

consciousness is acting. But it is very wrongly directed. It is very misdirected. The woman or the Mother's Principle is the principle of the womb. It's the principle of the Mother Earth who nourishes, who makes us grow, who guides us through her magnetic powers. But if the consciousness is to be arrived and has to be manly, we already have a lot of men ! If women are trying to become the men it's a pendulum that is moving from this to that end, that to this end. But the consciousness is of the Mother, who has to come now to manifest. And that consciousness makes a man compassionate, affectionate, nourishing, soothing. But we do not understand this simple thing, that unless and until this completion takes place in our consciousness, we are not yet absolute.

About one hundred years back, or even later up to fifty years back, you can say, an aggressor was regarded as a big hero. But today a man who does work for compassionate reasons, or who feels one with the whole and tries to nourish them, is regarded as the hero. So when these two principles work out, then this Kundalini rises to completely nourish you in a way that makes you really a complete personality.

I'll try to give a simple analogy to understand. Like in our car we have got an accelerator and a brake. So, supposing the accelerator is the right side and the brake is the left side. So, we start using both the forces to learn driving. When we understand the balance of these two, we become the drivers. Then we don't think - at that time we do not plan out, we know automatically how to drive. And that authority working within us makes us a spontaneous driving person. But still the master is sitting at the back watching you driving. When the ascent takes place, then this master becomes one with you. Then you become your own master, you become your own guru, you don't need any guide anymore. This is what it means when Christ said that, "You are to be born again."

In every scripture, in every religion, it is said that you are to be born again. Churches try to balance people or temples try to balance them, so that they can ascend. Without the ascent, there is no meaning to this balancing. Because none of these try to ascend, all of them are today in a very shaky state. The reason is: they have failed to that achievement of ascent where a human being becomes the Spirit.

The message of Christ's life is His resurrection. Mohammed Sahib has said also that at the time of resurrection your hands will speak. Means at that time when your consciousness will be at a collective level, your hands will show, indicate just like a computer. In our evolutionary process, we have also evolved many machines and things. They are coming along with our evolution, too. Now the latest one we have parallel to us is the computer. And the computer does what your brain has put into it. And our brain is so limited that it, whatever it has put is also limited. But we are a computer ourselves of such a tremendous nature, that thousands and thousands of years one may try, you cannot get near the intelligence of man.

Mostly we do things without thinking about them. For example, I see a flower. I see it, I know it's a flower, I don't think about it, I know it's a flower. Or I have some fragrance. I know it's a fragrance, I don't have to think about it. Because on the central nervous system it works so spontaneously that it need not go into the circle of thinking.

But when I see something, I cannot act upon it without thinking. Now, I look - just seeing it, I am not acting on it. In the evolutionary process when you become the Spirit, whatever you do, it acts. You don't have to think about it, it just acts. You enter into a very subtle energy area, where you can communicate without thinking, without saying anything. You can, just have to pay attention and it acts. Is the action of fulfilment, of soothing and of nourishing. That is the need of today. Because a tree has grown too big and it has to have its own source to fulfil it. We have made the instrument all right, but it has to be put to the mains to work.

So, now we are at a point where we have to touch the source, so that our consciousness becomes one with the whole, that we start feeling this all-pervading Power of God, the Holy Ghost. Unless and until this happens, you cannot prove the existence of God or existence of any one of these scriptures which are saying that there are the blessings of God available. This over developed civilization has to find out its nourishment. They have to find their Mother.

We are under a shock these days in the modern times, when we feel that "God knows what's going to happen to the world." All

the philosophers are printing books after books to shock you, without giving any solution. And you read them and you become more and more melancholic. But actually, the One Who has created this creation is responsible for it. He is anxious that you all should get your reality. He wants you to enter into His Kingdom, to have your right, to enjoy the beauty of reality.

So, it does not matter if we have made some mistake, because of our ignorance. The sun of knowledge is within us and once it is risen you'll be amazed that all those farcical things of which we are afraid, will turn out to be absolutely mythical. Because we become part and parcel of the whole. We are, but we are not aware - so we become aware. As if a drop becomes the ocean, and the powers of ocean start manifesting through that drop. This should happen to everyone who is seeking the truth.

Those who are not seeking will seek later, when they will find the benefits people have received. Now, those who are lost and do not want to come to the right path, you cannot beg of them. There is complete freedom for you to get lost, to go to hell or to heaven. Your freedom is to be really respected so that you get the ultimate freedom.

Today I have just given you the introduction to Sahaja Yoga, but tomorrow and day after I will tell you all the details of how it works out. Like the lights in this room can be lighted with one switch. And also your Realization may be achieved today. But to explain all the mechanism behind it, the history of electricity will be a headache for you and Me. So best thing is to get the light of bliss, and in that light of bliss, enjoy the deeper side of Sahaja Yoga.

Thank you very much.

I would, of course, like you to ask Me questions, no doubt. But I have to tell you that there is no need to be aggressive with Me. Or shout at Me. If you are identified with any other group or any other thing whatever you think proper, you can go ahead with it, but you should not try to disturb the other people who are seeking the truth. You have to be fair to others and to Me.

Thank you very much.

Please ask Me the questions.

Aside: I'm all right. It's very hot.

Question: It is normally said that Yoga is something where the individual has to work very hard collecting experiences by personal efforts and merits. How can it be that one can get a higher awareness just given in one moment?

Shri Mataji: His question is sahaaj. That is true. But the Patanjali Yoga was written fourteen thousand years back. You have already gained your merits. And I have to just judge them, that's all. And another thing is that there must be something about Me, that I can do it. And thirdly, if I can do it, why not have it?

Question: How has one identified this system of inward energy (nervous system) which is represented here?

Shri Mataji: You cannot identify, but you should take it as a hypothesis, like an open-minded scientist. And that you will identify as soon as you get your Realization. But you can also, in so many cases, see the pulsation of the Kundalini at the base, rising of the Kundalini. If you use a stethoscope you can feel the throb going up. You can feel the throbbing on the head here. Then you can feel the Cool Breeze coming out of your head like an air conditioner and from your hands also you start feeling the Cool Breeze.

But first of all you should get it, is the point. In some people the Kundalini rises just like a jet, you don't feel anything. Only you start feeling the Cool Breeze over your head and then the Cool Breeze in your hands. It should happen, but one cannot guarantee it. But that should not make you in anyway nervous. You all have got it.

Now, three more questions - then tomorrow.

Question: In your lecture, Mother, you said that in India the false prophets master the art of giving cheap para-psychological experiences, and then for us it's difficult to distinguish in what way the experiences You talk about is deep and in which way the other ones are not.

Shri Mataji: Now you see first of all, superficially also, logically you should understand. God has given us brains - nobody's brainless. So logically we should understand, anybody who is interested in your money, and lives and thrives on your money, is a parasite. Now secondly, that supposing you take LSD you can start seeing sounds, and you can hear all kinds of things, you start seeing colors and all that. There are many of these people, it's very common. Even if some people start just jumping on their seats. You see, I have seen people jumping on the seats, suddenly, in My programs.

So I said, "What are you?"

They said, "We are Siddhas." Siddhas means realized souls.

So I said, "How?" So I said, "You are jumping like a frog and what makes you think you are Siddhas?"

So they said, "Our guru, we paid three thousand pounds and he taught us how to jump like a frog."

So I said, "Now, does your guru fly? Ask him to go to the leaning tower of Pisa, drop him from there, see if he can fly."

Now I'm talking about the living process. And as I said, human beings cannot do living process. So if you can jump, if you can take out your clothes, if you can shout, if you can make all kinds of funny actions and things like that, any human being can do. Somebody says that he can hear some sounds in his head. If, supposing, you take ten antibiotics without B complex, you get it. When your nerves get dried up you can hear all kinds of things in your ear, in your head. Even you can have a thumping headache. And when these people suffer, then they say that it is your sin for which you have to pay, you don't have the merits, they don't take any responsibility. So you come out with a headache, or with epilepsy or some sort of a disease, without any money, without any house.

It is as a by-product of Kundalini awakening, cancer can be cured. So many diseases are cured by Sahaja Yoga. Our President Sanjiva Reddi was cured of his cancer. He's in Sahaja Yoga, you can write to him and find out. Then many people who were mad, who were schizophrenic, who were disturbed, got all right. They are so many; they gave up all their bad habits. I don't tell you anything, but as soon as you become the Spirit, it automatically happens, I don't have to tell you anything, because you become your Self, the glory.

So only to hop and to do all these things which you can do, you don't need a guru for that. But you cannot get Cool Breeze out of your head, can you manage?

So, whatever you cannot do is done by God's power, by Divine power.

Question: Do You think You are more than Jesus, more powerful or something like this?

Shri Mataji: What do you think? Don't create problems. There's no difference between Him and Me. There's nothing like that, there's no competition. There is no competition. This question is relevant also, because at the time of Christ there were no Realization, all right. It's a relevant question. That was the time He had to establish the great truth that the divine life, the eternal life, does not perish, through His resurrection. That was His job. So, as I said, first the Father, then the Son and now the Mother. There is no feminist movement in the heaven. Everyone is in complete concord.

Very relevant otherwise, but he didn't follow what he really meant. Thank you.

Question: Where is actually the seat of the Spirit?

Shri Mataji: The seat of the Spirit is actually on top of your head here. But the reflection of that, what is the Spirit in a human being, you can say, is in the heart.

Question: Every ten seconds one child is dying of hunger. Whether we are responsible for this?

Shri Mataji: Human beings are, not God. It is human beings. Now I'll tell you what is the solution. Only by worrying about it or talking about it you don't solve. The thing is, when you people get these cool vibrations in the hand and if you give back to the Mother Earth, now you can give back. We have experimented that the food grows ten times more, without putting any horrible manure in it. Cows if they take vibrated water start giving such a lot of milk to the children. Moreover the health improves so much that you don't need any doctor to pay bills to the doctor. The greed with which we are sucking out our Motherland also vanishes. We become very satisfied. Then the Mother Earth herself comes up in new forms, to help the human kind. The whole atmosphere changes, all the elements help you and you are blessed by God.

All right, one more. After all, I am the Mother, I said.

Question: What is the reason why we forgot this primordial force?

Shri Mataji: Very good question. Firstly, we should ask human beings about it. But the first one was at the time of Christ. In India they have not. At the time of Christ, His Mother was the Primordial Force. At that time He had to play this tremendous role of resurrection. And His Mother was the Holy Ghost. And He has got eleven powers of destruction. If He had directed His attention to the Mother, they would have done something insulting to Her. And then destruction would have been very premature. So He tried to keep it in a very camouflaged way.

Still in the books of Essenes they said that the Holy Ghost was the Mother. Martin Luther, who was a realized soul himself, had to act according to the times. That he thought that if he talked of the Mother at that time, the Muslims, who are against such a preposition, will go away from Christianity and more people will become Christians, because that was a time of men. That means that time there was no feminist movement. It was only the men who mattered. So he played it down, just to suit the time.

When a tree has to grow, it has to see what kind of atmosphere, what kind of soil it has to face and accordingly it imbeds itself. But we can prove it now. This is the only time really we can prove it. They didn't have the power to prove it, so they had to take little adjustment. As it is, you know, people tortured all the saints and philosophers. It was not possible to have a lecture like this without being beaten up.

Now, how long will it go on? People are getting exhausted, so let us have the experience.

(A lady insists on asking her question.)

"All right. Don't get angry, what do you want?"

Question: The apparitions/appearance of the Virgin Mary. Today one hears a lot about the Virgin Mary which seems to prove, as You say, that the feminine principle will be more expressed now.

Shri Mataji: I understand. Thank you. What is it now? What's asked?

So let us have it now. All right?

There is nothing to be afraid of, nothing to worry. It's your own, which you should have. I don't want anything from you, nor can

you give Me anything. You have to enjoy yourself. Please close your eyes, the happening is within yourself. So, please keep your eyes shut, because the Kundalini doesn't rise if your eyes are not shut. Also take out your spectacles will be better idea, good for the eyesight. Anything if there is tight on your waist. Be comfortable and sit in a straight way, not pushing your head backward or forward, but no strain.

Now, just close your eyes.

Your left hand, as I told you, is the power of your desire, so please keep it on your lap comfortably with your stretched fingers towards Me.

And the right hand is the power of action. Now, only thing you have to move the right hand and keep the left hand steady. And I will tell you how to do it.

Now, put the right hand on your heart and sincerely ask a question now, addressing Me as either "Mother" or "Shri Mataji", if you can say: "Am I the Spirit?"

This is a fundamental question and you are the Spirit. So, ask a question as you would ask in a computer, that "Mother, am I the Spirit?"

Now, put this right hand lower on your stomach on the left hand side, where there is the principle of your mastery, of your guru. Press it. On the left hand side. Press it hard a little. And now ask a question ten times: "Mother, am I my own guru?"

Because you are the Spirit now and Spirit is the guru. So ask a question: "Mother, am I my own guru?"

Without feeling guilty, with full confidence. Not to feel guilty at all at this moment, please.

Now, please, ask this question ten times: "Mother, am I my own master?"

Now, again raise your hand - on the left hand side on the heart. Is a very good thing, because heart has to be first relaxed. Now, you can assert by saying: "Mother, I am the Spirit" twelve times, because this center has got twelve petals.

Don't feel guilty, please, don't feel guilty, it's very common practice. I'm talking of the Force which is the Ocean of Love, Ocean of Compassion and Ocean of Forgiveness. And what can you have a guilt for? How much guilt can you have? So, please, don't feel any guilt.

Raise your right hand onto the left hand side of your neck, at the base - from the front. No, the right hand, I'm sorry. Left hand you put it towards Me. And right hand to be taken on the left hand side of the neck - at the base. This is the center, at which, when you feel guilty there is a block. Hold it tight. And say sixteen times: "Mother, I am not guilty."

Aside: such guilt they have.

Now, put this right hand on top of your forehead across. At this stage you have to forgive everyone. This is the greatest weapon we have.

Just say: "Mother, I forgive everyone." Sincere.

Believe Me, it is a myth not to forgive. When you don't forgive others, you are playing into the hands of others and torturing yourself.

Now, put your hand on top of your head and also press it a little bit with your palm and move it in clockwise manner.

At this point I cannot cross your freedom. You have to ask for your Realization.

So, please say: "Mother, I want my Realization, please give me Realization." Seven times.

(Shri Mataji blows into the microphone.)

Now, you can raise your hand and see if there is a Cool Breeze coming or you may use another hand. Raise it higher, more, more, little higher. Also you can change hands and see, if you don't feel in this hand then in the other hand. You go on changing.

Now, those who are feeling it in the head should try to feel it in their hands by putting both their hands towards Me. Even if it has started one has to know, it's just the sprouting, and it has to be established, and these three days I'll try to establish it.

Now, please open your eyes and watch Me without thinking. I'll also tell you how to raise your Kundalini. So, when you go home tonight you can try to raise it thrice and then sleep off without talking too much. And please, watch Me without thinking.

(The Bandhan)

Now, this left hand you have to put it in front of the Kundalini while you are sitting down. Put both the legs straight on the ground. And now start moving your right hand from upward - forward - downward - upward. And take it on top of your head and give it a twist and tie up. We have to do it three times. Again, please put the hand, left hand, try to raise it. Tie it up and give it a knot. Let's do once more, three knots we'll have to put: one, two, three.

Now, see in the hands. Now, believe it if you are feeling it.

You can put your hands and ask a question: "Is this the power of the all-pervading Holy Ghost?" Put your hands up. Ask three times.

So, for the first time you have felt the all-pervading Power. Now, just see.

Enjoy yourself!

Before leaving the hall you give yourself a protection. With your own hands. Put the left hand towards Me and one, two, three, four, five, six, seven.

Now, see again, the vibrations will improve.

How many of you have felt the Cool Breeze? Raise your hands. On the head or in the hands, both the hands, both the hands.

It's great, so many of you have.

It's like some fruits are formed from the flower and then some more and then some more. If it has happened not today, it will happen tomorrow, but one should not get desperate. Those who have got it, have got it. It is beyond thinking. And don't start thinking about it, otherwise you will always lose the vibrations. You'll feel very relaxed and tonight you'll sleep very well. I hope to see you tomorrow again, with all your other friends. Telephone to them and tell them. That's the best way.

"Mother, Can we distribute the picture?"

Tomorrow. Also (sell the) book tomorrow, because we start tomorrow.

Thank you very much.

1983-0904, Shri Krishna Puja: Vishuddhi Chakra

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4 September 1983

Vishuddhi Chakra

Krishna Puja

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Talk before puja, "Vishuddhi Chakra". Vienna (Austria), 4 September 1983.

Before going to America I wanted to speak more about the Vishuddhi Chakra and about Shri Krishna's aspect within us. In the first Puja in Geneva I spoke quite a lot about it. There is no end to it, of course because it is the center of Virat. But one has to realize that the message of Shri Krishna was 'to surrender'. Now, the surrendering that we think in the gross way is like an enemy surrenders to another enemy. So when the word 'surrender' is spoken, we build up our barriers by thinking that now we have to surrender - leave something to the other party. But when Shri Krishna talked about surrender He was saying that, "Surrender your enemies to Me so that I will get rid of them."

Now, the worst enemy that we have is our ego. And with ego starts all kinds of other problems, because it is the biggest barrier for our growth. And the ego starts, as you know, from the Vishuddhi Chakra and can be sucked into Vishuddhi Chakra away. Now let us see how this Vishuddhi Chakra made is. All the vowels that we use come from Vishuddhi Chakra. And like in Devanagari language it is [a aa i ii u uu e ei o au ru ruu luu om aha ?] - sixteen. So as you know that you cannot compile a word without a vowel, is so important. A consonant is weak, without [nirbal ?], without any strength, without the vowel. So the strength of a person comes through the Vishuddhi Chakra in his speech. But it can be absolutely stiff also, the strength could be absolutely stiff. Supposing you have a very strong weapon but you can't lift it, so what's the use of having a weapon like that? So, this Mr. Ego tries to make the weapon heavy and stiff like jammed machine-guns. Now that is what He has said that, "Surrender your ego to Me." So that when you say a mantra or utter words they are effective as weapons, good weapons, effective good weapons, efficient.

Now when we talk, let us see how I see your ego expressed in your talk, so that you will understand how to address Me and to judge yourself. For example shaking your necks too much is a sign of a Mr. Ego shaking your head for nothing at all. Like many people have a habit "yes", they'll say and they'll go on like this for ten times, there is no need. Actually, you should move only once, with humility, the head, "Yes, Mother", is all right. You must move your neck with respect and with understanding that Shri Krishna is sitting there. With dignity. But we forget it all the time and we start using it to assert ourselves when we talk to someone. And we shake it too much or we push it in such a way that another person is sort of dominated by it.

Now, there is another method of when you talk to Me, like saying "No, Mother" - it's very common. If I say anything, the first reaction of people could be "No, Mother". After all, you see there is a force going on, even when I'm speaking it is a mantra, when I'm not speaking, is a mantra flowing. And suddenly you come out with your "No, Mother" - so you create a ripple back in the whole thing. Now, at that time, if you just listen to Me what I'm saying, the saying itself will work it out, you don't have to do anything.

Now the - another way of is the style in which you talk to Me, also I can see the right Vishuddhi acting. It is when we talk normally to each other, we'll say, if we have to say "yes", we'll say "m-m", like that, is very common here "ha-a", is a style, they say, way - "hum-um" like that, and "a-a" - a special style and then on top of that to say "hmm-mh" is - if you see it clearly, it is: you are not receiving anything in it, but you are trying to sort of put equal pressure on the flow. The humility is the best way of conquering this ego of Vishuddhi. And when talking to others, try to develop sweet methods, sweet ways unharmed other people. And you will be surprised that Vishuddhi will immediately start behaving in such a sweet manner because the bhoots don't like sweetness, they are quarrelsome, they are harsh, they are always trying to say something curt.

Sahaja Yogini: Here is Mr. Srivastava.

Shri Mataji: See now - at the wrong time. All right, I'll better talk. One Minute.

Sahaja Yogi: Bolo Shri Jaganmata Shri Adi Shakti Mataji Shri Nirmala Devi Ki - JAI!

Shri Mataji: So this Vishuddhi on the right hand side is to be controlled by surrendering as it is said, actually you surrender your ego to begin with. And this ego when you surrender, it has to be done from your heart, it should not be a lip service. From your heart: "I don't want this ego any more, I want reality. Let the reality be seen by me, felt by me, enjoyed by me." And once you start doing it from your heart you'll be amazed that your voice will become sweet. Apart from that it will have the Divine Power flowing through it. That is what we say that you have now got [Wak Shakti], means 'the power of speech'.

So when you surrender ego, what do you do actually is to say that, "I'm not doing anything, it is You who do everything." So that a little drop has now become an ocean. And so, your sound has got the power of the ocean.

Now, the second thing you have to surrender is the pride or vanity. Now, the vanity can be of many types which are artificial things, absolutely. Before God, what is your property? What is your money? What is your position? What is your family? What is your education? You see, everything has no value in the presence of God. The possessions that we value so much have no value. So, one has to realize that if we are the possessions of God we should be proud on one thing only that His vibrations flow through us. That is: He is proud of us.

Like supposing you give Me a fruit or say a Ganesh or anything, it gets very much valued because I have touched it and the vibrations are there. Like this Ganesh now, for example, if you see the value of this is zero as far as the metal is concerned, but when made into art it has some much more value. In this world the value increases with art, but in the realm of God or in the spiritual world or Divine world, the value of a Ganesha, the same Ganesha, could be thousand time more than what it is now as just an art piece. So that is what is now given to you, a very high value. So the pride and the vanity of artificiality, artificial things is all man-made, mythical, and should be surrendered because it's a myth.

Then human mind has another capacity to be jealous, to be jealous of others. This also comes from unwise understanding. If you surrender your jealousies at the Lotus Feet of God, I mean, you are doing all rubbish to God, actually. These stupid jealousies that you have are, as you know, of no value, neither in this world nor in that world. The most surprising thing is that the Sahaja Yogis feel jealous of each other. And I still can't understand, how can it be? If you are standing in the sunshine then you all are jealous of your shadows? (Laughter) Somebody's shadows are big, somebody's shadows are small, so you are jealous of each other? (Shri Mataji laughing) Sometimes I give a present to one person, can't give to others, then they get jealous. If I give more time to somebody then others are jealous! I only give more time, sometimes, to people who really are getting lost.

So, one has to understand that all our ideas about jealousies are stupid. And I can't understand those who are not realized that they are jealous of Sahaja Yogis, and they try to make them fall. Instead of being jealous you should become like Sahaja Yogis! In Sahaja Yoga also I've seen some very funny things happening - an incidence. Like a person came to Me and was very angry that, "Mother, see, You spent so much time with a particular person, and I'm very jealous. And You said that I have to be like the people about whom I'm jealous. So I would like to know how to be like the person who was with you for such a time?" So I said, "That fellow is really a lunatic! You want to become a lunatic? Have you no discretion?" Sahaja Yoga must have - a Sahaja Yogi must have discretion if his Vishuddhi is all right to understand that what I'm saying has to be used discretely, not blindly. So you can understand, without discretion, whatever I say, how funnily you can use it so detrimental to your growth.

So, another offshoot of ego is called as 'hot temper'. Of course, it is there to be used against people who try to insult your Mother, you have to do that. That must be used for people who go against the Holy Ghost, as Christ has said. In the same way you should not tolerate any nonsense against Me from anyone whatsoever, not even this much. But you can tolerate other Sahaja Yogis in

other matters.

Another enemy we have is the greed. I mean material greed - and also human greed, like possessing your wife, possessing your children, possessing this, possessing Mataji also. This also must be surrendered. And this could be very dangerous that, "This is my child, this is my son, I must possess it", can be very dangerous in Sahaja Yoga also. "This is my carpet, this is my camera, this is my tape-recorder." Once you start understanding what is mine is not a truth. Nothing is mine, that's the truth. Also some people, like I know of, they say that "my job", or "my business", or "my enterprise". We had the other day one gentleman in Geneva who was very troublesome because he is so conscious of all these things.

So the greed. Also the lust of other women and indulging into lust too much - giving too much importance to the agencies of lust. That creates great problems, for not only Sahaja Yogis but on the whole for Sahaja Yoga also. It is expressed in both types of people; those who are living in a very free world as well as people who are over-suppressed. I know of people, those who are supposed to be brought up in very religious, so called, atmosphere, when exposed to women, suddenly get too much attracted towards them.

So, it's that maturity of your innocence must be developed that keeps you a very religious person, dharmic person. And the innocence to know how far to go with men and women - that's the wisdom of innocence. Children, if you see, they know exactly, if there's a lady, if there's a man, how to behave. So, the innocence is not stupidity. Is a complete wisdom, and when matures in its full form, it just knows how to be with people without indulging into anyone of these enemies. Each enemy is sufficient to finish not only one person, but billions and billions. So best way to develop that absolute nature of your Vishuddhi Chakra is to witness the whole thing with a detached mind and to develop love for your Mother in your heart so that She cleanses all these enemies in such a way that when you are faced with them you are a powerful person.

Mentally, I think, most of the Sahaja Yogis understand that obedience to Divinity is the only way - mentally, rationally. Mentally. Now, even if you understand something mentally, it's not your innate nature. So what I told you yesterday, is when you accept something mentally and you cannot do it you feel guilty about it. Then you become your own Guru and punish yourself, and try to make this as your innate nature. It's a state, it clicks, once it clicks you can see immediately. I know who is surrendered.

So, as Shri Krishna has said that: [Sarva dharmanam ... twamekam sharanam prajam ?]. He has said: "Give up all your dharmas and surrender them to Me, surrender to My dharma only." So the dharmas we have in our country, as we say, is a pitru dharma - what you owe to your father, matru dharma - what you owe to your mother, then your desha dharma - what you owe to your country, then vishwa dharma - what you owe to the whole universe, pati dharma - what you owe to your husband, patni dharma - what you owe to your patni, like all that, you see, that relationship in which you owe to them, what you have to do. But when He says, "Surrender all these dharmas", He is meaning to say, "You should only know what you owe to Me", meaning the Divinity. So now, Shri Krishna is not there. It's Me who is Shri Krishna, so you must know what you owe to Me. I've only changed My language. He used to take out His finger and say that, "Give up everything and surrender everything to Me." I don't do that way, I give a big lecture and bring you to a point. (Shri Mataji laughing)

So, that should not divert your attention from the right goal that you have to achieve by surrendering. And it is going to work out very well with you people here, I'm sure. And one day I'll find the whole Germans surrender at the Lotus Feet of the Divine.

1983-0905, There are so many problems, that it is better to talk about the solution

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There Are So Many Problems, That It Is Better To Talk About The Solution

Public Program

Urania, Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2. Urania, Vienna (Austria), 5 September 1983.

To all the seekers of reality, I bow. Yesterday I talked to you about the development of consciousness within us and the transformation we have to accept as a result of this primal force within us. We are living in a world which is full of confusion. We see no solution to our problems. Today only when I went to the radio, he asked Me a question: "What is the solution for the poverty of this world?" Then for the political crisis. There are so many problems, that it is better to talk about the solution.

By changing your political systems, economic systems, social systems, you have achieved nothing. From going from one extreme to another extreme you have achieved nothing. Some people are poor in money, some are in Spirit. The countries which we, like India, we can say, is a very poor country but people are happier, much more generous and much more hospitable. And very much more secured. While the people in the West, where they are supposed to be developed, the problems are much more acute because you are sensitive to them. And they are of a very different nature. So what is the basic reason for the problems to come up?

As I told you, the masculine growth of our consciousness has taken us to analysis of everything: to the differentiation of different countries and different races and different communities and different castes. But in the eye of the Divine all are human beings. Like leaves on one tree. They are different in sizes, in color and tunes, but they are fed by the same sap of life. But like a river, which has many branches, it can dry out and all the branches can become secluded from others. Or, if the people pluck out some flowers as their own from the living tree, can dry out those flowers, it will look ugly, and you might be surprised at their ugliness.

The problem which show as if the whole thing is dried out and separated, disintegrated. All this development has led to our internal disintegration also. For example, we want to do something from our mind, but the heart doesn't accept. If the heart wants to do something, the body doesn't do it. Like some small thing like this: I want to pick up this piece of metal here. Like I think about the poverty. So I just go on thinking about it, that I have to pick up that. But my hand doesn't move that side. And my heart doesn't move that side. So I am just thinking that still it is there and I have to remove it.

All our problems are on a mental level and that's why the solution is not there. We have to now seek a solution that we actualize the real benefit of the happening of actualization. Now, as we are outside changing so much, we have to change within. Like many young people who came to see Me were hippies, and I said, "Why do you take a hippie's dress?" So they said, of course, very logically, that "We are fed up of all these suits and rules and all this nonsense that was on our head and we want to give it up completely. This military thing we want to give up and we want to become natural people. And we want to become a primitive type of people."

I said, "You cannot. Because your brain is modern, your whole attitude is modern. You are overdeveloped. Like a fully-baked egg you are. No, you cannot become like a, like a newly born egg, you cannot. You may believe that you can by changing outside you cannot."

Of course, what they are trying to do is the right thing, is to become a simple person, who doesn't think. But they are seeds. The solution that has come to them from unconscious is correct, but is misled.

So we have to think how we have to bring forth the inner change. Now, I must confess that the developed countries I know of, is ruled by very dishonest people. The whole ruling class is so dishonest everywhere, that you cannot change a lot of those countries because they are so dishonest.

Whatever age you may send, whatever one may try to solve the problem, simple problem of poverty, you cannot. So what do you do? For the developing countries, what can we do, is to just send some aid, some material, something, but it doesn't reach the point. So these people have to be honest. How can they be honest? By giving them lectures, nothing works out. If they see a saint, they'll touch My feet also, to humble down themselves, but they are thieves. So, how to change the heart of a thief? Of course, some of them have also come here, exported and imported as gurus who are also looting you.

Now, we have other problem in the West. Is the family relationships, is the children, is the whole society is in a turmoil. So in the East, if you have the problems of economics, you have here the problem of society. No use telling people to have good married lives, to be sincere, it's all useless talking to them. They cannot be controlled, because they don't like any control and they are so tempted, they are so weak, weak minded. They know they are doing wrong, but still they cannot control themselves. I met one gentleman, he came with his wife and he said, "Oh, I love my wife very much, I like her, but I can't control, I have to stay with other woman."

And he says that "I feel very guilty about it. But I cannot control myself."

Another fellow comes to Me, says, "I'm alcoholic, I'm badly off, I know I should control, but I cannot control."

There is no control in themselves, that means they have become slaves to everything. That's why nobody seems to be happy.

So we have problems of two types. We can call it in Sahaja Yoga language, the first one is the sin against the Father; the other is sin against the Mother.

Now, what is to be done, to transform human beings? We can talk about, this is the problem and that is the problem. Like somebody showed a film about Indian widows suffering in India. And in England, I was surprised that every week two children are killed by parents. See the cruelty. So, we have a very big problem of human beings themselves. So, there has to be transformation, en masse transformation of human beings. Luckily this is the time of transformation, of resurrection.

There are so many seekers who are born on this earth who are thinking of this transformation. But they get so enticed by the superficial things that people are doing, that they just get lost, into completely, into complete redundancy. Those who want to transform others become transformed into epileptic patients, cancer patients, all kinds of patients, or recluses or abnormal people. So if you realize, a transformation has to take within us, we have to know that this whole world is created by God Almighty, or a greater force than human beings. And when you are made a human being, there must be some element within you to transform you as well. Otherwise there is no purpose of making this beautiful instrument of human beings. So you turn to religion. There you are supposed to have a blind faith. But when you people, who follow religion go to churches and temples, in India those who go to temples are equally dishonest, it makes no difference.

Those who go to churches are equally hot tempered. Very rigid. Nobody has become more righteous, more honorable, more noble or more religious. So you say that "Discard all this again. So now, don't believe in God. Nothing higher than man. Man is the highest." But even with that faith, can you save the world? Even with that faith, can you transform yourself? So, your discarding is as good as your accepting.

You have done no good by doing all these trips. It has been a wasteful, joyless journey. But there is another journey you have to now do internally.

Shri Mataji talks aside: Did you tell them about chakras? You told them about chakras? Yes.

As she has already told you that within us are placed these centres. And this force of Kundalini which resides in the triangular bone has to be awakened.

Fortunately or unfortunately I have discovered a method by en masse this process can take place. Then people ask Me, "Why You?"

So I say, "Why not you, good idea, come along now. I would love to retire. Can you do it? If you can do it, nothing like it, I am already sixty years of age, I would like to retire now."

But I must say, that there is no need to bring forth your ego. This force is to enrich you. This force is to make you grow into your maturity. This is to transform you into a new personality, which is one with the Absolute. No more to live with confusions and relative values. Once this happens to you, you will enter into that realm where you don't have to worry about confusions of the world, the whole thing looks like a joke, a drama.

And you start seeing those people so seriously doing stupid things. The more stupid they are, the more serious they are. And they think they are the wisest people going round. You have to get out of the lunatic asylum, to understand the condition of lunatics. So, the world that looks so mad, is superficially mad, and can be completely made a very sane place today. And a very beautiful realm of bliss we can enjoy. It is within you, it is within you. As the hell resides within you, the heaven resides within you. It is your own power which has to manifest.

Now today, as I was requested, I have to tell you about how Sahaja Yoga helps to correct the psychological and physical problems.

Now to understand the problem first, then the solution: the physical problem according to Sahaja Yoga is on the right hand side. And also not the mental as you call it, but the problems of the intelligence. But the problems of emotions are caused by the left side. Now, what you have to do is to come in the centre.

Now the physical problems are caused by extreme movement of your attention, either to the left or to the right. For example, a person who is very right sided, means futuristic. He goes on thinking of the future, which doesn't exist, is a myth. And he plans about the future. That is one of the problem that people have planned of the future, the future never existed and all plans are never real. So, when you plan for the future, you forget the past, so much so that your memory becomes very weak. I know of a gentleman who even forgot his name and his wife's name also. This is the minimum. But when you become very right sided, the first trouble starts coming to you is of the liver. Because the second centre that you call as the Swadishthana centre has to look after the transformation of your fat cells into proper cells, brain cells for the brain, from the stomach to the brain.

Now when you think, think like mad, this centre has to work very hard to do the supply. And when he does this work, he does that work, it neglects the other organs it has to attend too. And the other things, it has to attend to are the liver and the pancreas, the spleen, the kidneys and some part of uterus in women. So, as a result of that, you are vulnerable to get any one of the organs out of order. So, doctors don't know much about liver, I must say. Because I have done medicine, I know that.

Alcohol comes to you because you want to compensate for your over-activity. But actually as a result of that, you get even worse liver, so it's a vicious circle. You get a bad liver, so you take alcohol, you spoil it more, then you get bad liver again. Then you take more alcohol, till you get cirrhosis of liver or something horrid.

In a subtler way the liver looks after your attention. A person who has a bad liver always is a very hot tempered man. He may control his liver problem in the office, before the bosses and things like that, but his wife will have a bad time. And if wife is the boss, then the boss will have a bad time. So, this liver problem is the first blessing of our imbalanced thinking. If you can drink without thinking, then it won't be so bad. But it's not possible because with drinking you must have thinking of something, very

imaginary, romantic stuff. And that means additional problems.

Now, it goes against our awareness, because it goes against our attention. So the whole system goes into a vicious circle of having an attention, which is very wobbly. I don't find so much that in Vienna, but if you go to London, I used to first come, I thought they are all barking at each other. And then in France is even worse, they are roaring. You talk to anyone, they just jump on you, don't know what has happened.

They are so developed, but no sophistication, no mannerism how to talk to anyone you meet. But as soon as they see a person which is having a very special ring or a very beautiful necklace, they are very kind. It's very surprising that something like that should impress people so much that they are kind. I am not going to give them, nobody is going to give them, but if they see something like that then they are very kind.

Now then the people who have a bad pancreas suffer from diabetes. Diabetes is not a disease of simple people, like farmers. They take even one kilo of sugar every day, they never get diabetes. It's only the thinking people on their chairs, get it. Then the diabetes acts on the back side of your head because here is the same Swadishthana acting. The seat of the Swadishthana is here, so you get eye sight affected. Many people become even blind. If the parents are like that, then the children get it from their very birth. So, you can imagine how dangerous it is to have this wasteful thinking on the future.

Now, the worst is the spleen. Now, spleen is the speedometer within us. In the West when people speak, they speak actually telescopically. They are so fast, you don't know where to catch which word. And they run so fast that if they have to catch the train, they'll catch it at the next station. They cannot control their speed, they are very speedy people. Now, this poor speedometer has to keep to your speed.

Now what happens that you are getting up in the morning, first of all, an emergency is created as soon as you see the newspaper. Newspapers believe in giving only disasters. They would never write about something nice, because if you tell them to write about Sahaja Yoga, they are not interested. They think they will not earn any money if they give up their disasters, their disaster descriptions.

So early in the morning you see the newspaper, your stomach goes wobbly. And then the emergency starts. The speedometer starts working. Then you look at the watch. Rush up to have your morning ablutions and then you are in the car. Thinking about the boss, who is going to scold you for getting late. There's a jam on the road and you have not taken any breakfast. The wife has given you breakfast to chew on the road. Poor this spleen has to adjust, all the time you have an emergency, see, like that. It starts producing more and more blood cells to cope with the emergency. So it becomes vulnerable to a very serious disease called leukaemia. And the parents, the parents of this nature also create children suffering from leukaemia. Kidneys also get neglected and start acting in a very funny manner, so that the blood pressure goes up. So these are some of the troubles of the modern man.

Now, the problems of the left sided person. Now, the left sided person is the person who is lethargic. With alcohol and drugs he is turning to the left side also. And the ones who go on all the time weeping and crying and complaining, they also go to the left side. And to top, all these gurus also do the same job. Any kind of, any kind of any enticement or hypnosis or domination takes you to the left side. People going to spiritualists, charismatic or going to women who are going into trances, the cards they use or they have, what you call, a session of planchette (ed. Note: a board on wheels with pencil attached that writes messages under supposed spirit guidance); all they go to the left side and once they go to the left side they are placed very dangerously, vulnerable to very, very serious diseases.

The other day, I saw in London a very good film, made by some specialist on cancer. And they said that the cancer is caused by triggering of the system by proteins, which they call as 52, proteins 58, if the system is vulnerable.

Now here, I would say, the left and the right side, the sympathetic nervous system and centre is the parasympathetic. Now what happens that when you start exhausting too much any one of your centres through your sympathetic activity, then these centres

start moving like this and the control of the whole is lost.

This kind of emergency is the vulnerable position. Now, when you are in that state, the cancer is triggered by those proteins, which they call as 52 and 58. Because doctors just know how to give names like protein 52, protein 58, autonomous, but if you ask them, "Who is auto?" they don't know.

(You shouldn't tape Me, sir, without permission, you are not allowed to tape Me without permission. All right, thank you; you can take a tape from them. All right.)

The protein 52 and protein 58, these two are, they are describing, reside in that area, which is being built within us since our creation. Now what is that area? That is the collective subconscious. That is the collective subconscious on the left-hand side. I've seen so many cancer patients, myelitis patients, so many types of these incurable, even the AIDS. All of them are attacked on the left. And these proteins are nothing, but are dead souls, which are possessing you. No wonder those people who go to fake gurus and sects and cults end up with such diseases. It could be caused by permutations and combinations of these various centres. So now, what is the solution?

First of all we must keep a balance, lead a temperate life. But now you cannot. And many people are like this, vulnerable to this attack. So, what do we do? We raise the Kundalini and give some vibrations to that centre. And now the Kundalini starts nourishing this centre. When She nourishes that centre, then what happens is that the cells which are acting on their own so far in cancer and all these things come in control of the centre. And now, then you find the person gets cured of cancer. In the same way every disease can be cured. But of course, supposing you have cut your leg and put an iron bar in there, then you cannot make that iron bar into a living bone.

But you have to religiously follow the instructions of Sahaja Yoga, which is a doctor, till you get completely cured. And as you get cured, you achieve the mastery and then you start curing others. Because you have suffered with that disease, you develop a more compassionate nature and greater patience.

Now, the physical problems that we have are many, like we have the problem, many of the problems of the ladies these days is of breast cancer. This arises from the centre, you see, of the heart in the centre. In front of this centre is the sternum bone. The Mother of the Universe resides in this centre.

Until the age of twelve years, She creates the antibodies in the sternum. They are like soldiers. And these soldiers can disperse into the whole body and wait for a message from the sternum bone. So when an attack comes on the body, these fight and call all the others to attend to that attack and to repel. Now if somebody's motherhood is not all right, in the sense that she has had a bad mother or she herself is a bad mother, or her husband doesn't respect her motherhood, he is a flirt, he is going about with other women, then she develops a defect in this centre, because he fills her with the sense of insecurity. And as a result of that she develops this disease.

Whatever women may try to become men, they are women. So one must accept naturally whatever we are and in no way women are less than men. They are like this Mother Earth, who can bear everything because She's so powerful. She nourishes everyone. Everything depends on Her. So if women understand that their job is not to become men, but to be mature women who will be responsible for the nourishment of the whole family.

It is a rebellion if you fight, but I am talking about revolution. And in revolution the nourishing quality is going to help. And the soothing and constructive growing qualities are going to help men as well as women.

Now, so this, on the right-hand side of the heart, you have got another centre as you call the right heart, is the father's centre and the left is actually your mother's centre. If the right side is affected, your father's side, means your father has been bad to you, you have lost your father early or you are a bad father or your son is a bad son, anything like that, the fatherhood, then you'll develop this problem. Even women who have lost their father or they have had no fatherhood, can also have this problem. As a

result of that you develop asthma. Asthma is hundred percent curable through Sahaja Yoga.

The left side heart, those people who catch, suffer from inferiority complexes because of their mother. They are frightened people. They are not the people who come forward, they recede back in fear. They become recluses, they become a sort of people who cannot communicate with others.

Now the centre here, which is a very important centre, has two types of problems again. In Sahaja Yoga we also have a hot and a cold liver. The person who is overactive has a hot liver and the one who is inactive has a cold liver, and the cold liver people suffer from allergies. Also from arthritis and all these troubles.

Now this (Vishuddhi) is very important because it has sixteen sub-plexuses, this looks after the cervical plexus. This looks after the eye, the eyeballs and the face and the neck and the tongue, ears, nose. So, the troubles that are caused by right side problems are the people who are very aggressively talking. They shout at the top of their voices on people. And as a result might break one cord. They may also have very bad throats and all kinds of problems with it.

So to compensate for that ego, they take to smoking sometimes and the smoking gives you the left side problem. With this is combined the heart trouble also. The left sided people have a lethargic heart, plus if they have the left Vishuddhi catching this side, then they develop anginas.

And the right sided people who are overactive, all the time thinking of the future and are extroverts who do not think of their Spirit, get a heart attack. All of them have only one solution for us: to awaken your Kundalini and to make you what you are: the master of yourself and the source of all the energies.

There are others also, like from the Sahasrara so many diseases, but I think for the time being I've quite given a little idea as to how physically we try to help people. Now those people who go too much to the left are also given the same treatment. Only the right sided people have to put the right hand and forgive everyone. And the left hand outside like this or like this. And the left sided people have to put the left hand and the right hand like this. And to say, "I am."

One says to God, "Please, forgive me," or "I forgive everyone," and the other one says, "I am," because he is the one who is dominated. On your vibrations you will see. The ones who are right sided will not get vibrations on the right, those who are left sided will not get vibrations on the left. There is another category who do not get on both the hands. They have both the systems out of gear. But it can be worked out by soothing the sympathetic nervous completely both like this.

So when you start from the source, the whole thing is simple. But when you go further with it, then it becomes a permutations/combinations of simple things. But for instance, if there is something wrong with one leaf, you cannot cure it from outside, you have to go to the roots of that tree. And the sap in the tree can only cure the whole tree. So we have to go to the source, to the roots of our being. So this is the tree of fire, described in the Bible.

Now, we have to see yesterday many people touched their Realization; today I'll try to establish them and those who did not get Realization, I'll try to give it. As a result of that, I can assure you one thing: that it is difficult to get a disease. Also if there is a disease as I told you, if you practice it, as a authentic medicine, the Sahaja Yoga, for some time you can be completely cured.

But people just don't do it, I've seen them and they are back again with another trouble. So please, understand that you are created with very great love, affection and delicacy. And you must respect your being because this is the being which is the epitome of evolution. You are going to be elevated into the Kingdom of God, not the mosquitoes and bugs and chickens. So have that respect for yourself and understanding. And work it out. It is all within you.

May God bless you!

If you have any questions you may ask Me. But last time I found those who've asked the questions were the first to leave. So it is

not proper to disturb others with your questions and then just to leave, I mean, it's a very nuisance right. So those who want to ask questions should ask, no doubt, but not just to create a problem or create some sort of a hero image of himself.

Like in Geneva we had one gentleman who came and troubled Me so much and ultimately we found him like a hawker in a train. And some of the people were so sympathetic with him that "Oh, after all, he wants to say something," and this and that. I am here only for tomorrow, so make use of it as much as you can, I'm available for you. But all the noisy people are available all the time.

So, may God bless you!

Question: Can we also help a mad man?

Shri Mataji: Of course. Everybody is partly mad. Everybody. Mad men can be helped, yes, very much, very much, yes.

Question: What is the meaning of this flower on top of the head?

Shri Mataji: It's symbolic. To show that there are ten thousand petals in the brain which get enlightened, and you start seeing them like flames of very silent colors. But actually you enter through all these, so you don't see anything, actually you get out without seeing anything, you go to the - from the innermost core.

Question: He wonders also what is the meaning of this flame where the heart is?

Shri Mataji: It's there just to show a heart, you see, at different fashion, that's all. This is an artist idea.

Question: This lady says: Since the meditation from yesterday I have a very, very, very big heat on top of my head. Is this going to go or is it bad?

Shri Mataji: It's all coming from inside, here. It will be cooling down, I'll cool it down Myself. But all the heat is coming from your body now, let it go out, it's a chimney now.

She has got? After all you've collected it all your life. But, I'll help you today only, I'll help you today, specially, all right? Anybody like that with too much heat coming out? It's easy, easy to solve the problem. But better allow it to go out.

Question: It is said that the Kundalini is in the sacrum bone. What does this really mean, if this person has an accident and this bone is broken or something like that what happens to the Kundalini then?

Shri Mataji: You see, normally it doesn't break easily, the sacrum bone, but if it is broken also, Kundalini is such a power that it doesn't get destroyed, normally. I have not seen one case even in accidents has been destroyed. So far, I mean. And we should not worry about somebody who is an exceptional, far fetched thing, so far I have not seen even one. It's a Divine force so it cannot be destroyed. But one thing I have seen, though, that Kundalini of many people is very wounded. Not by any accidents, but by the wrong things they have done to themselves and to others. I have seen it sometimes helplessly limping, just cannot rise and just, poor thing, tries to come up. It's like a wounded animal, something like that or a reptile. But still you can raise it and adjust it.

Question: How can we awaken the Kundalini of small children, before they are out of balance?

Shri Mataji: Oh, most of them these days are born realized. And they have a knowledge of Kundalini also. But children are the best to awaken Kundalini, they are the ideal. You ask them when they come here, how quietly they listen and they just get it in a second. I mean, you have to become like children, like that. Now you have asked your question, next one please, it's all right.

Question: Mother, he says as it is important that the Kundalini stays in the seventh chakra, but the question is how to maintain it

over there, because if it goes up then it falls down, it doesn't fulfill the purpose.

Shri Mataji: You are correct, sir, absolutely. You have to keep it there. And you have to, that's why I say, you have to attend some more programs so that they tell you how to maintain it. Then you also become an expert and then you can help others. You can learn it very fast, because it is in your hand how to do it but only the technique is the pure knowledge, you have to learn.

But some people, when they get Realization, they'll just get it, they don't lose it at all, some people, there are many like that. But still you must know, it's the knowledge of the Divine, you have to know it. It is all free available and intelligible. And there is no mystery about it. But if you are, if you have, you have to give some time to it. That's all, little bit, not much. You have to, you don't have to give up any life, nothing, you have to be a normal person. I'm Myself a grandmother.

Now, how many? Three - now this lady here.

Question: How long should I touch my hand to help Kundalini, but that's not the way it happens.

Shri Mataji: No, no, no. You see, as soon as You get your Realization, gradually you start feeling the Cool Breezes in your hand. Then you know what is happening to you. And then you have to learn where is the problem, by decoding it. Then you should know how to remove the problem. And then you have to raise the Kundalini, which they will teach you, it's hardly anything. Children can do it, little.

Now you come along for the program again. All right, tomorrow also I am here, all right?

Now because of, you see, there are people anxious for it, all right? Tomorrow, all right, all right.

Now, you are very a great seeker, I must say. But take, have patience. There is no physical tension in Sahaja Yoga, nothing. It's spontaneous. It's done by God, we really don't do much.

All right? Take it easy. Relax. Come and sit this side. Come along here. Now, who else? Yes, there. Yes, please.

Question: What is the difference between Sahaja Yoga and Raja Yoga?

Shri Mataji: All right. Sahaja Yoga is a method which is a living method of the Kundalini awakening. And a Raja Yoga is what happens within.

Aside: You just tell him.

In the sense, that when you digest your food, the parasympathetic movements that take place, in the same way, when the Kundalini rises, all the chakras go into expansion and augmentation and they try to support the Kundalini to stay there. This is the internal happening of Raja Yoga. It is, Raja Yoga means the action that takes place in the body. But the confusion is like this: that if I say, if the car starts then the wheel starts moving automatically, isn't it?

But the Raja Yogis, what they do, they start moving the wheels to start the car, in Raja Yoga. And they call it Kriya Yoga. Even they used to cut the tongue, imagine, and put it back into the throat for an action that takes place automatically, called kichari.

But when the Kundalini rises, automatically the tongue is little bit pulled inside, the pupils are dilated automatically, but you don't feel anything. To my amazement in California I've seen some people with wagging tongues, you know they were doing Kriya Yoga with shaven heads and wearing robes like that and tongues wagging down.

Question: Is the Kundalini a spiritual or a material power?

Shri Mataji: It is spiritual, but in the sense, the Spirit is in the heart. Now, the Kundalini is the pure desire. The pure desire to become one with the Divine. So it is a pure desire power within us. So by that we become connected with the Spirit. Like a cord here, will you call it an electrical thing? It is in a way, because electricity flows through it. Because it connects to the electricity. All right? So also it gives you material benefits. Because it rises through different layers. You can say the wick in the candle is material, but when it is enlightened, it is light. And even the wax which is material, burns as light.

All right?

One more question.

Question: How do you with the awakening of Kundalini - how do you realize that this Power is from God? In what way do you see God?

Shri Mataji: It's rather futuristic. All right. You see, what happened that Buddha said, "First of all get your Realization, don't talk of God." Because without getting Realization you cannot understand God, whatever you understand is blind faith, whatever I say to you is a blind thing. So much so that people say that He even He was an atheist. But you get your Self Realization, moreover we have got books about Sahaja Yoga in which we have clearly explained and which can be verified with your vibrations. But these books we don't give to people who have not achieved a certain height of understanding which we call as doubtless awareness, where they are in Nirvikalpa, because unless and until that maturity comes in, this kind of knowledge will give you another ego trip. So it is better first we become the Spirit and then we will know all about the God Almighty of Whom is the reflection - the Spirit.

Now, we are entering into a new realm and a new realm is to be, first of all, settled down. Like if you are entering into this room, then you know this room very well, then you know the whole building. You have to have that gravity, gradually developing in you.

This time won't be very fruitful, I think.

Now, roses must be understood in the right perspective. That you all are seeking your Spirit and there is this force within you.

Now, the first thing is to raise the Kundalini. Sometimes it feels like a mountain, but if it is raised then it is to be established. What to bring it in the balance. Then you start understanding the whole knowledge much better. And also you can find out that whatever is said is proved.

Gregoire speaks about the proceedings and asks people who don't want to have the experience to leave the hall. He also mentions that the room is so warm and maybe they won't feel the cool.

Shri Mataji: All right, they will.

They are all air-conditioned. It's the heat coming out of you.

All right. For all of them, I would say, they should just put the right hand towards Me and the left hand up for ventilation. Only the ones that are feeling heat now. Those who are feeling heat - those who are not should not.

Now, be comfortable.

Now, close your eyes. I hope you have taken out your shoes. It's nice this hall is inside the Mother Earth.

Now, please close your eyes. You may take out your spectacles because the eyesight is helped by this. Be just comfortable.

All right.

Now, put your right hand towards Me, if you are feeling the heat and left hand like this or on the sides. Just close your eyes.

Gradually you will start feeling cool in the right hand.

Put your left hand on your head and see if there is a Cool Breeze coming, or if the heat is coming. A little higher if you take it you will feel cool, little nearer it will be hot.

Little higher would be better.

Om Sakshat Shivoham (several times)

Is there Cool Breeze coming? If so put your hands down. Has it cooled down? Better. All right. Better. Now, put both hands towards Me and close your eyes, close your eyes, please. Put your hands towards Me now. Now, the left hand is the power of desire. Is the power of desire. The right hand is the action, right hand is the action. Put it like this, the hand should be like this towards Me. And close your eyes, please.

Those, who don't want to do it should go away. Don't disturb.

Now, put the right hand - don't open your eyes, please. Put the right hand on your heart. Now, on your heart, exactly on your heart. And now say, "Mother, I am the Spirit." Say it thrice.

Now, put your right hand on your stomach, on the left-hand side to establish your Guru principle, your mastery.

Say ten times, please that "Mother, I am my own master, I am my own guru."

Remember, you are not feeling guilty at all, when you say that, not at all. But say that you are, after all, the Spirit. So, just you have to assert.

Now, raise the same hand on the heart. On the heart and say it again with full, profound faith in yourself that "Mother, I am the Spirit."

Anybody who is not doing it should please go, because it disturbs. Anyone, who is not doing this. Please. They should have left earlier.

Now, better? Hamsa. Please say it twelve times, please. Now, better.

Now, ask them to put the right hands across on the forehead. And now say that "Mother, I forgive everyone." Please say it with all sincerity.

Mahatahankara Sakshat (nine times) Ha! Better.

Now, put this hand on top of your head, please. Just touch your head. It is the centre you feel the heat there.

Ah, better. Now, raise your hand and see, if you are feeling the Cool Breeze. You have to ask for your Realization at this point, seven times.

Better? Right heart. Right there.

Mahatahankara Sakshat (three times)

Now, change your hands. Put your right towards Me and left ventilating.

Shri Mataji blows into the microphone several times.

It's better now. Just, now are you feeling it from your head, just see. Hands towards Me. Now, just see, from your head it is coming, now it must come from your hands also. Right. Some are feeling on the right, some are feeling on the left. Those who are feeling on the right should put their left towards Me. Now, towards Me, like this, parallel to the ground.

The one that is not getting the vibrations should be towards Me, the one which is getting the vibrations should be up.

Sahasrara. You have to say, "Mother, please, give me my Realization. I want my Realization." You have to say that because your freedom I cannot cross.

Now, better, it's in the centre more now. Right.

More relaxed.

Let's see how many of you are feeling the Cool Breeze? Raise your both the hands. Raise it higher.

This lady, did you feel it? No? Should feel it, you are a seeker. Just put your hands towards Me. Can you feel it? You see?

You felt it, you felt it? No, all right, all right. All right. Now, let's put it down.

Please, raise your hands who have not felt it.

Those who have come for the first time should put down their hands. Those only who came since yesterday and did not feel the Cool Breeze.

All right, now there are very few who have not felt it, you have been here for the first time and tomorrow most of you should feel it. And tomorrow, I'm seeking those who have not felt, I will try to handle it. Luckily, My photograph has vibrations. You can take it with you tonight and put a light before it. You sit before the photo with hands towards Me, put your feet into water and the first hand towards the photograph, the left hand outside and the left hand towards the photograph.

Because you're established, then you can do it without any help. All those who have not felt or those who have felt, all of them should do it.

Ultimately both the hands. And then put your attention to your head and sleep off. Just before sleeping.

I thank you very much.

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When You Become Thoughtlessly Aware, You Become Present In The Present

Public Program

Urania, Vienna (Austria)

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Public Program Day 3. Urania, Vienna (Austria), 6 September 1983.

I bow to all the seekers of Spirit. We have already heard about the Kundalini, the chakras, the balancing process in our body. Now, when the Kundalini rises and when She crosses this center called as Agnya Chakra, then you become thoughtlessly aware, called as Nirvichara Samadhi.

A thought rises and falls off, another thought comes and falls off; it disappears into the past. It may come from future or from past, but in between these two thoughts there is a gap and this gap is the present. So when you become thoughtlessly aware, you become present in the present, because there are no thoughts coming from the past or from the future. See, as I see you just now as you are, I don't have to think about, I know you are there. And if this state exists for everything - that you don't have to think about it - the knowledge is absolutely identified with your mind. So this process of thinking cannot be stopped by any other method but Kundalini awakening.

But sometimes, if you get possessed by something, then maybe you just don't know what you are doing, you are just confused. That's a state where you are not yourself, you are not aware. But this I'm telling you about thoughtless awareness. At this stage also you start manifesting certain powers of that stage. Like as if you become governor, then you get the powers of the governorship. At this stage you can cure people, all right. And you can also raise the Kundalini up to below the Agnya Chakra. You start enjoying a new dimension in creativity.

For example there is a beautiful flower arrangement before Me, and if I'm looking at it with thinking, I'll think, "From where did they get such nice flowers, how much they must have paid, what is the shop they must have gone and how did they get this color?" But if I'm in thoughtless awareness, then I just see it and get all the joy of what has made these flowers so or what was putting into its creation. It starts flowing through you, you feel it flowing through you like that, just the joy, the soothing joy, sometimes when you see something that is really beautiful.

Like I would say Michelangelo was a realized soul, Mozart was a realized soul. When I listen to music of Mozart, I cannot think. I feel only the joy of its creation that's flowing in My being and enriching Me. Or else, when I see the Sistine Chapel in Rome, I don't start seeing in a way normally people see it, but what I just see the joy of the artist as well as the great artist behind him who has created that beautiful painting in this Sistine Chapel. So joy of matter, which the creator has put in it, manifests within our mind, when we are thoughtless. You forget what race you come from or what education you have had, it's pure joy that is within you, which starts flowing within you. Like now many Sahaja Yogis do not know even ABC of Indian music, and the Indian music mostly is based on the Spirit enjoyment and it is constructed and originated by great saints. And they enjoy very difficult melodies, which even Indians could not sit for five minutes. The new dimensions of the beauty start coming into your consciousness and such a state is very creative.

I know of a gentleman who had no job when he came to Me and I said that "Why don't you start doing interior decoration?"

He said, "I cannot pick up one book from another book, how can I be an interior decorator?"

I told him, "Do what gives you joy, that is the criteria." And today he is a very rich man.

So the category of our style of judgment completely changes into another category which is absolute. There it does not matter from what country you come or what kind of art you have appreciated, what kind of education you have had. A musician becomes a greater musician, but who has never been singing, starts singing with melodious voices. Because of the temperament also changes, a person becomes extremely full of poise and that's whatever he creates is so balanced and so penetrative that people are amazed how suddenly he has changed.

We had one great artist called Amzad Ali from India and he came to London and they have invited Me for the program. Amzad-Ali. I didn't know the way to the place and we were lost for about half an hour or so, and we were late about half an hour. And the music was very boring that he himself got bored. I came in the room and just raised his Kundalini, the dynamism of the music changed so drastically that he could feel himself gone into the seventh heaven. Many hard working, dry people start enjoying music and smiling. But above that, when you pierce through the fontanel bone area, which is called as Brahmarandra, then you start getting the Cool Breeze. This thoughtless awareness increases; the gap between the two thoughts increases tremendously. You can see there the two balloon-like structures, one is the Ego, another, the Superego. Both of them get sucked in and the area in between starts expanding, and you find a soft bone just like as you had in your childhood. So you'll remain in a state of witness. The whole cosmos looks like a stage, and every incident like a drama, a play. You are not worried any more about what is going on, you just watch it like a witness.

When you start watching it like a witness, you enjoy it like a drama. If it's a tragedy you may cry, if it's a comedy you may laugh, but inside you know that you are just the spectator. Despite all the tempest around, inside you stand still with peace. This peace has to be achieved today, this peace within.

Everybody gives a big lecture that we must have peace. By changing the supra-structure you cannot get that peace that is within. These superficial things are not going to help anyone, leave alone the whole world. That peace is to be established within you. And once that happens, we don't have to worry about peace making organizations.

After that, when you have matured slightly more, then there is a state which we call as Nirvikalpa Samadhi, is called as doubtless awareness. This is a state in which you can give Realization to others in en masse way. And you do not start getting affected by anybody else disturbing you, as far as their bad vibrations are concerned.

As if first the light is enlightened and it gives a little light around itself, it cures itself, it helps itself. Then it cures the lamp, means it cures the being itself, in the sense that you become more aware. Then this spreads little more, so you start curing. Say in Austria, you'll start improving the lot of Austrians. Your attention is more there, but as soon as you establish your doubtless awareness, you rise into a position where you have no doubts that you are the Spirit, that you are the light and you have to give the light.

Christ has said, "You don't put enlightened light under the table." Such people don't run away to play, hide themselves into, they don't become recluses, but they become manifesting wonderful Sahaja Yogis. At this stage we call them Sahaja Yogi, because yoga is complete.

Now, there's one side or the highest thing that we have to understand is about the Spirit: First, the nature of Spirit is felt in the attention, means in your central nervous system. You start feeling the flow from your brain and from your hands on the central nervous system. It is no more a story that you are a Spirit. You can put your hand like this and ask a question, "Am I the Spirit?" You'll be surprised, the flow will be great. Ask any such fundamental question, "Is there God?" You start feeling tremendous Cool Breeze in the hand to prove the existence of God. Now if you want to know about any Guru, whether he is a realized soul or not, you just ask the question. If he is a bad Guru, you get burning, sometimes even a blister. And if it is a real one you start feeling the Cool Breeze.

In India we have many places which, we say, are created by the Mother Earth; we call it as Swayambhu. It's written in the Bible in

the Ten Commandments that whatever is created by Mother Earth or by the sky should not be reproduced and should not be worshipped. But the first part we forget - what is produced by the Mother Earth? Because only after Realization you will know what is produced by Mother Earth, which is Divine; the Mother Earth Herself has produced things which have produced vibrations. So the attention becomes a full machine of discretion. If you become really sensitive on your fingertips, then as Mohammed Sahib has said, your hands will speak. You'll be amazed, sitting down here you can find out the vibrations of any person.

Like in London, I had a bad time. It is difficult to crack English nuts, sorry - minding the English. But one of them who got Realization, he said, "How do You say that we can feel the vibrations of somebody who is not here?"

I said, "All right. You just feel the vibrations of anyone you feel like."

So he said, "All right, I'll feel the vibrations of my father who is in Scotland."

He just put his attention and put his hand and suddenly he said, "Oh bah, it's burning here!" Now these are all the centers of the father and these are of the mother. And this is the center of this chakra, Vishuddhi, this is the finger.

So I told him, "That means, he must be down with very bad bronchitis." He rang up immediately to find out. And the mother came on the phone and said, "He is down with very bad bronchitis."

So one must know that God Almighty means He has all the telecommunications, all the computer systems - much, much, much more advanced than what you can produce. But to feel that, you have to come up to a particular maturity of your awareness, which is described in the Patanjali Yoga as Rutambara Pragnya. So the first thing that happens that your attention gets enlightened. In the beginning, as the Western people are, they start testing whether it is true or not, because they are to be convinced logically, very important. They try on this and try on that and ultimately the same fellow about whom I'm telling you, Dr. Brown, he told Me that, "It works." And if you are honest, you accept it. And then you go further.

Now, once the attention is enlightened, gradually you start accepting it. So there is no more blind faith needed in Sahaja Yoga, no mysteries, but is absolutely open page for everyone to see for themselves in the laboratory of the Divine.

Through vibrations you can recognize so many things that you'll be amazed. Before the right doctor can find out that the person has cancer, you can find it out. So many things you can find out that in this short lecture I cannot tell you. Thus you know the truth, because you become the absolute. There is no two ways about truth. You cannot say, "It may be, it may not be." It is, or it is not. Somebody is a realized soul, is a realized soul. Who is not a realized soul, is not a realized soul. The vibrations don't compromise as we do. It's absolutely straightforward, that's how you know the truth, the subtle, about everything: about God, about human beings, about human problems. And a new door to knowledge opens within you when the knowledge is this. If the knowledge is the Spirit, through this knowledge you know the whole knowledge.

In India we have had great saints who never went to university. Even Christ never went to any university. But we cannot really go up to that level of understanding as they had. This comes, this whole thing, through knowledge, comes to you like the whole library opens.

Now you saw Mr. Engelbert is a student still, he is a young boy and he has been to Sahaja Yoga, I think, hardly one and a half year or two years, maybe.

"Less than one year."

Ah, less than one year. But see the amount of knowledge he has about Sahaja Yoga. To be very frank, I have never had a talk with him or any interview with him so, for more than five minutes. He was never a speaker, but see how he has managed the introduction by himself. People start talking just like great saints.

I mostly work in the villages of India, not in the cities. And I've seen, I was one day going with a gentleman who was driving My bullock cart. And when I started talking to him, I felt a great saint is driving this cart, absolutely uneducated, but what knowledge, what authority, and so humble. Whatever is this knowledge we have is all mythical. Only the knowledge of the all- pervading Power, which is called as Brahma, is the truth, which you will gradually discover. So, when you find the truth, you stand on it with pride, with your glory.

You have your humility and compassion. Like Christ, when He saw a prostitute being stoned, He stood up. He had nothing to do with the prostitute and with courage He said, "Those who have not sinned, can stone Me." And everyone receded. That's what happens, when you become realized and you become the Spirit. So, all the truth of the Divine starts dawning upon you, you start seeing it. The more you use your vibrations, the better it happens. The more you use this instrument, the more you will know about it. That's the nature of Spirit, which is truth, dawns upon you.

So, the first nature is enlightened attention and the second one is the truth. Now, this enlightened attention becomes very much developed when you have the third manifestation of the Spirit. When you start feeling the joy, you do not get involved into happiness and sorrow. If somebody pampers your ego, then you are very happy, and somebody acts on your superego, you are unhappy. But joy has no duality, it is just sheer joy. And this joy starts pouring into you; you feel sometimes the whole torrential rain of joy soothing down whole of your being. This is the nature of Spirit. Your heart opens, and you see every human being as a part and parcel of your being. You feel this. Like, you see, when somebody gets cured with Sahaja Yoga, they try to thank Me. I say that "If this finger is sick and the other fingers just rub it and get it well, does this finger thank the hand?" Who is the other you can thank? And with this complete joy, which Buddha has described as Sangham Sharanam Gachami, you develop such a collectivity of complete security and joy. You must see how the Sahaja Yogis, when they meet each other, the joy is much, much, much more than they would meet their own kith and kin.

When they go to India, into poor villages, where the people are living in the huts, you must see the people embracing each other with such joy and jubilation. So, a new world is established of people who believe that we are the part and parcel of the whole, with that awareness and enlightenment. It's not just a mental conception that we are brothers and sisters. But as you know, all mental conceptions fall down in no time. There is no truth in establishing your mental conceptions. So, please, take to reality and gradually you'll be so identified that the bliss of God's creation will be upon you. You don't have to go anywhere, you do not have to give up anything, it is all within you and it works out beautifully. This many must have said, but now the time has come to fulfill those prophecies and to fulfill all the promises that were given by the great incarnations.

May God bless you all!

I would request you to ask Me questions relevant to the subject and, as I told you yesterday, there is no need to be aggressive with Me. Ask sensible questions and not some questions which are absolutely stupid.

Question: Does the system for left handed people work the same way?

Shri Mataji: Yes, yes, makes no difference.

Gregoire: She says with autogenous training they are taught that if you are left handed it mixes the brain function.

Shri Mataji: (Shri Mataji laughing) This system corrects everything. This is for the correction of everything that is in you not proper shaped.

Shri Mataji: I can't see the person. Can you get up, please?

Gregoire: She is asking: is there a contradiction with the teaching of the Catholic Church?

Shri Mataji: Please be seated, I'll tell you, I'll tell you. (Shri Mataji laughing) All right, so they'll have it.

Catholic Church believes in Christ. What Christ has said that "You are to be born again." Not by some artificial method of putting the hand on the head and say that now you have become a Christian. There is no true baptism in Christianity left now. Formerly, at least, it catered to the balancing of human beings. But that was the job of Moses and not of Christ. To us both are very important.

But one has to ask: "Why the balance?"

In England, you'll be surprised, most of the churches are sold out to pubs. And young people are revolting, with a reason, because they think about it. So many mysteries have been kept in the Catholic Church like Holy Ghost. Like the Essenes, if you have read the book of Essenes, which were the early Christians have talked of Holy Ghost as the Mother. But these people say that Holy Ghost is a mystery. So now, the only job they could do was to compromise with the surroundings, how to keep this Christian faith somehow or other not dwindling. I know of many young people who were priests, who were nuns, have become communists. They have become atheists by going to churches. So, one must find out what's gone wrong. That one must ascend. They must preach that you have to become the Spirit - that's the thing we have to achieve, which we have not achieved so far, they must confess it.

And if you go to the countries where they are following Catholicism like South America, you'll be aghast, people are extremely poor there. I went to Peru and Colombia - all absolutely poor. The reason is, it must deliver the goods that Christ has promised, is to give Realization, to give you the Spirit.

Politics has nothing to do with God; God doesn't understand politics. This is stupidity these politics. It is not only stupidity, also hypocrisy. Now, as you see, I'll tell you that supposing I have all the powers, so I'm a capitalist. And if I cannot distribute it, I do not feel happy, so I'm the greatest communist. We can say Christ was the greatest capitalist and the greatest communist. But in the divine way you can be. And whatever you are without that, you are artificial in there, you are artificial being, it's just mental projection.

In Switzerland I found the Catholics are the greatest drunkards, I really tell you, I'm sorry to say, but horrible condition. They drink. I really tell you, because I happened to meet some of them and I was amazed that Catholics, they will drink on Christmas Day, they will drink on Easter Day; somebody dies they will drink, and somebody is born they will drink at the least, you see. Some of them start drinking since morning till evening. Surprising, I can't understand. If you follow Christianity, how can you take to such an alternative to escape life? Their religion is alcoholism, not Christianity by any chance and that can be in any religion. And they gossip, there is no righteousness, there is no nobility, very miserly people. They are equally immoral as Jews are or anybody else is. The Christian Church or the Catholic Church has become like a club as any other religion has become, every religion is like that. If you want to know about Christians, ask the Muslims. If you want to know about the Muslims, ask the Jews. And if you want to know about Jews, you can again ask the Muslims. You can ask about the Hindus to anyone of them and they will tell you that they are another condemned. They are all going against what was preached to them, exactly against.

Now, Christ has said, "You have nothing to do with the dead spirits." But all dead spirits are buried in the church, Catholic Church, all of them - the bishops, this, that. You don't know how to walk in that cemetery.

Then the others are the Protestants. They are more, sort of, rationalistic type. Christ has said, "Thou shall not have adulterous eyes." Let Me know which Christian doesn't have.

Now, we go to Jews. They didn't believe in Christ because they said that "We have to still suffer, because Christ didn't suffer for us." Christ was nothing for them. So they suffered nicely. Now, they are making others suffer.

There are many Christians who believe that they have to still suffer as if Christ has not sufficiently suffered. So this is the problem is: that people have just the other way round ideas, I don't know how they stand in juxtaposition to what they are told precisely.

Now, for the Muslims, the Shariat Laws were in the Old Testament, as you know, for the Jews. Mohammed Sahib never referred to them in His Koran. But what they are following is Shariat - that means they are Jews. And Mohammed Sahib has talked so much about the resurrection, they want to talk about the doomsday. So, whatever is written in the whole of Koran is all neglected, only one doomsday they take up, just to slash people down.

Now, come to Hindus. The basic life principle of every Hindu is to seek Spirit - Atma Sakshatkar. But what are they doing? They are seeking everything else but their Atma. Now, there is another thing is said very clearly that "In everyone resides the Spirit." Then how can you have a caste system? The caste system never started with the birth of a person, it started with the karmas, the way he worked, because some were interested in God, were called as Brahmins; who were interested in, say, power were called Kshatrias and so on and so forth. But now we have "born untouchables" and we fight our elections on caste system. It's something so surprising that everywhere people have taken to something that was told not to be done.

Same about Buddhism - all kinds of nonsense. First is Buddham Sharanam Gachami, means you should surrender to the Enlightened One, to the person who is enlightened, not somebody who claims himself to be some Lama, Namas, Thamaa, or who lives like a parasite on the poor Tibetans and drink the water from the golden cups. Christ had the crown of thorns and what are these people wearing crowns from? Of diamonds? That's what we gave to Christ.

Buddha said Dharmam Sharanam Gachami, stand in the dharma, stand in the balance. To Buddhist, I don't know what sort of a dharma they are following - very absurd austerity or a Japanese style of domination.

Where is the religion? Where is God? Where is spirituality? It's all a money-oriented, politics-oriented nonsense. They want to build big palaces for themselves, while every human being is a temple of God. Only the light has to be enlightened, which must work out. Thousands of seekers must get their Realization, the time has come.

May God bless you!

So, now we'll have the session of Realization.

Gregoire explains about the exercise and asks people, who are not interested, to leave.

Shri Mataji: This is the condition. And then people tell Me, "Why don't you give Realization to so many?" I mean, who is interested? I asked one gentleman who was going away, I said, "Why are you going home?" And he said, "This is my drinking time."

I said, "Better go." (Shri Mataji laughing) That's the level of people. What can you do?

It takes hardly half an hour to complete the whole process.

All right. So, now let's start.

Sahaja Yogi: Someone asks to sing a song.

Shri Mataji: All right, before we start our Realization they want to sing a song to you which was written long time back, and I hope this will bring some peaceful feeling in your minds. Some of you can also sing with them.

It's in German language.

It was written by whom?

Sahaja Yogi: It was written in 1647 by Gerhard [unknown].

Shri Mataji: You start it, may God bless you, she'll start it, somebody, someone, anyone that you have decided on.

