this way it can be worked out. You can become absolutely immune to it, it's not difficult.

But if you have that problem you can work it out sometime. You can get rid of the sinusitis. But for the time being, you can just use the onion which is a very successful treatment, and use that butter. Butter, heat some nice butter to a boiling point and put some salt in and let it cool down as much as you can bear it. And then put it in your, here, and see that it is good and hot. And then you can pour it through your nose. It will be useful one. It will soothe your membrane and also salt will suck through osmosis, it will suck it through inside. So it is another grandmother's medicine which is very useful I must tell you.

If you have the salt here I can vibrate it for you. It's very good for the throat. You should use vibrated salt, vibrated sugar.

For liver also if you can use vibrated sugar it's good. I think among you, many people are suffering from liver, which you are not aware of. But you have there and I know you are suffering. So if you shouldn't.

Now what we do is to, from the hands, you see, these vibrations start flowing. Then we do our hands in such a way that we put a covering, or, sort of, enlightening our aura so that nothing enters into us. And we can enlighten others' auras also.

There are so many ways how you put the bandhan. But the vibrations must flow: that's the first point. If there are no vibrations it's like binding a dead wood.

So it is about physical weakness or something else you are worried about?

Sahaja Yogini: Can I help a dog with a damaged spine, Mother?

Shri Mataji: Whose?

Sahaja Yogini: My mother's dog. It's got a damaged spine. It's a really cute dog.

Shri Mataji: Yes, yes, by all means, why not? You see, it's such, you have got it, the vibrations. You put one hand to the dog the other hand to the photo. Just just see. It's good. I'm happy it's your mother's, otherwise if I told you on anybody else's, you would not have tried. You try, it's very simple. Just put your hands, just try.

Any problem?

Sahaja Yogi: I'm catching on this one.

Shri Mataji: How are you? Are you all right?

Sahaja Yogini: Not too bad.

Shri Mataji: Are you feeling any cool breeze in the hands?

Sahaja Yogini: Yes.

Shri Mataji: Good. Are you feeling also?

You will be amazed, you'll start looking much younger, all of you. I mean, I don't recognise people after Realisation! When I look at realised-souls, I must say I don't recognise them, and they say, "Mother, we have been to you! Have you forgotten us?" I said, "No, but your faces are so radiant!" because you look so relaxed, you see.

It's good. Living in any place where so many people got Realisation.

What about you? Are you feeling the cool breeze?

Seeker: I feel.

Shri Mataji: You?

Seeker: It's hard to describe.

Shri Mataji: Let others see you. Come along here.

What about him, are you getting the cool breeze?

Seeker: Yes.

(End of recording)

## 1979-0616, Talk to Sahaja Yogis

View [online](#).

16 June 1979

Talk to Sahaja Yogis

Bala's house, Tamworth (England)

Talk Language: English | Transcript (English) – Draft

Shri Mataji: Are you better now?

So all the centres which are in you or in anyone, are reflections of the centres of the Primordial being. Alright?

Supposing that Primordial Being takes a Human form, ?? That the completion of that was done when Krishna came ?? Sampurna?. But still for human beings it was necessary to be resurrected so his son was Christ, his own son, that was why he was called as Christ, from Krishna, Christ. And he came on this earth to show you how to fulfil the description about Divine Power that was given to us by Krishna, that it cannot be killed by any weapon, it cannot be blown by any strong winds, it cannot be cut, it is immortal. That's why the embodiment of that immortal principle of Brahma was Christ, came on this earth. That's why ? and Krishna placed him higher than him, if you read the Devi Mahatmayam that you find ? the incarnation of Mahavishnu he called him Mahavishnu, his own son was called as Mahavishnu and that was Christ, ? I have been with all of them, and with Krishna ? And now I have come as a Mother as only a Mother can do this job, it's a very difficult job it requires a lot of patience Krishna can't do it, he is not ? Though he plays tricks with you. So I had to come and Krishna had to ? All of them are settled down here nicely, they are here so they are not incarnations in that way, so that's it in a nutshell. My position is here because Christ was here and beyond this is the collective now. I may take myself, ..?? I may come later on to sort it out now I am here so you shouldn't worry, just you worry to save people as many as you can.

Hah.

Better now?

There

Alright I will tell you about Gita and that's how all your Vishuddhi will be cleared and all the deities come. Put your hands, it's much better, it's much cooler now.

(Muffled conversation with yogis)

Ah, All of you are going to feel better , mmmm ???? Better?

Yogi: ??

Shri Mataji: Hot head, Head alright, Mmmmm better. Better in the head? Sit down sit down sit down, Ah better now?

Ah cooler? ? Better get rid of the idea of how you have been cheated then you will be better you see, ?? Obstruct it. Forget it, ? you get alright then we are going to put it right ?? Totally Like a football in this gentleman? Ha ha ha ha ha.

There's another one this Rajneesh, he is localised because the way he is so much allergic to flowers and to fragrance that he starts sneezing so he can't get out of his place you see so he has to be there, even if he has to move from his room, from the lecture hall, he goes into his

Mercedes ?? his car. You see

Yogi: It always seems to be Left nabhi.

Shri Mataji: You all think of getting married and having a nice wife, alright? ? He was asking does it help? Ha ha ha ha ha ha ha. It does, every Mother does that, she is very anxious to have a nice little wife for her son and a nice husband for her daughter and in a very nice time little little grandchildren. ??? He was very upset on this point, so what I said ??? On the point of marriage. ? Yogi: I was asking him about it yesterday afternoon, but he didn't care to comment.

Shri Mataji: ??? His friend got married, Then whom does he marry but a teacher of TM? And that one was such a camouflage, she came to me, horrible vibrations she had , she has got I asked her what have you been doing, she said this year I was TM I was working for them, I said really? She said yes, she said they are paying me a lot of money, ? so I said ??? Black marks on her face, she was a good looking girl. And a brahmacharya I said see now look here ? But she was a teacher for three years then discovered it. ? From there it started, TM you see? You see that's the beginning when she came into the real vibrations,then it has started now ??awareness has started flowing so once later she was upset and she said Mother of all things I needed to go to him, I used to be a simple Indian girl. ? She said imagine this, So I told her I said don't marry because I told

her don't marry a Sahaja yogi otherwise so also??you are becoming brothers and sisters you can't, We have tried, we have thousands of them, you cannot marry either they have known each other before or later, now what else?

Better now? Better, better.

??

You are unkind to your husband you know, ?? this horrible man he wants to have you celibate you see, throw him in the sea, he taught you how to ??

Yogini: ?

Shri Mataji: You had better get alright and then you will see what I mean, ?? but first of all you get out of it, you see he is using you as the hostess that's the problem. That's why I am afraid to do anything, so now you all get well and I will see to it whichever way you want it...upside down?

Ha ha ha ha ha ha ha ha ha You tell me how alright, whatever is satisfied in you ? But I was surprised at some of you say Linda for example she was worried about his well being, I said are you mad? And such nice people you are, there's too much niceness in ? One has to ?? Luckily I was central to the investigation ?? and as I said to the secretary of the president of ours, so I told this president of ours you see, I was very angry I told him he had a very bad heart I told him to have an operation, ?? so he is alright its a very ?? Let him come. ??

Yogi: What is going to happen about taking this movement to court.

Shri Mataji: ?? Catholic courts, ? that's something great ?? when Krishna starts playing his tricks ??? You see some of these people who are relations of ??

Yogi: ?

Shri Mataji: I will also have some tea.

Better now, is it, the void?

Yogi: The void.

Shri Mataji: Always take the most extreme cases and then you cure them then others get cured also you see. ?? I mean you will be cured no doubt, but when we are curing we are curing ourselves??? Just now, much more sincere. He has religiously collected all his money and passed it over to the ?? This is a thing I am angry about? ??

I mean the way you have been much more sincere and honest about it. Makes me angry that's all. Yogi: How some of the people really could have afforded it I really don't know.

Yogi: I mean when you mentioned the fee of £150 per week, people just shudder, you know, They religiously paid out £150 per week.

Shri Mataji: They must be eating potatoes to save that money.

Yogi: ??

Yogi: I know some people who sold a very nice house

Shri Mataji: ???? Spirits

Yogi: Yes and then, they live in a small house now. Worse off than when they ....

Yogi 2: I know who you are talking about. ??

Yogi: ??

Shri Mataji: You see as it is (the?) young people in India, the young people will get a good inheritance quite a lot, but here it is not so, I find ??? You see the young they don't get that much of an inheritance anyway ? On top of that this horrible fellow has come, ? it's too much, you have to build up yourself all of you ??? Inheritance from your parents?? This fellow must have really...????

Yogi: ?? Has anybody mentioned to you..??...Possibly the worst book I have ever come across in TM ( ?? Hammond). She's struggling to get £40,000, they won't give it to her, they are frightened she there she is so bad she can barely ...A couple of years ago you talked to her, she would be looking at you, then her head would drop like this??

Shri Mataji: ?? Mentioned her

Shri Mataji: ??

Yogi: ????she could barely walk, she couldn't keep her head up, it was always down like this, none of the Siddis and of course My mother got blisters on her hands

Yogi: ??

Shri Mataji: She must be a realised soul

Yogi: ? She started

Shri Mataji: She might be a realised soul your mother. ?? A realised soul Poor thing you know.

Yogi: She feels better than she did.

Shri Mataji: She's better

Shri Mataji: She'll be better for bringing her to sahaja yoga, She's a realised soul you see the way she is reacting. Even these ?? are another type you see.

Horrible, these ?? they went to Denmark and a young girl came to see me, (??) hardly 19 years of age, absolutely ? She had no love in her, without love ?? Left side absent. she came to me and she told me that they wrote to her that we are coming to Denmark in any case make a house which has got a marble floor, so all these young people starved themselves in need for this venture and marble floor? When they came then they said that the road is before you come, near the road you have to go 1001 times like that so you meet the person and then the person comes in and you have to be on a very strict vegetarian diet you see, so poor things, all of them they are eating potatoes and potatoes what they will eat, and they become very thinned down, Then after that they tried all these things, but the worst part is that the girl started conceiving out of this fellow you couldn't help her. And he is still going strong in Denmark, he was so bad you see that ???

There's more on this

Better now

Yogi: Right heart and agnya

Left is alright

Shri Mataji: Put your right hand towards me and there. ??

If you go there it will be better ??

Yogi: Yes

Shri Mataji: You washed my feet yesterday?

Yogi: Yes

Shri Mataji: Where's the salt?

You have washed my feet before?

Yogi: It isn't going Mother

Shri Mataji: you see my vibrations are like ice, there a little warm water will help. You see they are like ice, the ice melts and there again it becomes nice. ?

Shri Mataji: Bala you have to get about 5 lbs of salt

Yogi: I have got a big container of salt in my room upstairs.??

Yogi: You need some more salt?

Shri Mataji: Of course

Yogi:??

Shri Mataji: Good right are you better

Yogi: Yes

Shri Mataji: That's good that's good that's good

Yogi: ??

Shri Mataji: Your colour will change in the hands gradually, let us see, there, it's getting a shine there you see becoming lighter.

Yogi: 1.65 lbs mother

Shri Mataji: This is too good

Yogi: ?? Make ??

Shri Mataji: Yes

That's why it was said you are the salt, salt water, this is the guru you see, that's what salt teaches us you eat salt as an element place, you are not to deceive that person, You see Guru is the ocean, ocean represents the Guru, and the salt is the essence of the ocean ?? See. Salt only, just keep it salt better? That's good grab it and rub it hard. Alright? That was nice from Albert Einstein isn't it. He was a realised soul like Blake he was ??

Yogi: Yes

Shri Mataji: He ?? But I don't know what happened to his scholarship, ? they are born ??

Shri Mataji: This is from Mrs Mehra? She sent it for you

Yogi:?

Shri Mataji: So you have that one alright?

Mrs Mehra has sent that one for all of you, will you have sufficient that's all, that's the number.

Yogi: There is another box.

Shri Mataji: Another box?

Yogi: yes

Yogi: Would you like one?

Yogi: No

Yogi: There's some more salt here

Shri Mataji: Yah

Yogi: Are we going to do the salt treatment?

Shri Mataji: Beg pardon?

Shri Mataji: you should take it, a good idea?

Yogi: You should take it away

At home take it out the whole thing ?? Good, for liver you should give the liver diet all of them should have.....

Yogi: ??? Salt and lemon cure on their holiday

Yogi: They have given me one

Shri Mataji: and ?

Yogi: It's very good

Yogi: It works because it's so horrible, you daren't be ill.

Shri Mataji: You will be amazed how it works you see because you know all the things that we think as very important and great in this world has no value in spiritual world. Like Ganeshas, Ganeshas conveyance is a mouse you see, just a mouse, you see we people to show off our greatness, we have cars, and like aeroplanes some people will have just to show off your ego. His vehicle is a mouse that is what it is. In the same way this lemon has a coefficient which really carries Ganeshas powers and it sucks in but it has to be fresh and a little rounded type and then it works better. Not very longish.

Yogi: Salt

Shri Mataji: No no no lemons, lemons have to be, worst for Sebastian you see the youngest so he has to work the hardest. In our Sahaja yoga the younger people have to work harder you see, but the elders have to love them and give them Presents and gifts you see, a good idea. Ha ha ha ha Yogi: ??

Shri Mataji: Aha, Thank you very much. Thank you. They liked it. (Speaks in Hindi or Marathi) You should not have put any salt in that, did you put any salt.

Yogi: I don't know Mother, I don't ??

Shri Mataji: But it's good for your nabhi, and er

Yogini: it tastes very nice

Shri Mataji: What do you say Don?

Yogi: Vishuddhi

Shri Mataji: Left

S: Mmm better, is it? Put your hand on his visshuddhi Mmm

Yogi: Left Swadishthana

Shri Mataji: Left Swadishthana, put your hand on the left Swadishthana. You put on your hand, you put it there please,

Yogi:?

Shri Mataji: Are you alright? Any better, cool breeze, Good, you see from the eyes you can make out.

Your eyes start sparkling ....and first there is dilatation when the kundalini rises above the Agnya. Although sometimes people feel a little blind when it rises but when it pierces the Brahma randra and it establishes then you get a sparkle in the eyes, eyes are very sparkly.

Yogi: why should it be that sometimes you find your eyes burning sometimes, you know you feel it coming up to here then it falls back

Shri Mataji: because of Agnya, in the Agnya the kundalini fights primarily because most of your problems are in the Agnya, so she fights there, and when she starts fighting there and then you get this burning and she has to pull them up.

Yogi: ??

Shri Mataji: You are, your Eyes are very weak that's why, how did you like after that

Yogi: very light?

Yogi: I did it a couple of days ago I got a tremendous throbbing here and you could see the thing

Shri Mataji: the Vishuddhi is very bad, very bad Vishuddhi

Yogi: That would simply ??

Shri Mataji: No no no can be asking for problems you have Vishuddhi, his face used to go into contortions Hello David how are you?

Yogi: Hello, I brought my wife too

Shri Mataji: That's good I was asking about her I said where is she I have not met her

Yes come along. These are your children?

Yogi: Yes

Shri Mataji: That's good, very good, come along, come along.

Yogi: Mrs Fraser

Shri Mataji: come in come in.

Ha ha ha ha ha

He is alright ? Sahasrara is opening out

Yogi: right heart,

Shri Mataji: right heart, right heart

Yogi: Peter ??

Shri Mataji: Better now, you being tall you can put your hands through this window here, left hand.

Yogi: He looks very different, he looked really sick

Shri Mataji: He is looking very different now

Yogi: The eyes

Shri Mataji: Thank you very much, you yourself you are flowers you see, thank you. What's her name? Yogi: Annette, Mrs Fraser,

Shri Mataji: Fraser

Shri Mataji: Sit down, sit down sit down, give her some ladu or something to eat mmmmm

Yogi: ?

Shri Mataji: Shuddha Vidya

Shri Mataji: How are you?

Yogi: Good

Shri Mataji: I was very happy, yes, please make it, then give him a seat. That's good.I think it's time, for a while will be better, let them have the seat, please let him have the seat. You can come or you can sit here. Good, now, shawl is doing the job.

Yogi: Is better now ???

Left Vishuddhi, left heart, the heart was sticking, ah well

Shri Mataji: left heart ah yes that's ??

Shri Mataji: ah yes what about Mr Ghent, did he come? He was to come today,

Yogi: James

Shri Mataji: James, James

Yogi: I didn't recognise the name

Yogi:?? A friend of Philips

Shri Mataji: The one who wrote lots of books and

Yogi: The yoga fella

Shri Mataji:??

Yogi: The yoga fella he said he would come today, will he be over do you think? If that's the one

Yogi: Is his name Michael

Yogi: John

Yogi: John, Denu or something

Shri Mataji: Ghent, Gent

Shri Mataji:?

Yogi: ? Philip knows him, I don't know him

Yogini: someone said ten o'clock or something

Shri Mataji: Ten?

Yogi: to half past ten

Yogi: it's half past nine now

Yogi: There's a ?

Shri Mataji: Left heart, Douglas if you can do ??

Shri Mataji: Some sort of a stool or something, ??? That one?

Shri Mataji: Speaks in Hindi

Shri Mataji: How many are they, 94,000 are the meditators are they ? I will tell you about dharma but also I want to tell you about ??