German Song

Chorus:

Komm, oh komm Du Tr ster mein,
Kehr in meinem Herzen ein, komm oh Geist von oben.

Hauch uns Deine Weisheit ein
Dass wir suchen Gott allein
Komm Oh Geist von oben

Chorus

Um Beistand und Licht wir flehen
Dass wir Gottes Wort verstehen
Komm Oh Geist von oben

Chorus

Steh uns bei mit Deinem Rat
Dass wir gehen den rechten Pfad
Komm Oh Geist von oben

Chorus

Mach uns stark in Leid und Streit
Zeig uns die Standhaftigkeit
Komm Oh Geist von oben

Chorus

Gib uns ein Gewissen scharf
Aus dem Quell der Glaubenskraft
Komm Oh Geist von oben

Chorus

Uns mit Deiner Lieb' entz nd'
Dass wir ganz gottselig sind
Komm Oh Geist von oben

Chorus

Die Furcht Gottes uns erhalt'
Denn der Himmel leicht gewallt
Komm Oh Geist von oben

Chorus

Gregoire: Bolo Shri Jaganmata Shri Adi Shakti Bhagawati Mataji Shri Nirmala Devi Ki Jay!

Shri Mataji: All right, to be seated.

You have to put your hands towards Me and close your eyes and take out your shoes - that's all.

Please keep your eyes shut. You can take out your spectacles, because your eyesight also improves with vibrations. Put both the hands towards Me, sit in a very comfortable position, not putting your head forward or backward, but in a straight way.

Now, the left hand is the power of desire, as I told you and now you have to have the power of action, which is to be used as I'll tell you. Now, please keep your eyes shut, because the Kundalini doesn't rise if your eyes get opened up and also it doesn't cross the Agnya Chakra. So, just to cooperate keep the eyes shut.

Now, please put your right hand on your heart, without opening the eyes. The first thing I have to request you all: not to feel guilty and count your sins, so-called. You must know that God has created you in His love and it is His love that is going to bestow the bliss of Self Realization to you.

Now, just say that "I am the Spirit." You can address Me as "Mother" or "Shri Mataji" in your heart. Say it sincerely and believe it that you are the Spirit. Say it three times. Please, say it three times. But don't feel guilty.

Now, put this right hand on the left-hand side of your stomach, where is the center of your master or your Guru. That is your Self, your Spirit. On the left-hand side of your stomach in the center and press it a little hard.

At this point, as you are the Spirit, you have to say that "Mother, I am my own master, I am my own Guru, I am my own guide."

Please, say this ten times.

Aside: Left is so bad that I can't even feel the heat.

Better.

Now, please raise your hand again back to your heart, right hand and without feeling guilty say twelve times, assert that "Mother, I am the Spirit," which you are. Please say it twelve times.

Aside: Better.

With full confidence.

Now raise - if somebody is not doing this, please go away, it disturbs the whole vibration, I'll be thankful. Please go away - out of the hall, please. Very humbly we have requested you.

Don't open your eyes, don't pay attention to others.

Now, raise your right hand on the base of your neck on the left-hand side, from the front and hold it tight, pressing it down. Pressing it down. Just holding it tight, take it little on the back side so that you can hold it better.

At this point you have to say that you are not guilty, because you are the Spirit, how can you be guilty? So, you have to say, "Mother, I am not guilty," sixteen times.

Now, raise the hand from there - right hand - on top of your head. Put your palm on the fontanel bone area, where you had a very soft bone as a child. At this point you have to ask for your Realization. You cannot be forced into. So, without feeling guilty, again I say. You people are feeling guilty for nothing at all. Without feeling guilty, just ask. You are all just absolutely, beautifully meant to get the Realization, you have a right to get it. So, don't have any guilt in your mind.

Ask seven times that "Mother, please give me Realization, I want my Realization, please give me."

There's one thing we have to do at this stage: to say that "I forgive everyone." Please forgive everyone. You have not forgiven.

Now, you can change your hand and see if there's a Cool Breeze coming out of your head. Put your right hand towards Me. In the same as your left hand was. Please, don't open your eyes.

At this stage you must say again that "I forgive everyone."

So, say again and again: "I forgive, I forgive everyone."

Go on saying: "I forgive, I forgive."

You get the Cool Breeze now. If you start getting the Cool Breeze in your head, you can change hand again and put it down and see with the other hand.

Raise your hands and see, little raise and then see, you can't see it at very close to your head.

You may ask the question, "Is this the Cool Breeze of the Holy Ghost, of the Adi Shakti?"

Aside: Better? Back Agnya.

You can change hands and see for yourself. And don't think.

Now, you may open your eyes and put both the hands towards Me.

Now, put both the hands and ask a question, "Is this the Cool Breeze of the Holy Ghost?" Just, keep it steady.

"Is this the Chaitanya Lahari?"

Now, see for yourself, are you feeling it or not?

Don't think. Watching Me, don't think.

How many of you are feeling the Cool Breeze, either in the head or in the hand? Raise both the hands, please.

Most of them have felt it.

Those who have come for the first time today, some of them may not feel it, but doesn't matter, they all have a right to feel it.

Now, you have to - first of all establish it and then to learn how to master it. For which you cannot pay, it's all absolutely free for you. Try to come to the program in this hall, when you can ask also personal questions and we'll be much closer.

Gregoire motivates seekers to attend follow-ups.

Shri Mataji: Nobody should be disappointed in any way, because as on the tree we have some flowers become fruits, next day some more become, but it is a blossom time and all of you have to become the Spirit. It takes no time for you.

Please take the books and the photograph and practice it for a week and you'll be surprised how much you'll be changed, if you really do it religiously.

You, for yourself, can work it out.

I want to say goodbye to all of you as now I'm going to Italy tomorrow and then I'll be going to America; and pray that people from America also can see the point of Spirit.

Thank you very much.

1983-0907, Conversation About Indian Projects

View [online](#).

7 September 1983

Conversation

Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

Conversation. Vienna (Austria), 7 September 1983.

Sahaja Yogi: [asking about taking drugs & punishment - mostly inaudible]

Shri Mataji: So I think, when they come outside, they do it. He was outside in London, in Brighton he met Me, this boy. And then he was better, but again he took to it, I don't know why. You see, for that you must keep the company of Sahaja Yogis to get rid of your bad habits to - see, if you keep their company then in collectivity it washes off and you'll feel better. But if do not keep the company of the collective then what happens - your individual habits just crawl up again and take charge.

I give the analogy of a butter and butter milk, you see, but when you are churning, what happens? Part of the butter sometimes sticks here and there, little little stops, though it is a butter, but still it sticks here. Doesn't go with the whole, so it is left in the buttermilk and it's thrown away. So, like that, you see one should not stray out of the collectivity, it's a very big force in collectivity, also where there is collectivity I remain. One should not go out from collectivity. Whatever work you are doing, take three, four Sahaja yogis also with you to be together, because negativity is very cunning and it will attack a person who is a little bits. And also other things like, you see, the social customs, and social methods like - we had a very good Sahaja yogi in London first, and he belonged to a more, sort of a, we should say an official class of [anything ?], and then he went back, you see, to his life but he would not mix up with the Sahaja Yogis, so he was sucked in again into that horrible society.

Like we had this Philippa, it's a horrible woman, you see, she came with us, she came to India, I mean, that time we were not charging any money, stayed with us, did everything for her, and then she went back and she had a contract with some man who was to write a book, she was to write a book about all the Gurus and all that. So about Me she didn't write that I was a bad Guru or I was taking money or anything, not that kind. But she wrote that, "Mother says that you can't have funny relations for sex", and this and that, all those things, you see, so rather against Me. She says, "I sleep even with bus conductors, nothing happens to me, even now I am feeling the vibrations." But where is she now? She is a lost person I see, she was lying somewhere, it was very [deceiving]. Six months she is no, she was seen, she is finished!*

So, collectivity gives you strength, you see, to stand together, and to correct yourself, to get yourself all right, to be cleansed out, so the spiritual ascent is faster. Otherwise, if you get mixed up with the other people, you see, they influence you so much that you get sucked back into them, and then again it is difficult to bring you back from there. And unless and until your Ego or Superego is dissolved into collectivity, you can never enjoy the bliss of your Spirit. This is one of the things people do not understand because they think we have to be individuals, we have to have our individual privacy, your this and that. But actually, there is complete individual privacy you have, because you are Master of yourself. But externally you are not so much attached to things which were so important before.

Best thing is to go to India, you will find that it's absolutely Spartan living and - because I can't make it very much better, because even if you pay money you can't get everything in a village, we go to the villages so it's a Spartan living, but you enjoy everything because you are in collective, you don't mind, everybody is in a very joyous mood, you can ask him. (Shri Mataji laughing) I was rather worried about [Guinevere ?], I mean she is quite [aged ?], she had had her worries, things were swollen and all her legs were swollen, specially her ankle joints were so swollen, so big, and she just arrived there. And I was wondering, now what's going to happen to Guinevere? And, but she was so joyous about the whole thing, she started walking about, her legs opened out, her feet swollen gone, she was just walking like normal person, no botheration at all of any kind to her. So, then we learned the

beauty of collectivity, the social aspect of human beings where a man, how, when he is realized, enjoys the social atmosphere. And that is to be - really to be experienced, I cannot explain what it is.

Gradually you'll find Sahaja yogis become very adaptable to their circumstances, very simple to adapt. Like, I must say I have a very over-comfortable house in London, it is too much. (Shri Mataji laughing) And when Dhumal saw My bathroom he got really so frightened, he said "Your bathroom is so big. How do You go into my dirty bathroom, I can't understand?" (Shri Mataji laughing) But I forget, I don't remember what bathroom I had, this supposed to be in London, what bathroom is, just to Me it's just a bathroom, have your bath and come out. (Shri Mataji laughing) So, gradually this idea of comfort doesn't trouble you. This idea of comfort drops out, I mean you are comfortable within yourself and you are comfortable outside. So many mythical things drop out.

In this new awareness you must know that the enjoyment is really shared when you have Sahaja Yogis around you; otherwise you cannot enjoy. Even small children, see when the Sahaja Yogis come they just start jumping. Like this one, when the Sahaja yogis come he is very happy. Or that little girl, how she was dancing when she saw you were here. When My granddaughter, you see, she was five years, her birthday fell in London. So we had a small little - we said, "We'll have a small little party". So she said, "But what about my friends?" So we said, "Who are your friends?" She said, "All the Sahaja Yogis in London, they are all my friends! Won't you call them for the party?" (Laughter) And then she said, "Would you call them earlier? Because first I'll clean them, and then we'll have the party!" (Shri Mataji laughing) And I think there were about fourteen of them there, and she went and brought a small bucket and, you see, filled it in the bathroom and brought it, and asked everybody to put their feet in that. She washed their feet and then put the bucket back again, the water in the WC, she pulled it. She did it for all the fourteen.

Sahaja Yogi: Really?

Shri Mataji: Yes, ask [Govind ?]. And after doing that, you see, then she went and washed her feet and hands in the tub. She came, she fell on My feet and said, "I am going numb, I am not going to see anyone." (Shri Mataji laughing & laughter) And then she went and dressed herself up and came down for her birthday and then she called everyone, "Now let's have the birthday!" (Shri Mataji laughing)

So, that is what you will also feel, very much. Another example I'll give you: There is one great Sahaja Yogini who will tell about you and [came at the meeting ?].

Sahaja Yogi: "Yes, Mother, Marie-Laure muss das Gebäck machen, Catherine muss die Kinder versorgen, wir brauchen drei Mädchen, um den Tee und Kuchen und alles das zu servieren. Sonst geht das nicht. Shri Mataji hat die Geschichte von Ruth erwähnt. Ruth hat ihre Selbstverwirklichung in Rom gekriegt. Ein paar Tage später ist sie nach Sizilien in die Ferien gefahren. - [about a yogini:] Mother, she has to go now and - "

Shri Mataji: Really? I think it's all right. May God bless you! What's your name?

Sahaja Yogini: Edith.

Shri Mataji: Also, we have two Ediths. (Laughter) Thank you very much! May God bless you! Hope to see you and in a much higher state! (Laughter)

Sahaja Yogi: She says I hope so also and I hope that I will see you in India. I wish this very much.

Shri Mataji: "Good! Good idea, very good idea! But be prepared for a Spartan life!" (Shri Mataji laughing & laughter)

Sahaja Yogi: Ruth ist nach Sizilien gereist und war ein bisschen neugierig und auch ein bisschen ängstlich, weil sie hat gedacht, jetzt habe ich drei Wochen Ferien dort und vor drei Tagen habe ich meine Selbstverwirklichung gekriegt und was werde ich damit machen? Und es war eine Party in Sizilien, und dort war ein französisches Mädchen, und dann haben sie von

Sachen gesprochen, und nach einiger Zeit hat das französische Mädchen gesagt: "Was machen Sie eigentlich?" Und das ist die erste sonderbare Sache, weil die Ruth ist eine Diplomatin, und sie sagt nie, weil diese Freunde in Sizilien sind irgendwie Marxisten und Kommunen und so sagt sie nie, dass sie in einer Botschaft arbeitet. Aber diesmal, sie weiß, nicht warum, sie hat gesagt: "Ich arbeite an der französischen Botschaft in Rom." Da guckt das französische Mädchen und sagt: "Aber dann kennen Sie Gregoire? Aber dann sind Sie eine Sahaja Yogini?!" - (Shri Mataji laughing & laughter)

Shri Mataji (laughing): And tears started rolling! And tears started coming, they just disappeared. [Note from the transcriber: There was NO translation into English, but Shri Mataji got the story exactly!]

Sahaja Yogi: Und dann, die Kundalini went up, und sie waren so froh, und sie haben gesagt: "Und jetzt müssen wir etwas machen!" Und sie haben Selbstverwirklichung 10 Sizilianern gegeben. -

Shri Mataji (again laughing): Such a joy! -

Sahaja Yogi: Das war die Party in Sizilien.

Shri Mataji: It happens like that, you know, so many, like these - somebody was coming by plane, and they were delayed, you see, because everybody came by big groups and somebody came... So I sent one of the Sahaja yogis. I said, "You go and get them!" He never asked Me, "How will I find out?" You see, he was just looking like vibrations and suddenly the fellow came from that ... He just asked him, he said, "Are you a Sahaja yogi?" - He said, "I am. How do you know?" He said, "I got your vibrations!" And they just met. (Shri Mataji laughing) It's something great, isn't it? We have brothers and sisters all over.

(A child joyfully comes close to the microphone): "Dadadada - dadada."

Shri Mataji (speaks first to the child and then aside): Right, you sit down now, sit down! Ahh! We were showing magic in the morning.

So, that is the joy of being with other Sahaja yogis because you are all saints now, you are saints and seers. (Shri Mataji laughing) Yeah! When I was a little girl, about 7 years, I used to write poetry, as you do. And I wrote a series of poems called 'On the bank of Nira river'. My name is Nirmala, but in the family I am called as Nira, in My family. - 'On the bank of Nira-River'. So, actually I did not know, so there was a river with that name in - I mean, I knew in a way, but that's not known in India that there's a river called Nira. Then it happened that there was [Dhumal ?], and he told Me that there's a gentleman, his brother in law, who has got lot of land and he would like to sell it. So, I said, "That's a good idea. Where is it?" He said, "On the bank of Nira river." (Laughter) So he said he wants to sell it to Me alone. I mean he wanted to give Me actually free before, but then we said, "We'll buy it." He just wanted to give Me in person that land. So I said, "Why? What is it?" He said that since he came to Sahaja Yoga he has been so much blessed, and this land was taken by government, you see, in the sealing. But they returned it saying that, "This is a [saporous ?] land we have taken, we want to return it." So he wants to give that land to You.

So, I went to see the land and I found the vibrations were tremendous, and now we have got the land. And it is the river flows like this, you see, in the same way as we have the bandhan, and inside that is the land, about 25 to 30 acres of land. And later on, you see, we found out that the family, every family in India has got a Gotra, means the University of the enlightened teachers, who were there for families, you see, for 14.000 years now we had this one, [Shandilya ?] as our Gotra, [Shandilya ?]. He was a Muni, he was a Rishi, see it. And then we discovered that that was the land of his Ashram. And that he looked after [Prahlad?] in his childhood, by whose effort the - you don't know all these stories? I must tell you the whole thing in a big way - oh, I didn't know. You see, this Prahlad. Prahlad's mother was pregnant, 14.000 years back, it's the story is. And the lady's husband was a Rakshasa, [Hiranyakeshapu ?] - when this Narasimha Avatara took place.

Sahaja Yogi: Vielleicht erzähle ich weiter. Shri Mataji sagt, auf diesem Land, das jetzt unser Land geworden ist fÄr unser Hauptquartier hat dieser Heilige Prahlad erzogen. Prahlad ist ein Bursche, vor 14.000 Jahren, der durch seine Dedication die Inkarnation von Shri Vishnu als Narasimha provoziert hat.

Shri Mataji: Yeah. And he lived very near Lahore, you see at that time, the father, Hiranyakeshapu. And this boy was not born, but Indra, you see, Indra, the - what you call - the "King of the Gods", you see, brought this lady to Shandilya Muni on his way, he just brought her there. He was thinking that because her husband was a demon, so it is better that he marries her. So, this boy was born in that Ashram of Shandilya. And the Shandilya Muni told this Indra not to worry about this lady because this boy will be responsible for the advent of Narasimha Avatar [ed.: = Shri Vishnu].

Now, this boy grew there till five years of age. Then he was sent back to the father and you know the story of Prahlad. This river, Nira, flows like this, you see, and another river called Hima meets it there, and in the triangle is a big temple built about 300 years back, of Narasimha; by one of the [Peshwas ?], one of the kings of Maharashtra. And then, I mean, after that some people also helped him, because it took some years to build it. And you see, when the thing was built and when the statue was installed of Shri Vishnu, you see, Prahlada appeared in the dream of the person who had taken up the responsibility of doing that. And he said, "I have already made the statue of Narasimha in sand and you should go and pick it up and build it up [here], I have already made it for you." At the age of five years, he had already made the future statue of Narasimha.

So, they brought the statue, I mean, imagine, made out of - they saw the statue on the bank made out of sand, and they brought it, and nothing broke. And they brought it and kept it in the temple, you can see it, it is there still - just the same. Did you see it? You saw that temple?

Sahaja Yogi: "Wo wir gebadet haben."

An other Sahaja Yogi: "Ah, yes, yes, I remember."

Sahaja Yogi (to Shri Mataji): "I said, where we took a bath."

Shri Mataji: The river you all jumped, I was close (Shri Mataji laughing) - very clean river, isn't it? That's the Nira river.

Sahaja Yogi: Near the temple, there was a place, it was very deep, the whole river is not very deep, but near the temple it was deep.

Shri Mataji: The temple was a deep river. You jumped into it. Yes, that's the place! And on top of the, one of the pinnacles you get a little flow of water, all the time, don't know from where it comes. And it is such a nice place now we have got land for all of you, and we'll be making nice huts for you, and we will all meet there, I am sure, very soon in that area. This is the year of getting lands everywhere.

Sahaja Yogi: Last year, Mother, or this year?

Shri Mataji: This year, altogether, I mean, this will be completion. Last year was promises, this year the execution.

Sahaja Yogi: Then we'll have to build something.

Shri Mataji: Yes, that's the next year. So, now tell them how many lands we are getting. Now also this barren land is probably in the hand now, absolutely, today's letter has come.

Sahaja Yogi: I am also lost, Mother, without these propositions, so let perhaps

Shri Mataji: No, I think you better tell [HINDI ?] We have got land in allotted in Delhi, first of all, which he doesn't know. Then [this foreign?] land, today we have received a letter, saying that the Deputy Chief Minister has said that, "I will give you [writing ?] now that this land is yours." So we are getting a beautiful land on top of a mountain from where you can see three lakes, and it is very

near an airport, International Airport Bombay.

Then there is another one, which is about 15 or 20 miles, for the children, a 7 acres of land, where we'll have the school for these children. That's called a [chow ?] where there's a little river flowing and lots of mountains. And the mountains look as if Dattatreya is sleeping. And the land is so, I mean, it's in a different levels and, from this side, if you see, it is a beautiful hill there, will be a split level, you see, one of the steps - steps, you can say the steps.

Sahaja Yogi: Buildings as terraced up the side of the hillside.

Shri Mataji: And we'll be having one side for the girls, one side for the boys. This is an International School with English media.

Now, there's another land, we have got called [Sitko?] that, of course, we got it in the hand. That is very near the Sea, about one acre. That will be used - so far we have not thought of any use, so you tell us what should we do. (Shri Mataji laughing) So much land!

Sahaja Yogi: When we got the land, are we going to have a research station?

Shri Mataji: That's different, now this is only near Bombay.

All right. Then now, after that, My forefathers' land, which is now reallocated in two ways: one is a land in My mother's place, and one in My father's place. In My mother's place we have a big prospect of starting a - have you got it in writing? A prospect, there is a proposal. And one in My father's place, I'm thinking of starting a Academy for Art, Music, everything, Indian art, music. For the villagers also, if the foreigners want to go, they can also go and learn at a very cheap. With library on Sahaja Yoga, on the theory of Sahaja Yoga. Libraries on theory of Sahaja Yoga.

Sahaja Yogi: Really Mother? The theory of Sahaja Yoga?

Shri Mataji: Now, I mean, "Advent" is the first theory. (Everybody's laughing.)

Sahaja Yogi: I thought it was going to fall in oblivion, Mother.

Shri Mataji: You see, all My lectures are theories. Then they are hypothesis. Then they become the law. So, that's the beginning of theories. And many books will be coming now, I'm sure!

Sahaja Yogi: Will it become the archives of Sahaja Yoga?

Shri Mataji: That will be the archives of Sahaja Yoga.

All right. Now, the another big project is about the ...

Sahaja Yogi: 35 acres...

Shri Mataji: [HINDI ?]

All right, we have two: one 35 acres, and one is willing to give us 176 acres. I said, "Just give us 11 acres." (Shri Mataji laughing) So now. And there's one more, near a big lake, for the school of the children, for the villages. Through the basic education and through the Sahaja Yoga system, Sahaja Yoga basically.

You see, in this when we talk of the archives, I would like some people to go and sit down and compile all the Sahaja Yoga methods we know of, how to use them, how to use for children, to write about books. It's a very secluded and nice place where

people can go and sit along the river and write it very well. All right! And the children school I've told you, now we have got this teaching them in things My father's [restitute ?], can you write it down? [HINDI ?] They must be away from certain countries for some time, because the atmosphere is very bad for them, and what's the use of spoiling them?

Sahaja Yogi: For a hystery woman?

Shri Mataji: For a hystery woman?

[Pratika ?] (Shri Mataji laughing)

Sahaja Yogi: "F    r diejenigen, die irgendwie hysterische Frauen in ihrer Umwelt haben: Shri Mataji hat ein Mantra geschaffen, ich glaube, das ist sehr praktisch, und das hei  t Pratika. (Shri Mataji laughing)

Shri Mataji: There was a Rakshasi, which we call the female demon who was called as 'Pratika'. And her style was like this: is to, sort of make, some sort of a fuss, a drama, make everything tense, make the husband absolutely nervous all the time, and go on a big pitch, you see, and then start to becoming tantrish or hysterical. So, that woman she was ultimately killed by the Goddess.

So, we are going to speak there to people. This is meant for more for the foreigners to come down, the art, Indian art, Indian music, and dance, Indian dance, and then fabric, weaving and - what you call designing, and pottery works, ceramic work, then stone, stone carving, stone tiles, all hand-made things, you see. So if you people come for three-months course or something, you can learn there for a very cheap prize all these things, if you want to take it.

Sahaja Yogi: "Cooking?"

Shri Mataji: Yes, cooking; (Laughter) and - what else is - embroidery, with someone.

Yeah then. All this handicrafts, you see, like - anything that you want, you can arrange it, no problem. Now see, for one point this is made out of shunka, it is made. What is shunka - is conch. And 1001 things can be made like this, out of conch, out of shells. This kind of silver work, this kind, gold ornaments - at a very cheap price. What is it? Any kind of hand-made things we can teach you, but you have to teach them, they can teach you hut-making also, how to make a hut. And Indian architecture. Indian history, Indian architecture, history, Indian art, all those things, whatever you want to know. And you can also teach us about your architecture, your music, your art, just the other way. Technique, technology of the computer, this that - we don't know. You people can teach this to the villagers there, while we can teach you the things that we know, all right? So practically, you may have to pay nothing, except for your food and your stay. So, that's the idea.

Now, at the other [Nandrau...?], another place where is My mother's place is, where Jankini [want?] there six acres of land. I just said, "Six, no I said three". You said, "What is three, Mother?" I said, "All right, let's have it five; then seven". They said, "At least ask for eleven." I said, "All right, eleven, whatever you say." He is about to give Me and carry Me and stamp it in. And I am such an ascetic that I didn't even take the eleven, I just went, walked off (Shri Mataji laughing) and sat in the car and they all saying, "Look at Mother!"

Aside: [HINDI] (Shri Mataji laughing) All right.

[HINDI ?] (Shri Mataji laughing)

They said, "He is a Sanyasi", because going in bullock-cart and all that, ape-cart and being with Me all the time here and with Me, just to sign and take it. I just got into the car and told him, "Drive off." And they all started looking at Me - going off without taking the land. But of course, it is there.

So, then we have a idea of using the solar energy, that is, the Australians are going to teach us in India, to help them. And there are small-scale industries we are starting, for making fuel, simple fuel out of the wastage - badhas, and all that. And our country is very poor in drinks, you see, though it's such a hot country, and we don't get proper drinks, like orange and everything, though we have fruits, we can grow fruits, you see. So we want to develop fruits and their juices, so that we can give very cheaply to the villagers, the fruit juices and other to quench their thirst. And the molasses are so much wasted there, we can make biscuits out of them, chew for children's sweets, so much can be done, but our children don't get good sweets and they don't get good biscuits, so that's what we have to teach them how to make cakes, biscuits, you don't make cakes so well. That's what you people will have to teach.

And there is lot of possibility of making hand-made paper. But what you can guide us there is to what sort of paper you would like or this kind of a thing, because so much is wasted there. They can't do it.

And then extraction of oils for different things, antiseptic oils, other oils, we can have so many of them. And also to teach them the well technology, to the villagers, you see, how to dig a well, how to keep it clean, how to maintain it. So many things you can do, like paints, we can do [moves ?], you don't get good [moves ?] in India, then we can have a bone industry, all sort of things, you know, so much there is wasted, because we don't know how to use it. We have raw materials, but if we make a small scale industry, then you can help them very much.

Like your cleaning agents and all these things, we don't have, so we don't have that kind of an idea. And also tinning, tinning of food, and all that, you see. In India, now today, for example, I had this, what do you call, that corn. Now in a village, you can get in one pound about 100 corns. But we give it to the animals - can you imagine? (Shri Mataji laughing) Corn, hardly human beings eat in India, is one of these for a joke, but in the villages, no-one. So that can be utilized, you see, to teach them how to eat it. Then the other day we ate cotton seed, I mean, it's impossible, (Shri Mataji laughing) you can't even think of cotton seed being eaten in the bread, you know, Gregoire, have you eaten that? Cotton seed in the bread?

Sahaja Yogi: I don't know, Mother.

Shri Mataji: Never, no, could not have in India. But here I ate in Switzerland, in the most sophisticated place - cotton seed in bread. Actually, cotton seed is just given to animals, absolutely, no question. This should be utilized, we are such wasters, I tell you. So, now what we have here, all these things we are going to do in that area [Nankau], and one more land.

I'm reading this out to you because you should also think about it and let us know what sort of thing you would like to learn. For example, wood work - you see, wood work. You can have short courses for three months, six months, whatever you want. But whatever you do, just let us know because we have got all kinds of teachers in India, and we can get those teachers. And as long as we give them the pay they are all right and they'll teach us. So, whatever you want to know, you must let Me know. And then it will be a nice idea to have accordingly the thing arranged, you see. This could be done within two years time, we can start it, no problem.

Sahaja Yogi: I would like to ask you a question which may clarify some thoughts which are in some minds here. I feel the vibrations when I think of asking you the question that's why I am doing. What such activities, what relationship do they have with our spiritual work?

Shri Mataji: That's what I am coming to, that's we are coming to now, you see, that's what we are coming to. Now, what is the thing in this one, is: All these things are, that first of all, among Sahaja Yoga is not something that hangs in the air, you see. Now you have seen, everywhere we go, people ask us question: "What are you doing about the poverty of any country?" So, how we are through our energies and through our love, how we propagate things which are made of hand. Because the one thing is very important that we have given up the power of making things with our hand, which is very important. Our hands have lost the capacity to make things with hands.

So, Sahaja Yoga believes that people should take to genuine things made with hands as far as possible. Because the genuine things have vibrations. And we, Sahaja Yoga is, of course against plastic and nylons, in a way. Because we stand for reality, so we should use real things. And the secondly, the advantage of this will be that once you make these things - you are Saints, and whatever you may - say, you make biscuits, those biscuits will be eaten by general public, they will feel better.

*Philippa Pullar, The Shortest Journey (London: H.Hamilton, 1981)

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Whatever Is The Truth Is To Be Known Through The Light Of Your Spirit

Public Program

Sala Borromini, Biblioteca Vallicelliana, Rome (Italy)

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I bow to all the seekers of truth.

Today is a great auspicious day where I'm here on the birthday of Mother Mary, but today I am going to talk to you about reality and about truth. Whatever is the truth is to be known through the light of your Spirit.

You can see in this world, in these modern times, we have developed so many sorts of things which proclaim that they know the truth. There are institutions who say that they are the ones who are agencies of truth, but we must understand that truth is something that has to be known through your consciousness. You must know it through your central nervous system.

When we evolve to be a human being whatever we could know through our central nervous system is the real truth, and once you know the truth, you reach the source of joy that is your Spirit.

Now, to know the truth, people have gone to various type of enterprises, and also to feel joy they have tried all kind of alternatives which now so many realize was not alright because they have landed now in a very precarious position; any day it might explode to ruin this world.

For example, first man thought that if he was a powerful country, or a powerful human being he can overpower others and can grab them and by that can enjoy the power, but somehow at present time we don't think much of such people who are aggressive.

Then people started thinking that joy lies in accumulating lot of possessions, money, wealth and ultimately people found out that that's not really giving joy at all, on the contrary it is headache to have money.

So, some of them thought of having a political change in the structure, but that also has limitations, because something else has to happen within us, in our consciousness, so that we achieve our Spirit first. That means truth lies much beyond these enterprises.

So far whatever we have worked out, our solutions, are on mental level and even the religion has become a, just a mental projection of human beings. They believe in something blindly and it is just an artificial sort of ritualism to which we go and we are quite surprised how can it be like that. And the mental projection always makes a man extremist and the only alternative they can cling on to fanaticism of the worst kind, where people do not want to even listen to something that is sensible, so running away from these religions is also not a problem...not a solution, or alternative.

So what is the alternative left for the whole human beings? Perhaps the awakening, the awareness that we have to find the real alternative is very, very much allowed everywhere in the whole world. That shows that so many people who are thinking, who are of a higher evolution, a special category, are seeking solutions beyond what they have so far tried. As I've told you that whatever is the truth has to come on your central nervous system, has to be in your consciousness.

So let us see what should happen to a person when he rises higher than human awareness. As you have become a human being, you have to become a super human being, but what are we to get out of it? What will become of us? If we are resurrected, if this is the resurrection time, then what should happen to us? Jung, who was a great philosopher and a psychologist, said that „if man has to rise above in a new evolutionary status, he should become collectively conscious; he should become, is actualization“.

When Mohammed Sahib said that „resurrection time will be coming, and at that time your hands will speak about others“. When Christ said, 'Love thy neighbours, as thyself,' He was not meaning mentally, because this mental projection drop out in no time, because if you love your neighbour on some mental basis, suddenly he becomes funny or something goes wrong with him so the all the relationship drops out. Still, if you say, 'I forgive the person,' and I can have good relationship with that person or from with that nation, still it is all a mental projection.

Whatever is artificial can not be eternal. So whatever we have to receive has to be of eternal nature. Now when we say that we have to be "collectively conscious", that means something has to happen to our consciousness, to our being, to feel others on our hands, on our being. So it is an actual happening when we see, say that you are to be baptized it's not an artificial thing like some priest putting water on your head and saying, 'You are baptized.' It's an actualization of something happening in you.

Now I have to tell you that all that is available to us in our consciousness, is not God. Whatever is unknown is not God, I tell you. The first criteria of this happening is that you cannot pay for God. God doesn't understand money and you can not organize God either.

Secondly, you have become a human being without doing anything, spontaneously, as a living process. So those who are, those who are now trying to live in the name of God on the money of the people are really parasites. Christ, for example, did not take any money from anyone, did He? He lived like an ordinary carpenter. He didn't have big crowns on His head, did He? On the contrary, He had a crown of thorns. So one has to understand that if anything has to happen, has to happen in our subtle being and not in a gross way that believe, we believe that we have been very close to God.

So whatever is there within you has to be understood that the things that exist within you has to work out your ascent. Of course within us also there are other areas where we can enter into like our subconscious or our supraconscious, by which we can get possessed and we start doing things which are not under our control.

When you become something, actually you are in control of it.

Like some people came to my program and started jumping in their seats like frogs. And I asked them, 'Why are you jumping like these frogs?' So they said, 'We paid to our guru three thousand pounds to do this jump.' I said, 'To jump like a frog, why did you pay three thousand pounds? You are stupid.' You can always jump like a frog, what is so great? But they said, 'In this case it is spontaneous because we aren't jumping, but still we are jumping.' So the word 'spontaneous' can be quite confusing. If you are jumping, that means you are not under control. And you must also understand: what is the interest of the Divine to make you jump like a frog? Are you going to become a frog in your evolution? So when we go to a naive sort of an attempt, we may fall a trap to this kind of nonsensical idea that if you pay some money to some false person or to some organization, you will become Divine. Then some other people start hearing some noises, or some sounds in the ears, and say that, 'We have got a light, we have reborn, we are reborn.' I mean this can happen to you if you take any antibiotics or something, you might get this kind of a feeling in your head.

What is so special if you see some lights? If you take LSD or all these drugs you also can see the lights and things in your head. So reality should not be confused with these sensations and these hallucinations. Be very careful, that you may end up with some horrible diseases, if you get into these practices.

But now the time has come for you to become definitely a higher personality. As Mr. Eduardo has already explained to you that within us lies a power called Kundalini in the triangular bone. It is in the sacrum bone, and 'sacrum' in Greek language means

'sacred.' That means the Greeks knew that there is something sacred in it.

So in this sacred bone lies the sacred power of your pure desire, pure desire. This pure desire has not yet manifested, that's why they say it is a sleeping desire. And this has to be awakened. And this power is the pure desire of becoming one with the Divine. And this power can be awakened, but for that you have to be true seekers. If you believe in hypocrisy, carrying on with mythical things, all your intelligence is trying to cheat you. Then the truth won't be given to you. That means this Kundalini won't be awakened.

So, Sahaja Yoga means, "sahaja" means "born with you". "Sahaja", "born with you", and it is "yoga" means the "union with the Divine". The idea of yoga that you have of bending your body and all that is also very superficial because in that there is no union with anything, so why should you call it "yoga"? Yoga has another meaning also, means "deftness" is "kauzala" is called as deftness. Deftness, deftness.

Translator: Deafness?

Sahaja Yogi [to the translator]: Dexterity, dexterity.

Shri Mataji: No, no, no, deftness. What word is that for? You are deft - kauzala.) You see, an expertise, "expertise". So, once you get this union, you have to become an expert in handling this All Pervading Power.

Now we see the flowers, we take them for granted. We see the flowers becoming the fruits, we take them for granted. All living work we take for granted. We take it for granted, because we cannot do it. Human beings can't do it. It's the living power that does it. So as a result of this awakening within us, a new awakening, you become one with that Divine Power, which is All Pervading, which we call as the Cool Breeze of the Holy Ghost. We start feeling, actually, in our fingers, the cool breeze, and also from our head, a cool breeze coming up.

We can do all kinds of manipulation like jumping, dancing, but we can't take out cool breeze from our head, can we? This is real baptism. This is what was said, that you are to be born again, not just by taking a certificate that you are born again. Christ has clearly said, 'you'll be calling Me, 'Christ, Christ,' I won't recognize you'. In the Koran, this Kundalini is called as 'Asas' and the All Pervading Power is called as 'Ruh.' In the Indian scriptures, it is called as Chaitanya Lahari. In Zen or any kind of real religion there is the mention of this. The Tree of Fire described is the same and that "I will appear before you like tongues of flames" also are the chakras, the centers.

But all those who say that they are responsible for religion have not been able to do exactly what has to be done, because one should have Divine authority to give you the second birth and unless and until there is Divine Authority, the Kundalini knows the person who has to do the job, and otherwise She never rises.

On the contrary I've read some books about Kundalini with very confused people who say that if you have Kundalini awakening it is very dangerous. Kundalini is the reflection of the Holy Ghost, and who is Holy Ghost? Holy Ghost has to be the Mother, the Primordial Mother. For example, you can not have a Father and a Son without a Mother. Can you have such an absurd thing? The Holy Ghost has to manifest now, the time has come.

There was a philosopher in the 13th century who said that, that the time of Holy Ghost has come and She has to manifest.

Even the early, very early Christians wrote books like Essenes and they have described Holy Ghost as the Primordial Mother.

That one has to understand that by just stopping one thing completely or calling it a mystery, we have really missed the point but not in India; people know about it, that She is the Adi Shakti, the Primordial Mother.

So now you have the reflection of the Primordial Mother within you as the Kundalini and the reflection of God Almighty in your

heart as the Spirit. Spirit that representing the sun element. So now when this manifestation of the Holy Ghost will take place it will, it is the moon, like the moon it acts. So the consciousness itself gets nourished. So far all our development have been extrovert developments, outside, like a big tree growing, but we have to go deep down to our source to get this great tree nourished. So the new awareness of nourishment has to come.

Today if you see in the world, in the consciousness - I'll talk about it tomorrow - that people are now finding many feminist organizations but they are going in the wrong direction, absolutely, because if the women have to become men, it is a pendulum moving from one to another so that your consciousness doesn't rise, it just moves from men to women, women to men, like fighting going on; a rebellion.

Rebellion is not the word that will result into something great, it is the revolution, so that it moves finally upward, so your consciousness become a higher consciousness with nourishment. Just like the Mother Earth nourishes us, the Kundalini nourishes us completely. And you are born, reborn, with a new consciousness which has compassion, which has love, which has forbearing and which has beautifying power. That is the point where we are born, luckily, we are very fortunate. So this nourishment has to work out and is working out, in many countries wherever Sahaja Yoga is manifested. It manifests in so many ways that in one lecture I cannot tell you all about it, but few things I'll tell you.

Now the greatest problem of this world today is poverty. Disparities. Now when awakening takes place within a human being the, the power starts flowing from his hand, he is empowered with a special power. Now we have done experiments in an agricultural university through some professors who have been awakened. They found out that if you use vibrated water, with these vibrations, then the yield of wheat or anything is about six to ten times more. The production of all natural things multiplies, but not artificially by hybrid or manure, which is dangerous for human body. Thus food problem can be solved.

Now these vibrated yields itself are very nourishing and energy-giving. They are very satisfying. Even if you eat a little of that you feel over-satisfied and very energetic. Now then we have the other greatest advantage is that your health, physical health, gets completely cured. Sahaja Yoga has cured diseases like cancer, myelitis, all these incurable diseases, diabetes, innumerable diseases. For that no medicine is to be given and no expense is needed. Nobody has to pay for it, it's all free.

Especially people in Italy are very melancholy type, melancholy. That's what I learned from Shakespeare; that this Merchant of Venice was Italian and was melancholy. They want to suffer and this is a very wrong attitude towards life. Because like Jews, who denied Christ, and said that 'We want to suffer,' so they suffered nicely and now they have become aggressive and make others suffer. And the Christians are, have no right to say that they have to suffer, because Christ has already suffered for you sufficiently.

So one has to understand this theory of suffering is not a very healthy thing.

It takes you to the subconscious where you are pestered into a melancholy state, and then even worse and this state, I must tell you, that in all My experiments I have seen, is vulnerable to cancer. Parkinson's Disease and myelitis and all sorts of these modern diseases like AIDS are all come from that kind of tendency of man. I have seen it in all my work that all those people who suffer from all such diseases are actually left-sided people who go for melancholy very much.

You should seek joy instead of melancholy and joy is the nature of your Spirit. Tomorrow I hope or day after I will be able to talk about the Spirit, the nature of Spirit, and I'll tell you how great it is to be the Spirit.

Extreme of melancholy can take you to another realm also where people suffer from diseases like epilepsy, or they become recluses or they become lunatic. Also people who take too much drugs can go to the left side and too much alcohol also can go to the left side and if they go too much to the left side, they just become abnormal people.

But when the Kundalini is awakened, your attention is brought in the center and if it is on the left or the right is pulled to the center automatically, and you become a normal, balanced personality for your ascent.

Now there are other side also, to us in the right side where the person is dominating others. Extreme of that we can say are sadist. These people dominate others, trouble others, but they are, they, they are not troubled themselves much. But they get some other type of correcting influences upon them like heart attacks, paralyses.

Such people believe in wars, in quarrels, so they disturb the peace of the world. They are always trying to keep under shock and they frighten people with their ideologies. Like one would say that, 'If you don't love me like this, then Christ will punish'. Or else if you say to them under complete domination by saying that the doomsday is going to come.

But before the doomsday there has to be resurrection. Before the doomsday there has to be Last Judgement, and what is going to happen people who are talking of doomsday? Will they not be judged also?

Judgement takes place through your Kundalini awakening. That's the only way you can judge yourself. You don't need anyone else to judge you, because you become your own master and guide. So your Spirit, your Spirit is the master within you, and you have to become that master.

We can understand it through a, an analogy, but don't take it too far: if the left side is the brake, the right side is the accelerator in a car. You try to balance both of them, and when you know how to do it, you become a driver. And when you become the driver, you do it spontaneously. You don't have to ask anybody; you know you are driving. It is a state you achieve. But even now the master is sitting behind, master of the car and your master is sitting behind, is the Spirit. When that Spirit becomes one with the driver, then you start seeing within you the driver, the brake and the accelerator. You start seeing it, and commanding it.

As a result of that you drop all your enslaving habits and also the habits of enslaving others, that is making like accidents and you become a free guide of your own being. This is a simple thing which happens because all that is vital is extremely simple. In Austria, seven percent people got their realization by the end of third lecture, they were about the same number, maybe little more. In every country practically we have people who are realized souls. It's your own. It's like your own check to be cashed. It's like your check to be cashed. So we have to see that we all get that Supreme Consciousness within us.

May God Bless You.

Now, I would like to have some questions where they should be related to the topic I've dealt with, but not, there's no need to be aggressive with Me. If you are already belonging to any group or anything, you can go ahead with it. I cannot force you to get this. You have to ask for it. If it works out, it's, you are very fortunate. You have to just desire for it. You can ask Me the questions, for about five, six questions, and then we will do the process of enlightenment that will take hardly about fifteen to twenty minutes. That gentleman...

(Translator Yogini: The question was, do we need exercise yoga, was necessary to obtain realization?)

Shri Mataji: No, not at all. On the contrary, sometimes it goes against Sahaja Yoga, because we do exercises before starting the Kundalini, so it is indiscriminate. In Sahaja Yoga, we may do little exercises, whichever are needed to clear the chakras, but modern Hatha Yoga is neither Hatha Yoga nor Yoga.

Yes.

(Translator Yogini: The question, the question was if vibrations increase so much agricultural production, how come they are not used on a high scale to resolve the hunger in the world? May I say it in Italian too?)

Shri Mataji: I'll answer. You see, it is not easy for people to take to truth. Especially. And especially the people at the helm of affairs. It's very difficult for them to accept anything like that easily. I cured the President of India of his cancer and he sent, he asked the Secretary of Health to come and see Me to do this work for the people in India. But My first of all, it's not a job of

curing people; it is giving realization.

But if you go to the government, their styles are very different. They would like to keep file on everything, put Me through the parliament, ask questions. I am a free bird; I don't want all this nonsense. But I told them if they want, they can send doctors to Me, I can teach them, I can make them, these things I will teach them everything if they are willing to do. But now, after five years, the land that was allotted to us, they have now got it, now. Can you imagine; five years it took for the red tape to get that land in the hand, to do this work, so I don't know. At this pace, when are we going to really start that kind of a work at that level?

But already we are doing tremendous work, without any interference. Naturally I cannot become an agent into the hands of these people but I'm doing My level best, and I would like to know how much you are going to help Me. You, yourself, personally. Let us see. If you get realized then you can cure people also. You can see for yourself if you get realized, but you must first get your realization. Then you can do it. [Interruption from the audience, interaction between Shri Mataji & member of the audience: She's aggressive I think, she's aggressive. She's an aggressive woman! Be quiet Miss. Let others talk now. Let her come and see Me now. I see, let others asks the questions now. Madam? You come and see Me.]

(Yogini Translator: She's asking, I did not understand the question, so she wanted to repeat the question.) Shri Mataji: All right. Now I would say, that you are nice lady, you are concerned about everyone, I'm very happy to know that. Now I would say that I'll be happy to meet you, otherwise, but let others also ask the question, because she didn't understand the question.

(2nd Yogini Translator: My question is, is it a critique of the people who jump like frogs? Is it a critique of the people who jump like frogs?) Is it a?..

(Woman from public: Of the people who jump like frogs. My question is whether their mistake, because they're taking [unclear: siddies?], is going too deeply into the consciousness?)

Shri Mataji: No one has gone. Madam? If you want to know about it, I'll tell you very frankly, that the director of this Siddhi course in Scotland, his wife and his child, three of them, became bankrupt and epileptic on the street. Three of them, for your information. And they came to Sahaja Yoga. I have come to know about these things only through people who come to Me, and if you want to know more about it I'll tell you. Nobody is deeper.

(Yogini Translator: She got her realization, she wasn't there, she left it and she's again here. She's again new.)

Huh? What does she say?

(Yogini Translator: She was asking the question about if they went too deep into consciousness, those people who did...)

Shri Mataji: No, no, no, no. They became possessed. They became absolutely possessed. So much so that they had epilepsy. You see, he was the director. The main man of this Siddhi course in Scotland, in Ronan (?). And now, poor fellow, he's bankrupt. He's gone to East, to South Africa, his wife has now gone to India, in a big mess, and this fellow, you should read the articles she has given about this man. How characterless is, horrible. His name was Mr. Peter Pierce. His wife is there, you can write to her, you can write to him. It's a horrible condition. Yes?

(Yogini Translator: So the first question if there is a relationship between sexual life and Kundalini?) No, not at all. Kundalini is above the sex energy. Of course, if you lead a sane, married life, and a good life, it's perfectly alright. You should. You should have children.

And here it is, while Christ has said, 'Thou shalt not even have adulterous eyes.' To that extent He went. But the Kundalini rises above the center. At that time a person becomes like a child; innocent. Actually his innocence is awakened and that is how the diseases connected with sex and all that get cured. But that is done automatically, we don't worry about what it is today, but after realisation you just become like that.

We don't tell: "Don't do this, don't do that" – automatically you become like that, a great person. Because you are a glorious personality, you are not a human being, a slave of all this lust and greed.

This one. Yes, please.

(Yogini translator: "When we speak of self-realisation, if we mean an image of the own I, if it is the same...")

Shri Mataji: Ah, I followed. No, no, no, no. Ah. No. There is no image that you see. Please sit down, I'll tell you. No, you become. Like you see the light, so you are away from the light. But when you become the light, you see through the light everything. So you become. That's an experience to be understood that when you become, that it starts flowing through you, you start feeling it and you just become the knowledge.

(Aside to Yogini: "Ruth, how long has been Eduardo, the Eduardo, there? How long Eduardo... no, no, no, no. how long has he been in Sahaja Yoga?" Yogini: "One year and five...") Now, the Mr. Eduardo whom you have seen, has been hardly for a year with Sahaja Yoga, but see how knowledgeable he has become. He didn't know even anything about the Divine! And he himself has given realisation to so many people now.

Yes please.

(Yogini translator: "From where comes your security to say that Hatha Yoga is not a good thing?")

Shri Mataji: No, no, no, no. You didn't hear Me, sir. I didn't say Hatha Yoga is not good, but the modern yoga that people are following is not Hatha Yoga. Didn't hear Me. Now, I'll tell you that Patanjali Shashtra, which was written by Patanjali thousands of years back in India, says that there are Ashtangas, eight-fold. And the first foremost thing is Ishwara Pranidhana, means the establishment of God. And with other eight folds were subsidiary to that - were subsidiary, helpful to that, the seven others. When it was practiced, we had a very different system of education in India, that all young people used to go and live with a realised soul, as a guru, realised soul, who was very learned man and also realised. And if you read the book of Patanjali Yoga which is so big, the exercises – is 'Yama Niyama' – is a little bit like that, in that, little bit. Original.

But this has happened, these things have happened only last fifty-sixty years, when some people went to some gurus in Himalayas and were discarded as useless; and they came to know about these few methods of exercises, and they came and they started teaching people without any Divine authority.

Now, the thing is, one must understand through an analogy, I'll tell you. Say for example, if you have got a car, it must start, otherwise the machinery won't move. And when the machinery starts moving, you see the defects in the machine, where it is the machine, where it has gone wrong. Now, when the Kundalini is awakened – listen to Me – when the Kundalini is awakened, then you see which chakra is out of gear, which chakra is out of gear. So accordingly you have to do the exercise whichever is wrong; you cannot take the whole medicine box indiscriminately. - Let Me finish - But if you do indiscriminate exercises, what happens you become right-sided, and you become, emotions become less, your emotions start phasing out, you become right-sided person. Because you just worry about the physical side, there is no love in it, no love, no balance.

And we are not only the physical being – we are also emotional being, we are mental being, and we are spiritual being. So My authority comes from Patanjali himself. I'll tell you all about it if you come and see Me, sir. (L'uomo dal pubblico continua a discutere). All right. No, come and see Me; I'll tell you all about it, it is that only, is the one that is Yoga. Come and see. I am very happy.

Now, we should stop at one more, that's all, finished now.

(L'uomo dal pubblico alza la voce e discute animatamente. Dice che lo yogi Eduardo, che probabilmente aveva fatto l'introduzione al programma, aveva "espresso idee più avanzate della signora". Shri Mataji ride dicendo:) "I'm happy you enjoyed him more than Me, I'm very happy to know that (ride). All right. Now, it's all right. Now, let him be. Let him..."

Wait, wait tomorrow Madam, you write it down (...) (Tomorrow at) nine o'clock. No, no, no, no, no. Now. No, so many are there. So many people, you see, so many. (Alla traduttrice:) Now ask them to...Don't... Hello, now nine o'clock I'll put the time. Please, there are so many at the back, so many, alright? Please. I'll tell you one thing. By these mental projections you are not going to get anything. By arguments you are not going to get anything. By lecturing it's not going to happen. Now only thing that is going to work out is your desire – and pray for it, it may work, it may not work. There cannot be any guarantee. I'll just try to neutralise your thinking, but actually the Kundalini has to come up from here (tocca il Sahasrara), that's the main point. We cannot debate with the Divine. Whatever has to work out has to be worked out.

If they want to go away, they should go, but you should not disturb in the...(Alcune persone si alzano per uscire)

That's now, let us everyone have. Then you can come and see Me, sir. Sometime, why don't you come and see? He's a seeker. Why don't you come and see Me? You should come and see Me. (L'uomo si avvicina a Shri Mataji e le dice che vuole sapere se può ricevere la realizzazione, avendo già ricevuto un altro tipo di iniziazione).

Shri Mataji: You see, initiation, whatever you have had, is not our concern. What is our concern is that you get your realisation, you must feel the cool breeze... (L'uomo si alza, dicendo qualcosa tipo 'rispetto'...)

Shri Mataji: Yes, it's alright. Why don't you sit down? Let's try, let's try, must try!

(Alla traduttrice:) Firstly, let them be comfortable and quiet. And also, if you can take out your spectacles, because eyesight may be better with this, you know...And take out your shoes, also. Anything tight here can be loosened, here (collo) or here (stomaco) at the Nabhi. Now please put your hands towards Me just like this, because these (indica le punte delle dita) are the five centers, this is the sixth (base del palmo), this is the seventh (centro del palmo). So, of the two sympathetic nervous systems (mostra le due mani aperte), these are ten centres (cinque a destra e cinque a sinistra) we have got. Just now, but this is actually fourteen, because it is five, sixth and seventh.

Now, you have to keep your eyes shut, all the time, because the Kundalini has to rise, and for that you must keep your eyes shut, because attention will be fully inside. But if your eyes are open, the Kundalini may not rise, even.

What is it? What's happening there? Yes. (Qualcuno fa per parlare) Those who don't want to do it should go away, because they disturb the others, and you should be kind. It will just take ten to twenty minutes, but if there are people who just don't want to do it and are (...), it troubles Me, it troubles everyone. Please close your eyes (Shri Mataji massaggia il Sahasrara). Now, you have to do the way I tell you, that you put the left hand towards Me which is the power of desire, on your lap, very comfortably. (Massaggia ancora il Sahasrara, poi dice: "Better"). And the right hand is the power of action, so we have to use the right hand to channelise our Kundalini and our chakras.

Now you put your right hand on your heart. At this point you have to say – call Me Shri Mataji or Mother, whatever you like – "Mother, I am the Spirit".

Now, put this right hand on the stomach on the left hand side, and press it little hard with your fingers. (Shri Mataji strofina ripetutamente la base della mano sinistra – corrispondente alla zona del Mooladhara – contro il microfono. Poi guarda quello stesso punto della propria mano e ci soffia sopra).

Now you say, because you are the Spirit, you have to assert that: "Mother, I am my own master, I am my own guru". You have to say it ten times.

Now please raise your hand to your heart, again. Right hand. And now say twelve times that: "Mother, I am the Spirit". But one thing is I am finding that you people are feeling guilty for nothing at all. Please do not condemn yourself or try to count your so-called sins, nothing of the kind. We have to come into the present. At this time you are not guilty at all. Because you are the Spirit, how can you be guilty? Now please, try to say twelve times, "Mother, I am the Spirit".

(Shri Mataji soffia nel microfono per tre volte) Now raise this right hand at the base of your neck from front, and press it, hold it, on the left hand side. This centre is blocked by people who think they are guilty, or all those who want to suffer (ride). So you have to say: "Mother, I'm not guilty", sixteen times. And if you have been always feeling guilty, you should say, I think, thirty-two times. (Dice a lato: "Very strong"). It is a very strong block there. (Lunga pausa, poi: "Better") Please, don't feel guilty. Say sixteen times: "Mother, I'm not guilty".

You have to be in a happy mood. You must make fun of all this melancholy problem. No confessions in Sahaja Yoga needed. Sahaja Yoga is not worried what you have done so far. Sahaja Yoga is not worried as to what you have done so far. (Dialogo con la traduttrice. Shri Mataji le dice: "You must tell there are no confessions in Sahaja Yoga at all). It is for nourishment and for curing everything that is wrong. (Dice a lato: "Better now").

(Shri Mataji inizia a ripetere i seguenti mantra: Nirmala Vidya Aham Sakshat, Shuddha Vidya Aham Sakshat, Vishnumaya Aham Sakshat)

Today specially, on the special day of Christ's Mother's birthday, you should not feel guilty, and unhappy, or melancholic. (Mentre la yogini traduce, Shri Mataji continua a ripetere "Vishnumaya Aham Sakshat" mettendo il dito nell'orecchio sinistro. Dopo un po' dice: "Ah!" e fa un gesto con la mano come ad indicare che qualcosa è andato via).

Now, put this right hand on top of your head, across your forehead. Hold it. At this point you have to forgive everyone. By saying: "Mother, I forgive everyone. Ah, better.

Also, forgive yourself, that is very important. Ah, better.

Just hold it. Now put your right hand on top of your head, at the fontanel bone area, where you had a soft bone in your childhood. And try to press it. And move it clockwise seven times. At this point I cannot cross your freedom. (Un Sahaja yogi dà bandhan con la candela sul back Agnya di Shri Mataji). And you have to say that you want your realisation, you really want your realisation, by saying: "Mother, we want our realisation, so please give us realisation". Please say it seven times. (Dice a lato: "Better").

Now, raise your hand higher and see if you are getting the cool breeze. Higher, higher. Little higher, about five-six inches higher. Five inches. Now you change your (...) to the other side, and put your right hand in front – like the left hand – and feel with your left hand. See if there is cool breeze coming in. Don't think, just now. (Shri Mataji soffia nel microfono) You can change your hand and see again with the another hand. (Soffia ancora) You can go on changing your hands and seeing for yourself. You can see on each other's hands also, heads, if there is a cool breeze. Without touching them. See in your hands if you are feeling the cool breeze, now. That's good.

You may open your hands clearly and also your eyes. Hands, full hands. Now, I will also tell you how to raise your own Kundalini. Try that. If that works out, you might feel strong wind in your hands. So put this left hand, as it is you see, in front of the Kundalini while sitting down. The left hand, all of you. And now, with the right hand, you start moving your right hand – action – like this, upward – forward – downward. Just try. Not the other way round. Just see how I move it: forward, downward, upward. Take it on your head. Take it on your head and tie it up. This will do, now three times you have to do it. I hope you have followed: forward, downward, backward, upward, like that, clockwise.

Now, start again now, three times. Go up on your head, quite high, and just tie it up and put a knot.

Again. Take it up, high up. Tie it up. This is the third time, when you have to put three knots. Put your head up and tie up: one, two, and three. Now, see in your hands. Now put your hands up and see if you can feel it on top coming, something in your hands, the cool breeze. And ask: "Is this the breeze of the Holy Ghost?" Ask in your heart. Good. So many of you have felt it. Now put your hands again.

You'll feel very peaceful, after this. As it is, you're not thinking much. There is no thought in your mind, you're beyond. So when you go home today, tonight, don't talk too much, have your food and sleep off. Within three days I'm sure we'll be able to establish it, your self-realisation.

1983-0909, Talk about Christ

View [online](#).

9 September 1983

Talk About Christ

Public Program

Sala Borromini, Biblioteca Vallicelliana, Rome (Italy)

Talk Language: English | Transcript (English) – Draft

Second Public Program, Day 2, "Talk about Christ". Rome (Italy), 9 September 1983.

I bow to all the seekers of reality. To know the reality is only possible if you're connected with your spirit. Without that, whatever you know is all on human level.

Now, somebody asked Me a question, that if you just say, "Hail Mary" or if you say Lord's Prayer, then will it not also allow the plants to grow?" Now it is our experience that it did not do anything by saying, "Hail Mary" or Lord's Prayer, so far. By chance, something has happened, but it was not definite, that it will happen, when you said all these things. It is very simple to understand, that without the connection with the Divine, how can we communicate?

For example, if this instrument is made, it also has got with it, the wire, to connect itself to the mains. So, if you do not connect this instrument to the mains, it doesn't work, the instrument is artificial. So when you say "Hail Mary" or you say Lord's Prayer, you are telephoning to God without the connection within. This has given two kinds of reactions to people. First of all, to say that there must be something wrong with us. So God did not listen to us or to say that there is no God and this is all not true. It is today, at this time, the whole world is on the brink of giving up the faith in God. Because it is a blind faith. You are told that this is the faith you have to take without asking any questions.

You may call it any "ism", like the question was that, "What is the difference between Christianity, Christ and Self-realization?" Any "ism" is not a free thing. So, I would say that Christ is the truth. But whatever we have built up with our projections, if it is Christianity, then it is not true. If it was the reality - we should logically approach the subject - then, we would have become different people, being Christians.

Now let us see, how Christ's life is not depicted in the so-called, Christian religious people. Of course, it is true, that this happens with every religion, because every religion has become a "ism" now. But as the question is about Christianity, then I would like to deal with it as it is. So we must find out, logically, what we have achieved through believing into things like this? Now, just see Christ on the cross forgave the people who crucified Him. What compassion and what love, that He was worried about the people who crucified Him! But if you see the Christian nations, say Europeans, as you can call them, I mean, they have been one of the most aggressive races. You have to admit it. I went to South America, to Chile and to Argentina and I couldn't find one aboriginal there, not one soul left there. "What has happened to them?" I asked. They said you can just meet them in some museum, as a picture. So, despite all Christianity, what we have been are, we are aggressive nations. So one has to realize that this doesn't give us what Christ wanted us to be – to forgive those who aggress against us. That these nations thought them to be superior nations, higher nation, that they had right to suppress everybody else around.

The second thing Christ has said, that it is said in the Ten Commandments that, "Thou shall not commit adultery", but I say verily to you "Thou shalt not have adulterous eyes". It is hard to find a person without adulterous eyes in the West, I must confess it. So this has not made us more righteous, more compassionate, more loving towards the whole humanity.

The third thing, which is even more dangerous, is that Christ has said that, "You have nothing to do with dead spirits". Today, all the Christian religions or all the Christian nations are indulging into some kind of this pursuit. The first basic thing, most surprising, is that all dead bodies are in the church, of these bishops or somebody, who are not even Realized souls. So these are

not churches but like cemeteries. We Indians feel frightened to step on them because we know that you are not supposed to walk on the dead bodies like that. So, that is not Christ at all. None of His qualities, you find, being imbibed by following Christianity.

Now, the other teachings which are out of Christ's life is that his message of his life is resurrection. But not his cross. He suffered for us and it's the end of all our sufferings.

Now, on a subtler way, try to understand where is Christ positioned within us and then you will understand what I am trying to tell you. In this picture, if you see, the two sides, the left and the right side cross at a point where you see this red mark on my head, inside the brain, where there is the optic chiasma, where it crosses, near the pituitary and the pineal body. There lies the principle of Christ. Now, if you see that the Kundalini's door to pass through is that one, is the constricted part, is the door, that's why it is said that "Christ is the door" and everyone has to pass through that. Because over-activity of the sympathetic nervous system has created this kind of a very, very solid type of attachment which cannot be crossed easily. Because of the ego and superego crossing over each other, they press on each other like two very hard balloons. This is the cross.

Now, what Christ has shown by his life, that eternal life is not killed by anything, by his resurrection. This was the greatest job, is to pass through that very narrow space, crucifying Himself, He proved it that life has to be resurrected.

On the Easter day, we give everyone an egg. But we don't know why we do it. Now, this egg represents our state, of human state and from the egg, with transformation, you come out as the bird, as the second birth. So you have to become the bird after this egg stage because your ego and superego press you here and you get your own "I" ness, like an egg. So this is actually the second birth which Christ has said that you are to be born again. But we just believe that we are born again and we just live in this faith which is dangerous.

By ascending through this door, which is the Christ, you reach into the area called limbic area in human beings, which is the Kingdom of God. But this portion also has to be pierced through to get out of it completely to feel the source that is around it. This is the reality of baptism. You can see with your naked eyes, in many people the pulsation of the Kundalini. If it is pulsating, that means there is some sort of an obstruction in the being. But if it is a normal body and a normal personality, then Kundalini shoots off just like a jet and comes up. This is what has to happen in reality if you want to have your second birth. It's the subtler awareness that comes into you. You start feeling in your hands, the subtle All-pervading Power around you.

So, as I told you yesterday, no use giving a sermon, talking about you - talking is not going to create the reality. We can talk anything we want to. Does it become reality? And He has predicted that, "I'll send you the Holy Ghost; I'll send you the Counselor; I will send you the Redeemer; I'll send you the Comforter". If there were two disciples of Christ, they would have waited for this time to come. But somehow or other, anybody who put forward the idea of Holy Ghost, they shunned it, they never talked about it. Of course, it did introduce Christ to people, also told what is the righteous life is. But gradually it started losing that effect upon itself, as we had at the time of [UNCLEAR WORD] and started becoming more a sort of a political institution that deals with politics. Christ was never a politician, was He? He was a carpenter's son and He lived like a carpenter's son. Did He live in big palaces? Whatever is his status of life, He lived with it.

So, one has to realize that God's work does not need any money. All the God's work is free. And whatever is vital is the simplest of all. Look at a tree. How it grows from a little seed into such a big tree and then how it flowers and then after the bloom, how does it become the fruits? Who does all that difficult work?

Now, when you're raising the Kundalini, many a times, I have seen, it stops at this center. If you're too much futuristic, if you think too much, if you plan too much, then this center catches. Or else, at the back side, because it has two petals, so at the back side of it, if you are a person, get dominated too much by the spiritualists, or the charismatics and all this kind of thing, then the left side catches at the back. So what you have to do at that time is to take the name of Christ - not the person who is not connected, but the one who is connected. You can say Lord's Prayer. You say thrice, the Lord's Prayer and the Kundalini rises up there. But not the person who is not yet Realized and who does not know exactly how to say the Lord's Prayer. But the one who has

Realization and who is a twice-born real Christian can say that. All these years, all these Christianisms have created an army of haters of Christ. It is very surprising. When you talk to some of them, they say that we believed in Christ. Still we suffered so much. Like I found it in Argentina, people said that, "He was poor, He has made us poor also".

Apart from that, when people find out that there is no truth in all these things, they form groups against the God's own principle that is Christ. You'll be surprised, in London so many churches are sold as pubs. So we have two groups of people – those who have denied Christ and those who are blindly supposed to be with Him.

But reality is in the center. Not in denying nor in accepting. Because if He is the truth, then one has to get to know through the Spirit. Enlightenment that they call it Self-realization or they call it the second birth or baptism - is all just the same - and in Koran, it is called as to be the 'peer', are all the same things, are done by only one thing, is the awakening of the Kundalini.

Actually, as soon as you cross this point through your Kundalini, you get certain powers. You get the power to cure others. You can raise the power of other people up to this point and so up to the Sahasrara, up to the epitome of this, you can take it out from there, what we call the Brahmaandra is there, [literal] hole of the Brahma, is the All-pervading Power.

So, the Kundalini is the spiritual power of the Primordial Mother. As she rises, one by one, by the centers, she nourishes them, as the womb does nourishment. First thing that happens to you, that you feel good health. So many diseases can be cured only if Kundalini can come up to your Nabhi chakra. But subtle ways happen to you when she crosses over from this center. You become thoughtlessly, aware – you become. So you find there is no thought. But you're aware. If you want to think, you can think. Otherwise, you are in silence.

So one has to understand that it is not possible to stop our thoughts by ourselves. Now, when the thought is stopped, what happens is that now, see for example, I see this beautiful painting on top of this nice ceiling and I see it without thinking, I do not think who has made it, how much time he must have taken, how did he go up, how much it must have cost - there is no thought at all. So, like a lake, which has no ripple in it, all that is created around it reflects completely into that. Now, that joy, the joy of the creator, which came through the artist, is all there and I just feel the joy pouring down my head like that. So, a thought rises and falls off and another thought rises and falls off. Now, there is a space in between these two thoughts. Thought may come either from the past or from the future. When it comes, we see but we don't see where it disappears. In between that, is a very small space of present. But we live either in the past or in the future. But if I say that you have to be in the present, absolutely then you can't do it. It's not possible because always there are thoughts, pushing you either to the present [past] or to the future. But when you become thoughtless, then you are in the present.

So one has to realize that the first consciousness you develop is called as thoughtless awareness. In the "Patanjali Yogashastra", it's called "nirvichara samadhi".

Now, once you have this, you have to go to the second stage, when you rise above this and pierce through this, then this state starts settling down and the gap starts increasing in size. So that's how your spiritual growth starts now. Then you start using this power which flows through your hand and you reach a state where you become, we call it as "nirvikalpa samadhi", where there is no doubt. All the knowledge dawns upon you. As you have seen Eduardo or any one of them, they now know the knowledge.

So knowledge can be only known through the Spirit and that is why we have to be the Spirit. Before that, it is darkness, like the story of the elephant, everybody reaches some mental conclusions. Like, there were nine blind people and they wanted to feel the elephant. So somebody felt the leg and he said the elephant is like a big pillar. Another quarreled with him – he said no, when he felt the tail, it is like a rope. And somebody felt his ears – he said no, it is like a fan. And they were all fighting with each other, thinking that they were absolutely correct. But when their eyes will open they'll say that everything is correct and elephant is something different.

Like that, it happens to human beings when there is light. When you enter in the room, I've to just tell you that there's a switch

and when you put on the switch and the lights will come in. Otherwise, there's darkness. And you just switch on and you're amazed to see that the whole room is enlightened. But behind this procedure, there's a big history of electricity, there's a big force working, there's a big organization.

Like one gentleman in London got his Realization and he was little bit skeptical about it. And he said that in Collective Consciousness you can feel another person, isn't it? He said that, "I'm worried about my father. I want to find out what's the matter with my father". So I said, "All right, you just feel with your hands, find out". His father was in Scotland. He telephoned to him. And first he felt it and he said that, "Mother, I'm catching here on this chakra, a very tremendous heat and burning". Now, these centers are all for the father and these, for the mother. And this finger is for the Vishuddhi Chakra. So, I told him he must be down with severe bronchitis. He telephoned to his father. His mother came on the phone and she said, "He's down with very severe bronchitis". Exactly, the same words as I said.

So when the Kundalini comes above this, you become collectively conscious. And when you start establishing yourself, then you also become doubtlessly aware.

Now another lady has asked Me a question that you become a superior man and another, better man than others. But in a way that we understand superior is like somebody who is like Hitler. It is not like that you become. But you become a person who can witness the whole thing as a drama. You're not involved in the whole game. Like, if you're in the water, you have fear of the water, but if you're taken in the boat, you can see the water very well. You're in no way superior or you have a superior complex than the man who's drowning. On the contrary, you have such compassion and such power that you can save that man who's drowning. Actually, when a man is the super-conscious, then he is beyond any domination from any habits. He's a man of great courage also. But not for domination but for protection of the ones who are suffering.

Like Christ, when He saw Mary Magdalene was stoned, He stood up and said, "Those who have not committed any sin, can throw the stone at Me". But, He has nothing to do with prostitution. So people try to confuse everything and call it religion. Like our Church of England owns the [UNCLEAR] which is the property lived by prostitutes. And when they were asked, "Why do you do it?" they said, "We are protecting them like Mary Magdalene". You see, living on their earnings. When Mary Magdalene came to Christ, she was transformed completely into a beautiful, sinless person.

So, one has to understand, in this ascent, you do not dominate others, nor you take domination from anyone. Christ crucified Himself. He need not have done that. It was a drama He had to play. I told you why. Because He had to cross through that gate. He deliberately did not tell that his mother was the Holy Ghost, the power behind Him, because He didn't want to direct the attention of the other people on Her. Otherwise, He would have come out in his true self. And the whole drama would have been finished. Christ has got eleven powers of destruction, the highest. And when He will come on His white horse He is just going to destroy all those who have denied the Divine.

Michelangelo, who was a Realized soul and Sistine chapel, is a very good example to understand what is going to happen to us. He has not shown Christ as a hanky-panky fellow, with only bones hanging down, miserable, but a robust young person, throwing people, right and left. If you go and see Sistine chapel, you'll realize what I'm saying, that He's standing at the Agnya - the whole of the Kundalini's shown. The Agnya chakra and on top is the Kingdom of God. While I was so surprised that at the table there, was kept another miserable picture of Christ, with all the bones showing. I don't know why they want Christ to look like that. He carried such a big cross on His shoulders. Let all these people try once. With that tubercular-like looking body, do you think He could have taken that cross across? I don't know how they can represent God like that. To Me, it all again a kind of a play on your mind.

Now it is for you to understand that you first get your Realization. That's your second birth. And then you become your own guide. These vibrations that will flow from your hand and from your head will guide you. Now, if you ask a question, "Is there God?" tremendous vibrations will flow. When it is positive, then tremendous vibration will flow. But if it is negative, then the vibrations will stop. Maybe also get some burning. I'll tell all about it tomorrow again, in complete details. But to end up, I'll tell you how relatively you can decide that vibrations are true.

In India also, we have great fanatics. And once, My program was arranged in their hall. They call themselves Brahmins. Brahmins are the one who are called 'dwijaha', means twice-born. And Brahmins means, the one who knows the All-pervading Power that is Brahma. But they are self-certified people. And I did not know that they opposed My going there in the hall because I was not a Brahmin, according to them. And they came and sat in front row with a very aggressive mood before Me. I just said, "Who are the Brahmins among you? Come forward. Who think they are Brahmins should come forward".

They all said, "We are Brahmins" and their hands were shaking like this before Me. I said, "Then why your hands are shaking?" So, they said, "You are Shakti – myself, the power. That's why they're shaking". So they said, "Look at these others, they're also shaking, few." I said, "Go and ask them." The man who brought them, he said, "They're all certified lunatics and I have brought them here to get Realization so that they get well". So all this kind of faith, blind faith, and believing that you are on top of the world, is another kind of a lunacy or beginning of a lunacy.

When you rise in your ascent, when you receive the blessings of your Spirit, you become a wise, kind, compassionate personality. You're fearless and you speak everything through your heart. You cannot purchase such a person. You cannot give him anything whatsoever. If you give him one flower, he gives you ten flowers. He cannot live on you as parasites. Such a person has no interest in your position, your purse, in your wives. Such a person has to be above everything else, so the bliss of God flows with you, so that you are blessed.

May God bless you.

I have tried to cover most of the answers to your questions that you gave Me in writing, except for you asked Me how to fight the negative forces, about which I'll tell you tomorrow. And if you have any other questions you can describe them now. I'll answer them. Thank you. Now, tomorrow we are having a program in another hall. I know where. You all know about it – I hope so, which is a bigger hall and hope to see you there. Now you please be seated. I want to give you Realization.

1983-0910, Talk To New People

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10 September 1983

Talk to Sahaja Yogis

Tivoli (Italy)

Talk Language: English | Transcript (English) – Draft

Talk to new people, Tivoli, Italy, 1983-09-10

We go to the essence of things to the roots.

Now if there is a disease on the knees, you cannot cross the knee They have to go to the roots to find out how the disease is showing. So we have to go to the roots now because we have to understand that we are much more subtler than what we know about ourselves. So we go to the subtler side of ...Not only we are bothered about the outside things that we see but we have to know about the inside of us. What causes all the outcome. So when we are...as the person who comes with the for us to give us Salvation we go to the essence to find out to who He is. It is said in the Bible that he is the Alpha and the Omega, means He is the first and the last. But to explain it there is nothing in the Bible. But we have other books, other scriptures UNCLEAR where He is described, and he is called as Maha Vishnu in one of the books and the essence of Him is innocence. All to emit innocence. But before he was born.. UNCLEAR .So Primordial mother first to give image of Christ which was to come on this earth and this is called as Shri Ganesha in the scriptures. There is a very interesting story as to how Shri Ganesha was created by the Primordial mother. So that day is the birthday of that essence, that was created just much before the UNCLEAR and that is how it is a very auspicious day for us to be here present on a day when the essence of Christ was created. In our Chakras you have those Kundalini UNCLEAR, the first chakra which is called as the Mooladhar chakra is residing here. And then he manifests later on as the child of Mother Mary conceptual And that also can be explained very well how he was conceived. For this you have to listen to..you have Shri Ganesh. Because now you are exposed to the subtler knowledge of your being. That is why the first centre innocence is the support of the Kundalini that is called as Mooladhara. For if the Kundalini is the abode of the triangular bone abode of the Kundalini then this chakra is the one that is the support. And there resides the cells within us of wisdom.

That is how Self-realization comes to us. I must say Italians are very wise people. Normaly they don't take to ridiculous things. And even if they do not for a long time. So it is very important to understand the source of all this. So if we behave in an unwise manner in life then we must know that this centre is not alright. And this centre is the centre it represents UNCLEAR innocence of a person is, a person has to lead a life of purity and chastity. When the Kundalini rises its purity is established and you will be amazed that your eyes start becoming innocent. Gradually you develop an innocent personality and you look like a UNCLEAR. That's what Christ has said that you have to be like small children if you have to enter into the kingdom of God. So some people think they are guilty, that we have done this wrong and that wrong but the wisdom is that you should understand that you are not dealing with the past but you are dealing with the present. So at present when the Kundalini is awakened you are innocent and then you will find this innocence and open the heart and joy will start pouring in your heart. Because we have never known joy we have been doing all kinds of wrong things. As soon as we start feeling the joy then you just give up everything else because it opens up inside. So today is also the day to celebrate the source of joy that is Shri Ganesha that is inside. So this centre must be kept clean and we must respect ourselves. In these modern times people have funny ideas about religion. We do all unnatural things UNCLEAR. So abandonment or enslavement is not we want to achieve. You see it is important to understand that this source of innocence is always there and it can always be awakened. And once it is awakened it manifests it's qualities. Now when I was in England first, when I came about ten years back, I have been telling them about a chaste married life. They said, You are Victorian, old fashioned.

So I said alright, once you get your Realisation I don't have to tell you, you yourself will straighten out. But I predicted that you will get terrible diseases which will reflect UNCLEAR. Only the UNCLEAR. And now you see America there is outbreak of disease called the Aids and disease in England and now people are saying Mother what you said is true and no one can cure. For your

information even we can cure diseases. And this can be done automatically. (Child crying)

Mother says to take her out).

You must all understand that it is very important to have this centre extremely UNCLEAR. If this centre is weak, what happens, the Kundalini comes up, again it sucks down. And then we have to raise it again and again and times and again and again because it falls down. So it is very important to understand how this centre has to be clean. Now those people who have come for the first time must know that Yoga also means apart from union with the divine UNCLEAR means expertise,

how to be an expert and with divine power that is within you. So to understand it you have to learn two ways of, now at this stage Shri Ganesha he is within you. Now He is connected with you and if you want you can address Him and awaken Him. And these things when we can say in the suplex we call it a mantra inside which you awaken or call the deity within you. But one cannot give a general mantra to someone like we say this mantra is good or that mantra, it is all absurd. It is depending on where is the problem and which they see is in problem. Though there are seven chakras and you have to know only seven mantras UNCLEAR. Because with God you have to have a protocol. You cannot say alright Ganesh, you get alright. You cannot talk like that. You have to address him with an UNCLEAR and that makes you absolutely perfect invitation for Him to be awakened. The bija mantra the seed mantra is UNCLEAR but when you have to use the mantra you have to use the suplex which all the Sahajayogies know here and they will teach you how to use because protocol is the same. But the name of the deity can be taken only one sentence And you will be surprised that when you use them then the Kundalini rises one by one. You can see it rising. Now it is a fantastic World you have entered into. And it is UNCLEAR you will be quite surprised UNCLEAR. But keep your mind open. Now there are about seventy percent people who are realised souls UNCLEAR

and they all know how to, they are Sahajayogies they depth. And you can see from their faces how their faces changes from UNCLEAR like flowers. And they are not aggressive and very kind and nice people and very great friends of each other. We have people here from different countries they also. Some people have not yet. They will arrive by 1'0'clock. So you will find your brothers and sisters all over the world. You must know that seekers are of special category. They are different type of people but you don't know why they are different. When they get Realisation' they will understand that they are people who are thinking of higher status, higher spiritual status, and this category is specifically there because if you are not a seeker I cannot give you Realisation. And even if you try coming to one or two sessions it will be a headache for me. You should not try to get after them because they are not seeking, they are thinking of money, this and that. So the best is for you to find out who are seekers like you and talk to them about Sahajayoga. And you can also learn how to give Realisation to others. Today you might learn that. It is so simple and it so fast, learning is very fast. Faster than any other UNCLEAR. So now if you have any questions you ask me otherwise we are going to have our lunch and then we can have our, you are going to have our, but I don't know the newcomers have taken or not. Today we are going to do a sort of a worship to Shri Ganesha. If you want to join you can join but normally we don't allow new comers to join. If you are interested you can join. So first is to establish Shri Ganesha then in the new place of the ashram we would like to establish Him first of all so that He is awakened here and He is the source of wisdom and joy.

Alright you can ask questions.

Question: You are able to see in one of us Kundalini is awakened.

Shri Mataji: All of you are. You can see what is coming out. It is the Kundalini. It is the Kundalini on top of your head. What else. Without awakening the Kundalini you don't get the cool breeze. Not only it is awakened but it is also true. Now you have become a saint. It is so quick that you can't believe how can you have become saints like that overnight. But how a flower becomes. It is true. An egg suddenly you see when it is broken how it comes out like a bird.

Question: Why does she feel colder on one side and than the other side?

Shri Mataji: When you feel hot here you put the left hand like this you see so UNCLEAR. When you feel the hot here you put your left like this. You have to get established that is the point. That's why You must learn to meditate in the morning and all those

things because these are all established people who have come. You have to do yourself. Alright. Are you feeling hot less or somewhat, hot. Put down the stool, press hard. For that you all should put left to the right. Put your hand left like that. Left raise it like that and put it to the right so that there is a balance. Left over means.. again. Do seven times. You bring it like this and throw it away on the side, like that. Now you can raise the Kundalini. Put your left hand now like this. One, again, second time two, third time one two three. You put your right hand towards me and left hand towards mother earth. Then you put the left hand towards me and right hand on the mother earth. UNCLEAR. Better? How are you feeling?

Sahajayogi: He feels nothing special and he also. UNCLEAR

Shri Mataji: Alright. You can come this side.

Sahajayogi: He had Realisation'. He not meditate regularly.

Shri Mataji: For some time you must meditate. You got established otherwise in the beginning like a seed. You sprout it and later if you neglect it it can die. You have to look after it till it becomes substantially strong. Are you all with out thought or thought in your mind? Those who are hot, come here.

(Shri Mataji giving treatment to the people.) Come here. Put light behind, I have got here.

Are you keeping good health?

Sahajayogi: A little bit tired and exhausted.

Shri Mataji: Otherwise health is alright?

Sahajayogi: He is saying yes. May be little bit of kidney, she had last year kidney colitis she had last year and small cystis on both but very light not.

1983-0910, Seekers of Joy

View [online](#).

10 September 1983

Seekers Of Joy

Public Program

Auditorium RAI del Foro Italico, Rome (Italy)

Talk Language: English | Transcript (English) – Draft

Third Public Program Day 3, "Seekers of Joy". Rome (Italy), 10 September 1983.

I bow to all the seekers of joy. I've had many, many questions from the last lecture. And gradually in my own lecture you will find, I have tried to answer some of them. But only possible to divert all my today's lecture on those, because I want to tell you about the spirit. It seems there is someone who is a learned man about Indian philosophy and I was happy to know that he has also studied that. Because all that is not so known to the western world, I didn't want to bring it in.

[Aside: Will you please sit down in your place and don't disturb everyone – this gentleman I don't know why he wants to disturb. Why don't you go? Yesterday he was misbehaving also for nothing at all.]

This gentleman has asked a question about spandakarika – is a word which is used for Kundalini which creates the spanda. Spanda is the pulsation. Whether this is the same? Yes, it is absolutely the same, but it is not any ism, like what you called as shaibaism.

In the sixth century we had a very great saint in India or you can call him a incarnation or a great master, called Adi Shankaracharya – who has very clearly said that Kundalini has to be awakened Sahaja. He wrote many treatises like Viveka Churamani and all those. And then he got fed-up with the intellectuals. And he got so fed-up, he wrote his last book as Soundrya Lahari. And in this he describes that the Mother's powers, the power of the Primordial Mother, the Holy Ghost, the Adi-Shakti. And just he has sung the praises of the Mother. And people said that, "Why are you wasting your intelligence in this?" So he said, "All these thinking and reading has made human beings absolutely mad." Because too much reading, thinking creates dogmas. And once you start reading too much about something, you just form your own ideas. And by that you really become a stupid person, in the sense that you start forming "isms". But He has clearly said the "'Yogen, Sankhena' – by all these philosophies you are not going to get there. It is the Mother's grace that is going to work it out."

So those who have read a lot about philosophy, any philosophy, must know by reading you do not reach there. For example we were coming from Tivoli and we saw a sign to Rome. And if we had stuck up there and at the sign only saying, "This what is written in and start reading it," we would have never reached Rome.

Like another great personality in India, Guru Nanaka. He says that, "Unless and until you know yourself, unless and until there is self knowledge – your confusion cannot disappear". But those who follow Guru Nanak, go on reading the book that He has described of the poems of realized souls, to read. They go on saying that, "Unless and until you know yourself, you can not get out of the confusion," they go on remembering it by heart, saying for hours together, like this. But this is not the way, because if somebody gives you a prescription saying that, "You should take this medicine", and if you just go on remembering, "I should take this medicine. I should take this medicine," how will you treat yourself? So by reading too much you condition yourself and form an ism. And you get identified with that knowledge. And once you are identified with that knowledge, so-called, you do not get to the point what is described.

So by reading at the most you can get the idea or a logical conclusion you might arrive at: what to do; how to achieve; what to expect. Like Christ had said, "You are to be born again." So in the church we get up and say, "All right, let us sing the hymn, a number so and so. We have to be born again." And we go on singing this song again and again. Then we start believing that we

are already born again. In Geneva I met some people who came themselves, called themselves born again and they brought a Bible to hit me. So this kind of development that is within us must be seen and faced if you are a true seeker.

There were many other questions about Me also. Whether I was a spiritual master or I am an Avatara or who was My guru, all sorts of things. I would say, you better find out yourself. Christ said that, "I am the path. I am the light," which He was. So people crucified Him. So it is wise not to say anything about yourself in these days, because the ego is so developed in human beings that they don't see that they are the losers. Anyone who pampers their ego, is a very great man. But anyone who makes them the Self, the Spirit, is not liked so much. In all the countries, in the whole world you will find all the people who propounded truth were tortured completely. Nobody wanted to listen to them. This is the problem. When they die then we build up big organizations in their name but when they live, we never listen to them. So now it is time that we should seek our spirit, and the reality. That is very important.

Now today I have decided to speak of the reality. The reality is that you are the spirit. The rest is a myth. Shankaracharya called it as *Adyavtya*. He says that, "The Brahma is the only truth. The rest is all myth." Like Christ has said that, "Seek your eternal life." So this all-pervading power of God, which is a subtle power, is the only truth. And the spirit is the only way we can know it.

Now what is the spirit? The nature of spirit is three-fold. When our Kundalini is awakened and we cross through this fontanel bone area, it touches the seat of the spirit. But the spirit resides in your heart. As soon as it touches the seat, you start feeling a cool breeze from your head. One gentleman today came and told me that he saw one Sahaja Yogi emitting silver thread-like lights from his head. And I told him that is nothing to be afraid of. But if you are not normal, your prism-like perception starts seeing it, either as a gold color or as silver color. If you are a left-sided person, you see a silverfish light. If you are a right-sided person then you see a golden color. But if you are in the center you don't see anything, because when you are there, you don't see anything.

So the spirit when it manifests itself within us, it first enlightens our attention. That means it makes our attention collectively conscious. It makes it. It actualizes. You become collectively conscious. Like we say that we are very great friends, but as soon as there is a quarrel we drop out our friendship. But when you are collectively conscious you start feeling another person on your fingertips. This is what Mohammed Sahib has said that, "At the time of resurrection your hands will speak." He has written so much about resurrection, but no one wants to talk about it. All of them are talking about the dooms day to frighten everyone, so that they can take full advantage of that fright and dominate with intimidation.

So one has to understand that when you become collectively conscious you start feeling another person on your fingertips. Even sitting down here you can find out about someone, what's wrong with that person. So the messages come on your fingertips. Your fingertips have got all the sympathetic nervous system endings. For example, a person who is overactive, thinks too much and he is a futuristic, you will find his right hand side might start shaking or may, you might get warm from that person.

Such a person can suffer from liver, from diabetes, from all diseases which are caused by futuristic life. Such a person gets a very active heart and such a person can die of heart attack also. Then on the left hand side, a person who is a lethargic person and always worries about his past and is in a very unhappy mood, gets a heart called "lethargic heart". Now such a person if you feel about his vibration, you will have a left hand absolutely not giving vibrations or may be there is some sort of a burning or could be some numbness on the hand. If the heart is catching of someone, you get a burning sensation on this finger here, left heart. There are many other causes which bring forth this heart trouble. You don't have to go to a laboratory to find out, to diagnose a person. By fingertips only you can find out what's the problem of the patient is.

It is very surprising that Sahaja Yoga has been predicted about fourteen thousand years back by the greatest originator of Indian horoscope method, called *Brigumuni*. And about 300 years back a gentleman called *Vagandar* who tried to bring it up-to-date, predicted that according to this *Nadi Granth*, this should start in 1970. And we started Sahaja Yoga in 1970. But the most interesting thing he has said that if people take to Sahaja Yoga, there will be no need to have any hospitals or any doctors. Kundalini is not a new name, for Indians. And it has been described in the same prediction that the Kundalini will raise spontaneously, Sahaja.

There are many people who have predicted about this happening, specially a great seer called William Blake from England, about

hundred years back. He has been extremely precise. He even said about the house where the first ashram will start, the exact place. Even My houses, two houses, He described exactly, exact spots. He calls the seekers as "men of God". And He says, "Men of God will become prophets and these prophets will have power to make others prophets". That is exactly what is happening now. Those Sahaja Yogis who have got realization, can make others realized and can make prophets. And that is how Sahaja Yoga is spreading so fast all over the world in a proper way.

But not like a fake Guru where you have to make plastic. It is very easy to make plastic flowers. But if you have to have a real flower, it has to become. So in Sahaja Yoga you have to become. If you are very well read, if you are a very rich man, you may be a powerful person, makes no difference. Like this man who came like a lunatic, believes that he has got the key to finish all the problems. So whatever funny conceptions you may have, is the main thing, is what do you become, is the point in Sahaja Yoga. We have to become collectively conscious. You cannot have a certificate. You cannot have an organization. You can not say that, "I am a realized soul". But it is the growth in you that has taken place that you have ascended to be the spirit, is the becoming that is important.

So Sahaja Yoga is not meant for people who are shallow by nature, or not meant for people who are not deep enough to seek. It's a special category of people who are seekers. They are the only ones who can really become Sahaja Yogis. You cannot force it. You cannot pay for it. It's a living process of the living God of the living evolution. Like a seed which is good, if you put it in the Mother Earth, it sprouts by itself. A person supposing gets cured through Sahaja Yoga, he thanks Me for that. So I tell him that, "I have not cured you." Because if you are part and parcel of Me, say this is my finger is sick, and if I rub it and cure it, will I thank these hands? If you are not the other, how can you thank Me? You are part and parcel of Me. But this is not only talking. It is there in the central nervous system.

So your attention when enlightened by spirit becomes collectively conscious. Then you find that your own understanding about life starts changing into new understanding. You find completely integrated within yourself and watch the whole thing as a drama. You become a witness of the whole behavior. It happens to you.

Now a question was asked whether you become an ascetic or you become detached. Now there is a confusion on this, very much. You think the one who wears a dress like a saint or an ascetic and who gives up his wife, family and runs away in the Himalayas, a ascetic, he is not. Because if goes and builds there a compound for himself with lock and key, then he is not an ascetic. He is ascetic from outside. But you become ascetic from inside. You are not attached to anything. Everything is there but you don't get attached. I will tell you a story of Raja Janaka who was a great king in India. He was called as Bidehi - means an ascetic. And He was a king and whenever He went to any Ashram the saints used to get up and touch His feet. So one disciple of a guru got very angry his name was Nachiketa and he said, "How can you all touch His feet when He is a king and enjoying the life like a king, living like a king, wearing a crown? How can you touch His feet?" So the guru said that. "He is the primordial master." To Him it does not matter whether He lives in a palace or on the street. So this Nachiketa went to Him to see. And he was very bold and he told him that, "How can you call yourself a king and also an ascetic, allow people to call you an ascetic?" So He told that, "All right, tomorrow we will go to the bath together in a river." And He told him now you go into meditation. I am going into meditation. So the people came and told that, "Your palace is on fire." Still He was meditating. Then they said that, "All your things are being burnt. Your children and families are running away." Still He was meditating. Then they came and shouted, "Now the fire is coming here and all your clothes will be burnt." So Nachiketa ran out of the water to catch hold of his clothes and to look after it. But He was still meditating. After sometime He came out and Nachiketa said, "Aren't you worried about your palace being burnt, everything being burnt?" So He said that, "When you live in the realm of divine power, the Brahma, that looks after you."

After realization you start feeling the blessings of the Brahma Shakti of that all-pervading power which is called as Ritambhara PrAgnya by the Patanjali Yoga-Shastra. So this is what you have to feel the blessings. It has many folds. But you can see as I told you the other day, how our Ricardo [She may mean Eduardo, because in the program two days before She mentioned Eduardo, ndt] came only a year back and has become such a learned man today. So how suddenly a person becomes so much knowledgeable. Because the second nature of the Spirit is Truth. Truth is absolute. There is no compromise into, there can not be any. Supposing you want to find out about someone, who is a true guru or a fake guru. If he is a true guru, you start getting a cool vibration in your hand. If he is fake, you may not get vibrations at all. And if he is a devil, you might even get blisters. So to find out about absolute things also like a computer, you get your computer started. All absolute questions are answered. If there

is a mad man, you will start shaking. If there is a saint, you will start getting cool breeze in your hand. There are so many things one can tell about, the truth that you are. So you become the truth.

The third nature of your spirit is joy. Many people confused the joy with happiness. If somebody is given a very big send-off and there is a party in his name and a big pronouncement is made that he was such a great man, he did such a good work and all that, the fellow feels very, you see, flattered. And then when he is flattered, he thinks he is very happy. This is the ego part. But if somebody punctures the ego somehow, then he goes absolutely useless. And you, of many people like this. Supposing today somebody is a big man, a minister. He walks with a nose upward. But when he loses that power, he looks on the ground only. When he is something great, so-called, he wants to see how many people are appreciating him, around him. But when he is nothing he starts feeling so low that he doesn't want anybody to see him.

Now another question was about ego and super-ego, if we develop both of them highest, then what can we achieve? One would become a lunatic, because these are like two cuckoos. The ego when it develops too much, he is a sadist. And when the superego develops, he is a masochist. So one develops at the cost of other. How can you develop both of them, and even if you develop, it will collide. You are not to be your ego or superego. You have to be your self. And the journey is very short. And if that happens, if you get all these blessings, why not have it? So in that swing of ego and superego, we should not move like a pendulum but we should move in a spiral way for our evolution. It's a spiral movement, to jump onto a higher level where you become the spirit. It is as parallel as we have had those space-crafts. The evolution has been like this, that as we have one container, then another container in charge, another container, another container, like that. Like, first the physical containing everything rose high, then blasted off and gave an acceleration for the second one with the mental container.

Then it blasted off, came another push to the emotional one. And the last one came out as the spiritual container. And ultimately it shot up into the space. Actually this is the way Kundalini starts triggering you inside. So one has to understand that to evolve yourself you have to become something more.

So now you become the joy. You start enjoying everything. I find sometimes very difficult to walk with anyone who is not a realized soul to a beautiful place. Because I am enjoying the beauty of the place, and this fellow is on how much it must have cost, and it must have been very dangerous and it may even fall down and all those nonsensical ideas. These are all joy-killers. They make you so unhappy and so miserable. Like you meet someone, immediately he starts telling you, "Oh! That man is not good. That fellow is very bad. That man has done this," like that. And they would be very happy with a devil because they have no sense of joy. A very simple man can be also very joy giving. A little child could be joy giving. A flower could be joy giving. But to this man, it is his ego that gives him happiness.

This is what Zen has done. But those who study Zen are very difficult people. Without realization how can you do Zen? Zen is the same as meditation and you cannot do meditation. You have to be in meditation. Now you are paying attention to Me, and I say, "You pay attention to yourself," how can you do it?

When you are in meditation your attention is inside. But how can you do it? Only when the Kundalini rises. Her movement upward, catches your attention inside. So you know about your centers as a self knowledge and you know about others' centers.

Like you know who is a realized soul, who is not. The person who is a realized soul will give you joy. The joy starts coming on your head all the time like that, pouring down in your being, making you absolutely calm and beautiful. But the ego locks off your heart. It does not allow you to laugh and to enjoy. It makes you serious. But this is all the play, the leela of God, to be enjoyed in its complete purity. And it's so great that you cannot describe it but you feel it within yourself.

I give you an example of a... [NOT CLEAR, HER?] once She met a Sahaj Yogini suddenly in Sicily. And by vibrations they felt that they were Sahaja Yogis. And they embraced each other with such joy, with such happiness, "Oh God, you are here. I am here too." You must see the Sahaja Yogis from the west, when they go to east, in the villages, in simple places where there are a very simple Sahaja Yogi is living, the way they embrace each other, feel happy, the tears start flowing their eyes. "Oh, we have met another saint. Another saint is there, sitting here. We have met him". So the Sahaja Yogis are that special race of evolved people.

They do not dominate anyone. They love everyone. This love is without lust and greed. It is pure love and it is pure joy. May God give you that blessing to be the Joy. Don't be identified with anything else.

There was a great poet called Surdas, in India. After writing a very big book, known as Sukh-sagar, He says, "Surdasa ki savi avidya dur karo Nandalal." "Oh Krishna, please remove all these non-knowledge from me." That is what is also in the Vedas. The first verse is that, "If by reading this if you are not to be thee, means if you not become the knowledge, it is useless". In this short time whatever was possible for Me, talk about Christ, other things I have talked. But this talking has no end, I tell you. In London at least I must have given thousand lectures and they have got tapes.

If you want, you can have from them and listen to them, on various subjects. And still they always say, "Mother you always say something new." So much so, now I want Sahaja Yogis to speak instead of Me speaking, because it is too much. And I am sure a day will come when they will speak instead of Me and I just give realization sitting down nicely.

Because this is the nourishing power. It nourishes you in everything. Like a mother sees her children growing up and nourishing themselves and becoming great, that's her achievement. As I told you for the first day that now the new type of awareness has to work out. So far the masculine movement was there. People wrote about God, talked about God, preached about God, did a lot on the manly side. And the tree of life grew too much outside. But now the time has come for the Mother Earth to nourish, the Kundalini to nourish. She is the Aquarius and this is the age of the Aquarius. In Sanskrit language called as Kumbha, which means they worship before every puja. So it is the feminine qualities that have to nourish. Of course, as I told you, it is not feminist, which is absolutely another "ism". Women trying to become men, that's ridiculous. Again the pendulum. But now when all this growth has taken place, like this instrument is made, now let it go to the mains. So men these modern times, who are compassionate, who are forbearing, who are nourishing, will be worshipped. And not men who try to aggress others. Like I would say Abraham Lincoln, Mahatma Gandhi. All these men are of a different quality altogether.

So this new type of fulfilment has to come. This womb that represents the Kundalini has to nourish us and take us to that beautiful... If there is one enlightened candle it enlightens another candle. The same way you get your enlightenment. Once you your enlightenment, you can give other's enlightenment too. And as I told you, you cannot pay for it. It is invaluable. It is so invaluable you cannot pay for it. It is so dynamic you cannot organize. It makes you an ascetic who is a dynamic person. And that should happen to all of you, because you are seekers.

May God bless you.

1983-0911, Shri Ganesha Puja: The Birthday of Shri Ganesha

View [online](#).

11 September 1983

The Birthday Of Shri Ganesha

Ganesha Puja

Tivoli (Italy)

Talk Language: English | Transcript (English) – Reviewed

Shri Ganesha puja. Tivoli (Italy) 11th September 1983.

Today we are celebrating the Birthday of Shri Ganesha, because it is a very important thing for all of us that we should celebrate His Birthday; and yesterday we did the Havana. But yesterday we had many new people so I could not talk to you very clearly about Shri Ganesha's deeper manifestations. You know that He resides within us.

[Shri Mataji speaks in Hindi]

Now we have a very great asset within us that we know about Shri Ganesha, and that we can excite His powers.

Shri Mataji [to an Italian Yogini]: Please translate.

To manifest Shri Ganesha, we have to do certain amount of Tapasya - penance. First we have to say, when we sit for meditation, that: "I am going to be worthy of Your appreciation. Make me humble, so that I am appreciated by You, and my only desire is to please You." Then you sit down in complete preparedness, meditating over your Mooladhara, putting your attention to it with absolute purity. Now you have my photograph before you and you tell the photograph that, "Mother, You are Shri Ganesha. You give me wisdom and discretion". So, attention at the Mooladhara chakra, which is actually below the sacrum bone. You put your right hand towards the photograph and left hand on the Mother Earth. Now this will tell you that your mind, or your brain which is full of confusion, which has no discretion, which is complicated, which does the same mistakes again and again, which does not understand how to cure the ills of bad thinking. All that can be cured if you put your right hand towards Me and the left hand towards the Mother Earth. So, in action, you do like that.

Now as He is the 'essence' of everything' that is material, that has bhava , that has been created. He is the essence of everything that has been created. 'Through Him' everything has been created. When you develop that, you develop your sense of subtle creativity, and the sense of subtle appreciation of creativity. Then you develop your discretion of how to behave with others, in a beautiful manner, so that your ego is controlled. The behaviour should be such that there should be no expression of ego in your behaviour. Your Mother is a good example.

I think you know that I know quite a lot of things, but I never show off, nor ever assert that I am so knowledgeable. I live like a very very ordinary person with you, and I do not in any way assert my personality that gives you a shock. So, with your intelligence or with your other powers -like if you are a moneyed man or if you are more efficient, or anything, you should not try to impress on others. But you must deal with it beautifully. So the beauty comes when you are efficient "and" you are loving. That is the central point, that is the result. That you are knowledgeable and you are humble. That you know everything about everyone but you are discreet. So in effect, it is a complete personality that can only give that kind of a very soothing effect. So the soothing effect comes as a result of beauty. So to develop it you have to meditate on your Mooladhara chakra.

I have seen many people get fanatic about Sahaja Yoga also. They think they are the real Napoleons or Shivaji! In Marathi we call him Shivaji, but Shivaji was a much better person than Napoleon, better to call him Napoleon. Then they start guiding you in everything -"This is not good, that is not good. Tam a very great Sahaja Yogi! You are like this," and all that, and very hot-tempered because they are fanatics. Fanaticism and temper goes together. There is no love in fanaticism. If you tell them don't be a fanatic, they will start crying. So the fanaticism of Sahaja Yoga is most blinding. It is something like, in front of the Temple of God you beg from other people for money. Sahaja Yoga is one thing which should not lead you to 'any' fanaticism. You have to be prasanna-chitta, which means you should be a very happy, joyous personality; and not a tense, abrupt person. But this only achieves it's maximum result when everything is done in complete innocence.

But many people confuse innocence with stupidity. They think, to be stupid is innocent. And a stupid man gets into an ego trip in no time. Innocence is the wisest thing. You 'cannot' be fool innocence, that's the main thing. No one can be fool me, I am very innocent. Innocence is that which does not harm anyone, that does not think that it can solve the problems, but, it leaves everything for God to solve. It is just existence itself-in the blessings of your Mother, as Ganesha was, just living on the complete blessings of His Mother. It gives you concentration.

Have you seen a child being nursed by mother, how concentrated the child is. Sucking everything! It doesn't bother who is who, where he is sitting, what is it, what is catching. It doesn't bother as to who is next to you, what is your relationship with others. Or it doesn't bother, at all, as to the future, as to what he is to do next.

So innocence keeps you in the present. Innocent man is permanently relaxed. Supposing I have to go today. Alright, so I'll go at the time when I have to go; what's the use of getting agitated about it? People get even 10 days ahead agitated if they have to go after ten days. And when it really comes to going, they have forgotten everything. Because they are not in the present. So to develop your innocence also is a very good idea 'to be in the present'. At the most what's going to happen? I mean whatever has to happen will happen in any case. So why worry? I am one person who is least worried, and nothing has gone wrong with me so far. On the contrary I play tricks that everything goes wrong with people like that! And I want them to learn that this is not so important. To keep yourself in the present is your job and leave everything to God Because you don't know that when you are in the present you are in contact with the Divine power, but when you get out of the present you are not there -you are under your ego or superego.

So for all of you I may try just to show that I am also playing with you to prepare you. I am least bothered about anything whatsoever. What is such a disaster you have seen in your life, just tell me. I have seen the last dissolution of the whole universe. What can I fear anymore? So when you get upset, think of something very serious that has happened to you before, and then you will not be so much worried about the non sensical little things here and there. So miraculous things will happen, through your innocence. The more innocent you are the more blissful you will be.

Now, many people should try this thing: sitting in a group together, meditating, saying the mantra of Shri Ganesha, to try to build up. Those who think too much, they should also try to say "Not this, not this, not this ... ". Even the superego when it gives you thoughts, you should say "not this, not this, not this ... ". So you will develop that state where you stand yourself: and nothing else. So the innocence plays, but it is not involved. It sees the play, just sees, it enjoys the play, just enjoys. So today when we are thinking of Shri Ganesha, let us desire that, "Within us His great power of innocence be enlightened".

And He is, on the other side, the source of love. The source of emotional security. He's like a child, a very charming, beautiful child, and people feel extremely enchanted. Charmed, seeing that innocence? You see it's a fraternal love, a fraternal enchantment for him.

A motherly enchantment. Because " charming" also is a very funny word. Because in the west people don't understand even innocence towards children. So you have to be childlike, not childish, confusion must not be there. But some people confuse it. They think it should be like a big baby, you see; and that you have to be treated like a big baby all the time, from bottle feeding to nappy changing, in Marathi it is called "Motha Bal". And there's no end to it. So this kind of thing, if it is done to someone, that really will become a stupid fellow in no time.

But Ganesha's enchantment has dignity. He may look like a child, but He is an old man. He is the eldest of all. And despite all these years, he has kept His innocence intact. So sometimes people confuse it with doting or sort of or caring too much, and the innocent person doesn't like it much. Even if somebody does it, He wouldn't mind, because it pleases the other person. But it does not go to his head or anything. On the contrary, when you are doting on such a person, you start learning.

There was somebody like that he was an expert on massaging the feet. So she said "Mother, just you give me one hour one day and I will come and massage your Feet, because I have known that art". I said alright, come such and such day. And when she started massaging my feet, you see, she said, "What is happening! It is me who is relaxing".

So, that is the beauty of innocence, that when you try to pamper the innocence, when you try to dote on the innocence, it emits

the beauty. It relaxes. If there is a little child, and you want to kiss the child and you want to embrace the child and you want to love the child - it is 'you' who is wanting, not the child. If you do not want it, you are abnormal. But if you want to dote on some one, then that should 'relax' that person, the one who does that. But if it is the other way round, that the other person gets tensed up and the person whom you dote, gets becomes ego-oriented, then it is all wrong, absolutely it is upside down. You get tensed up because you think nothing should displease the person, you think the person needs it. You try to dote on the child thinking that the child needs it. It is 'you' who need it.

Sahaja Yogi: Mother, I forgot.

Shri Mataji: No, no, what I am saying like this is that, that you try to dote on the child, thinking that that person, the child needs it. It is 'you' who needs it. If you remember that, that 'you' need it, then why should you worry that if you do not do that particular thing the person will be displeased ?

So just by pleasing yourself you are really pleasing the other person. One has to see that. So this is wisdom: to see things in right perspective. And that is what should come into everyone spontaneously. When that comes in, you become a complete personality. Ganesha is sufficient to make you complete, because He is complete. And as it is, for you people to do it, it is easier, because you are already at a point, where Ganesha has pleased you, or we can say, that you are pleased with yourself. So, one should not feel hurt, or should not feel bad. If someone feels hurt or something, that means there is something lacking in that person. Such a personality is the personality where we can say that Shri Ganesha is residing with all his powers. But some people have the right Ganesha and some people have the left Ganesha powers. Both the types of powers must be developed.

If a man has been licentious and very fond of the other sex and all that, he gets such a rebound that he becomes an 'absolutely' left-side character. Supposing before Realisation he is running after women, or the girl is running after the men, all that, gets such a rebound that, he just doesn't want to do that thing, as a filth, he thinks it's filth, that is one of the feelings that come in the mind of a person, when he doesn't hanker after this kind of nonsense. Like we have horrible names like heterosexuals and homosexuals and all sexual sorts. When you keep a healthy company of your type, of your sex, healthy company healthy and pure. It is very natural. And the another extreme nature should not be followed. Like, I have also seen among some Muslims, this is a habit, that they are more attached to their daughters than to their wives. Funny thing. It is absurd. They pay more importance to the daughters than to the wife - it is something very absurd, it is not good. It's again perversion. Or the women, they love their son more than their husband. It is absurd. And once it starts working like that, it can go to any absurd limit, which is not in the 'maryadas' in the boundaries of Sahaja Yoga. There has to be very healthy relationship. Friendship, but not attachment which looks funny and absurd. So nothing absurd should be done. No thing overly should be done. Because there will be remorse and unnecessary heart burning for nothing at all, it is useless.

Now, in Sahaja Yoga, another very important point I have to tell you today, which is not so much besides Shri Ganesha's point, which we always make mistakes. Then in India there have been lots of mistakes like that: Now I give you one example of Mr. X who is a great Sahaja Yogi, in the sense that he is a great organiser, he has done this, he has done that, and we start adoring him, or we may be jealous, one of the two things happen, either we adore or we are jealous. Now, if you adore that person, then you must follow his footsteps. And if you are jealous, then it is more reason that you follow his footsteps so you become like him. I am talking of wisdom. Now, but instead of that when you adore you will - even whether you are a boy or a girl, you will jump on him, you will hug him and kiss him, you'll do all kinds of nonsensical things, which is 'not needed' to express that way.

Like it happened with Me that I was in London for the first time, you see. I'd never known all this, and somebody, he was quite hefty, you see, he just came and hugged me and took Me in his arms, I didn't know where to look I was absolutely [inaudible] [Laughter] And he kissed Me actually.

[Laughter]

So much so I forgot English language, so I told him in Marathi: "Put me down".

[Laughter]

All that in. So it is quite funny, even I mean, I'm not used to kissing at all, at all'. Anybody kisses Me, I get a fright you know. But I can kiss a lady or a young boy, little boy I can kiss it's all right, that's done. But not every man, I cannot kiss - it's very funny, isn't it? [Big laughter]

So this is a kind of adoration which is not very wise. Adoration is to be felt in your heart.

Like yesterday one of the gentlemen put his hand so strong on Me, that for two minutes I was just trying to put it right. And this shaking hands is a very horrible thing. Sometimes they feel unless and until they have taken out about a kilo of meat out of Me. [Laughter] And this is how sometimes, you see, there is no maryadas' left, even between ourselves. So there should be maryada.

Now feeling jealousy is another thing. I have seen that when people feel jealous, they start coming and complaining against this person or that person, or this, I know what it is. Jealousy is the worst curse that one can have I think, because, you see, then you can't see anything that is good, because, you see a person is normal, you feel jealous of such a person. Then you feel, you are jealous so you have every right to do what you like. You just say: "I am jealous of you, because you are so good. So, now I can be very bad." I mean, first it started with people telling that this is jealousy which is a bad thing; it was all right. But now the bad thing is taken as a - what you call - a blackmail, you see, you use it for blackmailing others, that, "Oh, alright! I am a bad man, so I am a bad man. You are a good man, alright, So what?"- Just like that. To use it as a power.

Like yesterday one madman came, a lunatic. Now when this lunatic came, he wanted to sit in the front. And he just started taking advantage of his lunacy!-That if he is a lunatic, he can behave the way he likes. Because you are a drunkard you can behave the way you like. Now, what is the wisdom? Where is it lost? It is ridiculous.

So, one has to be wise. When you are dealing with it, the wisdom is your glory. By wisdom you will be fair to yourself and fair to others. Wisdom is like an ocean, one cannot describe it in one lecture. Just try to enjoy your wisdom. And the greatest wisdom of Shri Ganesha was that he was surrendered to his Mother, that's all, he is not bothered. And when you are surrendered then you just understand that you give up your ego and superego to your Mother to bother about it, and you live with your innocence.

And to understand also in a very gross way, we can say, to have Ganesha tattva, Ganesha principle developed in you, you must eat things which are emitting Ganesha principle: like the chana [chickpeas], like, I have found out, the hazelnut. Then you can see that you should use a lot of these lemons, you see, is a good idea. All these give you a good Ganesha tattva. So, all these things should be used, and there are many other things one can see that, which help you to develop your Ganesha tattva. But the highest of all is to control your eyes. Not to see anything that is tempting.

So put your eyes on the ground. You just watch your eyes when another sex arrives, so how do you look at that person, with greed, with lust. And if you understand that, then you will start clearing your eyes very well. Another thing is physically you should try to do one or two exercises to be able to put yourself flat on the Mother Earth, because that helps. So, before doing the meditation to Shri Ganesha, you must always do that exercise, to loosen the muscles so that you touch the Mother Earth in a more flat way. It will help.

So, for today, I think I have said sufficiently.

[Big Laughter]

Shri Mataji: Now see, I'll tell you. See the red sari today for Ganesh preparation, how automatically!

Just see. How automatically Ganesha's puja [?]

This is the [?] from England?

Sahaja Yogi: Yes Mother

Shri Mataji: All right. And which is the another one who has got it.

That's also a combination. Actually that's the combination of red and blue or,

Sahaja Yogi: Inaudible.

Shri Mataji: Yes, something like that. It's the combination of two sides of Shri Ganesha.

Now, you see, they were trying to find out about sari. How they've got it! And how they got saris for every chakra is the best part. Spontaneously! It's so spontaneous, you know, the saris, they've got from overnight. For every sari, we saved at least three, fourth the price. Three, fourth the price! I mean this is a Ritambhara PrAgnya, no doubt. All right.

So now, the puja should start and I would say that people, like, who can come...And we can have Guido andmarried people from here. Those who are going to be married should also join

1983-0914, Success stories with Janet Turner

View [online](#).

14 September 1983

Interview

Los Angeles (United States)

Talk Language: English | Transcript (English) – Draft

TV Interview "Success stories with Janet Turner". Los Angeles (USA), 1983.

Reporter: The Academy award-winning Movie about Gandhi, made many Americans aware of the great work this man accomplished in India. My next guest worked with Gandhi but she is here in America now to help us find what she calls "Self-realization" Stay tuned! I think you are going to find this very interesting. Her name is Shri Mataji.

Reporter: Did I say it OK?

Shri Mataji: It's good. [laughter]

Reporter: It's actually longer than that! But we are not even going to try that. [laughter]

I just got to ask, was Gandhi anything like the actor who portrayed him in the movie?

Shri Mataji: Oh! Very much. Very well done. The only thing was the style of talking of Gandhi was rather more Indian. This fellow was over brilliant, I think.

Reporter: Over brilliant?

Shri Mataji: And he would answer everything in such an alert way, and Gandhi ji was a very slow speaker. That's it.

Reporter: It took little longer to come out.

Shri Mataji: Yes. That's it, you see.

Reporter: But they portrayed him so perfect like a saint. Is that true?

Shri Mataji: Yes, you see, they have done it very well. And the lady who has worked it out, I know her very well. She is a very intelligent lady who did all the dress up and all that. She is very intelligent woman.

Reporter: They chose her well. Wasn't there anything that ever got him angry or?

Shri Mataji: No, he used to be very angry. That's a wrong conception. He used to be very angry with the people who would make money and cheat others and would not be sincere. He used to be very outspoken about it. Very outspoken.

Reporter: He had lots of good things to say. What exactly did you do with him?

Shri Mataji: You see, I was little child of seven years when I stayed with him. He was very fond of me and he used to call me Nepali. Because of my face had some 'Nepali features'. And actually, he found out that I was a very different type of a child. And sometimes, he used to discuss with me some things which we would not discuss with a child of seven years. Like, he would ask me, "What should I put for my prayers? Which should be the first? And the second, which one should come second?" Like he knew that I knew something about the spiritual life.

Reporter: Isn't that interesting?

Shri Mataji: Yes.

Reporter: Well, that's all what we're going to talk about. First, I think we should start at the beginning. Explain what you mean by Self-realization?

Shri Mataji: You see, within us is placed the reflection of God Almighty, which is the Self, which is the Spirit, which is placed in your heart. Now when Christ or anybody has said that, "You are to be born again", it was not any sort of artificial type of baptism. But it was the real happening within us of a power which is placed in the sacrum bone to rise and to get you connected with the whole. So, this is what, when it happens, then you become actually first connected to your Spirit which is connected to the whole. And that's how you get connected to the whole primordial Being.

Reporter: Do you have to understand yourself first?

Shri Mataji: Me, myself, No.

Reporter: No. You just-

Shri Mataji: I knew it.

Reporter: But if somebody at home is watching. What is the first step?

Shri Mataji: It is spontaneous. It is not mental projection. It just happens automatically. It's something like a candle which is not yet enlightened, can be enlightened by another light or another enlightened candle. It's just like that. So, you don't have to anything. You are just ready. if they put their hands towards me, even now, just watching me, they will start feeling a kind of a cool breeze in their hands blowing. And that is the thing that has happened.

Reporter: Ok, what do you suggest? What should they do?

Shri Mataji: They just put your hands towards me like this. Now you are a very hard-working lady, and futuristic. So, your right hand is more active and the left is less. So, what you have to do is to put left up there. And the right, we'll start working. [Shri Mataji is clearing her right hand]. Now another thing you have to do, is to forgive people.

Reporter: Oh Yes! I know that.

Shri Mataji: And that's the thing is lacking a little bit. You must forgive. Because it is a myth when we say, "We don't forgive". What do we do? We really torture ourselves, don't we? The other person, whom we don't forgive, doesn't feel anything bad about it. On the contrary, you are playing into the hands of that person. Isn't it?

Reporter: Yes!

Shri Mataji: So, it's a myth. Just you have to forgive and then you'll start feeling the cool breeze in the hand. That's the All-pervading Power.

Reporter: Yes.

Shri Mataji: You started, yes.

Reporter: And people at home, what would they feel?

Shri Mataji: Yes, they would also feel the same way. They will also feel the cool breeze coming out of their heads. That's what happens.

Reporter: [While checking above her head] Well, not in this room. But I- Oh, yes!

Shri Mataji: Yes! It's there. It's from within.

Reporter: Oh, this is spooky!

All right so, but how do you use it? All right, so say.

Shri Mataji: So now, you have become the Spirit. Now, you manifest your own power. Like the gentleman who was here before was saying, "I must know myself". But you don't know who you are, what you are. Now by this now, you will know that you are made up of a very fine instrument within yourself. And you have got seven very subtle centres you see, which work out in two ways.

First of all, you will know what's the problem within you. Because, on your fingertips, you will start feeling the problem and I can decode it by saying that there are seven centres: one, two, three, four, five, six and seven.

All right? And on this hand, the same way. Now, this is the hand of emotional side and this is the hand of your mental and physical side. Now if you have any physical problem, you can feel it on your fingertips. Now if you know how to solve it, it's all right. Done! Any disease, anything are nothing but the permutations and the combinations of these centres going to the extreme or being exhausted. Or some sort of a damage done to these centres. But when this force rises, she nourishes them. It's the Mother, it's the feminine within us, which rises, which nourishes, which soothes, which gives you that peace.

Reporter: So, let's take this little bit more practically.

Shri Mataji: Yes.

Reporter: OK, I will tell, I have had a little bit of kidney problem.

Shri Mataji: You have, I know.

Reporter: Well, what will I do about that?

Shri Mataji: It's very simple, you see. You put your hands like this, towards me now. Your kidney problem comes from the centre called "Swadishthana." now you will feel a little bit here [Shri Mataji points the thumb] See, even you can see virtually, see this looks healthy [right thumb] this does not look that healthy. Don't you see so?

Reporter: What am I looking for?

Shri Mataji: You see, you are looking for- you feel a little, see, this swelling and you feel a little heat there. Do you feel a little heat there when you are getting the cool breeze?

Reporter: Yes.

Shri Mataji: You see, that's the heat that suggests you. Now this also is suggesting. Even this kidney is not all right (pointing towards her left hand) but (again back to the right sw. On her hand) this centre deals with kidney and other organs like liver, deals with your pancreas, with your spleen and part of your intestines; uterus also. So, you see, you must know how to make them out. Now what you have to do is to -at this centre is a deity what we call is the creator. The creator is sitting on this one. So, you have to request the creator that he should now cure you. That's what we call as the mantras. Now, because you are connected, you can ask. Before that...

Reporter: Is it basically just asking God?

Shri Mataji: Yes, of course! Of course! It is an aspect of the God.

Reporter: Is it just like saying a prayer?

Shri Mataji: Of course. But when you say a prayer, you are not connected. Now you are connected. Now, you should know where are these deities are placed? Where is Christ? Where is Moses? Where is Abraham? All of them are placed within ourselves and how they denote here. (Shri Mataji pointing towards her hand) Now you are connected, and now if you ask, they will help you. That's how you cure people without much trouble.

Reporter: One thing I wasn't quite sure, how was I connected?

Shri Mataji: Because now the thing has started flowing in your hand. That's the proof. Now here. (Shri Mataji again brings her hand to the top of her head. Pushes her Sahasrara and massages it gently.)

Reporter: Oh! Because, I believed.

Shri Mataji: No, no, no. There is nothing to believe. It is within you that power. It is all spontaneous, it rises. It's a living process of a living God. That's all. You have to become that. You see, this is not a mental projection. Now, the women think that if they become the men they will be all right. The men think they have to become the women, it's all like pendulum moving like this. Actually, in your spiritual ascent, you move spirally at a higher level. You come up. And that higher level is where you become the Spirit. And you become aware, you become a different personality. It's a transformation but in the beginning....

You have to go slow, establish it, understand it then you start manifesting your own powers.

Reporter: Ok. Say, tomorrow you'll be gone. You will be gone tomorrow. So, what do I do to get it back?

Shri Mataji: All right. For that, we have a center here. In Los Angeles, luckily, I have been here thrice now. I came in 1970, but they wouldn't listen to me. They said, "I must take some money", how many Rolls-Royces I've got, all sorts of things you see. I was amazed you see...

Reporter: I know. Shri Mataji does not ask for any money. At all.

Shri Mataji: How can you pay? What can you pay? Just now, it happened to you how much will you pay me for this? It's absurd. Isn't it? It's a living process. You don't pay any money to the Mother Earth for sprouting a seed. Do you? It's absurd. It's illogical. But I don't know why people are so much enamoured by that. It's a thing, they think they can purchase a guru. They can purchase God. They can organize God. We have to be humble.

Reporter: Ah!! We have to be humble. Yes. That's important, and you- well that means you don't always put yourself first, right?

Shri Mataji: Yes, I mean, you must-

Reporter: Do for others.

Shri Mataji: ask. You just ask for it. You just have to ask for it. It works out. But before this, if you try to do this say, for example like a missionary work or anything. It is all outside. And it drops out in no time. But now supposing, people say, "Mother, thank you very much for curing me" and so I just laugh! Because, you see, this is just like my finger being sick. Who is the other? Now my finger is sick, so I rub my own finger and there is no obligation. Neither, I feel, they should feel obliged because if you are part and parcel of me, nobody is the other. Because you become collectively conscious. You become. Again, I say, it's an actualization. It is not just talking. It just happens to you. Because you are just ready and you get it.

Reporter: Hmm. OK. And I read an article where you told the reporter not to think so much. Do Americans tend to think too much?

Shri Mataji: Oh!! Too much. Too much to think, but it stops. Because, you see, a thought rises and falls off another thought rises and falls off. Either you live in the past or in the future. More futuristic, Americans are more futuristic. But some can live with the past and some can live with the future. Now, in between that thought, there is a little gap. And that gap widens when this force rises. And you stay in the present. And then the dynamism of the present you see, you see the whole thing just like a new dimension within you. And you start enjoying every part of it.

Reporter: Hmm. Well, it's fascinating. It's- I don't know if we really were able to cover it. I mean, to say enough for people to really understand.

Shri Mataji: It's a very wide subject.

Reporter: It is.

Shri Mataji: And I have, must have spoken, at least, thousand lectures must be there in London. And so many thousand. But the main thing is that when you become that you become yourself the knowledge. You yourself know everything. Like, once I was travelling with a gentleman on a bullock cart and the fellow was just uneducated. And he started talking like a prophet. Like a saint! I was so surprised. The whole knowledge was within him and he started saying like that.

Reporter: Well, thank you very much for being with us.

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

Reporter: We are going to give you an address, if you would like further information. Here's what you can write for Shri Mataji (then the address appears on the screen for California)

It's a rather interesting concept to think that we have a lot of power within ourselves to heal ourselves and to solve our own problems. I think that's what basically what we were saying here. Well, thanks so much for being with us tonight. Remember until next time, the only real success is living the life which you have imagined.

Good night!

1983-0916, The more simple we become the easier it is for us to grasp the reality

View [online](#).

16 September 1983

The More Simple We Become The Easier It Is For Us To Grasp The Reality

Public Program

C.G. Jung Institute of New York, New York (United States)

Talk Language: English | Transcript (English) – Draft

At the very outset I have to confess that I have no academic interest in philosophy and I don't know anything academically. Neither have I known much of Jung till he died, and there was a report about him in one of the Indian journals and I felt that there was a great soul who has gone away. Now you are all great scholars and great intellectuals, while I'm a simple housewife, and all that is simple is reality. Reality is not complicated. One must know it's the most simple thing is reality and the more simple we become the easier it is for us to grasp the reality. Now to understand Jung's problem, I have no way out because I was not a student of psychology, but I got hold of some dictionary to know what he was meaning by saying "unconscious" and "collective unconscious," and all these words. Then later on in London I met a Indian, an Indian boy, studied in Oxford and all that, then he became a psychiatrist also he did his M.B.B.S., and then he became a psychiatrist. A very clever, intelligent person and I found that because he had an Indian background he could integrate properly, and he related to Me all the beautiful things about Jung. Of course he also brought Doctor Adler to meet me, who got somehow cured of his trouble, I think. And Doctor Adler gave me a book as a present. It was so complicated that I gave up. But he was a very nice man I should say, and I found it difficult to explain to him. Because first of all there are certain presumptions in our mind, and certain conditionings, for which we must really thank Freud also, because he is the one who could see that we have conditionings. That's one point about it.

But he also could not go too far with him because he could only see one side of the human being which he has described here, the left side. Now if you see the left side, is there as is shown, is the power of your desire. And the power of desire, naturally he felt comes from sex, because the last chakra as you see, this red one, is the chakra called Mooladhara chakra, is the center of Mooladhara, and is the one that looks after the excretion of the body. It deals with the pelvic plexus. Now, whatever I'm telling you today, you should listen to it with an open mind, that's one request I have to make; as a scientist. And secondly, that it is a hypothesis, which I'm putting before you, as far as you are concerned, you need not take it for granted at all, but keep your mind open. And secondly that when you find that it has been proved now, whatever Jung has said can be proved, then you have to accept him as a person who knew quite a lot about Self and about the collectivity.

Now you can see here very clearly, that the one force that acts in us is the power of desire, left side. The right side one is the one that acts, the power of action. Now in the center, (DELETE "Can you see?" "Which one is the left?") Left is this side, is the blue. (DELETE Shr Mataji goes on to point out which is the left side.) Now the right side you see, is the yellow colored one, is the one that is the power of action. So now you may ask, "What is Kundalini then?" Kundalini is the pure desire. Now what is lacked in Freud's writing, anything about purity. What is pure desire? Is a desire like we want to have a house, is not pure, because it doesn't give you full satisfaction. For example if you, even economics has described that wants in general are not satiable. In particular we think that, all right, I'll have a house, then you have a house, then you want to have a car, then you want to have a helicopter. God knows how it moves. So any desire we have at human awareness is not pure desire. But this Kundalini is the pure desire. So the sense of purity, if it is missing we cannot talk. Now this desire is put there as you see at the triangular bone, and this is there at three and a half coils. Coils in Sanskrit is Kundala, that's why it is called Kundalini. Now this pure desire is kept in the bone called sacrum. Now it is very significant, sacrum in Greek language means sacred. That means Greek people also knew about this, that there is something sacred here. So that part of sacredness and auspiciousness is also missing.

Now you clearly see here, there are three compartments I've seen, one on the left, one on the right and one in the center. So it is not placed one on top of another, this is another mistake. It is vertical. This is one big mistake that these are vertical, so for your ascent you have got a clear-cut passage, this one point. Second point is, that when you say, "unconscious," means whatever is not conscious, whatever is not felt on your central nervous system is unconscious, all right. But it's a very mixed up box, I mean

everything mixed up together. But what is the purity about it? If you say that the left side, according to Sahaja Yoga, the left side represents the desire. I would say Freud, though he was not so clear-cut, libido and beyond that is the subconscious, and the collective subconscious. So the subconscious is not unconscious. Subconscious is unconscious because of the language problem. It's a language problem; unconscious is such a big word because it is not conscious on our central nervous system. But that's not we are bothered about, subconscious is on one side, we can leave it on one side, all right.

Now on the other side if you see, what we call as the power of action is the futuristic thing, so this side lies the future. We have first the supraconscious area and then the collective supraconscious. See the difference is, that if you say these things are one top of another; we make a very big mistake. That means that if we have to rise to our unconscious, of course rising is also not there, for them it's to go down, the rising is not described, but what I've seen a picture of it, is that the unconscious is below, the unconscious which will never become conscious, then the unconscious, and then the subconscious and then the ego, is rather confusing. Now you see that here, that one is the subconscious and the collective subconscious, and one is the supraconscious and the collective supraconscious. Now the top thing, there where you see these petals and all these things, is a lotus, is the super consciousness. That is the evolutionary ascent we have to achieve, is to become conscious of the super consciousness, which is really the collective consciousness. Now this has two aspects. To say Patanjali did not say about Kundalini because at the time of Patanjali it was kept a secret, but he did write about, after the ascent what happens, very clearly. So the representation of the motherhood is here, this Kundalini is the Mother, which he could see. And the Father, Father is the one who rests on top of your head, so that is super consciousness. You have to become one with the whole, so that means you're aware of your Self as I, becomes the whole. This has to happen, what is called as the second birth.

Now you might say that, "Why Moses didn't talk about it, or Abraham didn't talk about it?" Because their job was, you see, they are all connected with each other, only we are fighting, they are not, they are all together. But the trouble is when people do not have eyes to see, one might say, "The elephant is just a tail," or somebody might say that, "It's just the leg," but they are all one together. But this integration only takes place after you have got realization, to understand that they say the same thing, they have done the same job. In a living process of a seed you can see first, the seed becomes the trunk, it has to become the trunk, that doesn't mean trunk is less important than the flower. So this is the trunk we can call it here, all these great prophets like Moses and Abraham and all those people were born here, establish the sustenance within us. It started from, also in India, we had people Janaka, Nanaka and the end was the Shirdi Sai Nath. There were ten main incarnations of these people, who came in this part and they reside within us to give us the religion.

Now the religion we talk of is outside religion, is myth, is mythical. But inside religion is like a valency. As we have a valency for carbon, four valences, in the same way human beings have ten valences and that's how we have got Ten Commandments. And these Ten Commandments relate to our ten valences within us, and that's how we do it, that you maintain the balance. Because if you go too much to this side then you go to the left side, then you fall a prey to subconscious to collective subconscious, if you go too much to this side, it's all into the supraconscious and to the collective supraconscious. That's why the balance has to be maintained. Any vehicle, which has to ascend, like say an aeroplane, if it is not in balance it cannot ascend. To ascend one has to maintain the balance, and that's why the religion, which is nothing but consciousness regulated by superconsciousness. Because these people came, according to us, they were incarnations of the Primordial Master. They didn't say so, because to say this is very dangerous. Anybody says, "I'm the incarnation of Primordial Master," immediately either they'll poison you or they'll hang you by the nearest tree. You see that's what has been, I mean, nobody wants to listen to anyone who says something sensible or truthful. We have been doing that throughout and, of course you cannot crucify Me this time, but there are lots of problems I face because I tell the truth. And the truth is, that all of them who were born at this stage within us, are looking after our religion, means our valences, means our sustenance by which we are human beings.

If we go beyond this, that side or this side, then we become either subnormal or abnormal. Now the subnormal people are the ones who go to the left side. Now I would like to say that another mistake was committed because of the idea of this unconscious. That way the findings of the Indian seers, because in India there is nothing like religion is just a seeking, a true seeking of a person, is neither a Hindu, Muslim, Christian, those who are seers; you see they say, "There is no caste for a seer." A person who's a seer has no caste, he has no religion, he's nothing, because he's a human being. He doesn't belong to any conditioning of the kind, but to the truth itself. So they found out through meditative method, not through reading, through mental

projections or through imaginations or anything, but through meditative method. First they had to become realized souls. Like in Patanjali as she said it, it's not written clearly but it is said, "First you have to have Ishvar Pranidhan," means you must get your realization first, the God must be established within you. Before that, anything else you do is just artificial. For example now, this thing they have put it here for me to speak, supposing it was not connected to the mains, it would not work, is a very simple thing again I say. Any machinery, this one, if it is not put to the mains it doesn't work. In the same way human beings, who are not connected to the mains, if they start working out they either go to the left or to the right.

Now also we see very clearly, medically we can see this, what happens? That we have an autonomous nervous system within us. If you ask the doctors, "Who's this auto?" they don't know. They just say, "Auto" because it works by itself. Who is the auto they cannot say. But in the autonomous nervous system in Sahaja Yoga, you see branding is the way people just shut you out, you don't know what to say that you are autonomous nervous system. Now you ask them, "Who is auto?" Because I did medicine I was surprised the way they were going about with all the blindness, doesn't matter. This autonomous nervous system has got two groups of nervous systems, one is sympathetic another is parasympathetic. Now the sympathetic nervous system, though they call it autonomous, but it is under our control, because in sympathetic nervous system in any emergency it comes into play. Like supposing I'm frightened, then I start running; then when I start running the sympathetic goes into action and when sympathetic goes into action the parasympathetic brings it back to the norm. Means, supposing you are running very fast, your heart starts pulsating very fast, but then it comes to normal by the action of the parasympathetic. So we have two types of left and right sympathetic nervous systems, both can be activated by our own emergency created by us. Now see the left and right according to the doctors is all just the same, for them it's quite a blind alley. So parasympathetic, they don't want to talk, they're honest people because they don't want to talk parasympathetic. But sympathetic also what they understand is that the left and right are just the same, but it is not so. Left looks after the emotional or the desires as you say, the emotional side, the conditioning side and also the subconscious, because it creates the subconscious within us. The present subconscious is created by this nadi or the channel.

Now the right side one, as I told you, is for the action, it creates the supra conscious side. Means a person is say is a very, very futuristic person. I mean Americans are very futuristic and very speedy people, so what happens they start moving to the right, too much of action, very speedy, very fast. You see everything is for the future, I mean you are sitting here and may be we are thinking of tomorrow, "What I am going to cook?" sort of thing. So this is what happens to us when we start thinking about the future. And then we create a realm as the present supraconscious within us. But beyond that lies the realm called as the collective supra conscious. So as I told you, there is collective supra conscious, and collective subconscious, and a collective superconsciousness. Then we have another collective hell we can call it. So we have four types of collective consciousness. But it is not conscious in our central nervous system, that's why we call it unconscious, is a general name, English language unconscious, which is general name. But actually we have four types of unconscious and all of them are collective.

Now what happens to the collective subconscious? Collective subconscious is the area where all that is dead since our creation, resides. All that is dead resides in that area. Recently I saw a very interesting documentary on cancer cure or cancer. Some doctors had given a very good report, saying that, "That if the body is vulnerable for cancer," according to Sahaja Yoga when you have too much in a sympathetic activity then you are vulnerable for cancer, then an attack comes to you from the area which is built since our creation. They are very near us. And they call that, as the name is given again as protein fifty-eight, you can call it the street number sixty-eight as well, I mean you can call it anything. So they call it protein fifty-eight, and protein fifty-two, that's what I gathered in that thing they call it like that. But now what are these things that trigger? They are the ones who trigger cancer. This is one point we have to find out, what happens if you go to the collective subconscious. Because of this complete jumble of for collective consciousness, we can say, because of not understanding that these are four areas kept like this, separately that way, this way and downward and upward, absolutely nicely compartmented. The problem came, that they thought that we have to go into these areas first to understand about the depth of our being.

Now as you see, there is a clear cut path in the center, here, according to Sahaja Yoga, there is a, and another thing is, Sahaja Yoga does it, it works out, it's an actualization, it is not just talking or theories. Actually you can see the Kundalini pulsating in the triangular bone, not in everyone, but on the people who have some problems on the Nabhi chakra, this centre or that centre if there is an obstruction, then the Kundalini really pulsates, and you can see with your naked eye. We have some of the

photographs taken by them, but we cannot say that definitely in this person it will pulsate like that. With a stethoscope you can feel the pulsation rising, and when you bring it to the top of your head you can feel the pulsation rising here. And when it stops you'll feel the cool breeze coming out of your head, actually cool breeze. This is actualization. Now what happens actually is that this Kundalini is the one who is the Mother principal within us, reflected as the Primordial Mother. It was so great and courageous of Jung to talk about this when Freud was so much accepted by everyone. Even now in London there are only twelve Jungians, you'll be surprised, I'm so happy to see so many of you are here. So he is the one who very courageously put forward this idea that there is the Mother's force within us, which is a fact, and which can be proved.

If you see historically now, at the time of Moses and Abraham, you see, Moses crossing the bridge, you see this is significant here. This is the void, we call it the void, but Zen for them void is different. So we cross this. In the same way Moses crossed, through the bridging he did it and this bridging takes place when the Kundalini rises from that triangular bone, and crosses over, then the first bridging takes place. Now one may ask the question there, "Then why did they think like that? Why is it they did not have the right idea about it? Why these mistakes were created, if they were realized souls?" No doubt they were realized souls. But here the problem was in this country, all these western countries, is that it's a very individual effort of a person, and traditionally it was not known so much about it. Though Christ has openly said, "That you are to be born again and that a transformation must take place". But then again we started an artificial type of a baptism, that you put some hand on somebody's head, anybody putting hand and saying, "Now you are baptized." But there are people like Blake, who said, "A priest cursed on my head", he said so. So the thing is that because it is not a knowledge of the ancient times in the western area, people took an individual probe into the thing. Naturally whatever they found out was not supported, something was supported by their experiences whatever he had from the dreams and all that, so he established it. But another problem is, a person who suddenly, through spontaneity only, through Kundalini awakening only, jumps on the stage, then he starts seeking about stage, about the frame work, how it is made, how it is done. But because it is an individual approach it is very linear, it is not going from one point to many points but is linear. For example, he would go on this point to find out, then onto that point to find out, and then onto that point. But supposing somebody who knows about the framework and also about the stage can tell you about everything and that is what is needed today.

Historically it was, I would say the Dharma, the religion was established, historically, for our consciousness, everybody has contributed. Then it came further onto this point where another center is very important; these are all the milestones of our evolution, mile stones. At this point, the advent of the Motherhood came, just to protect, for protection, because that time ascent was not so much needed, but the protection of the seekers, and She came as the Mother of the seekers to protect them from evil forces. Now the evil forces were from the left and from the right. The left side people also are sly; those who invade, those who torture are what you call the masochist sort of people and the right side as the sadist people. Then when they die also, they do not leave their habits and they then possess people and try to torture. For example Hitler, Hitler used Lamas for this, and he got the supraconscious ideas from them. Lamas are known for their supraconscious ideas, that they can tell you where the Lama is going to be born, and where such and such person, all the futuristic things. And he had a training with them and they went down there, some of the people went and told him how to use the supraconscious spirits to impress or to possess the Germans and he managed that very well. Because of that, they lost their consciousness; they didn't know what they were doing. In possession one doesn't know what he's doing. And that's how these possessed people did such work that even animals can not do, worse than animals, without any sense of shame without any sense of decency, without any sense of love or compassion.

So the whole development came up like that and surprisingly they also called it as a Fatherland. Fatherland, the right sided, the right sided manifestation you can say, the manifestation of the action. So that's how we grew up with our action, developing our ego, as she told you, first we had just the part which was the pituitary within us at an animal stage, but then pituitary was pushed down, our ego came up as the action took place on the right hand side we developed this yellow stuff you see, it's like a bile color and all these people have bile trouble and liver trouble. Those who are over active are aggressive people and they tend to aggress others. Now the problem was, that India was dominated for three hundred years by English people and the seers and all were ridiculed and laughed at, nobody even bothered to look at them. So they disappeared into their caves and disappeared into places where they could not be located. It was such an aggression of ego on them. And later on they made our people to learn more about science and more about their culture and their achievements, they impressed so much on the Indian people that we took to your styles. All these seers got lost. So fourteen thousand years back you'll be surprised, there was a great seer called

Markandeya who has written all about Kundalini, about the ascent of the Kundalini and everything. There was a great astrologer, I should say, he was the person who started astrology in India about sixteen or seventeen thousand years back, you cannot really say when he started it. He wrote one great book called (Sounds like-Bhrihu Sangeeta.) But before writing that he wrote another one called (Sounds like-Nadi Grantha). Of course this is written on the lotus leaves and this voluminous thing was later on completely depicted and brought to, up-to-date level by another person about three hundred years back whose name was (sounds like Bhujandar). Can you imagine that this man thousands of years back predicted clearly that the Sahaja Yoga will start in 1970. And that in that way the Kundalini will rise spontaneously, and people will get their realization. Because for an Indian, I mean for an Indian I say, not the westernized but the real Indian, the highest goal in life is to get Self Realization. When my grandchild was born, you see, her horoscope was cast and when the horoscope was cast, they sent a telegram for my family, the astrologers, "The great thing is her Guru is in her own family, she's a born realized. But they said, but for them this was the greatest,

(This next section not recorded on the copy of the tape) I have to send a telegram to her family saying, "It is the greatest thing that she has her Guru in her family so that she can get her realization." So this is what it is. The whole attention of the people in India should be, if they follow their traditions, is to get self-realization. But as the Western people impressed them so much you see, so much of impression came from them, we had to learn about your sciences, your all these things and we just forgot. Not easy to talk to Indian doctors about how parasympathic, if it is mastered, you can cure any diseases whatsoever, because they learn only from you. Now even if some people want to talk what happens that they think we are sort of challenging their ego? The problem is, even about religion or God, one cannot talk. In the meanwhile I'm very happy that Jung had warned that, "Be careful about India," that was a very big thing he said. Because Jung came to know about India through people, some German writers who went to India. Now their main interest is to find support of the Freudian theory that what is sex, this thing, that thing, only that. Even though you'll be surprised Japanese have the same interest about India. They want to come and see what is tantrism and how these erotic things are there and they take zoom lens you see, and go on top of the these old temples to take a photograph of erotic things. It is so surprising for us; we never see these things, why they are doing that. Because when in the sixth century after the advent of Adi Shankaracharya who also propounded that, "It is the Kundalini who has to be awakened."

TAPE BEGINS AGAIN

and unless and until you get your Realization you are nowhere near religion. These people came up just to attack, the negative attack. And all of them formed a very big belt, starting from Bengal going round through the middle of India going towards Gujarat. And there they propounded that it is through sex you can achieve your realization. Because a sort of a, that was the only way they could make some money out of it also, by helping the very licentious and permissive rulers in those days, by telling them that the sex is the way you can achieve God.

Now here you can see very clearly that the center, which is supporting or which looks after the sex activities below the Kundalini. In Sanskrit it also is written, shata chakra bhedan, means six, six centers are to be pierced through. Shata chakra, six not the seventh. But these people said that, "This is the Kundalini is in this center which looks after the sex." Now I as a Mother, I don't want to condemn them so much so I would say that may be a mistake also. Because here resides the Deity, a symbol as you call it, which has got the head of an elephant, because elephant is the wisest animal and the head of an animal signifies, that such a person never gets ego. It's the human beings only; the human animal only gets the ego part of it. So to suggest that it is the pituitary only acting, and that it is an innocent. To represent the innocence in us this symbol they must have seen, but not the whole of it, must have seen a part of that trunk and they must have thought that this must be the Kundalini.

So to give them a full benefit of the doubt, I would say like that, but people took too much advantage of it. So they started big competitions, that those people who can produce such erotic art and all that will be given so much money and this can happen, that can happen. Artists would not take to it, so they gave them lots of temptations that so they should accept. Like in Nepal they gave another temptation by saying that, supposing, you see, if you make the temples out of the wood they can be destroyed. But the Virgin who is, according to Indian mythology, is the thunderbolt, and the thunderbolt if you want to keep it out, better make things that she won't come near them. Just to make it repulsive they made it. They gave all kinds of arguments. Like they told the ministers, you see, were very austere people and they wanted to have their own temples, so they told the king, "All right to please

you we'll have some licentious thing outside but inside we'll keep very pure." Because that is light, that is fertility, this and that, all kinds of stories and theories they made up, just to create this kind of a new cult there.

Now what happened? Why they did it? Is a very important point one should note why these people tried to bring down divinity, purity to that level. The reason was, that when you start insulting divinity or purity, then that area becomes absolutely horrid. When the purity is removed then you can do whatever you like in that area. You can get possessions there, you can get all kinds of spirits there, you can do all kinds of witchcraft and all those things, if you somehow or other create an area where divinity doesn't want to go, this was the principle. And that's what exactly they used to create an area of this kind. Like there's a very great temple in India called Kamakhya Devi's temple, and all these tantrikas went there and tried to do that, like having sex relationship in the temples and things like that. And by that they saw to it that whatever is divine that is showing there, should be removed and all the negativity could be brought in. Now in the Ten Commandments it is said, "Whatever is created by the Mother Earth should not be reproduced and should not be worshipped." Now we should find out what hat is created by Mother Earth? This point we miss. Whatever is created by Mother Earth, that Mother Earth Herself has produced something divine. Now in India people know about it, that it is so. I went to a place called Musalwadi, in a village, because I work more in the villages, and there they told me a story, that, "Mother there's place here where an Englishman came about a hundred years back, an engineer, and he tried to build a (sounds like -bhand) for creating a nice tank there. And what happened that at a particular point about 20-30 meters, he could not build it. Whenever he tried to build it, next day it used to be finished off." So he was quite surprised, and he's written down in his own diary and all that, they have published the diary also. He had to make a bhand like this and go round and then make it further. So I wanted to go and see the place. When I saw the place I knew this is something created by the Mother Earth. Now how do you know it is created by the Mother Earth is the point to which I'll come later on. So there are places created by the Mother Earth, already, to vibrate the divinity, the purity, the whole expression of Her compassion and love for human beings. But unless and until you are a realized soul you cannot feel them and understand them. Only a realized soul can feel them and understand them. For example Stonehenge, I went there, Stonehenge is the same story. But the problem with them is that the people who are Druids who are doing all this worship don't know what it is, they don't know how to use it. So in this way the Mother Earth has also created so many such places, which have come out of the Mother Earth, and they are there. In India there are many places like that, like in Maharashtra we have Ashtavinayakas, eight of the symbols of the innocence Deity as you say.

Now because people are not realized souls, one cannot talk to them. Because if I say they've reached the thing, how will you know? So when the Kundalini ascends through the central, you see the subject is so great that even if I give thousand lectures I cannot cover it, so the thing is I'll try to cover every point little bit here and there. When the Kundalini ascends, I told you the cool breeze starts coming out of your head. So what happens to you? For the first time you feel the cool breeze of the Holy Ghost. Now some may deny Christ, that was wrong thing to deny Christ, I must tell you very frankly. It's a conditioning, it's a conditioning to deny him, because you see, by denial what you have done, you have denied an Incarnation who came at that point. But the way they have made out of Christ, naturally anybody would deny. The way they made Him an Incarnation anybody would deny. I mean I got my birth, I mean I should say I got it because I deliberately got born into a family which was a Protestant Christian, because they are the most sophisticated fanatics. Absolutely, because it's such a rational thing they have made out of Christ, that I thought this is the place I should be born so that I would be able to tell them that this is not Christianity, this is not Christ. So the way they made Christ naturally people denied Him but He is the one who has suffered for us, definitely. So there is no suffering needed for us at all, if you ask for suffering you'll suffer. Only thing, He is to be awakened here. Now if I say about Christ or anyone, it should not be taken for granted at all, nobody should take it for granted.

What happens when the Kundalini rises? Say, it is here in the stomach. Many people who have been to wrong gurus, who have been following wrong things or those who think, "I'm the guru, I know how to do it and I'm the one who has done it," they have to take the name of Moses. Unless and until you take His name it won't rise, the Kundalini won't rise. Now when it reaches this point you have to take the name of Christ. Here you have to take the name of Mohammad. Who was Mohammad? Nobody else but Moses Himself was born. You'll be surprised the Islamic people today are following Shariat.) What is Shariat? If you have read Bible, is the same as written for the Jews. Same thing they are following what is written in the Bible, they are following. We are not following it, but they are following it. Which shows that because when Moses came down he found these people in such a big mess and such a big hell, that he had to make a very, very strict law to pull them out of that hell, and that's why he gave such

strict laws. Actually if you have read the books of the Essenes, I was surprised that many people who have read it showed it to me, that they really, clearly said that the laws were not so strong, but Moses had to make them so strong because people were absolutely hellish and they were going down so rapidly that he made those laws. But surprisingly, they are more followed by the Muslims and imposed on them.