Shri Mataji: First I said... alright, I went to..guru..... I went down to Kolapur once, you see ??? that's a great place of the Goddess and I went down there and then I want to go and see him you see he lives on a hill, so I went up this very very steep climbing up, when I went down there.....so you see he can control the rain, this one, and there is something to do with water, he can live in water just like a fish, and his both legs are like this you see, they are broken type, and hands are also like this, poor fellow and he goes about on a tiger, he gives him a occasionally ..so when I went there see the rain had started and he was very angry with the

rain that I was getting drenched when I was going to his place you see, nodding his head like this, so when I went there he was in a temper, absolute temper. They have a temper also you see, they have a big temper. So when I went up I picked him up I said now come along don't be angry with the weather and then of course did my Aarti he touched my feet he did everything, but then he said that Mother why did you not allow me to control the rain, were you trying to kill my ego he said, no I did not why should I, you don't have an ego, I said, he said why didn't you allow me. You see I don't like the way you are drenched coming up, completely drenched is not good for me, you are coming to my house, it's such a great day for me and here I find that you are drenched. I said alright I will tell you why something you have bought a sari for me and if I am not drenched I won't take a sari from you and then the whole temper went away you see and he started crying, ?? I was very much touched, but I said there was another point, I said when I was coming up the rain was going over my body, all this place is to be vibrated, you are going to have beautiful greenery here, and that's why I wanted the rain to come, what is going to happen to me he said, I am not going to be affected by it, and then he got the sari and then he was very sweet to me but he is sweet to me but not for others he is horrid absolutely, horrible thing you know he told me that Mother if you find anybody a person who troubles you send them over to me. So once there was this horrible fellow was troubling me too much. You see I have patience with them, but I said you had better go to Maharaj, he was very, Oh Maharaj is cold is it. Because these sanyasi must feel very elated about Maharajs , so I said alright go ahead and see so when he went down with great hopes and when he came after 15/20 days or so he came in such a terrible condition that both the legs were put here, you see he was dangling in the air, people were carrying him I said what has happened how are you here in this way, he said Mother please forgive me and this is the Kaaba, the days of the Maharaj that

I .....??..

I said what did you do?

He said you see in the night his tiger came and threw me in the cut and I was there for 3 days ?? And he couldn't get out, I was just there for 3 days continuously I was there and then you see lowered some Lotis? and said eat there and be there for some time and then he picked him up and brought him and some people went and assisted him out. Then he said now you go to your Mother and put these feet your legs around your neck and go dangling to her and beg of her. I said what has happened what did he do, he said no no no no I was just a little bit criticising you, I said that Mother does not discriminate between good and bad she gives realisation to everyone you know, I said Oh you are very wise, I must say you are a very wise man, and this is what he has done to me, now you don't send me to him, so they are like that. ?? Then I told him Maharaj you are ?? A temper you see ? he said no these are the days you must have temper otherwise you cannot save them, they are horrid, then they don't want to come down, you see he says you work on these horrid people then Sahaja yogis he went to see you he said these you have got your vibrations for nothing at all I work 21,000 years and then I got, he was a frog since then he has been seeking he says, so I don't know how far it is true, whatever it is, and he said and you got these vibrations just like this, you have no value, you have no value for Mother, you have no value for your vibrations, so he said how many of you are willing to give your life? He said we always give our lives, what is there for Mother, so they came to me and they told me so I asked him, why do you want my children to give their lives for me I should give my life to them ?? he said that's how you spoil them, that's how you spoil them?? they are like children also, he is 108 or something you see, and then I cured his legs and hands, he's better, oh we have so many of such people but they are very hot tempered

Yogi: Shri Mataji in India when they have these big festivals with all the sanyasis and sadhus people come and they say they are holy people ??, what is the significance of these holy people,

surely ??

Shri Mataji: You see there was one of our Prime Ministers came for a short time and went away in Islamabad.. Now he is a Sahaja yogi poor thing. You know he..in India if you want to give any charity you will find so many sadhus sitting you just announce in the paper that tomorrow oh we'll give charity to people they will all change their dresses they may be thugs, they might be criminals be wanted and all that become like sadhus to get something. I shouldn't say this to you, ha ha ha ha, because all the time we are saying we are too clever and we can't describe our cleverness, we are really too smart you know, and we have no self respect, no self respect about it. You can't understand they will change their dresses and come down and beg of you and

take money from you ...? What does it take to become a sadhu you see you can get this sari and dyed it in that colour for one rupee in India only one rupee, you see here it may be a little expensive, but in India only I rupee you dye that and you become a sadhu and you start begging everywhere, we have all kinds of nonsense going on in our country.

Yogi: Oh I was going to go to India a long time ago and I can remember bring in Calcutta and walking Shri Mataji: That's the worst

Yogi: Down charingay and there was this mother with the child and the child was screaming and had a bandage round it's eyes, and a policeman who was in the middle of the road directing the traffic looked across and then he just stopped the traffic and ran over and ripped this bandage of the child's head and there were 2 cockroaches in the, being held on by the bandage and they were trapped..

Shri Mataji: she might not be the mother also, she might have taken away somebody's child.

Yogi: She was making the child blind so it could beg, and you know she just went round the corner and probably put it back on again.

Shri Mataji: Yes, So you see when you ask questions you must know that you are in a different play you don't know these horrible people, we have beggars who have buildings in Bombay, they own, you see beggary is our national profession, you don't know that, and our ministers and our Prime Ministers are also doing the same. They are beggars, real beggary, we know you see you must learn from us the way we beg.

Yogi: Why then do so many good people come to India why is it such a holy country?

Shri Mataji: You see only from the, from the mud the lotus are born, you see it has to be a real mud to create lotuses. It teaches that wretched state that you have to create a lotus, otherwise the horrible place will stink and everybody will die of that pollution. So the lotus has to be born in the worst possible place. That's what it is. See what kind of people we have ?, days.....now. You see they kill their own Minister, prime minister Pakistani see one better than the other you see, we are great at people, ha ha. In this matter we are one, only thing we are wise in one thing which you are not seeing ???? And that is something we have got something so great that I wish you could imbibe that. Our women are very great ??, our women you see we have maintained our families, maintained our children we have maintained our society, that's what we have which you do not have. You see our women are very clever you see now he's controlled by his mother through her love, she knows how to make him, first of all they will enter through their stomachs, you see they will feed them so well he must be missing his mother, you see and they look after them so well give them so much of love that's how that part is missing here you see if you have got that love you would not have gone to this kind of a horrible person, you see. You just went there for love actually Yogi: a lot of insecurity

Shri Mataji: Lots of insecurity inbuilt. Because of the war perhaps, or maybe, I don't know about the government are really mad here, they are liberating themselves and all nonsense they are doing, you see what we are so powerful in India women are extremely powerful here you see our husbands are supposed to be ruling us supposed to be, but who rules in the family, you can make out, so this is the very great blessing we have that ...our society is good ..... And that the family is intact, and I mean just that way you see that way we are very strict here, extremely strict, there is so much of stupidity, I mean we don't know how to explain these things, the things that are happening here like teaching sex to children and all this. it is stupidity and it's absolutely absurd you see we don't teach this to dogs, why should we teach it to our children. So many things are so stupid and idiotic which you will start seeing very soon after Sahaja yoga so that is the thing very wrong with you I mean we cannot understand that Indians you see we say this is how it works out, it's shocking isn't it?

Other relationships like mother, sisters, pure relationships do not exist here, they are all absurd and sort of muddled up this is Freud, Mr Freuds donation to you, and the way you accepted him also, if you had bothered about Jung it would have been better. Just...Good and I think it is a reaction of also of this catholic suppression you see of saying that you cannot achieve God without being celibate and all this suppressed things so you just react to these things, .....that's how it is. Now whatever is sensible you will be inclined to see because of your intelligence, we are told we are out of date sort of thing you see, it's finished so this is

modernism, see this is the modern style, it's idiotic I tell you, it is so stupid, it is so stupid that you cannot imagine when the Indians meet you see or say Pakistanis, Indians meet or the other....I had a Mauritius ..they all the time laugh at these things and once there was another story, yes ? it is, so then another says like this. For us it is something absolutely Greek and Latin we just can't understand it. ..better now? Is he better ?? Yogi: Left Agnya

Shri Mataji: Left Agnya,

Yogi: Strong left

Shri Mataji: Mmm Better?

We call them two types of sins, one is the sin against the Mother and the other sin against the Father, you commit the sin against the Mother, but sin against the Father you are alright, you do not steal things, But also you see this is a very serious thing in a way. We go to a family .....you just polish off your ....without any compunction, .....you think that is right sort of thing to run away with things and you go to his house and you find your own blanket and you are quite shocked, what to do? You must be having such fun, ha ha that it could be, but an Englishman comes to your house say, I shouldn't say Englishman, but I would say a westerner comes, American specially he comes to your house, he'll manage away your wife, you see next thing you find her missing then who is going to look after the household who is going to look after the children, you see maybe a very young fellow coming in the house like her son, she goes off with him and then there is no law against it, you just can't do this?

Yogi: You have laughed at us several times Mother for not being right. And in the orient its tradition, to arrange the marriage, over here it is to meet somebody.

Shri Mataji: Yes you see things arranged traditionally are good idea traditional is good because you see we have horoscopes to begin with , So we take your horoscope and we take the horoscope of the girl who we want to marry and we tally it and there has to be at least 26 points minimum. If you do not have 26 points meeting then they don't have marriages, because they believe that marriage won't be successful. You see but if there are 26 points alright then go ahead that's why marriages are rather successful because the temperament and all that you see? They are complimentary so it works out. Also by arranging a marriage everybody is involved in the marriage you see. The parents everybody takes up the responsibility, like mother father everyone so they see to it that the marriage is successful, and thirdly it's a collective sanction of all the society. In a village if you marry now I mean my daughters marriages took place in Bombay, not in a village, but in the real village style, you know, and we have to have so many foolish things in the night, one of them was the cow dung, but I didn't know from where to get cow dung, in Bombay so in India it is not difficult you have to tell somebody in the village you see. A tailor is there to dress up the boy, he comes there you have to give something, he knows all this and then the washer woman comes to give you something else, and like that you see, you have to give them presents you see, so the whole family, the whole household everybody in the village is involved, so you have to have that kind of a leaf, and that kind of a leaf and that kind of a water, and all that is to be brought for the marriage, so everybody's involved with the wedding. But now for this cow dung, I asked somebody you see, and he didn't understand me, can you believe. He brought truck load of cow dung, I didn't know what to do with it, it was such a problem, because in the village it's alright because they do the whole thing....(all things).....so he brought a truckload of it you see he was also from (Uppi), And he had a big what do you call it a dairy where he was having lots of cows and things. So he brought a truckload, he thought Mataji has asked for it, let me take a truckload because in India we might need half a truckload for a wedding because you have to do all that cleaning and everything is done you see with the cow dung.

Yogi: What do you do with it?

Ha ha ha ha ha

Shri Mataji: I sent it back ha ha ha ha

Yogi: No, no I mean with the cow dung, what do you actually do?

Shri Mataji: You see in India we don't have sort of ...what do you call...?.. Dairy places you see, something so cow dung is surprisingly, I don't know about the cow dung here, but in India is very good you see it doesn't have any smell or anything, fresh cow dung if you spread it on the ground you see it behaves like a cement

Yogi: Oh

Shri Mataji: it's a cement, it behaves like a cement you see, and then they use it for say cementing the place, for cleaning the place and also for light washing the huts and all that. Ghandijis hut was all white done with the cow dung.

Yogi: Like Africa

Shri Mataji: Yes, Africa,

Yogi: They use cow dung build with it like a cement.

Shri Mataji: Yes it is a cement you see cow dung, like a plaster it's very clean makes the wall look very clean and also there is a little you can call it a green colour to it see so the whole place is looks a little green type, it's quite nice it doesn't smell and it's very good because you know the cows always eat only leaves and things they are vegetarians you see so the cow dung is good,

Yogi: Does excrement not have bad vibrations?

Shri Mataji: They don't have, cows, they don't have ??, but in India, but I don't know about the cows in England, because here the cows look like Buffaloes you see. The cows of England look like Buffaloes. My grandchild said why are the Buffaloes here are white, I can't understand the Buffaloes are white here, she didn't think they were cows you see. So India cows are special something

Yogi: They are stuffed full of chemicals anyway

Shri Mataji: Yes, I think and you know they make them live in such unnatural circumstances, .....and never respect them. In India every household has a cow you see so she is treated like a mother, in the family you take her that's how they develop this kind of a feeling for her. But that to such an extent they go I mean you are not going to become a cow now so you see, this is just another extreme they take, but that's how they respect The cows very much and the cows are really so very kind.

Better now? Alright. Good.

Who has done.....Wash.....This.....Again... Who is not doing that, May God bless you. ....insecticide or say Ajax, which is a horrible treatment Ajax this kills off all the vibrations and I won't tell you that it is to

Yogi: Ajax?

Shri Mataji: Ajax it is something very horrid. And I tell you that if you put this in your hair your hair will grow, it's like that. Do you understand my point? .....the one who wants to harm you then do this way and he's done this way , westerners of some sort, westerners of sort you see

You shouldn't handle salt alright, just put it there and let him take his own salt you just put it down alright now let him take his own salt,.....you never give salt to the hands just it is the principle of the guru and the sustainance in us, sustainance in anything whatsoever, in the material world you can see the sustainance, I always give the example of gold you see, that gold is untarnishable, that is the sustainance of gold. In the same way you can say all the Valencies and the properties of the photons

and neutrons and electrons in a molecule or I would say in an atom of every element is the sustainance of that element. So you see human beings also have got sustainance is how are you a human being, what are the qualities that describe you as a human being, that is the sustainance for human beings, now the word dharma comes from the word (???) the one which you sustain, the one which you imbibe which is imbibed within you by which you exist as a particular personality, as a human being or as an animal like a scorpion has its own sustainance like a dog has its own sustainance, like a horse has its own sustainance, in the same way human beings have these Ten Commandments as is these is very important, now they can be divided into actually into 2 parts if you see. Again by disobeying one you create the sin against the Mother, by another you create the sin against the Father. Left side and the right side. Now this is within us, inborn it's built in, but if you try to go against it then you start suffering. This is what is the dharma, you have to just maintain it , you don't have to do anything extreme about it but just maintain it. So we have dharmas of different dharmas and that's why it was given to us a long time back and then has been very reverently described, in I would say, in Indian scriptures. The reason is the Indians were more meditating type and they meditated it and whatever they got, say Ten Commandments they got now they would work on it, now what happens if you disobey and what goes wrong where it comes from where is the chakra, which part of the petal it works, what is the name for it and all that. They went into it to find out the details about it. Whatever they discovered through the unconscious you see which they work back you see like they discovered anything in their dream they would go back to it meditate and find out about it. That's how they discovered about many things that are within us and this is only possible in a country like India or say Pakistan where the climate is not so unkind to people and people can just live in the forest and lead a very very simple life. Moreover the society in those days were of such a good way made, the people were so sensitive that whatever the saints said went through you see all of this. You see we have got these four dharmas we make that in the childhood you stay with your parents, then you are 5 years of age you go to a forest, from 5 to say 25 or 20 years of age you stay there a celibate life just like brothers and sisters. Now this is the.. this is the dharma, of the first half of the life as we can say is the brahmacharya at that time you are in celibate, ??? how do you obtain celibacy. You see they also saw to it that they made the society that way, for example talking about sex was absolutely out of the question, thinking about sex was out of the question, they produced all every entertainment and everything, everything in such a way that children took to the sublime relationships like brother and sisters , mother and all these things. So they developed that within them the power to understand that celibacy is the basis of innocence and celibacy must be maintained that age when you are still very very young and you are not yet married then the marriage time came, .then there was the dharma of the family, rastra dharma, the one where you are a household, and that is the dharma for you. You must, first one was the Vidya dharma when you are students second one was your ? Second Dharma when you were in the family. To maintain this dharma of celibacy they started a system by which cannot marry into the same university and the university was named as gotra say your gotra, say my gotra is the Chandi I cannot marry in the same gotra, and if I marry in the same gotra then it is not regarded it is null and void. So all the boys and the girls in the inner city felt that they were brothers and sisters. But not only then but in generations even still today you see you are taking into consideration the gotras. If you do not only the people you see who have got a mixed life or ??....they do not have the gotra brahmacharya otherwise all the people would worry about the gotras to find out what is your position. So this was just to maintain that celibacy point, absolutely clear cut in the minds of the children, when they are studying. At the same time after the married life, you see after the 50 years of age the grandparents would go to the same forest and live with their grandchildren. So there was the love of the grandparents and the grandchildren and they lived together in that very pure atmosphere. And the atmosphere was absolutely pure, and then they were given the ???? The training about the married life, and the wife, oh and there is also the ?? Dharma how to treat your guru, how to recognise him, all these things were laid out in great details to understand well the thing was to be understood by all the students how to behave. Like there are five mothers. You see one of them is the wife of the guru, and the gurus sons were married, and they looked after their students just like their own children, and they were all realised souls if they were not realised souls they were no good. So they at that time only they gave them this idea of dharma, it was built up. You see this was all good for the society and then they got married and after the marriage you see they went and had children and there was only one man and one woman relationship. There was no question of having all these nonsensical ideas of incompatibility.. But from the very beginning it was true that indulgence in sex is not the way to God, you have to do it because you have to have children and you have to be very temperate about it. It is only to express your love to your wife that it is done and that is how the Putni dharma and then the pati dharma and all these dharmas the relationships with each other is established. Now dharma means sustainance which delimits your behaviour which glorifies your relationship that was a dharma started out. But basically it is our sustainance which is built by God himself within us you see like a tree of mango will give only mangos. In the same way a human being has to be a human being. We cannot be a rhakshasa, and he cannot be an animal, he cannot be, but the freedom was given to us you see to see our

dharma to maintain it, but what we did instead of going beyond the dharma we spoilt our dharma. And that is how all our void was spoiled. Now how this fellow has spoilt your dharma we should see? You see this gentleman you can see what has happened now first of all that he is not a realised soul and you are not to bow to anyone, that is why it is prohibited to bow to anyone who is not a realised soul. It went to such a limit at the time of Mohammed Sahib that he saw to it, he said don't bow your head, just don't bow, because he started talking about the abstract the trouble was in the beginning of this they knew about the deities they started talking about the deities. But when they found that people, were not going to the real deities but just creating deities of their own and they were worshipping those deities, and just doing all ritualism and no essence in it. So they said alright let us talk of the essence, I give a simile like this that they talked about the flowers, because they thought that by talking about flowers it would be easier for the bees to come to the flowers, but what they found that people got lost in the flowers, not in the ?? They would not see the ?? So they said lets talk about the ?? But both turned out to be only talks, talks talks, talks so what you have to do is to become (?) to go to that. This is where you cross your dharma when you are no more a human being but you are a super human being, you are dharmatit, you are beyond your dharma, see where you are not any more a human being but a person of a superior consciousness where you see your dharmas just start acting automatically, like an example is like this, that you see it is not allowed in dharma to drink this alcohol now they were not mad to say that you see, all of them said that you should not drink alcohol. Now what does alcohol do? First of all it kills your dharma, how does it kill your dharma? Let us see, it's very simple I tell you scientifically now I would say ..?? when you take alcohol the alcohol has a capacity to break your water into 2 lines O and OH<sub>i</sub>, oh I am sorry H and OH<sub>i</sub> so the OH<sub>i</sub> you see what does it take the O cannot absorb the heat in your body because of that OH<sub>i</sub> meaning in you your heat is not absorbed in the water that is the blood because of that what happens all the heat is accumulated in your being and it cannot be taken out. For example your liver is the place where all your poisons are sorted out and it gets heated up you see, imagine your liver being heated you see, we know what happens to liver, you just take the liver of a goat and heat it up until it becomes a solid piece just like a rock and it's hard even to bite into it with your teeth, it's so hard and this is what happens when you take alcohol your liver becomes just like solid like a, what do you call, a rock! And it loses all its functions you see and that is what goes against your dharma that if you take drinks it happens, but actually drinks were never created by God. For this you see he created it for polishing . It is just a polish a polish of everything you see say if you have to polish crystals or diamonds you have to use gin as a polish all this spirit is nothing but for polishing, who asked you to drink it. But somebody must have got drunk and he must have felt funny about it and he must have told everyone, and everybody started drinking. Now when they said don't drink they said 'oh that's out of date you see there Mohammed Sahib says no good. He told us not to drink. Nanaka said don't drink. Now smoking you see the results of smoking. Now What is happening with smoking it goes against your Vishuddhi because you see that is the place of Krishna and smoking started much later. You see he was much earlier, smoking started later. That's why Mohammed Sahib has talked about it much more but Mohammed Sahib did see this point, he did see. So he said all intoxicants and all habits are to be discarded, all such things must be discarded. So he also wanted (Mother speaks in Hindi) addictions, addiction, addiction, all these addictions must be given up he said it very clearly, no addictions are allowed according to him. But you see how you make fuss about things like Mohammed Sahib and all these gurus all these great incarnations of the primordial master Adi Dattatreya, Adi Natha, they talked of how to maintain your religion, your sustainance, your balance, so immediately the Christians because Christ didn't talk much about it because Moses had talked about it, Abraham had talked about it, So Christ did not talk so they said alright so Christians can drink, just imagine. This is a loophole that's how they became Christians perhaps because they thought that they belonged to the Jews you see, then they wouldn't have been able to drink, but Jews drink like hell. Jews also drink now. I mean the Muslims drink the most you see and worst are the Sikhs who are prohibited from drinking and smoking they can beat all your scotch people here you see. All your scotch whiskey goes into their stomachs, all these things, and they grow in this way thinking that they are great Sikhs going around you see, they wouldn't even wear a helmet when they are driving a motorbike and they will oppose it and in which, in which scripture it is written that you don't wear a helmet. Where is it written that you don't wear a helmet, that they are they doing like this whatever is written is that you don't drink, and they come to England only for that, if you didn't have scotch whiskey here, I mean if you really stop then they will all go back to India. It's a race relation problem I tell you. if you really prohibit them from, even Muslims are the same, they are only here because they can drink very well which they cannot get in Pakistan you see, so that's why they are here. So this is. If you want to stop your immigration is the best way is to stop all your pubs, and don't allow any Indians to enter into it and any Sikh because it's prohibited and all the Muslims, you can stop it all of them will go back, back and back, you see that, they are just

Yogi: Then you will have the race relations people onto you.

Shri Mataji: No but there is relations you see, you will understand that such horrible races are not needed here who just break out? For nothing at all instead of giving you something good that they have got from their own country they are only learning bad things here. What kind of a race relations you have when they come here you teach them how to flirt with women and teach them how to drink and all these dirty things you teach them, what race relationships are these. I just don't understand they are not good relationships and they don't teach you anything good, they teach you all bad things, how to thief and how to be clever, how to take away someone's money that is a race relationship going on you see learning bad things from each other , it is better not to have such a race relationship where only the bad things are learnt from each other isn't it. So this is what it is. So when the dharma is established you see one understands what is religion ?

Now you will be surprised fanaticism is against dharma. Fanatics always catch on the left nabhi fanaticism you see you people also were fanatics about TM. Once upon a time, and that's why also left nabhi is bad. Imagine, fanaticism is not the answer. (Telephone rings Mother Answers) Shri Mataji: Hello ah (Indian conversation on phone). Hello Namaste, I am so sorry this was also planned much earlier, how are you now? How are you, and how is Mr M?

Alright I will say you take your baths, and you have your breakfast and whatever you like, you can ask these people to prepare for you and just this is your own house. I am sorry I was booked up like this and there are already so many people sitting down here you see and then I think you can sleep off after breakfast and.....yes

Shri Mataji: and is it better, see his eyes see his eyes dilated, good what are you feeling sorry about. Ha, Feel sorry, you see you had to be crucified, what is there to cry, huh? it's only me who has to suffer the most, and despite all my powers you had to be crucified. So it's only I should really be crying, why should you? I don't know what was lacking in me that I could not control this situation. This was not destined. Chris's crucifixion was sustained this one was not. This is your own choice, so the sustenance is maintained through temperance, you have to be in the centre you see, now going to churches was alright as long as the people with the church were realised souls going to temples was alright as long as they were real Brahmins. But, you see it went to the extreme of things so the real people went away and the horrible ones came in, who did not know what they were supposed to do. So this is against dharma to be fanatical and fanaticism is the, is such a horrible disease that it gives you cancer you know fanatics get cancer, and they become so cunning in their old age they are so horrid. I mean there is a lady we know of and she is a great fanatic and she is not very old but now she doesn't know how to use her bidet, she uses it for WC, she thinks that's a WC, so it can be anything. Old age is very funny of these fanatic people so some of them start pulling out their hair, some of them start you see of getting nervous twitches and all sorts of things. So going to extremes of fanaticism was no good, that's why you reacted against christianity but you went from one extreme to another extreme. What is the difference, just tell me this horrible fellow is also talking of celibacy, what else is there, it's just talking talking talking, at least you see that pope is a public figure and if he does anything wrong people will take him to task, but this fellow is not a public figure, nobody can even correct this fellow. There is no way to correct him, he can do whatever he likes. The way you have anointed him he is become such a free thing he can do whatever he likes.

So it's a very different line of action was taken from one extreme to another extreme, extremes are to be avoided, to be in the centre is your sustenance and that is what is brought forth by your temperance. But how do you get your temperance is the point, is through your wisdom, every human being has got this wisdom implanted in him, is born as a wise person except for very few who must have gathered lots of nonsense in their previous lives, but most of them have got their wisdom and the deity of wisdom as I told you is Ganesha. The one who incarnated as Christ later on, is the one who gives you wisdom so you must keep your wisdom intact and that wisdom is lost because you did not respect your innocence. Once you play about with your innocence your wisdom is lost, and that's how the wisdom is lost and you cannot discriminate between the real and the unreal and this came to you long time back when your innocence was challenged. You see when I mean industrial society started even before that, the ego orientation started and the ego started working it out and the ego said why I am on my own, what's wrong. What's wrong? Everybody asking what's wrong? Why should we read scriptures, why shouldn't we do this, why shouldn't we do the other thing, and you had no answer, you see, so you said we are on our own and this is what is the other thing which causes cancer within us that we become ? Because we become cancer ourselves, we become a cancerous body. What is a cancerous

body? That it is on its own. It has no connection with the whole. So we come to the other point where we should know that the dharma is the one that keeps you in contact with the whole. We have the whole idea of how we should behave. How you should be there. Like you are in a family. Now many people criticise this side of Indian life, but they don't understand that this side of an Indian life is very good, that they know how to behave in ? say now for example in my husbands family we have, it's a huge big family, although he's the only son. ??? but my husbands family, his mothers side is very large and there are about 100 people living in a huge big house like a castle you would see, and there are relationships like my own sister in law, my husbands sister, I would not say ?. She will ask me 100 times to sit down, then I will sit on the ground while she will be sitting higher there.

You see there is a sort of a respect all the time and a relationship as it is in your state in your political life you have done it like that, the Queen is there, the Ministers are here, and this is there, in the same way families also a state and these relationships are developed and this is the dharma. This is the sons dharma, then the fathers dharma, the Mothers dharma and all these things are there within us built up on this side where we go on saying that if we do not observe it we commit the sin against the Mother. Now the sin against the father is another type of dharma in which Indians are great experts you see, I don't know how they have landed themselves into this. First of all I would say that these Brahmins you see they are supposed not to have to earn their own living, it was, I don't know how they started this nonsense, also, but these were really real Brahmins and they would not spend their time in earning money so people had to sort of look after them, that was the principle, but in the early stages of every student they had to go and beg food from the neighbouring villages and take that food for their guru to give them the food and they would not earn anything because you see they would not pay for their teachings and they would not pay for their education. Neither would the gurus would be paid for what they were teaching to keep the serenity of that profession and that's how they achieved it with great respect, and that's why it was done, but it became a profession with them the way we became you see beggars later, I don't know how it triggered but then you see begging has become one of the professions saying that we are very poor and we must have a house, some free money like parasites. So that is one thing started, then when you will be amazed that there's in the twelfth century a Chinese, twelfth or fourteenth century, a Chinese visitor came to India and he wrote in his diary he said that people don't know what is a law, they don't know what is a law, and I think there is no word in Sanskrit to say for locks, so we had no lock, we never used locks, so even now if you go to the say hill places nobody will lock. Even in my own lifetime I have seen my fathers house was never locked, left always open, you can walk into it and nothing was gone, people would not steal so can you imagine the same people have become so mercenary, because you see there also I would say that we didn't have the idea of having very stylish home and all the material things should be there in the household on the contrary the common pattern was that live with that as much as possible. My own Mother I would tell you that she was the wife of a rich man and everything she had but she was a disciple of Mahat Magandi. Both of them my father and Mother and she would spin her own saris you see, spin the yarn, spin the yarn herself, both of them, imagine and they would make the clothes out of that yarn only. So you see if she had 6 saris, 6 saris only in one year she would keep it if it was seventh she would donate it to someone. That's was the way.

Same with my father, I mean they were so generous you can't imagine how generous they were. I mean like we had chandeliers and carpets and everything in the house because you see inherited only, there wasn't any sort of a man ??, but our carpet the carpet used to be used by all the people in the area, because they would take away the carpet for the wedding, then we had silver things you see, like silver, what do you call, umbrellas, silver umbrellas and we had silver things to sit down and all sorts of things like that. So that has to be distributed. Anybody had them, they were to be sent for the wedding, somebody, so the whole thing would go and we would forget even where is the gramophone gone because we would not keep the account. Now, alright you see to find out. From them might have been there. Somebody came for the gramophone, what about the gramophone, we are having a wedding so we said the gramophone has gone to another person you see and then the person would say, no no no I gave it to that one and, like that it was you see, so simple and that's how they lived, I mean until yesterday this was the condition of that country. But then suddenly we were introduced to materialism. They said now we are getting soft you see, so we must have everything smart in a matching saris, we must match this we must do this, and otherwise we feel very inferior you see if you find Indians here they are very well dressed you see absolutely sick and span according to them if you are not properly dressed then you are good for nothing. That's what it is you see, and all of this came into them after independence. Can you imagine. This idea of dressing up we had westernised people like the beaurocrats and all these who were very well dressed people you see, very impressive. They wouldn't talk to anyone, it's the same (??). They had. They have everything they are British like them for the tailcoats I think. I mean they were much more British than you were. We had all the same type of a service and the governesses, I

mean I went through all that my father was like that in the beginning but then he was so enlightened he would my father he would throw away all his tailcoats he had tailcoats also, my father had tailcoats also, and can you imagine what was the need to have these morning suits, and things, but he had them you see? And they used to play cricket and lived they in the same manner as you did, absolutely Lords without any English background you see, so we beat the English in that sometimes as well, so that was the condition in India and that's how they started learning this new style of living and matching and this and that and that they started living in the big way. Of course it is necessary to live that. The matter is to be changed, and transformed. God has given you this power to ?? but when the matter sits on your head, then let's say if you have a sofa alright very good you can sit but if you cannot sit without a sofa then it's.?? you should be able to sleep anywhere you are like a king, I mean say for me if you want I can sleep there, I sleep like a log even on any place you put me down. I have no problem any bathroom anything, it doesn't matter, since I can manage you see because the matter cannot sit on your head and when the matter starts sitting on your head then you become habituated, and this is another type of sin starts the habits. Habit is another kind of a sin which starts in human beings. You see Human Beings are so funny, so funny in this, I don't know how they manage it, that if they are going say on a bridge which is say half a mile wide and then it is widened say one mile, they feel it, funnyyou see they think how is it, I mean the road is the same, the area is the same but if the bridge is increased in size they feel funny about it. So much so that I know of somebody who was a great man in India he had about seven steps going to his bathroom you see because he had to ring he had to pass through a? And he would live in a hut normally to show that he was trying asceticism and he would cross those seven stones every time but it increased sometimes 7 or 8, might be or 6, he got very upset for 3 days he just wouldn't have his food.

Human beings can be that funny in their sustaining. So they form habits and habits come to you through the domination of matter and that is what keeps the human dharma pure If you want to go the deeper side of say sense of cleanliness with the human being a human being has a sense of cleanliness but that is also in extreme, there are some people who are so clean that they must wash their hands sixty five times. They are all the time cleaning their house, sweeping their house polishing their everything, and not even a rat enters their house it is that clean. You know, you just don't want to go inside such a horrible hospital that they create out of it. their personality is so horribly clean that you just don't know how to talk to them because even if you talk they think that there is something going on, that's your mark. Alright. Did you hear what I am saying, so much here. So too much of cleanliness comes to extreme of that there is another thing is that human Beings are fond of beauty, they like everything to be beautiful, everything to be nice properly harmonised, you people have great aestheticism, but you see when it comes to extremes you are so stupid and foolish that the other day somebody was telling me that the picture which is regarded as the most beautiful is a nude woman coming down a staircase. I would vomit the next moment you see the aesthetics have reached that point. ?? I would really vomit if I see a nude womans photograph, I vomit. It is so dirty and filthy you know to talk about bathrooms and to gutters. These are things that we have started liking, gutters. I mean is this the way you are aesthetically rich? And all these things come by, imagine, the people who are so beautiful, who would wear 3 piece suits, have now started wearing some sort of a little shorty thing, and you just don't like it.

Yogi: birthday suits,

Shri Mataji: Birthday suits, you just can't look at them, I mean your women are so horrid, they don't know how to respect their bodies, I mean the way they expose themselves, I mean they think they are being very very brave about it, same things as they are I would say the way they insult their bodies morning till evening. Using it for dirty things like attracting men towards them, it is like selling your body. It is a very dirty thing to do to your body, and all these things are there despite a sense of aesthetics you know. Indians have no sense of aesthetics you see. No, I am surprised how Bala was got this house done so well, otherwise you would find here a photograph of transferred of his father from one place to another, and a hundred funny faces there. (Laughter). You, what you got in an Indian house you would have red horrible carpet there and then you would have a green something there, but the time you are inside you feel that's terrible what's happening in this house you see like that , and that is what is happening you see to the aesthetics also. If you carry it too far also aesthetics like we said we must have abstract, alright have abstract, but are we abstract still you are in the horrible gross state and you are all the time worried about sex and sex and sex, and what are you going to produce in abstract. Unless and until you are there and then you have abstract, alright, but you go and see some some of these modern paintings you vomit you see that and you don't know what you get diarrhoea from visiting these places these days. I feel terrible about it the way they show horrible black and red and all that expressing their filth inside you see horrible. I feel the whole hell being released, and the people have such horrible aesthetics about it. We went to see Blakes

paintings you see and Blake was a great poet of your country, you have never understood him he got so he depicted the picture of hell for him, alright, and he painted it very nicely and he described the hell just to frighten you that if you do not maintain your dharma you will go to hell. And I find that all these young people going there and saying what beautiful colours he has created see the harmony. It is a picture of hell they are seeing the harmony! Is it aesthetics, this is what has happened with us going to extremes of everything. We have lost all balance we have to be in the centre to enjoy. If you do not know how to be in the centre you can never enjoy the beauty, the special sustainance of your being, you cannot enjoy music, you see I have seen in the music program people go, and they will never see to the music but they will see how much it excites you and makes you a beast, the more it makes you the beast the better it is. They will get Oscar prizes all the films which are very filthy which are against your sustainance will get oscars you see, so if you get anyone with 3 oscars never go there, and that's how they sell you, also you will find those pictures who get oscars are always failures because on the whole humans like. ....

Right hand outside. Just put your right hand outside, just open the door, no him, they will handle problem, they will open the door alright?

No wonder your wife objected to what you did, you see your wives must be all shattered the way you went into these gurus one after the another and David has been to more people than Philip has been so I am not surprised your wife was sitting..what's going on isn't it? I can quite understand and I can quite understand that the way Philips wife behaves because you know she must be thinking that I am another type and which they will get over and go to another type, because they are doing guru shopping you see. So that's the reason and I can quite understand it you see and I was yesterday only telling the way these people are busy with the gurus. Their wives must be really terrified. To see them what are they doing what are they up to, and even your father could have been very upset to see the way you were and that's why there was opposition. that's correct you see, he was a wise man to see that.

Yogi: Mother I don't know because. ....(?).....for many many years you see so.....(?)

Shri Mataji: So just imagine you were.....(?).....your father

These Indians can't understand you see our fathers are so strict they can even beat you, you don't say anything about it.

Yogi: He wasn't a very good man.