Now if you want to know what you are, say a Muslim wants to know about himself he should go and ask a Jew. And if you want to know about the Jew you should go and ask a Christian. And if you want to know about a Christian you can ask an Indian. So it is the opinion of others will correct your conditioning in the mind, because you are born in one religion, it's a conditioning. It's absolute conditioning, and this is the worst conditioning that people have. Then how will you accept the truth? If you are conditioned you can never accept truth. And that's why the Indian fake gurus have accepted the advantage, you see they are very clever, cunning, absolutely cunningness personified. They all came down here first, with the idea we don't talk about religion, finished. So they suit us very well, if they don't talk about religion, about God then they're the best because it doesn't come in conflict with our conditioning that we have. So they talk about flying in the air, for which people have paid six thousand pounds each, for flying in the air. I am the one, in 1970 I openly took their names and denounced them and told the people who they were in previous lives. At that time you see, so many of my disciples started shaking, they said, "Mother what are You doing? They are going to kill You." I said, "Let them try, try their level best." So these fake gurus came here, started the cult, and started all kinds of these things. First of all don't talk of God, and if you talk of God, then just make the person such a slave that he cannot get out of it. They use the supraconscious, or they use the left sided subconscious. And that's how they have attacked your people.

Now the people who have no idea as to what should happen they think they have to go through this suffering. There is no need to go through the suffering at all. When Christ has gone for you, finished. There is no need for you to go through any suffering any more, just you have to awaken Christ within you. Just count your blessings one by one. It's a very cheerful thing, it's not such a serious stuff, you see. Like in Paris I went they said, "Mother never say you are the happiest person." I said, "Why, I am enjoying completely." They said, "No, you must say you are very serious, and that you are suffering very much." I said, "I'm not, how can I tell them a lie?" They all say, "You'll have to suffer." I said, "Why?" They said, "Because here everybody believes that we all have to suffer." Les Miserables you see. I said, "All right these Les Miserables are sitting on the streets of Paris, drunk completely, and prostitutes at every lamp post, are the Les Miserables, they are the ones who have created their miseries like this." This is how our mental projection has taken us, to this kind of a hell, from which to come out only Kundalini can help you. Now this is the Mother's thing, is the, so we can say that first is the Father's manifestation came, then the Son, now the Holy Ghost has to come. Now people, Christianity is another absurd thing they teach, that there is the Father and the Son and the Holy Ghost but not the Mother. How can you have a Son and a Father without the Mother, can you? It is absurd, but all intelligent people accept it and seriously talk about it. And Holy Ghost is a mystery, don't talk about Holy Ghost, it's a mystery. Because to say that Mother has a part to play, is too much for them. Because in Christian religion, so called, they don't have any place for the women to become the priest or anything.

My father was a great, learned man who was the master of fourteen languages and he translated Quran-e-Shareef into Hindi, and very learned. I should say he was the one who told me about human beings, and how their permutations and combinations work. And I asked him, "But why this Martin Luther, who was a realized soul, put away the Mother's position that way?" He said, "That time," you see - we call it "samayachara", "according to the timing - the Muslims were very powerful". And he said that, "If he talks of the Mother he'll be hit hard." So he took a course where he said, "She's the one who's there, who gave the birth to Her child, and all that," but he wouldn't call Her as a Primordial thing or a Primordial Power. But the truth has to show itself. So in recent times you have seen how the women have become very conscious of themselves. Of course they are absolutely misled, absolutely misled. Because they think if they become like men, then they solve the problem, it's not true. It's a pendulum you see, you move like a woman to a man, man to a woman, it's a pendulous movement. What you have to do is to rise in a spiral way, otherwise evolution is not there.

Evolution is the spiral movement and it's not shown here how the Kundalini moves, but maybe later on I may be able to tell you in details how the movement of the Kundalini takes place, and how the spiral movement of the consciousness has taken place so far. In the same way the spiral movement has to take place, that in your evolutionary process you must come above the man and the woman part of it. So this is completely misled business that we dominate the men. And when I say this many ladies left you

see, the hall, they were very angry with me that I was saying so, but it's a fact. And the woman is the mother; she's in a way higher than man, I think. She's the mother she has to nourish. She's here for nourishment. So the new awareness has to be that of nourishment, of compassion and love. For example, in the olden days, for us Napoleon was a vintage hero, and now if you call any Frenchman a Napoleon he'll hit you back, he can't stand it, because according to him, he was very egoistical. So who is the hero today? Somebody like King, like Mahatma Gandhi, somebody who is the manifestation of the womanly qualities, of the Mother's qualities of compassion, love, of nourishment of this Mother Earth.

Now very interesting it is to see that this Kundalini is the one, which is called as the kumbha, in Sanskrit language, means the Aquarius. We call it Aquarius, as one of the signs, and is the same as kumbha in Sanskrit language. So it is the Age of the Aquarius, is the age of the Kundalini. Secondly is the age of the Kundalini which will nourish, which is the Mother within, which will rise, will give you the completeness of it, and which will connect you with your Spirit which ultimately gives you the enlightenment by which you become collectively conscious. You become, again I say, it's not just telling stories, you just become. Today we had a lady, I came a little earlier, she came to see Me and apologized that, "Mother I went to this Muktananda and got very badly hurt and I'm in terrible pain and I have to get up every moment and I hope You don't mind." I said, "All right you come up, and I'll cure you." She came up, she's better now, but only thing her Kundalini rose and she felt the cool breeze coming out of her head and she felt the cool breeze coming out of her hands.

Now what is this cool breeze that is coming out of your hands? For the first time you feel the subtle All Pervading Power about which, everyone has talked. The Ruesh, as they call it, they call it, as the Brahma Tattwa, they call it by various names is the All Pervading Power of God's love. So we come back to the origin, that first the God Almighty, the Father and Mother is His power, and He's the spectator and She's the play. That's how it works, and the Son is created to lead the people through this problem of ego and superego, because it is so much tight that someone of a very great nature had to take up the resurrection as a drama. Now Christ actually is described in Indian scriptures, but Christians won't go beyond Bible, they cannot, they're so bound they will not go beyond Bible to see, to them Bible is the last and the first and everything. It's surprising in everything they cross limits, but in understanding you must go to other scriptures. That's why I really respect and appreciate Jung because he went out of the way to find out about everything with a very open scientific mind. Now, in the Indian scripture, in the Devi Mahatmayam where they have described the Goddess, they have very clearly described Christ, absolutely, all His life, but He is called as Mahavishnu. Vishnu is the Deity at this point, which is responsible for our evolution. But He's at Mahavishnu point, and His description if you read to the last bit of it, is so good, and He is the Incarnation of the same innocence born on this earth. It's so clearly described. Why do we have an egg for Easter? Egg represents a human being, who has not got realization as yet, because egg has to become the bird. And in Sanskrit language a realized soul is called as (sounds like vijaha) born again, twice born.

But in America I came in 1973, of course I was a big failure because they told me, "Mother, without money nobody is going to listen to you, you must charge some money." They cannot understand anything that can be had without money. I said, "But how much are you going to pay, it's invaluable. You cannot pay for this realization. It is your right to have this, and you will have it. And how can I take money for it?" So I was a big failure, but many people came here. But out of that came out a cult called "Twice born", and one of them walked up to me with a Bible in her hand to hit me, in one of the programs and every body was upset but I was just laughing and we have a big film about it. Because I said, "Look at this one, the twice born walking with a Bible just to hit me." Bible to hit, I mean I've never heard that. I had heard that people used to walk with a Bible and a gun in another hand, but the Bible to be used as a gun was the first time I saw such a fantastic thing. So it can happen! You see, the people get so much possessed by the ideas and by the conditioning that they can go to any limit of accepting something as truthful, without finding out, what did I achieve out of it, or what did my forefathers achieve out of it? Why not the Christians or Jews or anyone find out, what did they achieve? Now, they'll say it is postponed for, say ten thousand years. Why? Supposing I say to anyone, "There's a diamond available for you here, just now," will you wait? I tell you, people from Australia will come down.

But if I say your Realization just there, you must understand that all systems and all that will work out. Comes from the unconscious, which is God Almighty, and in us He has worked out the system so beautifully, so delicately. Did you become a human being by any effort? From an amoeba stage He has made you a human being without giving you any trouble whatsoever. What trouble did you take? What did you do? Did you stand on your head or did you pay for it? You just got it spontaneously. So if you believe in that force that is there, of compassion and love, why should you not believe that if you have to get your realization,

it would work out spontaneously? It has to work out spontaneously. So this Mother force, that is there, the age of the Aquarius as you call it, this has to come up and nourish you, and it does. It has worked out wonders in India, because Indian villagers are still very simple, thank God. They're not educated, they're not complicated, they just start feeling the cool breeze and enjoying it, that's all. They give up all habits, they give up all wrong ideas, their all customs of caste and all those things they give up, and they become extremely joyous. But that's not the end of it. When you get your realization, your material problems are solved, surprisingly, even material problems are solved, but to that extent that you do not become Mr. Ford, to have a headache. But you become a person who is satisfied and you get a balanced amount of comfort and a balanced amount of living. Actually you'll be surprised that comfort is also a myth. Because see look at Me, for Me I don't know what is comfort is. I don't understand that why should people worry so much about comfort. If you make Me sleep on the street, I'll sleep like a log of wood. If you make Me sleep in a palace, I'll be there. After all you don't carry anything with you at all. I mean nothing sticks to you, does it? I mean once you have to sleep, you just sleep off.

Now another point I would like to point out from Jung's point of view that he took to dreams as one of the very big, big experimental truthful manifestation of the unconscious. But what happens, how do you get dreams, let's see. The dreams come to you from the Kundalini itself, in a way. So what happens the Kundalini is not connected on the central path, but it is the record, is all our past, all our record is in there, like a tape recorder has a tape, it is there. And what happens, that when you go very deep into (Sounds like Sushuti) that's the stage they call it, very deep into you, then the symbolism comes through that down below and passes through that blue line into your brain and that's how you start seeing the dreams. But when you are passing through that you see you pass through your all subconscious area, so the dreams get distorted, they get a funny symbolism. Sometimes you don't understand what's happening, it becomes a sort of a mixed up expression and on that to depend may not be so much good. Instead of that we must get the reality. The reality is that you become collectively conscious and you develop this vibratory awareness by which you can feel the All Pervading Power. But this is just what you get as far as your conscious mind is concerned, as far as your central nervous system is concerned. But actually what does it do, is the point? When it happens, what happens? First of all when the Kundalini rises above this center Agnya chakra, then the suction takes place of the ego and superego, so the space is created. Actually you can feel the soft bone like a child, when it comes up, actually you can see. First of all the eyes dilate and then it comes out from here and you start feeling the cool breeze, actually here coming out. Now this is what you feel, but it acts in this way that these vibrations, are the vital forces we can say, not libido only, but all these things mixed together which are in pure form, which are for your Hita. Hita means, which is for your Spirit, we can say, and when you want to give vibrations to someone like that with your hand at the most, the person can be cured. You can cure cancer patients.

Now there's one gentleman who has come here luckily. I mean it's all Sahaja again I say, spontaneous, that I met him and he was a person suffering from angina a very serious type of thing had happened, because they said, He has to go to Houston, and he had booked his seats, everything, and was about to go. And then he came to Delhi, just to meet his friends because he thought here something might happen so it's better to go and see them. And there they had the Rotarians you see, they called Me for a lecture, and I was speaking. There must be a lot of people there and he came out with the question that, "What about the heart?" I said, "Heart is completely under control with Sahaja Yoga." So he found it very difficult to find Me out in Poona, but he just came to Me, and I think I must have treated him for about ten or fifteen minutes and I said, "Now you are all right." But first he had a big, you can say, a big convulsion sort of a thing because the force was there, and then suddenly he got rid of it and he's perfectly all right, he's normal. He went back to the doctors and they said, "What have you, this is not your X-rays, these are not your reports, these are too different." And luckily this gentleman happens to be here in America, but this is only one of the cases. I would say that luckily it so happened that Sahaja Yoga has cured people like we can say the President of India, who was suffering, who came here for an operation for his cancer of the lungs. And when he was going I just went to see him, because my husband knew him very well, and the High Commissioner just said that, "You know She's such and such, but also She's Mataji Nirmala Devi," and I'm known in India for this kind of things. So the wife of the President said, "Then Mother, please cure my husband." And he was very much suffering, he could not sleep, and people were worried that he may not survive up to Delhi airport. Then I treated him for ten to fifteen minutes only, and he felt now I'm feeling relaxed, I'm going to sleep. And next day when they reached Delhi, he walked down and everybody was surprised. They had taken a stretcher, this thing. And he told me, after that he went straight for a tour. And he then later on, his wife showed me that even the mark of his operation has disappeared. So you can write to him and find out about it if you want to find, but it's nothing important, it was just a by product. So I must warn you that I'm not here to cure anyone, or to do anything but if the Kundalini rises, She nourishes. It's your own, it's your own Kundalini, it's your own Spirit,

it works.

Now what am I doing here? People might say that, "Why you?" I mean it's very common question in the all western countries then, "Why of all the persons you should do it?" I said, "You better to do it, I'll be very happy, I would like to retire with My husband with My grandchildren." But the thing is I have to do, what can I do about it? I mean, say you are intellectuals I'm not, you can drive a car, I cannot, I cannot operate a bank, I cannot do many things. Supposing I know how to do Kundalini why should you feel so hurt about it? And it's a thankless job, you have to work really very hard, 24 hours job it is, you see, and everybody wants to gain out of it. So I don't understand that why should the ego come in between? But doesn't matter, I'm like a bank; I have to just cash your cheques, that's all I'm here for. I've nothing to gain out of it, in the sense, that of course I feel very joyous, many people get their realization, and really get their own, because this is your own thing. It is within you it is nothing to be paid for nothing to be worked out; it's just within you. But supposing one person gets it, he can give it to others also. Like one candle, which is not enlightened, can be enlightened by another enlightened candle. Now this candle doesn't do anything except that it enlightens that candle, and that candle has to be enlightened another candle. It is as simple as that, is nothing very serious. You don't have to go into, see they had told me, I was really thinking Jungians how will I address them, you see, they're already moving like that, like that, and I'm such a simple person. How will I tell them what I have to tell them? But it is such a simple thing I tell you, it's even simpler than cooking. So one should not think that God could have made anything very complicated. See we breathe without even reading a book. Supposing you have to read a book, and then breathe, how many of us would survive? Is as simple as that. Now if you have to go up, if God has created this universe, and if He wants to save His universe and His creation, He has to jolly well do something about it. If He has made us like this, He has to give us realization too. And it is so surprising that I find it is working out.

Of course we cannot have 50 million disciples like that, as these fake gurus have, because to create a plastic flower is very easy. You just give somebody a name, go on repeating his name. Now they give a name, repeat the name of Rama. Now there is no connection, you go on pressing on your sympathetic nervous system. Now Rama could be a servant dead somewhere, he just enters into you and you start jumping. You start jumping like a frog. Some people came to my program they were jumping like a frog. So I said, "Why are you jumping like a frog?" They said, "Our guru said, "When the Kundalini rises then you jump like a frog." I said, "Now are you going to become a frog or an earthworm?" Use your brain. That's the problem, you see, with all intelligence when it comes to their evolution, to the living process, they just don't want to use their brains. Whatever these gurus tell them they are willing to do it and do whatever they like. Like another guru is there who brings out diamonds, this, that from the air, and. it's all jugglery, it's absolutely jugglery. Now what I'm saying, "What is the interest of God in diamonds? What is His interest? Why would He give you diamonds?" You see diamonds you can always go and buy from somewhere. But people don't think, you know he's very popular, he's very popular with affluent people. Why should they ask for diamonds? I can understand Indians, but he's not bothered about Indians so much. But he gave a diamond ring to a gentleman who was a very, very rich man. So I said, "Why did he give you a diamond ring? He should have given it to your driver. And if he's such a diamond ring fellow, why doesn't he solve our problems in India, our poverty, completely?" So this is what one has to think openly, with open mind and you can save all these people from these cults and sects.

Now the best of part of it, that I'm also called as a sect, that's the best part of it. From the year 1970 I'm the lone person who's been fighting and fighting these people, clearing people who have suffered from it, I'm the person who has been telling everyone about them, their nature, what they have been, how they practice this, how they have managed you, what has happened to you, everything. Despite that, the shallowness, or the naivety we can say of the western people, now they call me also a sect. Now this is the limit. I said, "Now to call me as a sect, would be something like calling Christ as Hitler." I mean I can't understand how these two things can go together, a person who has been fighting them lonely, all these things.

So this is what it is, and I'm very happy that you have given Me your precious time today and listened to Me. Now I would like to have workshop because I know it would work out very fast with Jungians, because it has worked out always, all those Jungians I have met have been wonderful people. Because they are not so one-sided as Freudians are because you see, Freud reduced us to a sex point. Absolutely are we sex points now? I mean this is too much, very ridiculous. I mean it doesn't behoove anyone to say that about a human being, that you are nothing but a sex point. But you live without the sex also, so are we not living, are we not existing? I can't understand how people accepted Freud so much. At least Jung at that time could see this point clearly, that

it is not something that has to do with one human being, it's collective, and this is a happening that is collective.

You'll be surprised that people, when they get realization, they can give it to thousands. In India in thousands they get realization, in thousands. And also should happen here in America if our chakras are all right. Because the chakras here are very haywire, I must tell you the vibrations here are not good. Because you have witchcraft, you have all the gurus settled down in America, imagine how they all felt so attracted. All of them horrible people are down here, and one better than the other. And I don't know how they have been able to manage your intelligence. What has happened to your brains? I can't understand how they have dominated you so much, that one fellow just he wants you to learn flying. Why not ask him to fly himself? Put him on that Pisa, what you call that Leaning Tower of Pisa, and let him fall down and let's see if he can fly. What I'm saying, "Why not use your brains for these things?" That's what it is, that's how you are going to find them out. But what happens, when they suffer. Like this Muktananda, somebody asked Me, "Why is he a dangerous man?" Somebody asked me a question, is one of the questions is there. Now before I came here, there was a lady sitting who has been to Muktananda. To me he's not only dangerous, but he's sinister, absolutely sinister. And do you know his children, so called, if they are his own children, two of them, and are now fighting for the diamonds that he has created out of this stupid people here. And the diamonds are worth six thousand; I don't understand the money part. (DELETE -Six thousand Mother then speaks in Hindi-Something like that, you see I don't understand,-million-billions, something like that.)You see he's made out of you people here, all these diamonds. What is the interest of a divine person in diamonds? What can you give? This is what one should understand, that you cannot understand, that you can get your knowledge without paying for it, you must accept. Is the ego of money, is the ego of money, cut it out.

You have to humble down yourself. If you humble down then it's yours, is there, it's just in your heart. There's a saying that whenever I want to see my God, I have to just bend my head towards my heart that's all. That's what it is, it's so simple, it's very simple. We have to humble down, that money cannot purchase God, because all religions are based on that. Everybody, Mr Pope is having what you call that hat, donkey hat on the head with all the diamonds in it, and like (inaudible), what a crown he has. What a crown he has, think of it. And now like a pop star he is waving to all the people, creating problems for these Polish people, and the political stunts he's creating. Why don't you think about this? All these things that condition people, and making money out of it and seminars and this and that. I really am surprised! Where are you lost? What are you doing? Why don't you come to reality? That the Spirit is within, it is such a simple thing and that Kundalini is your own Mother, She has only one child, that's you. And She's so anxious to give you realization, so very anxious that it will just work in a split of a second. So why, why go to these false things and false ideas and false conditioning, having big, big seminars and big, big things? There's no need to, actually for me it's not necessary even to talk, but without talking who will come to Sahaja Yoga, nobody. So I have to talk, I've talked and talked and talked. So much talk, you can't imagine. I've got about at least thousand lectures in London, and they all feel that it's something great. I don't know, but I wished I could stop now talking. The other day somebody was talking, I was so happy that that person can talk very well. I said, "Now I will retire from talking, I will just do the raising of the Kundalini, you better see to the talking." And I'm quite happy, she also said in a quite good way whatever it is, you people all enjoyed it. So maybe that some of you might come up as great speakers in Sahaja Yoga and you might be able to relieve me of this too much talking. Thank you very much. May God Bless you.

Now if you have any questions I would like to answer them. But it should not be, it need not be aggressive with Me. There's no need to be aggressive, there's no political stand going on. It's just I want you to get your realization; it's a simple offer. So for that you may not hit me with a bible, all right.

Question: I understand that to raise the Kundalini you should have a master to guide you.

Shri Mataji: She's asking me if, that she's read, that you have to have a master, no doubt you have to have a master, no doubt. Meaning the person who is an enlightened soul. A person who is a realized soul can only do. I wish Jung knew how to do it; he would have done it himself. So you have to have a master who is called as a Sat Guru, the one who has achieved the truth, and who is a master. Now I'm not a master, thank God, I am not a master at all I am a Mother. And Mother is always a master in a way. So that's what it is. But as far as I'm concerned, I am too soft to be a master, I think, because I cannot be hard with people. But masters are horribly hard and I would like to tell you about a master. There was a great realized soul living in a forest on top of a mountain which is not easy to climb down, near Kolophur, he's known as (sounds like-Ragan Bourha). Ragan Bourha is the

name of the mountain. So he sent some people to me saying that, "Mother has come so why do you want to bother me?" So I went down to see him there (Sounds like-and when he's going to climb) and I went up and of course he was very, he had a power to control the rain. So that day it started raining very heavy, very heavy. So when I went up I got completely drenched and he was so angry like this. He was moving his head up and down and then he came to me and said, "Mother why was it raining so much and you controlled the rain and you allowed the rain to drench my Mother like this? And this is it to kill my ego?" I said, "No, that's not the point. The thing is you are an ascetic and you are a sannyasi and normally I would not take anything from a sannyasi because I'm a householder. But you have bought a sari for me so unless and until my sari gets drenched how will I wear the sari you have got?" The whole thing became such a poetry you see; he forgot his temper, everything, and he said, "Yes Mother, how did you know I've got a sari? I said, "I know, in love you know everything." And that's how he gave me the sari to wear.

But then he told me, "Any body who troubles you better send him over to me." So I said, "All right if anybody troubles me I will send him over." So a gentleman was very torturous you see, over learned, this that, used to eat my head morning till evening. So I said, "Now what to do?" I said, "All right, you go and see the master, this one Ragan Bourha he never meets anyone." So this fellow felt so flattered that he called me there, and have me meet the great master and all that. So he reached there. Next time about a month later what I find I'm in a meeting and this fellow is brought with broken legs around his neck and dangling like that you see. And really tears came into my eyes, I said, "What has happened? What has happened to you? What did he do to you?" He said, "Mother never send me to that Guru." I said, "What happened?" He said, "I didn't say anything I just said one thing to him against You." I said, "What did you say against Me?" So I said that, "This Mother, you see, She has no discretion She wants to give realization to everyone and She makes everyone equal level and all that, and I said some things like that." So I said, "Then what happened?" So this guru has got broken, you see legs are broken by other people, because anybody who is realized I told you, they must break your nose or break they can break you legs or something like that. So his legs are broken so he goes on a tiger, you see, there's a tiger with him. So this tiger came and he said that, "All right, now you sleep here tonight and tomorrow you go down that's very late." So I was sleeping and a tiger came and it threw me in a (inaudible) I fell down about fourteen fifteen feet down, and I broke my legs. So I said, "Then after three, four days I'm lying there calling for people. He brought some bread tied to a rope and he put it down and said, "Now eat and lie down there. And now if you say anything against Mother I'm going to put you right." For three, four days he did like this. After that he brought him up and he said, "Now you put your legs round your neck, go to Mother, she'll cure you I'm not going to cure you. If you say a word against Mother I'm going to break your hands now." I said, "Why should you do such a thing? Why did you do like that?" I asked him, "Why did you do?" He said, "To the donkeys you must give the treatment of the donkey and to the cruel people you must be with them as they are, I'm not a mother. But I cured the fellow, and I was really very sorry.

So it's a fact, you know, they are very hard taskmasters. They are not here for in the market or anything they are sitting somewhere. I asked one fellow who was a, in a that place, (sounds like-kardi center) and I told him that, "Why don't you go and see some of your people? You see I won't be able to go this year, why don't you go and see them because I've not been there from 1972." He came here for three days he stayed and then back. He said, "I cannot manage it, people are absolutely no good for realization." (Inaudible) that's what it is. You have to have a master. But to get a master rather difficult, better get a Mother.

1983-0917, Shri Ekadasha Rudra Puja: We have to drop out many things

View [online](#).

17 September 1983

We Have To Drop Out Many Things

Ekadasha Rudra Puja

Judy Gaddy's Apartment, New York (United States)

Talk Language: English | Transcript (English) - Reviewed

[FROM THE VIDEO]

So today is a day, according to Indian calendar, called as 'Parivartani Ekadashi'.

Now, today is the eleventh day of the moon. Eleventh day is 'ekadashi'. Also, in Sahaja Yoga, you know about Ekadasha Rudra, which is here (forehead); which will ultimately destroy all those things which are not required anymore. That is Ekadasha here, that's the eleventh.

But today is a special day where we are going to use the power of Ekadasha to do the 'parivartan' means 'the transformation'. It's not for destruction but for transformation. It's such a day to be here in New York, where we use the destructive powers for the transformation of human beings. So, it's a very great day today that we are going to transform people by the manifestation of the Ekadasha's powers. And they are eleven placed over your forehead here, and you know how they work out.

So, these ten come out of the destructive powers of the Void. The Void has got ten destructive powers also. Out of those ten, the destructive part settles down here (pointing to upper forehead). So when a person is on his destruction, say for example a cancer is set in, then you might feel a throb here, at the apex of your Void, the throb. And it doesn't logically mean that if there's a throb there's a cancer, but if there's a cancer there will be a throb in here going on. That means the force of life is trying to push it. But the obstruction there (forehead), starts accumulating on both the sides.

And in the centre is the centre of Vishuddhi, of the Virata, where Shri Krishna has become the Virata, the Great Primordial Being. So this is the eleventh power of destruction (centre of forehead). He has the power called 'Samhara shakti' by which he kills people.

So before killing them and finishing them off, in the compassion of your Mother, we have to first try to transform them. If they cannot be transformed then it's all right, then Ekadasha takes over. So these eleven very great destructive powers will be used by the Kalki, the One who is going to manifest on a white horse.

Before that, today is a very great day that these powers we are going to use for transformation. Now how can destructive powers be used for transformation? First of all, when people know that there are destructive powers manifesting, they start fearing, they get afraid that, "We'll be destroyed so we must take to God!" That's one of the ways.

Secondly, if a person comes to know about any destructive disease like cancer, he wants to find out a method, and there is no method available on a human level. So then he thinks of God and wants to come nearer to God. The fear brings him closer to God. He depends on God more than on his rationality, [more] than on his ego or superego. And he wants to depend on God's powers to cure him or to save him from his destruction; because he is now on the brink of destruction. As soon as cancer is set in, he knows that there's no end to it and he has to be destroyed.

So, this is another way the people take to transformation, to change their attitudes, to change their value systems. I have known of many husbands or wives who got cancer and their counterparts became very mild, gentle, kindly, romantic people. They tried to give all the love, all the protection, all the good things to a person who is going to die now of Ekadasha. So a kind of a

transforming temperament starts coming in a man, that he sees that the person with whom he has lived all his life is now going to be no more. So a kind of beautiful feelings towards the person, of giving whatever you have beautiful within you, starts. And that's how people develop another kind of personality which was never apparent before. So all the harshness and the aggressiveness drops out, and all the sweetness starts pouring in. So the compassion in a man is awakened, by which he gets transformed.

Many people who lost their relations, kith and kin, become much more gentle, kindlier people, because Ekadasha has expressed its awe. And also another kind of a fear comes into the mind of the people that, "Tomorrow this can happen to me also! So, I must do something about it." So at this time Sahaja Yoga helps them a lot. They come to Sahaja Yoga because such an emergency is created within themselves and thus they are rushed for their transformation to Sahaja Yoga.

But there's another subtler way this destructive force helps us, by destroying all that is negative within us. Because unless and until that negative is destroyed within us, we cannot become people who can enter into the kingdom of God. We have our ego, we have our superego and both can be represented here (at Ekadasha Rudra). When you have your ego, very much great ego, then you'll find a big blob-like ego coming out on this [left] side; a very big one, here. Or if you have a superego you can see another big thing jutting out on the brain here [right side]. So on both the sides you might get both the things if both the sympathetics are overactive in you.

If you are not a very collective person also, you might get a blob here [in the centre]. So, you might get all the thing filled up with your ego, superego and this Virata's centre again blown up, in a way that a person develops a face like a monster sometimes. This portion becomes too big, thick, jutting out. And there's a character I have seen like that. I think it is Frankenstein or someone. Is it? Frankenstein; yes, that has come from the Unconscious — the Frankenstein character. All this is swollen up, jutting out, and this place like that. That's really the one that happens to human beings, when he becomes a devil himself. So this is how the Ekadasha works within us, to destroy our negativity within us.

In India, so many people fast on this day, for atonement, on the eleventh day is very common, you must do 'ekadashi'. All the Hindus and all these people do 'ekadashi' - that is the eleventh day - they don't eat anything at all. But you shouldn't do it after the advent of your Mother, because, I'm the Ekadasha myself! So, why should you do it now when I've come? It was done when I was not here, just to call me, so now I'm back here, you need not do this anymore, the penance of 'ekadashi'. But you have to be careful.

Now Ekadasha comes, as I told you, from the Void. So firstly, it comes when you accept someone as your guru, say, who are false, who are anti-God, anti-Christ. So you developed a kind of a thickness on this side when it is the person whom you are worshipping as a guru, or respecting as a guru, as a guru to you, who is not really a guru. So you develop a superego which shows on this side, this part.

Now the other side of it shows when a person says, "I'm my own guru, and I'm practising my own meditation. I have nothing to do with anybody's guidance. I am quite all right as I am." Such a person develops the other half. So you have this half developed because of that [ego], and this half developed because of the superego that you get from these false and fake gurus.

Now what happens sometimes [is] that, when you get involved into this kind of superego behaviour, at that time, it so happens that you might take over from them and start using it for your ego. That's the worst time for you. At that time what you do is to act like the devils yourself. And once you start doing that, your Ekadasha is completely finished. And then I don't think it's easy to get rid of it. It's very difficult. But if it is one-sided, it's much easier to do it.

So today is the day which is called as 'the Ekadasha which is going to bring the transformation'. When you are transformed, so many things are automatically destroyed within you. As you can see very clearly that all your misidentifications drop out. The misidentification that, "I'm an American," that, "I'm a Christian" or "I'm a Jew," "I am this, I am that." All these false misidentifications drop out of you and you become a naked human being. First of all, you are a human being and then a super-human being, without the ego, without the ego. So your ego is destroyed, your superego is destroyed, your conditionings

are destroyed and all your false ideas about knowledge are destroyed. So what remains and emerges out is the reality.

Now see when a flower becomes the fruit: everything, practically, drops out of the flower, we can say. Like the calyx is dropped out, then the petals are dropped out, and then the epicalyx is there, that is also dropped out; but what remains is the seed, actually if you see. Around the seed all these things develop and the fruit remains, the rest of it drops out. In some fruits some part is used, in some fruits nothing is used, a very little growth comes out as fruit and becomes the fruit while the flowers are there. So in us also, whatever becomes, Spirit remains, the rest drops out. And that is what it is when we call it the ekadasha which brings forth the transformation. And one has to understand we have to drop out many things.

Some people I have seen they say, "What's wrong? I am smoking, still my vibrations are all right". Some say, "What's wrong? I am drinking, still my vibrations are on." "I'm going to this guru, still my vibrations are there," "I'm having the same type of licentious life, still my vibrations are there." Now it goes a very long way [and] the vibrations are still there, but suddenly they stop, and you find you are out of the bounds, you are thrown out completely. But you do not feel how you are thrown out. Gradually you find, with a tangent you go out. And so one has to be careful about that. So within us lies a force which is centrifugal and a force that is centripetal. So Ekadasha's force is centrifugal: by which you are thrown out.

Sahaj Yoga doesn't fall onto anybody's feet, it doesn't request anyone, it doesn't flatter anyone. If you want to be there, you have to be positively there, and if you don't want to be there it throws you much faster than what you want! That's the trouble with Sahaja Yoga is. And this is the loophole of the Sahaja Yoga, which I must tell you as a Mother: that it's very anxious to throw you out.

I'll tell you, when Christine, just now she told me also, got engaged to Michael, half of them were thrown out, because they had a conception that you must have a romance before marriage [that] without a romance, if you have a marriage, then there should be no marriage. I don't know on what conception it is based. But if you have the romance before the marriage, what's the fun of having the marriage? I mean it's like, if you have to give somebody a present, you hide it, you see, keep it to that date, and give the surprise to the children! In the same way if you have the romance already done, what's a marriage? What's the celebration for? It's absolutely illogical. There is no romance in such cases. Actually, you have seen that after the romance, the marriage, and the divorce. It's always like that. Because you become stale, and you find the romance you had before marriage was something, a fantasy, that has dropped out, and now after marriage there is nothing left to enjoy, so you are fed up and next month you are in the divorce case!

But the marriages that take place without the romance, kept all reserved for a particular day, just for that day when you are going to have the real romance, and real feeling of oneness, everything. In India it's a very big thing, you see, the first night of the married people. And that's why our marriage last. You know, I would say, I'm an old woman of 60 years, my husband 63 years, and you can see how romantic he is still. You see, the romance never finishes. Because it starts on an auspicious day with the sanction of the collectivity, everybody taking interest in that romance. It is such a big thing to be married, all the people enjoying the marriage, and enjoy [inaudible], enjoy-.

Sahaja Yogini: Would you like some fruit Mother?

Shri Mataji: No, no. Thank you, that's good.

So now, this kind of thing, when happens to the people who are Western people, who think romance is very important. But I don't think one can learn anything from the marriage system of the Western people, because all their marriage system is absolutely in a dwindle down. There's nothing to be learned from them as far as that is concerned. We can learn many other things. For example, we can learn how to operate a camera. But to operate a marriage is better you learn from Indians.

We have a very solid system of marriage. First of all, the way they are trained from childhood: how to make a marriage successful. Such a lot of importance is given. Then without the horoscope, they will not marry. Without the auspicious day, they won't marry. Everything they work out in such details so that the marriage cannot fizzle out. Moreover it is worked in such a

collective way.

For example, supposing my husband wants to trouble me, say for example, you see. So, the sister of my husband will take him to task. Everybody can interfere if they try to do anything against the marriage. Everyone in the family will be after the person who tries to break the marriage. And so everyone knows that, "I'll be left high and dry", you see, "if I have a divorce". Nobody has place in the society.

But in England when we went first, we were shocked! They had no shame about this, "I'm already divorced thrice and this is the fourth woman I am living with". So shocking for us! Oh God! To us, a divorce means worse than leprosy! Why are you divorced? What's the problem? How can you be divorced? Such an auspicious thing is the marriage! Such a blessing it is. It is God blessed. How can you do it? It's such a big fall! And that's how it works out. And in no way we are less than you people as marriage because we can produce much more children than you can produce. And children only want to be born in India not anywhere else. You will be surprised. That's the problem we are facing.

Our population problem comes from the point that the marriages are so successful, the people are so peaceful, that children hate to be married [born?] in nightmares of New York. Naturally! Because you don't know where will be the mother tomorrow, and where will be the father.

Now we are blamed for a high rate of fertility, but what to do? Children don't listen. They don't want to go to all such places where there's no stability for them to exist. Especially the Realised children, if they are of a very high quality, they do. I mean, they have to be like daredevils to get into this thing, so they may try. Or maybe real devils, to take advantage of it. But normally, people who want peace in life, who want joy in life, and the love of their parents, want to be born in India. And that's why, recently you'll find that India is growing so fast in population that we don't know what to do. So, this marriage system came in, which shocked them because they couldn't understand that there has to be a romance, and this and that.

Now the more understanding of Ekadasha that should be there, that we should not allow it to be built within us in any way, because these are self-destroying things. It starts with doubting. When you start doubting Sahaja Yoga, the build-up starts [Shri Mataji shows the Ekadasha Rudras points on her forehead]. And the doubting starts building up throughout the "medha", is this, the plate here, you see. And it can become a thick big plate there.

Like today, I saw that lady saying, "Touch wood", you see "Touch wood", means this wood [Mother touches her forehead]. "Touch wood" means there should be no wood here any more, you see. Or you can say, "Touch stone." [Laughter] If you say something like a bragging you can say, "No, no, touch wood". And I am not meaning that. I mean, people are quite conscious - unconsciously they say it - but they are quite conscious not to say something that would sort of give an idea of boastful nature, or something bragging, or something big so that it may go wrong. So they say, "Touch wood". This is the wood, this Ekadasha, they mean.

So we are quite conscious of this force building within us. And now we have to be conscious that this force is going to transform people. So today, we are going to pray that, "This force has to transform America through its capacity to frighten people, so that they come to Sahaja Yoga".

Because when things have reached this stage of ego, then when people say, "What's wrong?" - like in England when I started talking, first, they said, "This is Victorian woman, out of date, absolutely useless!" I said, "All right, I don't say anything, but you will have such diseases that you'll have to come back". That was the time [when] they passed the law that homosexuality should be allowed, permissiveness should be allowed, and all these things should be allowed. And now you have AIDS. You have AIDS now here already operating. Now the AIDS has given the fear of the Ekadasha. Now have it, "What's wrong?" What about that?

So this awe and this fear is very important, is an extremely important thing that we must have the awe and the fear that God is Almighty and we are nothing before Him. Here we have to remember that we are part and parcel of that God, and that we have to awaken ourselves to the consciousness that He is the Whole and we have become one with the Whole; that's how we are going to overcome our Ekadasha.

So today I bless you all with the power of Ekadasha which is going to transform.

May God bless you all, in your work which you are trying to do for the good of Americans. It is your responsibility to save America. You know it is a Vishuddhi chakra and all the responsibility of Sahaja Yoga rests on Vishuddhi chakra! So how important it is that this transformation is to take place. Unless and until the transformation comes in, you will see, it will not work out. You cannot talk to people, you cannot communicate with them. So you must pray that: 'Transformation process must start, must trigger, and must gallop, and must go on spreading like wildfire'. This should be our prayer today.

May God bless you.

May God bless you. [Hindi about starting the puja]

[Cut in the video]

... And this sets in when Shiva is angry because Shiva is the real Rudra. And His powers are given to Ekadasha. Shiva is the real ultimate dissolution. He's the one who will dissolve the whole world. But He gives these eleven powers of destruction. He has twelve powers, out of which one he keeps to himself for the ultimate (destruction) and eleven he gives to Ekadasha. And when that happens, the Ekadasha starts acting in human beings. So today, I was thinking, we'll have first Ganesha puja and then Rudradashi.

[Cut in the video]

[Puja starts]

[Conversation about towels]

[A child says that she brings her toys, the Smurfs.]

Shri Mataji: Ah, good idea, put them done, yes. Good idea.

There's a new one, I saw a picture, "Coming of Jedi".

Sahaja Yogi: Oh, yes.

Shri Mataji: In that, they show these people – what you call them- Teddy bears. They are all Sahaja Yogis. [Laughter]

Have you seen that picture?

Sahaja Yogis: Yes.

Shri Mataji: It's very nice. It's really there- you see- Sahaja Yogis, the way they manage things. So sweet they are. It's a very good idea actually, a very good idea.

And they show the right side. And then the left side. You see, both sides they've shown in that picture, you see. First, the right-sided people, then the left-sided people and the Teddy bears. Wonderful, really!

[To a boy] Bring them [the toys, Smurfs] and put them all over, yes. They should be present here.

[Conversation with children about the best place to put the toys.]

They are all the Ganas on the left-hand side.

All this comes from the Unconscious, you see. One should see this picture "Return of Jedi". It's absolutely the manifestation of the Unconscious, in such a beautiful way.

Sahaja Yogi: Did you see Star trek yet, Mother?

Shri Mataji: I beg your pardon?

Sahaja Yogi: Did you see Star trek yet?

Shri Mataji: Yes, I did. Yes. Who showed me, I think you people.

Sahaja Yogis: That was Star Wars.

Shri Mataji: Star wars, yes, Star wars. Which one is this?

Sahaja Yogi: Star trek.

Shri Mataji: Star check.

Sahaja Yogi: Star trek, yes.

Shri Mataji: That, I did not see. That's the same thing?

Sahaja Yogi: No, Mother. It's different but I thought, You might like to see that. It's very interesting.

Shri Mataji: All right, all right. I'll see it some time.

Sahaja Yogi: Yes.

Shri Mataji: All right?

Sahaja Yogini: Mother, did You see the Dark Cristal?

Shri Mataji: Which one?

Sahaja Yogini: The Dark Cristal.

Shri Mataji: No, I did not see that.

Sahaja Yogini: You might like that.

Shri Mataji: All right.

Boy: Yes, the Dark Cristal.

Another boy: I want to see that.

Shri Mataji: Now, this one I saw is very near, you see, very near Sahaja Yoga. How it is coming in, you see, these things, it's so clear.

Shri Mataji: [About a Smurf] Now, look at this! Why are you sleeping? You have to be awake. [Laughter]

You cannot sleep. How can they be sleeping? I will put them right. You should all stand up. They are all falling down. [Shri Mataji is fixing the toy]

Sahaja Yogi: That's what You do for us, Mother. You wake us all.

[Conversation with children about the toys.]

Shri Mataji: These are the antibodies [about the Smurfs].

[Puja goes on]

I think yesterday's tape should be again sent to London. It would be a good idea. So it will be analysed, you have, you see, it was quite a fast movement.

Sahaja Yogi: Yes.

Shri Mataji: So that you can rewrite it. And then you will know that I have said quite a lot of things there, like, where the mistake lay; I mean, it's very, very, you see, significant.

Because I think, because of these mistakes, people cannot differentiate between a good guru and a fake guru. Because of these mistakes, that you have to go, because not understanding that it is vertical.

Shri Mataji: How did he like my lecture? Was that very clear yesterday?

Seeker: Oh, very much, yes, yes. Excellent

Shri Mataji: That was correct what I said was - that was the mistake, you see? I think of all the people who got Realisation, they try to explain it their own way. Because, after all, this knowledge, how far they can go, isn't it? Like Buddha has thought that if you talk about God, it conditions people. Better not talk about God because every body's starting thinking, "We are God". You see, if you tell them about God, everybody becomes a God. So, he thought, "Better talk about the Self-realisation only. Better not talk about God".

Because if you talk about God, then nobody wants to seek the Self. They think they are God. Or about the God which is Formless.

Then they say, "This is Formless". So, they just start doing some other thing.

That's why he did not talk about God. He said, "Better not talk about God. Just talk about the Spirit".

Same thing with Mahavira. He also, both of them, tried to put the attention of people fixed on the Atma. 'Atma Bodha', the knowledge of the Self and all that. This was the reason why they did not talk of God. Because the people were getting very much diverted.

[Puja goes on]

Sahaja Yogi: Mataji, namastase, namastase, namoh namaha.

Shri Mataji: Kya [what]?

Sahaja Yogi: Ya Devi sarva bhuteshu.

[Hindi conversation]

[Mantras]

[While putting Kajal]

Shri Mataji: You didn't get this time the silver- for keeping it. You've got it or not? I just wanted to find out.

Sahaja Yogini: I have it.

Shri Mataji: All right. You see, I'm just thinking about what I will be giving you people, next time.

[While combing her hair]

Shri Mataji: I think you all should take photographs, because I've seen, these days, the photographs are so wonderful. And you really all have become great photographers, I must say.

Sahaja Yogi: It's a great subject, Mother.

Shri Mataji: I tell you, tremendous! I mean, the photographs are so beautiful. I think, somebody asked me once, "Are these professionals who have done it?" I said, "No. Some of them are taking photographs for the first time". You know, the photograph on Advent is taken by Paul [unsure], first time, he took it. For the first time he touched a camera.

He is someone who got the Realisation first in England. Because I think the first ones are rather strict people. [Unclear] is one of them. [Laughter]

[Indian Sahaja Yogi in Hindi]

Shri Mataji: Very strict! And that's a good thing. Somebody has to put some strictness because Mother is no good.

[Indian Sahaja Yogi in Hindi]

Shri Mataji: [Aside] Thank you.

[Shri Mataji is giving instructions about the puja]

[Conversation in Hindi]

[While putting Kumkum on her hands and on the last phalanx of the left hand's fingers]

Shri Mataji: It's a Vishudhi work, you see. One has to do the whole hand. You can't leave it open, so much of heat.

Can you feel the heat coming out of your hands?

Sahaja Yogini: Yes.

[Conversation in Hindi]

Shri Mataji: Vibrations are so much!

[A Sahaja Yogini is doing the same on Shri Mataji's right hand]

Sahaja Yogi: Indian people go backstage. Just let the married ladies step forward.

[Ladies put the sari around Shri Mataji]

Shri Mataji: You must tie it up also.

First, the garland, this one first. First this garland, or this garland you see.

Woah! Good. You see, this is the whole universe!

Sahaja Yogi: 16 thousand.

Shri Mataji: 16 thousand.

[Sahaja Yoginis hold a very long garland]

You are making the map of America when you are holding.

[Laughter]

In the center, between the two feet.

How many states you are?

Sahaja Yogis: Fifty states.

Shri Mataji: [To a Sahaja Yogini] Can you take off?

If you bring the mirror, hold on. Somebody has to tie [the crown; unclear] on me. Just hold it.

Perfect!

[Inaudible] Kumkum with my hand. That's why I always do my hands later, they won't [unclear]

Good now. Beautiful.

[Conversation in Hindi]

[Shri Mataji is taking a prasad and vibrates the cake platter. She takes one.] Thank you.

This is to finish off all the whites [laddhus].

Sahaja Yoga: We all will stand up and take arti now.

Shri Mataji: You all can put a hand, touch him, yes.

[3 times the conch]

"Saba ko dua..."

[End of video]

[FROM 27:46 ON AUDIO ONLY]

[Hindi, about Shri Adi Shakti]

[Ganesha mantra 3 times]

[Puja starts]

[Conversation about towels]

Shri Mataji: So, as I told you, this Power creates the "O" [unclear] to take to God, which is very important. Already, I told you, we had a big hurricane here and many trees were uprooted. Let's see what other things happen to create the "O".

Sahaja Yogi: [In Hindi about Ganesha Atharva Shirsha]

Sahaja Yogini: Would you like some more tea, Mother?

Shri Mataji: No, that will do I think for the time being.

Now, who can do the - [Conversation in Hindi about the pujaris]

All right.

Now if you are sitting- [unclear] better to be that side, because you have to give.

Now [Conversation in Hindi]

The children can move this side a little bit. No, both of you should sit there.

[Conversation in Hindi]

Have you got Kumkum?

Sahaja Yogini: Yes.

Shri Mataji: Christine, you come here. Christine is better. Christine, do you know?

Sahaja Yogi: Yes.

Shri Mataji: Now let her sit here.

Shri Mataji: You can put a swastika.

Ah! Better now? [Shri Mataji says a mantra: 'Om sakchat superego mardini'?]

You understood yesterday what I said about these, that you see the psychologists created the first mistake by saying that it is in layers. The advantage was taken by these groups that you have to go through all this nonsense.

Seeker: Acha.

Shri Mataji: But it is not in layers it is vertically placed. And your path is absolutely kept properly there. Because you must understand that God is the Greatest Organiser, the Greatest Engineer. How can he make you in layers like this, that you have to go back into your unconscious?

So these gurus have taken, these horrible fellows, have taken the advantage of this, you see.

Now, better!

Good?

A little bit. [Shri Mataji is having tea.]

[Puja starts.]

The little boys, children, have to do the first Ganesha.

[Hindi conversation] Atharva Shirsha can be translated by someone who can read it. Where is the English one? So, who will read it? Patrick, will you read it? Come. Let him say it in Sanskrit and then the translation must be said.

So, let's the children wash my feet, that's the best.

[To children] Come along. All of them. Move it that side, this one. Yes, move it, move it.

[Atharva Shirsha is read in Sanskrit.]

Now, so those who have not washed my feet before should come.

Now you all have to tell me your names, that's important. I think for people at a time will do. All right? Come forward.

[Atharva Shirsha is read in English.]

Now you are understanding the meaning of every word, you see? Because you have experienced it. It was first just to talk, talk, talk, talk. Now it's an experience, you are the key. How did you become the key? You have to be there; I cannot manage alone.

Now, should we get the –

What's your name?

Sahaja Yogi: Richard.

Sahaja Yogini: Gertrude.

Shri Mataji: May God bless you.

Now you say the mantra. Now put your hands down. You start with the mantra.

Shri Mataji: You did some mantra or something, did you? You didn't tell me your name.

Sahaja Yogi: My name is Antonio.

Shri Mataji: Antonio, you did some mantras Antonio?

Yes, with Steven who's here.

Sahaja Yogi: No before. [Inaudible]

Antonio: No, I didn't.

Shri Mataji: No.

Sahaja Yogini: It's better to be here.

Shri Mataji: It's Vishudhi, that's all. Left Vishudhi here. Are you all right now? Are you feeling better in the hands? Are you feeling the cool breeze or not? Only thing, this chakra is a little bit obstructed, that is why you are not feeling.

Just see his Vishudhi. Just press it, a little bit. Sit down, sit down. Antonio? It will work out. It's not that you are not- you are all right but only, you are not feeling it because of the Vishudhi. So many times it happens. May God bless you.

Just watch me, all right? You've got it but only thing, you cannot feel it. If there is a pressure on these nerves, you cannot feel it. Little bit to be released. Just see, is it showing?

Warren: No, Mother. It's quite still.

Shri Mataji: Good now?

Warren: Except that there is this tremendous heat in the Vishnu granthi, just in the middle, just below.

Shri Mataji: Because now, it is released.

Warren: And it's a bump there too, a big bump.

Shri Mataji: Little breathing hold your breath. Ah, now better.

Sahaja Yogi: Yes.

Shri Mataji: Again.

Warren: Hold your breath.

Shri Mataji: You have to hold it.

Warren: You have to hold it. Take a deep breath. Now hold it.

Shri Mataji: Now, leave.

Warren: Now, leave.

Shri Mataji: Better? Again. Hold it again.

All right?

Warren: It's cooling down.

Shri Mataji: Just see if his vibrations are all right. [Conversation in Hindi]

You come from which country, Antonio?

Antonio: From Italy.

Shri Mataji: You live there? You had lived there?

Antonio: I lived there most of my life.

Shri Mataji: Most of your life.

Antonio: Yes, except one year in United States, three years in Iran.

Shri Mataji: In Iran. When was this?

Antonio: This was-

Shri Mataji: During the travel?

Antonio: No, just- well, it was during the beginning of what we know that is a travel. From, 1975 and 1976 and 1979.

Shri Mataji: Put right to the left.

[Conversation in Hindi]

[Puja is still going on]

[Something is falling down]

Shri Mataji: As you say Rudras, you see. They are already active. [Laughter]

So, the first step is the description about the Rudra Shakti, what it does, what are the qualities of the Rudra Shakti. Now the destructive power. And secondly is the asking for the protection of various things from this. This is called as 'abhisheka', is the pouring of water, is called 'abhisheka'. Also when you put the crown on the head, it's also called as 'abhisheka'.

[Conversation in Hindi]

This water is for vibrated water, wonderful. This one is to be used for all the patients, everything, it's very important. But don't touch it inside.

[Conversation in Hindi]

You are not to touch, all right? Now one by one, you bring it there.

Sahaja Yogi: You have to bring the milk. It's yoghurt, isn't it?

Shri Mataji: Sugar. Where's the spoon? It's better to [inaudible]. All right.

That's all, that's all, you don't need to more. You can keep the sugar on that side, all right? Only milk we might need.

Now, first of all, he has to pour a little bit this, it's the ghee, this one. It's quite a lot [inaudible].

[Mantras]

She's got the hundred and eight names of the Goddess.

Sahaja Yogi: The hundred and eight names of the Goddess, that I will say, and the flowers to be offered to Shri Mataji.

Shri Mataji: Who is there from- By groups, you can do it, you see.

[End of audio]

1983-0918, Shri Krishna Puja: He has to be prasanna

View [online](#).

18 September 1983

He Has To Be Prasanna

Krishna Puja

Los Angeles (United States)

Talk Language: English | Transcript (English) – VERIFIED

Shri Krishna Puja, "He has to be prasanna"

Los Angeles (United States), September 18th, 1983

First time when I came to United States, I came to Los Angeles first. Because it's a place of angels. Actually, I thought that it must be a very holy place to come down first of all in this great land of United States.

Now, as you know that United States — or America, the whole of it — is the Vishuddhi Chakra. Out of which, we have three sides to the Vishuddhi Chakra. So, the central part of the Vishuddhi Chakra is United States.

The central part of the Vishuddhi Chakra is governed by Shri Krishna. And His power is Radha. Ra-dha. "Ra" means "energy", "dha" is the one who has sustained the energy. Ra-dha. Dha-re-ti-sa (?). So She is the one who has sustained the energy, and so She is called as Radha. She is the power of Shri Krishna.

The word Krishna comes from the word krishi, means "the ploughing", or you can say, agriculture is called as krishi. The one who ploughs and puts the seed in the soil is doing the krishi. And that's why He is called as Krishna.

Now, the seed that He has sown is the seed of spirituality. It is Shri Krishna who said, in Sanskrit: "Nainam chhindanti shastrani nainam dahati pavakah na chainam kledayantyapo na shoshayati marutah" (Bhagavad Gita, Chapter II, Verse 23), meaning it cannot be — means the spiritual life, or you can say, the eternal life, or the Spirit — cannot be killed by anything, by any weapon, neither can be blown away by air, nor can it be sucked in, nor can it be destroyed.

So, to prove that, Christ came on this earth, and through His resurrection He proved what Shri Krishna had said. And most of you Sahaja yogis know the relationship of Christ and Shri Krishna, why He was called Christ. Christ word comes from the same — krishi. And His first name comes from the word Yashoda. Yashoda is also called as Jesu or Yesu, and that's why Christ was called as Jesu or Yesu. Some people call Him Yesu, and some people call Him as Jesu, because of Yashoda, the mother, foster mother of Shri Krishna.

Also, you know that Radha was the same as Mahalakshmi, so She was the same as the mother of Christ, Mary. These, all these things, we can prove it in Sahaja Yoga. Because when the Kundalini moves up to the Vishuddhi Chakra and if it stops there, you can ask the question: "Was Krishna the son of Mother Mary— was Jesus the son of Mother Mary? Was the son of Ra— was [Mary] the same as Radha?", and then the Kundalini moves.

So Sahaja Yoga today is the thing which proves what has been said so far. It proves. It's not just a cock-and-bull story. Because people do not believe into all these things. They think that it's all cock-and-bull story: who was Christ, who was Krishna, who was Radha... after all, there was no God.

But only in Sahaja Yoga, today, we can prove it, that what we say is the truth. Because, as through Realisation, you get connected to the mains. Your vibrations start flowing. Like the computer, you start working. And whatever question you ask, answer comes to you as tremendous vibrations, or it stops, or you might get heat, or you might get blisters... So the whole message is

communicated to you through your fingertips.

As Mohammed Saheb has very clearly said that “At the time of resurrection, your hands will speak.” But the Muslims do not want to talk about resurrection at all. Because they want to frighten people with the doomsday. They don’t want to talk about the resurrection time, which is going to come, which is the intermediary time. Because they want to use the time which will frighten people, by saying that “Now your doomsday is coming!” “Now your doomsday is coming” — so everybody is frightened about God, and they think that “Now we should just wait for our doom, nothing else is in between.”

So this is how the Vishuddhi Chakra is a special one.

Now, Vishuddhi Chakra was created on the Saturday. So it is the Saturn — that’s the important star of the Vishuddhi Chakra. So, whenever the Saturn is at the highest, America will be in a better place to do things. But I don’t think they know much about themselves. They don’t know what they are, why they are on this earth, what is their work, what they are supposed to do, or what is the purpose of God of creating America.

The first job of the Vishuddhi Chakra within us was that when we became human beings, we raised our heads up like that. (Shri Mataji tilts back Her head.) When you raise your head up like that, you have become a human being, in the sense that now there is a new movement in your consciousness. Now, the new movement in your consciousness started about six thousand years back when Shri Krishna came on this earth. That the new movement was that it is the Father, the advent of the Father was celebrated. And that’s how people developed a kind of a new instrument within themselves called ego.

When the brain was lifted like this, you see, (Shri Mataji puts Her hands in front of Her with the fingertips touching and the back of the hands facing ahead, and then turns the hands so the palms face downwards) it expanded in a pyramidal... (Shri Mataji moves the palms towards each other, forming two sides of a triangle) it’s a pyramid, it became a pyramid. In an animal, the brain is flat. (Shri Mataji reverts to the previous position with the palms facing downwards.) And gradually, it rises. (Shri Mataji again shows a pyramid-like shape.) When the head was raised, when the responsibility was taken of raising the head, the brain started growing in such a way that it became a pyramid. And when it became a pyramid, the attention became a different attention from that of animal. Because when the waves of your consciousness fell on the sides of the pyramid (Shri Mataji shows that the waves fall vertically), they went into the parallelogram of forces, by which the resultant force — the resultant force — now, it falls like this, goes like that, the resultant force is like that (Shri Mataji shows how the waves would fall and be reflected at the same angle to the pyramid, and how the resulting force would be halfway between the two) — had two sides: one was this, another was this. (Here, Shri Mataji makes a movement expressing the y-axis and x-axis of a graph.) So the consciousness, or we can say, the attention, instead of going inside, started going out. (Shri Mataji shows how, instead of continuing along the y-axis inside the pyramid, the attention would go horizontally along the x-axis.)

So one part of the resultant was going outside, and that’s how, when you became a human being, your attention went outside. It’s the human beings only who have their attention outside. Not that the animals don’t have, but the attention of human beings are such that they create reactions.

Like, you see something. Now, I see doctor’s house there, for example (Shri Mataji probably refers to some Sahaja yogi here). Then a reaction starts in my mind: What is this?... What does this mean?... How much it must have cost?... From where did he buy it?... Anything you see, it starts giving you a reaction. Not to the animals. Animals, at the most they will say, “This I must eat. That I must eat. That I must get.” But they do not think about it.

It’s only the human beings who reflect. And this reflection comes because of the pyramid-like structure of the brain. And this has a special reaction in the brain itself, that we start developing our own ego, our own myths, our own mental projections. And when we develop our own mental projections, this ego starts developing: “I know,” “What’s wrong?” — all these nonsensical things come. And once that starts working out, the balloon of the ego starts rising. It starts pushing the other balloon which was within us — is of the superego — as an animal, and then comes up in the centre. (Shri Mataji cups Her hands with the fingertips at the top, expressing the two balloons being in balance.) That’s how we now become normal human beings. But then we start

increasing our ego. It starts overlapping the superego (Shri Mataji moves Her right hand over the left), and a calcification takes place, by which we develop our “I-ness”.

So it is all the happening that takes place after we have lifted our head, raised our head (Shri Mataji tilts back Her head), and we are no more like animals. So, Vishuddhi Chakra has a very big part to play in the human evolution — that by developing your Vishuddhi Chakra, you have become human beings, first of all. Secondly, because it is the chakra of the Father, who becomes again the primordial... as you call it in... (Shri Mataji says several words in Marathi)... macrocosm, you become the macrocosm. You are the microcosm, and the Father is the macrocosm. So you become that because of the Vishuddhi Chakra, which is governed by Shri Krishna, who becomes that macrocosm called as Virat. In the brain it is expressed in this part (Shri Mataji points to the base of the parting on Her forehead), in this part of the head. It is here that you start manifesting your macrocosm qualities. At this point.

Now, this Vishuddhi Chakra has a speciality — is that we always say, “The responsibility on my shoulders.” Always we say, “The responsibilities are on my shoulders.” The reason is, the Vishuddhi Chakra gives you the sense of responsibility. And that’s why, you know, the Americans feel responsible for the whole world. Naturally. (Laughter, Shri Mataji laughs.) It’s perfectly understood that they feel responsible for the whole world. But how much they are aware of their role as the responsible people, that’s a different point. But they feel they are responsible. But their role as responsible people if they understand, then they have to be ideals! Ideals! Because a person who is the responsible person in a family has to be the ideal for others.

It started very well, I should say, at the time of Abraham Lincoln. It started very well. When you started talking about democracy, is also... democracy is nothing but collectivity. He started talking about collectivity “of the people, by the people” (Gettysburg Address, the famous speech of Abraham Lincoln). All that shows that the sense of collectivity started coming right in this Vishuddhi Chakra.

But then, the people who are in the centre can only remain normal. But those who bend too much, or who bend backward too much, both suffer from problems. The ones who bend forward to others are the people who get their superego. They get over-humbled down, like developing countries are. And those who bend backward are the people who try to dominate others, who have ego.

So, because of sudden blessings of God, they discovered so many things. The ego started developing in America too much. But ego is like a balloon, as I told you, and keeps you floating in the air. And when you are in the air, you become shallow people. You have no moorings. But it has one more advantage. If you knew you are floating in the air, you can have a complete comprehensive view, complete vision of the whole — if your eyes are pure and your intentions are clear-cut.

Now, the another thing that happened by their coming here was the problem that they felt that “We are a very new nation.” It has an advantage, as well as it has a disadvantage. To advantage is that if you are new, it’s very good because you can be transformed into something better very easily because there is no conditioning in your mind. You are very clean, absolutely ready to become something great.

Or else, can be a possibility that you are so new that you are awed by everything that is old, which is very true about Americans, that they bought all the old bridges from England to bring them down here. And the cravings about the old is too much here. And that as if whatever is new is all absurd. So maybe even Sahaja Yoga may be an absurd thing for them. Because, according to them, this is something new. Because they are new nations, they have started discarding all that is new. Is an absurd thing.

Now, we must say that Sahaja Yoga, as it is today, is the most ancient thing. It started with the universe, and now the culmination point has come. Because it is a living process. As you see a flower on the tree, so you’d say, “First new flower.” But the flower has come out of a seed, which has got the roots; then it became the trunk; then it became the leaves; and then it has now become a flower. So, though it looks a new flower, it has a big heritage. In the same way, Sahaja Yoga is as ancient as this universe is.

But to people who have such a hankering for traditionalism, find it difficult to find out what is real tradition. Only those who are traditional people can know what is real tradition. Last time I came here in America and I was shocked: that a person came to interview Me, and when he was talking, he asked about one gentleman who was most untraditional from Indian point of view. His name was Ramakrishna Paramahansa (well-known Indian religious figure). He married a woman and made her a "Mother" (Ramakrishna declared his wife as an incarnation of the Divine Mother). I mean, it's... nobody has done it. Rama has not done it. Krishna has not done it. An absurd stuff! But for them, he was the most traditional man. And he told Me that "Mother, your Sahaja Yoga is not traditional if you don't believe in Ramakrishna."

Last fifty-sixty years, all such neo-traditional people came up. Another one was this Pondicherry fellow (Aurobindo, founder of Integral Yoga, whose ashram is situated in Pondicherry, a city in the south-eastern part of India). Another absurd situation. He called this woman a "Mother" (Aurobindo declared his spiritual collaborator Mirra Alfassa, who lived in his house, as an incarnation of the Divine Mother), and his relation with her is ambiguous. You don't know what relationship they had. I mean, that is something, in Indian tradition... is an impossible situation. You have to have clear-cut relationship with everyone, you cannot have ambiguous. Neither a friend, nor a wife, nor a mother or a sister... That kind of a situation is most untraditional. Is never thought of. I mean, you Indians can know this is not possible. This is an absurd situation. But for some people, he is traditional.

What happened about sixty years back — I think, about the time of My birth only — the negativity started taking a new form in understanding the western confusion. They are all westernised, if you see them. And the western confusion they took over for their own advantages. They used it for their own advantages. And this is where the western people have failed to make them out.

The other day, at the Jungian place, I was to talk to Jung people about Sahaja Yoga and Jung. Now, Jung, I came to know only when he died, because there was a little article about him. I never studied psychology. Of course, I tried to learn some vocabulary to talk to them. Sometimes, I thought, I may have to talk to them also. But these Jungians, all very intellectuals and great people sitting before Me, you see. About a hundred of them, [and] the President of American Jungian Society. I'd just gone through a book, just before starting it, and I saw some diagram which really puzzled Me. The first conception they had... Of course, it's all a mental conception of Jung. I don't blame him, because he got Realisation but he did not know how the state was created, what was the framework of the state, and his movement was still of a seeker to find out how he got his Realisation. And all movements [in Jung's conception] were linear, they were not expanding from one point all over. So it was not so integrated.

Now, the thing they showed was that at the bottom of it was the unconscious which is never going to be conscious; on top of that was the conscious... unconscious that can be conscious; then, there was subconscious; and on top of that was the ego. I mean, what a mess of a thing it was, I tell you.

I told them, see, now, the word "unconscious" itself is confusing. What do you mean by "unconscious"? Whatever you don't feel on your central nervous system is unconscious, all right. But what does that mean? We don't feel the subconscious — then subconscious is also unconscious. Whatever we don't feel — for example, there are certain sounds of certain frequencies we don't hear at all. We hear whatever is tolerable to us as human beings. That you all scientists know. We don't hear everything.

So, all that is unconscious — means it's a mixed bag, all sorts of things mixed up together. But God is not a hotchpotch person, you see. He is a clear-cut gentleman. He knows what He is doing, He is the greatest organiser. And how can He put you into a bag like that — that the unconscious is below; then on top of it is the unconscious that is going to be conscious; on top of it is the subconscious; on top of [it is] the consciousness; on top of that, the ego! So you go down carrying all this inside you, and where do you go? Now, how do you go?

So the first mistake was that there are layers one on top of other. It's not so. They are placed vertically! The ego is on the right-hand side, and superego, on the left-hand side. The future, on the right-hand side, and the past, on the left-hand side. So, the subconscious, on the left-hand side, and the supraconscious, on the right-hand side. And the central path is kept clear-cut. I mean, in any organisation... say, if you go to the airport, do you have like this that you have to pass through the walls to go to the aeroplane? If we human beings don't commit such horrible mistakes, how can God commit such a mistake? So it was absolutely

wrong to think that way.

So, the central path is in the centre, while the right side is on the right side, and the left side on the left side. And you don't have to go to the subconscious at all! Because they justified all these people who are trying to make them hypnosis, or they are trying to hypnotise them or to give them a new type of a... sort of an experience. "All that was unconscious, we should accept that." Even some people, if they start suddenly jumping, they say, "Oh, it's great!"

So the sensations that you get from the subconscious and the supraconscious were accepted as something great. It was a confusion of your intellectuals, I should say. Complete. But it is not so. Your path is straightforward. Absolutely for Kundalini. Only thing, the one who has to raise it had to come, that's all. But otherwise, it's all very well, and there is no need for you to get into that horrible subconscious.

When I told them, they were amazed. They said, "Mother, it is so simple!" I said, "It's very simple. Your unconscious is divided into four. One is the collective subconscious (Shri Mataji gestures to the left), one is the collective supraconscious (Shri Mataji gestures to the right), one is, you can say, the collective hell (Shri Mataji gestures downwards), and on top is the super-collective consciousness (Shri Mataji gestures upwards). So, where do we have to go? We should know our destination. Then, we have to reach it."

And that is how the problem of all these people getting entangled with Muktanand (founder of Siddha Yoga). Yesterday they asked Me a question, "What's wrong with Muktanand? Why is he so dangerous?" One lady, poor thing, as sahaj would have it, she came, she said, "Oh, I went there, I broke my back, and I'm finished once and for all. He is such a dangerous man! He flattered me, I went there, and I don't know what has happened to my back. I can't sit for more than ten minutes in one place, I have to get up. And I have a vibrator, I have to always put it..." — like that. So I said, "See. The dangers."

Then the another theory they started that we must suffer if we are to go to God. Why? I mean, that's not God's idea by any chance. Why should you suffer? He made Christ suffer for you. Finished now, now you better not suffer. There's no need to suffer at all.

So, all these ideas penetrated into these western people. And this mental projection they accepted without even understanding what is written in other books. We should see. And they could only go as far as those sixty years when these horrible people who went to India, very shallow people, they saw some of these tantric books, because they wanted to justify Freud through Indian culture. So they got the tantrikas, erotic things and all that and brought these books. And some of them read I don't know what books, to say that Kundalini [is] in the stomach; somebody says, in the brain... I mean, they don't know where the Kundalini is. And they are writing such big, big books. Can you imagine? Such big, big books they have written!

Now, when the books are written, every book is not a scripture. But to them, if it is written in the book, you see, it's a scripture. And that's how the whole confusion started going on. So these people came down, took full advantage of it, and now they have become "great gurus" with lot of money. Rich people. But now, as the hand of God is great, one by one they are getting out of the heads of these people. And now I hope a day will come when people will see the light through.

So the task of Sahaja Yoga is to establish the truth within yourself. It is not that we can have a membership. We cannot have a person enrol into it. We cannot call them as branded Sahaja yogis. It's the growth of the person that is to be seen.

Now, there are so many lectures which I have given about ritambhara pragnya and all those things, and I think for every Sahaja yogi it is necessary to listen to those lectures, go through it, understand them, and to meditate, so that you grow. Because it's not a plastic thing that we can create. It's a living process of the living energy of the living God. And so, it has to grow within you. By thinking you cannot make it grow, but by not thinking you allow it to grow more and more. As it starts growing within you, then only you realise that what you are. That's the only way you have to reach a state of that super-consciousness and establish yourself there. Then only you will know what I am talking about.

Now, today's puja is another thing. Now, what is a puja? Can you people say what's a puja is? Actually, yesterday I had a puja... and it's not easy for Me to bear the pujas, to be very frank, you know. Because the vibrations are so much that... I don't know... And then I went to the airport; two hours, we took out the vibrations and put them for all the New York airport. It was necessary. It worked out.

Because vibrations start flowing with tremendous force, and if you people do not absorb it, it takes time for it to ooze out from My body. Makes Me rather heavy with it. But then it oozes out, I feel better... And only thing that happens by saying the mantras — that you awaken the deities within yourself and start receiving the vibrations. And when your deities are awakened, they are awakened through the power of the deities within Me — they have to work very hard to do that, and that's how they emit too much vibrations, which must be absorbed by you when your deities are awakened. That's how it works. You cannot describe it in words, you cannot tell it in words. It's a happening that has to take place.

Many people who come to Sahaja Yoga first can go (Shri Mataji makes a gesture expressing wavering) little bit like that in the beginning. Gradually they settle down, come round, grow into it — then it becomes all right. Some people just shoot off in one day, and they are there. Makes no difference whatsoever. Because it's a growing thing and it has to grow. With some people, the land is so fertile, or maybe something, that it just works out fast. So, nobody should blame anyone. And specially, one should not feel guilty, because that's the Vishuddhi on the left-hand side.

Specially for America, I am wearing this stone (Shri Mataji shows Her necklace), which is called as the black sapphire. Because this is the stone of Shri Krishna. It's the stone of Vishuddhi Chakra. Every chakra has a stone, and this is the stone of the Vishuddhi Chakra, so I am wearing this, just for coming to America.

And I hope that today's worship will bring out the potential of this country by exciting the deities, Shri Krishna himself, who is in charge, by pleasing Him, by making Him active. And He has great qualities, and one of the greatest qualities He has — that He has the samhara shakti, by which He can kill the demons. And all those demons who are settled down here are really mistaken. Because if this is the place of Shri Krishna, they are very dangerously placed. Because once He is awakened here, they all will be completely finished through His Sudarshan Chakra (disk-like weapon of Shri Krishna), which He has in His hand, and He can just kill them one by one.

But first, He is to be pleased, and He is to be awakened. He has to be... prasanna, that's the word. Prasanna means "to be pleased". And then, it works out.

So today first we'll have Ganesha's puja, little bit, because Ganesha's puja is meant just to establish the innocence, the innocence of the place. Once the innocence is established — that's the most important, that's the essence of everything, Ganesha is the essence! — and then we'll have Shri Krishna puja, and then the puja of the Devi, of the Power. So, that's how we'll have three pujas, one after another, but a short time every time. All right?

1983-0920, Guru Puja: this finger has to be strong

View [online](#).

20 September 1983

This Finger Has To Be Strong

Guru Puja

Houston (United States)

Talk Language: English | Transcript (English) – VERIFIED

Guru Puja, Houston (USA), September 20th, 1983

[Shri Mataji talks aside to a Sahaja Yogi.]

Shri Mataji: ...Then you can say the 108 Names of Shri Vishnu, or Guru's, have you got Guru's names?

Sahaja Yogi: Yes. It's next door...

Shri Mataji: Guru's. For Vishuddhi, Guru's names are better. It's a good idea. All ten Guru's names ...

So, all right.

So, today first we have Ganesha Puja because Ganesha is innocence and we have to establish Him in any place where we want to start a work or do anything about it. Because He's innocence and innocence was created before everything else was created. It's the most powerful power, I should say, innocence.

And then we'll do the Guru Puja which is actually the Adi Guru, the Primordial Master, who incarnated on this earth many a times. And, as you know as Dattatreya, He was born, as Janaka, Nanaka and many others. That principle is within us and that is very important that we should develop the principle of Guru Nanak or Janaka or anyone of these primordial masters within. Because if the Spirit is the master, we have to become the master of ourselves. And the power of the masters are, that they are the essences of the innocence of the Creator, of the Sustainer and the Destroyer. They are the innocence of all these. Out of them, this great personality, innocence of these three personalities, was created this great incarnation.

And their innocence is shown by their detachment to things. They live everywhere just like other human beings: married, living in the families, but absolutely detached. Unless and until this principle is awakened in you, you cannot do Sahaja Yoga.

First of all, this principle of Guru must be awakened in you which gives you balance. And then the ascent has to be brought in to the Spirit, the Atma. That is done by the Shakti, by the Kundalini Herself.