Shri Mataji: You see that's not for us to judge it's for God. You chose your father do you know? You chose your Mother yourself. You are such a great seeker you must have chosen your father, Mother, your country, everything maybe sensible. It's not possible that you just did it out of the blue so you have chosen him there must be something about him the way you chose him. So when you judge him please understand maybe these bhoots are giving you ideas you see always what other explanation can you give. When you are angry with your father only thing you can say he is not a good man, but see to the good points of him.

Yogi: He also makes my daughter feel very angry. I feel very sorry but it's best we don't meet because there was always friction you see sometimes I think so it's best not to be there.

Shri Mataji: Now the affection will come in you and such tremendous affection and such love you will not know what to do with your love, that's what he has done is to freeze your hearts you see, you will not know people will be surprised how you will be caring for them.

This Gus had not seen his mother for 30 years, he had not even written to her how many years, he was forty years of age or something,.....I don't know, what was his age or something.

Yogi: 34, he must have been about 34, he had been in Australia for 8 years.

Shri Mataji: 8 years, but from his childhood there has been anger with his mother you see. He ran away here and there, I don't

know how many years, (?) so he said Mother now I don't know from where all this love,.....which I never felt for her, and he went to Australia, now he is looking after her. He enjoys it.

So that is also your dharma as a sign to look after your parents to love and they will love you, you don't know how love begets love, these horrible gurus can not teach you anything else but hatred, hatred for everyone..... Your brother and everyone, that's why they are effective if they allow you to love the power of love is so great that you can throw them away. They do not want you to combine and join together. They want you to be separated all the time because you see if there is one small little tender branch you can break it but if you put twenty branches together you cannot break it . So they will see to it that you are separated.

Yogi: Her Holiness Mataji gives a talk at Balas House in Birmingham on the 16th and 17th of the sixth 1979

Yogi: In dharma is this also.....governed ? by what we do.

Shri Mataji: What is?

Yogi: Does dharma cover the type of work you do?

Shri Mataji: Yes very much so. It is the dharma for sustainance. Some people are artists born some people are say more mechanical minded, some are mathematicians are good at it. There should be, for example I cannot learn economics I cannot that is the greatest punishment, I cannot understand these human laws, if you tell me if you go, I mean one sentence I may understand but if you go to the second point I just don't have any idea I just cannot manage it I just don't understand it.

When you come to how we were, it's, that, I said now this is too much of a burden I just can't manage, so it is. You see everybody has its own aptitude, I don't know so many things, you cannot imagine, I cannot even use.....is it mine, no it's not mine. But I cannot use, my what do you call it, tape recorder, I cannot. We have an akai in the house, I just cannot know how to just even start it, I really, I learn it many a times but again I forget it, I cannot play tapes you know these cards that you have every time they tell me I write it down, I forget it. I try to remember it, I cannot play racing I cannot do it, I just cannot do it. I try to learn, again and again but I.....they think I can do it, I cannot do it, I just cannot do it.

Yogi: You cannot play racing.

Shri Mataji: You asked yesterday about this.

Yogi: No, I'm sorry I thought you asked a question, I am sorry, Pardon me.

Shri Mataji: Alright

Yogi: Mother is there any way that we can know what we are suited to you know, whatever work we should do? What is best for us?

Shri Mataji: You see now you can ask the vibrations, anything that you want to ask it will give you the answers whatever work you want to do you know, you also maintain what work you can do. Now for example now, we are building horrible work this one is, now you do Sahaja Yoga, this is what you have to know on a spiritual level. For material, You can do whatever you like, you see whatever you prefer and such vistas will be open before you. You are as Don now. Don was so desperate you see he was just driving some big horrible Lorry, so I stopped it, I said now because Vishuddhi gets caught with that now he's doing this I think he will be a journalist or something, so you will start doing something better and something much more fulfilling and you will see, you can ask me, your attitudes. He has ruined you that way also you see, because he took lots of young people in his group and made them teachers, you see so you are nothing but TM teachers, you are not so after that what do you know, so you stick onto this fellow, that's what he's done.

Yogi: Yes

Shri Mataji: But the problem is in this country it can all come out .....it's no problem.

Yogi: are there any procedures like certain diet or certain things, exercise we should follow

Shri Mataji: No it is depending on your chakras whatever is the chakra, for example if this chakra is catching we do Basrika like this. You see Allah hu Akbar is the mantra for one chakra, means the Virat, that is the complete form of Krishna is called as Virat, you see that's what you have to say with this finger, is the finger of Vishuddhi, you say Allah hu Akbar, Allah hu Akbar, Allah hu Akbar, alright, it's all good for your Vishuddhi. Better?

Shri Mataji: I must say he's so good

???

Alright, so this one works out here, but you can have Basrika also like this you can put your fingers in this and say four or five times it clears out, so we must know what to use where, which one is needed, but as it is the Kundalini is going to clear it out very much more, you see, you won't need too much of this thing but little bit if you need you can do it. For liver we have got diets, and Vishuddhi but there is nothing to worry about diets, actually eat well, enjoy yourself, as it is you were starved by this horrible fellow, so I would say no dieting, nothing is needed, but one should not eat too much also, like all the time thinking about food is not a good thing. You see those who starve also fast think about food all the time, but it should be what you get alright, if you don't get well and good, like that you see, you should not even remember what you have eaten, so don't worry too much about food because food doesn't make much difference to you, it is your attention, if your attention is involved too much in food then you are no good.

Yogi: We heard eating meat is for rajasic

Shri Mataji: You must be eating at least

All stories you see, you just reason it out, now supposing you say if you save the chicken am I going to give them realisation, what are they used for?

Yogi: But if the chickens are abused then you know about cows and how they are treated

Shri Mataji: Forget about them. Nonsensical, you see if you eat the chicken you give them a higher evolution, you don't know that? We had a system of b? All Indians had a system of b?

Everyone had to sacrifice the lamb at the altar. Christ also has said it, this wise man has come from somewhere. Why do you talk like this. Rama killed a few. You see they even challenged Krishna because he killed so many people why, imagine me being a vegetarian I eat all these rhakshasas from morning to evening I drink their blood, how can I be a vegetarian? This is just a way of making you absolutely good for nothing. Then he can dominate you better, you see, specially the western people, in this why don't you see your culture, only in making money he did, see why didn't he say that you eat every kind of meat, of course the meat of people like horses and all that you should avoid, because they have a bad what do you call, fibres, and that's not good for the teeth, even cows meat that is bad for eating I've seen when I eat it I get swelling that's why it should be avoided, as far as possible. But not eating chicken or pork this, after all why God has created them. You need not eat meat, you have got methods where you don't have to eat it, but you have to eat some, you must have protein diet at least when you are above 50 years of age you must have more of protein diet it's important, all of them ate who did not? ....Krishna did it, Rama ate every one of them, and even in the Vedas the calf, the calf was eaten. This vegetarianism was started by Brahmins when they started saying that the brahmanism comes to you through birth, you see they said now we must have something for the cult, so we do not eat meat. It's

very easy not to eat meat and form a cult.

Yogi: Mother, how easy is it to explain that Christ changed the water into wine. Are these just stories. Shri Mataji: What is it

Yogi: The stories how Christ changed the water into wine

Shri Mataji: No no not at all actually these stories for Christ, for him it might be, horrible fellow it has said it was told?

Yogi: No No no but you said that alcohol destroys.

Shri Mataji: Yes but wine doesn't mean by any chance alcohol. You see the big mistake you see wine doesn't mean, wine means a grape juice is called wine, you know, even the tree I mean, the creeper is called wine, you go to any country like Germany in the villages they will not ask you to have grape juice they will say why don't you have wine you see it doesn't mean fermented stuff. yes it means, even if you read bible, there are many times it is described as hot, the body is used as alcohol sort of thing. Because you see Moses talked about it such a lot, Christ didn't talk about it but he must have said also but these people didn't talk.....Christ never wrote anything, it goes against your awareness it's a simple thing, how can he give you wine you see it goes against your awareness it's a simple thing. Apart from people changes taking place it goes against your awareness How he you give you wine , it's not fermented, I love it the grape juice, I like it, you see really love it, the grape itself. The grape wine sitting before you, it is not a wine you see there, but does that mean that I support all alcoholism and pubs you see? he wants to do it. England's downfall is because of the pubs, close them down and you will see everybody will be alright.

Yogi: I think it might be Ireland as well

Shri Mataji: In Ireland I know because I know I had some Irish people working for me, and they would come for work for me , they would work alright, then they would go for lunch and then, I said after lunch you go home

Nice people very cool people but you see this modern stem of wisdom

Yogi: Where I come from Mother they are the worst for alcohol, yes they are the worst for alcohol, they drink alcohol all the time where I come from.

Shri Mataji: Which is that place?

Yogi: Glasgow in Scotland

Shri Mataji: Oh Glasgow is horrible I've been there, I've been there lots.

Yogi: We need you in Scotland Mother

Shri Mataji: Really I must be there in Scotland. You see this is also a satanic force built in your own country, and how they put you up and additional to that you see the way it is sophisticated to drink there is a science about it. It is such a big science. You see you have to study if you really (?).. You have really ruined everything since long. When we first came to London we had to spend £900, to get only the goblets, for everything they have a different name..you see this wine

I told my husband, I am ? out of this I cannot do it. He said here nobody will come to our house in no time. He is right, I mean if they come say in the evenings, some drink too much, little bit they drink they will all go mad and all mad so .....they said we don't believe in (?) I said just see this how the whole thing is, and I mean people don't talk to each other, unless and until you pour some wine for them it's mad, they will not talk unless and until until you give them a cigarette you see. That means you invite the bhoot into another fellow to talk to him.

Shri Mataji: You see unless and until you put him into that position where he is possessed you cannot talk to him you see,

Yogi: if it's a possession it's not you doing the talking.

Yogi: Yes you won't even talk, it's a club, a club. ??

Shri Mataji: They have a great fraternity, I mean all these bhoots have a great fraternity they all combine together very well on a different level.

Yogi: Bhoot.

Shri Mataji: Bhoot is the one who is a spirit whose spirit is dead and they have a big fraternity that if there is one person who is possessed you see .....there is another one, who will I mean there is just a little possession they will immediately side with them they will all combine together it's a big fraternity. They go on giving you ideas all the time if you do not accept them you will get physical problems, if you accept them then you have had it.

Yogi: What I don't understand Mother is that we have this quality of God and yet we seem to be so prone and open to this bad influence of possessions, things, they seem to be all round and they (seem they can enter at any time?) why is it that we are not stronger in God you know we are born and somewhere on the way we lose this wisdom or our innocence for God, why is that, why is that allowed to happen?

Shri Mataji: You see the thing is this is an ego oriented society where we go..... It is there, it is pampered, we pamper it, even when you pay for it you don't get satisfaction then you pamper so it makes you feel you are the minister or something you see, somebody appoints me and I am the minister of..., I didn't understand the word compliment I said oh what a great word all these things it talks big things and its to pamper your ego. And ego is a thing by which a person becomes a lunatic, absolutely be becomes an idiot , now see how do you expect how do you Explain Mr Thorpe and all other idiots there are doing in this country, you see? One better than the other. I mean they are big, So you see you just don't get ? because of this ego and they know how to pamper it you see why people don't come to my program you know, because I don't charge any money, because they cannot get their hands on me, they know they cannot, I will do whatever I please that's not the way they expect from a guru. The real guru will never...on the contrary I am a Mother I am not unkind, ?? they call it, it's a kind of a wrong you see and as soon as one disciple comes in.....hit, karah like again then again the same disciple again tries to come and they hit them on the other side, they hang them by their legs on a well, on a well for 3 days to see this to see if he is alright. These gurus, you see those who really are the real gurus, the real gurus you see, and they put you through so many tests that they get fed up, put a. ...??...on your head all the time, about to fall down you see that they are alright. To frighten you and if you are alright then only they will accept. But Mother is different while these gurus are just the opposite they pamper you just imagine. When I was reading this Minister of this and Minister of that its just a mocker, complete mocker. What happened to Ian and David why didn't they come?

Yogi: David and Ian

Shri Mataji: David and Ian are coming?

I don't know, they were going to com here they said they were 25 miles away they said in Birmingham, I don't know.

Shri Mataji: I hope they are searching

Yogi 2: I thought maybe it was them on the phone but it's not.

Shri Mataji: Must of been perhaps (discusses in Hindi with a yogi)

Shri Mataji: In India we know all these things. (Again talks in Hindi) and there are many names of these people this style they are, but here they don't know anything, they only call general terminology.

Yogi: They think they.....tell stories imagine

Shri Mataji: Huh

Yogi: Most people don't believe them. I think it's just an old fashioned way of explaining something  
in .....explain.....nervous.

Shri Mataji: That's the best way of avoiding the reality, you see by not believing these things. Now this fellow would never talk about gurus.... because how can he talk against his own house.

Yogi: It shows his (strength or stress?)

Shri Mataji: yes and for removing his (strength/stress?) he puts another bhoot.

Now you are alright, much better, yesterday you ??

I have been to Glasgow, I must say its a horrible place. ??

??? They launched the ship, They (drink?) so much they really frightened me, after launching the ship, if somebody dies you must drink...can you imagine?

Yogi: They are very nice people Mother, very warm people.

Shri Mataji: They are very warm, but do you know what goes wrong with them is the way they express everything in drink. You see you are so muddled up you don't know what to do with them when we went there they were drunk you know and then they starting putting hands around me from somewhere, and I told my husband I am not going to do this, I said they are mad they don't know what they are about. So this is what happened, but after, somebody's dead you see, how can you drink

Yogi: Muffled

Shri Mataji: Anything, anybody dies, they will drink and it something shocking towards me. Indians understand this much, wisdom they have got, now the other day somebody rang, a very nice person, my husband very, ?? and he said the gentleman went overnight. After death arrangements, they are all problematical? Nobody was crying, he was crying and he was looking very miserable and you felt terrible about it. The others were only busy organising the lunch after the burial and he said that I am not going to have it, I am not well. And the dead body was lying in the other room, and here they were toasting and taking drinks in their hands, ??? and I don't know how many drinks they ?? no one respects the dead, no one does the dead any ? If you drink one drink means at least 5 of the dead comes in because you go to the left hand side into the subconscious

And if you take say five or six drinks? I can say I can see at least 5 or 6 bhoots inside you.

Yogi: When people die then what happens to them, sometimes it seems the dead come into you, do they remain on the earth?

Shri Mataji: The dead don't die, nobody dies, part of it dies the rest of it remains. But there are so many dissatisfied souls you see somebody dies supposing on his way to (drink or pub?), so he is born again, so he wants to be born again to go to the pub, but he will come back as a child, he won't be able to drink, he has not finished his pub ?? He went there so he will just go into a person

who is just sitting round there is having his pub and ?

There's a lady I met who was drinking one bottle of whiskey just like that, she was from Cuba, one whiskey bottle completely neat you see and her husband, she was a dainty darling, very short and her husband said I can't understand where does it go, so I took a bandhan to her and I saw this fellow, all this big fellow, 6ft horrible, So I asked her do you know there is somebody who drinks. She said I know ???

Yogi: So this would be what's wrong with alcoholics

Shri Mataji: Yes of course.

Yogi: If people

Shri Mataji: Is possessed you see, alcoholism is a possession ? All these are possessed they don't know what they are doing, even these so called, what do you call them, gay people are all possessed, you see where a woman enters into a man and he becomes a gay person. Yes that is all it is, all these absurd things? There was a girl in India she was the wife of a very good man, and she would always dress up like a boy and she would write to me like a boy, and she was only fond of girls in a very funny way. In India it is not understood but she was doing like that but then I bandhaned her and I found that there was a boy coming into her and ?? She thought she was a boy, she used to dress up like a boy you see behave like a boy you see. A 70 year old woman riding a horse, I mean just imagine, imagine this women should not do. That means she is possessed by some sort of a rider, a male jockey. Ha ha ha ha ha Variety they are, such a variety there, they could be anyone.

Yogi: Mother when do these uneasy spirits come into us and take an interest, is there a time?

Shri Mataji: ??? They are busybodies and all. You can have a shock, and accident or something ?? they can enter into you. Somebody dies in your family and you drink at that time you get it. Even going to church, you have churches, they are nothing but the church? All the dead bodies are under your feet they are all around ? (???) In childhood you might get it.

We had one Russian. ....Bogdan, .??? His mother had a grandmother who was fond of going to cemeteries with a little baby in a pram, imagine, and he was always going with her for years together once a year he had so many bhoots in him that you can't imagine, you must really read these letters to understand all these things happening.

Yogi: but he doesn't invite these people in

Shri Mataji: Huh?

Yogi: He doesn't invite these people in

Shri Mataji:Who

Yogi: We didn't invite them in

Shri Mataji: you did not invite

Yogi: No, say the things we were doing we were doing to come nearer to God, the intention..

Shri Mataji: Yes That's true but, you see these...what I am saying that you taking their names, what are you calling them, what I am saying inviting them in (on this plain,, you don't write invitation

cards )??, you are all connected, ?? you are all automatically now connected to me so it's all finished ? I know you did not invite

them, something you did not want, now come in the house in my own house and you will be alright. ????

And they start making ??? They throw you about and all these things. Only difference between you and Indians is that Indians know that this is what it is ???

Yogi:.....?? Is also keeping ignorance, keeping everyone ignorant of the fact that .....

Shri Mataji: You see how can they tell you, it is too much, you expect too much you see, say there is somebody he is a spy, is he going to tell you I am a spy? It is a thug you see he has done all these jobs is he going to tell you that I am a spy. He will try his level best to not only give you ??? But absolute secrecy ?? And there is a sort of a law that if you divulge the secrecy you will be in jail. Yogi: The other thing was that it wasn't M who was doing the teaching it was meditators, the people all the meditators were coming, teachers themselves.

Shri Mataji: Yes

Yogi: and none of them were probably realised themselves

Shri Mataji: Yes

Yogi: They were passing on names of Gods.

Shri Mataji: Very true. That's the point. I must say that some of them never felt good, but they would say you have to be very good just to prove that they are very high up in the world government. Ha ha ha ha ha.

Yogi: They must have done absolutely.....

Shri Mataji: (You must have done?), you see because just to prove your worth you did that.

Yogi: I mean it was too obvious by watching the TV how hard they were, I mean you just had to see that program Mother.

Shri Mataji: I was not there, yes I didn't see.

Yogi: You could just see how they had no heart at all, 90% of their initiators are just like this.

Shri Mataji: and if they had (it's true ???) all of them had.....

Yogi: Yes yes, it's what they are going to do this time.

Shri Mataji: Go, he will have to hang himself and hang the rest of them you will watch.

Yogi: You see, .....will he then return?

Shri Mataji: How?????? You see how you people come out of that, if he's killed also say, also he will subvert into the subconscious you see, he can be even worse, better be there, ?? Then you get out.

Yogi: All of those people are practising TM just now are all being helped,

Shri Mataji: They all are going to be realised, you know they are going to trigger it

There is going to be a chain reaction you see.

Yogi: So far all people have been contacted they have been so ready to stop the programs, stopped just like that.

Shri Mataji: Yes you should be, immediately

You must be

Yogi: Mother in two weeks time

Shri Mataji: You make a list of all the events and you make me ? I would love to.....? I will run up and down. ?? That's the best, I will come to Scotland, we have decided to go to Scotland at end of July. They are all coming down there from Scotland.

Yogi: And they say (???) The bhoots are really heavy up there...up in Scotland since last night they are ready to start coming down and....

Shri Mataji: Alright I will send something new this week. They can run away from.....?? Alright?

Then we need to drive them away. They are such cowards.

Yogi: Very bad up there

Shri Mataji:ah

Yogi: Very very bad

Shri Mataji: You should show only your teeth and they will run away (laughter) they are cowards.

Shri Mataji: Is he alright?

Yogi: His Agnya

Shri Mataji: This Agnya you will have because you can't forgive this horrible fellow, but you leave it to me, don't carry your Agnya. You will feel it more later on the way you have been cheated the amount of money he has taken away from you, (it leaves a terrible feeling in you on your Vishuddhi?)

Better now?

(Muffled talking)

How are you?

So you see I can go whenever I feel like and er, that's what they have said, but still what should we do?

Yogi: Mother are you going to go to Leeds tomorrow?

Shri Mataji: So I should go back home and people have to come tomorrow to the program ?? and there are lots of people in Leeds also.

Yogi: Yes

Shri Mataji: Alright so

Yogi: What we thought was maybe if we got quite a lot of the TM people who would listen not people who might argue for this first time and then possibly later in two or three weeks if it's possible we would hire a hall ?? For the last night., and then get all those people to give as many people as we could.

Shri Mataji: you see I should come there first of all because you know what happens in the hall and all ??? The down payment you see ?? And we have a mixed group always like we have some people who are come for the first time, ?? what's happened is, and they think that it is Sahaja yoga that is going on ??? It's a good idea, first of all we should be improving those there, but if you can get some land like with a garden or something

Yogi: we have a very big garden

Shri Mataji: That's all, with a garden I'll manage them

Yogi: We are bringing some people up from quite a large area so that it covers not just one little area but from all over, so we can tell everybody.

Shri Mataji: You must talk to these meditators, talk to them immediately. .....this hall.....talk immediately, you see in England we are going to work it out, then we are going to attack Americans you see Yogini: President Carter is very against TM

Shri Mataji: But he is for something that is far worse, because he is supposed to be a baptist or something like this you see. I don't know ?? he has blessed himself ??, he thinks he is twice born, he says I am twice born, what should I tell him?

Yogi: Tell him you are not!

Shri Mataji: What? He's not realised either you see.

The next part is inaudible, but continues later

One is the incarnation of the Mother, she can be the wife, she can be a wife, or a mother of a guru, or a daughter of a guru like Mohammed Sahib, Fatima was the Adi Shakti you see. . You see then she could be a wife of any incarnation like Ramas wife Sita ?, Rhada all these names are the same and then she could be Saraswati, Kumari, the virgin, say Gauri all these can be incarnations There another thing which we call as the Vishnu incarnation you see, he can incarnate as ??

Now the fourth one is a child because the child was created, imagine, as Shri Ganesha and then other forms of Brahma Chaitanya (charya) (?) and all these incarnations were created just to make all (?) these incarnations are part and parcel of Christ, and when he is going to come he is going to bring all these eleven destroying forces at the end of this creation when all of ???

Why are you crying, forget the past, forget the past.

Left left, another time maybe, don't cry, don't cry

Just put your will power a little bit, you will manage. Just don't cry???

Better? And moreover you are a nurse isn't it? That's how you indulge the horrible people, Involved all your woes ??

How they are miserable ??

Yogi: ?? Cigarettes and beer.

Shri Mataji: Now who else, come here who I have not got, come along. You wash my feet you will be alright. Come along.

Shri Mataji: Horrible

Yogi: How do you feel

Shri Mataji: Yes you are very much

Yogi: Why does she have hot hands

Shri Mataji: Because there's an opposition see still inside which is still ??

In any case one thing you have not seen ??? Before. See it's a very big thing,

I don't need hot water to make her hands hot, better? See her hands are getting cold and your hands are ? Alright? What about you.

Yogi: This one is cool, this one is warm

Shri Mataji: The heart you have surrendered but not with your mind, let your mind be surrendered. ???? Put your left hand on your heart, this side. We call this side as Heart because you have a chakra there, rub it rub it hard because ESP and all these things are nothing but possessions. All these

are possessions, and parapsychology imagine this, foolish impressions are being parapsychology , see so what's going to happen to them, .....??? Ha ha ha ha ha

They don't need it. Mmm better? Raise your Kundalini you will feel much better, you all raise your Kundalini's come along, raise your hands, help others, you are all awakened people, just try mmmmm, right, right. Better?

Hah everybody feeling better, now see it's cooler? Kundalini has started moving with your fingers, you know you are better than the Indian Maharaj, do you know he only gave realisation to one person, ?? in 25 years he must have started when he was 75 perhaps, or maybe 80 years of age and he finished in 25 years later, and now he is saying I will never give to anyone again. This is the situation. How fast you have become see your instrument is so correct it starts working, see, alright?

Still left hand you put it down, yes put it down, raise his right raise his right to the left.

You see these supraconscious bhoots can be very subtle. I'll give you the example of .... Better? Is example of David, David should tell about, it's very difficult to make them out this supraconscious bhoot came into him and even told about me and that he should come to me, that's sucking in

Yogi: I think so

Shri Mataji: Yes. That's a confidence trick see, and then they start going against Sahaja yoga, it's a confidence trick....? They are very cunning you know just like foxes very cunning you have that English story of a fox had to perform on the grandmother what?

Yogi: Little red riding hood,

Shri Mataji: Little Red Riding Hood, you see that is it? It was told a long time back you see, most of your you see nursery rhymes are from the unconscious. London Bridge is falling down you see, all these things are there, oranges and lemons, you see these are all the things that were told to you a long time back, even this one Red Riding Hood, it was also a story told to you a long time back. That there would be somebody coming. All your nursery rhymes are great ??, and Humpty Dumpty sat on a wall you see, that's what is a Humpty Dumpty is an egotistical fellow and

English ?? He sat on a wall with a big head and had a great fall and all the Kings men and all the Kings horses could not, horses again, ?? horses is the sign of the collectivity, could not put together Humpty Dumpty again. You know this is a mantra sometimes.

Yogi: ?

Shri Mataji: ha ha ha ha ha ha

Better.

Yogi:?

Shri Mataji: Heart

Mother says mantras to clear a chakra in a seeker.

Ah there, that means you must pay attention to your spirit. Your attention should be on your spirit, that's how you cure your heart, pay your attention to your heart, with your attention you are going to cure yourself, see all of you put your attention to your heart huh?

Yogi: ?

Shri Mataji: On to the liver

Your liver is your attention itself

Better?

Rub it rub it hard, rub it hard, it looks soft but it can bear a lot of ??? You can bear to take some, rub it hard, hah better now?  
Feeling the liver?

## 1979-0616, Come out of the dream

View [online](#).

16 June 1979

This Is Not The Work Of Mediocre

Public Program

Doctor Johnson House, Birmingham (England)

Talk Language: English | Transcript (English) – VERIFIED

"This is not the work of mediocres", Public programme, Dr. Johnson house, Birmingham (UK), 16 June 1979.

I am really sorry we got here, reached here, on a train that was late. Things have to be done according to the timings of the Divine, you cannot plan out your own things. And that's how sometimes one has to be later and sometimes one has to be earlier.

But one thing is definite: the time has come for the final happening of your being. This being has been passing through various phases of life. You know that, that you have been a small little amoeba and then a fish, a reptile, and that's how the evolution went on till you are today, here, sitting as a human being.

All this has happened to you without your knowledge, without your deliberations. And you have taken for granted that you are a human being and all the rights as a human being are your own. In the same way you have a right to be something more than what you are, because even today you do not know what is your purpose, why all this effort was put in to create you?

What is the meaning of this life? Is it pointless? Just you were created for nothing at all, for thousands of years? In such a manner that so many things were discarded, so many shapes were discarded, so many forms were discarded, and then gradually, one by one, they started disappearing from this Earth. Ultimately we find there are so many human beings now on this Earth that it is not easy to explain how, in this short time, you were created and so many were created.

Whether you believe it or not, but there is a Source, there is a Controlling Power, which does that. The human beings themselves have been talking about God, have been writing about God - themselves. Of course, they were hedged by incarnations who led them do this kind of a decision, no doubt. But still, animals do not think of God, they cannot think of anything abstract.

So there is an awakening within every human being that we are not complete and there is something of the beyond.

Now, if I say that, just now, "[What] we know about this Universe through our senses is just a dream," it's a fact. Is just a dream. You are not going to believe me that this is all a dream when you can see it very clearly. But don't we see everything in the dreams clearly? In the dream are we not related to all the things that they create, in the same manner as it exists today? So when I say that you have to be awakened out of this dream and jump into that awareness, which is complete awakening, you might say that, "Is it going to be from one dream to another dream and from this dream to another dream?" How is it am I going to prove that even that awakening which is beyond you? You start feeling the vibrations as you must have heard about it. Then how are you to believe that even those vibrations that you feel and the Supreme Power you feel, the All-pervading Collective Consciousness you feel within yourself, is also [not] another dream and you have to be awakened beyond that?

I would like anyone of the Sahaj Yogis to answer this question if possible. Can you tell me that? You see, ours is a, you see, a type of a proof. I would like to know if any Sahaj Yogis can say definitely that the dream, that you have come out of it now, because you are feeling the vibrations, and you are feeling the Collective Consciousness within you, yourself, is also not another dream. I want you to think about it. Can anyone give an explanation? Can anyone think of an explanation that [proves that] even that All-pervading Power you are feeling is not a dream?

Sahaja Yogi: The dream doesn't change.

Shri Mataji: Beg your pardon.

Sahaja Yogi: The dream doesn't change.

Shri Mataji: But how can you say? [If] you are still in a dream, then how will you say whether it will change or not? How can you say definitely that it is not going to change?

You see, because I find lots of intellectuals sitting here so I want to give you a little bit. Why should you believe me also? You should be open about it and you should find out [if] I am taking you from dreams to dream and again to another dream.

Bala let's have you, you're a very clever boy! I mean, we have intellectuals. Today only I told Gavin, that I'll ask you a question. How do you say that these vibrations that are there, you are not dreaming about them?

Maria Laventz : If they are there how can we dream about them?

Shri Mataji: Beg your pardon?

Maria Laventz: If they are there how can we dream about them?

Shri Mataji: You see, but may be that, in this case they are there because you are in another dream state, the third one!

Maria Laventz: This is my personal opinion that this dream for me, it is one that has come true.

Shri Mataji: True, but what do you say that for the next dream, what about the next dream? Maybe something else would be there.

Sahaja Yogi: We can test that by vibrations.

Shri Mataji: But even vibrations could be dream! You see, you just think about it. Why am I saying [is so] that you don't just accept me as I am saying it, keep your mind on the alert.

Sahaja Yogi: We don't think.

Shri Mataji: You don't think about it. Why not? You can also think about it and this is the point. The point is not that you don't think about it, but, that in the dream whatever you have, now you have come to the state of consciousness where you are just conscious. Then whatever you have in this conscious stage cannot be used in your dream; you cannot relate it to your dream. But when you get realised then you can use that finding - in Sanskrit it's called as upalabdi ( : observation) - to solve the problems of this dream. You see? That is why that is not a dream.

Whatever creates the dream is ignorance. You can face it by the findings of Sahaj Yog. Every minute you can face it as people here.

So, it should not be a criteria that I do not take any money from you, so you just believe me. No! You should not believe on this point. But the thing is, if your dream, that is today's conscious mind, where we are in the centre in the conscious mind, when this conscious mind receives super-consciousness, then that consciousness can be used to solve the problems of this dream. And this is why we have to know that, whatever you achieve through Sahaj Yoga, breaks all the dreams.

Later on you can even use it for the dream itself, because you will start absolute state and you have that absolute awareness

which we call as chaitanya lahari - is the vibrations - by which you can judge everything: the dream that was there, sushupti (- deep sleep) as they call it – and this conscious time, and also the future that is God, and His ways. All these things can be felt through these vibrations.

The obstructions which come your way not to feel, we call them as baddha (- obstruction). Obstructions are called as 'baddha': means 'by which we cannot feel them fully'. Maybe the instrument is not alright, maybe there is something wrong. But the feelings that you get of these vibrations are not clear-cut in your mind and there is a vikalpa. 'Vikalpa' means a 'doubt'. The doubt is there because your feelings are not correct yet. There is a vicious circle on this point. Even when you do get your vibrations, then the doubt are there, because your feelings are not yet all right.

So when you feel the vibrations perfectly well you can be doubtless. It's a vicious circle. Because of the doubts you do not feel the vibrations, and because there are no vibrations, you are in doubts. This is the point, even after Realisation [that] one has to know beforehand, because we have had experiences that people came to my programme, they got Realisation and then went off, they would never come back. The reason for that is, this time is very important and that is the time when your capacity to achieve it, is tested.

Realisation people get it, vibrations they do get, but your capacity to be steady into that state is only possible if you, yourself, you are determined to get it.

Otherwise you are again thrown into the same dream. Like if you are getting drowned and somebody tries to save you, brings you on the boat, but still you are not sure whether you are in the boat or sinking in, and slip down back again. Again he puts you back. Again, you slip down. And the thing goes on. But if you could stick on to the boat with a little determination it helps much more. Because that is how you are going to know your meaning of life.

Because of this little problem I have seen, in Sahaj Yoga, we get people who are excellent people. This is not the work of ordinary people, of mediocres. There is a saying in Marathi language (of Saint Tukaram), "Yerya gabalyatze kaama no he" "It's not for the lousy to come into this."

So this is a point where you have to achieve that, and that point is very important. Why I have today started with it [is] because I have seen many a times [that] all the efforts sometimes are lost just like that.

Now it is there within you, all these chakras that are shown here. Would you like me to tell you the names of these chakras here?

Now this chakra is the first chakra of the centre within us, which is in the subtle form we do not know about, but we know about it in the gross form, again in the dreamland, you can say. The gross form is called as the pelvic plexus, but it is manifested by this subtle chakra known as Mooladhara.

This is a very, very important chakra within us, because that is how we started having life. We can say carbon was introduced in life, within us. Without carbon you cannot form life. And so this is the chakra where, this is the state where we really became living beings: the life pulsated in us, and that is how it is demarcated. It also represents all the matter that we have been, because carbon stands in the centre of the periodic table, as you understand it. And that is the highest evolved element because, when carbon was introduced then only we started pulsating as living beings. But it has nothing to do with Kundalini.

So all the living things are at this level now, but while you have a higher position, all [of] you, built in you, though they also have the capacity to have all these. So the human history starts straight from here, is the base, that's why it is called as 'Mooladhara' chakra - [meaning] the base of the root, the base of the root.

Now which is the root is this one (the Kundalini). This one is the germinating force within you by which you evolve to a higher state. And this is placed within your triangular bone which you can see with your naked eyes, you may be able to see the Kundalini there. It exists. But if you tell a doctor he won't believe you. I was myself a student of medicine and I would say "Now,

how to talk to these people? It's better to learn their language so that you can talk to them." It exists there and many of the people who are here have seen this pulsating in them. This one.

And this Kundalini is the force, which is kept there, residual force, which is kept there for your rebirth, as they call it. The Brahmin is called as a dweejaha means the one who is born again, reborn. As Christ himself has said, that you have to be twice born. Like an egg of a hen, we are born, living in this dream and in the cocoon of your own being. When you are ready, the Mother can pierce onto the head of the cocoon and can bring you out. Though the transformation has been done by you, within yourself, without feeling it, through the Divine Force. And I feel today is the time [when] you are just ripe for hatching, as they say.

The blossom time has come. The time of transformation has come. And thousands have to be transformed. You have to know the meaning of your life because you were created for a purpose - from amoeba to this stage you were brought - and now the One who has created you, the One who has given you all the beauties and the bounties of this Universe, wants you to know Him and enjoy all the bounties, like the Father bestowing properties, all His enjoyments on this Earth, out of His love. It's the manifestation of His love that has brought us to this state, and His love only is going to give you that status by which you are going to be enthroned into the Kingdom of God. Instead, I know people have been harmed much more.

It's very, very simple proposition, which is difficult for human beings to understand, that this was desired as a father desires for his son. Even when he is not yet a father, he thinks of a son: how he is going to bring him up and how he is going to bestow all his love and all he is earnings on that child. In the same manner, the Great Father has planned the whole thing in such a beautiful manner and He is going to look after His own Creation. No one can destroy it. He's Almighty. Only thing is that you may destroy yourself, because He has made you free. He has given you freedom. He has treated you as a friend. Because if you have to be enthroned, you have to be a free person and you must know how to enjoy the glory of freedom.

In that freedom if you have chosen something wrong then you cannot blame God for that. But even if it is just a mistake then He will work it out with a thousand fold of His grace and mercies to see you, that you are saved. He's going to use all His powers to see that you receive that beauty that is promised. That is what is Sahaj Yoga.