She's the Shakti, She's the womb. She's the one Who nourishes, first of all. She nourishes that power within us, nourishes us, nourishes all our chakras, by which She cures our mental, emotional, physical, spiritual being. Because sometimes, we bow to wrong type of people, our spiritual being is also very much hurt.

And after that, after She has achieved that, then She ascends through your fontanel bone area and gives you the Self-realization. So, it is She who is the giver of your moksha [liberation]. She is the one who is the giver of the peace of the joy. And this Mother of yours resides in you and She gives you the Realization. So, we worship Her as the power within you, so that you are empowered, you become powerful. But this power makes you the master. When She comes in the Void area, She makes you the master because She enlightens that Guru principle within you and you become the master, you become the master of yourself and by that you become the master of others also.

The one who is not the master of oneself cannot be the master of others. So it works out, first of all, on you and then it radiates. And that radiation makes others also accept you as the guru. That dynamism and that compassionate attitude all develops through this Guru principle. But this is the blessing of the Kundalini, the womb, the Mother, the one who we call as Aquarius. This is residing within us and we have to just accept Her manifestation and welcome Her with open heart and know that today is the day when we are expecting human beings to rise to that level where they become compassion, love, affection. This is the new awareness with which we are going to be completely fulfilled, and unless and until that happens there's no chance for the emancipation of human beings, no doubt about it.

We have worked out so many things in so many places and every place, I find, has a different problem.

The most difficult, I find, is America. It's like Mathura where Shri Krishna had to go and establish Himself, that was the Kingdom of Shri Krishna. And when Kamsa was ruling, so the people in Mathura were the most difficult people because they were governed by devils and the devils have a capacity to dominate good people. They're all so dominated that even where Shri Krishna lived, they tried to go and harm Him and kill Him and all that. And all the dynamism of these people from Mathura was killed by Kamsa who was to be killed by Shri Krishna.

Surprisingly, the first day I came to New York for the puja, the first day it was written "Parivartani Ekadashi". Now "Ekadasha" is the power with which the people are going to be destroyed. Now that is "Parivartani", means the one by which you are going to be transformed. So, how is it the power that is going to destroy is going to transform you?

Firstly, it will destroy all that is oppressive, all that kills your dynamism, all that makes you slave, that is going to be destroyed. Secondly, people will be frightened, the half-baked ones who are neither here nor there, that will be destroyed and that awe will change them. Thirdly, when you see that your kith and kin are going to be destroyed, then you'll have much more compassion, much more tolerance for them and you'll try to save them over.

So, that is what it is, where Shri Krishna had to raise a complete mountain on His fingertip, you see like this, to the right side, "Govardhan-dhari" He was called. That is what is my job here, is to raise the mountain again and raise it on my finger tip like that. But this finger has to be strong and this finger is nothing but the Sahaja Yogis of America and they have to help Me by their dynamic behaviour and by their proper understanding, responsibility as the people belonging to this great nation of Fatherhood. This is the finger of the Father and that Fatherhood has to be dynamic, has to be over-powering and has to be very responsible. And in that responsibility you learn so many things – so that's my job is, that's my goal is.

She [the journalist] asked Me in the TV: "What is your goal, Mother?" I didn't tell her that I have to raise the mountain on my finger, you see, she would never have understood that. But that is what one has to do here. To raise the mountain and I find it's like that – mountainous.

And base of the mountain seems to be Houston which is the most difficult part of it, they just don't move, they just don't move, it's "jada" [apathetic] it's very, very "tamasic" [ignorance; darkness], it's so full of ignorance and so full of heaviness. That is the most difficult part and that's why – for Houston specially – we should do a nice puja to the Kundalini that She rises in Houston.

So, may God bless you all.

Shri Mataji: Can you give me the handkerchief, please?

Sahaja Yogi: Today it's said it's "Anant Chaturdashi".

Shri Mataji: Uh?

Sahaja Yogi: "Anant Chaturdashi".

Shri Mataji: Today? Ah-ah! That's great! Yes, must be! I was wondering "Ananta Chaturdashi".

"Ananta Chaturdashi" is the day when we "visarjan" [setting at liberty], dissolve Shri Ganesha in the water. [Hindi: "Ganesh ji ko chodte hai na pani mein" – it's that day we put the Ganesha in to the water].

Because He's established for ten days and after ten days, He's born on the fourth, after ten days, it's dissolved in the water so that everywhere his power is spread through the water.

That's why no wonder there was a puja. Ganesha settled down into the water.

That is "Ananta Chaturdashi". "Ananta" is the, is Shri Ganesha. "Ananta" means which cannot be destroyed. Innocence cannot be destroyed.

And that is why is the "Ganesh Chaturdashi" means the day when Ganesha is dissolved in the water, in the ocean or He is created, worshipped for ten days and again given back.

So, it's a very great day today, I should say, like the resurrection of Christ that you are, you had Christ here, He lived with you, and then went back to his Father. Father is the ocean and that's what in India they do, establish Him on the fourth day and on the tenth day they put Him back to the ocean.

Sahaja Yogi: We used to do the same thing at school.

Shri Mataji: Beg your pardon?

Sahaja Yogi: I said we used to do the same thing in our school.

Shri Mataji: Eh?

Sahaja Yogi: We used then-

Shri Mataji: Really? What school?

Sahaja Yogi: (School name). So we used to have a statue and four of the guys used to carry them on.

Shri Mataji: And then? "Visarjan".

Sahaja Yogi: Put in the river. There

Shri Mataji: But no one understands. They just do it without understanding what they are doing about it. So it's a thing, even in India how many people know about Ganesha, no one knows.

Sahaja Yogini: Maharashtrian people...

Shri Mataji: Maharashtrians they worship Him a lot, but they don't know much about it. They don't know how much He's important, what He represents, how did He come on this earth, nothing they know. We have become very superficial that way.

But at least it keeps your attention by doing all these things, there. You see, this is the advantage of living in India, the children have to be a little bit pinned down to a thing they, by festivals and all that, they try to then find out what is this, what is that, our attention is more there, not outside so much, you see, that's the thing is.

1983-0920, The tree of life resides within you

View [online](#).

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The Tree Of Life Resides Within You

Public Program

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1983-0920 Public Program, Day 1, Houston, USA

I bow to all the seekers of truth. What Dr. Brown has told you is true: that the time has come and that the nature itself gives you quite a lot of blessings to understand, that the time has come for you to be something more than what you are, a special blossom time where you find so many people in this world who are seeking the truth. Never in history you have so many people who are seeking the truth. Why is it in these modern times there are so many people all over the world who are seeking God?

A great poet, William Blake, who lived about a hundred years back in England, had already predicted that the men of God, meaning the seekers, will be born on this Earth and they will become prophets and they will have powers to make others prophets. This is his prophecy. This prophecy is very deep and to understand it you have to know that this great time when so many people who are men of God, because they are seeking the truth, they are seeking something beyond, they are not satisfied with what they had achieved and they have to become prophets.

One can't believe that you can just become a prophet overnight. But I say in just a split of a second you can become. One may say it's too fantastic, how can you be? We don't believe ourselves. We have no faith in ourselves. So we have to know that we are conceived with such difficulty, with such care and love to be a human being. How did we become human beings? What did you do to become a human being?

In the same way that we are human beings and we are in a relative world, we don't know what is right, what is wrong. We have to become absolute, otherwise what's the meaning of creating us and making us human beings. And that absolute has to be somewhere within us as described by all the scriptures. So it must relate to all the scriptures. You cannot just have some sort of a neo-business that they have started in the last sixty years. You find all kinds of people coming up and giving new ideas. It has to be built up in the same way traditionally as the tree of life has been built. And that tree of life resides within you. That is there.

Of course one must know as you cannot put in any effort for it, you cannot pay for it. This is something people can't understand. When I first came to America, they said, "Mother, you are not going to be successful here. You have to ask for money otherwise nobody is going to come. Because if they cannot pay for anything they don't think it is of any value." I said, "It is invaluable. How can you pay for it? How much do you pay for sprouting a seed? You just have to place it in the Mother Earth and it sprouts. What do you say that you have to pay money for God? Does He understand money? He doesn't. It's your headache. He doesn't understand money. You cannot purchase Him. You cannot organise Him. It is within you. You have to be awakened so that you can feel His existence within you and you can enjoy the blessings of His being."

But suddenly this new phase has started, especially in America, because it pampers the ego of people that you can purchase God, that you can pay for it. It's just ego-oriented. It is nothing more than that. You have to be humble to know that in this world when we breathe this fresh air, it is given to us free. The sun that shines is given to us free. This Mother Earth is given to us, everything is free to us. So why not also the blessings of God should be free to us, and has to be.

Today, it's an anxious time because the creation that He has created is about to be destroyed by the stupidity of human beings. You can see the [UNCLEAR] apart from the nature, I don't think the destruction is going to come from without but is going to come from within. If it has to work out, it has to work out from within and not from without. Try anything. Try any one of your

enterprises. Try your political, economic and social styles of corrections, it's not going to work. The biggest mistake of all the religious people was that they tried to socialise it, they tried to organise it, they created dogmas out of the mental projections about everything. They have also concepts about God, about Christ, about the Mother Earth. It's all concepts and concepts and concepts – all imagination. It has no meaning. It is absolutely absurd to believe into these and go on for ages together and go on for generations together like this, ultimately finding out that you haven't found anything.

In this country we have many religions which are doing this kind of thing. In every country we have such so-called religions. These religions, I don't know how far they have got to do with the truth. The truth resides within you and the religion also resides within you. The religion is the one that resides in you as your valency, and the sustenance and is within you. You see here the green part as I show, is what we call as the Void, not the void of sin but the Void in human beings. This is the place where you have to cross over. And that's the place is to be bridged by religion in the sense that you have to have a connection. There's nothing to feel bad if somebody says that you have to have a balance. Anything that has to ascend must have balance.

The other day I was coming here and they said there's something imbalanced in the plane so it cannot take off. It's true, if there is an imbalance within us we cannot take off. All those religions, so called, take to extremes, to fanaticism, which creates complete imbalance. Today we can see in the middle east, all over the place, there's funny sort of problem going on which can be solved in no time. Because they have no balance they have created this kind of imbalanced life, imbalanced dogmatic fanaticism which is so all-pervading. That's impossible. I don't understand how these people are going to realize that they are building up destruction of themselves and everyone else.

Now as within us lies the power to balance us, we have to understand that this power was given to us long time ago. When Moses and Abraham came on this Earth they gave us the Commandments. Of course if you read the book of Essenes you will find out that the Commandments that were given were doggerel [UNCLEAR], wasted. The reason was, when Moses came down and he saw the people, how they were, he was amazed because the people were extremely licentious, very permissive. And they didn't care at all. They didn't know what God was, and they were saying, "What's wrong." "What's wrong with this and what's wrong with that." That kind of a society, when he found it, he had to make it a very strict law, and that's how, as the muslims call it, the Shariat part, was established by him.

This Shariat surprisingly is more followed by the muslims than by the Jews. Actually it was meant for the Jews to be followed all over the world so that they keep the balance, strict balance. Now we can say one thing in creating. Supposing you are creating a machinery or, say, an aeroplane if you are building up. The first one that you make you take special care to see that it is nicely fitted. It has to be nicely fitted so that there is not any problem because it is the first experiment. So they tried to make very strict laws as to keep human beings in their balance and by that they could manage the ascent better. But if you tell a human being something [UNCLEAR] that's human nature somehow or other to get against what I said don't do. You tell a child don't go there, then he'll definitely go there to find out. The innate curiosity, or innate idea of defiance always has taken human beings in that fashion. Like that we have been always trying to avoid the issue, keeping our eyes shut, and we started doing things which we should never have done. When I first went to London about ten years back and started talking about imbalances we have in life, they branded me as a Victorian woman. They said we have our freedom, now she has come to take away our freedom. I warned them a day will be coming when you'll have such diseases that you cannot cure. You won't be able to manage that anymore, so be careful.

Now this morning I came to many people and some of the priests, to my surprise, came over to say that you shouldn't preach like this to people that they have lead a life of imbalance, can you imagine? Such things are happening in the name of God that they are trying to compromise with people to say that you shouldn't teach them to have balance. Like the (Arch) bishop of Canterbury, who is supposed to be a great personality, who was asked on the television, "What is the Holy Ghost?" "Who is Holy Ghost?" "Do you believe in Holy Ghost?" He said, "I am agnostic, I don't believe in anything, that means nothing." So they said, "What are you doing here?" "He said, "I am doing a job."

What job is he doing there under the nose of God? What kind of a job is he doing if he is agnostic? I can't understand, I can't explain it, but he is doing the job. All right, that is managing the show, must be having a building, all other things that they are

doing. Is this the job of God? Is this His work? Is it that God has told them to collect money and build big buildings and big places?

Every human being is a temple of God and that temple is to be enlightened. That is lost now, not in one religion, or in any particular one but all of them have lost sight of what they have to be, though it was written in the earliest days, all of them, that you have to become the Spirit. Unless and until you become the Spirit you are not connected with God. It's so simple. Some common sense can tell you that, if I am not connected to the mains, what's the use of my doing anything because it doesn't work?

If this bulb is not connected to the mains it will not give the light. You are all ready, you are all there, but you are to be connected to the mains. If you are not connected to the mains you will not give the light. You do not fulfill your purpose. You do not know the absolute. That's a fact. Now if you understand this that you have to become the Self, we can go to the other side of it, that how do we become the Self? What do we do to become the Self? What are we supposed to do to become the Self.

As Kabira has already told you and warned you that we have to keep the balances, we have to avoid the extremes and we have done all these mistakes. I say forget it, forget it, because if you just start being in the present, just don't worry what you have done, what mistakes you have committed because that's also another problem. When one wants to have self-realization, people start feeling guilty, just like criminals. You can't give realization to criminals. So don't think you have done any crime whatsoever so far. At this present moment you have to forget it completely, whatever is done, finished, that doesn't exist. The past doesn't exist at all.

The other day, I had a meeting with some Jungians. All of them were there and the way they had ideas about how to achieve Godliness or saintliness, I was really amazed. The thing they said was that we have to reach to the unconscious and to go to the unconscious we have to pass through the subconscious. I said, "Who has told you this story? How can that be? If you have to go to the unconscious you need not go to the subconscious because according to your definition of unconscious, even the subconscious is unconscious. Whatever is not unconscious, all your central nervous system is unconscious. It's a mixed bag. It's absolutely a mixed bag. For example there are some birds who can hear some frequencies of sounds which we cannot hear. We can hear certain frequencies which they cannot. So that whatever we do not do is unconscious. And do you mean to say that all that is unconscious is God? It is not."

Now we must understand that God is the greatest organiser. He has the most efficient televisions and the most efficient telecommunications. Once you enter into His kingdom you will be amazed how He is powerful, brilliant and efficient. Now any efficient organiser who has to organise, say, a place like a station or in a boat – what does he do? He keeps the road free for the movement of people, isn't it? Or does he put all the luggage and everything in the center and people have to push all the luggage and get out? So the biggest mistake these intellectuals have done has harmed. I think the concept of intellectuals, as well as other people, that we are placed in layers and the subconscious, then we have got unconscious, which can be conscious, and then permanent unconscious on top of the subconscious they have placed the conscious mind and then the ego. I just couldn't understand how they thought God to be such a hodgepodge organiser that he would put you in such a mess. Here you see it very clearly, actually, that it is placed vertically. Everything is placed within us vertically.

Try to understand how God has (UNCLEAR). You need not accept me because I am saying so. It's a hypothesis for you. Just keep your mind open to see how we are placed here. On the left-hand side you see a blue line going up. This is a subtle channel which manifests outside the left sympathetic nervous system. But inside it looks after our past, so it creates our subconscious. So it creates the present subconscious, then the past subconscious and the collective subconscious. So you have got a collective subconscious on the left-hand side.

On the right-hand side you have the area along this yellow line is the second channel which is responsible for our future. When we live in our future too much, or think of the future, this subtle channel, which manifests the right sympathetic nervous system, goes into action and you create an area on top, as you see here, the yellow one, the area created called as ego. So when you go into action, physical and mental action, you create an area which is called as ego on top of your head. And the left side one

creates an area on top of your head as you see is the superego. Means all the conditioning about which Freud has spoken. On the right hand side you have all the supraconscious area, means the futuristic idea area that you create or which exists, and beyond that exists all the collective supraconscious. Now in this collective supraconscious area exists all those who are ego oriented, futuristic people. They (UNCLEAR). On the left hand side all the people who have not ego but superego – in the sense that those who take the conditionings of others, who lead a sly life, and who are always suppressed people – live on the left hand side. So we have two types of areas. One is the subconscious, collective subconscious and the right side is the supraconscious.

Now we have another unconscious, unconscious down below - is the hell, is the collective hell where ultimately people who will be anti-God will be stationed, and will live even when on this earth they'll exist in that consciousness. These are the people who take money in the name of God, go further with it, they try to do black magic, they try to ruin others and hypnotize others and taking advantage of them. All such people exist in that consciousness of hell. They are sure to go to hell, and those who follow them will also go to hell, no doubt about it. So that's another unconscious one.

We are talking here about the superunconsciousness that is on top of your head. This had to become superconsciousness, means at that point you become your own master. So far you are not. It's like in a motor car – we have a brake and an accelerator. So we've got two sides. The left side we can call as the brake and the right side we can call as the accelerator. First we get into the car and start learning how to balance these two. Once we have achieved how to balance these two, then we become balanced and we become a driver, an automatic driver. We don't have to then think, we just do it without thinking. But still the master is sitting on the back seat and he is watching you. You are driving the master. So the Spirit that is in the Heart resides there, is watching you. He is the witness of what you are doing. Later on when you get your ascent and you become the Spirit, you become the master. Then as the master you see the driver within you and you see these two forces of accelerator and brake, and you are the master. Nothing can hurt you. That's how we become the master. I've seen, overnight, people drop out all their habits of drugs, all these things drop out in no time. People sometimes are surprised when I tell them this happens. There are many who drop out like that. Some, of course, linger on for some time. They are deep people, but many of them drop out their habits like that.

The other day when I went on the TV there was a gentleman who had come as a policeman and he was telling about the bad effects of the drugs, what happens to human beings and how the drugs are so popular and how they are becoming even worse. I said, "If I talk to him about

Sahaja Yoga he won't listen." It's the easiest thing to get rid of all this police force and save all that money if they could take to this because once the Spirit is awakened within you, you become just a master. Nothing can touch you. No habit can enslave you and you just become the master. It's such a simple thing.

People think how can it be so simple because if you have to think about everything, even say about your breathing, if you have to go to a book stall, get a book and read about breathing, you won't exist. Everything is so simple in life. All that is vital is so simple. You are seeing me without thinking, without reading a book, you are just seeing. It is placed within you, you have eyes with which you can see. In the same way, all this is built in. It has just to be started. Like in a village of India where people have not seen a television, if you take a television box to them and show them and say that now you can see lots of things happening inside this and you can also see a play or you may see somebody singing here, they'll say, "What are you telling? This is just a box. How can that be?" In the same way we think this human body is just a box to be rattling about and to be ruined, but it is not. It is a beautiful thing that God has created and once you put it to the plug, then you are surprised at what a fantastic thing this simple looking thing like a human being can do and how we become so great.

So this is what happens when this Kundalini, which is placed in the triangular bone, ascends. She goes through six centers, not the seventh one. The seventh one is down below. All these six centers represent a very subtle thing, energy centers which are giving energy to us. Now when we start exhausting our energy on any center the diseases are caused. By the sympathetic activity, by any extreme behavior, then the diseases are caused. So when the Kundalini rises through these centers She nourishes them, because the first quality of the Kundalini is that She is the nourisher. She is the womb. She represents the womb in the gross. So it is the Mother Earth, or you can call it the Aquarius – this is the age of the Aquarius, the age of the Kundalini. So

the Kundalini rises and She nourishes all these centers and that's how. As it is said, it's true: cancer can only be cured through Sahaja Yoga. There's no other way out.

The other day when I was coming, suddenly I met a gentleman from India who is a very big industrialist, you call it a tycoon or something, who had angina and he was supposed to come to Ulster for his operation, and suddenly he met me in one of the rotary meetings and then he came to me and he asked me if I could do something about it. I said all right, let me see. Then he came to see me in Pune and in ten minutes he was cured. He couldn't believe his eyes, he couldn't believe that he was cured. I said, "All right, I have to now go back so you please go and see your doctor and the doctors couldn't believe their eyes, too. They said, "How can that be? This is not your x-ray, these are not your reports, these belong to somebody else, that must be some mistake." He said, "This is my report, this is what I've got." So he went to another doctor and he showed him. He said, "You are perfectly all right and you don't have to go anywhere. If you go to Houston they will all laugh at us that you are a normal man. Why should you go?"

So how it had happened, the Kundalini has risen, She has nourished his Heart, the Heart is absolutely relaxed, everything's all right. That's how your diseases get cured. I don't do anything about it. You have got everything within you. You have got your Spirit within you. You have got your Kundalini within you. Only thing is I have to raise the Kundalini in the sense that I am like an enlightened candle and if an enlightened candle is taken closer to another candle it gets enlightened in no time. You can't pay for it. You can't do anything about it. You are destined to have it and you just get it like a shot. And it is there, you start manifesting it. Once you start manifesting it, only thing is you have to know what you are manifesting, what this power is within you, because for the first time you start feeling the all-pervading power which does all the living things. Like a flower becoming a fruit. Human beings can't do it. Can they do it? There are billions and billions and millions and millions of these are becoming fruits. Who does that? That is done by this all-pervading power about which I'll tell you, which you'll feel for the first time when your Spirit comes into your attention and that is what has to happen to all of you and will happen. I'm sure you're all going to get it.

But I have to tell you be careful about false people and filth. You should not be enamored by them because they are people who make money. They put money into the business and they can enamor you by they're circuses and all those things. But those who are people of truth should come to the truth and not to the false because it lies within you for which you cannot pay. You cannot purchase it. Try, you cannot. You cannot organise me. I'm a free bird. I'm absolutely free. I can live on the street, I can live in a palace. It makes no difference to me. To me money has no value. I don't understand why should anybody take any money from me. It's not correct respect. How can you make money in the name of God. I just can't understand. They say we have to make the meeting. All right, let them make the meeting. Why should the guru take the money? Why should He take advantage of you? Why should He live on their money?

It was a little bit in the beginning, they said that a guru can get a dakshina. Means if a guru is teaching you, he is travelling, or he is sort of staying with you in the ashrams then you, then you can give him the food as a dakshina. Not that he buys Rolls Royces nor that he buys huge, big aeroplane. This is absolutely befooling you and I don't know how you people are so naive. He is such kind of a thing and even the television people are showing you all these things that you should not go to false people. But you'll be amazed here they have only so many people of [UNCLEAR], let one of them come here, you'll be amazed that there won't be any seat left and all that show up to the doors can't come in. That means there's something lacking in human beings that they go in for something that is false, that is artificial. They don't want reality and when they suffer, then they suffer so much because these people can bring you epilepsy. They give all kinds of diseases. I have seen they give all kinds of diseases, even cancer, all kinds of diseases that they develop within you and when you get that, then you will come to Sahaja Yoga, as a person who is absolutely finished, exhausted. Is this the way to understand? We must open our eyes to the fact that God is beyond all these things. If you have to take His place and to become that, then you have to know that it is the becoming that is important. It's not a lecture or a mental projection, but it's an actualization of the experience that is important. If you don't get it, what is it? If I say [UNCLEAR] don't believe me. What's the use? If you don't get anything out of me, what's the use? As far as I'm concerned, I am all right. [UNCLEAR]

So for today this is an introduction to Sahaja Yoga. As I told you, Saha means with and Ja means born. It is born within you, it is spontaneous. As you have become a human being from amoeba, you have to become a higher personality. Of course I've seen

how people have problems on their blocked chakras. Then one has to work out a little bit, moving with your right hand, which is the power of action and the left hand, which is the power of desire and it works out. You yourself can raise your own Kundalini. You yourself can manage your centers. You yourself can cure yourself. You don't have to go to anyone. You don't have to bother anyone. There have been prophecies and prophecies about it. 14,000 years back there was a prophecy about it that this was going to happen. Many faith healers have come out with their ideas that they can befool you very nicely. But if you want to be befooled then go ahead. It's not only befooling but it cannot reflect on you. [UNCLEAR]

I would like to have questions from you. If you have any questions please ask me. But don't be aggressive with me; there is no need to be aggressive.

Tomorrow I will tell you about the centers which are within us, and also about the ascent of the Kundalini, what is Kundalini, who is She and what does She represent in us.

Seeker: Do you have an explanation about the hands and how they correspond with the centers?

Shri Mataji: The finger tips on the left-hand side represent the left side, the emotional side of human beings, and the right-hand side represents the mental and physical side. On each hand there are 7 centers. Whatever center is catching or if there is any heaviness on a center you can feel it on your fingertips. Even the little girl who was here, she was telling me I'm burning here. That means you start feeling it, the burning that's on your fingertips. But you must know what it means, which center it means.

This is the one for the Mooladhara, the lowest one you see there. This is the one which is responsible for your excretion, or you can say in medical terminology, which manifests the pelvic plexus.

This center here is the second center which actually is the third because somehow it is the second. This is the one is called as Swadistana center which goes round the yellow one but actually it comes out of the Nabhi which is the green one that you see, is the Navel center. The one that goes round is manifesting the aortic plexus while the Nabhi one, the Naval one, is called as the solar plexus. It manifests outside. It is our second center but it manifests outside not only the plexuses but also the ductless glands.

On top if you go is that center, is the Heart and the Heart center is represented here. Now we have two sides of the Heart, left and right. It's important to keep because this represents the mother's side and this represents the father's side.

Then we have, above that, is the Vishuddhi. This is the most important one because America is the Vishuddhi Chakra of the Universe. This is the most important one and that is here (points to throat) and by smoking all Americans have spoiled it. That is the center we have here, the center of responsibility, the center where human beings have raised their heads. So Americans are responsible for spiritual growth of religion. This one is the Vishuddhi Chakra, here. After this, but don't feel guilty if you have smoked. I find that people are feeling guilty. Don't feel guilty. I'm going to cure you of all your guilt so just don't feel guilty of anything. Whatever I say you should not do, you should never feel guilty about it. This is one promise to me you have to make, that, Mother, we are not going to feel guilty about whatever you have said. I have to say something after all, isn't it? And in that you should not feel guilty and should not find any [UNCLEAR] feeling. That's one thing I have to tell you.

After that comes this center...

Now again, this is too much. It's just hitting me hard here. I can feel your guilt here for nothing at all. It's a funny thing. What is there to feel guilty? I don't understand. If you were guilty you would be in jail, you would not have been here. What have you done to feel guilty about small things. Here that I feel such a terrible pain. I came here, you all had this [UNCLEAR] and now I even became worse. I don't know why you're feeling even more guilty. [UNCLEAR]. Whatever it is, you have to behave nicely about it and not worry about your guilt.

Now that's over and now we have the center here, the center that's between the optic chiasma. It is in the brain. It controls the

pituitary pineal called Agnya Chakra and it is governed by our Lord Jesus Christ. That's the guilt, that's the problem. We have that area called the limbic area which is the Omkara, the thousand petals lotus which opens out and when it opens out, then you find the Kundalini pulsating here and then you feel the cool breeze comes out and that's how you know that you've touched it. You have the Sahasrara, which is called the Brahma. That means the all-pervading power this Brahma. It is the subtle hole through which you enter into that subtle awareness of collective consciousness, of Brahma Shakti, of the power of the all-pervading power. That starts manifesting within you. That's how you get connected to the whole.

This is how these centers are shown and now here – this is the Agnya Chakra here and this is the Sahasrara . All these centers means your father's centers and these are your mother's centers if you feel it This part is also the Void, the green part which is the principle of mastery or guru tatwa you can call it. If you've been to a wrong guru or if you have bent yourself before wrong people, you'll catch. But if you think you are a great guru yourself, you will catch. These are expressed here and also you can feel them on your head. If you are bending before people who are wrong, fake and all that then you'll catch on these five centers here. And if you are thinking you are a great guru yourself, you will catch here. In the center here is the power of the primordial being and the eleven of them you call as Ekadesha Rudra. These are the eleven powers of destruction which will come at the end, when the whole judgement is over and after the judgement is over. Then that power is going to come on the white horse, as they said, just to sort out the last of it.

So these are the main centers I've talked about. But you should know yourself. Even a child can feel it because this actualization you start feeling it.

Seeker: Earlier you were talking about how the cool breeze comes from the head. Can you feel it inside the head?

Shri Mataji: You don't feel anything inside the head at all. What you feel is that when you are raising your Kundalini, sometimes, if there is a pressure, then you do feel, as we do, you can feel your own pressure because now you become a master of it. You can bring it yourself. But you do feel the pressure of it coming out but not the breeze like this. At least that sensitivity is you feel it here as it's coming out.

If you feel the breeze, what's so great? One may say so but it's not that you only feel the breeze, but witness means you can cure it. With this breeze you can delicately look at it. When you put your hands with this breeze – of course you must first get a breeze in your hands otherwise it won't work. You have to become a sahaja yogi in the sense that you become the master. Then if you place your hand at the back of the person at that point – if there is an obstruction, there is a pulsation action, very strong. Sometimes then it goes further. You can feel the pulsation going higher, higher and higher. Even with a stethoscope you can see it clearly. At the top of your head you can feel the pulsation, you can hear it very clearly with a stethoscope, even more clearly than on a heart. And then you feel the cool breeze coming out.

But this breeze that you feel, you feel outside on your hand. That's it. But it's nothing important, it's not an important point. The important point is what is done, that it gives you power to know the absolute. For example if you are a realized soul and you can have hands like this, you can say whether the man is a fake guru or not. If he's a fake guru you'll get blisters on your hands. But if he is a real guru you'll get tremendous cool breeze on your hands. If you want to know if there is God, put your hands like this and ask the question. If you get tremendous breeze, then it is there. It's like you are a computer and the computer has started working to answer all your questions, for everything you can ask questions. Not only that but if you know how to handle it, this power in your hands, and you feel it nicely, then if you have it, a person if he hates you, you can make him like you because this is the power [UNCLEAR of love]. There are many things you can work out [UNCLEAR with your hands]. Tremendous things can happen to you.

Like the other day the people asked on the television about the story about Bedford. Now you tell them the story about Bedford. These things are about Spirit, I cannot explain. Only I can say that God has got a television which can be used. Tell them the story. It actually happened. It has a [UNCLEAR] in history.

Sahaja yogi: Last year we had a program outside London in a town called Bedford where Mother was speaking and while the

program was going on, about 9:30 in the evening about a mile away there was a boy who had a motorcycle accident. He fell off his bike, he hurt his back –

Shri Mataji: From a bridge he fell down.

Sahaja yogi: – and before the ambulance came, he said that a big car came past. It stopped and an Indian lady got out, put her hand on his back on all the places where he was hurting. He felt better and he walked up. He went to a hospital and then was discharged. They said you are all right, there was just some bruising. He hadn't seen Shri Mataji's picture but the next day he saw her picture in the...

Shri Mataji: He told the people there, this man, he told the policeman and he told the hospital people about me.

Sahaja yogi: Oh yes, he said that this Indian lady had done the curing and that he thought there was something special about her.

Shri Mataji: Because nobody was not there.

Sahaja yogi: Then he saw a photograph of Mother advertising her program and he told his mother, "That's the lady who stopped." The newspapers heard about this Mother and they asked to telephone the people who organized the program and asked if it was Shri Mataji's car that was driving at this such and such point and they said that no, she was still in her program giving realization. There were 600 people in the hall who knew that Mother had been actually in the hall. So there was something different with the explanation: how he had seen Mataji and got cured by her and yet she was doing something else.

Shri Mataji: Also you should mention my car, that's the best part. The white Mercedes, he mentioned it.

Sahaja yogi: But in fact it was still outside the program.

Shri Mataji: And then they published in the newspaper.

Sahaja yogi: Yes, it was published and they also published a letter telling some interesting incidents that happened in India. This one high court prosecutor was a very well-established sahaja yogi and he had a case coming up on the list, it was a long way down the list and it was day that Mother was having a program of meditation. He said it probably will not come up today. I'll go to Mother's program and he went to it. When he went back the next Monday, they said, "Oh, you handled your case very well." He said, "I came to find out when my case was coming up. How can it be that it's been defended?" They said, "No, no, it's been through and you won your case and the judge commented what a brilliant presentation you made." So there has to be an explanation how these things happen,

Shri Mataji: So we can show you one thing only. I should say that it looks very, very, too fantastic. But I must say your cameras are great. Cameras have taken some photographs which are remarkable. I was in a village and I was sitting in a school, outside the school and was talking to people. Of course I knew what was happening, but I didn't know that a camera could capture such a thing. I knew that that was a place where a great saint had lived. Suddenly I felt he was throwing light on me. He did it seven times and last time I just put my hand like this and laughed and said, "Now don't worry, it's all right." And the camera saw those lights clearly. Does somebody have that photograph?

Sahaja yogi: We'll bring it tomorrow.

Shri Mataji: Like that, once somebody took a photograph of my feet and saw the light coming out. To me it's nothing new. It's nothing special but the surprising thing is that the camera saw it, that it catches auras and things like that. That's nothing important for me but maybe for you people because you might think that mind is funny. It always tries to take you away from me. But one thing, sir, there is nothing to gain from you. You cannot give me anything. It's only that you can gain something from me. This one I cannot understand. I cannot quite understand why people [UNCLEAR].

Many a times people said, "Why should you do it?" I said, "You better do it. It's a good idea. You'd better come, sit here and do the job," because it's such a hard work for me. I've been traveling and traveling, I'm very happily married and I have very good grandchildren and children. I have no problem with any of them and my husband hankers after me sometimes because he has to travel because of his job. He travels a lot himself and it's just I do it because I have to do it. This is your own. If I don't, it's like a banker who has to deliver your checks. But people can't understand. So your question is justifiable. It's not the breeze alone. It's the Holy Ghost within you that awakens. You'd be amazed people who've never believed in Christ have started believing in Christ. Many Christians who never believed in Abraham have started believing in Him and Moses. Those who never believed in Krishna have started believing in Krishna and Hindus who never believed in Mohammed Saheb are now believing in Mahammed Saheb because they are all there. They are all part and parcel of this great tree of life. There is no place for fanaticism. Fanaticism is a disease. It's not normal.

Any other questions?

It's not an intellectualization or it is not some sort of a mental projection that will take you there. It's only the awakening of the Kundalini for which you have to be prepared. I cannot guarantee it – it may work, it may not work. You try. Sometimes like a mountain some people I tell you. Just hard souls they are. Sometimes it's very hard work. I just don't know what they have been doing. Very hard work. It will work out but not to be frightened just now. Most of you are going to get it.

Any other questions, please?

Seeker: How can we use these powers?

Shri Mataji: That you have to learn. Once you get there this is your own power and then you have to know about it, how to do it. As it is, as soon as you know how to use your eyes, you also know how to use these powers. But you have to know about the different centers, how to work it out and how to understand yourself. That's a little bit you have to know. So I would say like a new seed that is sprouted, has to be looked after for about a month or so and then it starts going on its own. You become the knowledge itself. Kabira was a seeker, I would say. He didn't know a word about Kundalini. He didn't know anything. I don't know if he was agnostic, could have been. So you don't have to know anything about it. It just works out. But of course we have a center here where you can go and learn everything. It's not difficult.

So we'll have the experience. I'm sure it will not take much time because people in Houston are more natural than New York people. And if in New York with those intellectuals something, who'd guess that it'd work out? 95% got realization. I was amazed and the president was so sweet. He was an 82-year-old fellow and he got it. But they're more educated in it because of Jung. Jung talked to them about this and they were more prepared. But doesn't matter. Not much education is needed.

Should we have the experience, please?

For that you do nothing but just put your hands towards me. As I told you these are the centers and you have to take out your shoes because we have to take the help of the Mother Earth a little bit. If you have anything tight, anything on the waist you find is tight for you, you should be comfortable. You will know all about it in no time. You'll know how people do black magic, how a person gets possessed, what happens to him, how you get cancer, every type. It's not difficult because it's such a light. When you have the light you can see everything.

Now just put your hands towards me like this. I think all of you should come forward. It's a better idea, not to be too far away. Put your hands towards me and you have to close your eyes because this is no hypnosis or anything. It's something that happens within. You have to keep your eyes shut and when I tell you to open your eyes, then only you open your eyes because the Kundalini may not rise at all if your eyes are open. Do not concentrate anywhere, do not say anything, just keep quiet and watch. It will happen. Put both the feet on the Mother Earth in a parallel way and sit comfortably but not in a slouchy way, straight. Keep

your legs straight for the Kundalini to rise easily.

Now as I told you, you must learn how to enrich our own centers. Put your left hand as it is on your lap comfortably and with your right hand, you have to do what I tell you, a very simple thing, is to put your right hand on your heart where resides your Spirit. Keep your eyes shut. You can address me as Shri Mataji or you can address me as Mother, whichever way you like, and you have to ask the question, "Mother, am I the Spirit?" because you are the Spirit. Just ask the question thrice.

No bring your hand on the left-hand side of the stomach and press it hard. Here you have to say, with full confidence, within yourself, that you are the Spirit so you are your own master. So you have to say with full confidence, "Mother, I am my own master." Please say it ten times.

Now please raise your right hand on the left side of your neck Put it on the shoulder at the base of the neck and hold it tight. As I told you before this is the block that one gets when you feel guilty. If you are the Spirit, how can you feel guilty? Please say, sixteen times, "Mother, I am not guilty." Please say it, with full confidence, on the left-hand side at the base – with the right hand, taken the hand from the front. Press it hard. Try to hold it and say "Mother, I am not guilty," sixteen times.

Now put the right hand, properly, onto the shoulder and the neck, a little backwards. Hold it, tight. Say sixteen times, please say it because it's really, really bad, I tell you, very bad. You can turn your face towards the right side if you want, but hold it tight because it's a very blocked place. That's the biggest problem, I think. (Shri Mataji blows on her right hand, rubs her hands together, makes gestures of throwing off the heat). You must know, how can you be guilty if you are the Spirit? Forget the past.

Put your right hand at the back of the head and hold it tight. At this time, without feeling guilty, you have to say, "If I have done any mistakes, then please forgive me." But don't feel guilty. That doesn't mean you should feel guilty. You just say that. Please don't feel guilty at all. You have to say to God that , "Please forgive me if I have done any mistakes."

Now you can say that I forgive everyone. Hold it tight. The backside you'll find it's just like a nut.

Now put your hand in front, on your forehead. Press the forehead on your hand. Here you say. "I really forgive everyone," because it is a myth. If you do not forgive, what are you doing? You are harming yourself. So you say, "I forgive everyone."

Now put this hand on top of your head. Just put it resting your palm and move it a little bit. Press it hard, pushing it clockwise. At this point I cannot cross your freedom so you have to say it, that you want your realization. I cannot do anything here. You have to say that you want to be realized, you want your self realization. So please say, "Mother, please give me realization, I want it," seven times, please. Press it hard, rub it and say. Rub it in a clockwise manner.

Raise your hand and see there is a cool breeze coming out. Is there a cool breeze coming out in the head? See with the left hand. right hand towards me. A little higher. Maybe hot coming out now. It's higher. It's there? Good. See now. You can change your hands and a little higher. See if you can get it closer to the head. You may not feel it. Again change to the other side with another hand. Change hands, let's see. It should be established, then we see above the hands. Hmm, good. If it is not, don't you worry. We'll work it out.

Now in the hands see if you are feeling anything. Little bit rub your hands. It's very hot – right hand.

Now, I'll tell how to raise your Kundalini. After that you'll feel better I think. It's very simple. You are being seated. You can do it a very simple way. Place your left now in front of your Kundalini – you can do it at home also – left hand, because it is awakened now, but your not feeling it so much, but you'll feel it. Left hand just like this, right hand moves like this: front, down, backward like this, clockwise. The left hand has to move upward straight.

Now, let's start, going up like that, like that, like that, taking up onto your head. And now give it a twist and tie it up into a knot. You have to do it thrice all together, so we do it again. Again, you should do it. Put attention to your hands and just let it go, let it

go and let it go. Now put your head back and give it a twist and see your hands. Now, give it a knot. Third time three knots you have to give. Again let's start. Now, put your hands up and do it one knot, then another one, head up, third one and give it a third knot. Now see in your hands. You feel some sort of a sensation moving? Hot.

Those who are not feeling put the right hand up on the left heart. Say, "Mother, I am the Spirit." Say it twelve times. That's the point. You have to say, "I am the Spirit." You start feeling it, yeah. Now, right hand on the heart and left hand towards me and say, "Mother, I am the Spirit." With full confidence, you are. Feeling it now? Good. Good. And if you see that there is no thought in your mind. Watch yourself, if there is any thought. Don't get worried. Nothing is going to be lost. Better now? You can also feel one more way. Put your hands up like that and ask a question, "Is this the breeze of the Holy Ghost?" Just ask the question in your heart and see if you start feeling it more. One of the absolute questions, "Is this the breeze of the Holy Ghost?" Hmm, you feel it in your hands. Now put it down. You can feel it all over, this all-pervading power of God. It does all the living things of the world and now you have become the master of that. Only you have to know how to handle it, how to maneuver it. All right?

Those who did not feel, please raise your hand, who did not feel at all. You? Who else? Hm? Two of you. Now, what you do is put your right hand towards me and left hand like this. Better? All right. There's a little imbalance. What about you? Left hand like this and right hand towards me. Little imbalance. And forgive, forgive. You have not forgiven. That's the sign. Now this hand you can put it like this. You are ventilating one and the other you are holding on. Better? That's how you [UNCLEAR]. Sometimes you are balancing and also you get it.

Tomorrow I'm going to tell you in all the details what these centers are and how they work out and one of these days we'll also arrange a kind of a workshop in our center for all of you to come down and see for yourself what it is really so that you know how to handle it yourself. Now I don't come every time to Houston. You yourself can do the job for your friends, everyone and all those who are living in Houston. You have lots of hospitals here. There's no need [UNCLEAR] to have hospitals here. If you become great sahaja yogis, you can cure them.

May God bless you.

1983-0921, The Truth that we are seeking has to manifest in our consciousness

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The Truth That We Are Seeking Has To Manifest In Our Consciousness

Public Program

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Sahaja Yogi: ...know that we understand our meaning. Is a tremendous seeking all over the world, especially here in North America, so strong. And of course lots of people are taking advantage of that, and exploited it for making money. The one thing that's obvious is that none of the previous stages of our evolution we had to do any effort or pay any money. It's just nature working out its process.

Shri Mataji: Is it all right this way? They can hear Me better like this? All right? I bow to all the seekers of Truth. The Truth that we are seeking has to manifest in our consciousness. It is not a mental projection. It's not our imagination. It has to express itself actually on our central nervous system. That is what the Truth is. For example, you come to this room and you see these things, and you see them with your own eyes. Through your central nervous system you know what it is. If you feel this is aluminium here, you can feel it whether it is cold or hot. On your central nervous system, on your nerves, you have to feel the Truth. But we live with mental projections. All are mental projections I find. We have conceptions about everything which can be completely mythical, absolutely wrong. We have been building them up one by one; like that we have built up, so many different varieties of conceptions and the people who represent one God and one Truth are now fighting on the battlefield. It's rather surprising for people to see how they talk of God, they talk of love, they talk of all that is universal. Then why do they fight?

It's a big question today for your young people. And that is the reason why they suddenly become extremely against God, against His existence. They cannot believe that there could be a God manufactured by our mental projections that has led them to this kind of warfare. That is where we have gone wrong to understand that mental projection is not the way to know God. For example, if I start thinking that, "All right, now I am in Houston." I am facing people and I'm talking to them. Do I do that? I may not be able to even envisage or understand, visualize the hall in which I am, leave alone the people. But in My own imagination if I start feeling, "This is the Truth, this is the Truth", then even the falsehood can become the Truth. And that is what has happened to all those people who talked about God. It's all their mental projection which has led them to these problems. Once Mahatma Gandhi was asked by some Christians - it can be asked about any religion, it's not only the Christians who are doing that, everyone is doing the same stuff - that, "Why don't you join? Why don't you become a Christian?" He said, "All right, but tell me which church?" And if you then think about the people who want to unite the churches also, what they are uniting is nothing but these mental projections. And then where do you lie with that mental projection?

So, we have to understand that in every scripture it has been said that you are to be born again. Now, when you say that you are to be born again - in 1970 I came to your great country and when I told them about this, then they started a very big campaign, "We are born-again". This is all self-certification. What is the difference between a person who is born-again and who has, who is not born-again? You cannot, just by changing your dress or by changing your name you can become a born-again. Or even a pattern of life which is based upon only a mental projection if you change you are not a born-again person. Born-again means - in Sanskrit language a bird is called as "dvijaha", meaning the twice-born. Bird is called as "dvijaha" and a realized soul is also called as "dvijaha", means born-again. So, a person who is reborn has to be a completely a transformed personality - like an egg becoming the bird. What is the similarity between the egg and a bird? Nothing. That kind of an actual transformation is the Truth which one must ask for, and should not go in for some sort of a plastic transformation, which is very easy to do - you wear one plate around your neck and this, and this. Do you become that? If you say, "I am a Christian", do you become a Christian? If you go to a church - why I am, say, telling about Christianity? Because that's the main religion here, but same thing you can about

Hindus; you can say about every religion just the same. So, somebody comes and puts water on your head and says, "Now, I have given you the baptism." But is that the real baptism? What is the living process that has taken place in a person who is baptized? We must face it and that facing is difficult because we have built those mental projections and we want to live with the mental projections, and our ego does not allow us to see the point at all.

But who is the loser? Not God. It's you. You are the loser who want to live and satisfy yourself with those mental projections. Now, one has to go beyond the mental projection. And how do you do? How are you triggered out into that space where you are beyond thoughts and you are completely aware? Something has to happen within ourselves, a living thing, just like a ... an egg becoming the bird. In the many rituals that we do there's the hand of the Unconscious that guides us. For example, on an Easter Day we give an egg. I think many people don't know why we give an Easter egg. The reason is, that is suggestive, that you are an egg and you have to become the bird, because Christ, by His ascent has proved that you can transform into that subtler dimension. But it is an actualization of the whole happening. It is not just some sort of a false understanding, and this is what people don't want to get out of it. The reason is it's very comfortable to belong to one clan. Only thing, either it is a Friday for Muslims or for Christian the Sunday, or for Hindus the Tuesday, one day at the most you have to get ready, go to the church, temple or mosque as their case may be, and then it is finished. You have done all your duty towards your Creator and that you have listened to some sort of a boring lecture, and it's done. That's what it is. That's what it amounts to be, but it is not so. Something has to happen within us when they said that you have to be reborn. How much human beings can live with myth? Is the limit! I mean, the way they live with mythical things and falsehood is really, cannot be explained. The way they go on with it, for ages now, one generation, two generation, ten generations, twenty generations. They are going on like this with that mythical idea, and they are becoming worse and worse and worse, full of fanaticism which is a disease. So now, if you cannot hold your fork properly and your knife properly, you are out of the club. It's like that, is that superficial. The whole stuff is so superficial.

So, one has to come to a point to understand that all this is not God at all. It's just talk, talk, talk and talk. People will have conferences, they'll have big-big seminars, and what will come out of it will be what are we going to spend for the building fund. Supposed to be for God's sake. Like yesterday I told you that when bishop of Canterbury, archbishop of Canterbury, was asked - on a TV it was happening - that, "What is Holy Ghost?" He said, "I am very agnostic about it". That means he doesn't believe in God, just imagine. So, the interviewer asked, "Then how are you there?" So he said, "I'm doing my job". Then what job is he doing there? I saw it with My own eyes, I would not have believed it. But what is your job then? If you do not believe and you cannot explain what is the Holy Ghost, then how do you bless people? That, "In the name of the Holy Ghost I want to bless." But we accept it, closed-minded we accept it. Because they say, "It's, it's, it's a mystery." "It's a mystery". But it is not. Use your logic a little bit. It cannot be a mystery. Use your logic. That's how you have missed the point that you have not used your logic but you have used your rationality to build up all these yarns and get entangled into it. Now, what is the Holy Ghost? Let's see that. You have the Father and you have the Son. And you have the Holy Ghost, but not the Mother. Now, can you tell Me of a father getting a son without a mother? Simple common sense. Absolutely a simple common sense.

My father who was a very learned man and I should say in a way he was My guru because he told Me about human beings, how absurd they are and he explained to Me why they behave like this, he told Me that they try to avoid the name of the Mother because the Muslims may feel hesitant to join Christianity. But Martin Luther himself was a realized soul but poor thing, he must have been pressed by everyone, "Oh, baba, don't say like this". He could not think that it will go on forever. He thought once Christianity is established, people will be able to say about the Mother. And this is what I am here to tell you that it was the manifestation of the Father, then of the Son, and then of the Holy Ghost - the Mother. Surprisingly, only in India people accept that. For them Holy Ghost is nobody else but they call Her as Adi Shakti. And any incarnation they talk of, first they take the name of the Shakti, the power, the Mother. They will not take the name of the Father. First the Mother, and then the Father. Now, when we talk of the motherhood we have to know that it is this motherhood which is going to nourish. It is this motherhood which is going to soothe. And this is the motherhood about which Christ has said, "I will send you the Holy Ghost". He didn't say, "I have finished, nobody is going to come." He clearly said, "I will send you the Holy Ghost, the Counselor, the Redeemer". All these things, He has said it clearly. But we do not want to see that. We prefer Christ, because He's no more. Because when He was there, we preferred Moses. And when Moses came, we preferred Abraham because it's very easy to handle the situation. They are in your pocket. Whenever you want you can take it, "Oh, that is Christ!" All right, so it's selling in the market very well. It's the market issue. So, when Christ said that, "I will send you the Holy Ghost, and that Holy Ghost is going to comfort you, redeem you,

and council you", what about looking forward to that? Nobody bothered about it because it was too much beyond the ego of people. They just don't want to see that point.

Now, this motherhood is represented here as the Kundalini, in the triangular bone, which is the Mother. It's called as the Kundalini because "kundala" means the coils, it is coiled up. And this is the Mother within you. This is the Mother that is existing within you, is there all the time, and She is the one who is going to give you the re-birth. She is the reflection of the primordial Holy Ghost. And She is the one who is going to give you this second birth which is expected. So far it has been as I told you, the manifestation of the Father and of the Son. And the tree of life has grown outside too much. The development, the science, all these has created what? The monsters of bombs. Nobody could stop it. Why not? Because they could only move on one side - outside. They were moving outside and they found the big tree grown without growing to the source. And now the time has come for you to go to the source and that source is this one, is the Kundalini. She is the subtle energy within us which manifests outside the motherly qualities in you. Now, you may say that the man is the one and the women are now having a feminist movement. That's one of the expressions. But the feminist movement is not what I am talking about. Is very mislead, is another kind of a religious, mental projection. The feminist movement is like a pendulum movement of your consciousness. Like a woman wants to become a man, man has to become like a woman, and the fight going on. I'm not talking about a rebellion at all. I'm talking of a revolution. And the revolution has to take place where you move spirally higher than what you are, not in a pendulum from one to another end.

So this new consciousness of motherhood has to manifest. And when this new consciousness will manifest you will see a man will be changed into a compassionate, kind, soothing and nourishing personality. It is for woman as well as for man. The whole, entire idea of competition, of domination, of occupying others territory, all these has gone too far of the manly qualities. They have crossed all the limits. Imagine, to come to some country, occupy it, throw away all the people, kill them nicely, is it a sign of a good person? Is it good to do these things to anyone? Somebody, somebody comes into your house who is a very mighty person with a gun and throws you out of your house, and settles down nicely. What will you call him? A very nice person? All these things have been done so far. We have had enough of this. Now, what do we want? People, who are compassionate. Really compassionate, not just talking of love and making money out of it. But the one who can emit compassion, like Christ did. What was Christ? Did He compete with anyone? He was nothing but compassion. It used to just flow from His being. A lady touched Him and she got cured. Such people we have to create who will emit compassion.

So all these centers as he said - is the Vishuddhi chakra which is very important as he said is a center represented in the universe your country, America, represents that. Is a very important center, is a completion, where the human beings raised their heads up, is a very, very important center. But where are they? I don't think they find that responsibility within themselves. Now, what is the responsibility? Is that at that center you feel that there is nobody who is the other. That means you feel the collective consciousness. You actualize it. It's not just a lecture, "You are all brothers and sisters." It's again mental projection. We say brothers and sisters. Even husband and wife, any relationship, it just breaks like that because it is mental projection. But it becomes actualization within you when you become collectively conscious. You become that. That means you start feeling others within yourself. You don't have to think that, "I am trying to do good work or missionary work and I am going to sort of build some churches or some sort of a place for the poor to come and live." Who is the other? You are doing for yourself. It's just for yourself you are doing. If I help this finger of Mine am I doing any good to this finger or am I obliging this finger? Is there any obligation on this finger? It's paining, I have to sooth it, because it's part and parcel of Me. Because it is part and parcel of Me, how can it thank Me or how can I feel that I have obliged it? How can I have ego about it? Because it is just My part and parcel.

So what you have to become is to become part and parcel of the whole. As they say, "The microcosm has to become the macrocosm." A drop has to become the ocean. Has to become, again, I say, the becoming is the important part. It's not the lecture. This you must have heard from many people, "We all must become saintly". How? Ask them. How do we become saintly? By putting one red mark here can I become saintly? Or by wearing some sort of a dress which can be colored in three dollars, can I become saintly? Let's face it up. There must be something happening within us that makes us saintly despite ourselves. We just become. So that happening is the thing here which is called as the awakening within us. Now this power is the power of your pure desire, true desire, pure desire. All other desires are impure, because they don't give you satisfaction, they don't give you the ultimate. Take any desire. Say, you want to have a house. All right, have it. Then you want to have a car. All right, have it. Then

you want to have an airplane, I don't know how it goes on. That's why in economics it is said that wants in general are not satiable. They are very honest, is... that's fact. But there's one want within us which is satiable, and that's the true want.

To become one with the Divine, to become one with God, to enter into the Kingdom of God is the only true desire within us and is sleeping in that triangular bone called as sacrum. I would like to point out, the word sacrum means sacred, that means Greek knew about it. This is the Greek word and they called it sacrum. Why don't we think why did they call it a sacrum? They could have called it by any other name. That means it is a sacred power of pure desire that resides in it. And this is what, that is the reason in Sanskrit language it is called as Mooladhara. Mooladhara means is the support of the root. This is the root. And this is the support of the root. The center that is below this is the center which manifests it, is the center of our innocence. When we were material beings or when till we reached the carbon stage we were having only this center within us. And this center is the center of our innocence. And the deity that rules the center is the one who embodies innocence within us. You can see it very clearly that the center of innocence is below the Kundalini. It is below the Kundalini. That means the Kundalini doesn't pierce through this. That means this center supports the Kundalini, but the Kundalini rises above this center, that means sex has nothing to do with your ascent. That means you cannot achieve your ascent through sex. This kind of a myth has been on and on in the West, but in India nobody is going to believe such stories. Because they are not so naive.

Here Mr. Freud - I don't know what to call him, you may call him whatever name you like - he is responsible for giving you AIDS. Please, send him some letters of thanks. He is the one who has given you. And the way you accepted him, you denied Christ. Christ had said, "Thou shall not have adulterous eyes". Not only the adulterous behaviour but even the eyes should be innocent if you are a Christian. Which church has achieved that, I would like to know. That is what He asked for that, "Thou shall not have adulterous eyes". That's only possible when the Kundalini passes through that center of Christ and awakens Him, your innocence is awakened in your eyes, and you really have innocent eyes. This is what has to happen. But actually whatever has happened you know how far we have gone with our ideas of licentiousness and permissiveness, and our perversion, thanks to mister Freud who was the real guru of the western people to begin with.

There was only one person who was Jung, who was a sensible man. He talked of sensible things because he got his Realization, but nobody has accepted them much. In the whole of England we have only 12 Jungians. And the other day I happened to meet about hundred of them in New York. And I was amazed at their quality of mind, the way they understood the whole subject of Kundalini awakening, and that the time has come for this nourishment to work out within us. I was amazed at their brilliance. You have to have basically some intelligence to understand, and not your ego which just repels you back all the time, takes you away from the Truth. But have your intelligence, your pure intelligence to understand that you have not achieved anything so far so there has been some mistake, let's see what it is. And they did, and they all got realized, you'll be amazed. And the president of the organization who was the... who was 82 years old, and who is a Jew, got up, with such humility he said that, "Mother, You know our language of psychology, which is a child science. Now we have to learn Your language which is the greatest of all." Just imagine, for him to get up and say that. But hardly you find people of that quality. I thank Jung that he created at least hundred people in this country who could understand what I am talking about.

Now, so we have within ourselves this center which is responsible for our innocence, and when we play about with it too much we fall into traps of diseases. It is very easy to understand for us by our own natural instinct what is wrong and what is right. But even if you avoid all your naturalness with your all your artificiality and try all artificial methods still you'll be amazed that those people who lead this kind of life, have always suffered. At every port, if you travel, there is a free clinic for people who suffer from these dirty diseases. It has been there since long, for all the sailors. But the sailors don't understand that we must be doing something very wrong to get this kind of a disease. Why do we suffer from such a disease? So that we have done something wrong or something we have gone against the nature. When you go against the nature, you get diseases. That's a simple thing, is to go against the nature is the way you get diseases. And you must understand your own nature, and integrate with the nature outside - you will never get a disease. And when you get a disease, understand that nature is punishing you and teaching you. Secondly, this is the biggest achievement in Sahaja Yoga that people who have suffered on account of their misdeeds very much, in every way have been cured. Once the Kundalini rises, they get cured completely of all these horrible diseases which are hidden, which are always kept as secrets. They can be easily cured if your Kundalini could be awakened.

But those who have problems in this center are the most difficult because this center is the one which communicates everything that happens within us. The left-side line that you see here, the blue line, is the one that collects all the information, called as the Ida Nadi, which manifest outside the left sympathetic nervous system. And it passes all that information to this center and this center passes all the information to the Kundalini which is like a tape in a tape recorder and tapes all that you have done. All the wrong and the good, the imbalances, and all the nonsense you have done is recorded in this Kundalini. Some people think no end of themselves, I've seen them. But when I look at their Kundalini, I feel like crying. The poor Kundalini is like a dead personality, is like a dead snake trying to rise, trying to raise its head. It's impossible for the poor Kundalini to rise because you have neglected all that is noble, all that is kindness, all that is righteous and auspicious. We have forgotten the word sacred at all, completely. We have forgotten the word sacred, we have forgotten the word that is chastity, as if it was something foolish to talk about these things. Now, when people start suffering, you start reflecting back. Now the new organizations have started I have seen with a result of that, that they think now you should lead a very chaste life, one man, one woman and all that. We have in India the same thing - one man, one woman but have we solved the problem? We have not. That's just a temporary thing by which you cannot solve... At the most you may solve one center but what about the other six centers? What about them? They still exist to be solved. And these six centers are very difficult in certain places according to the way and style of life you have.

Now the second center that we have, actually, is the center that comes out of the third center, so you can change it, the number, doesn't matter. This center is the center of our creativity by which we go into action. The activity. The colour is that of the bile. You see the bile colour existing. When you are very active the bile starts acting, and your liver becomes overactive. When the liver is overactive you start feeling like vomiting, and you always feel very bad, and you feel there's something wrong here, and all your attention is all the time in a very unhappy state. This is because of your overactivity. That's not the only thing that happens to you with the overactivity of this center because this subtle center does some more than that. It has to look after other activities also, that is of the spleen, and the pancreas, and the kidneys, and the part of the intestines, also you can say part of the uterus. Now, when you start using this center too much what happens to you that you start neglecting these centers. Where do we use this center maximum? When we think too much, the grey cells in the brain have to be replaced. And who replaces them? The centers from your stomach which is this center which manifests the aortic plexus converts or transforms the fat cells from the stomach for the use of the grey cells. And when you start thinking too much, when you are futuristic, you are planning too much, then the whole extreme behaviour puts you out of gear. And that's how you start developing all these problems.

So, with the liver, you develop an active liver - you cannot sleep, you feel like vomiting, you can't eat, you grow very thin, you can be very hot-tempered. Such people can be very irritable. At the slightest thing - and I see that in the car when they are moving - slightest thing and they start honking. They are very irritable, they have no patience for anything, they are very angry people, hot-tempered, aggressive. All other these things suffer, so you get diabetes. If you are not very hot-tempered if you don't know how to give vent to it then you get diabetes, you develop diabetic temperament with this right-sidedness. Those who are overactive people mostly get diabetes. The reason is they cannot show their temper. If they are in the business, they have to be very sweet with everyone and there's a temper burning inside. They have to be extremely, say, good and very gentlemanly, otherwise they'll lose the money. So the temper is inside, all boiling up. Here you have to be very nice. At the back you may say all kinds of abuses. But outside you have to be extremely sweet. And that time, what to do? You get this horrible diabetes because your pancreas gets out of order.

Then the third thing that happens which is a very, very serious thing, which is very serious, very common in your country is leukemia. And that takes place as a result of a very hectic spleen. Spleen in you is the speedometer. And when a person - say, for example, our modern life is such: we sleep, I mean we drink first of all, nicely spoil our liver, see to it that it is completely spoiled. Then we take some drugs to sleep. Then we cannot get up in the morning because there are hangovers, naturally. So we get up about the time when the birds are about to retire; say about nine o'clock or so. Then we somehow get into our clothes if possible and rush to the car, start driving, the wife brings the food, one, somethings like a sandwich or whatever it is, putting that in the mouth you are driving. There's a jam on the road, so we are cursing everyone. And here we are eating food, we are cursing people, we are thinking about the office, all kinds of emergencies at the same time. At one emergency only this poor spleen has to work so hard to produce the blood cells. And when you put so many emergencies on that, you can imagine, the poor spleen, what can happen to it. It just goes... It doesn't know what to do, it becomes crazy. You are crazy and the spleen is crazy. And the

parents who are like that give their trouble to their children, because they make their children very funny too: "You must sit here, you must eat like this." "This is carpet is spoiled. Now, better clean it". The carpet is more important than the child. If the carpet is not cleaned out then the parents will beat the child, do all kinds of things, always make the child so tensed that the child feels all the time edged up. He doesn't know what to do, you see, all the time the poor spleen of a child is this thing. Even when the child is not born, the pregnant mother - mothers are so upset all the time. With what are you upset? "Oh, you know, this, the milkman came, and this happened, and that happened, the telephone came at the same time and here it is, I had to receive somebody and there's a bill..."

All these modern things just make the women crazy, worse than the men sometimes because they can't bear it. And then, at that time, the child gets the problem and that's how they are born with leukemia. Just imagine, it is such a simple thing to lead a life of simplicity. You need not be that complicated. What is the need to be that complicated, I don't understand. All these complications we human beings have made, isn't it? Like, now I'm wearing a sari then I must have a matching blouse, I must have a matching shoe, I must have a matching purse, I must have My matching hair, matching eyebrows, matching everything. If it is not matching, then I'm nervous. All these stupid norms we have created, just to make ourselves miserable for nothing at all. So the young people decided, "Oh, get out of it, this is all nonsense, so let's have anti-culture." That's another extreme. Take drugs. Imagine, to compensate for this madness, take to another madness. Like one boy came to see Me and he was all smelling, you see, had all lice in the head, with hair like that, son of a very rich man, I knew about. Horrible, you see, could not make him sit in the drawing room, [as he was] smelling like a dirty pig, I tell you. And I asked him, "My child," - because I knew the father very well, a very well-off man, he's a managing director of a very big shipping company. I said, "Why are you like this? What is the matter with you? Why can't you be normal?" He said, "I am trying to become primitive". I said, "Why?" "Because they are simple people". But I said, "Your brain is not simple. It is a modern brain. By growing hair like that and putting lice in your head, you don't become primitive. It is absolutely outside. This is not the way you are going to be a simple person" by - you see, he was wearing pants with cuts in that and all that. I said, "By this, how are you going to cut your brain which is so modern, which is so complicated, which is thinking all the time about the future. This is all outside, don't you see this? And you have become so horrid that you cannot meet normal people at all". So I made him going to the bathroom, have a bath, I gave him a change and made him a proper person, and then I gave him Realization. Now he is a normal person, given up all his drugs, everything. He is a normal man, behaving all right.

But sometimes they come in a coma. And still with that mental projection that they have become primitive they said, "We are very happy. Let us die like this." They are waiting for their doomsday. Most of them tell us, "Oh, the doom has to come in any case. That will solve all our problems." Look at this. From this to that madness. I cannot understand. Is a very common thing these days that, "The doomsday has to come and we are all going to be solved." You see, they are all going to be taken up like this and put in the God's Kingdom because they have become primitive. This is the idea. There are some who believe that if they are preaching, if they are talking big about God, they will be there. Christ has said very clearly, "You will be calling Me, 'Christ, Christ!' and I will not know you". Do we think about it? Why did He say so? So, don't live in a mythical world. Come to reality and face it, that you are to be born again, that Kundalini has to be awakened, and that you have to feel the cool breeze of the Holy Ghost out of your head and out of your hands. This is the first time you feel the All-Pervading Power as I told you yesterday. Now I met all kinds. So, there is one fellow very ego-oriented, came to Me. He got Realization luckily somehow, his ego, the balloon, went down and he got Realization. I was amazed. How? The Divine is so anxious to give Realization that this fellow came with such a big balloon and how it has reduced. It reduced really I must say. He got Realization. But then it came back again. Because it was just there for a while, again it came back. So he says, "Mother, why You are the one who has to do it?" I said, "My son, you do it. I'll be very happy. Should I change My seat with you? I'll be very happy if you come and do it yourself. That's the best thing that you can do to Me is to do the job. But only thing, you will have to awaken the Kundalini of thousands of people at a time which is like a mountain being lifted with a finger. That's one only thing you have to do. Secondly, you have to know all about it and you have to tell people what it is, all the complications, all the decoding and everything and you have to have tremendous patience with people who have this big balloon on their heads." So then he sat down, he wouldn't accept it. I said, "What I get out of it? Why do you feel so hurt if it is Me? I don't know, really, even to handle a camera, I don't know so many things that you know. I don't know how to drive. I never feel hurt. I know only one little thing is how to raise Kundalini. Why should you be so much hurt about it?" This is the thing that crucified Christ. The ego. They crucified, not only crucified Him, they gave poisons and they tortured. Anybody who came with the Truth had to be tortured because everybody had such an ego and a collective ego. Why

blame the Romans and why Romans blamed them? Even today I find so many sitting like that before Me. The same style of people who have crucified Christ. So, this is the kind of people who are very ego-oriented, and when this center works fast the ego starts rising like a by-product as you see in the head, that yellow stuff which is horrid. But when you start seeing it, you see the joke that "This is the one which makes us stupid, this is the thing which has really made us idiotic, otherwise we will be normal people". And then you want to run away.

Like one gentleman came to Me, said, "Mother, I just want to know one thing, but if it is true, don't tell me." I said, "What is it?" I said, "What's the problem?" He said, "Please, tell me if I was Napoleon in last life". "If I was, don't tell me, because I'll really collapse". He is, he is a Frenchman. So, I said: "Why, what makes you think that you were Napoleon?" "Because I am so ego-oriented, and I can draw very well which he used to do. So, was I Napoleon?" I said, "Should I tell you? You were not". "Thank God", he said. "Because I was thinking if I was Napoleon what will I do in Sahaja Yoga? I just cannot become spontaneous because this ego will be coming like Napoleon's ego every time". And it's - nowadays once upon a time Napoleon who was supposed to be a hero today is regarded as a curse on people. If you call somebody Napoleon, never call a Frenchman because you'll have a black eye, I can tell you this much. Napoleon is the worst word for them. They don't like it. So this is what has come out of all this ego-behaviour that people don't like it. What about Hitler? You talk about Hitler to a German, he says, "Don't talk, that was a big mistake on our part." What did Hitler do? The same thing, he pampered the ego of people, he said, "You are a special race with a special nose." So, God is going to measure your nose and put you on a higher pedestal. Just imagine. Then why did God create all the rest of them? This kind of mental projection makes you feel higher, sometimes lower, all kinds of these mythical things are there.

God has created you in sweet beautiful varieties because without variety there is no beauty. Imagine all of you looking like military bowls sitting down here. How will it look? You have to be people of variety, so God has created a beautiful variety. Enjoy that! Enjoy the integration of that variety. That is what one has to really enjoy, but I think it's only possible when you get your Realization. Before that it's just talk, talk and talk. So now we come to the third center - I won't be able to cover all of them today, I'm sorry, which is very important because it is the center of your seeking. First, we seek as animals our food. Even now, we behave like animals, no doubt. So, we seek food, the attention is only on food. Anybody talks of food, we want to turn our face to that. So, the food is the first seeking we had. The second seeking we had of shelter, to have a proper shelter, and that has gone beyond any human understanding. I have seen people building houses which look like nothing on earth, you know. We just can't say this is a house, I mean, it's some sort of a funny thing that they make - call it a house - where you feel you are in a nightmare, you see, the way it is built upside down, going like that and... You don't know what sort of a place it is and where you are living. And that has gone to such a limit, specially in America I find that you have to enter into any bathroom first enquire how to open, otherwise you'll have a problem. Such varieties. Like into one bathroom who was a very rich man's I placed My foot and I was drenched in water. I said, "What's that? From where is it coming?"

So, this kind of an unnecessary mental exercise to select even the handle of the car. If the handle of the car you don't know, better don't get in because something happens you can't get out because you don't know how to open the car. It's such a madness to go on worrying about the varieties of little, little, little, little things. You know what kind of a thing - like today I went for shopping and there were some ladies who were trying to decide what kind of a ladle they should have. Hours they took to decide for a ladle. Can you imagine? What difference does it make of one ladle or the other ladle? And tomorrow if they see somebody else having a more modern stuff, they'll again be back and to find out that more modern stuff to do it. I mean to amount of decision taking we have gone is maddening. Specially on a table, if you go, I have seen people - because I have to attend so many parties - I just can't understand, half an hour they discuss what they are going to have today. I mean everybody must have what they want and very particular on that point. When the food comes they see they have got the same thing or not. What is so important? The whole joy of eating, the whole joy of meeting, everything is lost in that nonsense of decision. What does it matter whether you eat a pizza or you eat that, I don't understand. At the most you can have one thing for all of you and just enjoy it. But on the contrary, so much time we waste on nonsensical things, and when we do that we develop funny diseases within ourselves, because we put our nerves to too much tension. It is too much of a tension for us. We build up our own tensions for everything. I have ordered for this, you have got this. I wanted this kind of a handle, I got this one. That's how we go on building up tensions in our stomachs, and then we talk of our tensions. We have tensions, and we have this tension and that tension, and what is to be done? And then we get people coming out in the market. They want six thousand pounds to reduce

your stomach tension. How can they reduce? They cannot. And you believe it, because they advertise very well. They put up a big show, "We'll remove your tensions and we are here for your tensions, and this and that." And you just go there and attend to them, and you think, "Oh, now we have removed our tension". Mentally you feel like that but the tension is all there. That's how we build up our stomach in a very funny way.

Our real seeking should not be in politics, should not be in any social behaviour, but it should be only towards our ascent, towards our Spirit. That should be our seeking, and when that stage comes in then they are the people of a special category which William Blake has described that the men of God, means the people of this special category, will become prophets, and they will have power to make others prophets. And that's the time, today we are here that those who are men of God will become prophets and they will have powers to make others prophets. That is the sign, that if you can make others prophet as you are, then you have achieved your goal and that should be the real seeking. Politics is a mad world, you know that. It's a mad world. And is a mythical thing because when we talk of capitalism, what is your capital? These worldly things, these stones, these plastics? What are your possessions? You have one possession which you do not know - that is your Spirit. The one who has known that possession is a real capitalist. And once he becomes that capitalist he spreads it, automatically. For example, Me, I am a very happily married woman, extremely happily married woman with a very good husband, very well-placed in life with very good children, grandchildren, very good family life, everything there, but I can't enjoy it, because I have to give this. So, I become a communist in that way, in the real sense of the word. I am a real capitalist and a real communist. I spend My own money, go and meet people, talk to them, make them understand and ask them to be their Spirits, to be themselves, to be their own power. For what? People don't understand. The people who are with My husband, their wives say, "What are you doing?" "Oh, why are you wasting your time?" They can't understand, "What is She up to?" because they are busy with other things, joyless pursuits. But I am here, working for you, working for everyone, just that you also enjoy what I am enjoying.

So politics is all nonsense, it has no meaning at all, you can see that clearly. That's why no politics has been successful. I've been to Russia, it's another gone case; I've been to America. We do not know how to bear our freedom. We don't know. We don't know, we want to have freedom of. Abraham Lincoln said that, because he was a realized soul, but he didn't know that all the others are not. Once you have your freedom, you go to abandonment, violence, you don't know how to be free. That glory is not within us, to be free you have to be a king, to be a free personality. If you are not that than you go hither, thither, do this, do that. All the time what you do is self-destruction. Morning till evening you are thinking how to destroy yourself. Ultimately, all those who are affluent democratic countries, if you meet their young people, if you ask them you'll be amazed that they are doing nothing but planning about their suicide, which is the most sophisticated way of committing suicide. Can you believe it? That's a fact. We had three girls from Sweden, very young girls - in Cambridge they came to see Me - and when they came to see Me and I felt their vibrations I was shocked, I said, "Oh God, they have vibrations just like a dead man is. Is numb, complete numb." I said, "What are you doing?" They said, "You know, we think we are worth nothing. It's useless". I said, "Why? You are rich people, you have so much money, you are very well off, you have a very organized country, and everything is fine. What, what's the matter with you?" They said: "Actually, we are all planning how to commit suicide". This is where you go with your affluence, with your so-called achievements, that either you try to destroy yourself, or try to commit suicide, or can have a collective destruction by your great achievements of science. Because we do not know what freedom is. We do not know how much God has worked out to create these beautiful human beings, how beautiful, fantastic we are within ourselves. Because we have no idea as to what we are, that's why we accept all these things, go on living with it and destroy ourselves.