'Sahaj' means 'spontaneous'. Perhaps we do not understand the full meaning of 'spontaneous', because 'spontaneous' itself is an abstract word to understand. It's just His spontaneous power that works it out. He is spontaneity itself, and His powers are spontaneous, His love is spontaneous.

You can see in every way how nature spontaneously does thousands of things which we cannot answer, neither can we understand it, nor can we appreciate it. Like a little flower becoming a fruit. We just take it for granted. If there are flowers, all right, take it, they are there. If there are fruits, we eat them. In the same way we have taken for granted everything and we have taken for granted Sahaj Yoga also. It's going to work out, it's going to be within you, and all of you are going to get it.

In this centre, the second centre, which you see, is this centre first, because this is the centre, which is called as the Manipur centre; which controls our navel organs or, we can call them, as the solar plexus. There is the solar plexus which controls all the organs in the stomach, all the viscera. And this centre [Swadishthan] actually comes out of this centre. It's an additional centre of this, which revolves around this area and looks after organs that are inside the stomach.

As God has made you in His own image, you can see that this is the place where God has created this Universe: where the stars and all the galaxies are created. And then the Earth is created down here, and we have a sun and a moon.

But in our being itself also, we have got all these centres placed within us.

This is the star of Jupiter you can say. All of them have also stars which are like push buttons. All these big stars, are 'push buttons' in the viscera or in the stomach, abdomen, of God Almighty. In the same way, we too have got this centre which is very important.

If you can see here that it is surrounded by this water element, and this centre is meant for your seeking. So, first the life started existing in this water and the seeking started. The seeking started because we have [an] in-born, built-in, sense of seeking. Amoeba seeks the food. Animals seek also food, and also the things like protection. It learns how to protect itself. But the human being seeks the meaning of his being.

This seeking beyond is our subject today.

This side is, this blue line (Ida Nadi) that is shown within you, is the line of your existence, which manifests your left side sympathetic nervous system. And the line, other line, that is showing here, is the line of your creativity (Pingala Nadi), of your physical being, which is represented by, or manifested by your right side sympathetic nervous system.

In the centre [channel] is the seeking. And you see that there is a void, there is a void in between. You do not know how to approach from here. Human beings have this centre as very important, because after a point of protection animals rise, they learned methods how to protect themselves.

But this is a point (Vishuddhi), which is very important, where human beings have raised their heads up. This centre is a very, very vital centre because that is the point where human beings have accepted their responsibilities. They have accepted the situation that they are something: this I-ness started with this centre.

Because at this centre - as it is shown in the figure it is slightly wrong because that is connected on both the sides - at this centre, when the human beings start using these two powers within them, of one of existence and another of creativity - or we can say the emotional, mental and physical powers - they release, from their being, fumes of tensions. And these two fumes as we have shown there, go into the brain and form on this side the superego and that side as the ego.

Now how superego is formed and how ego is formed and what it is, I'll tell you in short.

As in a factory, when there is activity, you see the fumes coming out, in the same way, when we have our emotional activity or our physical, mental activity, the fumes, which represent all the activities of that shadow, are accumulated in these two balloon-like structures. These two balloon-like structures, when they meet, then a human being is separated from the mains. Animals are not separated. Only human beings are separated. They have [been] given that freedom.

When they are born, in the fontanel area as you can see in childhood, is very, very soft. And you can see the pulsation through which the power flows into the limbic area. But when a child grows and his two activities grow just like that, there's calcification of that bone and you find that the head here becomes hard. That's why sometimes people say "hard nuts." This hard nut is the place where this Kundalini has to pierce. She has to rise from her seat, go upward and pierce that fontanel area. Which we all know is called as baptism. This was the baptism that John the Baptist said, not that you get baptists from some theological college or from some training or some sort of a clownish looking people. They cannot do it. They may dress up like clowns and say, "All right I baptise you." It's absurd! What is their authority to do such things? And that's how when, in the modern times you feel, if you ask people, "Do you believe in God?" "No!" "Why?" "Because our clergyman is like that." But the church should not assume that they are representing God.

In the same manner, in every religion, the so-called Hinduism, which you think is something very great and people have exploited you, is even filthier and much worse than Christianity could be any time.

This sort of exploitation is one of the greatest hurdles in your getting the Realisation. Many times the seekers - the innocent seekers who are seeking - they don't find it in church, so they go to an Indian temple where they may purchase some ganja and end up in some swimming pool or something like that. That is one of the greatest hurdles, I say, today, that the way the innocence of the seekers is being exploited by people who think that they can make money. They are not worried about their own seeking [so] how can they respect your seeking? Or [they get] some sort of a fraudulent or you can say sadistic happiness out of

it.

This centre, the whole of this centre, which is supported by your sustenance, is disturbed by this. Here a human sustenance is retained and created and looked after. And there are great incarnations who come on Earth to teach us that this is the sustenance you should adhere to. But there are also horrible, wicked, evil geniuses who come on this Earth. They come in this area and they disturb your sustenance. That is, as I said, the greatest problem that is facing me.

Actually, it would be something like a beautiful garden I come to, and I find beautiful flowers around and I'm just coming and here I find the flowers mutilated for the selfish ends of the absolutely depraved and low type of human beings. They should have horns actually and tails; that is how depraved they are. Even animals with horns are thousand times better. They want to retard your progress. And that is how we find today the situation is, at the blossom time, that all the flowers have been destroyed. Otherwise they were to be fruits, very easily. It was to happen with all of them. With great care and concern, to form that peach, but now they have come up to this level and here we find them suddenly destroyed by the nonsensical horrible people who actually are of no virtue. You cannot understand the anguish. Now it is for the flowers to understand this.

I was happy to learn that people have started calling themselves 'flower people'. It was a good idea. But they started another style of self-destruction out of frustration. Others are destroyed as well, as you are also destroying yourself. The other side of it is also very, very tragic. I met one of the Sahaj Yogis here who had broken his back because he did parachuting. So I said, "Why did you do this?" "What was the need to do parachuting, of all the things?" Because I know his value, I know his substance, I know he has the feeling. I said, "You should not have gone for parachuting. You are not the type, from planes." He said, "Out of sheer frustration I thought better break my neck! Still I came out of it. Then I thought I must be worth something more, the way I did it. I did it very well. But still it is there that there must be more value out of life."

But some of you have overdone everything. Why? Because you have not been able to evaluate yourself, and to find out about yourself, to know about yourself and what is the material you are. When you are the hope of the whole Creation, how is it that you did not [take] heed to your own being? And this is the second hurdle that I have to face, you have to face and all those who believe that they should get Realisation have to face. This is how I am describing the void here because I have to do in a very short time and you know the subject matter is very great.

I would suggest that let us have The light first. Let us get the Enlightenment first. Then it would be easier to talk about it. Without light, what am I going to describe to you? And why should you believe me? So better have your light. Better feel it, manoeuvre it, understand it and then use it.

First time when the Kundalini touches the brahmarandhra or when it opens out at this point, then you start feeling these cool vibrations. So actually, that has happened? Let us see, in medical terminology. The central path, which is the sushumna, represents the parasympathetic nervous system. I do not want to bore you with the medical terms because I have been bored myself quite a lot!

The central path of this sushumna is manifesting the parasympathetic and if you go and ask doctors, they'll say, "Oh, we don't know much about it. Don't ask." This is the point; this is the line by which we manifest our present: now, today, just now. Today is also true, but [actually] this moment. We cannot stay on this moment, either we go to the past or to the future, but we cannot stay here. If we could stay here, then we could see these two things clearly. But we are all the time jumping and we cannot see because the past is finished and the future doesn't exist. So we don't see anything. The sum total is, that we don't see anything.

We can only see something or feel something if we could steady ourselves on this parasympathetic, which we cannot; medically, they say that we cannot tap the energy of parasympathetic. Now this is what we have achieved up to this point as human beings. This is our achievement, which is felt in our physical being, in our emotional being and in our mental being. But also, there is another being which is our Spiritual being which we can aspire for, but we cannot feel it. And that Spiritual being resides in the heart as Spirit.

That Spirit sees you, It knows everything about you, but you cannot get to it. Your own attention does not reach that, that's why you cannot feel it. For example, you see this pillar; so the pillar is not you, you see these flowers [so] flowers are not you, you see this hand, so this hand is not you, because you see it. So there are two things going on all the time. Then you see you have a brain, that means you are not your brain. Then you see that you think then you are not your thoughts. Then the One that sees everything is the One that resides in the heart. This is the reflection of God Almighty, Who resides on your head, on your heart.

Now immediately, if you start jumping as a jumping jack, that, "How do you talk of God?" I am just talking of it, I am not saying that, "Here is the key." Later on we'll find out really [if] all what I talk is true or not. But for the time being it's just a hypothesis and you just listen to this as a hypothesis.

So the reflection of God within us is the Spirit, and when the Kundalini rises, She touches the feet of the God Almighty - this is symbolically I am saying - [then] immediately, you become enlightened by the Spirit, the Atma, and it starts pulsating in you, in your heart there is pulsation. But you cannot feel that pulsation in your body usually. When that happens you start feeling that pulsation moving when the Spirit pulsates. And when He is the One who is part and parcel of the whole, you get connected to the whole, you start feeling the whole and that's how you actualise it. You actually get it within yourself, the manifestation of collective consciousness.

It's very much higher than that of animal consciousness. Though many human beings aspire to be animals, surprisingly! Like, if an animal has to pass through the filth, he doesn't feel it, but human beings can. They do not feel the colour, I mean, they do not enjoy the colours. They cannot enjoy a good painting. For an animal, if you show him a painting, he won't understand what it the beauty [of it]. He doesn't know what is the beauty.

So, in the same way when you become your being, your consciousness becomes collectively manifesting. That means you become one with the whole. Say you are a cell somewhere here in the image of God, then this cell becomes connected with the whole. You can feel the connection, that's how the wholesomeness is established within you.

How it happens is that you start feeling the vibrations flowing from your hands, and all these chakras which are enlightened, get enlightened here and activated. All these colours will tell you which chakras are related to which finger here. With this sketch here, you can make out all of them. Now when these are activated, you start feeling others on these activated hands. You can start feeling their centres. You can start feeling your own centres. This is what is Self-realisation, that you can feel your own centres. All other nonsense has no meaning.

People talk of Self-realisation and end up by going to some sort of a cemetery. They try to show that from the dead they are going to get you something that is above living! This is the only way that you get your Realisation. If you say a seed sprouts through its plumule, that's a fact. But if somebody says that you can sprout a seed through the trunk, can you do it? Or through the cotyledon, as you call it? In the cotyledon you can have the germinating power, which is not. It's all properly placed and built-in within us. And this is the instrument, which is there within us, and only through this instrument you are going to get your Realisation.

There's no other way out.

And this one is such a beautiful one because, here is your Mother, is your individual Mother. She is waiting for this day. She is the one who guided you. She is the one who took you to spirituality, She is the one, She knows that there is something above, and She is just waiting for a chance to rise and give you that Realisation.

Now, in this also, there are thugs, as I call them. I have no other word to describe them. They have made a mess of his Kundalini of yours. If you read some Kundalini book you would not come to my programme. They think she's the most ferocious lady ever born. All sorts of perverted things they have said about this Mother of yours; while She is the most loving thing that you can ever have.

She is the one who is going to bestow His bliss on you while the horrible ones have tried to malign Her, to shame Her, insult Her and have tried to do such things that it's insulting, absolutely a poison.

Every time I have to tell you about these ghastly people which I don't want to talk about, because it's so ugly to talk of these horrible snakes. But they are there in the garden and I have to talk. I have to warn you all the time and you have to be very, very careful about them.

Now, I think this is such a big subject that I don't know how will I be able to give the complete idea about it. But so far, I think I have explained to you that you have a purpose in life, and there are milestones of your evolution placed within you as centres, subtle centres, which you can see with your eyes pulsating and can feel through the stethoscope. And here is ego and superego within you which has given you the freedom, an independent personality and you can act as independent people. And with this personality, only, you achieve that higher state. And when you achieve that, the manifestation of that Divine Force, through you, starts flowing. At the end of the day, I would say that you become a hollow personality; that you become the real instrument of God, that the power starts flowing through you and you see it flowing and working and you can manoeuvre it.

Of course, again talking about the snakes: they give you no powers whatsoever, and take away all the powers you have. But the whole Creation has been created, and you have been manifested as human beings to achieve your own powers.

So there's a sweet story about Radha and Krishna: once they say Radha was jealous of Shri Krishna's flute. So She went to Krishna and She said, "What is this? All the time you are putting her [flute] to your lips, I don't like it." He said, "Why? Are you jealous?" She said, "I am very jealous of her. What is her speciality? What is so special about her?" He said, "Why don't you go and ask her?" He said, "It's better that you go and ask her." So She went and asked that, "What is your speciality that He's all the time keeping you near His heart? And all the time He's using you?" She laughed aloud and she said, "Do you know what is my speciality? My speciality is that I have no speciality. I have become a hollow person. I am absolutely hollow and He plays and the world enjoys and I see the thing flowing through me, and I just watch all that. And people say that it is the murli, it is the flute, that is playing. I just find I am just a hollow personality." So Radha went to Krishna and She said, "All right, next time you make a hollow personality out of me!"

This is what it is! And whatever is promised has to be done, is to be done. God never makes promises which He doesn't keep.

May God bless you all.

I hope you all will get Realisation and you will steady it. That's very important, because as I have told you, it's not meant for lousy people.

Thank you very much. I am so happy to see so many people here who are seekers, who are deep people, who have been seeking all their lives and they have to realise that this is the only way it has to be done.

As I said, I don't know how people charge money for it: it's something ridiculous and it's very, very low, I mean, if you talk about it. You cannot charge money for your love. I work in India and they told me, "Mother, can you give us a list of people whom you have cured?" I said, "It's very embarrassing. Don't ask me such questions!" They said, "But you must give us the list of people whom you have cured!" I said, "I have never made a list." So he said, "Oh really? Why not?" I said, "Do you make a list of people whom you feed? Whom you love? Whom you give them mercy, to your own children? Do you make a list of all that? How many times you have done washes to your children? Or you enjoy it so much [that] where is the time for all these nonsensical things?" Has to be! It's very embarrassing I think.

It is that beautiful way of giving.

May God bless you again and again. And let's see now what happens. How far you get it.

I would say we will ask some questions, and if you can ask some questions. But you should not be very sensitive about it. Because people ask me very, very direct questions and when I give them an answer they feel hurt. And I don't want to hurt you for anything because you are already very much hurt. I do not want to hurt you. But it happens, and it happens like that, that you ask funny questions and when I tell you the answer, sometimes you feel hurt. So just ask me questions.

Seeker: When I go into relaxation I get convulsions in the abdominal area.

Shri Mataji: How can that be relaxation my child? Just tell me. How can that be if there are convulsions? It's a sickness. It's a possession.

Have you seen possessed people? They get the same thing. When they are possessed they get the same thing. They feel relaxed because somebody else has taken their responsibility, but physically they can't bear the pressure and they have contortions. It's very easy to find out: you must be having lots of lunatic asylums here, you can go and see them, when they are possessed how they behave. Say, epilepsy is one of them. If you have seen in epilepsy how people get into a kind of a posture from where they cannot get out for hours together. It is possession.

It's not only that your stomach will be absolutely relaxed but you will relax the stomachs of others.

Seeker: Will this take us to God realisation?

Shri Mataji: I beg your pardon?

Seeker: Will this take us to God realisation? This Self-realisation, will this take us to God?

Shri Mataji: Of course, of course! You see there are some people [who] just arrive there very fast, but some people go through certain stages.

The first stage of Realisation, when the Kundalini crosses over the Agnya Chakra, is called as Thoughtless Awareness. Only with this Thoughtless Awareness you can start curing people. You can cure people if your Kundalini has crossed the Agnya. That's how you find many people can cure, but they don't know how to do it, they don't know how to manoeuvre it.

And then we have the Kundalini rising above the fontanel, which we can call as the time, I call it, as Self-realisation. Because that's the time you become another human being with collective consciousness. With that, you can start giving Realisation to others, correcting your own chakras, everybody's chakras, and you can start feeling it. So many things will happen. I mean it's endless. I cannot tell you how you realise the bliss of the Divine by that.

It's something so wonderful that you will be amazed. We have here one Sahaj Yogi. In the beginning, you know, I had only six of the for four years, for your information, in England. And I worked with six of them. And one of them in the beginning felt like, "Let's see how this collective consciousness works!" So he said, "My father has not written any letter to me." I said, "All right, you don't write to him, you just think about him and feel his vibrations." He started getting a heat here and burning here. He said, "Mother what does that mean?" I said, "All these centres are of you father. So you telephone to him and find out. He must be having bronchitis." He had bronchitis. But when the fellow talked to him, his bronchitis got all right. It's that fantastic.

So from Thoughtless Awareness you jump into collective consciousness, collective awareness. This collective awareness gives you the powers of collective consciousness by which you cure others. Even sitting down here you can cure other people, you can awaken their Kundalini, even give them Realisation. But that person you talk to on the phone should be connected and that he should know that there is a movement by some deliberations of somebody who is, we call, a Sahaj Yogi.

Then the third state is complete Self-realisation. That state comes, we call it as Nirvikalpa Samadhi, means where there is doubtless awareness, that you have no doubts anymore left about it. It's not rational but it is a state in which you settle down.

In that state you have no doubts anymore about it. Then the powers are dynamic, and you start working on so many dimensions that you are amazed how things work out.

For example, I'll tell you we have a lady here, I must say she is doubtlessly aware. She doesn't feel anybody's chakras or her chakras. All the time her vibrations are throughout. She wrote a letter to me saying that, "Mother there is a girl who has got cancer, she is about ten, eleven years of age and I don't know how we can help her. She has come all the way from Hong Kong and they are saying that she has to die in about three months time." I said, "All right." "And she's now going to America for further check up." So she went to America and the American doctor said, "She has no cancer, nothing. Who told you she has cancer?" This is [just] one of the many times some dynamic things that will happen. At first you cannot believe it, it is so fantastic.

So this is the state of doubtless awareness. First the thoughtless awareness, then the doubtless awareness.

Now, the 'awareness' word, you see, is, in the dream we call it awareness only. Say, now, I say that normally what we are, in conscious mind, is a dream. So this is also awareness. And even after that is awareness. But in Sanskrit there are two words: one is 'buddha', another is 'prabuddha'. If you put 'pra', means 'enlightened'. So we should call it 'enlightened awareness'. So it is thoughtless, enlightened awareness. And enlightened awareness is also termed as 'samadhi': so is 'nirvichar samadhi'. And the second one is the doubtless, enlightened awareness: is the 'nirvikalpa samadhi', where there is no vikalpa.

Now this also is the term one has to understand, very carefully, what is a 'vikalpa'. But I think that I will do some other time. And this is what is the Self-realisation. When you have achieved that, then there is God's realisation [which] starts, where you start controlling the nature, you start controlling all that you see and you become the master of all that, but you do everything for the hita (), means for the well-being of your own and of the whole.

Your connection with the whole becomes absolutely clear cut when you become God-realised.

Means your awareness becomes so clear and so much effective as if people would say that, "Look at this man! How does he do it? And how it happens?" That is the state also responsible. After all the whole Creation has been through Sahaja only - spontaneous. And in the same way this is also spontaneous.

There are only two persons, though they were born to incarnations, who were Divine, and who became themselves incarnations. They were born as human beings but became themselves incarnations. But even that gap can be covered. Why not?

Seeker: Mother you also say that there are many yogic people teaching the wrong things in the himalayas. Why does God allow this?

Shri Mataji: He doesn't allow. You allow. I have told you, you have the freedom to choose. First thing you should know: a man who takes money, how can that be near God?

You remember, you have Christ before you. You know he took one whip and whipped these people in the church. A man like him who said, "Forgive them for they do not know what they are doing." He whipped them. He whipped those people. That's what they deserved, and you went to them and bowed to them. While you are all very intelligent people and why such intelligent people are being attracted to this kind of a nonsense and an absurd thing? While poor simple uneducated are better off. They know, "Oh we understand all that!" They are not stupid. You must understand [that] when you have money, all such thugs are going to come down here.

I'll take the other position now, let's see: supposing somebody comes out of the jail, in India, he has no social position. He cannot live socially well. So he says, "All right, let me take another form," or "let me have a drama." He makes a camouflage out of it. He makes a person who is very saintly - oh, very poor - now he greets you there. Or he may even master some of the ??, makes no difference. Then he comes out. He says, "You see, I will show you the water will come out of the earth, just now." Previously he night he must have arranged that there might be a pipeline going, and he must have put some sort of a clock there, and which he must have picked up and shown you that the water is coming out. And people will say, "Oh, this is a great miracle! He hit there and the water has started coming!" So the sensible person has to go from the back door and see how he lives. And see about the pipeline. You should be on the alert. This alertness, if you do not keep in spirituality....even after Realisation you have to be alert about your attention. First the alertness is about others, but after Realisation the alertness is about you, because within you there are thieves who have come inside you, so you have to watch that.

But you people are so simple and so innocent. And I really don't want to even blame your freedom for it, really, because they did a good job of it, no doubt about it.

Seeker: May I ask one? If you get Realisation, one raises the Kundalini and gets Realisation. Do you have to repeat that or is once enough?

Shri Mataji: Yah, yah. You have to. You see with some people it just goes [up] and goes down. One horrible guru we have in India. I don't know what he's done that you raise the Kundalini, you bring it up and it again sucks back. Again you bring it up and again it is sucked back. Oh, you don't know how much one has to work hard. With some people it is not. But one has to work hard, morning till evening the whole night. Last night I think we slept about 2:30. Oh, it's a terrible job, [but] it has to be done. But there is no guarantee about it.

Now, you will understand one thing, very simple it is, because you are coming from a different experience relative to God, that here nothing is selling, nothing is guaranteed. It's the whim that you get your Realisation. It's God's whim that He gives you Realisation. It's in complete freedom that He sits there. You cannot overpower His freedom, because He's not seeking elections. You are to elect Him. It's the other way round towards Him, you see? So there is no guarantee of anything. Do you understand such a situation?

Seeker: We desire it, we have to desire it, for God. And we go to a guru and perhaps our discernment, our rationalisation, our alertness, isn't as acute as it should be.

Shri Mataji: Yes.

Seeker: How can these people, these men, continue and speak of God in such glowing terms, such heightened terms?

Shri Mataji: They have no Kundalini, they have no Spirit. They have achieved there doom a long time back. You see, a person who is absolutely shameless, what can you do about such a person? They do not want their ascent. As the story is there were some monkeys playing, and one of the monkey's tail was cut, so he wanted everybody's tail to be cut. That is their attitude: they want everybody's tail to be cut! Only thing that you can do is not to have anything to do with them.

Seeker: How then do we know an authentic person who will take us to God?

Shri Mataji: How do we know? Because if a person makes you authentic, that person is definitely authentic! You can see very clearly, you see, when they say, "We'll give you these powers and this." You cannot manoeuvre them! You cannot understand them, you do not even have the know-how. You see, how do I say you are an authentic engineer? Because you know engineering. All right? That's how you are authentic. If you do not know how to do anything, how are you authentic? So the one who gives you the authenticity itself, is authentic. If he gives you the powers by which you know the know-hows and you yourself can bestow those powers to others, then you can say it is authentic, isn't it. Oh, you all know all about it!

I'll tell you what happens. Now, I'll tell you what it is that disturbs you. Why it has happened, I will tell you. You see, they are Greek so they have to be translated. Don't get upset about it. What has happened, really, should I tell you?

Now, the thing that has happened is that you developed your societies, you developed your countries and you became developed countries. You developed your brains also too much, and the whole thing was the Right Side movement as we call it: too much mental activities. You started analysing everything. You thought you can analyse everything, you can do everything. And you developed too much of ego.

We can say about fifty years back the ego of say a British person, was so great that it was pushing all the superego on one side. But then the suppression became painful and hurting you. So the other people who followed them, they tried to push it back again. All right? They said, "No, this is too much of ego, we just can't bear it, it's colossal! They are a bit too egoistical." So they started pushing their superego too much. Now when you start doing that, what happens [is] that the wobbling starts in your brain and you are not sure as to whether it was ego or superego, you could not understand. This was the first beginning. Then the war broke out, Hitler came in and he broke your families, he broke your values in something sublime and supreme. All these things happened. Then people like Freud and all that came in to give you another kind of thoughts which also destroyed you.

Now you were in uncertain conditions, and uncertain thinking. You were basically in that position. So when something came from a foreign country, about which you had no knowledge, an ignorance, you thought, "Better not think about it because by thinking what have we done? By thinking we have invaded other countries. By thinking we have ruined our families. By thinking we have done. So better not think about it, let's accept it. Whatever they say, let's accept it." And when they came out with great words like 'peace of the world', 'a domain of this and that' you just were charmed by that. But naturally.

Then I would say, that you are the right people for Sahaj Yoga, and you are the people. You are those supreme people who have been selected by these thugs, because now you know all the methods of the thug and you are not going to go more in that. This is for the immunity to be developed within you, that you had to go there. And there's nothing to fear, because your Mother is quite capable. You are the ones crucified for others, because you could only do that. It was only your strength that could bear it out. It was nice that strong flowers were taken out. If they were just very weak flowers you would have been finished! So you had to play that role. Why worry about it? We are going to work it out so don't worry about the past. You are the ???. Doesn't matter. Moreover you will be surprised: unless and until human beings go through such experiences, they do not come to Sahaj Yoga also.

Do you know, these boys wanted me to go to Brighton, I said, "Right! You go to Brighton, then I'll join! Not now!" Because I have been to Brighton, I know what sort of a place it is. And I don't know, but poor things, they accepted it, and went down to Brighton. And not a single soul came to the programme. But there's another horrible one there, which they are all jumping, shouting. They are increasing in sizes so much that they have to take another place and another place, and it's going on there so let them go through that. What am I to do? I cannot force you.

You know, I started my work in 1970, actually, but with one person. In this England, for four years, I worked with six people, as I told you. So, it's all right.

Most of them, even, they come in a big group sometimes. Yesterday for example we went down to another place, and most of them who were there, most of them except two or three, they were sick with something so I was improving their throats and one lady was having epilepsy, another was having another trouble, and I was just improving them.

So you are the ones which are described, what we call the real, valley entity. So what does it matter? Nothing has gone wrong with you. Not to feel very down. I'll do it very carefully. You won't be hurt at all. You are going to get the whole of it, and all the secrets, all the secrets. And you are going to master this art and you are going to change the whole world, don't you worry.

You will know your powers very soon, how dynamic you are. So don't get upset about it, and don't harbour about the past. Somebody has to build the road. It's nice they chose such strong children of mine. I am very happy that they did not put their hands on the crippled ones. So there's nothing to worry about. All right?

May God bless you.

What's that? Are there any other questions? No?

Shri Mataji: Yes my child?

Seeker: Can you explain what we have been told about karma?

Shri Mataji: Karma? All right. That, I must explain to you. This is another story. But where did they get it I don't know, that "You have done your karmas, you must cleanse it." Then why are they there? What are they doing? These are the sweepers, why don't they sweep all the dirt? Why should we clean the dirt? You are paying them! They are paid for it!

Who does the karmas? Do you know that? The ego does the karmas. Do the animals feel that they have done any karmas? They do not accumulate any filth. Why do we accumulate our karmas? Because our ego is there. Because you feel "I am doing it." All right? But you don't do anything actually, you know.

I tell a story about some villagers going on an aeroplane, and they were told not to carry too much luggage, so they were very cautious. When they sat down, they took all their luggage and put it on their heads. People said, "Why?" They said, "You see we don't want the aeroplane to carry too much luggage." In the same way you are carrying your karmas! It is absurd! It's only your ego that does the karmas. When your ego falls down, when you are opened out, you do not do any karmas, you know that you do not do it.

It's very nicely explained in the [Bhagavad] Geeta. Because these people have not told you anything about it. It's so clear cut, that the karmas become akarmas when you get Realisation. Gyan, what is gyana is awareness. When the awareness is enlightened then you become prabuddha. That means your ego falls off on both the sides. Ego is no more there. The myth of doing karma is finished. And these people play on that myth by saying, "All right, you are carrying this luggage? Now you better carry even the aeroplane on your heads!" (Laughter)

You better put all these aeroplanes on their heads. And their karmas, who is going to cleanse them? Have they thought of it? They are talking about your karmas, but what about their karmas?

Karma is a myth, as long as you are in a myth. For example in a dream you are running fast to save yourself from the police. You are running fast, you cannot find a ladder, you find half of it and you jump onto this and jump onto that. When the dream is over, if I tell you, "Now, better you jump!" You will say, "Oh, the dream is over!" Instead of awakening you, if I say, "All right, run, run, run. Still the police is after you!" Then the police will catch hold of them, those police.

It's all mythical. It's said very clearly that it becomes akarma. Like the sun giving you the rays: does it do any work? No it just emits, it just emits. Like people say, "Mother you must be very much working hard." But no, you see, it just emits. I don't do any work, nothing, it just emits. That's my nature. It just flows.

Some say, "Mother, how can we return it back." Like we had one girl, she said, "Mother I know very good how to massage your feet." I said, "All right, come along. Do it." She started massaging my feet and her feet became relaxed and she felt relaxed and she felt like sleeping. So she said, "What's this Mother?" I said, "This is what it is!" Because I don't do anything. Absolutely a lazy person! Just sitting down. It just emits it just flows, it works.

Like the sun's rays come and change the whole world, the chlorophyll is created, but the sun doesn't say, "I do it. I have done this." This is exactly what happens to you when you get Realisation, the vibrations start flowing, then you say, "Mother it is not rising." You never say, "I am not doing it." "It is not coming, it is not working." You talk in the third person. You never talk in your own way that, "I have not done it. I have not achieved it." "I have given Realisation." You never say that! You say, "He is not realised." Now, [if] your own son is there, [if] he is not realised, "You say, you know, Mother, it's not working. What to do?"

So the karmas, whatever are done, are not felt, so where is the phala (: fruit) about it, what is the fruit about it? Nothing! I will have to give you another lecture on Geeta, I think, then you will understand that you do not do any karmas and there are no phalas about it. It is just a myth. And this is what Shri Krishna wanted you to realise, so He played His diplomacy. And I will tell you about His tricks, because I am the only one who knows. Then you will all know about His tricks: that you don't do any karmas, so there is no phala about it. But when you are in the dream you cannot say this. When you are awakened then you just feel, you say, "No it's not going. It's not coming. It's not working. It doesn't work out. It's not solved."

Today before coming here I went to see a cancer patient. Her own daughter was saying, "Mother no, it's not flowing. Still it's not coming up. It's the left catching, the right catching. This side and that." And the lady herself has touched Realisation. She was saying, "Yes, Mother, still my left is bad." She herself was saying so. So they say, "That is left, that is right, that is front, that is another one." Like the children say. If you take a child and say, "Now, will you go home?" So they say, "This boy will not go!" That means they are different from 'this boy': "This boy will not go." They speak in [the] third person. In the same way you also speak in the third person. The whole thing becomes akarma. So the myth has to break, the dream has to dissolve.

Seeker: Does that mean there is no reincarnation?

Shri Mataji: How can you say that? "There is no karma, there is no reincarnation," all these are their ideas, nonsense. They talk like that. Then why did Krishna Himself reincarnate so many times on this Earth? Did he have any karmas? He was Yogeshwara himself. You should ask them, "Why did He reincarnate? Did He not?" He came as a fish, then He came as this and that and that, and then He came as Rama, Parashurama, and then He came as Shri Krishna: Why? How? Because He, at least, was beyond karmas.

Actually I would explain that, how it works out, and you will all understand - this is all Right Side activities - that, when the whole machinery was set up, the whole office was set up, there had to be some officers appointed. So the people were selected out of their good deeds and good behaviour. They were made into Gods and were put permanently into places to act as officers. Like you have an officer here who will allow you to come inside the hall. A public place, or you can say, a public office, has got officers appointed. But you are the people who are going to be received, you see. For example, the queen has to come, so you appoint somebody, you see to the coach, another one is appointed to see to the laying of the red carpet. Then third is appointed with the flower bouquet there, standing. And when the queen comes they are positioned in their places. They need not reincarnate.

But you are to enter into the hall. You have to come onto the stage. It is you for whom all these permanent fixtures were created. Why do you want to be some permanent fixtures there? We have had enough of them.

Who's going to come on the stage? Who is going to be adorned? We are in the central path. They are all settled on the right hand side and left hand side. These are called 'ganás' on the left hand side and on the right...

(break in recording)

...why this universe was created? Why all these elements were created and then Gods were created? Why? All these chiranjeevas () were created: those who achieved the state of permanence, the chiranjeevas are. Why? Just to evolve you.

All right? Which is the other myth they have given you?

Seeker: Can you talk a bit more on ego. It seems that the ego is the main problem. You have to go beyond that.

Shri Mataji: No, no, no! It's not ego, it can be both. My child it could be ego or a superego. You see, actually, nowadays it is more superego. You will be surprised.

Seeker: Like you are saying going beyond the ego.

Shri Mataji: No. Not only ego. It could be ego or superego. I'll tell you how. I must tell you about ego and superego so you will understand.

An example of ego is that, say, a child is having the milk from the mother: in complete joy, the child is, and then you remove the child from that joy. Then he develops the ego. He says, "Why have you done it?!" Then you tell him, "Don't do like that!" Then you develop the superego within you. So the conditionings come through superego. And the ego is the one through which you assert yourself. And the superego is the one through which you receive conditionings.

So both could be there. And with the people who have been to these funny, horrible, people, more is the superego than the ego I tell you. I wish they were more egoistical to really slap them nicely on their faces. But they were not. They were so humble to accept them, so they are conditioned, they are more conditioned and much more affected by superego than by ego.

So we have so many cases of superego nowadays.

Seeker: How can we be obstructed?

Shri Mataji: You can be if there is [something] wrong with your chakras, there is an obstruction (baddha) in you. But the Kundalini Itself looks after it. She Herself works it out. Then you can get vibrations there by other Sahaj Yogis. They can help you. They will have to jolly well help you because they will feel the obstruction within themselves!

Unless and until you feel all right, I am not going to feel all right myself: whether it is two nights or five nights makes no difference. It is that way. I mean otherwise, even if you try to save somebody who is getting drowned, if you think you are doing it for others you are sadly mistaken. It is somebody in you who is getting drowned, that's why you are there.

(end of recording)

## 1979-0618, Talk, Questions and Answers

View [online](#).

18 June 1979

Talk to Sahaja Yogis

Jim Proctor's house, Leeds (England)

Talk Language: English | Transcript (English) – Draft

Talk, Questions and Answers, Leeds, UK - 18th of June 1979

Shri Mataji: [...] Most of them. He has done three for you, I don't know how we could do it.

YOGINI: [INDIST.SOUNDS LIKE: Now we can do it perhaps just ...]

ANOTHER YOGINI: [INDIST.SOUNDS LIKE: It's also near, this fellow said, that we can't do so ...]

Shri Mataji: Now what have you done, My child? Why do all lament about you? What have you gained?

YOGINI: Not anything I do. [INDIST.]

Shri Mataji: Than what, why do you pay for it? You pay for something where you do not gain anything? What have you got?

YOGINI: I have not gained anything.

Shri Mataji: Hmm? What? What have you gained?

YOGINI: I feel a so much more relaxed person, I feel so a much more tolerant person ...

Shri Mataji: You are not at all relaxed, how do you feel you are relaxed. I can show you just now you are not at all relaxed.

YOGINI: I must say it's a bit cold. [Yogis laughing]

Shri Mataji: You are not at all relaxed, I must say. Find out. There is now a different thought.

YOGINI: Hmm?