So the main seeking within us is the seeking for God, seeking for our evolution, seeking for our higher dimension of collective consciousness. And that is what we have to achieve. Without that this world cannot be saved, cannot be emancipated. There's no other way out but the transformation of human beings. It's only the transformation that is going to work it out, nothing else. The time is short, one has to get transformed. Only those who will be transformed will be saved, all the rest will be sorted out at the end of the era, when you will find someone extremely powerful, destructive will come on this earth and will destroy everything else. Because that is what, according to that personality, would be the end, that would be a deserving punishment. So one has to get transformation. That is the time that is given to us - is called as Krita Yuga in Sanskrit language - means this is the time when the All-Pervading Power, the Brahma Shakti, is working it out. Better get it out. This is the Blossom time, better get it transformation within yourself, establish yourself as transformed human beings. Don't get to your egos. Don't mislead others, don't mislead yourself. I tell you, intelligence itself is such a funny thing; it has a capacity to cheat itself. This is the worst thing of

intelligence is that it can cheat itself.

So, this living process has to work out within us so that we achieve our seeking, our fulfillment, our absolute. And that is something that cannot be discussed, talked about. It has to happen. Supposing, you want to know it on your mental level, I can only take you up to a point and find for you some sort of a logical conclusion. But ascending is your own. I cannot guarantee that. If it works out, well and good; if it does not, I cannot say that I can do it, nor can I say you can do it. But once it happens, of course, you can give it to others, and to others, and to others. You can work it out also, the same way, as one light which is enlightened can enlighten another light, and you can go on enlightening others. A gentleman in India, who was not a very educated man, a farmer, has given Realization to more than ten thousand people. So you can imagine how one can be powerful. I wish he had come to America but he had to go back to India. He came all the way to England then he went round with Me to Europe where he explained to people things in such a way, that they were surprised, an uneducated man talking like such a great saint. They could not understand how can he talk like that. I asked him, "How are you?" "Are you all right, are you comfortable?" He says one Marathi words he says, [Marathi]. "Whatever is the Eternal, wherever it keeps you let the Eternal look after me." Means when you are worried about the eternal, when you are in the eternal, why are you worried about these transitory things? And I was so happy to hear these words from him. But there's one thing I must say that he was a fortunate man to be born in a country where they know about it; and more fortunate to be born in Maharashtra which is a country of saints who have written beautiful things and that country which is not so materialistic. For them materialistic achievements is not the success. That's why people don't understand. They always ask, "Then why people in India are poor?" I said, "Not at hearts". They are smiling, laughing, festive people. If you go to even a poor man's house, they will offer you a cup of milk. They have a large heart. Why they are poor? The reasons are we were slaves for three hundred years. Can you think of slavery of three hundred years? Who is responsible for that? Who made us poor? We would have been much richer than anyone of these countries. We were, once upon a time, the richest people in the whole world. There is a rich site called the richest site of the world in Iran, is a hall four times bigger than this, and the every, the door that opens into it is six feet wide. And when you go inside, what do you find? A gentleman called Muhammad Ghazni who invaded India, only about six hundred years back and carried all the gold and wealth of one temple. And the whole place is filled with diamonds as if like the peanuts are kept in baskets. And a complete huge big globe is made out of gold with all these diamonds and pearls and emeralds and such big, big emeralds you see there, all brought from our country. How can we be rich when we were so docile people? Everybody came and lynched us like this? And then they ask us, "Why are you poor?" Very nice. You enter into somebody's house, take away all his money, take away everything, nicely rule him, don't allow him to grow at all and then you come and ask him, "Why are you so poor?" Wonderful people. That's what it is.

So that country has survived despite all these because of their faith in God, in the faith that one day they will ascend. In India - I'm not talking of the westernized Indians. They are hopeless people, they are absolutely uprooted. Don't think of them, they are absolutely useless. They are not the ones who represent India. But the Indians, the real Indians, who live in the villages, who are simple people, for them one thing is the most important is Atma Sakshatkar - means "to get your Realization". That's the highest for them. Nothing more higher than that. Their attention is not materialistic. Even if a woman is dying, she'll not sell her chastity. That is the great country, which people have not realized, have not understood. They have exploited us, completely exploited us. You have no idea to what extent they exploited us. And today they are asking, "Why are you poor despite the fact you believe in God?" I mean we are existing because of that. Just because of that we are existing, otherwise we would have finished for long time back, the way we are invaded on and on and on. While it is surprising in the history of India we have never invaded another country. Never. Can you imagine? This is what it is.

So, some people say, "Why should we learn from Indians?" Very wonderful. We have learned all your science, all your things from you, we should go on learning everything from you, even your dominating nature, everything we learn. And you don't want to learn even about God from us. Why? Was Christ born in England? Where was He born? He also came to India. So one should not develop such ideas that, "We are the one highest in religion, highest in science, highest in everything." It is the East and the West has to combine. As I said the tree has grown too big. There has been movement also downward, and that downward movement was in India. Of course, now you have many thugs coming from India, because you like them. For the last sixty years all the thugs also came out of jail are nicely have add in the market. And you like them very much. You see, let one of the thugs come here you won't be able to see even the chairs. They'll be all crowding here if they are thugs. For a real person you don't have here anyone.

When I came in 1970, they told Me very clearly, "Mother, You cannot impress these people. You must know how to pamper their ego by taking their money. If You don't take their money, they are not going to look at You." And I went away. They've advised Me that, "These people will not understand You unless and until You take money." These are the Christian nations. How much did you pay to Christ? And He was sold for 30 rupees. This is what it is. A day will come when you'll be asked about many things. Only thing is that if you become the Spirit, then you are in the Kingdom of God. You are there. Everybody can enter into it. It doesn't matter whatever country you come from. Whatever is your past just forget it now and have it. You, please, have your Realization, enter into the Kingdom of God. But you have to be humble, you have to be humble about it. You cannot purchase Me, you cannot organize Me. It is you who has to organize yourself. And I hope it will work out. Definitely it has to work out in this country, very important, because as I told you this is the Vishuddhi chakra which is a very important center of the whole world. And if America cannot do it, I don't know what's going to happen.

May God bless you all.

Now if you have any questions, need not be aggressive with Me, you can ask Me some questions. Oh, you don't know, in one of the places I went a lady came with a big Bible to hit Me. And she was about to beat Me with the Bible. And they, they photographed that. I was just laughing. I didn't know what to do. You see, I just was roaring with laughter. And everybody got upset. Of course, she didn't hit Me, thank God. But if she could have hit Me, she could have hit Me, what can I do? She was in such a big temper. I don't know what made her so upset. And then I asked, "What are you?" She said, "I am twice born". I said: "Must be". So now relax. I would like to have some questions, sensible questions. We shouldn't waste others' time.

Lady: Could You tell me which... well, which would be the best way to wake up the Kundalini?

Shri Mataji: That I will do now. That part is Mine. The reason is, you see, when the light is not enlightened the one that is enlightened can enlighten the light, all right? That's a simple thing like that, absolutely simple. Or you can understand the seed - if you have to sprout the seed what do you do? You just put it in the Mother Earth, and the Mother Earth has the capacity to sprout it. It's as simple as that. So that I'll work out and then you will work out for others. All right? That's very simple. That's a very good question. Shows the earnestness.

Man: When the seed sprouts then you continue your spiritual growth into higher realm of spirituality?

Shri Mataji: I beg your pardon.

Sahaja Yogi: He's asking if once the seed has sprouted does the growth continue?

Shri Mataji: Yes, yes, that's true. First the sprouting takes place, awakening takes place, you become first thoughtlessly aware - I'll tell you all these status you go into - and then you become doubtlessly aware. And with those you start manifesting your powers of love, and you grow into it very much till you become a tree, you become your own guru, and others call you a guru then, a real guru. It's true.

Man: Mother, interacting with other people, there are along the path, of the spiritual path and, in any type of environment...

Shri Mataji: What is he saying? Just... Gavin you have to...

Man: Ok. Interacting with other people in any type of environment, such as work or such as [unclear], whatever, and they are not born Spirit yet, your discussion with them got, you want to reveal something to them. How would you go about doing that?

Shri Mataji: What's he's saying?

Sahaja Yogi: How can you awaken the seeking in others who are not seeking?

Shri Mataji: No, no, no, that I can't do. If you are not seeking really I don't want to make you seek. This is impossible. That's an impossible situation. If you are a seeker then I can help you. If you are not a seeker then, please, save Me. I cannot make, you see, a stone into a tree, can I? That's it. So that's not possible. If you are a seeker, if you are seeking something, then only it can work out. Otherwise, I have seen the frozen Kundalini of many people. Now supposing if Hitler says, "You give me Realization". Can I give him Realization? That's it. But you are a seeker, out and out. Don't worry about yourself.

Lady: Don't You think there are a lot of people who are seeking but they don't know what they're seeking?

Shri Mataji: Very much true.

Lady: How can we address them or how can You...

Shri Mataji: I mean, you see, today we advertised in the newspaper. We spent lot of money on other things, and we had television in Los Angeles, and they were very much impressed because the lady who interviewed Me felt the vibrations. So now they want to have a nationwide thing, something might work out with that. But what... we have everything with us; even My photograph works out, you will be surprised. Even if you have My photograph, you can work out with My photograph. But the trouble is how to get them here.

Lady: Tricky.

Shri Mataji: Very tricky, you know. You have to have horns and a band in front of you. You know, you have seen your election campaigns, I have seen them, and I've said, "Ah, how can you do that?" But one has to do all those things, you see, people are used to this kind of a circus. Yes.

Man: Yes. Is tomorrow's programme is something different from today's?

Shri Mataji: Yes, tomorrow I'll be speaking about other centers and how one can cure, and then day after tomorrow I'll tell you after Realization what is to be done. Yesterday I talked about the general things, about the three, three nadis that we have got, left and right and the center one. And today I'm talking about the centers and tomorrow about the rest of the centers, and after that I'll be telling you after Realization what is to be done. That's how I put it for Houston but in another places I'm speaking in a different way. That's how we decided for four days. First, let us see, I mean is talking is different and getting is different. Like talking about food you don't eat it, isn't it? So, better have it. Now, it's a very simple thing, is first of all I have to request you to little bit take out your shoes, because shoes - nothing wrong with it but they little bit stand between you and the Mother Earth.[Shri Mataji takes off Her shoes.] As it is, there are nylons here and nylons there. Doesn't matter.

Now the first block you have, I must tell you, is that here, [Shri Mataji puts Her right hand on left Vishuddhi] is the first one - here, and that comes from feeling guilty. If I have said anything that makes you feel guilty, please, forgive Me. You are not to feel guilty at all to begin with, that is the first condition - not to feel guilty. Now tell yourself that you are not guilty at all. At this time, you are sitting here. This present time, you don't have to think about the past. Just tell yourself that "I'm not guilty at all, not at all guilty". Whatever I've said, it doesn't mean it implies to this moment. It is for the past. Still there. In the beginning it was too much. I also could not speak with that because you are all within Me and this was all caught up. I didn't know what to say but thank God it's released a little bit. Don't feel guilty about anything, first of all. Now, you have to put your hands like this. [Shri Mataji shows first the palms up and then the correspondences of chakras in the fingers] As I told you yesterday that these are the five centers of the sympathetic left side, and six and seven centers. So these are the seven centers, and there are seven centers on this. This is the right side, means the mental and the emotional, mental and the physical side, and this is the emotional side. So now, these are the centers, and you have to place your hands just like this [palms up]. Now, the left side is the power of your desire. So, put this left side towards Me. Not of pure desire, but of your desires.

So, put the left hand towards Me like this, and the right hand also like this, and I will tell you how to use the right side; because

the right side is the power of your action. Please, sit down, all of you with your both the feet on the Mother Earth, properly, with a little humble attitude towards it. Now, you have to close your eyes, and don't open your eyes till I tell you. You should not open your eyes at any cost. If you open your eyes, then the Kundalini won't rise because something has to happen within, so keep your eyes shut. Comfortably, just keep your eyes shut. Now, please, do the things I tell you, just put your left hand towards Me, and the right hand is now to be lifted to your heart. On the left-hand side is your heart. [Shri Mataji puts her right hand on the heart]. Put your right hand on your heart. You have to sit straight with your neck straight, not bending forward or backward. With a cheerful mood you have to sit down, and not with a laughing or a smiling one but a cheerfulness inside. Not with unhappy mood either. Because this is you are going to achieve which has been your longing for ages now, and you are going to get it. So, look forward to that.

On your heart now you ask a question because in the heart resides the Spirit. So you can address Me as Shri Mataji or as Mother, "Mother, am I the Spirit?" Ask thrice. Without feeling guilty, with full confidence. Put the left hand on your lap, parallel to the ground, yes. Now, ask a question. Left hand parallel does not mean upside down, but open hand, open hand, the palm is upward. Put the palm upward. Now, ask a question, with full confidence. Now to know that you are the Spirit you have to know one more thing, that the Spirit is your Master. And once you become the Spirit you become your own Master. So put your right hand on the left-hand side of your stomach, [Shri Mataji puts her right hand on the left-hand side of Her stomach] left-hand side of your stomach, in the center, and press it hard because that is the place resides the power of your mastery. Now, ask a question: "Mother, am I my own Master?", "Am I my own Guru?". This you have to ask ten times because there are ten guru principles within us. [Shri Mataji stands and puts her right hand on the heart]. Now again put the right hand on your heart. Now, here, assert yourself and say, "Mother, I am the Spirit". Say it twelve times, with full assertion and assumption: "Mother, I am the Spirit". Now, put this right hand on your shoulder near your neck, on the left-hand side, on your shoulder, near neck. [Shri Mataji puts Her right hand on the left Vishuddhi] This is the place, where I showed you, that people, when they feel guilty, there's a catch. Press it hard. You'll find it's quite a hard place. Here you have to say: "Mother, I am not guilty". Say it with full confidence sixteen times. And if you have that habit, better say thirty two times. Sixteen times, please say, "Mother, I am not guilty". You have to forgive yourself. You have to forgive yourself by saying, "Mother I am not guilty at all, I'm not guilty". Put it next to your neck.

Now, put the right hand on the forehead. [Shri Mataji places the right hand on the forehead] And at this point - across, put it across - and now say, "Mother, I forgive everyone". After forgiving yourself, you have to say, "I forgive everyone". Across, put your hand across. Across, not with your finger but across. From your heart you have to say that, "Mother, I forgive everyone". You'll feel very much relieved, you just try it. Half of your tension will drop away. Now, put this hand at the back of your head and hold it tight. Hold it tight. [Shri Mataji puts Her hand in the back of the head] Now without feeling guilty, without thinking about the past in a general way, you have to say that, "Oh Lord, oh God, if I have done any mistake, please, forgive me". Without feeling guilty, that's very important. On the back of your head, on the back of your head. At the back of your head, not on the neck but on the back, over the optic lobe, we can say. Now put your hand on top of your head, in the center of it, and press it with your palm, and try to move it clockwise. [Shri Mataji shows how to put the hand on the top of the head]. Move it clockwise. At this point as I said I cannot cross your freedom. Keep it in a comfortable way. Comfortable way. From the front if you put it, it will be comfortable. And move it a little bit. And now, at this point, as I cannot cross your freedom you have to say: "Mother, please give me my Realization". Because I cannot do it without your permission. "I want my Realization. Please, give me Realization". Just ask for it. Seven times.

Now put your hand down and with your left hand, feel if there's a cool breeze coming, on top of your head. [Shri Mataji rises Her Kundalini]

Raise it higher to see not very high, but at a higher point. Because close to your head you might feel the heat coming out of your head. So little higher, not much, about six inches. See now, if there's cool breeze coming. Don't think about it. If you think about it, it will stop. Now change your hand if you want. Again see with your right hand. Just see, if there is a cool breeze coming here. Are you feeling the cool breeze?

Now I'll teach you how to raise your own Kundalini. You can open your eyes. Now do it without thinking, try to see Me without thinking. You have to do it. Don't think about it. It's just an action of your hand because it is awakened now. So we have to

establish it. Just put this left hand in front - by sitting only - in front of your Kundalini, like this. Like this.

[Shri Mataji shows to the people how to rise Kundalini and make knots above the head]

Can you see? Just like this, while you're sitting. Left hand. Now, with the right hand you have to move it like this, forward, downward, backward, upward. Like that, you see? Like this. Now, let us start. We have to go up. Take it up, through your head up and twist it now and give it a knot. Again, let's try. Once more.

1983-0922, TV Interview, Houston Live

View [online](#).

22 September 1983

Interview

Houston (United States)

Talk Language: English | Transcript (English) – Draft

T.V. Interview with Shri Mataji. Houston(live) 22-091983

Interviewer:(music playing) Hi. (No sound) with me today is Shri Mataji. She is considered to be a guru, a prophet, a faith healer and in India she is called a Saint. We will be right back to talk to her after this. Some music playing. (some advertisement) She is a guru and a lot of other things. Which of those do you consider yourself to be?

Shri Mataji: I would say I am just a Mother and mother can be anything isn't it?

Interviewer: Is it unusual for a woman to be a guru?

Shri Mataji: No it should not. On the contrary I am not a guru as such, because I am a mother I am also a guru. And it is important that the time has come for the feminine qualities to manifest. We have had manly qualities where people had competitions and they developed in such a way as if the tree has grown outside and now the tree has to grow inside,inward to get to the source, for its nourishment.Its only the mother who can nourish it, isn't? She is the only one who could be compassionate, and affectionate and kind.

Interviewer: You have said some real harsh things about orthodox religions. Why is that?

Shri Mataji:I didn't mean to be harsh with them but I think they have mislaid the people very much as far as the religion is concerned. Any religion you take that they are propounding , like say Christianity.Now in Christianity it is said that Christ is the main person, and we have to accept what he has said.Christ has said that you are to be born again so they made some artificial sort of a drama of the meaning baptism. It is so artificial. Any intelligent man can see that you just put water on somebody's head and say that you are born again or you certify yourself as born again you do not become. There must be something living about it. Because he has talked about the living for living process that has to take place for our evolutionary process.It has to work out in a living way. Something living has to happen within us. Like an egg becoming a bird. It is a complete transformation. But on the contrary you find like what Christ had said,' thou shall not have adulterous eyes'.Very hard to find a Christian without adulterous eyes.The innocence is lost.He was the embodiment of innocence. There is no innocence.It is all money making , building making, all sort of things but not Christ.

Interviewer:You have said that people don't believe you because you don't take money.You pay for your own tours for everything .

Shri Mataji:I try to.

Interviewer: You think we have become, a world where unless you do take money you aren't believable?That is a real sad situation.

Shri Mataji: You see these people are very materialistic. First of all they can't understand God.And they think that for everything you must pay.Even you can purchase God.They can think they can organize God.This is ego. Real ego.You cannot pay for God.That is one thing.You have to humble down.

Interviewer:You have asked interesting things about diseases.You have talked about aides.You talked about curing these

diseases.

Shri Mataji: That's a automatic thing that happens within you, is placed this power of your own, and when it rises it nourishes you. Again the same mother in you. Your own mother. Every body has an individual mother called the kundalini. In the sacrum bone means the sacred bone and when it rises, it nourishes you. When it nourishes you, your subtle centers get nourished and you get alright. It's all yours. Only thing it has to be awakened.

Interviewer: And how does the awakening happen?

Shri Mataji: The awakening takes place like as we would say, very spontaneously, as you can put a seed in the mother earth and it sprouts by itself. So you have to be ready to just be that and if somebody who has the quality of a mother earth can do it. But as soon as you get it you can do it to others. Like that one enlightened light can enlighten another light. But the candle which is not enlightened cannot enlighten itself.

Interviewer: So you need somebody to help them to enlighten?

Shri Mataji: Yes. It is not even a help. It's just that you are there. It is just a catalyst agent and I would say it works.

Interviewer: You are talking about homosexuality, schizophrenia ahh...

Shri Mataji: Many physical problems. Many emotional problems. Many psychosomatic problems with combinations of these two. Like cancer I would say AIDS and mellitus, most of these incurable diseases come from the combination of the emotions as well as the mind.

Interviewer: Basically it depends on the way we handle our emotions.

Shri Mataji: Yes. You see the way we live, the way we try to suppress our emotions sometimes. Sometimes the way we mislead ourselves into wrong ideas of sex, and perversions and all that. All this complicate it. We don't lead a normal balanced life. That's why the problem is. But when this rises within you, it nourishes you, it brings you to the centre and makes you, your own spirit and with that you become absolutely a different person, a transformed personality.

Interviewer: You talk, you made predictions, things would happen? What are some of those predictions?

Shri Mataji: No, I don't make predictions, but I can say that if people do not take to their transformation, it could be very dangerous. I mean, I don't think the destruction is going to come from Russia or any other country. It is going to come from within. You can see it very clearly. You are destroying yourself moment by moment. Cancer, all these diseases nobody knew before. All of them are appearing now to show that you are trying to destroy ourselves.

Interviewer: What could we do?

Shri Mataji: We have to understand that we have to get to ourselves. To our Spirit, which is our power, which is within us, for which you cannot pay. That is something so insulting to say that such an invaluable thing you can get by paying. And for that also you cannot put any efforts, but it is spontaneous. What you have to do is, to just ask for it, I should say, that if you put your hands towards me like this and it may work. And it will show its results by, you start feeling cool breeze of the Holy Ghost in your hand. If you could feel the cool breeze of the Holy Ghost out of your head, this is a real baptism. That is what I was saying, that we are doing all that is not told to us and we are just going on the wrong path.

Interviewer: Actually someone did tell me before the show when you were once here before that you had touched them and they felt a cool breeze around them.

Shri Mataji: Yes it is. So many have felt. Thousands in India, but I work in the villages not in the city because our Westernised Indians are though really hopeless people you see. They are just copy cats. They are trying to copy the West and trying to become modern but they have forgotten what heritage we have. And there are many like this. Even they have come to your country, they are absolutely neither here nor there but the people in America are great seekers, very great seekers and they are ardently seeking and if they come to the right path I am sure they can be saved. And they can save their country and save the whole world.

Interviewer: You were friend of the Gandhi's?

Shri Mataji: No. I was much younger to him. I was a little girl of 7 years when he asked my father to leave me with him and I stayed with him as a little girl and he was a very sweet person as a elderly grandfather I should say, and very wise man too and extremely gentle with children. Extremely gentle. And he saw something in me. He used to ask me questions about certain things life and I could guide him on certain points like he asked me how to put the different prayers. So according to the different centers I told him, you put it. So first is that of the first center and the second center like that, and that is how we arranged all of them. Like that he had realized that I had something special about me.

Interviewer: Lots of people have noticed that too. You do have the presence about you. When did you notice that?

Shri Mataji: I knew when I was small. I knew that what I was. I knew it very well as we know we are human beings. I knew that I was something like that .

Interviewer: You do not accept money.. Why is it that? Why is it . Do you believe not to accept money for what you do?

Shri Mataji: No. What will you pay me? This is love. What can you pay me? I mean, you cannot evaluate into any money whatsoever, so what is the need. Of course, for my traveling sometimes, these people pay. They pay for their halls and also my husband is quite well off so he would like to pay sometimes for the good work like that. He thinks, is the only solution. He is the secretary general of International Maritime Organisation, one of the agencies he was elected and he thinks that this is the solution. This is the only way you can save the world. Without transformation you can not save.

Interviewer: What basically is your philosophy?

Shri Mataji : It is not a philosophy but its an actualization of what you are and is the one , that will prove the existence of God, existence of reality and all the scriptures can be completely understood when you are your Spirit. Before that you cannot understand because it is very subtle and you can make mistakes. Like people say about the holy Ghost that it is a mystery. Now think of it even rationally . When you will think that you have a father you have a son and the Holy Ghost, but no mother. Can you get a son and a father without a mother? Is something unreasonable. Absolutely absurd, but that's how people go on and on because they have not become their Spirit. Once you become the Spirit the Spirit can guide you. Because you get a new kind of a dimension called as collective consciousness by which you can feel the energy flowing through you, and you can decode all that on your fingertips . Even Mohammad sahib has said that at the time of resurrection your fingers will speak. Your hands will tell you. And Muslims also they don't want to talk about resurrection time. Though he has written more about the resurrection time than about the Doomsday day, but they want to talk about Doomsday so that they can frighten everybody and every body becomes a Muslim.

Interviewer: Why do you think there are so many young people looking for something like movies say they are Hari Krishnas. Why is it that?

Shri Mataji: Time has come. It is a special time. It is a time already predicted by William Blake only hundred years back. He said that the men of God will be born in those days and they will become prophets and they will have power to make others prophets. That's what it is predicted, but this was predicted 14000 yrs back in India that this was going to happen and when they

dilated it down to modern times, it was 1970, they said Sahaja yoga will start and that is when I started Sahajayoga. It is a thing called Sahaja Yoga. Sahaja means spontaneous, Sa means 'with' and ja means 'born'. 'Spontaneous union with the Devine'. Its your right. You have to have it.

Interviewer: You also called some gurus 'Charlatans'.

Shri Mataji: Ahh. Sorcerers. They are all horrid people. Absolutely devils you see. Nothing but devils and you like them more than you like me. (Laughs) You see, why don't people think about it? What good have they done? You will see, those who have been to them, they have lost all their money, they have lost everything, they are doing no jobs, they are like mad people. They don't know what they are up to like walking under the blanket in the darkness. They do not know where they are going. But if you see a person who is a Realized soul, there are so many here, they will tell you what are your centers catching, where are your problem. They have given realisation. There is one gentleman who has given realization to ten thousand people in India.

Interviewer: We will be right back to talk some more on this after this break.

(Announcement for question, answer session with Shri Mataji.)

Interviewer: Shri Mataji. We are talking about Indian religions. You said you made a prediction in 1970. You warned people. What was that?

Shri Mataji: I came here in 1970 and I found out that the time has come for people to get the Self realization. And I told them that you be careful, there will be lots of fake, false gurus, will be coming here and I took their names and told them the names and even told them what they were in previous life and what they are going to do, how they are going to entice you. Very clearly I told them. Lectures after lectures I gave about them, and they were quite surprised and said aren't you afraid of them. I said they can't do anything to me because they are cowards. But they would not accept me as I told you, because they said you must charge money otherwise in America nobody understands it. I said it is absurd. How can I take money for this and that's how it happened.

Interviewer: We have a call. Go ahead.

Caller: Hi, my name is (unclear) and would like to comment Shri Mataji on her stand that we must be changed and transformed and people must be. (unclear) However I would ask her how did she come into the knowledge of this spontaneous Devine and (unclear) ...and how she received the Holy Ghost without being baptized?

Shri Mataji: The question is alright but I would suggest, I am rather careful in telling about myself because when Christ told that He was the path and He was the light He was crucified. I don't want to tell anything about myself just now, and I don't want to get crucified again. We should know what Christ, where did He get his Holy Ghost and all that. You see it is a question of first you getting your transformation and getting yourself alright, and then you can know about me. It is much better than to unnecessarily worry about what I got it, how I got it, because I definitely have it and I have done it, so why not have it.

Interviewer: Another caller. Go ahead. You are on the air.

Caller: I am a person like what you would describe as a wet blanket. I lost all my money and I don't have a job. How do you go about to get out of the blanket?

Interviewer: You are basically saying you are confused and you one of the people what... Caller: walking under the blanket.

Shri Mataji: I know. She has to come to our program tonight. We have a program tonight which you can tell them and also we have a centre here. Already there are people who know how to get out of it and they can tell her how to do it, if she can come to the centre. But tonight there is a program for that.

Interview: Basically when you were saying earlier that people have to look within themselves. I think that was her question. She was one of those people who was kind of walking wounded. She basically...

Shri Mataji: When they come to the program, maybe the kundalini might rise in them and they might get alright. But otherwise also it can be followed up and they must learn where is the problem. Which chakra is in danger and they should know how to correct it and we have people who are now very deft in it. Very deft and they can do it and you can learn from them later on. We had people hit by all of them and they came to us and they are all cured and perfectly alright. And they are great people now working all over the world.

Interview: We have a caller. Go ahead.

Caller: Yes, Shri, first welcome to Houston. You are doing a super good job. (unclear) You had mentioned the word Charlatan earlier in the conversation and changes of sorts and I could not understand what you meant by that. Could you please clarify that point please?

Shri Mataji: What's he saying?

Interviewer: When we talked about gurus being Charlatans.

Caller: I have a strong belief that something great inside of me, (unclear) I hope I am not a Charlatan. I will hang up now and again welcome to Houston and thank you very much. Bye, bye

Shri Mataji: Bye. You see, that is not (laughs). I am not talking about any particular, but many of them are fake gurus. But there are also very good gurus. There was one gentleman who was very good and he is a Realized soul. Very learned and I asked him to come to America and he came here for two days in New York and he ran away. He said it was a nightmare and he could not face the people. The people wanted something else. They wanted a kind of a jargon and you can call it a kind of a circus, and all sorts of funny things so he was not prepared for that. He ran away. So I am saying about the people who are false people. They are not only false, they are sinister because not only they take your money, of course, if they take your money it is only thuggery. You can't call it a beginning for that but they spoil your chances of Realization. They give you diseases. They give you troubles and they just decamp with all these things. They are more interested in say motor cars like Rolls-Royce. They want to have airplanes. It is parasitic. How can a person who has anything to do with God will take money from you and buy Rolls-Royces?

Interviewer: Got another call. Go ahead.

Caller: Oh yeah, I just wanted to get the concept of man's work on this physical world. Why are you actually on this planet? Why is he on this physical planet?

Interviewer: Basically why is man on this planet?

Shri Mataji: (laughs) I will tell you. I will tell you why you are here. You see, it is disgusting sometimes the way our life is, I can quite understand. That you feel a little ahhh.. upset about it but actually you are on this planet to enter into the kingdom of God. You are welcome there and you are made that way. Of course we have made mistakes you see. Collective mistakes, individual mistakes and that is how we are in trouble but everything can be forgiven. Everything. And you can enter into the kingdom of God.

Interviewer: Do you think you find people wondering why they are here? Do you get the question often?

Shri Mataji: (laughing) They are just waiting for their Dooms day. Some are so desperate. You don't know? Very desperate.

Interviewer: What do they do?What should a desperate person do?

Shri Mataji: They commit suicides.

Interviewer: But how can they help themselves?

Shri Mataji: They can help themselves by becoming themselves.You see I have had people who came to me in a very desperate state. I mean I knew three young girls who were wanting to commit suicide.They came to me and now they are very good Sahaja yogis. and they are working very well and they are very good girls and they are normal people. They have gone back to their families.

Interviewer: You have following, right?

What basically is your following consist of? .You don't take money.So how then how do you ..?

Shri Mataji:We don't have any organization. You see it is like this.Now I am talking to you. You can get your Realization sitting down here. Suppose you get your realization then I ask you to come to a centre where the people are working.There nobody is sort of giving up jobs or anything. They are working but in the evening time or a Sunday time they have this Centre where you go and learn all about it.Then you start doing it . So there is no organisation needed.Ofcourse when they rise higher and higher in their manifestation then we start knowing each other very well and then we call them Sahajayogies. When they can give realization to others then we call them Sahajayogies.

Interviewer:There is a call waiting.Go ahead.

Caller: Yes this is for Shri Mataji,I would like to ask, our Bible states some where that false God and the false prophet shall rise and like she said(unclear) arrive can I believe you shall choose sides and receive markings on your sides of the forehead.(unclear) Do you see this happening any time in the near future?

Shri Mataji: What is the last part I did not follow?

Interviewer:Do you foresee it happening in the near future?

Shri Mataji:You can see it happening now.You can see that very clearly.These people have come up.Now within these ten years I find that they are showing up. You must know by their fruits..Christ has said you must know by their fruits. He said I'll send you the Holy Ghost and that's what it is. Your Holy Ghost is within you. It's your Kundalini.

Interviewer: Another call.Go ahead.

Caller: Hello,am I on?

Interviewer: Yeah.

Caller.Ok, I would like to ask the visitor if one is consumed by negativity and anger, how one can get out of that state of being?

Shri Mataji; That also is very easy.When you become the Spirit.Because the Spirit is the peace within us.And once you become that, the whole world is in a turmoil, but you are at peace with yourself and completely integrated. When you are not integrated these problems come in, but when you get to that position, when you become the Spirit, when your attention is enlightened by the Spirit, then you will become absolutely peaceful and you start seeing the whole thing like a big joke.

Interviewer: You seem peaceful. Is that something worked out?

Shri Mataji: No, I was like this from my birth.

Interviewer: And you work with peace, people basically get their work going so that people somehow they become peaceful.

Shri Mataji: Absolutely. Absolutely. They can. They can become. It is not difficult because you are peace. Basically you are peace. Because you are not inside that's why you are disturbed. Once you become that, then you are absolutely at peace.

Interviewer: Go ahead. You are on the air.

Caller: Hello, hell and (unclear) concerning Bible prophecy like (unclear) and if she is, what are her views concerning Bible prophecy?

Interviewer: Sorry we did not get the first part of your question

Caller: Okay. I would like to know if she is familiar with how on (unclear) and Bible prophecy, why this book is (unclear) Bible prophecy concerning (unclear)

Interviewer: What is basically your question?

Caller: How and what are her views concerning Bible prophecy and if she is familiar with (unclear) disagree. What is her view?

Interviewer asking Shri Mataji: Did you understand her question?

Shri Mataji: No.

Interviewer: Can you repeat the question one more time?

Caller: Is she familiar with the book? (Unclear) What I heard you disagree

Interviewer: What book is it?

Caller: (unclear)

Shri Mataji: I have not read the book. So what does it say?

Interviewer: She has not read the book

Caller: Oh, okay.

Shri Mataji: Sorry.

Interviewer: You have another question?

Caller: What are her views.. (unclear)

Shri Mataji: You may write to me.

Caller:(unclear) Does she follow the Bible or...

Shri Mataji:Yes I do.I know that.I know about it that Christ has said that I will send you the Holy Ghost.I will send you a Comforter and a redeemer and a counselor that is what it is.And it is what I am.

Interviewer:So you basically know the Bible? You follow the Bible?

Shri Mataji:I know most of the scriptures. I have to know because they are to be proved.

Interviewer:We have another call.Go ahead.

Caller: Hello, Okay,I want to ask her if she believes in hell?

Shri Mataji:Yes.Of course I believe in its powers but there is hell within us.

Interviewer:There is hell in each one of us?

Shri Mataji:Yes (laughs) The road to hell is there. You have to just take two running jumps and you can go down there.

Interviewer:Do you think more than ever more of us have more hell now than...

Shri Mataji:We are going more towards that.

Interviewer:If say, people continue on the road they were leading now, where would that lead us? Eventually do you have any idea, do you have any predictions for the future as to what that might be happening?

Shri Mataji: Just now I think it can be averted. So let's talk of the optimistic side of Life.

Interviewer:Go ahead.

Caller:I would like to know how you feel about (unclear) yoganada and where you are speaking, if you allow small children?

Shri Mataji: Now see if you bring in names I will have to tell about them, that if you (unclear) wanted to get. We talked about Self-realization and nobody gets Self realization from him.So there is nothing worthwhile discussing him.

Interviewer:She also wants to know where you are speaking,if you allow small children?

Shri Mataji: Yes.Yes.

Interviewer: Yes they do.I also read something for you. You were staying in a place in London and there was a seven year old boy who had an accident?

Shri Mataji:Yes it was in Bedford.

Interviewer:And he felt your Spirit.

Shri Mataji:It was in Bedford.He fell down from a bridge, very low, from a very fast-moving vehicle.I think it was a bicycle or something. I don't know what it was. And then they got frightened. They called for the ambulance but he got out of that,walked up.It was quite a hilly place and they were quite surprised that he was not hurt because he fell from a great height. They asked

him what was the thing. He said, there was a lady in a white saree .I normally wear a white saree for my programs. In a white Mercedes that was my car. She walked up to me and she healed me. She put her hand on me and a little at the base was left pain and she said alright you come to me for this and now I have to go. And I am alright. So they were quite surprised. Then the police was there also and recorded it. They said this boy's really we can't understand, but he was healed no doubt so they were surprised at that. Next day he saw my photograph in the newspaper and he told them that this is the lady who healed me. And then they telephoned the organisers there in Bedford. They said no. That time Mother was addressing about six hundred people in the hall for about three hours so, she was not there. This has happened many a times in India also. It is very simple. As you have got television God has also got television. That is how it can work out.

Interviewer: Another call. Go ahead.

Caller: If she believes that (unclear) Jesus Christ is the son of God?

Shri Mataji: Hundred times. Thousand times, and everytime.

Interviewer: You have also been saying that all religions were flowers on a tree of life, unfortunately human beings pluck the flowers from the trees for themselves?

Shri Mataji: Yes, I will say this is my religion. Christ is mine. He is in my pocket you see. How can it be? You cannot claim them. What are you? You are no relation of theirs. As Christ had said you will be calling me Christ Christ ,I won't be there. So ego oriented we are. We think we can keep Christ in our pockets and walk about saying we are Christians.

Interviewer: Go ahead.

Caller: Hello. My (unclear) understanding that Mathews, Jesus who gave them the key to the kingdom of Heaven. (Unclear) Where What are the technique of or we can enter the (unclear)

Shri Mataji: Yes there is. There is a technique, no doubt. Supposing you come in this room and you want to have the lights. I would say, alright go put this button on and the lights will be on. There is a technique behind it, there is history behind it. There is a big organization behind it. Though it happens so spontaneously that doesn't mean , there is a no technique. There is a technique but first you get your light and then you learn the technique for which you don't have to pay at all. Because without the light how can you learn the technique .

Interviewer: Another call. You are on air. Go ahead.

Caller: Shri Mataji I would like to know whether you are teaching Self-realization in India because there are all kinds of problems there.

Shri Mataji: Why? I am very much teaching there. You have no idea. There are thousands of them I am teaching and sometimes if I want to teach you what is the harm. Do you mind that.? Actually you need it much more than Indians do.

Caller: I appreciate that but it seems every five years someone comes from India and with...

Shri Mataji: That's true. That's what I have come to warn you.

Caller: never seen their work there.

Shri Mataji I know. I have always lived there and I never wanted to come across. I tell you it is not easy to live in the western

country with the Indian culture. IT is an impossibility. See the idea of chastity and all those things are completely lacking in those countries and it is a headache I tell you, but my husband is elected to this job, he was elected unanimously by 134 Nations so we had to come here. What to do. (laughs)

Interviewer: A call. Go ahead. You are on the air.

Caller: This is your call about hell and I have another query what she thinks Jesus Christ (unclear) and comment on baptizing. It does not send you to heaven. Baptism is just a resemblance of being faithful. It's just a symbol. It does not save you. She said that....

Shri Mataji: No, no. You see he is mistaken there. You must not have a mental projection about anything. You should face the reality as it is. This is not baptism what Christ has said nothing so important. Symbolically you can do anything you like, but actually when the kundalini awakens, you see actually with your own eyes the pulsation of the kundalini. You see the rising of it. You can feel it in the stethoscope. It comes on top of your head, you can feel the pulsation there and when the pulsation stops you feel the cool breeze coming out of your own head like you can say like a cooler. So this is what is the baptism, which Christ has said. He did not want to have a symbolic thing going on by anybody coming up and doing that. So this is what one must understand, that the time has come for us to face the reality as it is and not to have some mental projections about things.

Interviewer: Go ahead. You are on the air.

Caller: My question is what is your religion and if you ever hear about Baha'i religion. What she feels about this religion?

Shri Mataji: They are all just the same. They have achieved nothing. I have not met one person from Baha'i religion who is a Realized soul. Because they have no collective consciousness. So they are all just the same. Just playing games, that's all I can say.

Interviewer: What makes you different?

Shri Mataji: Because it is actualization. You get your own powers. Whatever I may say. I may say I am this. I am that. Don't believe me. But you believe in your self and you get your own powers. Let them manifest. See for your self.

Interviewer: You have also said that you are the key to bring about the world's greatest spiritual transformation?

Shri Mataji: Did I?

Interviewer: I read a quote.

Shri Mataji: I never say like that. Normally I am very careful. (Laughs)

Interviewer: If we do, if we should have a spiritual transformation, will the country have a spiritual transformation?

Shri Mataji: I hope so. Hope for the best. I will try my level best to do that. America is very important for me because it is the centre in the universe which we call as Vishuddhi Chakra which has the responsibility.

Interviewer: Go ahead. You are on the air.

Caller: If you know or comment on spiritual path (unclear) and about the science of soul travel or leaving the body and what that's about?

Interviewer: Can you repeat that?

Caller:If she knew anything about or can comment on(unclear) which is the science of soul travel or leaving the body?

Shri Mataji: Soul travel is a very dangerous thing.One should never indulge into that.I don't know from where this idea has come of soul travel to you people when Christ has never talked about it.You believe in these things which never crossed Christ mind neither it is good..In India everyone knows that soul traveling is a very dangerous thing.It is done through the Spirits.It is a very wrong thing. Never trust this things.Some Spirit can take away your spirit.Can make you feel that you are travelling all over the world but that is not a good thing at all.It is very dangerous. Actually I have seen some children die because of that.Because there was a lady who tried to talk to a child who was dead or something like that.Instead of that she called the soul of the other child which was sleeping and then the child died in the bed and that child always used to go like that and would tell the mother that my grandmother calls me.

Interviewer:Do you think people in India are more aware spiritually than United States?

Shri Mataji:I wouldn't say that.You all are much more aware because you know the dangers You are great people. Spiritually very endowed no doubt.I wouldn't say that Indians are more aware but they are I would say more....aaa prepared I would say because they are simple people . They are not so complicated.They don't have mental projections. They are not naive. They know what Self realization is.Its like if you have the teeth you don't have the food. If you have the food you don't have the teeth.It is like that.So there I would say that basically Indians are religious people in a way that is needed for Sahaja yoga while the people in the west are not so much religious but they are aware, very aware and they get it very fast and once they get it they really get to it.(not clear)

Interviewer:We take a break.

1983-0922, The True Desire Power

View [online](#).

22 September 1983

The True Desire Power

Public Program

Evelyn Rubenstein Jewish Community Center of Houston, Houston (United States)

Talk Language: English | Transcript (English) – Draft

Houston Public Program Day 3, 1983.

Today's the last day and I have to go to Los Angeles it was nice being in Worcester meeting people giving realization to some people and then now have to be I cannot be single we all have it you all have to get you have to know yourself you have to know your power within yourself you have to understand how to use that power and you have to immense speech this is what the room is difficult it's far fish some people think some people discourage me very much like today, I met a gentleman who told me – who is an Indian, that as far as Indians are concerned they have come here to make money. Not to know God. So they are not interested in you. And the other people here, they won't listen to you. They will come to your program and go away. I said- why? Because you can't pin them down without you get some money out of them. (Shri Mataji laughs in astonishment). I said, "how much are they going to pay me?" He said, "Whatever you like" You must understand their psychology. If you do not take any money from them, they won't be bothered. You see, he told me an American psychology which was really very shocking. He said, they talk like this- "I have paid for this." If they have paid for it, they will go though it whatever it is. Otherwise they will not go through it. And it was too much for me. I said- "I can't believe it." How can that be? There are true seekers in this world. Those who are truthful seekers will understand that you can not pay for what you have already within yourself. And this is what one has to realize that God has built you up in such a fashion that everything is within you. You have got your spirit in your heart. As I told you before and then you have got that vital force within you * or that divine force within you called as Kundalini. The true desire * This is the true desire. The rest of them as I told you are not true desires as they do not give you satisfaction. So this is the true desire within you which has to work it out and when it works out, you become yourself. Means you know what powers you have, and you can manifest your own power. It seems very fantastic to hear that we have all these powers within us that we can cure ourselves, we can cure others. We can cure our mental problems and we can cure others' mental problems. We can solve many problems of money and other nonsensical things about which we are worried. Our priorities change. We become transformed and we become collectively conscious. So we can treat others and we can know about ourselves. Seems to be very fantastic but as I told you that you are made into this beautiful body with great care and love in such a beautiful way. I'll show you that. Now all these centers exist within you. You need not take me for granted but they exist. And when the kundalini rises, she passes through all these various centers and enlightens them and nourishes them. It's a fact that this knowledge was known to Indians, great seers of Indians, thousands of years back. But we had three types of practices in India. The first one was where people were in devotion to God. They wanted help from God and they thought that by praying to God, by (meditating*Unclear) themselves to God they will be able to achieve the advent of God. So they were praying for the advent of God, that was one sided. Left sided people as we can call it. Who worship. The right sided people are the people who thought that it is better to excite and awaken the different elements by which we can be benefited. And that's how they tried to do "yagnas"(hawan). "yagnas" means a kind of a ritual by which you can excite or by which you can use the power of the elements. And that's how they did lot of rituals by which they tried to overpower and they had (unclear*) quite a lot of development long time back about...They say that in India we had aeroplanes, pilot lessons aeroplanes where it was about eight thousand years back. So, whether you believe it or not but they tried to do it through this method of exciting or knowing the subtle side of the elements and how to use it for their own purposes. And the third side (Unclear*) was where people tried to find out, Sorry! ...(Unclear*) they tried to find out why we are here? Why God has created us? What does he want us to do? Why should we live on this world like this? Because they realized that this is not the ultimate. We have not found absolute. And such people meditated. Through their meditative approach they reached certain heights. They found out certain secrets about ourselves and they described all these chakras that I am describing to you fourteen thousand years back. It's nothing new , the tact(*Unclear). Only thing, I am giving it a modern connection! That all these subtle centers are within us and they manifest outside . All the known plexuses and ductless gland.

For example the (*Unclear) the Nabhi Chakra. This one manifests the (*Edited. Part of the speech missing) We have the pelvic plexus and then we have the aortic plexus, then solar plexus, then cardiac plexus and here we have the cervical plexus. And here at optic chiasma, we have got a very subtle center, which we call as Agnya chakra. Which controls the pituitary and the pineal and is placed on the optic chiasma. In the cross of that. So this is the center. And the limbic area which doctors know about, is the one which is enclosed by the ego and super ego of human beings. That's how we have all the picture. This is the tree of life. Now, the tree of life is ready, only thing- it is to be nourished. And for that nourishment, that kundalini is placed there. I am sorry, you can't see? (Shri Mataji makes a physical move to the side).

And this kundalini is nothing else but is the Aquarius within you. That's why it is called as the age of the Aquarius. Many people don't know, why is it called as the age of the Aquarius? Aquarius means the water carrier and this is the one that is the water carrier within us. The sacrum, the sacred bone in which this power is there and this power is your Mother. And when she nourishes you, you solve all these problems that I told you. You solve your spiritual problem and ultimately you become one with your spirit. It is a very simple thing because nature does everything in a very simple way. As I told you yesterday, if you have to sprout a seed- you just put it in the mother earth. What do you do? Nothing else. Mother earth has got the capacity. In the same way, when this has to rise, it has to rise spontaneously. Now the idea, you must clean yourself, you must do this and that...is not necessary. Say when you are sitting in your car, you have to get out of it to correct it. So first, get out of it, not only that but you get the light to see what's wrong with you. In that light, you understand what's wrong with you, you correct yourself so Nobody has to tell you. You correct yourself. And by correcting yourself, what do you get? You get an absolute being within yourself which is the spirit. So now, the time has come for you to get integration. The complete synthesis of all the religions has to come to (*UNCLEAR) but its not a mental projection, again I would say. It's not a mental projection, I should say that all the religions are one. Nobody is going to understand that. It's nonsense. Because people say, how if all religions are the same, why are they fighting with each other? They are having wars, they had wars, they are having wars, they'll have wars. So how is it possible that all these religions are coming from one tree. They are flowers of one tree. How can that be? That has to be seen. If it is so or not? When it happens, you automatically realize that all of them belong to the same tree of life. And these different destinations that you see are not actually the destination but are the milestones in our life time by which we rise. Now many people have a habit that they stuck on to one chakra. For example, those who are hindus, will just believe in "Krishna" and nobody else. Krishna is just here (Shri Mataji pointing towards the Vishuddhi Chakra on her neck) he came six thousand years back. He is here. Then some will believe only in Rama. Rama is just here. (Shri Mataji pointing towards her heart chakra to show Shri Rama's place). Or some will believe only in Christ, Christ is here (Shri Mataji pointing on Her forehead, where her Kumkum is) Now Christ is just here. He is the Gate, Alright! But he is not the destination. So what is the destination? Is the Limbic Area. You have to enter into the kingdom of God, he said it. He always talked of the future. He said you have to enter into the kingdom of God, Holy Ghost has to come. He said that you are to get somebody who will counsel you, you will redeem you, who will comfort you. And that is the Holy Ghost. Of course he did not say that it's a lady, because he thought that if I say it's a Mother, they will be all towards his Mother, attack her. And he didn't want to do that. To loose all the drama of crucifixion. So he didn't say that it was my mother who is one of the powers of God but he just kept quiet about it. But you...As I said this afternoon that it is impossible to understand how people rationalize that there is a Holy Ghost, there is a Father and there is a Son. And No Mother. It's an impossible. And you can understand it clearly that there has to be a Mother, who has to come up and nourish. Now you, (*Edited/skipped portion) who opposed Freud said it very clearly that it is the Mother who is going to nourish us. He even took the name of Kundalini. He studied up to that point. But the mistake was when he tried to talk about it, his knowledge was that of a person who jumped on the stage. Suddenly! And he is trying to know over the stage. So it can be mistaken also. And he got quite confused because he said that to get to the unconscious you have to pass the subconscious. And the other day I explained to you that there are four areas of unconscious. Means from four areas we do not get any messages. We are unconscious of it because we don't feel it on the central nervous system. Now these four areas I have told you before and I'll repeat them again. On the left hand side, as you see of the person. (Shri Mataji explaining on the chakra chart various aspects) On this side means facing, we should see the left side where the hand is like this. Is the blue line as you see is called as the Ida Channel which gives the manifestation. In the gross of the left sympathetic nervous system which looks after our emotions. And beyond that is the subconscious and the collective subconscious. On the right hand side, when we think of the future too much, plan for the future too much then we enter into the area called supra conscious and collective supra conscious. Now down below as you see, there is hell. The collective hell. We live in hell and we have collective hell also. Above, on top your head, is the super consciousness. Which is unconscious. Just now, you do not feel it on your central nervous system so it is unconscious. To make it conscious

what we have to do is to, bring into your consciousness on to your central nervous system the existence of your spirit. Once that comes in your consciousness. In your attention. Then you start feeling the all pervading power. The subtle power, which does all the living thing. Like creating the flowers, like creating fruits out of the flowers. Every sort of a living work is done by that all pervading power. Now for that, what can you pay? What can you pay? That's one thing. One should understand that you can't pay for all this thing. This is your own. It is within you. I am paid for it already. You can think like that. And it is within you. The whole power is within you. You have to just get to it. Now, I do not want to criticize any religious bodies as such but they are doing all the upside down things. You can see for yourself. You'll be amazed in London, people are selling the churches. And they are having their pubs. I mean after (*Editted/skipped portion) something of the same kind. So what is the reason. Now, what is the reason? Not only that but in Indian temples same thing happening. In mosques also same thing happening. In all the other religions the same thing is happening. Jews are having the same problem. Unless and Until you are a fanatic, nobody is bothered about you. But fanaticism is a disease. Because they believe in one center. One part of it. I'll give you an example, I met a gentleman who came from Iran about ten years back to see me. He was a doctor and he was suffering from stomach problem. Stomach cancer. Somebody told him in India that I may be able to help him so he came down. He came to London to see me. When he came to London, he asked me, "Mother, can you cure me?". I said, "I can, but have a disease." He said, "What disease"? I said, "You are a fanatic." He said "No." I said, do you believe that only Mohammed saa'b is the one for you? He said, yes off course; I do not believe in anybody else. I believe..(Shri Mataji asked someone if they are recording or not) Any problem? (As someone tries to fix the mic/wires, Shri Mataji says I don't understand these things...laughter. I don't understand these connections. I am absolutely ignorant about these things.)

So I told him, Let's see now, if you believe it's only Mohammed Saa'b I can not cure you. Clear you of your problems. So he said, then what do you want me to say? I said, you have to say that Mohammed Saa'b was one of the incarnations of the primordial masters and there are many others who came on this earth. For example- Abraham, Moses, some people in India like Raja Janaka, Nanaka, all of them were the incarnation of the same. He said "This I can not say." I said, "Alright then! Go Ahead. I can not cure you either." If you are obstinate about it you go ahead. If you believe in only one person, like Mohammed Saa'b who is angry with you. Take it from me. Because he can not understand this kind of a stupidity. He never did that. What he said was, all of them were prophets and they have come on this earth and only he said that "I am the seal!" Seal does not mean that I have sealed them. Means I am one of the samples of that. I am one of the symbols of that. And that's what he said. And they said he is the seal now, nobody can come. How can it be? When he himself has talked about resurrection time, that when the resurrection time will come your hands will speak. And there is "Assess" he called the kundalini as "Assess" and that resides in the triangular bone. All these things he says, he talks of the resurrection day all these things he talk and how can you say that Mohammed Saa'b didn't talk of all these things. He did very well. But people don't want to have that. They don't want to listen to it. They don't want to understand it because they want to use it for their own purposes. When they want to use it for their own purposes they have their own concept of Mohammed Saa'b, about Christ, about Krishna, about Rama, about everyone they have their own concept. And they want to live with that concept. They do not want to get out of it. Because its beyond them. It is beyond them to get out of those concepts. Because they are bound by their ego. Ego, is one of the greatest myths we are carrying with ourselves. And it make you absolutely stupid. Is the most stupid thing that is Ego. Ego is the thing which tells you that we do this, we do that, we don't do anything what so ever. What do we do? Supposing, a tree is dead. You make it into a bench. Alright! Or a chair, or anything. Can you make a flower into a fruit? Even one? You can not. So what do you do? Its only stones, and dead wood you play with. What living work you have done? Nothing. Nothong! Then what do you do? Except for making a chair for yourself or some sort of a comfort by which you become absolutely a lethargic person. If you make a chair, you can not sit on the ground. If you make a bed, you can not sleep on the ground. You become a slave of this matter. Graudually you start becoming a greater slave and greater slave and ultimately you think, Oh..you are the lord of the matter. But the matter is ruling you. Suppose the electricity goes away, what will happen to us? Supposing we don't get any petrol. Suddenly, everybody will be (*UNCLEAR WORD) one day, electricity went off in New York, then what happened? So much we are dependent on the matter now and not our spirit. And that is the trouble with us that we have to depend on our spirit and on that great power of God who has created us. Who is the one who has done all this living work. And who is going to do greater living work. We have to depend on that greater force of life. That higher force of life. And we have to say that, Oh Lord!, Please give us that we deserve. And you will be amazed, how anxious he is to give you that great thing. To give you that (*BENEDICTION) that is your right to have it. Sahaja means that. Sahaja means it is born with you. It's your birth right to get realized. It's your (TIME;19:21) birth right. You have to have it. But how many want to be realized. They want to belong to some group they belong to this group or that

group. I don't know what people get by clubbing themselves like this. Which is artificial clubbing, you know. I have to go in England, all kinds of clubs. I am sometimes surprised, how they have clubs about. Like the people who hold their forks in the left hand and the knives on the right hand are one and those who hold the other way round are another club. IT's stupid. And such a wastage of time. They have conferences, meetings of a group....People are coming all the way from Australia, from Japan, this that....and what do you come out of there(*UNCLEAR) what is there to club? And this clubbing shows in every walk of life that we try to club under the name of something nonsensical or something that is hatred. When we hate others, then we club together. Like we have to hate this type of people or that type of people. This type of people are bad, that type of people are bad, and we have to aggress these type of people or we have to protect ourselves from these people. It's all is hatred. A kind of a fear. All the time working. While God has created you all beautifully to (*) off course there is variety. Variety has to be there. Without variety, you would look so horrid. I mean, imagine everybody looking just the same. You would not know who is a lady or a gentleman? It happens these days, very common. My experience has been terrific this time (Laughter) In programs, I call some gentleman as a lady and he gets angry and he says No, Mother I am a man. I said, I am sorry, see, I couldn't make out. You see. The way you are walking. The way you are dressed I just thought that you must be a lady. What can I do? (*Editted/skipped) just human beings. He has made us men and women and children and everything to create the mood of variety. And that mood of variety that gives us a special absolute as human beings. Animals do not have so much variety. Only the human beings have so much variety. And the craziness also that we have is our specialty. Like animals will never create an atom bomb to kill themselves. I mean, Thank God they can't. But we human beings can do such absurd thing as to make a bomb just to kill ourselves or to kill others who are our kith and kin. So this is what it is that we have now reached a very precarious stage where everyone knows, God knows what is going to happen. Everybody is frightened and this time we have to know that as soon as we are transformed we are looked after by that Divine power. Krishna has said, "Yoga-Kshema vyamaham" when yoga takes place, I look after your well being. Kshema is well being. So first yoga has to take place. It is not before yoga. Many people think "Oh we believe in God, Oh! We used to go to the Church, we used to go to the temple, we always would worship Krishna, everything. And we never got any benefit. So one should ask- were you connected? If you are not connected with God. If you are not one with God how will you get anything that is your due? So first thing is yoga. Is to become one with the Divine. Establish the connection and that's the most important thing. Many people ask me- what about "Hath Yoga?" In Hatha Yoga there are "Ashtangas" there are eight folds. Out of which the main thing is "Ishwar-Pranidhan". Ishwar Pranidhana is that you establish yourself in such a way that God is establish within you. Means- First is self realization! Then you know and it is logical. That once you know your kundalini has started moving and you will know which center is catching and what kind of an exercise you have to do, what kind of "Dharana" means meditation you have to do. What mantras you have to say and unless and until the kundalini is moving how will you know which chakra it is catching? And that is why, it is essential that first kundalini should be awakened. Once the kundalini is awakened you start feeling her movement, you start feeling your chakras, you start understanding all the blocks you have. You start understanding what problems others have. If you know how to cure them, if you know how to put them right you can make the kundalini rise straight and then once it comes out and then you establish it. You have to establish it. Once its establish then only you will feel that you are absolutely there. So the first power you get is of thoughtless awareness. Which is called in Sanskrit as "Nirvichar-Samadhi" It used to take ages in those days to establish even "Nirvichar Samadhi". But I must be something the way I am doing it so fast. It's like a jet. The kundalini rises just like a jet. So there must be something about me but I am not going to tell you anything about myself. It's better that you know yourself first and then you ask about me. It's much safer for you and much safer for you also. So when the kundalini rises, she comes up through this center of Agnya and when it crosses through that time we become thoughtlessly aware. Then your attention is stationed. There is no thought in between. Like a thought rises and falls off. Another thought rises and falls off. (Shri Mataji uses her hand to express it as a wave going up and coming down for thought process). You can see the rising of the thought but falling you don't see. In between these two thoughts there is a space and that is the space which is the present. When the kundalini rises, what she does - she makes this thought weak or elongated. By that there is a space, that increases and you stationed yourself in the present. You become thoughtlessly aware. Again, I say- you are aware. But you are thoughtless and you can watch your thoughts. If you want to, you can create your thoughts if you want to. That's the first stage of kundalini awakening. But when she crosses up here (Shri Puts her hand onto her Sahasrara) and she comes out and you start feeling the cool breeze in your head then I should say that you have got your self-realization in the sense now, an egg has become a bird. But still, there are many things of the egg which are sticking on. AS every bird has to through away the shell properly to come out or the Mother has to work hard to through it away. And once that is taken away then complete cleansing has to take place till the bird is ready to fly. Then the bird is afraid still to fly and it spreads its wings here and there but it doesn't fly. So the Mother bird hides herself and calls the little ones. After sometime, the birds

spreads the wings, goes up, flies upto a point. It thinks it is falling down, falls. Again it rises, again it falls ultimately it achieves that state where it starts flying very well straight forward. When that is achieved, that state we call as "Doubtless Awareness" called as "Nirvikalpa Samadhi" But in the olden times these were divide into two -two. First was "Svichar Samadhi then second was "Nirvichar Samadhi". Means first the Samadhi means the enlightened mind. So first the enlightened mind with the thoughts in then the second one was the thoughtless enlightened mind. Third one was as it should be only "Nirvichar Samadhi" but it was not so it should be "Nirvikalpa Samadhi" means doubtless awareness they would have and enlightened mind still with doubts. And then the fourth one they used to say as enlightened mind which has no doubts of any kinds. Which is beyond (*UNCLEAR) but with all these four stages you get different powers within yourself by which you start manifesting the power of raising the kundalini also. Now, this is the thing one has to understand that, some people move slowly. Some people move just like a jet. Some people move slowly and steadily and establish themselves. Some people move like a jet and establish themselves. Some people move like a jet can fall down. Some people move slowly and steadily and go on falling up and down, up and down, up and down. The reason is you have many problems. Which you face after realization. One of them is your health. If you have physical problem that shows immediately you start seeing the physical problem within yourself. You start curing yourself and once the physical problem is handled then you want your emotional problems should be handled. So you come to the emotional problem. You start solving your emotional problems. Then you go to the higher thing where your intellectual problems where the doubts start coming in. and that is the intellectual problem you start solving. Once you solve your intellectual problems like this. Like we had (*UNCLEAR.. Some name) first time he got his realization. He is an intellectual very well read man, he knows all about it. Today that lady asked me about some (Edited or skipped) which I never read. See I don't read books, I don't have time to read book you see. I am reading human beings only. And she asked me for that book and I said I don't read that book and they told me its about doom's day (UNCLEAR) stop. Because you have read all about it. I am talking about the resurrection days. So, now when he got his realization he said- "Mother, you told us that you have got telecommunication and you can feel the other people. I haven't had any information from my father. I want to know how he is?" I said, Alright! Put your hands towards your father and just think of him. And then he said there is a piercing pain here. (Shri Mataji showing the palm of her right hand right below the Vishuddhi finger and the soft area below the fingers and around the Sahasrara of the palm) I said see, these are the centers of your father. And this finger (Vishuddhi) if it is so piercing then he must be down with bad bronchitis. So he said, Really? I said yes. I said, Alright! You telephone to your father and find out. He telephoned, his mother came on the phone and she said exactly the same sentence. "Your father is down with very bad bronchitis." So, he was amazed. Andbut then he was convinced and that's how he saw gradually it works. It's fantastic. But it does happen. So the doubt starting disappearing. So then he rose to the position of doubtless awareness. But it is not a mental activity. It is a growth within you. When that growth takes place then you have a great power that you can give realization to others. With the movement of your hand, you can give realization. You can see what's happening to others on your fingertips. And you feel completely blissful. Absolutely at ease. At that point of peace where nothing can disturb you. You are in your fortress. You are just sitting there and watching the whole world like a drama. It's a big joke. It's a big...you witness the whole thing as just some sort of a play going on. And that is the state which comes to you which establishes itself and you become that. Then you are no more (*UNCLEAR) or upset with anything. As it is you are blessed. Physically, mentally, emotionally, materially in every way. But you don't become Mr. Ford because that's a headache. Satisfy and your problems of material wellbeing are solved. Here we have somebody, who is sitting there, who had material problems (*UNCLEAR) problems and he came from India and was very upset. He happens to meet me, he knew me very well otherwise as my husband was Chairman of Shipping Corporation. He (*) he didn't know that I was also this. See you have a double life. So he just met me and I told him that you have a problem with financial things. He said, yes, how do you know? I said, I know because your center is catching on the right hand side and if Nabhi center is catching on the right hand side and left side definitely you must have material problems. He said, that's true. I said alright. I gave him realization. I just checked his Nabhi Chakra and you will be amazed to know that he started doing very well. Now he is a happy man. He is a satisfied man. He has got his family here. He is a very happy person. It works out. So this works out in many ways and that's how you start understanding it is in doubtless awareness. For this in "Hatha Yoga" of "Patanjali" is called as "Ritambhara PrAgnya". Ritam- bhara-PrAgnya. Ritambhara PrAgnya means the knowledge of that power of Mother Earth which fills it up with all the seasons. You'll be amazed how you will be helped. You will be so much surprised, how things work out. You don't have to worry about anything. Everything works out so smoothly that you are, as if there is a red carpet for you and you are going on a magical carpet somewhere. All kinds of problems get solved. And you are amazed as you are on top of all these things and you can help others also. The person who is a Sahaja yogi of a high value if he enters in a house it becomes auspicious. The person get all the blessings of the auspiciousness. I have seen people who have reported to me that such and such person came to our house and

since that day Mother, my wife got cured, my son got cured, everything became so much better. We are much better people. We had lost all the money in the business but we are doing very well now. So many people write to me. Recently I received a letter, there is a lady who is a widow and somebody wrote to me, a wife of a gentleman called MR. Dalvi that Mother, your daughter such and such has cured my husband of his cancer. He was about to die, he had galloping cancer and now I am a lucky woman to have my husband back at home. So these things happen. So many such things can happen because you are a powerful thing. You must have, just have the power to feel yourself. That's all. If it works, it works. If it does not work I can not help it but gradually it can be helped. That's why you have to come to the center. Because it's a collective work. Now the time has come for us to work it out collectively. You cannot just sit at home. Oh! I have got Mother's photograph, everything is alright. No. you all have to meet together. Understand each other's difficulty. It works much better. Supposing one person has a strong say, Nabhi Chakra another one has got a Heart Chakra so when they meet, they supply the energy which is needed by integration. And that is what has to happen. At the last center, you have all the seven centers placed here (Shri Mataji pointing towards her head to show the chakras.) all the seven centers. (TIME: 35:16) and when the kundalini rises in that area (Sahasrara) then all the integration of these seven centers takes place. That's how become an integrated personality. Whatever you do, you do it sincerely. You do not have a mind somewhere, you don't want to do it but you have to do it because rationally it is good. It will fetch more money. Nothing of the kind you do it because it is absolute. Because you think that is the thing you have to do. And that's how you get the courage. To stand up against all non-sense that talks of disintegration. Talks of hatred. Talks of wars and you become such a powerful personality that all those who come in contact with you also have that peace within themselves. They feel that peace and they also rise to that. We have to have so many people like that on this earth to change this world. And I am sure one day will come where it will work out. Television is discovered only for Sahaja Yoga because on television if they allowed me to ask you to put your hands towards me, I could have given you realization then. Possibly! So this, what you call...a camera. Is also for Sahaja Yoga. There are many photographs of mine which you will see, is amazing. See I was sitting in a school. In a village school, just an ordinary school. Outside, in a very small little school and talking to people. Suddenly the rays of light started coming on me. Off course, I told them (Edited/missing*) a great saint had lived. Seven times, the light came on me. I knew that. Nobody knew that there was light coming on me but then I put my hand like that and said "Bas! (means enough/stop in hindi) that's all. I laughed and said, No "bas! That's it". Alright! And at that time it stopped. But some lady was taking photographs. She took seven photographs of all those seven poses. One of them is here. That one is not here where I stopped it also. It's a very nice photograph of mine. So this camera is doing so much justice to Sahaja Yoga. It is catching all that you cannot see. And that is why, I would say that all modern science is for this communication. To the whole world the message that you all have to become the spirit. That is the achievement that we have to have. Otherwise all the rest of it is absolutely useless. Absolutely useless. And when today that Indian gentleman told me that Indians will never for God because they are only interested in money when they come here and rest of them won't come to you because you have to ask them to pay some money for you. I was really very much disappointed and I said, is this the level of human beings? I don't think it is so. Hope so, it is not so that people just don't care for money. Money is nothing. What is it? It is just the dust of the feet of the Lord. It is nothing. It is nothing important. But by telling all these things it does not work out. Once you get your realization automatically you will become so detached about money. Though living in the same. I live now, like a....because I am married to a man who is in a big position. I live according to what he has rewards me to live in that position. But from inside, I am absolutely detached. In the same way, it will happen to you. You won't be involved with (it*UNCLEAR) only thing- the matter has one value that you can give it to others. That you can express your love for others. Today I was shopping. Buying presents for friends, and things for sahaja yogis where the children are. What to give them. That's a big attraction for me that we should buy some present for them. And this is the thing one has to achieve. There is nothing else out of this matter that you can except for this joy of (*UNCLEAR) that you give somethings. In the same way, people give to God also like they will give a flower. Flower is the best thing you can give. But when you started talking off money I don't know what to do. I feel like vomiting. My stomach goes into funny condition I just don't know how to tell you that it is an insult to think in the term of human beings of God. God doesn't understand money at all. Not at all! So please try to understand that even if you are not paying money, doesn't matter. It's your right to have your realization. This is the greatest wealth you have. Today you have your realization or yesterday you must have had. You must see to it, persue it, be serious about it. We should not be shallow people. We should not be shallow at all that today you receive your realization and tomorrow you forget about it and you do nothing about it. it will worse thing. Because when the seed is sprouted it has to become the tree otherwise it is absolutely ruined. It is important that when you get your realization, you look after yourself. Go deeper into it. you can meet here we have a center. I am leaving some people here for you to talk to. Who are very senior people they'll tell all about Sahaja Yoga. About yourself, about your problems. May God Bless you. As Gavin has told you

today that I have to go today because tomorrow they have fixed a program at 7 o'clock in the morning in Los Angeles. So I am sorry, I have to leave today. I hope you will be able to achieve what I have told you. I will just go in for a little program of self realization. Offcourse I don't (*UNCLEAR) if fit works out. Nothing like it. if it doesn't work out, nobody should be disappointed about it. And one should be contented that it will happen if not today, it will happen tomorrow. Yesterday so many people felt it. and also today you should feel it. Now, if you have any questions, you should ask them now. What's the time Nick?

[TIME:- 41:23) Realization Exercise.]

You just put your hands towards me like this and close your eyes. Just put your hands, both the hands like this (palms open) and close your eyes. Put your hands on your lap so that you are comfortable. First thing is you have to be comfortable. Put both the feet (*UNCLEAR) parallel. Away. Little bit away from each other. Because there are problems on the left sometimes, there are problems of the right and if they are little away its easy to handle. Now the left side, left hand- as I told you is the hand by which you desire. Is the hand of desire. It is the hand of desire, expressing the power of desire. So keep the left hand straight towards me like this that the desire is to become one with the divine. Now the right hand, you have to use it to raise your kundalini. First of all, you have to put your right hand on your heart. Close your eyes. Please close your eyes. At the very outset, I have to tell you that don't feel guilty. Please don't feel guilty. You are in the present. Forget the past. Forget the past. You are in the present. Just now you forget what you have done, what wrong you have committed. Forget it! and now you have to say with full confidence within yourself you can ask a question to me. Addressing me as Mother if you like, or as Shri Mataji.

-Mother, am I the spirit? Ask the question thrice. If you are an indian ask the question- "kya main atma hoon? Maa kya main atma hoon?" Sincerely.

Now put this right hand, keep the left hand as it is. Don't open your eyes. Put the right hand on the stomach on left hand side. This is the center of the primordial master. And your principle of mastery has to be awakened. We call it as "Guru Tattwa" now, put your hand there and press it hard. At this point- you have to assert because if you are the spirit, you are your own master. So please say-

-Mother, I am my own master. Say it ten times. With full confidence. Don't feel guilty while saying that. You are. You are the spirit. Sprit is quite intact. (it * UNCLEAR) its never ruined. it never does any harm its there, all intact. Just say- Mother, I am my own guru. I am my own master. Please say it ten times. Because this center has got ten petals. Now raise the right hand on heart again. Press it a little bit. At this point, you have to assert now twelve times. Saying that Mother- I am (*UNCLEAR) , I am the spirit. Which you are. No doubt. You have to just asset it. Now, raise this hand higher, at the base of your neck on the left hand side. On the shoulder. Don't open your eyes please. At this point, you have to say- Mother- I am not guilty. Please say it sixteen times. Push it on the shoulder. Raise it higher, push it on the shoulder. And hold it tight at the base of your neck. Mother, I am not guilty. Now raise your right hand higher onto the forehead. Put your palm across your forehead, across. At this point- you have to say- Mother, I forgive everyone. Really say that. Without questioning, please say- Mother I forgive everyone. Now only you can say without feeling guilty that, if I have done anything wrong, please Oh Lord! Forgive me. Anything wrong if I have done knowingly or unknowingly please forgive me. For this you have to put back your hand on the backside of your head. Please say that but don't feel guilty. Please don't feel guilty. Without feeling guilty you have to say -if I have done anything wrong, Oh Lord! Please forgive me. Now put right hand on top of your head. And try to press it. and move it clockwise a little bit. On top of your head, where you had soft bone in your childhood. Press it hard. At this point I cannot cross your freedom. So you have to say that you want your realization. You just say- Mother I want my realization. Please give me my realization. Say it seven times. Now raise your hand and see if there is cool breeze coming out. You can change over and see on top of your head, if there is a cool breeze coming out. Put your right hand towards me as you have put the left hand. Right hand towards me now and put your left hand up and see. It's there. (Mother smiling) see it's there. Change over. You can change over. Put your right. (Shri Mataji blows air into the mic a few times) now again you can change hand and you can see it is there. (Shri Mataji takes some water from the cup near her and rub it on her Sahasrara and a little bit at the back on right nabhi) after a break of few moments....

Now, you open your eyes, I will teach you how to raise your own kundalini. Can you hold it for me? (Shri Mataji asks someone to hold the mic) this hand, the left hand you have to put it in front of you just like this before the kundalini. Just like this. You can do

it at home also. This is your own hand and your own kundalini. This is the hand. Now the right hand, you have to move it up, forward, down, backwards. Like this in a clockwise manner. Now let's start, moving it. one hand is moving up and another is going round like this manner. Take it up.

1983-0923, TV Interview

View [online](#).

23 September 1983

Interview

Los Angeles (United States)

Talk Language: English | Transcript (English) – VERIFIED

TV Interview, Los Angeles, USA, 1983

Interviewer: Joining me right now is Shri Mataji and She is known throughout the world as a saint. And that's the first time that I have been able to meet a saint. And you're also a faith healer or psychic healer, I guess some people call you.

But when asked in a recent interview as to whether or not you were a saint or considered yourself to be a saint, you had a very unusual answer. Are you?

Shri Mataji: Actually, you cannot certify yourself isn't it as anything?

The quality of a saint is that he can make other saints. If he can make others saints, then he's a saint. Otherwise, it's just self-certification.

Interviewer: Can you make other people saints?

Shri Mataji: I think so, yes.

Interviewer: How would you define a centre? What would another person become that would make him a saint?