Shri Mataji: You have to take life as it is. You see? This is not the way you can [INDIST.] but it will happen. You see, when you will have all the bangs, you might be a beginner or something, then the bangs will start you will come to you. You must understand where you are going by the path on which people have fallen and faltered into ... See, the man, is the man who tried has been hurt, the person who is the bang must understand and understand for himself. If these are not so, it is not working, it is not wise. You must learn from the people who are gone ahead and have faltered. If you do not learn from them, then you are not wise. Do go ahead, have a nice time there and then come back to Me. I may be available, will be ...

Why are you supporting? I don't understand? How much money you want to pay now for this country? I have seen how it works. It's better for you all, I do not know who else, every body know that. You cannot sell Gods Love and another thing, it must relate to something. After all you must know that when a tree comes up for blossoming time it had a seat, it had roots, it had trees, branches, then it came up, it has flowers and now the fruits are there. All right? It must have a big tree behind. And the whole thing should be related to each other. Unless and until you are related to the whole you cannot understand.

Yogi: This is all very important, so what will be ...

YOGINI: This is what we heard before? Yes.

Yogi: ... we have talked a lot over this. [INDIST.]

Shri Mataji: What goal are you related to, if you are related to a goal, what should happen? That you should be able to tell about another part. For example, you see our hand is, our body is old. See now, see now – because you cannot ask him this question, but you should ask Me. It is a good idea. But don't waste your energies to much of doing that. You cannot ask any questions to Me, you are not told anything. He doesn't know, tell you anything, what's or ever, all right, it doesn't matter if I tell you. See, We are the whole – all right? Your body is all right.

If I get a pinch here I know, My body knows. Another hand goes and helps you. If you are the whole – did you ever feel that we are about each other? But here see now, he was there, everybody says right is catching, left is catching. Yesterday you didn't feel any vibrations. And he, everybody was telling Me about you. Today if I tell you, he is telling about you. And everybody says the same. How are you connected to the whole? That's talking, it's different, this is actualization I am saying. Talk, talk, talk, talk. We have had too much. Aren't you satisfied with that? What has happened to you? That's the main point.

ANOTHER Yogi: One Yogi, ah who for some time did T.M., told me that – ah – this is non Sahaji - was a great carrot stigma, they always kept a carrot on the front.

Shri Mataji: What?

Yogi: Carrot and stigma.

ANOTHER Yogi: Carrots and stigmas. They all are saying ...

ANOTHER Yogi: Carrot.

ANOTHER Yogi: ... a carrot. Like what we put before a donkey, to keep donkey moving and he would say – hmm – TM helps you to find that siddhis you cannot get, so you can do this, do that. So we all followed to get siddhis. But no results, accept this feeling bad, lethargic and working other people, hmm and this ridiculous flying thing. They are not flying at all.

ANOTHER Yogi: Not a bit, they have [INDIST.SOUNDS LIKE: linkest] one.

ANOTHER Yogi: And you do just – ah – remember? Because Gyanadev' ...

ANOTHER Yogi: I do no more.

ANOTHER Yogi: He was talking. Now Gyanadev started with the new courses for manifesting ...

Shri Mataji: This ...?

ANOTHER Yogi: Manifesting apples out of your hands and things. Quiet for that what turns on. And you paid another fifteen-hundred pounds [INDIST.SOUNDS LIKE: and after sitting in] ....

ANOTHER Yogi: In, in – ah - what's gonna be the end of it? Say!

Shri Mataji: Go ahead! And you can't get apples otherwise in the market?

ANOTHER YOGI/TM-MAN: I want to say that my, my interpretation of such things as known is that is a physical manifestation of a material truth, it isn't the apple that's much of this, it's the fact that we don't know, we are not interested to do things like that. May be itself doesn't made it to no consequences. Now this flying in itself, but it just teach you that those things are possible.

Shri Mataji: He - I tell you – he won't do any magic personally, the one who teaches magic, all right? He teaches you all these things, he can even get a billion out of your head. It is not difficult. You see, that's what he is going to do with you, but that doesn't matter, what I am saying you should see to the main point. I mean if you are people who are really of a superior type and you think of one thing, what is the interest of God in giving you apples like that? Is that the thing He is going to give you? What do you think of God to be? What are you asking?

TM-MAN: Is it not the proof that all things are possible?

Shri Mataji: What is possible?

TM-MAN: Just something, it is an instant perhaps.

Shri Mataji: [INDIST.SOUNDS LIKE: no things are]

ANOTHER Yogi: Now has anyone, do you know ...

TM-MAN: Yes.

ANOTHER Yogi: ... is limited

ANOTHER Yogi: You see in anybody why ...

TM-MAN: What I heard, that you have the authority? [Yogis laughing]

Shri Mataji: All right. You see, this is, even if the river [INDIST.]

ANOTHER Yogi: Now I told you, I was on the first course ever in Switzerland and we were told – all right? – that there were people lamenting and it was on the Video-tape. So much about that.

TM-MAN: [INDIST.]

Yogi: I could tell you things that would make your hair stand up right away.

TM-MAN: But not whatever is you rather talked about it.

ANOTHER Yogi: Exactly.

Shri Mataji: That's it.

ANOTHER Yogi: But why?

Shri Mataji: Apart from that you see if you are possessed. And the other day I tell you there was a lady who got possessed. She started saying all kinds of things to Me. In possession you don't know what you talk. You see, any possessed person, you go and see the lunatics, they are possessed, how they do talk. You don't understand what they are saying. You are possessed. That's

how they manage it, is it not if, if somebody hypnotizes the person, you see, you can make him a little child. And you can give a bottle and the person, such a big person, like sixty years old person starts sucking the bottle. Have you not seen Hitler hypnotizing? It's just the same. It's just hypnosis. Another is your ignorance, you see, which he has used. Complete ignorance, you have no knowledge of Indian life or Indian things. He has to pay money to Indians to go to him – just to show that he has some Indian disciples.

Yogi: I mean, you can't honestly say in what level of truth within yourself that you can actually ...

Shri Mataji: ...find.

Yogi: ... fly. I mean, if the ego is going to be hurt, something incredible, you got a method to yourself.

Shri Mataji: Rather difficult.

TM-MAN: But no longer, not just to me, I fly a lot to it.

Shri Mataji: Towards the same?

ANOTHER Yogi: In their methods it doesn't matter to them very much.

TM-MAN: Because it's the manifestation it seems to me.

ANOTHER Yogi: Never the same. They lie.

TM-MAN: Just don't think ...

ANOTHER Yogi: What is the manifestation of a lie?

ANOTHER Yogi: What is the manifestation of them? Not a [INDIST.]

TM-MAN: We all know for instance that in, in – ah – everyday-terms it is impossible for a person to [SOUNDS LIKE: agitate] - we know that in everyday ordinary ignorant terms.

Shri Mataji: What is it?

TM-MAN: But apparently some people can prove. I don't know, you [INDIST.], I know.

YOGINI: I thought there was some ...

Yogi: [INDIST.]

YOGINI: Some are taking so whatever they can.

Shri Mataji: You see, don't listen to rumors.

YOGINI: How that?

TM-MAN: That is well.

Shri Mataji: Would you pay for rumors something?

Yogi: But that's not about rumors.

Shri Mataji: Why do you pay for rumors?

TM-MAN: But I am not going to.

Shri Mataji: That's what [INDIST.] now. You see what I am saying. If somebody has sent you, all right, forgive.

TM-MAN: Yes.

Shri Mataji: All right. You must, that's what it is. That's why they have come up so much, but I tell you they are first class people. They way they have done it, I must say My hats off to their sincerity. The way they are admitting it is a great thing and for you to open your eyes now to see for yourself.

Yogi: Maharshi [INDIST.] says, Shri Mataji, shall I tell him about Maharshi's attitude to women?

Shri Mataji: You better tell.

TM-MAN: The attitude to what?

ANOTHER Yogi: To my wife.

TM-MAN: M-hm.

ANOTHER Yogi: We wanna hear you all, please.

ANOTHER Yogi: But – I am, I will not proscribe, I was one of the chiefs of the movement, I was national leader in various countries. My wife has been initiated for twelve years. My wife was slept, you could say raped by Maharishi in sixty-nine. She got pregnant, she aborted it. I can name at least seven women that he has slept. They did, believe me ...

Shri Mataji: At least [INDIST.]

Yogi: ... more than I could tell you, which would make your hair stand on their head.

TM-MAN: I would not strain any more.

YOGINI: You can't [INDIST.]

TM-MAN: [INDIST.] it was volantly [voluntarily ?], these abuses

ANOTHER Yogi: What?

YOGINI: [INDIST.SOUNDS LIKE: He carried on finding, but he don't find at all.]

ANOTHER YOGINI: [INDIST.SOUNDS LIKE: Do you want to tell more?].

ANOTHER Yogi: Why, because I honestly and did there honestly believe that Maharshi would help her.

YOGINI: Ah, do you know?

Shri Mataji: You see they put him on a pedestal, because they are all very simple people, are very simple people, you see, and if somebody knows how to make a show you can be befooled. Even the cleverest of Indians were befooled once like that. You see, We had one man, he was a different type of a person, he came to India saying that he has lots of money in the foreign currency, this, that and is a very big Doctor, he called himself Doctor [INDIST.]. Of all the persons, of Prime-Minister Jawaharlal Nehru whom you know, is a very great man and a great person and nobody can believe that he could be befooled.

He and his wife befooled him so much that they gave him, you won't believe, three hundred Crores of rupees, three hundred Crores of rupees, without even finding what sort of a man he was. Can you imagine? And this man started a shipping company, but he was a cheat, you see? Even with that money he could have managed very well, if he had some sense. But he started cheating and he was found out in two years from now. Then he was put in jail. They had to freeze all the assets, but nobody could believe that a person like ... even our prime-minister today went for the inauguration with that fellow.

If you read his story you will be shocked. Indians are very clever here, that way, because you see they are quite cunning, they can, as they can cheat others, they know more who cheats them. You see, one better than the other, We can say, but even in India, in that country when easily people are not cheated. You can do something else to them, but cheating is difficult.

You can overpower them with your guns or something, but you cannot cheat them. In cunningness they are very clever. And they were cheated and they believed into it till yesterday. Imagine, when he came out of the jail he threatened somebody and something and he [INDIST.SOUNDS LIKE: did not really care far away from it.] Can you imagine? And he, there are so many like that.

TM-MAN: Is everything that he says correct, so said the Maharshi, even to persons as he says. What did he want – ah - learn to meditate, they were asked to [INDIST.] a thought, so it's not to give a Mantra away and he had great words, like you do. He has asked him about the mantra. He filled secretly proud, that these people who had given one promise stupidly one man, it's a great [INDEST.] they are terribly easily to You on the other day.

Shri Mataji: What does he say?

ANOTHER Yogi: What he is saying is this, to the, the felt proud because someone may have promised to someone on one day. They should easily break it, or give it up to [INDIST.] another time.

Shri Mataji: If you are made a promise to a crook you should. It doesn't matter even to tell Me or not. These are not Mantras, nor anything, but I tell you what -

TM-MAN: I don't think it matters particularly, I just find it quiet surprising now that You who is, who, who is helping to show the way to enlightenment should talk by making people, or not making but asking people to break promises they have made.

Shri Mataji: Of course, you have made a promise to a devil I should not ask you? Oh I feel, see, you must understand that promise that is made to God is a promise and not made to a crook. For example, I'll give an idea. This is a thing – you have lost your discrimination. Discrimination should be like this, for example it is nice to tell you the truth, all right? You must tell the truth. This was said by – long time back – one, one of our earliest writers, that he said that truth must be said and the, you must also tell, say something that is very, very appeasing and appealing, that is called as priya. He means say the satya and the priya. Then Krishna came and people asked Him, how do You combine this, because if you say something that is truth-full may hurt others, they will not like it, it may not be priya, it's not priya, You see. So Krishna said, there is a difference. You must understand with discrimination between the two.

Say now something is, I tell you may not be today very much appreciable to you, but it is the truth. It will be appreciated by your spirit. So what did He say? Satyam vade, means, say the truth. Then He said the second sentence, hitam vade, in-between the

two He said, hitam vade and priyam vade. So that means, you must say something which is for the well-being of your spirit. So ultimately it also becomes good and pleasing. Today you may not like what I am saying, but it will be pleasing you. Now discrimination sometimes you need. Now very simple: You see, I have lost that sense. That's what they do, by possession. For example, "always tell the truth" is a thing everybody understands. Now somebody is coming with a tiger, say to kill you. He comes and asks Me, Mother where is that fellow I want to kill. Shall I tell him, he is there? Tell Me. You should not!

TM-MAN: I don't really think that –

Shri Mataji: All right, I tell you –

TM-MAN: [INDIST.] on, on, on what I am talking about.

Shri Mataji: This is absolute detached, because you are not understanding it. Now what I am saying, what should I tell you, why should I not tell him? The reason is, it is called as [INDIST.], means it is un-authorized. He is not authorized to ask Me. He is not authorized to ask Me, that where is the person. Now as you have come to Me for this thing your chakras make no difference, till you get your realization. And why I asked you? I would like to see how much you are still identified with him. If you are identified with him, I cannot do anything about you, because evil is evil, good is good.

TM-MAN: Can I take your followers, who have a great deal of moral sense, for two minutes in the garden?

Shri Mataji: They have much more moral sense than anyone of you.

TM-MAN: [INDIST.] which You make to break their words.

Shri Mataji: No, no, no. Your idea of morality is very different. It is not a morality of the [INDIST.SOUNDS LIKE: tuggs]. The [INDIST.SOUNDS LIKE: tuggs] can combine together and keep – you see – promises.

TM-MAN: I don't think it makes, I don't think at this stage it matters whether or not Maharshi is right or whether he isn't. The fact, the matter is -

Shri Mataji: Now that's quite enough and that's how it's a fact –

TM-MAN: No, not at all, if I make, if I make a promise I'll stick by it, and I think it's seems like a cheap trick, to want to get them on to break that promise.

Shri Mataji: What cheap? You see, what am I getting by cheap tricks? What am I getting out of these cheap tricks, I mean when you say this cheap trick, I would like to know what am I getting out of these cheap trick, why should I do it? Cheap tricks are on him, to break a promise for him.

TM-MAN: Possibly in the end I laugh –

Shri Mataji: Hmm?

TM-MAN: Possibly in the end I laugh, I got in the end a laugh. One paper [INDIST.] -

Shri Mataji: You got it, you are not a judge, you are not a judge of Me. I do not think your laughter. An Idiot can laugh at someone, what can you do about it? It's not the point. The point is what am I asking you, your Mantra you have bought, because once you give up your Mantra you give up your miss-identification. Otherwise I cannot help you.

TM-MAN: Now possibly if You would have explained that before hundreds of reasons for giving up the Mantra, because that

wasn't explained in it, it just came out of people, quite easily.

Shri Mataji: You see -

TM-MAN: In other words, have there been an exploitation before hand , in an acquirement between two people whom you stop to meet them You -

Shri Mataji: Now I tell you why -

TM-MAN: - [INDIST.] stop to meet You.

Shri Mataji: I did this when I started talking this Lady talking this and you are talking that. At least some who have got realization would not [INDIST.] also God knows. Because you are not talking, that's somebody else talking through you and they are maneuvering it. At least I didn't want to miss the chances of others. That is why I did not discuss. I always give a lecture, but this time I did not, because I know you are all going to talk and talk and talk. To that Maharshi how much did you talk and how much did he talk to you? But with Me you are taking all the liberties and saying all these things to Me. Why? Have I given you money? Why are you saying all these things to Me?

YOGINI: [INDIST.]

Shri Mataji: It's a fact.

TM-MAN: I said, the TM-Movement ...

Shri Mataji: Than why, you are -

TM-MAN: [INDIST.] it is a right of men, it is a fact -

Shri Mataji: Just ask Me. You have come here to take something from Me and you are talking all these things to Me. Did you say anything to that Maharshi-Yogi of yours. Why didn't you ask Me?

YOGINI: It's not the debate you have.

Shri Mataji: You see, you must understand it's no question of debate and that's why I didn't want to talk, because I know that all of you would have talked. You see, this is it, that's why I did not talk, because you think you are all very brainy people. The way you are befooled you must understand that. Not to feel hurt. He has really befooled you. Accept this fact and that is the reason you do not want to accept.

Yogi: No ask for me.

Shri Mataji: It's all miss-identification.

Yogi: We really have enough.

ANOTHER Yogi: It's all right.

TM-MAN: Would You tell Me to me please, that when we have finished, with, with what things asked -

Shri Mataji: You see, I will tell you a last word on Maharshi-Yogi. You see, I will tell you one thing, I am not interested in what you do with him or how you deal with him and how much you give to him. I'm not interested.

TM-MAN: Hmm.

Shri Mataji: I'm only interested in introducing you to yourself, to giving you realization. I have nothing to do with that man, but if you ask about him, I have to tell you the truth.

TM-MAN: Hmm.

Shri Mataji: You see I have nothing to do with him. You go ahead with him, you give all your money to him, when you are bankrupt, even then you'll come, I will give you, all right?

TM-MAN: Yes.

Shri Mataji: But as far as he is concerned, if you ask me the question I will have to tell you the truth ....

TM-MAN: I wasn't going to ask about anything to do with TM ....

Shri Mataji: Now you ask something else.

TM-MAN: .... or Maharshi or anyone.

Shri Mataji: .... because you see, I don't want to ....

TM-MAN: I want to ask something ....

Shri Mataji: .... talk about him anymore.

TM-MAN: No I don't and this is why I ....

Shri Mataji: All right, now tell Me, ...

TM-MAN: [INDIST.]

Shri Mataji: ... what is it you are asking?

TM-MAN: A-ham, what is the thing that you are going to ....

Shri Mataji: .... give you ....

TM-MAN: .... Give and I remember the best, the nicest thing I have heard is that You are teaching us to relate to the people and to - ah - release of illness of all description, to help to do that any more ...

Shri Mataji: Of course.

TM-MAN: Is it correct?

Shri Mataji: You see now you must, you are talking that thing, what, what makes you sick, you must know, what makes you sick, why do you get sick, how are you made, what are your problems, what are you? All these things you have to understand. Not just to accept Me in the way you have accepted other nonsense, you see, and that is why I wanted you to open out, but if you have