Shri Mataji: The person who becomes a saint develops a new awareness as a result of a living process of evolution that he becomes the Spirit as described by Christ that: "You are to be born again". And in that, the awareness becomes: it's actualization. It's not just mental projection but actualization, that you become a person who is Collectively Conscious.

Interviewer: You mentioned Christ and yet you are from an Eastern country being from India.

Do you believe in Jesus Christ?

Shri Mataji: Of course, of course! He plays a very big role in your evolution.

He is the gate as said.

Interviewer: So then by your definition a saint could be a person who might be a born-again Christian? Who might have taken the Collective Consciousness of Jesus into their lives?

Shri Mataji: You see, those who accept him mentally are not born again. Though, it is a happening that has to take place.

Baptism is a happening and that happening takes place when there's a vital force within our sacrum bone which rises. You can actually feel the rising of that force it comes up onto the fontanel bone area -where we baptize- and you feel the cool breeze of the Holy Ghost.

Interviewer: Yes, they say that there's a cool breeze

Shri Mataji: Breeze of the Holy Ghost

Interviewer: That people feel.

Shri Mataji: Yes

Interviewer: And another of the interviews that I read about you said that the interviewer who interviewed you, that you put your hand above the interviewer.

Shri Mataji: Yes.

Interviewer: And he was able to also feel the cool breeze

Shri Mataji: Yes, yes. And also, from the [hands]

Interviewer: Can you give me the cool breeze? I've been waiting all my life for that.

Shri Mataji: Yes, I think you pass

Interviewer: Yes, right?

Shri Mataji: You were little upset in the beginning when I saw you,

Interviewer: I was upset this morning.

Shri Mataji: And it's alright

Interviewer: Yes.

Shri Mataji: I think but now you have cool down, and it will work out in no time.

Interviewer: So, will I get the cool breeze?

Shri Mataji: Of course.

Interviewer: Or do you have to touch me?

Shri Mataji: No, no, no, no. It might help, talking to me you might get it, but actually you feel it on your fingertips. As Muhammad Sahib has said that: "At the time of Resurrection your hands will speak." And for the first time you feel that All-pervading subtle power. But you become something more than what you are.

That's the saint.

Interviewer: You have healed many people how many would you estimate they've healed in your lifetime?

Shri Mataji: I don't know how many, I've never kept count out.

Interviewer: Hundreds?

Shri Mataji: Yes at least.

Interviewer: At least, at least hundreds.

Shri Mataji: Yes, at least hundreds.

But actually, the people who become Saints can also. So, if you see Sahaja Yoga, it can be in thousands. Because so many people who became prophets, they have done it.

Interviewer: They are also healing other people.

Shri Mataji: Yes, they are also. They are healing much more than myself nowadays.

Interviewer: What type of diseases or things have you been able to heal?

Shri Mataji: Most of the incurable diseases get healed, but it's not a faith healing, in the sense you don't have to have faith, or you don't have to believe into any things. There's no blindness about it. There's no blindness. Actually, it's a happening, as I told you, like a sprouting of the seed. As a seed sprouts, in the same way, your awakening takes place. And by that you get your parasympathetic nervous system nourished. It's a question of nourishment.

Nourishment, that's how it works out.

Interviewer: You have made a lot of statements about Orthodox religion, specifically Catholicism and Protestantism.

Shri Mataji: Every "ism".

Interviewer: What do you feel about them? What sorts you about that honorship to them?

Shri Mataji: All religions, you see, are nothing but philosophies. They are just philosophies. They are words, words and words. As Christ Himself - now, let's see he said that, "Thou shalt not have adulterous eyes". Can you find any Christian without adulterous eyes? It's rather difficult.

Interviewer: Hum, hum.

Interviewer: Why? Why is it when he said so, why is it we cannot have those innocent eyes? We should have! The reason is what he said that He is to be born again within you. And there's a specific place where Christ is awakened when this force rises.

Interviewer: And here, one of the articles I read said that you felt that some of the Orthodox religions were based on ignorance and extremism. So, it sounded to me-

Shri Mataji: Fanaticism.

Interviewer: that you were being negative about them.

Shri Mataji: No, not very negative. I should say, as a mother, that they're misled. They are misled people.

Interviewer: Misled.

Shri Mataji: Misled. You see they just started thinking that by reading something or by praying it will work out. You have to be connected first with God

Interviewer: So, how do you get connected?

Shri Mataji: Connected? God has placed everything within you. Everything is within you. And it's only the person who is a saint can do it. It's like the Mother Earth: what you do is to put the seed in her and it sprouts it by itself. It's your own.

Interviewer: Hum, hum.

Shri Mataji: So, it's spontaneous, it's living.

Interviewer: There is an article from a London newspaper that mentioned that a young boy 17 years old had been very badly injured, almost to the point of being mangled on a motorcycle. And he was - let's say- two miles away from where you were. And yet he claims that he saw you come to him. He thought that you were really there - apparently it was a vision- that you placed your hands on various parts of his body and he was healed. [cut in the video]

The accident saw you there, but yet you were there. How?

Shri Mataji: It's true, it works out.

Interviewer: How can you explain that?

Shri Mataji: You see, we must know that in the realm of God all your telecommunication television, is so efficient, it works, you see.

Just like I'm sitting here, but I'm there and I'm everywhere as then you can see it. In the same way, in his "television" they have arrangements like that and you can work it out. It's simple.

Interviewer: One other thing you said is that you are able to cure AIDS. How?

Shri Mataji: Yes, it could be cured because it's a -what I have seen through this Collective Consciousness, that AIDS is caused by the combination of three subtle centres within us. And if these three centres can be nourished, it can be cured. I - I think one fellow got cured in London.

Interviewer: But you also said in another interview something to the effect that if you, if everyone became Collectively Conscious or at one with you or as sane as you want to put it, that there would be no more homosexuality. So, are you saying then that homosexuality is a negative thing?

Shri Mataji: No, it is unnatural.

Interviewer: Unnatural?

Shri Mataji: It is not natural. The thing is when they get homosexual, it is because of the forced conditions. For example, say, you see, if they see the women are too dominating, it's difficult to carry on with them, they are not any more women, there are more men, you see, so they prefer men who are womanish sort of thing, it's a mixture. The society is quite mixed up.

Or also can be possible sometimes a man can be possessed by a woman and she might - he might behave like that. It's a complicated personality.

Interviewer: Jerry Falwell was on her show last week I believe a week before, he said that the natural state that would cure a lot of things is monogamy: one man for one woman. Do you agree?

Shri Mataji: Of course! I mean, that's natural to be like that! No problems.

Interviewer: He said that our society has become too promiscuous and that's why that we have all these new diseases.

Shri Mataji: Yes. You see the thing is, we are on an ego-oriented society and where we think: "What's wrong?" But we don't see the whole we just see part of it, you see. And ego can never lead us to right things. Our Self is the one that gives us all the security, all the wisdom, all the guidance. And then we just become monogamous automatically. I don't have to tell. Most people who became prophets, as I said, got cured they become monogamous. They were, some of them were homosexuals they became normal people they got married.

Interviewer: Okay. We are out of time. I'd love to chat with you more some of your ideas are very, very fascinating. For those of you that would like to go and intend a free lecture, I don't know if we can call "lecture", but experience with Shri Mataji, there are three meetings that shall be available to- you'll be able to see her here in Los Angeles. First this Saturday at the First Methodist Church on Franklin Avenue right here in Hollywood. And also, then again on Monday and on Tuesday, and that's at 7 o'clock so this Saturday first United Methodist Church of Hollywood.

Thank you very much.

Shri Mataji: Thank you.

Interviewer: It was such an experience here!

Shri Mataji: Thank you.

Interviewer: OK.

1983-0924, I have come to America to give you a great message of the salvation of human beings

View [online](#).

24 September 1983

I Have Come To America To Give You A Great Message Of The Salvation Of Human Beings

Public Program

Hollywood United Methodist Church, Los Angeles (United States)

Talk Language: English | Transcript (English) – Draft

1983-0924 Public Program Day 1, LA

I bow to all the seekers of truth. Today they have decided that I should give you a general idea about Sahaja Yoga and after that on Monday and Tuesday I'll speak to you about all the details of the mechanism. I have come to America to give you a great message of the salvation of human beings. Everybody is trying to frighten us that there is going to be a doomsday and we are all going to be doomed. But the one who has created this universe has some worry about His creation also and that He is not going to allow this creation to be destroyed. Not only that but He is extremely anxious that this creation should be saved, that human beings must be saved and they should enter into the kingdom of God to enjoy the realm, the glory and the blessings of their Father, the God.

It is hard to believe in those days of turmoil that any such thing can happen to us. But perhaps we are not aware that we are fantastically made great instruments of God's powers. The only thing needed is that we should be put to the mains. Unless and until we have connected to Him we do not understand the value of this instrument which has been created with great care, love and tenderness. We just believe that this body has come to us, we take it for granted and we actually do not even think why we have become a human being from a small insignificant thing like an amoeba. There must be some reason for becoming a human being. And what is the purpose of a life, why are you on this Earth, what are we doing, what are we [UNCLEAR]? We do not ask these questions to ourselves. On the contrary we have turned our back to all such questions and we think make the hay while the sun shines. But actually we are not. What we are doing in our pursuits also sometimes, we just go after things which are destructive, which are negative, which are anti-God because the discretion, even to understand what is right and wrong is being lost by our over-thinking and ego orientation. When for us I use my ego, what I might think is correct then we do not think that this ego can destroy others as well as ourselves. So it is very important to know, first of all, that we are not our ego, we are not our conditionings and our blind faiths, but we are our Spirit which is absolute and which knows the reality. So we have to become that reality. Unless and until we become that reality, whatever we do is just a mental projection.

There are many people in this world who just abide by their mental projections and that explains many things. Like if you see Mr. Khomeini. You may not like him, but if you ask the Iranians they think he is a god and they think he is absolutely right. If you meet somebody else like that, like Hitler. Hitler thought that he was the best man and there are many even now, they believe that it was just a mistake otherwise they would have to live long to really create a new race of Arians. All these ideas can be explained because people lived with their rationality and rationality has no logic in it, it has no binding force, it has no discretion, it has no understanding to what limit one can go.

For example somebody murders someone. So someone can say, "What's wrong? I murdered because this happened, that happened so I murdered. But under law all these things are punishable so we are frightened to do it and we don't do it. But God's laws are not perceived in normal life. They start becoming evident when we start denying the naturalness of life. When we become extremely sophisticated, so-called, and artificial. Or we go too much into some sort of a fanaticism or some sort of a conditioning by reading some books or forming some sort of a club or forming some sort of an organization.

One has to know that you cannot organize God. God cannot be organized. God can organize you, but you cannot organize God. Second simple thing people don't understand, especially in America, is that you cannot pay for God. This is something so simple what people don't understand because for them money is everything, perhaps I don't know what, but recently one of our persons

tried to send an article about Sahaja Yoga to one of the magazines, and the people of that magazine asked how many Rolls Royces she had and when they said she doesn't take any money, they said we are not interested in her. We are not interested in good people. If there is something sensational, then we'd like to publish about it. That is what we have come to. That anything good or a message of salvation is not going to go to many people because for them it is not very much pay or I don't know whatever it is. So one has to understand at the very gross level that you cannot purchase God. But this simple thing also people don't understand and when you are so naïve about your spiritual ascent, all kinds of mistakes can be done. Now when we do mistakes the result of it we get into problems. I was addressing the Jungian society in New York and I asked him, "Why do you accept people that take you to the subconscious? Why should you accept people who take you to this kind of mesmerism and hypnotism? What is the idea behind it?"

They said, "Actually, because it is unconscious you have to pass through it. It's a hodgepodge or a mixed bag, as you call it. That whatever is unconscious within us is not God. Supposing a bird can hear much more than you can hear, a fish can understand magnetism of the Mother Earth, but you cannot, and there are so many things which are unconscious to you, that doesn't mean that all that is unconscious is God. Also whatever is written is not scripture. Now what is unconscious within us and what is not you must understand very clearly. According to them it was that the unconscious was placed at the bottom, then on top of that some can be made conscious, then on top of that, they had subconscious, then they had conscious mind, then on top of that was the ego. It's absolutely like a bag into which everything is pushed into. God is the greatest organizer that you could think of and He's so systematic and He knows that a day has to come when you have to ascend. He must keep that road free, like you have kept this road free for people to pass through. They don't have to pass through everybody, to every bench, to every table to come on their seat. So this is a very wrong conception people have about unconscious. Now in our body you should how see clearly unconscious is placed. Whatever I am telling you, you should not also take me for granted. It's not a correct attitude. But also you should not deny it because, like a scientist, you should keep your mind open to see what I am saying. People who deny are the same as who accept it blindfolded. You should not accept it blindfolded, but keep yourself open and keep this as a hypothesis which is to be proved, and if it is proved you have to accept it as a fundamental law of God's government.

Now within us is placed – here you can see, is a very clear-cut thing – is the lowest part, is the center that guards this part of the unconscious called as the Kundalini. It is called as Asa in the Koran and also in the Bible it is said that I will appear before you like tongues of flames. Now this is the reflection of the Holy Ghost about which in the Bible nothing has been written and whatever has been written is very ambiguous or a mystique. This is the reflection of the Holy Ghost within you is this Kundalini, which is the mother, which has to ultimately nourish you and to give you your second birth. This was known to the Greeks definitely because they called this triangular bone as sacrum bone. Sacrum in Greek language means sacred, so they were quite aware of the sanctity or sacredness of this power which is within us, so they called it the sacrum bone. This power resides inside this triangular bone waiting for a chance where it can ascend and nourish you. You must know that normally in the body nothing ascends by itself. There is some sort of a force that has to ascend it or to bring it out like blood has to circulate to the pumping of the heart. In the same way this Kundalini, when She is awakened, just like the pulsation of the heart, rises above and you can see clearly with your eyes the pulsation of the Kundalini and the rising of the Kundalini and also the breaking through of the Kundalini. If you have a second [UNCLEAR] you can feel the pulsation of the Kundalini, rising of the Kundalini. You can hear the same lub-dub of the heartbeat and on top of the head where you get your so-called baptism, you feel the throbbing there and ultimately this break and you start feeling the cool breeze of the Holy Ghost. This is the real second birth and not an artificial birth where we just decide that we have got a baptism. That's artificial. That's just an immature, symbolic thing. But really what should happen is that the living process of your evolution must be exhibited through its happening and not just a mental projection of accepting that you have become a person who is twice born. It's just a certification, again a mental projection. So one has to accept that something living has to take place, something that you can see clearly within you happening and you have to get something that you cannot do. For example you have seen people who say, "We have got the blessings of the Holy Ghost.

So you ask them, "How?"

They say, "We are jumping."

If you are jumping, anybody can jump; what is so great about it? Jumping is not a big thing. If you are jumping that doesn't mean

that you have achieved anything great. Anybody can jump. But you can not get the cool breeze of the Holy Ghost coming out of your own head.

One lady said, "There is always an air conditioner and you must be feeling the air conditioner."

I said, "All right, but from your head it is coming out."

She said, "Yes, it's coming out of my head."

So I said, "So that means your head has become the air conditioner."

And she said, "That's true. The air conditioner has started working here."

And that's what one has to know that whatever will happen to you that is Divine, we cannot [UNCLEAR]. We cannot transform a flower into a fruit. There's a thousand and one things we cannot do which are done by the living power of God's love and that living power of God's love is reflected within us as Kundalini. So that's one part of the unconscious. This is the one which can become partly conscious. Below that is the consciousness which we call the collective hell. One can go to hell. It's very simple to go to hell. If you want, the simplest thing to do is to go to hell.

On the left-hand side is another consciousness – of which we are not aware so it is unconscious – where we talk of the subconscious. Whatever has happened to us in this life or many lives or to all the world, all the creations since we were created, all that resides beyond that point. So we have subconscious as well as collective subconscious. We have another unconscious area which is not conscious to us.

You must have seen some people, like recently I saw a very good film about a gentleman who was never an artist. Suddenly he became quite funny and he said, "I'm Gauguin and I can paint like him." He started painting on a canvas, you could see, just like Gauguin style with very bold lines and all these colors as you have seen – exactly the same way. People couldn't understand. This man was never an artist, nothing. He has done suddenly. What has happened to him? That means he got possessed by someone, must have been possessed by Gauguin himself because he was mad when he died, and that he was expressing himself through this man and he was a medium now. There are many things like this which act as mediums and anybody can get possessed by this and in my experience I have seen most of the diseases are called as incurable are done when people go to the left side. Any kind of fanaticism can give you. Then if you try to bow yourself before people who are fake, you get problems on the left-hand side. If you bow to wrong ideas or to wrong conditionings, also you go to the left side. Or if you just start thinking about your past and crying and weeping, you can get into it. So the people who are more on the left side, when they are of an extreme nature, we call them masochists.

On the right-hand side you have another kind of unconscious which we call as supraconscious unconscious. Supraconscious is where you think more of the future. Such people are more troublesome to others than to themselves. They are ego oriented and they talk so much, they are so aggressive, very argumentative – very right-sided people. They trouble others, they torture others. They don't torture themselves. When you have the left-sided problem you suffer body, but these aggressive people try to trouble others and they're least bothered because that's not their problem. What they do is to trouble others and they enjoy that kind of troubling and that ego orientation.

Beyond that lies another unconscious which is called as a collective unconscious. This collective unconscious is made up of people who have died with their ambitions still intact. Hitler has used those dead bodies to entice the whole German nation to do all the things that they have done. No normal human being can be that cruel. This kind of a thing works out in all the countries where it is very ego oriented. For example, an ego oriented society can have very cruel parents, can have very cruel people and can be very aggressive people. As a result of their activity on the right-hand side they develop an institution called as ego and this ego, when it covers them, they cannot think that anybody is right. They think they are always right. They always try to establish their point, whatever it comes to and they aggress others and try to dominate others. The other type are the superego

people. So the people who are extremely egoistical, they call them as sadists.

So we have two types of beings within us, two types of unconscious within us – one on the right-hand side and one on the left-hand side and the third is the hell where people are thrown when they go too much to the extreme, to the right or the left.

But now here we are dealing with another unconscious which is the super unconscious which is on top of your head and that is what we have to achieve through our evolutionary process – achieve a living process.

The Kundalini is the feminine, the mother within you. That doesn't mean the feminist society or the feminist movement, because the feminist movement is absolutely against it, because what I am saying that in your evolutionary process you have to be crowned by the compassionate, the kind, the soothing, the nourishing quality of a mother. But otherwise what happens is that women think we should become like men and men start thinking we should become like women. It's a very funny sort of thing going on. Actually it's a pendulous movement, it is not any evolutionary. In an evolutionary movement you move spirally and come above a point, much above than where you were and start seeing things at a much better level and a subtler level. But this kind of pendulum movement is very common with people who want to solve their problems by mental projections. They think if you have this kind of government is good, that kind of government is good, they try all sorts of things. Nothing is going to work out because that's not reality.

Reality is only possible when you are transformed and you become the Spirit. That time you move spirally and come up and you become a person who is really an enlightened person. As an enlightened person you get the power to be collectively conscious. It's an actualization. It is not just a lecture that we are all brothers and sisters. It is not just a mental understanding that, "Oh, I'm a twice-born person." It happens to you by which you become collectively conscious, means you actualize the experience of self realization.

As it is said in the Koran also that at the time of resurrection your hands will speak. You'll be surprised that in the Koran, much more is written about the resurrection time. That means He talked about the future. He said that when the resurrection time will come your hands will speak. Now people just want to talk about doomsday. They don't want to talk about the resurrection time. Like the newspaper, we said that if you have to give some bad news you'd better give us, we don't want to have good news, that there is a saving point, we have a right. Because perhaps they are afraid that their existence will be lost if you say that there is no need to worry, you will all get transformed. So whatever it is, we have to get transformed and without transformation there is no solution.

In Sanskrit language this is called as atma sakshatkar, means the facing or actualizing the Spirit. Also a twice-born is called as dwijaha. Even a bird is called as twice born because first it's an egg and when the egg becomes the bird he becomes a dwijaha. So there is a difference in the personality of an egg and the personality of a bird and that's how this transformation has to take place.

Like somebody asked me, "Mother, I believe in this thing."

I said, "But ask yourself why did you believe?"

He said, "I felt like giving him."

I said, "This is an explanation."

Then everybody will say, "I believe in it, I'm believing in that and if everybody believed in something, they fight. Why do they fight? By believing into something you have just used your ego, that you have fixed your ego with certain ideas and you are accepting it, or on your superego that you have conditioned yourself, or this is the thing I have to do, that thing I have to do. But it is not because maybe it is wrong, maybe it is right because you are still on a relative terminology. To believe into something is all mental projection again, but you have to keep your mind open and see for yourself. First of all you must see those who believe

into it, what effect it has. Like somebody told me that some people fast on such and such day in India, or they fast in Ramadan on a certain date.

I said, "All right. One should do that in case you find by doing such and such thing these people are exceptional, that they are something great, that they have achieved something in life, that they can say that they have become the Spirit, that they can say that they are collectively conscious, that they can feel you and feel themselves on their fingertips. Not only that but they have to be peaceful people, they have to be compassionate people and their presence must nourish you. If it is done then all right, it is a proper thing. But because there is a fashion to club something like this or another fashion to club like that, if you try to club under any banner like that, then we are sadly mistaken that we have not done full justice to our mind. Anything that you cannot reflect back and where you lose the capacity to reflect is a wrong thing. When you become the Spirit the more you reflect the more you understand.

We had one gentleman who came to Sahaja Yoga. He got his realization and he said, "Mother, you said that you become collectively conscious. I want to know about my father, what's wrong with my father." He wanted to question and he wanted to see if it is true or not.

I said, "All right, put your hands towards your father and just say, 'I want to know about my father,' because you are connected and your computer is working."

What happened was that he got a burning on his finger, on this part, He asked, "Mother, what is the decoding of this? That you are getting this burning means what?"

So I told him that this means that your father must be down with very bad bronchitis because this center is here [Shri Mataji points to throat]. And he telephoned to his father and found out that his mother said – exactly the same sentence – that your father is down with very bad bronchitis.

Now the telecommunication of God has started working. You can even cure your father sitting down here. Then he tried to do it and he asked after 3 or 4 hours and they said he is all right, he's out of his bed.

So first what happens, you start reflecting about your achievements. Start feeling openly does it work, how it works, do you see anything like that? and when you are convinced about it then you start proceeding further with it.

But anything that makes you so incapable that you cannot reflect then I see a kind of enslavement of whatever type it is. Like I have seen people just do it because they are told to do it. We are people who are freedom loving, especially in this country has talked a lot about freedom and the freedom doesn't mean abandonment. It doesn't mean that you just get lost in your freedom. But it means that wisdom to balance your freedom, how to understand the value of your freedom. If you do not have that sense, all freedom can be lost. This freedom can only be understood and could be valued when you become the Spirit. If you are not the Spirit, even if you give a hundred dollars to somebody, he might immediately go to a place which will destroy him. People do not have wisdom to understand even the value of their money, their position, their chastity. They have no sense at all of their self also. So how you develop this is through the awakening of your Spirit within you.

There's a category of people who are seekers. They are a category. Everybody is not a seeker. They need not be showing that they are seekers, they may not be apparently seekers but in their heart of hearts, they are seekers and they are the epitome of our evolution. They are the ones who are going to be blessed. Not every person. He may be a king, He may be a big man, he may be a minister, anything. It makes no difference. He has to be a seeker and a seeker is going to be blessed to begin with. It is a seeker who knows that she's seeking something beyond.

But those who are still seeking money, all right, go ahead with your money. When you are fed up with it then you will come to God. Those who are seeking power, all right, go ahead with your power. Those who are mediocres are not good for Sahaja Yoga to begin with. First only the seekers get the blessings. They can be under any [UNCLEAR], they can be anything. Only their

Kundalini judges them and tells that they are the seekers.

I've seen people who have just met me once and got their realization and settled down. One of them came to America who started giving realization to so many, another one came to Boston, another part of America. He just started giving realization, another went to Vancouver, they just started giving realization to people. It's not that the realization is a guarantee for anyone. It depends what is their physical, mental, emotional and spiritual condition. If any way there is an imbalance within you, it has to be balanced and you have to get your realization. Nobody can fight for it, nobody can be aggressive, you cannot argue it out. On the contrary those who argue too much seldom get realization. You have to be humble about it. If you are humble about it, you do get your realization.

There is nothing to be given up except for your ego and superego. That's what you have to get of and you can see that very clearly. When the Kundalini rises, when She touches this point, then an awakening takes place here. By that awakening these two institutions are sucked in and you get a very soft bone on your head like a child. As Christ has said you have to be like a child to enter into the kingdom of God and then you enter into the limbic area and through this part you enter into the subtle energy of that all-pervading power which is called in Sanskrit as gamba shakti.

There is no difference in what these people have been talking, They are all absolutely one with each other, complete [UNCLEAR uni-religion]. There is no difference at all. Christ himself has said those who are not against Me are with Me. But we never try to find out which are the ones who are not against Him. And He also said you will be calling Me Christ, Christ, and I won't recognize you. Why? He said, "By calling Christ, Christ, you do not become Christians." You become Christians only by real baptism, by the awakening of the Kundalini, by breaking of this area and entering into that subtle area where you become one with the all-pervading Diving power. And this has to happen, this is your right to have it. Sahaja Yoga – Saha means with, Ja means born. It's spontaneous, the spontaneous yoga of the Spirit. It's a living force and you don't have to do anything about it. It just works out. Only in places where people are complicated, I a little bit regulate the force and then it works out. I have to little bit nourish the different centers which are suffering and it works out. But in a place like India where, in the villages, the people are extremely simple. Thousands of them come in and get realization. So many of them are getting realization and having a better life. They are no more slaves of any habits, any diseases. Diseases get cured because of nourishment, your mental being improves, you get rid of all your mental sicknesses, you get rid of all your false guru problems and you get rid of the oppression of the modern times that is working on you. You become a free bird and you start seeing the whole thing as a drama. This has to happen to many people – not to one but to many. When it happens you'll be amazed this is the time of our last judgment. This is the time where you are going to be judged by your Kundalini. Nobody is going to put you on a scale to find out how far you are good. It's only the Kundalini which is going to tell. When She rises She indicates that this person has this problem, that problem and not only that but through Sahaja Yoga problems can be solved and you can be established into Sahaja Yoga. May God bless you all. This is just an introduction to Sahaja Yoga I've given you and again on Monday and Tuesday I will tell you about the different chakras and nadis within us, how they work out, how we get diseases, how to get them cured, how you can do it yourself, but how you become the Spirit, what is the nature of Spirit, how the Spirit expresses itself within ourselves and what are its powers.

May God bless you. As today is the first day I would like you to ask me some questions but not like mad people. Ask good questions, sensible questions which have some relevance. There's no need to be aggressive with me. Supposing you believe in something. All right you go ahead with it. I have not to argue with you. I'm here to give you the reality to find out within yourself what is it. No use saying this has happened, that has happened. If you belong to any group you go ahead with it. When you get fed up then you can come to me. Still I'm willing to help you all.

May God bless you.

[Someone in the audience starts delivering a long rant. He doesn't seem to want to leave so Shri Mataji stands up to talk to him]

Shri Mataji: No, no, let me handle him. Gentleman, please listen. Sir? Hello? Hey, mister, if you are talking about Christ you have to change your tone. This is not the way you should talk as a Christian. Behave yourself. This is not a Christian way of talking. If you are talking about Christ, you are talking like a satanic person. That's not the way to talk.

Ah, now you want to crucify me? Is He in your pocket? Was Christ born in America? Just look at this madness. What to do? Nothing you can do with these people.

Seeker: I have been meditating and had a vision of you. He then saw the picture of you. He heard you were talking about collective consciousness tonight and I presume he's trying to see through this maze.

Shri Mataji: You are a seeker. That's how the unconscious helps. Many people dream. Look at the unconscious, how helpful it is. But for a person who is gross, what can one do? There are so many ways by which people are suggested and told because God is anxious that people should be saved. Absolutely, it is true and it's a good thing that you have said it. But one should understand the most important thing is that you must become your own Spirit. This is just a suggestion to you to come here to become the Spirit. It's not important, whatever I am. Supposing I am something, so what? What have I done for you? What you are going to get out of me is important. So you get something out of me because you have had a suggestion, you saw, is good. So many people dream of me. In India is very common because people are simple and they go into their deeper sleep very easily while here, people are not that simple. They are so pressurized in life that they don't feel that. But I'm happy that you dreamt about it. May God bless you.

Seeker: Will you be performing any healings tonight?

Shri Mataji: Yes, maybe. It might work out. It just works automatically. Actually I do not heal individually anyone. We'll give you little guidelines by which it will work out. In a general way it works out because then the Kundalini rises She nourishes you and you get healed. I do not do anything particularly on one person. You get healed because you have that power within you to heal yourself. Only what I do is like a candle which is enlightened enlightens another light.

Yogi: Actually she is going to give you the experience of self realization when the questions are over. So if you want to stay, please do and feel it for yourself and then you will start to become your own healer.

Shri Mataji: You have to become your own master, your own guru. You don't need any guru. Once you have your second birth that's all. It's so simple, it's so fantastic. Why not have it? Why was he fighting with me I just don't understand. He must be paid by someone. I don't know what is the matter. Is he drunk? I'm saying that you have got something, your own power, your own diamond within you. Just have it. Am I saying anything wrong?

Seeker: Is meditation part of your program and do you teach a technique of meditation?

Shri Mataji: Actually there is nothing like doing meditation. What happens is that you become one with your present. Means you are in meditation. It is not that you have to do meditation but you just become in meditation. So the meditation has no technique as far as the spontaneity is concerned. First you are awakened spontaneously, just like a seed is sprouted. Then you have to look after yourself because [UNCLEAR at the first shot] the Kundalini rises, just like a jet it comes up. But then it goes back and settles back into other places where there is a problem.

Then you have to learn how to keep it going and establish yourself like a little seedling where you put in a proper place, look after it properly and then it starts growing well. So it is in stages. First is the awakening of the Kundalini, secondly is the breaking of the Sahasrara, and third is the establishment of yourself as a realized soul. Then comes the stage where you are called a Sahaja Yogi where you master the whole art of giving realization to others, of understanding yourself and there is a stage where there aren't any doubts.

Seeker: How long does it take generally for one to get the kind of consciousness where the Kundalini awakens?

Shri Mataji: It's a very good question, Sir. It is the question of a seeker, It takes just a split of a second. But not with everyone. If

you say, "How much time does it take for an aeroplane to take off? We say if everything is normal it takes ten minutes. But everything has to be all right which is, normally, you don't find. That's an abnormal situation these days, to find somebody normal. So when they are abnormally like that, it takes a little time, you have to work it out. Otherwise it is spontaneous. In a simple person like a child, it just shoots off. Don't worry. It will work out.

Seeker: One more question?

Shri Mataji: Yes, please.

Seeker: Somebody wants to get a job. They need experience. So you get experience you are good at job. It's like a big cycle. So the profession you are talking about is it possible that somebody here on the world could never be able to awaken the Kundalini because of his condition. Is it assumed that everybody can do it maybe in ten years, fifteen years?

Shri Mataji: I wish so, but do you know in this place how many people have come out of this great Los Angeles? Just see. This is the condition. But let one fake guru come here. He can fill the whole hall and people would be hanging from there. That's the problem. I wish that what you say comes true. If they come they'll get it. But if they don't want to come, you cannot force it. That's their freedom. You cannot hypnotize, you cannot do anything. They have to come, really. They have to knock at the door.

Seeker: If you are meditating at the moment should you continue with your present meditation or does it really matter?

Shri Mataji: No, you will give up on all that yourself because you'll find out that the state of meditation is something that is inbuilt. Once it starts, like, say, you are inside this room. You don't need a car, isn't it? Once you are inside there then you don't need anything. Then you have to know how to be there all the time.

Seeker: When the Kundalini rises, then you said it goes down. Does it go down to a place where it has to help and if that does happen can somebody else help to fix it up?

Shri Mataji: Yes, many can, and thank God now in your Los Angeles we have at least ten people who can do that and you'll be the eleventh one to help them later on. Don't you worry on that point. You have to work it out. It's not difficult. It has become very easy now.

Seeker: When exactly does the Holy Spirit reveal things to you?

Shri Mataji: The Holy Spirit which is reflected within you as this Kundalini, when She rises, She enlightens your centers. By that, what happens is that you start feeling your centers on your finger tips, on your central nervous system, on your complete consciousness.

[Someone in the audience starts interrupting which becomes more and more shouting and chaos.]

Shri Mataji: I don't understand these people. It has never happened whatsoever in any country.

Yogi: He's probably a born-again Christian.

Shri Mataji: It must be fine for... After all, what have you done? He's talking so big... Now I think we'll do the questioning tomorrow, all right? Let's have the realization now my child, if you don't mind madame. You can write it down, darling. You give me all things written down and I will answer all your questions because this thing starts. This is a funny thing, I tell you.

Yogi: They're just saying this is Hollywood Los Angeles.

Yogi: The questions we are going to leave it for next time. Mother wants to give you the experience. If you want it, please stay. If

you do not want to receive it, that's fine.

Shri Mataji: Go away. Give me my freedom. Why are you doing like this?

[Woman in audience wants to continue the conversation.]

Yogi: Please, can we all just turn this way and Mother is going to give you the experience. Let's get on with it.

Shri Mataji: Madame. Hello, madame, can you give them the experience? Can you do it? No you cannot. What you feel is different. You are an individual. But can you give the experience? If you cannot, let me do it. If you feel then go ahead with it. I'm not saying you don't feel it. You can go out. Why are you here disturbing others? You can go away if you don't want to stay here. Let the others feel also. You cannot give them the experience, can you? So you go away.

Yogi: Maybe, I think, she was saying that these other people have evil spirits and not you.

Shri Mataji: You see, I don't know what you were saying. Whatever it is now you must understand.

Woman in audience: Can I say a word? Maybe it is time to tell you that she loves you...

Shri Mataji: I tell you I can't hear, I'm sorry for that. Yes, now I understand. What I'm trying to tell you: Be simple about it. I know that they are evil spirits or whatever you say. I don't want to call them by any bad names, I understand that but let it be. Forget about that. Don't pay attention to anyone. It's all right. I understand. Just think, now, I couldn't hear anything at all what you were saying. So forget it, madame, it's all right. They are not crucifying me at least, isn't it? That's not so bad. It could be much worse. It makes no difference to me. Now can you much forgive? Because they don't know what they are doing. They are out of gear.

Man in audience: No, I wouldn't say they are out of gear. I would say they are in gear.

Shri Mataji: Ah?

Man: You used the words of Jesus Christ, right?

Shri Mataji: I have no right? Listen now. I think some people think that Jesus Christ was born in America... What right do you have on Jesus Christ?... Why can't I talk about Christ?

< unintelligible shouting breaks out >

Yogi: It looks like an organized group that came in numbers. They've all got Bibles and they're probably all born-again Christians.

Shri Mataji: What's he saying?

Yogi: He's advising us not to say anything just for the moment.

Shri Mataji: They get angry because I say you can't take money. These groups always take money.

Yogi: Can I suggest that – a good way to experience this is to slip your shoes off to make the contact with the Earth, put your hands out toward Shri Mataji – socks if you wish, it's up to you. Just simply put your hands out and, in your heart, all you have to do is ask for it, nothing else.

Shri Mataji: Now, please, don't disturb anyone. I request you, please. It's really sinful to disturb people who are seeking God, who are seeking reality.

Yogi: Put your hands comfortably in your lap.

Shri Mataji: Just put your hands straight and both your feet touching the Mother Earth. Please sit straight, neither bending too much nor pushing back your neck. In a straight way please be seated. Now close your eyes. You have to keep your eyes closed. Now as I've told you, when we have problems with our centers we have to nourish them. So keep your left hand towards me throughout because the left hand is the desire power within you. And the right hand you have to use it to nourish your centers which require nourishment. First of all you have to know that we are all Spirit.

And so, please put your right hand on your Heart and say – you can ask a question if you want – to me. You can address me as Mother or Shri Mataji if you can say that. Ask a question, "Mother, am I the Spirit?" Ask three times. Without feeling guilty. Don't feel guilty about anything because we are in the present now here so you are not to feel guilty at all. Just ask the question, "Am I the Spirit?" It's like watering the plant. You are nourishing your Heart. Open your Heart. With confidence, "Mother, am I the Spirit?" Now if you are the Spirit, then you are your own guide, you are your own master, you are your own guru. So you have to put your right hand...

Please don't feel guilty. All of you have this problem. I think you should not feel guilty at all. At this time you should say, "I don't feel guilty at all." It's very important. Not to feel guilty. Forget about the past.

Now put the right hand on the stomach on the left-hand side. Put your left hand towards me as it was and put your right hand on the left-hand side of the stomach and press it a little. This is the center of Primordial Master. You have to say here in your Heart ten times with full confidence, "Mother, am I my own master?" "Am I my own guide?" "Am I my own guru?" Or you can say with full assertion, "Mother, I am my own master." "Mother I am my own guru." "Mother, I am my own guide." Because "I" stands for the Spirit and not for ego.

Again raise your hand to your Heart. Now without feeling guilty again you have to assert, no questioning. You have to assert, "Mother, I am the Spirit." Say it twelve times. On the Heart, press it hard without feeling guilty.

Now raise your right hand up to your forehead and put it across. At this center, you have to forgive everyone, just forgive everyone. Some people say it is very difficult to forgive, but actually, logically if you see if you don't forgive you are playing into the hands of others. You must say I forgive everyone.

Now put this right hand at the back of the head. There's another center there. If you have forgiven everyone without feeling guilty – again I say, without feeling guilty – you have to say, "If I have done any mistakes, let God forgive me." But without feeling guilty. It will just work out.

Now raise your hand on the head. Put it on your head, your palm. Press it and move it clockwise. At this point as I have said, I cannot cross your freedom. You have to say that you want your realization. Please say, "I want my realization." "Please give me my realization." I cannot force it on you.

Now put your right hand towards me and the left hand on your head and see if you feel the cool breeze. Raise the hand about six inches above. [Shri Mataji blows into the microphone several times] Now change your hand and see again. [Shri Mataji blows again] Change your hand again and see. Some of you might feel heat.

The first state you arrive at is called as thoughtless awareness. Now you watch me without thinking. Put your hands like this. Let's see if you can do it. Some of you might be feeling the left hand or the right hand. On whatever hand you are feeling, you put it up like that and the other hand towards me, if you are not feeling in the right. If you are not feeling in the left hand, you put your left hand towards me. In any case you try it this way. The ventilation helps you. First you put the left hand towards me and the right hand up. Now put your right hand towards me (and left hand up). It's better to keep it that way because more are right.

Also tonight I will teach you to raise your own Kundalini which you should do at home. You should go home and sleep – not discussing it, talking about it but I'll tell you how to do it and how to feel the cool breeze in the hand by that. You put your left hand which is hand of your desire in front of your Kundalini, while you are sitting down. Just put it like this and you have to move your right hand in this way such that it goes upward, forward, downward, backward – like in a clockwise manner. So let us move it, one hand like this. Now move this hand like this. At this point you take it up, push back your head and give it a twist. And now you put it into a knot. [Shri Mataji demonstrates raising Kundalini again finishing with a single knot.]

Once more. This is the last time you have to do it but three knots we have to give. Now let's do it. You are doing it yourself [Shri Mataji raises Kundalini a third time giving three knots].

Now see for yourself. It's very subtle, a subtle thing, a new awareness. You can put up your hands like this and ask a question in your Heart, "Is this the cool breeze of the Holy Ghost?" Put your hands like this and ask the question... Now see it for yourself. Are you feeling the cool breeze? Put down your hands and see for yourself. Are you feeling the cool breeze in the hands?

Seeker: [Unclear]

Sahaja Yogi: She is feeling it on her feet as well.

Shri Mataji: It's all over. You'll feel it on your feet, it's all around you. It's a game sometimes. It's all there. First experience is very strong. But you have to keep it on. Don't forget the first experience if you have had and you have to be serious about it. You must understand, it's a deep thing that has happened. This has been what you have been asking for ages now and you are blessed. If you feel extremely peaceful and happy without any thoughts, go home, don't talk too much and sleep off. This is you are in meditation. Some people haven't felt, doesn't matter. There is a way by which we can do it and can establish it. So please you go home, be silent about it and understand that you've got it now. Be one with yourself, respect yourself, you are to be respected and I bow to all of you.

Yogi: At the end of this program as you go out, the people here in Los Angeles have asked if you would just give them your name and address so that they can let you know, the reason being that they are going to have a follow up seminar in about a week or ten days time afterwards and they want to be able to let you know the dates incase you cannot come on a Monday or Tuesday night, they could advise you so that you could follow this up and get the experience deeper and deeper. So please give them the address, there is literature at the back, they'll be giving that out to you.

Shri Mataji: But don't read and get confused. That I must tell you because to put on the light is very easy, but to understand the mechanism and the history and all that is very complicated. Of course the first book is very simple, but you people don't read it and get worried about it. Just if you want to read it, you can read, you will, if you don't read, it's all right. We don't give all the books. Actually, in Sahaja Yoga, we have many books, but we just give the first book to begin with. I have a very short time with you. I think you can read it, you can understand it and come back again and gradually progress with it with respect to yourself. May God bless you all.

Yogi: As you heard her say, the programs are on Monday and Tuesday night here at the same time. The experience is something you have to deepen into, so come back on Monday and Tuesday nights. Thank you very much.

1983-0925, What did you get by your Kundalini awakening?

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25 September 1983

What Did You Get By Your Kundalini Awakening?

Public Program

San Diego (United States)

Talk Language: English | Transcript (English) – Draft

Public Program, San Diego, USA, 25 September 1983

[Dr Warren Reeves doing the introduction]

The Subtle Body that lies within us, so that when She gives you the talk, you won't be at a loss for some of the terms that She uses and perhaps be a little clearer about the experience that I hope that you'll all receive tonight because it has to be an experience. Self-realisation has to be something that you actually experience. It's not the promise of something. It's not mesmerism, it's not any exercises, it is not something, which you have to believe. It's something that has to happen! And so, if it has to happen, it has to happen by the Grace of God and it has to happen spontaneously.

Now, so many of you have read about Kundalini, have read about all of these things and perhaps there are lots of conceptions and misconceptions about this. The first thing that I want to say is that Kundalini is an energy which is within you. It's an energy, which is coiled up in the triangular bone at the base of the spine. That triangular bone is the Sacrum. It's curled into three and a half coils and it's within you. It's the energy, which reflects the quality of God, The Mother within us. It's the energy, which reflects the quality of the Holy Ghost within us.

This centre, we call as Mooladhar Centre, the place where the Kundalini sits. The place where the Kundalini sits is the Mooladhar and beneath it, you see that red centre, which is the Mooladhara Chakra. She'll explain the significance of why the two are slightly separated and the Mooladhar sits slightly above the Mooladhara Chakra. I won't go into it in great detail because She, Herself, will explain it and also at the follow-up meetings which you'll be having here in San Diego, it will be explained to you, during the process in which you develop the experience itself of Self-realisation, which I hope that you'll experience tonight.

So, we have the first centre, if we like to call it that way, which is the Mooladhara Centre. Then, the yellow centre, which is the second centre, which lies in this position, is called the Swadishthan Chakra. This centre controls our creativity. This centre is that part of our being, which subtly from within, gives us that quality of divine creativity, which is inbuilt within us. It's the centre, which, allows us, when it is awakened, to express the qualities of divine creativity. And, for those who have read any of the scriptures of the East, this is the centre, which is adorned by the incarnation of Brahmadeva. Brahmadeva, The Creator, just as much as the first centre, at the very base, is the place of Lord Ganesh. For those who know a little bit about it, I just wanted to tell you this.

As we move higher and higher some of the later incarnations will be reflected in those centres, which are higher because, you see, Sahaja Yoga is the integration of all the great Religions. It's not another religion. It's certainly not a cult. It's the integration of all the truths of all the great religions that have ever been given on this Earth. And yet, as I say, it is not a religion. It's beyond religion because Self-realisation has to be something, which is beyond that which ties us down, "religio" that ties you down; ties the consciousness down. Actually, Self-realisation liberates the consciousness and so you become one with the Divine. It's that union with the Divine which is the meaning of the word, Yoga.

So we have the third centre, which is the Nabhi Chakra or Manipura Chakra, which is located at the navel. This centre controls the seeking within us. It controls that quality within us which gives us that urge to rise to something higher; that gives us that surge that makes us into a seeker after truth.

All of these births that we have taken, we have moved from the most primitive form of the amoeba right through to this highest level, which we've reached as the higher human being today. What we've done with it is another question. But, this is where we're at, in our evolution and it's quite logical that we should feel yet another urge, to rise to something still higher than this highest level of human awareness which we're now at. We have to become Spiritual Beings, not just be satisfied with human existence.

So just as you became a human from the monkey stage you have to become a Spiritual Being from this human level, which we are now at. So, this is why there is so much turbulence within us, so much seeking. So many people have been born at this time, right now, so that we can take advantage of the blessings of God, which are abundant. And, Self-realisation is the actual manifestation of that Gift of God.

And, so some people will say but in the past, it was on a one to one basis, it was a guru and "chela" [disciple/student] relationship. It might be, from other people, they might say it has to be done in the way in which Christ perhaps said it had to be done. Or somebody else will say it has to be done in the way Mohammed said it has to be done. Actually, they're all saying the same thing. If Christ said you have to be born again, if Mohammed said that you have to become a "Pir" [Arabic: means a Sufi master; word also used in the Nath tradition; means a saint or an elder], if you have to have your atma sakshat if you follow the Hindu scriptures, they are all speaking about the same thing. Absolutely the same thing and so, there is no quarrel between any of them.

And, so this seeking that you are expressing within yourself, whether you are a Christian or a Jew or a Hindu or a Moslem, it doesn't matter because every incarnation who come on the Earth, whether it's Moses or Christ or Mohammed or Buddha, whoever they are, they are all saying the same thing. They are all part of the tree of life and they were all giving us the next step in our spiritual evolution.

These incarnations have been milestones in our evolution and all we have to do now is to take that final step and experience Self-realisation. So how does it happen? It has to happen in the presence of a holy person, a person who is authorized, a person who can give the experience or from people who have been given the experience and who can give it to others. So, very naturally it ceases to become a very exclusive thing. As one gets it from an enlightened person they too can give it to others and this is what I hope will happen to everybody tonight.

So, this centre within us, the Nabhi Chakra here, is the centre of our seeking. Very naturally, if it's the centre of our seeking it is also the centre of family life because it's through the family unit that we have to evolve. We have to conduct ourselves through the framework of the family in order to feel the joy of evolution. We have to reproduce our kind; we have to be able to take new births so that we can rise higher and higher. So, very much a part of this chakra here is the quality of family life. If there's any disturbance to family life this centre will be very much blocked in your subtle body.

Then around that centre, as you can see is the Void. That centre occupies the whole of what we might call the stomach area, from the diaphragm down in the ladies, to the, to include the uterus and in the men, down as far as the bladder. All of those organs are contained in the larger chakra, which is the Void. It's actually part of the Nabhi Chakra. As much as the Nabhi Chakra gives us our seeking, the Void establishes the boundaries within which our seeking has to operate. And, so it sets the rules, it sets the pattern or in the Hindu tradition, it sets our dharma. The Ten Commandments of Moses are nothing but the laws of righteousness which have governed us within the Christian philosophy but the same thing has been given by Mohammed; the same thing by the Buddha when he spoke of the Eightfold Path and so it goes on. So it's all there, contained within us, and this centre we call the Centre of the Primordial Master.

On this Earth have come great incarnations of that aspect of the divine, the Primordial Master or what we might call the Adi Guru. The Adi Guru is the Primordial Master, he was incarnated as Moses, he was incarnated as Abraham, he was incarnated as Socrates, he was incarnated as Lao Tse, Confucius, he was incarnated as Raja Janaka, the father of Sita, he was incarnated as Mohammed. He was incarnated as these great personalities the last of whom was Sai Nath of Shirdi who died in 1917.

And so within that centre, great incarnations have come on the Earth to give us the balance, to give us the boundaries, to give us the rules of righteousness within which we have to operate.

And then we move to the next centre which is the Heart Centre, where we can call that great centre of security within us. In the centre, is the centre of the Mother of the Universe within us, Jagadamba, for those that know, the quality of Durga Mata for those that have heard of that aspect of the divine. Actually, it's the incarnation that has come on the Earth from time to time to protect the seekers. It's the incarnation that's come to save the seekers at times when they've been threatened by the evil forces. It's had many aspects and maybe some of you can relate to one of the aspects that have incarnated as Kuan Yin, the Chinese Goddess of Mercy who incarnated in China.

So the Devi as we call Her, or the Goddess has incarnated at this centre to give the seekers the security that they need, so they can fight the evil forces. In fact, She herself has fought the evil forces over many incarnations.

Then on the left-hand side because you can see that there are three aspects of that chakra. On the left-hand side is the centre of the Mother within us, the physical mother, your own mother, your quality as a mother, your relationship with your family as a mother, as a wife, as a daughter and so if there's any problem in that relationship and you begin to feel insecure due to a failure in this area then there can be all sorts of problems on this centre.

So as much as on the left-hand side is the centre of the mother, on the right-hand side is the centre of the father, again your physical father, your role of a father, the quality of responsibility of a father, the quality of protection of a father, the quality, therefore, of security of a father. Lord Ram, about 7,000 years ago, epitomised the incarnation of fatherly, kingly quality which, in nobility, He set an example that we can use.

This is all sounding very Indian but it isn't because later on at this centre (finger on Agnya Chakra) is the centre of the Lord Jesus Christ. They're all there. All of them. Mohammed is here (indicating Void), Buddha is here (indicating left forehead), Mahavira is here (indicating right of forehead). They've all got a place within us and they all have to be enlightened.

And so at this centre (indicating centre of the throat), we have Lord Krishna, who came about 5000 years ago. Lord Krishna was the Incarnation of Diplomacy. He was the incarnation of, that taught us to become the witness of the drama of life. He was the incarnation that showed us that we have to lift our heads from this limited vision (looking downward and then looking upward) to the All-Pervading Power of God, which is everywhere. He was the one that gave the concept that which was expressed by Mohammed as the "Allah Hu Akbar", that call to prayer, wherein it is said that, 'God is Great', take the attention away from this little person that is me towards the God who is all-pervading. And, so, He's taught us, for example, how to become the witness to the drama of life. He's taught us how to become the witness to the play of the divine. If we become too aggressive and too dominating that chakra becomes damaged on the right-hand side. If we allow ourselves to become dominated and begin to feel guilty and lacking in self-esteem, the left-hand side of the chakra becomes blocked. You start to feel tensions and pains and problems in the neck, all sorts of spinal problems, thyroid problems and so on.

In fact, problems of the physical body can be related to each of the centres because the subtle body is very closely connected to the gross body. So we have the Vishuddhi Chakra, which is the place of Lord Krishna and his shakti who was Radha.

Then at this centre here, which is in between the eyebrows, is the centre of the Lord Jesus Christ and His mother, Mary. This was the penultimate incarnation about which we, in the west, of course, know most. This is the centre, which is adorned by that greatest of incarnations that have come to open the narrow door to the Kingdom of God within us. The Kingdom of God is within us and if Christ manifests within us, as the Kundalini rises through these centres it opens them, and as it rises through this centre, it opens this centre and you become in a state wherein you begin to lose your ego. You begin to lose that 'I' that is doing things all the time and you become the 'I' that is the spirit. This is the beginning. This is the opening of the doorway. And, this was 2,000 years ago. The quality of the Lord Jesus Christ was principally the Resurrection, the Resurrection, that great event in

which He proved that the spirit is eternal. He proved that nothing can destroy the spirit, not even the ego of man can destroy the spirit, that it lives forever and that it will come again as it's been spoken of in so many of the scriptures. It's been spoken of in the Hindu scriptures that the Kalki will come, the Rider on the White Horse. It's been spoken of in so many ways that ultimately there has to be a final stage in our evolution, which is here, this is the final centre which we call as Sahasrara centre and this centre is that centre about which we're speaking about tonight.

It's the centre, which can be opened in each one of you and as the Kundalini rises it pierces through the Fontanelle bone area, that area which was soft in you when you were a small child. It pierces through that centre and when it does you begin to feel cool vibrations on your hands, you begin to feel cool vibrations from the top of your head. It starts to blow upwards like an air conditioner. It really is like that. When you begin to experience it as you deepen in your experience of Self-realisation, you'll not only feel it like that. You'll not only feel it on your hands but you'll feel it like a shower, like a fountain flowing over your body. But I warn you, that this experience is very subtle at first, maybe very slight for some of you. But don't let your ego play tricks. I don't know whether there is air conditioning here but I see that there are fans. But don't let the ego play tricks. What we often do is we often switch the air conditioning off but sometimes equally sometimes Shri Mataji says let's leave it on, let's play with the ego, let's teach it a few lessons. Doesn't matter. You have to feel it. You mustn't believe it.

You have to actually experience what happens when the Kundalini rises, chakra by chakra it opens these centres and they begin, I say begin to become enlightened Centres of Awareness. What actually will happen tonight to most of you is that you will touch your Realisation. You'll touch it. You'll experience it. You'll begin to feel this cool vibration which was called, in the Bible as the Cool Wind of the Holy Spirit, which was called in the Muslim scriptures as the Ruh and the Jewish Text, which is referred to as the Chaitanya in the Hindu scriptures and so it goes on. It's the same thing that you will experience tonight if you desire it if you desire it from your heart.

So all you really have to do tonight is to humbly desire that you get the experience, nothing more. So the question that immediately arises is, how come? Why so easy? Thousands of people have waited lifetimes, birth after birth to get this experience. Purification, disciplines, all sorts of austerities, going to a guru, in the mountains, in the caves, in the jungles, why can it happen to an audience like this in San Diego? All I can say is, very simply, and I think you must feel this in your heart, that right now, the seeking urge is so strong within us that the blessings of Almighty God are over-pouring, that are overflowing, that in His Grace, the Power of God, manifesting through this Kundalini within us is absolutely anxious to give you your Second Birth; to give you your Atma Sakshat, and to give you which is your birthright and it can happen en-masse.

What is Shri Mataji? Who is She? How come She is doing it? What She is, whether She is a great incarnation, whatever it is, you have to find that out for yourself. The point is, I have seen all over the world and thousands of others have seen it all over the world, and it's been recorded on the television and filming and so on, She awakens it in thousands at a time. You can actually see the rising of the Kundalini if somebody isn't wearing a singlet. You can actually watch the Kundalini rippling up in a person whose chakras are in good condition. You can watch it throbbing at one particular chakra where there's a little obstruction and then passing and moving further and further until it reaches the top. You can not only watch it but you can manoeuvre it. When you gain your Realisation you can give it to others. You can clear your own chakras and you can clear the chakras of others as they get their Realisation.

So, it's a very dynamic thing that happens, that is a very simple thing. In a way, this explanation is absolutely inadequate, completely and utterly inadequate. I just wanted to give you an outline of the basic aspects of the subtle body within us. But frankly, there is such a complex mechanism of nadis and subtle channels within us. There is a left side, which refers to our emotional life, there is a right side, which refers to our action and thinking and there's a central channel through which the Kundalini rises. So, I think the best thing to do is to listen to Mother as we call Her, Shri Mataji, listen to what She has to say, then in a humble way, in a very gracious way, if you want to receive it, and yes, only if you want to receive it, should you ask for it. You put your hands out towards Her and you may begin to feel this Cool Vibration, you may even begin to feel it during the lecture.

So what I suggest you do, even before the lecture starts, is slip your shoes off so that the Earth becomes the connection and you start to allow this happening to take place. If you don't want to do it, until the end, when you get the choice, that's fine! I mean,

there's no obligation. I'm just saying this helps you to actually feel it. So, that Kundalini that lies subtly within you within the sacred bone, sacrum, has to rise, very sweetly and very silently, with no pain, no pain, maybe you'll begin to feel a little heat coming from the top of your head at first but then it becomes cool but no air conditioner blowing air can do it, no fan can do it. It's actually coming upwards, you can't feel it here (indicating sideways), can't feel it anywhere else. You'll begin to feel it from the top of the head. You'll begin to feel it in your hands. You'll begin to feel the silence.

Shri Mataji has come, and I'd like to, very simply, introduce Her Holiness Shri Mataji Nirmala Devi to the people of San Diego.
(Applause)

(Introduction ends 23'40")

Warren: Mother they don't have a stand, so I'm afraid you'll have to hold it.

Shri Mataji: I can hold it.

Warren: You don't mind holding it? I've told them to slip their shoes off; they've very kindly, most of them have done it.

(Mic set up ends 24'12")

[Shri Mataji 's Lecture starts]

I bow to All the Seekers of Truth. This is a special time in the History of Creation that so many seekers have been born on this Earth. They have realized that there is something beyond than the mundane life they have to seek. This is not the seeking of one life. It is the seeking of ages which is being prophesied, has to be fulfilled now. There have been prophesies and prophesies about this great time. In India about 14,000 years back, Brigu Muni has written a book called Nadi Grant in which He has described you all saying that a day that will come when all these greater seekers, great seekers will be born on this Earth and that their Kundalini which is the Power of their True Desire will be awakened spontaneously and they'll find out what they are.

But also there has been prophesies about many fake people coming on this Earth and they will try to delude and take people away from the truth.

There have been also great prophesies all over the world but especially in England about hundred years back a great poet called William Blake was born and He has written so clearly, so clearly about Sahaja Yoga that it is surprising how He has even exactly mentioned the house where I'll be staying. Also that he has said that the men of God, meaning the seekers, the men of God will become prophets and they will have the power to make others prophets. This is the sign we should take when we are seeking the truth.

When we are seeking the truth we have to remember that we have to become the prophets ourselves. We have to become the guru ourselves. If I say I am such and such, I'm this and that, what's the use? What's the meaning of that? What have you got out of Me? What have you become out of Me? What did you get by your Kundalini awakening? We should know that you are on the right path by the fruits it gives you.

Now, people have been misled and misled and misled. I came here in 1970, '73, and I was told very blankly that I won't be successful here. That I must demand for a lot of money otherwise people will never take Me seriously in this country. So I went away empty-handed. It was sad at that time to understand that the seekers don't understand the simple thing that you cannot pay anything for your Realisation. What did we pay for becoming Human Beings? A simple thing like that one has to understand that you cannot pay for that, it is so invaluable; it cannot be valued in money. God doesn't understand money. It is your headache.

It is so simple. It has to be simple, your evolution. All that is living has to be simple. A flower becomes a fruit. How much money do you give to the tree? A seed becomes a tree. Do we pay for that? What do we do there? It's commonsense. It's simple

commonsense. If it is a living process of evolution then it cannot be understood through our human enterprises and human madness.

So, if there is going to be evolution within us, what should happen to us? Let us see a person like Jung, what he has to say. He has very clearly, he's the only psychologist, who has talked about a higher consciousness within us. All the rest of them has said that because of this problem, because of that, that is the problem, but to overcome it, what is to be done, how to achieve your higher consciousness, only Jung has talked. And, he has very clearly said that the new man who will appear on the scene will have 'collective consciousness'. Will have! It will not be just a lecture that we have to form a united nations organization and then fight among ourselves. But, it is a reality that will be within us felt as consciousness on our Central Nervous System, just like I can feel the heat or the cold. In the same way, we are going to feel others and ourselves on our fingertips.

Another great personality that of Mohammed Sahib has clearly said that at the Time of Resurrection, your 'hands' will speak. It's clearly said. And, if you read Koran, you'll be surprised, that most of it has dealt with the Resurrection and not with the doomsday. But they want to talk about the doomsday so that they can frighten everyone that you are going to be doomed so better be there, paying all the money to these people who represent some sort of an organization.

Now, we have to know that when we believe in something before we 'becoming' the absolute, actually we use our mental projections. You project yourself into any realm, you go on projecting mental projections but they are on a relative plane that you exist. Means it may be true, it may not be true. It's just mental projections! Mostly it is not true. All of our thinking about our economics, politics, everything is just a mental projection and that's why everything has failed, everywhere! Whether it is here or in Russia or in Japan everything has failed completely. Take it from Me! I have travelled all over. Nowhere it seems that people are happy.

In the same way, in the realm of God also we have our mental projections. Like some people believe that I am a great Muslim and that Mohammed was the last person and because I call myself Muslim I will be taken straight from this Earth to Heaven. Khomeini believes like that. How many will agree with that? Now there are Christians, all kinds. So many types of Christians have come out of one Christ that it is impossible to understand. Like they asked Mahatma Gandhi why don't you become a Christian if you believe Christ. He said, all right, I'm willing but tell me which Church? What Church should I join? And, the person who asked kept quiet. This is what is exactly is! And the young people today who are seekers are confused, absolutely confused. They can't understand that why, when they talk of God, why do they fight in the name of God? Why do they become fanatic, why they shout, why are they, such angry people?

Yesterday I had a funny experience that some people brought some Bibles to hit me. Really it was so. I saw them bringing the Bible to hit me. I just started laughing. I said look at this now that they have come here to hit me with the Bible. I mean this is the best that could happen to anyone. Such absurdity in this world! Once upon a time, they used to carry a Bible in one hand and a pistol in the other but now it's another thing. They are using the Bible as the pistol!

So, when you see all those things and it's confusing, people. It's misled, people. You start wondering, is there God? If there is God, why there is so much of madness and why we are behaving like that?

Now, I say that there is God! He exists. He exists within us as our Spirit. Everything is within us. We have every power within us. Only thing, we are not yet connected to the mains. Like this instrument, if it is not connected to the mains you won't be able to hear me at all! In the same way, if you're not connected with the Divine, whatever you do is a mental projection, which can create confusion, which will give nothing substantial and everything will sound absolutely unreal. That is the time described as of Complete Confusion. That you'll be born at the time when there' ll be complete confusion and that you'll go mad with that confusion because that is the time, in that confusion only, people try to seek the truth! That they realize it's a very relative world and that there's something missing somewhere, which we have to find out. And, what is that missing, is within you is your Spirit. You have to 'become' the Spirit.

You are the spirit but your attention is outside and in this attention, if the spirit starts shining, you become the spirit. As a result

of this happening, many things happen but when you become the spirit, you become, first of all, completely aware about others and about yourself. You do not know about yourself. Till people get mad they don't know they are becoming mad. Till they get their cancer they do not know they are going to die of cancer. Till they get to some diseases they don't know they are going to suffer like this. So, till these things happen to you, you do not even feel that that has started within you that this destruction has started building up within you. You do not know where are you. The reason is, you do not know what you have got within yourself.

Now I hope Warren has told you about these centres that we have within us and I was amazed when I came in '73, I talked about this. They taped my lecture and already there are many books written about it. Not only that but this twice-born business also started. You see they used all the terminologies that I used, and when I came, the person who was here, who had sponsored Me, he said that you must get everything, what you call, the register or something like that that they do and I said, why? Why? They said because they used. I said let them use. I said it's a good idea. At least they will know these words and once they find out that this is not so, they'll throw it away and see for reality.

So, doesn't matter. I don't mind anything if they want to do anything let them do it. Let these words go into their heads and let them understand that within us lies this marvellous thing called Kundalini in the triangular bone. Now, look at that. This bone is called as Sacrum in the Greek language that means, the Greek knew about this power within us, otherwise, why should they call it a sacred bone? It's a sacred bone and this sacred power lies within that.

Now, what is this sacred power is a three and a half coil power of pure desire.

Now the sense of purity even in this country again people do not understand but I will try and explain to you that other desires we have apart from this tend to create more desires, like in economics they say that wants, in general, are not satiable. Means you want to have today a chair and then you want to have a table, then you want to have a house and then you want to have a car, then you want to have a helicopter. You go on like that. So, that is not a true desire because if it was your true desire, you would have been satisfied.

So, what is your true desire then? The true desire within you is the desire to be one with the divine. That is your true desire. All other desires are false because they do not give you true satisfaction. So this true desire resides within you in the triangular bone in three and a half coil.

Now, when I say that I must tell you, Sahaja Yoga today is at such a time that you can prove everything that you say. Before this, it was not possible to prove.

When this Kundalini rises, in many people, if they have obstructions at the Nabhi Chakra or at the other one, Swadishthana Chakra, you can see it pulsating. You can see that pulsating. Actually, you can see it with the naked eye the pulsation of the Kundalini, with your naked eye. Then the Kundalini rises, you can feel it with the stethoscope, the rising of the Kundalini, like lub-dub, lub-dub, it goes on like the heart. It reaches to the top of your head here (indicating Fontanelle) where you again feel the sound and then the sound disappears and you find a cool breeze coming out of your own head.

Now, this you cannot do. As you cannot transform a flower into a fruit, you cannot, you cannot make cool breeze come out of your head.

Like the other day, I went to one of the television person and the person said maybe the air conditioner is there. I said maybe but you put your hand. She said, of course, there cannot be the air conditioner in my head. I said that's it and know that you are being really baptized.

Now all kinds of the trickery we indulge into. People can tell you now you start jumping. I have seen people coming to my program suddenly start jumping.

So I said, why are you jumping? They said, 'Oh, we have paid 6000 pounds for this jumping'. I said 6000 pounds for jumping, what

do you mean? You are jumping like a frog. You are not going to become a frog now. You have to become something higher. 'No, we are going to now' what you call 'suspend ourselves very soon'. Levitate. Levitate is the word. Big words. I said why do you want to levitate like that? Imagine what a problem it will create. All of you levitating, going round. Already you are creating problems for me. But what is the interest? Why do you want to levitate? What is the interest? I said, but the one who has taken 6000 pounds let him levitate and fly in the air. Let's see if he can do it. 'Oh, no, we are going to do it.' I said now you go away because I cannot do anything about it. After six months they come there with their epilepsy, levitating as epileptics. It is such a stupid thing to go, to listen to. Like the other day a gentleman writes to me 'but Mother they say that epilepsy is a divine blessing.' Can you believe it? If you go on thinking like that tomorrow you will say that cancer is a divine blessing or all other diseases are a divine blessing. I mean, imagine, to bring God to that level with your brains and rationality is absurd. I've got it in writing. The gentleman wrote a very strong letter to Me saying that you should not denounce epilepsy. You should not criticize that if someone gets epilepsy. It's a divine blessing. I wish the gentleman for a change gets a little bit of it and know what it is. So this is what has happened with our mental projection. We have gone too far.

But this power still is there, quietly, intact, settled down there and it just wants to get a chance to give you your second birth because She is your Mother. She is within you, in every one of you, a separate mother. I don't know in these days even motherhood is such corrupt stuff that I do not know how to talk about motherhood to you. But I would say that like the Mother Earth, she represents the Mother Earth, the Aquarius. In the Sanskrit language she is called as Kumba, means the Aquarius. She's the Aquarius and the job of that Aquarius is to nourish, to soothe and that's what the job of this Kundalini is.

Today at this position of your consciousness you have to become something higher. Not that a man becomes a woman, a woman becomes a man. It's like a pendulum going from this to that. That is not the way it has to be! But higher means you have to develop the quality of a mother who gives birth to others, who nourishes you, who soothes you and who guides you, counsels you, redeems you and takes you to the higher position of God and this is the job of this Kundalini, who is this mother, very nicely settled in all of you.

So, I don't do anything whatsoever, it's just there. When She rises, She passes through various centres. Now, sometimes, these centres can be in a very, very bad shape because supposing you have some physical problem, you have some mental problems, you have any other problem, these centres can be in a bad shape, so this poor mother, first of all, goes to all these places to soothe and improves them and then She rises subtly. But sometimes it shoots off. In a split of a second, it shoots off. And when She shoots out, you can then feel the thing coming out. But it has to nourish so it nourishes all your centres. You just have to know after your awakening, how to nourish yourself and how to establish yourself into your spirit.

This is a very, very simple process, as I told you all the living processes are absolutely simple. They have to be because of their vital. Supposing tomorrow we have to learn how to breathe and we have to have a guru for whom we pay 6000 pounds, I don't know if we will have the chance to pay that one when we have not the breath within us. So, all that is done within us in a living way is all simple, for which we don't pay or read anything and we do not do anything about it.

Now one has to know that this consciousness, which has to rise, is not pendulous but it moves spirally and comes up over us, on this part (indicating above the head), and we become 'collectively conscious' that is the Super-consciousness we have got.

There is another very big confusion about 'consciousness'. That I have seen recently only when I addressed the Jungians and they have a concept that the unconscious is, can partly become conscious, on top of that is the subconscious, on top of that is the consciousness of the present, and on top of that is the ego. It's a very confused bundle, I can tell you because one must know that if the Creator has any intelligence He would not place you in a bundle like that. He must make a proper passage within you. Now here you will see how you are vertically placed.

The left side, which is called as libido or whatever he calls it, I mean he was a little half baked so I won't use his words, it's very confusing. But I tell you, we call it as the Ida Nadi which is an ancient name given to it thousands of years back. This is a traditional, absolutely traditional thing, ancient thing, which has been used in India for very few people, it was a secret science, till the 6th century and Adi-Shankarayacharya, for the first time started talking about it, openly. But then Kabir, Nanaka, all these

people talked about it at length and said all kinds of things. But this Kundalini represents, it's so simple to understand, that if a great organizer has put these things within us, He has put them systematically.

So, on the left-hand side as you see, is this Power of our Desire, not pure desire but of our desires, which we use and which also acts for our Emotions. This is also creating within us a bulb-like thing on top which we call as our Conditioning or we can call it, in psychological languages, as Super-ego. And, in Sanskrit, it is called as Manasa, Manasseh. And then this power also has the activity of creating our Sub-conscious and beyond that lies our Collective Sub-conscious.

On the right-hand side, is the Power of our Action by which we act upon our desires, by which we create on the right-hand side an area called Supra-conscious, means we think of the future you see, planning, this and that, and an area is created. And the activity of this channel, which is called as the Sun channel or Pingala channel because it is yellow and it creates liver trouble, and they have bile colour within them. They have a bile colour on their faces of these people who are futuristic. And these people, this one then on the right-hand side gives an area called Supra-conscious and beyond that lies the Collective Supra-conscious.

Now, in this area, all that is dead, which was dealing with the future, means mostly human beings deal with the future; some animals also do but most human beings. Like Hitler used this area. He caught hold of these things through these lamas and used that to impress on people that they are a great community and that they are a higher race and all that. And that's how, by using these entities, he managed to influence these people. Mesmerizing of a different type, when a person feels very high handed and thinks he's a great person or thinks that he can achieve a great result or he's something of a very higher level than the others, you see, that kind of a thing. But as a result of this activity, it creates that yellow stuff, very dangerous one which we call as Ego.

So we have two types of people, one who lives with dominating another person, competing, pulling them down, sitting on their heads, and put the other fellow down, this kind of people at the extreme, we call then as sadists. And the people on the other side, who take all these things in their hearts and are very conditioned you know and they just say that I, I 'believe', I believe sort of thing. These people at the extreme are the masochists. Thank God you know all these words, not so difficult for me to talk to you.

Now in the centre lies the third power. The third power is the power which manifests the Parasympathetic. And, these two manifests the left and right Sympathetic Nervous System. When we go into any activity, which is an emergency, suppose we are running very fast. Then our heart starts pumping fast. So we bring in the play of the Sympathetic System of the right side and the heart goes on pumping more blood for that emergency. But the Parasympathetic in the centre brings it to the normal. So the job of the Parasympathetic is to supply the energy, and limited energy and, also to give a balance and bring it to normalcy. So everything becomes normal because of the Parasympathetic.

Now, in the medical terminology, all these are called as Autonomous Nervous System. Though the two Sympathetics can be put into manifestation by us, but the Parasympathetic is beyond us and doctors very honestly say that we don't know very much about Parasympathetic.

Now, this Parasympathetic Nervous System within us is the one that is responsible for our Evolution so far. It is this power that has given us this evolution. That's how we have become Human Beings. And now we have to go further with it. Now we are already people, the only thing what has to happen, we are to be connected to that Auto. Who is this Auto? By calling somebody Auto you do not understand. Automobile means there is somebody who is driving it. Now, who is the driver within us? And the driver within us is nobody else but is our Spirit.

To give an analogy of a car is easy to understand. That within us lies the brake and the accelerator. Brake is the left side, the right is the accelerator and there is a driver in the centre. Now this driver first drives left then right, right-left, right-left and then understands that how to bring the balance to the whole system and that balancing is the one who is our Sustenance, that is our Dharma in the Sanskrit language. When that balance is established, anything, supposing a plane has to ascend then it must have a balance. You can't have a plane ascending without a balance. Though balance is given to us by this driver which is the Central

Power, then there is the master sitting in the back. And, the master is watching the show, how you drive, how you balance. But when you become an expert driver then you become the master. And the master starts looking at the driver in you, and the accelerator in you and the brake in you and he becomes just above everything.

That is why when Kundalini rises She nourishes all these centres by which She cures your physical problems. She cures your mental problems. She cures all your emotional problems. She cures your spiritual problems. Ultimately, when She pierces through and establishes Herself, She makes you the master of your Self. So you drop out all your habits, you drop out all that is troubling you, all your temptations, all these things are dropped out. So, when you come to Sahaja Yoga, we don't tell you that don't do, don't do because if I tell you don't do it, you'll do it more.

All right! So, you come along, sit down, have your Realisation and the just don't do it, you just don't like, you just don't want it. So we don't use the words of 'don't' at all. First, get your Realisation and this was very much important for Buddha also because Buddha didn't want to talk of God. He said if you talk of God, everybody is saying they are God so the best is to just talk about Self. First, just let them talk about the Self, get to the Self. Unless and until they get to the Self, if you talk of God they all become ritualistic, they start praying, doing all kinds of things. Like if you have to have the honey of the flower He said better not talk about the flower otherwise they get stuck to the flower. Then talk about the honey but even if you talk about the honey you can't get to the honey, you have to be a Bee. So that's what you have to be, to be a Bee and all that is built-in within yourself.

Now the Spirit resides in your heart but the Seat of the Spirit is here, on top of your head. When the Kundalini touches that then you find the cool breeze coming in and when the Spirit takes over you start feeling a cool breeze in your hand. For the first time, you feel that All-Pervading Power of God's Love which is nourishing the whole world, who, which is doing all the living works without taking any money from you. And, this is what you have to be. So, you have to become your own guru. I'm not a guru, I'm just a mother for you if you want, to call me Mother and what I have to do is that you are already people, your candles are ready if I am an enlightened candle I just enlighten your candle. In the light of that candle, you understand each and everything. So, I don't do anything.

Actually, you have to understand that when you become Collectively Conscious you start feeling everyone within yourself. There is not the other. You see like some people say that we are doing such a great social work you see, and looking after the sick and this and that. Who is the other? Who is the other? Supposing this is my finger is paining, all right, if I soothe this finger, so, I'm not doing any obligation on anyone and nobody should feel obliged.

This is your own, this you have; you have a right to have it. I would say I'm like a banker, I have to cash your checks and you better have them cashed. That's all. There's nothing to be aggressive with Me. I have not come to take away anything from you but to give you what is your own. That's all. I am here to give you that; for that, I don't think it is proper to be aggressive with Me or hit Me with Bible or Koran.

May God bless you all! (58'08")

Thank you very much. If you have any questions you ask but last time I asked the question and people started saying all kinds of things. That's why these people have told me, Mother never asked them to ask questions. Because by questioning or not questioning it is not going to work out. It is something that is within you which has to rise and give you Realisation, which I cannot guarantee. If it works well and good, if it doesn't work the others will look after you. We have a centre here. It should work out but by discussion and argument, it's not going to work out. So, there's no need to argue or discuss but you see we are very thinking people. So, if there's your mind is working out too much you better ask Me otherwise at the time of Realisation, I don't want your mind to stand you and say, you didn't ask this question. Nothing is important than your Self-realisation. This is your Baptism. This is what is called in the Koran as to be the Pir. The Pir. He has said that clearly. You have to be a Pir. Now there have been many, many incidents to prove that Sahaja Yoga is the Truth. No doubt! And, for that, you cannot pay, only if you can accept this proposition, everything will be all right.

Thank you very much. May God bless you!

[Applause]

[Shri Mataji takes a seat.]

Warren: Any questions? Yes. Can you make it loud so they can all hear, please?

Seeker: Yes. There is a teacher whose name is ...

Warren: Just before, just before you begin, I would ask that the question you ask relates to what Shri Mataji has spoken about and let's not make comparisons between other gurus, with other teachers, with books. If you don't mind.

Shri Mataji: I'll just tell him.

Warren: Please.

Shri Mataji: You see what I'm saying, supposing you have been to any guru, anyone all right. If you have got anything, I have nothing to say. Is very good. If you haven't got anything, I'm here to do something about it. So, don't bring in anyone. I don't want to talk about them.

Seeker: May I finish my question?

Shri Mataji: Now you don't ask about...

Warren: You heard what She said, yes?

Seeker: Some of his disciples in this country have talked about Sahaja Yoga using just that phrase and I wonder if there's any connection.

Shri Mataji: Yeah, yeah, yeah. [Shri Mataji stands up.] Who was the gentleman, is it Dhube? Is it Mr Dhube? I know, I know. This fellow was very funny.

Warren: What is his name?

Shri Mataji: What is his name? Mr Dhube and company?

Seeker: He's from Northern California. He taught enlightenment and Intensive. I've forgotten his name.

Warren: He taught enlightenment and Intensive.

Seeker: He said he taught it in India and that he taught it in the name of Sahaja Yoga.

Shri Mataji: Correct, correct. This must be this horrible Dhube. Ah, I know. I know. He showed me a brochure when he came to India. Correct, correct. Must be the same fellow. He was making money out of Sahaja Yoga. That's correct. From this intensive business I know, and he showed me, he was giving tremendous heat. And, I said, what are you doing? He said, no, I'm doing Sahaja Yoga and I'm teaching Sahaja Yoga and all that. So I said, all right, let me see your brochure. And in that, he had written that for 'ordinary' vibrations it is \$175.00 or I don't remember exactly and for Intensive, that's it, that's it, all right, forget it! Forget him. These Indians, sorry there are no Indians, if there are, be careful about them. They have come here to make money. And even out of Sahaja Yoga they can do it. I'm so sorry to say that they can be very dangerous. I'm sorry but it happens. I'm sorry. Now... [Shri Mataji sits]. There's a gentleman ...

Lady: Can you please tell me the purpose of putting your feet flat on the floor because my feet don't touch the floor...

Shri Mataji: You see, it's a simple purpose is that this is the Mother Earth. It's nice that we are on Mother Earth. See? And if you put your feet on the Mother Earth, She helps me a lot because She sucks in lots of your problems. All right? That's why. That is the purpose. Can you not touch it?

Lady: No, only the toes.

Shri Mataji: I'm sorry, the seats seem to be very high up. Now, doesn't matter. Whatever touches is all right. We can manage as long as it touches. But don't exert yourself too much. You have to be comfortable. All right? Sir?

Seeker: I meet in many people in this country, young people, also this answer is -many people don't believe in guide, because these people who guide, have no knowledge to be guide [inaudible]

Shri Mataji: All right. That is all right if they don't believe there's nothing surprising about it because they all reflect on everything, there's nothing wrong in it. But the only thing is now the time has come to prove the existence of God.

Seeker: [Unclear]

Shri Mataji: I think, I hope you get your Realisation and you can prove them the existence of God. Because, when you get your

Realisation, what happens actually you are like a computer. You see computer is also in parallel to our evolutionary life, it's another machinery also proves we are computers within. And what happens when you become that and you ask the questions, any absolute question, you get an answer as tremendous vibrations in your hands. For example, if you say, "Is there God?" You start getting cool breeze in your hand in such a big way. Now you might say, "Mother, this may be true, may not be true". Supposing, there are four mad people sitting here, all right, and you put your hands towards them. And you'll get tremendous heat or you may even burn your fingers. Or if you want to ask about some of these fake gurus you might get blisters on your fingers. So, this is what it is, that it is such a truthful thing, it's so absolutely true that whatever you start asking you get the answer in an absolute way.

Like there was one gentleman who came to Me first, very great intellectual, he got his Realisation. And then he started doubting about it when I told that you get Collectively Conscious and that your inter-communication system starts working in a very subtle way. So, I told him, "All right, now you do one thing is put your hands and find out about it".

He said, "I want to find out about my father. He has not written to me since long years, he has not telephoned to me". I said, "All right, find out". So, he put his hands like this [palms out] and he thought of his father. And suddenly he got a burning here on this part of the finger [Shri Mataji indicates the mount just below the right Vishuddhi Chakra finger]. And he said, "Then what does this mean? I've got a burning here".

Now, these I can decode. I said, "These are the centres, these are the centres of your father [place of the Ekadesha rudra on the hand] and this finger [right forefinger] relates to this part [the throat]. So, he must be down with very, very bad bronchitis.

So, just to verify he telephoned. His father was in Scotland and his mother came to the phone and she told him, exactly the same sentence, your father is down with very, very bad bronchitis". Now sitting down there you can treat your father. Just imagine how wonderful you are! You are fantastic. You have no idea what you are. Sitting down there you can treat your father and he did that and after three/four hours the father got out of the bed, his temperature was all out and he was perfectly all right. This is fantastic. Sounds so fantastic. Without paying anything you get it. But that's what you are! That's what you are! You are fantastic.

Like, in an Indian village, if you take your television and tell them that you are going to see all kinds of plays and things here, they'll never believe it. They'll say, "What, in this box? How can we?" But this box, once connected, shows all the fantastic things that are within you and you are amazed at your own powers. I promise you that once it happens, you will discover yourself to be the greatest creation of the whole universe.

May God bless you all.

Warren: Yes? Speak up.

Lady: From what I have read in the past and from what I have heard, they said that it can be dangerous to raise the Kundalini.

Warren: Dangers of Kundalini.

Shri Mataji: Yah. You see that is all another nonsense. Because when I was born, when I read these books, I was so amazed you see. Some said it is in the stomach, some said it is in the brain. I said these people have no idea about Kundalini, why do they write books? But I think it takes nothing to write books, you see, and you can sell it in the market where people don't know much about it. Kundalini is your Mother. She's just waiting to give you your Realisation. But you see, below that, is the centre of your innocence and when people try tricks with that centre, then in that centre resides your Innocence which gets angry and starts hitting you. And that's how it is dangerous.

It's like a person who has never come, say, to a western country, tries to put his fingers in the plug and says that, "Electricity has given me a shock ". So, it is the naiveness of the people that it happens. Now I can assure you we have had thousands of people who have got Realisation and none of them has ever felt anything dangerous.

Of course, some people do feel the heat a little bit in the hand if they have liver trouble. If you have been to wrong fake gurus sometimes your hands shake, your eyes shake. These things little bit happen but nothing dangerous. It is quite bearable.

[Laughter]

Warren: Somebody else, please.

Seeker: I'm here because I saw a poster with [unclear] you were "the most important spiritual figure", whatever, why should I

believe that?

Shri Mataji: You shouldn't. I say you shouldn't. He says these people do it. You shouldn't believe it. But you just keep your mind open, all right? That's all. You shouldn't believe. I don't say you believe it. That's what they must have put it up but you see, I know, I told them, "Never put like that. If you put like that, everybody's ego will stand up just like that. So, don't put such a thing". I have told them various times but they think unless and until you do something like that nobody would come. I don't know. These are all gimmicks. But as far as I am concerned, you don't believe into anything but also don't become a closed personality. All right? You can see for yourself it is true or not.

Yes?

Warren: Yes?

Seeker: [Unclear]

Warren: Even though there are great seeking and people claiming to rise to higher consciousness why is it that the world is in such a state?

Shri Mataji: Ask them. Why ask Me? I myself don't know. You see these people, this is the most important time when you are born, and they think 'what's wrong?', they have lost all sense of wisdom. All sense of wisdom is lost in their seeking and I would say there is a very big attack on the seekers also, from very childhood they can be attacked, they are naive, they can be misled, all these things happen. But if they once accept that they have to become the Spirit, then it works out. Everything is forgiven and it works out. Let's start it now. Whatever may be the case, let us start it, all right?

Warren: One more.

Seeker: I just want to know what Sahaja means? What is Sahaja?

Shri Mataji: Ah, Sa-Ha-Ja. 'Saha' means 'with' and 'Ja' means 'born' – born with you. Actually these days it is called as Mahayoga because this spontaneous yoga is 'union with the divine' – is yoga. And "Sahaja Yoga" means 'spontaneous Union with the Divine'. And also 'yoga' has another meaning, means, 'yoga' is 'Kausalya', means 'deftness'. After Realisation, you must have the 'expertise'. You have to become an expert as far as the Kundalini is concerned, as far as the awakening is concerned, Realisation is concerned. Then you are a Sahaja Yogi, otherwise, you are not.

This Warren whom you see here is a doctor and was a diplomat and all kinds of things. But today he is a great Sahaja Yogi because he has given Realisations to - I don't know how many - thousands of people in Australia. Let's see now what happens here.

Public: Yeah.

Shri Mataji: Right? Yeah. That's it.

Warren: They're waiting they say.

Shri Mataji: Right, now, are you all waiting now? Let's us finish with the questions, all right?

Shri Mataji: [stands up] All right. Later on, Mr. we'll All right? Let us...

Seeker: [Unclear]

Warren: Giving it to you.

Shri Mataji: You just wait. You just relax now. And be nicely relaxed.

Warren: Place your palms on your lap comfortably.

Shri Mataji: You see, it is such a great subject that I can't tell you all about it in one minute, all right or one lecture. Like this room is, if you have to have the lights in this room, what you will say, that all right, put on the switch. It doesn't mean, that though the switch is put on and you get the light, it is just without any organization behind it, without any history behind it. There's a very big thing behind the whole evolutionary process, is a very big thing but first, you get your light and then you can find out for yourself what it is. All right? We have to have little patience.

[Shri Mataji commences Self-realisation process]. (1:13:52)

Now just put your hands like this towards Me. It's simple like this on the lap in a very comfortable way you should sit down. If you are wearing something very tight, you can loosen it a little bit. I mean, there should be no discomfort, that's all, and you can even take out your spectacles if you want because it helps the eyesight also. So, you should not feel uncomfortable.

You have to close your eyes throughout. You have to keep your eyes completely shut. Please close your eyes, completely shut. Please don't open it because this is not hypnosis. In this the Kundalini rises and when She rises if your eyes are not shut it doesn't rise because you know as Parasympathetic Nervous System, dilatation of the pupil might take place. So better keep your eyes shut and She will rise if your eyes are shut plus this very important centre (indicating Centre Agnya Chakra), when it will cross this you will feel that there is no thought in your mind but you are aware. Absolutely, fully aware! Because one thought falls, another comes but in between there is a space and this space is present so you go into that state where you are in the present. So, the first thing that happens is the Thoughtless Awareness, thoughtless awareness and then you rise into another awareness later on as you grow into Doubtless Awareness. But that grows gradually like a tree grows. Please close your eyes. Just keep your eyes shut and put both the hands towards Me. It is a spontaneous happening. It is absolutely a spontaneous happening no doubt but when there is some problem on the centres we have to nourish it before the whole thing starts. So I will tell you, slowly, how to nourish your particular centres because if in a group there is a centre has a problem, it's better to correct it. You yourself will do so, first of all, keep your eyes shut and the left hand towards Me and the right hand, as I tell you, you have to put it to different places on your being so that you nourish that particular centre.

Now the first and foremost we have to know that we are sitting in the present and we don't have to bother about the future or the past. So, you don't have to think what wrongs you have done, sins you have committed, all nonsense. It is just a rubbish thing. It's past. It's finished! You are not to feel guilty at all! That is one promise that you have to make that you are not going to feel guilty. So you tell yourself, I'm not at all guilty! Whatever you have done is finished. Just say, I am not at all guilty! Just close your eyes and say, I am not at all guilty.

Now, every time you do what I tell you, you should know that you are not guilty at all about anything. With full confidence, you have to do.

(Guided Meditation. 1:17:09)

Now, put your right hand on your heart. Left hand towards Me. It's very simple, on the heart, on the left-hand side. On the left-hand side, on your heart resides your Spirit. Now, you can ask me a question in your heart, a simple question. You can address Me as Mother if you like or Shri Mataji, whichever way you like. Saying: "Mother, am I the Spirit?" Now ask with full confidence. "Mother, am I the Spirit?" Thrice, you ask the question. Put your left hand towards Me, on your lap. Stretch your fingers a little, left hand, left hand; right hand is all right on your heart.

Now, put the right hand on your stomach on the left-hand side. Right hand on your stomach on the left-hand side and press it a little. This is the centre of your mastery. So here lies the Primordial Master within you, which is to be awakened, so you just say, put left hand towards Me, right hand on this part and keep your eyes shut. Now ask a question or you may say it full confidence. Both ways. "Mother am I my own master?" or else you can say: "Mother I am my own master." Just say that with full confidence. You are! Just say. You have to just assert because you are! "Mother I am my own master." Please say it ten times. Press it hard! Press it hard.

Now raise this right hand on your heart again, but don't open your eyes and don't feel guilty. Please don't feel guilty. You are still guilty. I can feel it. Don't feel guilty for heaven sake! Don't feel guilty. Now at this stage you again assert, with full confidence, saying: Mother I am the Spirit. Don't feel guilty. Say it twelve times but don't feel guilty. Say it twelve times but say it with full confidence, say: "Mother I am the Spirit!" Please say. Now put the right hand, properly, on the heart and say it twelve times. Without feeling guilty. Just say: "Mother I am the Spirit".

Now raise this right hand on your neck, on the shoulder, where the shoulder and the neck meet, in that corner, from the front, put this on the left-hand side of your shoulder, next to the neck and hold it tight and press it hard. This centre is caught up because you are feeling guilty. So now please say it sixteen times: Mother I'm not guilty. And, if you are really still going on with that kind, then say it thirty-two times.

You can go up to one hundred and eight times just to punish yourself for feeling guilty. How much energy is wasted in feeling guilty you don't know. I feel there are mountains and mountains of that there, please say: Mother I'm not guilty. Make fun of yourself when you feel guilty.

Now raise your right hand to your forehead, straight, across the forehead and now at this point, you have to say: Mother, I forgive everyone. When you don't forgive everyone you are just playing into the hands of the persons who are troubling you. It's a myth. What do you do? You just say I forgive everyone. Just say: I forgive everyone.

Now put your right hand on top of your head, just there and press it with your palm and move it clockwise. Press it hard. Now, at this point, I'm sorry, I cannot cross your freedom. Just press your hand on top of your head. And press it hard! At this point, as I told you, I cannot cross your freedom. So, you have to ask for your Realisation. You have to say you want your Realisation. So please say seven times: Mother, I want my Realisation, please give me my Realisation. (Shri Mataji blows into the mic, 7 times) Now raise your hand and see if there's a cool breeze coming out? Maybe some heat is coming, above, about six inches. You can change your hand. Put your right hand down and with the left hand, you can try to see. Yah! Got it. Yes, I know, you've got it. That's it. Keep it on. It's there! Farm it. See how it's coming. Out of your head. All right? That's what you have been seeking! Now put your hand, another hand, and exchange and see for yourself with another hand also. It helps a lot.

(Shri Mataji blows into the mic again, 3 times)

You change your hands again and see for yourself. Changing your hands. Don't get disappointed. Some people feel it, some people don't. Doesn't matter. But you go on changing your hands.

[Shri Mataji sits down.]

Do not doubt yourself. (Shri Mataji blows into the mic again) Please do not doubt yourself. (blows into the mic again) And, don't think. Don't think! Don't think. (blows into mic)

Now put your hands on your lap and see for yourself are you feeling the cool breeze in your hand? Just see. Don't doubt. Put both the hands on your lap please, on your lap and just see if you are feeling the cool breeze in your hand!

(Shri Mataji turns to Warren (off-screen): Can you hold it for Me? (Referring to the mic. Shri Mataji stands up.)

Now you can open your eyes, slowly, (gives Warren the mic, who holds it for Shri Mataji), slowly open your eyes. It's very enjoyable to take you awake and watch me without thinking. Just watch me without thinking. Don't start thinking because you have gone beyond thinking.

Now I will teach you how to raise your own Kundalini. Again, you are feeling guilty. This finger (indicating r. Vishuddhi) is catching. You are feeling guilty again. Please don't feel guilty. Now you are done. You have become a bird. You are no more an egg. What are you feeling guilty? Please don't feel guilty.

[Shri Mataji demonstrates raising of Kundalini. 1:28:39]

Now the left hand is the one you have to put it in front of your Kundalini when you are sitting down, just like this. In front of your Kundalini, left hand, and the right hand has to move from up, forward, down, back, like this, and now we move it. Let's start. Now you move your hand, both the hands are moved, one is straight and another goes round it like that and put it, push back your hands on top of your head, just loose, and make it a twist, a big twist and now give it a knot. We have to do it thrice. Once we have done. Again, let's do. Once more, throwback your hands and (Shri Mataji is looking up) your head and give it a twist, watch your hands and now give it a second knot. The third time you have to give three knots. Let's start. Here, first knot, second knot

and the third knot.

Now see your hands. Are you feeling the cool breeze? Better. Better now. Now you can put your hands up like that (Shri Mataji raises both Her hands up) and now, ask a question within yourself: "Is this the breeze of the Holy Ghost?" "Is this the breeze of the Primordial Master or the Primordial Mother?" "Is this the breeze of God Almighty and His Love?" Just feel it. "Is this the All-Pervading Power of Brahma?" It's blowing in you. Right? Good! Put down your hands now. You're feeling it better.

It's so simple. The only thing is today it is working en-masse. Thousands have to get their Realisation. Each one of you can give Realisation to thousands.

So now, as you know, I'm going away tomorrow. I'm here for only one program. I would have loved to meet you, all of you but I'll be in Los Angeles for tomorrow and day after. I hope you'll continue with it, understand yourself, which is like a seed that has sprouted. You have to look after this little seedling. Let it grow into a tree and when I come next time, I'm sure I'll see many fruits are borne by this great tree.

May God Bless you all.

[Shri Mataji, namaskars to the newly Self-realized souls].

Now we have a centre here and you can have the "danbar" (meeting) from the centre, you can meet the people and I'll be in Los Angeles tomorrow and day after. You are all welcome. I'll come back again next year. Definitely.

Warren: That's the best news. (Applause) They've got literature at the side...

Shri Mataji: Ah, but don't read too much.

Warren: Would you also kindly give your phone number to them because as yet they haven't formulated a definite place for follow up programs.

Shri Mataji: (pointing to someone in the audience) Have you got it? (Shri Mataji is very happy.) That's it.

Warren: So, will you give them your phone number on the sheet of paper so that they can contact you or you take their number and you can contact them, whichever way you like. Make sure you give the number so that they can let you know how this can be followed up, is most important.

Shri Mataji: And you should all organize some hall to all meet together you see. This is to be done by your people for yourself. And, it is to be organised by you people. We have imported people now from England, Australia. And now we have to export Americans from here to other places. All right?

Warren: These are the ones who want to meet Mother before they go.

Shri Mataji: No, no, no. Don't doubt now. Don't ... (people congregate around Shri Mataji and people start to go up to meet Her.)

Shri Mataji says, what's that? What's that? Don't give me that...I don't understand money.

A man says: I know that you gave me that in 1973. I used this money so I am returning it.

Shri Mataji: Did I give you?

Man: Yes, you gave me exactly this amount of money

[Shri Mataji laughs].

Man: It's your money. Not my money. ...

Shri Mataji: Where did you find this Dhube fellow? [Conversations with members of the audience continues]

Man: One of the disciples came down here. ...

Shri Mataji: So, where's the gentleman gone?

Warren: He's just there.

People ask questions.

Shri Mataji: It's very big science. Try to understand the centres. This is the centre of Christ. Woman: Well, spiritual people get jealous of one another.

Shri Mataji: That's not the question. There's no question of My jealousy with them but actually, you see people are naïve, they don't understand all these are not of the Spirit itself, like people who get into trances and this and that. A very dangerous thing. The Indians know about it. They know about it. If you ask her, she knows what is, she knows. But you people are simple and

naïve so they have taken advantage of you.

[Shri Mataji has been working on someone with Her left hand all this time] Only you need to believe in yourself, that's all and believe that it is all your own. I told them that I came here.

[A woman says something]

Shri Mataji: No, I was very much disappointed.

Woman: I worked with Jeremy and he had wondered where you had been and he tracked you to London. You had moved to London?

Shri Mataji: My husband, now he is elected as the Secretary of the International Maritime Organisation. Yes, now, he is elected as the Secretary-General of the UN, it's an agency of the UN, that's why we are in London. That's how he is there for ten years, he's unanimously elected. And, but I travel a lot, America...But I came two years again, very disappointed, spent a lot of money, public programs and all that, it was too much. Then I went back but I'm happy I'm back again.

Now you people are suffering from all these diseases, what can you do?

Woman asks: How can we learn about that?

Shri Mataji: Let's see, we have got a book here. Now, where do we want to begin? You see at the beginning we give you very simple things, all right? Let me show them. Now here we have the chart, right [Shri Mataji looks at the print out] rather microscopic [laughter]. Let the gentleman have. You can have another one. Now see, this is when I came before. This was ten years ago. This was when I was fifty years of age [pointing to a photograph in the printout]. Now I am sixty years. But this gentleman, have you got it, everything? You can get more. All of you can.

[Shri Mataji has her hands on the head of two different people].

Shri Mataji: [Pointing at someone] Now you'd better look after San Diego and America. That's all we have to do.

Shri Mataji: It's very simple. It's very simple you see. We have people here now. Here (pointing to the man in a suit) we have one here. He got it from Me. He was a little boy and he understands Sahaja Yoga very well, can you believe it? He's one. Now, who is the other gentleman that we have here? Blake, where is he? (People call out to Blake). Tracy... (Shri Mataji continues to work on people sitting before Her.) Where is Tracy gone? (Someone calls for Tracy) Who else is here? Let's see, who are they?

Blake, he's an American and he's the one who has got Realisation to help you and who else is here? Tracy lives in Los Angeles. They are all experts.

(Shri Mataji, looking at the people in front of Her) Good? Fine! (speaks in Hindi) Clear? [Shri Mataji speaks in Hindi]. Since he has gone, [referring to Dhube], Sahaja Yoga has prospered otherwise it was horrid, absolutely. It's a very anti- and you have to discover...

Ah, now better? Now, you just say: "Mother come in my brain", just say that.

[End of recording]

1983-0925, Picnic

View [online](#).

25 September 1983

Talk to Sahaja Yogis

San Diego (United States)

Talk Language: English | Transcript (English) – Draft

1983-0925 Picnic in San Diego, USA

Yogi: – quite a lot of newspapers [UNCLEAR] but not here in Los Angeles...

Shri Mataji: But nobody can come in and interview?

Yogi: There are three main newspapers they were approaching: the Times, the Daily News, the Harold Examiner and none of them wish to make an interview.

Shri Mataji: What about this gentleman [UNCLEAR] what was he saying? How will he be making contact with you? What was his idea?

Yogi: His idea was we should mount a reception and he would invite various notable people and members of the press. But then he found that the notable people he wanted to invite were either not available or the mayor said that he didn't attend such functions. At that time my wife said that she didn't know what to do at that point.

Shri Mataji: But when will he be available? We should find out. Also they could arrange an interview with anyone of these people also. Yogi Mahajan has arranged something, I think, in San Francisco. San Francisco, there is some article coming in?

Yogi: Yes, he has arranged for some fellow with the unlikely name of Randy Schultz who is attending the first program and will be reporting on that. I'm not quite sure whether they intended, or have asked for, an interview or not. I will know that tomorrow. Certainly he is attending the first program. That's the main San Francisco newspaper.

Shri Mataji: That's a different thing altogether isn't it? The kind of thing we have had really in Australia is the best type. So nobody would be interested in interviewing or something?

Yogi: Not in Los Angeles.

Shri Mataji: They are also just reporting but no interview as such?

Yogi: Mother, there is some story with a woman from the Daily News that [UNCLEAR] was talking about interviewing You. She [UNCLEAR] something about Muktananda and there's trying to be some negotiations that You would speak against Muktananda or something. All I know is that the people from the Daily News said that she'd run a number of people in the Indian community to see if they had ever heard of You and they hadn't.

Shri Mataji: The ambassador knows Me.

Yogi: We did get the names of the people who did know You but she still wasn't interested. So my next attempt was to try and get at the truth of the Rajneesh Rancho. There was a series of articles about Rajneesh.

Shri Mataji: Against him?

Yogi: No, it seemed more for him, really. So we thought that if we could say that when You have a lot against Rajneesh that we could get some headway, but that would be negative from our point of view. That's what happened in Los Angeles.

In another area of Los Angeles I met and spoke to one fellow when I was across here last year, a fellow called John Dart on the LA News. I gave him a lot of information and since then I've been sending him information with a view for preparing him for this tour of Yours. But when it came down to it he said that no, he wasn't interested in doing an interview. That was after about six months of ...

Shri Mataji: They are more political-minded people but there must be somewhere in between, something that gives – like Yoga Today or someone.

Yogi: That's what I asked What is the thing that is interesting? Do You know people that could write some editorial in Los Angeles Times? I told him there was an editorial return on false gurus from India and there was an editorial return on this man from Bombay [Rajpal] who controls the industry. So I said that why not write the editorial. You know somebody that could write any column?

They only seem interested in sensational news. We could approach them and say there is a controversy at the church.

Shri Mataji: It cures cancer which is the most sensational thing one could think of.

Yogi: We could try that. We have played that aspect of curing down until now but we could try it.

Shri Mataji: Wherever it is needed it must be. But now there is no question.

Yogi: I think the press agents have been talking to the press in that area because one of the things that interested them most was the fact that there was a cure for AIDS.

Shri Mataji: But still they are not interested?

Yogi: It seems that the interest here lies in Los Angeles, in television. It is of course a television town, it's the television capital of America anyway and probably the world.

Shri Mataji: And nobody reads the newspapers?

Yogi: I think there are people all over the world that probably know what Los Angeles looks like better than cities in their own country, just because so many shows are filmed in Los Angeles.

This is the place more for the show on the television. The East coast of America are more oriented towards newspapers. I think newspapers are taken more seriously on the East coast than here on the West.

Shri Mataji: Something like Readers Digest or something because Sue Arnold from – what is that bakery in London? [UNCLEAR that BNC] interview. You could use that. Have you got that article with you?

Yogi: Yes I have.

Shri Mataji: Readers Digest is something substantial and I have great faith in them.

Yogi: Mother, there are weekly newspapers that they sell in the grocery stores that just deal with things that are sensational and

if we went and said something of the sort like, "UN diplomat's wife claims to be Holy Ghost," I'm sure they would publish it and it would reach millions of people. I don't know whether that would be acceptable.

Shri Mataji: That's a bit too much but we could say that people say, "She's the one prophesied by Christ as the Holy Ghost, many believe." But don't give UN. Diplomat's wife you can use.

Yogi: Mother, they turn any kind of a story into that kind of story and they reach millions of ...

Shri Mataji: But UN may not be. You can say diplomat's wife. "Many believe that She's the prophesied Holy Ghost of the Bible."

Yogi: Often when you speak to the newspapers on that point, Mother, they become extremely careful.

Shri Mataji: But you said that they are sensational type, another type.

Yogi: If they actually came and met You, what they would write would be unbelievable, I'm sure. They would really take it to an extreme.

Shri Mataji: I must read them.

Yogi: I think it would be a question of whether it would be appropriate.

Shri Mataji: Then why not?

Yogi: Okay.

Shri Mataji: "Claimed by many or [UNCLEAR] by many." Something like that. It's not that I claim but others say.

Yogi: They're always right there in the store.

Shri Mataji: But you think they'll listen to you?

Yogi: It's a great story.

Shri Mataji: Can you try that?

Yogi: Mother, we'll try.

Shri Mataji: Where do you find them?

Yogi: They're published in different places. I think in Florida, but their reporters are everywhere.

Shri Mataji: You should find out who are the reporters? You could ask these boys [UNCLEAR] and Company.

Yogi: Don't know if they would like that idea.

Yogi: Maybe we could show Mother one of those papers.

Shri Mataji: If it is done by somebody else I don't mind. As long as you don't say that I claim. You could say, "Claimed by so many." But don't you think we had a good response yesterday?

Yogi: No.

Shri Mataji: It was not so good, pretty ordinary?

Yogi: I think Monday maybe more.

I told that woman who was running the place that there was going to be controversy, beforehand. She said that was no problem. But I don't think they were expecting [UNCLEAR].

Shri Mataji: [UNCLEAR] are vague people. They do it everywhere. We had one in Geneva. They became so furious we had to call the police. And the police came and they said, "You are here too? Again you are here." As if he was some sort of a professional man doing that.

Yogi: Hired troublemakers.

No, I think that wasn't so many, Mother. Better than last Los Angeles. It wasn't what we were expecting.

Something over two hundred.

Shri Mataji: It depends on like Australia has more newspapers. Or we can say that – one of you can be called to be interviewed, also. You can say that She is the One. You all can say that, because She does counsel you, She does tell you all these thing, She does redeem you, gives you realization. Four – five of you can just tell who came [UNCLEAR].

Yogi: Usually they can make up their own story. They try to just get the sensational part out front with a Photograph.

Shri Mataji: These people can go and say that.

Yogi: Danny and I thought of doing that a long time ago, Mother.

Shri Mataji: It's a good idea, I don't mind. You people can do. If you take these people they can say that yes we do claim. You can say. Why not? You all can say.

Yogi: Let's try this. I'll get in there and say it.

Shri Mataji: You can claim. They can't prosecute you for that.

Yogi: Why don't You put it to the PR people, see if they can get us up front with the...

Shri Mataji: They should say that there are some people from Australia, other people, doctors. They claim that She is the Holy Ghost which is being proclaimed... There is no harm in that.

Yogi: Let's have a go at it. Let's do it. Let's get into these people tomorrow, see if we can ring them and line them up for tomorrow – or even tonight.

Shri Mataji: You should say that you are fed up with the Christian nonsense. You are looking for answer for this, went round seeking a person who would be...

Yogi: I could say that I had done this reading into the scriptures...

Shri Mataji: All this and that's how Gregoire did this with his newspaper and he actually claimed...

Yogi: There's nothing wrong in that.

Shri Mataji: What did she say?

Yogi: She is worried that they might turn it into something ugly about You.

Shri Mataji: What?

Yogi: Or ridiculous.

Shri Mataji: How?

Yogi: They are sarcastic and cynical.

Shri Mataji: But how? If you claim something, why would they say something sarcastic. They should say, "She's the one who understands consciousness, the one who talks about consciousness. She's talked about all the religions, She's talked about all the great people." I don't understand how we can be worried. If you go to the last limit, what can they say about it? People who criticise Me the most are these news of the world. They said, "She's the head of a sect, that's all." But if you talk to them you can say She doesn't have any sect or anything.

Yogi: I think we can keep the standard of it high. They can't mis-report it.

Shri Mataji: If you people go and speak...

Yogi: The way to stop them from mis-reporting it is to have the cameras there. That way if they distort anything at all then they've got a slander or liable suit on their hands which will cost them many millions of dollars.

Shri Mataji: That gets into left side. There are things like that. If you think like that then the thought works out. Don't worry. There's nothing to worry about is there? You can always claim something.

Yogi: We did it in Sidney and we just said who She was and the audience shut up.

Shri Mataji: It's a religion there. Americans are not so bad like English journalists.

Yogi: I think the Americans will accept that. That audience that came and shook hands with You at the end of the program, Mother, is ready for that.

Shri Mataji: What I'm saying is not so bad as the English journalists are. Actually you don't know how you stand with these English journalists. There I don't think you can do like that. English journalists are becoming like barking dogs. Who is that horrible fellow – Robin Bey. People like him would not exist in any country but England because he is so arrogant, isn't it? You can't put slander on Me. They should know I am having a position if life. At the most what can they say. What is there a thing to worry. Somebody tried to criticize Me in India saying that people claimed She is Adishakti. She stole My photograph at My puja and she published it and people came in thousands after seeing the photograph. And then I heard that horrible people came from...

Yogi: Had a double effect.

Shri Mataji: Six thousand people for that program in Delhi, can you imagine?

Yogi: My parents read that article.

Shri Mataji: [Mother talks of people having a big bar in the home.]

If you don't have a bar, no Sikh will come to your house. They put all their money into it. Such stupid people. [UNCLEAR] which means service by only giving them something to drink. I haven't seen any western home with a big bar in the first hall you enter into. Have you seen?

Yogi: Yeah, I have seen.

Yogi: In upper class quite a few of them.

Shri Mataji: Not that kind, they have a cabinet or something

Yogi: Not a full bar.

Shri Mataji: Mm. It is just like a pub. That kind of a table.

Yogi: How do we get up front to our media people if we've got something more sensational.

Shri Mataji: No, you don't worry on those points. What I'm saying, that you can claim anything. What is the harm when you can prove it also? That way they can publish all these ugly things about Me if they want to even after meeting Me. They do. So why to worry. Beforehand he could not form any ideas. Whatever comes forward we'll face it then.

Yogi: The question arises now whether we want to make it a news item in the sense that I can say publicly at the program tonight who you are and so on and therefore he would stay in San Diego and they would have something with. But whether we have some sort of an interview lined up which I feel would be better in Los Angeles with these PR people who in turn would go to the other people.

Shri Mataji: The PR people, do they know about this? One of them is a Jew. That's the problem.

Yogi: They are professional people.

Shri Mataji: You should say that you should use us for that, I mean as professionals, that we are claiming like this. You can ask them. Not that they are involved in it, they need not believe in it, but they can use you as professionals. It will give them a story. As long as you give them a story.

Yogi: As long as we commission them they will do.

We've got to give them the line though, that we're prepared to push and stand by.

Shri Mataji: Whatever is written in the newspaper has more impression, I think, I don't know. In Los Angeles it may not be as you say. It has much more impression and you have something in the hand.

It's a permanent record.

Yogi: The press agents, Paul and Larry, were both working very hard on newspapers for that very reason. But in fact you can put a

press clipping into a book and that we did this whereas it's much more difficult to put a radio interview or a television interview into something a client can turn over. They were actually working very hard to get the press to respond.

Shri Mataji: The press won't have it without some sensational declaration is made about a person. There is no harm. We can even send you to the Pope. There's no harm in declaring. That will have no repercussion on you, I'd say.

Yogi: The problem as we see it, Mother, is that we have looked some of the fringe publications here in California and there are page after page of people claiming to be various things. They claim to be the supreme being and they're claiming to be all sorts of things and there's page after page of that. Were it anywhere else but here it would be sensational. Here I rather feel they likely [UNCLEAR] that here is another one that claims to be.

Shri Mataji: It's mundane. But why not? Let's say it doesn't matter.

Yogi: I mean we're saying, not that She's saying.

Shri Mataji: Why not? What's the harm? I keep saying. It will have some effect.

Yogi: What's in the back of my mind, Mother, is that last night's incident may well lead to repercussions on the part of the church people tomorrow with those [UNCLEAR] whole lot of time.

Shri Mataji: Ah, nothing.

Yogi: But if there was a repercussion with the church people then all of a sudden there was a reason for story and a reason for something to happen.

Shri Mataji: No, no, Methodist church I have spoken not once here but many a times. They are not bothered about [UNCLEAR]. Everyone has freedom here to speak what they like. Methodist church is not bound because I have spoken at least – when I came in 1973 I spoke in a Methodist church and last year I spoke in a Methodist church, this year I spoke in a Methodist church, so no question. But today when these people come you can tell them that She's the Holy Ghost and behave yourself. We can prove it to you She's the Holy Ghost.

Yogi: There's a newspaper interview here tomorrow morning, Mother.

Shri Mataji: We can have?

There is one already arranged in San Diego tomorrow morning. We could begin with that...

Shri Mataji: All right, you can say that there are people who claim. You can ask the interviewer to ask what we have to say.

Yogi: It only needs, Mother, for some of us to be present before You come in. You must be there and then let Mother come in and then when you come in...

Shri Mataji: All right. Let's just leave it.

All say, "Jai Shri Mataji."

Shri Mataji: I'm reminded that horrible Rajneesh claiming to be God. That's another Mahishasura claiming to be God and then why not Me?

[UNCLEAR talking off mic]

Yogi: Karan didn't bargain on this.

Karan: I'm very much looking forward to it. Very interesting day tomorrow.

Yogi: After all what's the name of this town? San Diego.

Shri Mataji: Dio is God. Saint of God. Los Angeles is...?

Yogi: Lost Angels.

Shri Mataji: Los is the plural. The angels. They are working here. They could be – can be. Thank you very much for the nice picnic.

Yogi: Mother, we have something from San Diego that we'd like to give You.

Shri Mataji: You are not yet married. You cannot give me a present if you are not married. Thank you very much. I hope it is not expensive. Otherwise I will not take. Little boys, you cannot give presents to Me. Oh, Baba, it's so expensive. You cannot give Me this. It's too much, too much. Mexican? Very beautiful. Let's have a look. But it is too much, I tell you.

Yogi: Abalone shell, Mother.

Shri Mataji: This is abalone. Shell. Beauty. This is a very significant thing, though. In evolutionary stage, first of all. Then Vishnu became this and then the whole mantra was done on His back. Stage two. Very artistic piece. Conch shell?

Yogi: Abalone.

Shri Mataji: What does that mean?

Yogi: Kind of like an oyster. Shellfish. Crustacean.

Shri Mataji: Very beautiful. But it's too much. I am embarrassed to take from you people such an expensive thing. Very beautiful.

1983-0925, Radio KFI Interview

View [online](#).

25 September 1983

Interview

Los Angeles (United States)

Talk Language: English | Transcript (English) – Draft

Interview Radio KFI, Los Angeles (USA), 25 September 1983.

Broadcaster: Good morning. We hear a lot about gurus and various spiritual leaders these days, and a lot of times it's hard to tell real ones from phony ones. And recently there was a segment on a news program - Sixty Minutes - talking about some false guru and today, to talk about that and a lot of other things, we have a woman who has many names - and You'll have to let me know which - what You prefer to be called. But You've been called Holy Mother, Founder of the Sahaja Yogi Movement - is that the right way to say it? Anyway, You've also been called a faith healer, a saint, a Goddess - so many different names! Anyway, I'd like to welcome Shri Mataji. I'm not very good at Indian names. But anyway, You were born in India, were active in India's struggle for independence from England, and personally knew ...

Shri Mataji: No, not from England, in India only.

Broadcaster: OK. And personally knew Mahatma Gandhi and now You're a grandmother and married to a United Nations diplomat in London - so many different roles. Welcome to Los Angeles.

Shri Mataji: Thank you.

Broadcaster: I can't wait to hear a little bit more about what You're doing and how You feel about things. Well, with so many descriptions of Yourself, how do You prefer to be known to Americans? Do You have a ... particularly, like, how would You prefer I addressed You, let's say?

Shri Mataji: As you said, Shri Mataji's a good name: it means The Divine Mother, or a Holy Mother. Now, the thing is, we have to understand that, at this point of history, we are standing at a very precipice of our ... either a complete destruction or a complete ascent. And at this time only, as you said before, there are many fake gurus and fake people who come and say that they are here to save you. Now, this emergency has been created because we have developed ourselves into a huge, big tree, and the tree has to find its own source of nourishment. And, unless and until that is done, there will be always a fear that all this tree is going to collapse. The history has shown us, so far, that the God the Father - because, at the time of Abraham and Moses, they talked about Him - and then about the Son of God, but they never talked about the Mother part of it. Because Mother is very important: how can you have a father and a son without a mother, is an absurd thing?

Broadcaster: Right.

Shri Mataji: And they just wanted to say about Holy Ghost that it's a mystery; they never wanted to say that it is the Mother. If you see in the consciousness of people today, they are very conscious of the feminine side of the women. Of course, I am against feminism, because that's not the way: we are not to become men. It's not the question of men becoming women, women becoming men, because it is a pendulous movement. You see, you move from one to another. But, if it is a living, evolutionary process, then you have to move spirally and reach at a higher point than what you are. So, the nourishment comes to you from the Mother Earth - represented within you as the Holy Ghost - is the power that we call as Kundalini, in the ancient times; this is the most ancient knowledge of our country, traditionally accepted. Even in Greece, it was accepted because it is placed in the sacrum bone, and the sacrum means 'Sacred', means the Greeks knew that the bone is sacred and has something sacred in it.

Now, this was also known to Mohammed Sahib, because He called it [Assus ?]. In the bible, it is described as the Tree of Life, and also it is said that, "I will appear before you like tongues of flames." And these are the subtle centers within us, but in those days it had to be ambiguous. The whole system was not to develop the nourishment: it was to develop the Father and the Son. But at this juncture of the history, we have to have our nourishing, soothing Power awakened within us, so that we completely get drenched into it and fulfilled. By this Power, we become the Spirit that is described by Christ. Christ didn't say that, "I am the destination," He said, "I'll send you the Holy Ghost. I'll send you a Comforter, I'll send you a Redeemer, I'll send you a Counselor." He talked of the future; even Mohammed Sahib said that, "At the time of resurrection, your hands will speak." So nobody can say that it's all over with Christ, all over with Mohammed Sahib. Or nobody can say that we have to wait for two thousand years, because if you see that if someone is there, present, who can do this nourishment, you have to accept the fact. And we never accepted any one of Them. When They died, of course we had big temples and churches all over the world.

Now, this nourishing force was known to very great seers of India, about fourteen to sixteen thousand years back. The reason is that India has no organized religion. It has all freedom for people to go into meditative understanding of the whole subject. Moreover, all such people had no interest in money, no interest in talking to others and finding out or reading books, but they wanted to find it within themselves. And they found out that there is a power within us which can give us this new ascent in our evolution. So this is the real breakthrough time. Naturally people, when they came to know that 'the time has come', there are many false things for sale in the market.

Broadcaster: Well, how can one tell the difference? I mean, how could I see that You are any different from someone else who keeps saying the same things?

Shri Mataji: That's correct. I am happy that you at least think about it. We must use our brains, and if you don't use your brains then you can fall prey, because you are naïve about it, so it's better to keep yourself open and understand that a person who is really going to do something Divine will not take any money from you. Cannot: such a person is a parasite, and a parasite cannot give you anything. First and foremost thing people don't understand. Then the second things I realized, when I saw some of the psychologists, that the problem with the intellectuals here was that they started exploring everything through their mental projections. And the idea they have about reality's rather confused; to them, 'unconscious' means whatever is unconscious is a mixed bag. You see, whatever you don't feel on the central nervous system, for them is an 'unconscious'. But everything is not unconscious. For example, somebody makes you jump on your seat, they say, "Oh, the sensation is Divine." What is the interest of the Divine to make you jump? Or somebody gives you a diamond, you say, "Oh, it is Godly." What is the interest of God in giving you diamonds? So, before us, we have Christ, we have so many other people to understand, that They did not do all these things and if these people from the last sixty years, they have started doing some sort of a jugglery like that - you should not go in for that.

Broadcaster: Now, you talk about Christ, but we don't usually think of Indian culture as thinking very much about Jesus Christ - what is the relation here? I mean, You believe in Jesus Christ?

Shri Mataji: Very much, very much, because Christ is described about fourteen thousand years back in India: we never went out to the bible to find out about Him. You are so much bound by bible that we do not even realize that Christ was such a great character, that thousands of bibles cannot contain Him and there must have been some revelation about Him in some other scriptures also. And in Indian books, if you see the scriptures, the description of the Mother Goddess, He is described as Mahavishnu - and all His description tallies with Christ, and He's called as the Support of the world. And so, Christ has been described in Indian scriptures, because there is no organized religion. Moreover, all these ancient books were never translated; those people went from here to study Indian scriptures were just to find out how they could justify Freud, to use Indian scriptures to justify Freud. So they went into the loopholes of the whole scripture, took out few things here and there - not into the depth of it - and they wrote books which are really shocking to Indians. I mean, if any Indian who is a scholar would say that, "What sort of a thing; it is never written, we have never seen!" So like that, all the negative things they have picked up and published these things, saying that, "Even in the olden times, you see, people used to do these things and that thing." So, everything that is published is not scripture, and to understand scripture, you have to become a higher personality.

Broadcaster: OK, well how does one become a 'Higher Personality'? How did You become a Higher Personality?

Shri Mataji: I was born; My thing is that I was born like that, but you can become higher because within you, God has placed all the arrangements, all the mechanism. Only thing, you have to be connected. The mechanism is called as the Kundalini, which is placed in the triangular bone, and when it ascends, just like a living thing - like a seed being sprouted when you place it in the Mother Earth. Now you don't read about, do you, you don't sort of pay for it, just you have to place it there; the Mother has the capacity to nourish the seed and to sprout it. And the seed has everything in it, that's how it works. So it is spontaneous happening within yourself. But the another misunderstanding people have, that anything - unconscious thing - that happens to you, for that you have to go to your subconscious and these stratas is all absolutely wrong: this will make the whole nation mad. I really tell you, this is what people are doing, this parapsychology and all that - it's a very dangerous stuff. Actually, God is the greatest organizer; He's not going to put you in such a way that you have to go through your subconscious and then your unconscious and all that. The unconscious, if it is the Kundalini, is part of it. It ascends through the central path - they are not placed on top of each other, but they are placed vertically. On the left-hand side, we have the Subconscious and the Collective Subconscious; on the right-hand side, we have the Supra-conscious and the Collective Supra-conscious, meaning the Future side. And in the center is the Present, where the Parasympathetic lies. And, when this Kundalini rises - this is the actual Baptism - where the Kundalini rises, passes through these subtle centers and comes out of your fontanel bone area, where you really feel the cool breeze of the Holy Ghost coming out of it. So the Holy Ghost, according to Sahaja Yoga, is the Mother, and that is placed within you, is your own; that's your Mother. And She's the one who nourishes you.

Broadcaster: Well, You talk a lot about the Mother, and I'm not sure I understand exactly what You're getting at all the time, but usually, when people think of Gurus and such, they think of men. But from what You're saying, it seems more natural even that it would be a woman than a man.

Shri Mataji: Yes, of course. You see, the gurus were there before and there are also today many gurus who are - who are good gurus in India, but they don't want to go out anywhere, and they also call Me Mother, you'll be surprised. They also, all of them; one of them is about hundred and eight years of age, he also calls Me a Mother. So, the Mother is the representation of that power within you which is waiting to nourish you, first of all, and then to take you to your second birth, by which you become the Spirit.

Broadcaster: So, if I wanted to do that, what would I do? I mean, I've talked to other people who say meditation is the way, but, from what You say, that sounds like you'd be just going too far inside yourself, digging for something that it might not just miraculously appear...

Shri Mataji: Yes, it is, it is - it looks miraculous when I say that, but see how many things are miraculous. The way we breathe is so simple, the way we have become human beings: so simple. We take everything for granted; everything that is done by the living force are all miraculous things to look at, but it is not, because it is all built within you. Just like this instrument now you have, supposing I don't know what it's supposed to be ...

Broadcaster: The microphone?

Shri Mataji: All right, I know, but supposing I'm a villager and I don't know what is a television - I have never seen a television - and you show Me that this box will show you now a big drama, or something, so I will not believe it. And you put it to the plug and immediately you'll start seeing it and say, "How? It's miraculous!" You see, it's like that: if you are put to the mains, whatever you are, you are a computer yourself, you'll start working it out.

Broadcaster: Hmm. Well, let's talk a little bit about the faith healing aspect of Yourself, because I think this, what You're mentioning, may touch on that. We say, "Oh, that's miraculous, how can You do that? How can You cure someone who's been in a terrible accident?" Or something like that. Well, how does that work?

Shri Mataji: Now, we have to understand that there is no faith healing - it's not faith healing. It is whether you have faith or not I have ... people can get cured even when they are under comas, so they don't even know if somebody's going to heal them or not. It is the same nourishing quality of your own; it is within you, it's your own, not Mine. Only thing, I know how to handle it and awaken it, is a different point. But if you are awakening it, you can do it. So, in - medically, you should say - in a simple way, that we have an autonomous nervous system within us, all right? Now, what is this 'auto'? Who is this 'auto'? They just brand it 'autonomous'. We don't want to find out who is this 'auto'. Now, this 'auto' is the Spirit within us and the Kundalini is the force that is within us - unconscious - that gets awakened and enlightens our parasympathetic nervous system. Now, I'll explain to you what is a sympathetic and a parasympathetic a little bit, all right?

Broadcaster: OK.

Shri Mataji: Sympathetic nervous system is, supposing you want to run fast - you run fast and your heart goes into a palpitation; this is done by sympathetic because it attends to your emergencies. It attends so you can work it out: sympathetic nervous system. Left and right: according to Sahaja Yoga, left is for your emotional side and right is for your physical and mental side. Now what happens that, when you stop, the heart is brought to normal automatically, and that automatic happening takes place because of the parasympathetic, which is in the center. But this parasympathetic is not yet fully developed and not at all can be governed by our attention, in the sense that we cannot manage it: it happens automatically. So, when you get this awakening in the center, it nourishes that parasympathetic, to begin with. By the nourishment of the parasympathetic, all your centers get nourished and your diseases get cured, and it's automatic; it's so simple.

Broadcaster: It's so simple, but it sounds so hard.

Shri Mataji: Hard to understand, but to work out is the simplest. As I told you now, supposing I come into this room, and you tell Me that, "All right, if you want to have the light, you put on the switch," and all the lights come out. It's miraculous to see but there is a mechanism behind it - there's a huge, big organization behind it, and a very great history behind it, no doubt. All this is evolutionary history and mechanism is there, but better get your light first and then talk about it. It's a headache!

Broadcaster: OK. So, how do we get the light that You're talking about?

Shri Mataji: The light is the Spirit within you, and, when the Kundalini rises, this force rises - you can actually feel it rising, you can see it with naked eye sometimes. You can even hear it with your stethoscope. When it pierces through here, then you start feeling the cool breeze through your hand, so, for the first time, you start feeling the all-pervading Power. And you become - again, I say, it is actualization, it is not giving lectures or anything like that, it's an actualization. When it actualizes the experience, then you become collectively conscious. Like I said that, "Have you got pain in your lower foot?" because I could feel a little pain Myself. Because who is 'the other'? There's nobody who is the other, everybody becomes part and parcel of you. You can feel others on your fingertips.

Broadcaster: Well, like I can feel a cool breeze in here, but I couldn't say for sure whether it was the air-conditioning or ...

Shri Mataji: It is so, it is so because - correct, you should not say that it is that. Also is correct. But, if you see the cool breeze now, you use it and, by this, you can cure people, then, won't you believe it? Supposing I give some Indian money, and you don't know what it is. Unless and until you spend it, how will you know? Once you start spending it, you'll be amazed and just now, if you see, there is no thought in your mind; you are relaxed.

Broadcaster: (after a short pause and then laughing) For people just tuning in, we have about ten minutes left here and I want to mention again, Shri Mataji, here from India, and You're going to be in the Los Angeles area again soon - at the end of the show, I want to make sure that we find out what Your schedule is and what not, so people can come hear You in person.

Shri Mataji: Thank you very much.

Broadcaster: You came to America with a goal in mind: what would You like to accomplish? At the very beginning of the show, we talked about there are a lot of false gurus and sects and things like that, and I think You want to help ...

Shri Mataji: Yes, I fought all of them from 1970, I've been telling about them and I've been talking about them and against them and everything; I have done all that is possible under the sun. And I want to warn people - you have to be very careful, you see, you have to be absolutely a free person; you cannot bound yourself by anything. You have to be a free person to receive your ultimate freedom; that one must understand. You cannot be bound by this, that nonsense - of wearing this kind of a dress and that kind of a thing - it cannot be. If it has to happen, it should be happen in complete freedom; your freedom is to be respected, that's first thing. Secondly, you can't pay for it and, thirdly, you must see the person who lives on your money - what is the style of his life is?

Broadcaster: If he's driving around a fleet of Cadillacs, there might be something wrong.

Shri Mataji: You see, for a person who is a saintly person, never bothers about comfort. I don't know, but I have been, somehow or other born in a rich family - I could have been born in a poor family, makes no difference - and we are very well-off people, whatever it is. But if you ask Me, I can sleep on the street. I have no idea of comfort at all, no idea of comfort and all this misidentifications of prestige and all that, nothing at all. So, because you are above all these things, you see it's such a joke going on. So that's what at least should be in a person; if he's interested in buying cars and this and that, you should know he's a person of the same type as you are - or maybe, of a much lower type - to take money from others, cheat them and then enjoy.

Broadcaster: Is this the same way with gurus in India? There must be many, many of them.

Shri Mataji: Not in India: people are wiser. They are not so naïve and they don't have money, thank God.

(All laugh)

Broadcaster: Now, You're spending a lot of time now trying to tell people about the evils of false sects and what not, how to make their life better, but You hadn't done this all of Your life - I understand You raised a family and such before - if You still had children, would You not be out here doing this right now?

Shri Mataji: Actually, everything is managed so well, that I didn't have to think of all these things; I never plan out thing[s]. What happened that, first I wanted to study human beings as they are - their permutations and combinations, their problems, what they are, and why they cannot get en masse / a mass Realization. It should happen en masse and it is happening; thousands of people can get it at a time. If they are simple people, they get it so fast. And I tried to study them, by My own meditative method, what is the problem? So first I studied the Indian people and their style and everything, and I mastered that. And then I studied the Eastern and the Western and all sorts of people, otherwise, to know what's the problem is with them: why can't they 'become' en masse? Like, when there's a blossom-time, so many flowers suddenly become the fruits so, what is the thing to be done? And I found out a method within Myself, and I worked it out. And in 1970 - first time - I, sort of, opened out the last bit of it, and that's how I could do it. So, it was when I was, that time, about 47 years of age, and then for three years I worked, and then I came to your country, when - it was '73 - to tell them about all these false gurus: this thing, that thing. But they started teaching Me wisdom that, "If You don't talk about money, nobody will look at You. Everybody understands money here, You must ask for dollars, dollars, dollars."

Broadcaster: Yeah, very capitalistic here.

Shri Mataji: Yeah I know, but you cannot capitalize God; you cannot organize Him, you cannot purchase Him. We have to humble down. We cannot purchase everything. Can we purchase everything?

Broadcaster: No.

Shri Mataji: That's what it is: we have to humble down and that's how I had to go away. And I didn't come here for some time, because I was sure that they have to learn it; unless and until they learn it - that money's not everything - they are not going to listen to Me. And they were quite rude to Me about it, you see, and I was surprised they couldn't understand love.

Broadcaster: Do You think that Americans are any different now, do You think it'll be easier?

Shri Mataji: Oh, they are much better, they are much better ...

Broadcaster: Why?

Shri Mataji: Because they have learned from these gurus that they are hopeless people, that they have troubled them so much. Also, now there are some diseases that have come to frighten them. Otherwise, they used to brand Me as Victorian and all sorts of things; when I told them, "We must have sanity about our life, our sex life", they were very angry with Me in the beginning.

Broadcaster: Well, when You were here before, it was in the middle of the sexual revolution and the feminist movement, and so I can see how You would face some ...

Shri Mataji: Yes, they all were quite aggressive with Me, I must say. But it's all right, I don't mind because the right time has to come and it has come today and My children are now married, and My two daughters, they have children - and My husband himself is a very busy man, he has to travel a lot and he himself understands that this is the only solution for the whole world. Because transformation must take place, that's the point is.

Broadcaster: Well, women are still feeling rather feministic - I mean, they ... you know, it's ... there hasn't been a real trend that I can see toward mothers staying in the home and everything, for one thing, because of the economic situation; it's very hard for families to have just one breadwinner ...

Shri Mataji: I know but it is to be understood in a very subtler way - and a very wider way also - that I do not mean by making women feminine: I'm meaning the feminist qualities - means of compassion, of love, of nourishment, of soothing. Once upon a time, say, Napoleon was a hero, all right? But today, it is not: it is Mahatma Gandhi today is a hero, who was a man of compassion. So I'm saying the qualities of femininity; it's not the woman or a man, it's not the point. Even the man has to get that quality by which he nourishes; he doesn't destroy, but he nourishes people, he soothes them and he fulfills their complete attainment.

Broadcaster: Do You think that the Western way of life - the Western family life - is all wrong, or do You think, with just some minor modifications, that it can still work? I mean, it's very hard for the mother to stay home with the children these days, and the father to be out working, and that kind of thing.

Shri Mataji: No, no, not necessarily - you see, the father and mother, as I said, both have to be more feminine towards life. Not to be masculine. Masculine is to dominate, to compete and to try to develop in a relation to each other. That's a different thing, but this is a temperament where you just nourish people. And it flows, you don't have to do anything; it just flows, it emits. You don't have to do anything about it, it just flows and you don't have to tell anyone about it, you can just work it out.

Broadcaster: OK, so You aren't necessarily for the real, set roles for men and women ...

Shri Mataji: No, no, no - not at all, not at all. Any man could be that; as I said, Mahatma Gandhi was like that or, you had Mr. King who was like that, so many people ...

Broadcaster: Martin Luther King ...

Shri Mataji: Yes, all of them were like that - I would say Abraham Lincoln very much was like that. He was a Realized Soul and he was a great person.

Broadcaster: Well, You mentioned Mahatma Gandhi - we have a couple of minutes left, what was it like being around him?

Shri Mataji: Oh, he was a very sweet person because - I was a child when I joined, he used to call Me Nepali because My face has little Nepali features - and you see, he was very strict, with everybody else, I should say, with all elders, and all that, but with children, he was very sweet, extremely sweet person. And he would sit down with Me, very seriously ask Me very sweet questions and things. It fills Me with great pride and happiness that we had such a great man in our country, who delivered us from the bondage of slavery, which is the worst thing that one can have. And I Myself took a very dynamic role for that; Myself, I went to jail and they gave Me electric shocks and put Me on the ice and all sorts of things they did to Me ...

Broadcaster: How terrible!

Shri Mataji: Yeah, horrible - I was about eighteen years of age, that time, and ... but doesn't matter; My father himself was sent to jail and My mother, she was sent to jail, and quite problems. But then My father was the member of parliament and all that. Whatever has happened has happened; we should forget about it.

Broadcaster: It's in the past.

Shri Mataji: All in the past ...

Broadcaster: Do You think that movie "Gandhi" was a realistic portrayal?

Shri Mataji: Yes, it was quite realistic, in the sense, whatever was shown was realistic, and it was nice they didn't show much of it because it doesn't look gracious. I think it was all very nicely done. But one thing is there, after all - you see, Gandhiji had his own style of talking, and Indians don't talk that way, you see, in that sharp, brilliant manner; they talk in a very ... I should say, very persuasive, sweet manner. So, I think that actor was good but little bit sharp in his answers and rather over-brilliant.

Broadcaster: OK, well we have about a minute left, and any final words that You'd like to close with?

Shri Mataji: I have to just say that we have to know ourselves; it's all our own and the time has come. This is the blossom-time and America has the greatest responsibility to do it, because so many great saints are born here; they are seekers, they should not be lost, and I'll give My last breath to save them.

Broadcaster: So You think America is a real important place for the world?

Shri Mataji: Very, very important place for the whole world, because they are placed at the Vishuddhi Chakra, as we call it in our Sahaja Yoga language - is a very ... they have the responsibility, and they have to understand that this is how they have to find themselves. That's very important.

Broadcaster: Well, best of luck with Your tour here, I hope You have an enjoyable visit - more enjoyable than the last one.

Shri Mataji: Thank you very much.

Broadcaster: Well, thank you very much for joining us, and let me mention that Shri Mataji will be giving programs at the First

United Church of Hollywood, and that's at 6817 Franklin Avenue. That's at Franklin at Highland, and that will be tomorrow - Monday - and also Tuesday at 7pm. That is free, and, if you'd like more information, you can call 487 5104. My name is Sharon Dale, thanks for listening.

1983-0926, When the spirit manifest within us, what should happen?

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When The Spirit Manifest Within Us, What Should Happen?

Public Program

Hollywood United Methodist Church, Los Angeles (United States)

Talk Language: English | Transcript (English) - Reviewed

Public Program Day 2, Hollywood United Methodist Church, Los Angeles, (USA), September, 26th, 1983

I bow all the seekers of the Spirit.

The seeking of Spirit has been described by so many people from ancient times. It is nothing new that I'm telling you, that a human awareness reaches a point where it starts seeing that there has to be something beyond. And at that time the seeking starts. And the person starts looking forward to something that will make that person the Spirit, as all the scriptures have described and talked about it.

There is no amount of talking is going to improve on that because Spirit is within us it resides within us in our heart. Now as it is, you must have heard many people talking about it that, "You have to be Spirit that you have to get your Self-Realisation, you have to have self-knowledge, you have to know yourself". But in Sahaja Yoga, today, what one has to do is to establish that to actualize that, make it an experience of your own. And this is a very big gift I think a very unique discovery that has come to us that we can actualize it.

Now we have to understand one simple thing that when this Spirit manifest within us, what should happen on the very gross level, what should happen? Firstly, it must be invigorated, means you must get more energy in the body, you must feel physically better.

By going to any process or any method or any experience, if, health-wise, if you cannot improve, then must know that it is not the Spirit. Because Spirit is complete health or it never get sick, that is what Spirit is. So first thing that should happen to you, is that it should be an invigorating life, a very dynamic life. Second thing that should happen to you is, that you become a very peaceful and a relax personality. Not like the ones who were agitated and very angry and shouting. There is nothing to shout and get angry. It's a kind of a fear this people have perhaps, that if the truth they face, or the reality that comes they will have no place in this world. That may be one of the reasons which make them agitated.

A person like Christ, about whom people talk and think that Christ is in their pocket, must know that first and foremost thing the greatness of Christ was that He used a weapon of forgiveness. He was such a peaceful person. On the cross also that He said that, "Forgive those who are doing this, oh Father, because they don't know what they are doing". That kind of a personality, you can say, is a spiritual personality. And not a person who gets agitated and hot tempered and start shouting at people. The time today is extremely precarious, which we do not realize. For example, if you ask these people if Christ comes and stands here, how will they recognize Christ? Is there any way of recognizing Christ? They might be the ones who crucified Christ once, because they did not recognize at that time.

How will they recognize Christ? It's a very simple question which we never try to answer. There's no way to understand how we are going to recognize Christ. A very, very simple question has no answer because you cannot. You cannot recognize Him. Because your awareness cannot make you understand.

Like somebody told me that there's somebody who claims that he is Christ. I said, "All right; ask him to walk on the water. If he can walk on the water, then think that he is Christ. That's one of the qualities of Christ".

Now, whatever is the quality of a particular advent is to be seen in that advent. Every advent has a particular quality which is

being already described in the ancient books. You should not accept anybody because he says that, "I'm this and I'm that". This is the problem with us that we get ourselves vulnerable to some sort of mental conception live with it, our forefathers lived with it, their forefathers have lived with it and ultimately, we find there is nothing left. So, one has to know that when you, at least when you say that you believe in Christ, how will you recognize if Christ comes in? Is there any method? Is there any sure method that will tell you that He is Christ? There is: if you become the Spirit, you have vibrations. You feel the cool breeze. You have a new awareness, a vibratory awareness, the fifth dimension within you rises into that point by which, when you ask, "Is this Christ?" the vibrations will flow, tremendously within you. You will know this is Christ. If he's a fake person, you might even get blisters in your hand [unclear], you might even get terrible heat from such a person. But if it is Christ, you'll get tremendous breeze in your hand. This is the sign how to make out whether he's Christ or not.

That's why he said that, "You will be calling me 'Christ, Christ', I won't recognize you". Neither you will recognize Him. That's a fact. You live with an idea, with mental projection, and then you kill all your possibilities, chances of your ascent. You must keep yourself open like a scientist does. Keep yourself open. Your mind should be open. You should not close down by any dogma, or any kind of such a theory that makes you completely excluded from the rest of the thing; or which makes you non-reflecting, which makes you a person who cannot reflect, cannot think any more about it. Such a personality if you develop, it is going to be very, very dangerous for you. So, the personality should be open, should be receptive to understand.

Now, as I told you yesterday that it is a spontaneous happening, it's the happening of the living process within you. It is nothing to do with artificial things. Of course, when the churches were established, they tried to be good to the people in the sense, they told them that, "You be in the balance. You keep to the balance and all that". But it went too far with certain things like baptism, I think that where everybody started putting their hands on top of anyone and said that, "You are baptized". That's not proper, what we call 'anadhikaar cheshta', means it is unauthorized. To baptize someone is not the authority that you can get from any school, colleges, but you have to get it from God. If you are a Realized soul then you can baptize others. Everybody cannot baptize everyone. Even, I don't think Christ disciples baptize anyone. They did not. It is later on, I don't know how it crawl into the organization, that you could ask somebody to go and baptize someone.

William Blake has clearly said that, "The priest cursed me on my head and cried and wept". Actually, that person who has to baptize, has to be a Realized soul, because baptism means awakening of the Kundalini and breaking up this fontanel bone area, open to the subtle. And that you cannot do it, so you'd better not do it. You are unauthorized. In all humbleness and humility, one must understand that that is not your job.

Say, for example, I do not know anything about the machinery or about the car, I start driving, what will happen? That same thing happens with people who do not have the authority to do God's work, start doing God's work. They plunge everybody into difficulties and ultimately, they neutralize themselves. It is high time for all of them now to see, that what they have to do through all these institutions, is no dogma nothing like that, but what you have to do is to transform people through their Kundalini awakening, through their real baptism.

This is what people have realized that there's something wrong somewhere that we are not connected to the mains. When it happens, the first thing that happens to you that you become collectively conscious as Warren has told you. This collective consciousness is nothing but that your attention itself, your attention which is felt on the central nervous system gets enlightened. In the sense that as, like ether: when you touch ether, you can communicate anything from here to every place. In the same way, when you touch that All-pervading Power, you can communicate through that Power, anywhere sitting down here. It is collectively conscious.

Moreover collectively conscious means that, you can feel a person whether he is the person, he is all right or he has a problem or his Kundalini is in this part of the body or if he has got some disease. You can feel also about yourself. That's the sign of light, that you automatically feel how the person is. You may not out of courtesy [unclear], say it loudly or may not try to inform the person.

The other day one lady came to me and she was, she was having cancer, no doubt. But I didn't tell her. I tried and I think now she is cured. So, you don't have to tell the person because you don't have to achieve anything by telling, what you have to do is to

achieve if she can be all right if you can give them Realisation. But your attitude is not to cure people. That's not attitude of the Divine. Because it has got common sense. If you know that a certain car is going to be a junk forever, it is of no use, you don't repair such cars. So, despite the affection and compassion you have for everyone, you want to see that by giving Realisation to this man, who is absolutely good for nothing and all that, you are just going to throw pearls before him. So you don't even want to talk to such a man about Realisation, leave alone giving Realisation. It is such a headache to give Realisation to a man who is absolutely against God.

Like Hitler for example, if he said that, "Mother, give me Realisation." What should I do? It is just like that. So you have to have basically a temperament of seeking. If you are a seeker, then you get your Realisation and you become collectively conscious. With collective consciousness, you can also raise the Kundalini of people. You can cure people. You can mentally improve them. You can settle them with peace. Then, sitting down here, you can tell about everyone, what's wrong with that person, and sitting down here, you can try to help others. It is not a difficult thing at all, because you become that.

Like, you have seen a television. If it puts to the mains, it starts acting in such a fantastic manner, that nobody can believe that this little box can behave like this. In the same way, this little box starts behaving in that fantastic manner. This should happen to you; otherwise you should not believe that you have got Realisation. It is not a 'make believe' thing. It is not just a mental understanding, that you are twice born; it is none of these things. It is something that has sprouted within you, which has to grow. If you are lovers of truth and if you really respect yourself, as people seeking the truth and nothing else, it happens to you, and you grow completely in your glory.

Secondly, what happens to you is that, you start understanding that it is the truth. How? Because supposing there was, as I told you, that there was a gentleman whose father was sick. And he did not know about it. He wanted to know about his father. So, I said, "All right. You put your hands and ask how is your father". He just asked [about] his father and he got a burning sensation on this finger here [base of the index finger]. So he asked me, I decoded it. I said, "This finger relates to this portion [Vishudhi on the neck], and these are the centres of your father [Ekadesha on the palm]. If it is so, then you'd better ask your father but I'm sure he must be down with very bad bronchitis. He telephoned to his mother in Scotland because she came on the phone and she said, "Your father is down with very bad bronchitis". Sitting down there, I told him how you can cure him and after that, four – five hours he was out. It can be done: you are that fantastic, you are that glorious.

So your attention becomes enlightened. There is no question of you trying to put some spirits into things and do all these useless things. Only thing what you have to do is to awaken the Spirit in that person who is sick and the Spirit takes over. Because it becomes also the truth. You start understanding that this truth, because you verify it. Every moment, you verify it. First, you think it's a fluke. Sometimes, you think by chance. You think, "Oh maybe so". Later on, you start seeing that it is true. It is so. You put ten children and if they are Realized souls and there are many these days, even in your country, I have seen lots of children who are born Realized. If you tie up their eyes and put one person before them and you asked them, "What's the matter with this man?" you tell us what the thing is. They'll raise one finger, this finger [little finger], supposing. You ask him, "Did you have a heart attack?" This shows the heart. "Yes, I had. How do you know?" I said, "All of them are showing one finger. This is the heart." And then you start understanding that this is the truth. There is no argument; there is no other opinion about it, only one opinion, because truth is absolute!

Somebody says, "This is Christ". Somebody says, "That is Christ". Somebody says, "This is Krishna, that is Rama". It is never like that! It is one. The truth is one, you cannot have two opinions. And it is absolutely your subject. Becomes enlightened and you can say, "This is the truth". So, the second thing that happens to you, that you start knowing the truth which is absolute.

Now, if you put your hands say, like this. Now, as you have become and a computer, you are a computer, which has started now. Even all these instruments that have come are parallel to our evolution. Whatever is within us has come. But if you see a computer, it has to think. But without thinking, I mean, I look at you, I know you are there. I don't have to think about it. This kind of computer, human beings will take thousands of years, even to make that just thinks and spontaneously knows. We are already such a big computer! But we have even become absolute computers. When we start asking a question, "Is there God?", now those who are atheist, if they ask the question, they start getting cool breeze in the hands. You ask any absolute question, "Was

Christ the son of God?" Why should people accept Bible? Why should they accept anything? They accept this because if you ask, you get the breeze, cool breeze in the hands as an answer. Then you know it as a truth. But could be, people should know that, how is it absolute?

I'll tell you an example like us, we have some fanatics here. In India we also have lots of fanatics. And in Pune, they had arranged my program in a hall where, which was belonging to Brahmins, you see, they are another type of 'twice born' people: self-certified. So, they learned that I'm not a Brahmin. So they were very angry, they said, "We cannot have her program." And our organizers did not tell me that, "Mother they don't want to have your program, because you are not a Brahmin". Nothing they told me. But they went and told that, "All right. If you don't want to have, we will publish it in the newspaper, because Mataji is not a Brahmin, so they don't want to have her program there." And this was too much for them to take it upon themselves. So, they said, "No, no, no, no. If you have published it in the newspaper, let's have the program."

So I said - I start the speaking and I just said spontaneously, I said, "Please come forward those who think they are real Brahmins". Four, five of them, you see, walked. Of course, I mean, in India you don't find people of this kind, normally, they don't challenge a saint normally. So, they came forward and sat down. And their hands were shaking, like this, you see. So I said, "Now, if you are real Brahmins, why are you shaking? You should not shake before Me". They said, "Mother we are shaking because you are Shakti. You are the power. That's why we are shaking". I said, "No, nobody is shaking here." So they said, "No, but these three, four are shaking, aren't they?" I said, "Go and ask them who are they". So, they went and asked, "Who are you?" They said, "We are certified lunatics, coming from lunatic asylum, our doctor has brought us because one of us was cured by Mataji, so we are here." I said, "See. There is no difference between those lunatics and you. You're shaking the same way and they're also shaking". So, this fanaticism is making you shake.

And this is the main point is, that when you become the truth, you start understanding the absolute nature of truth. There is no another for truth. If this is so, this is so. If this is so, this is so. You cannot compromise, you cannot make it a little different; you cannot synthesize it, you cannot analyse it: it is so, it is so, it is so. And you get confirmed about it when you grow in your awareness, you start finding out that this is the truth. So, you understand the truth through your mental activity first, through your rationality, it goes into your logic and then you start accepting it.

But third thing that happens to you, is the best of all, is the third thing that you see the whole world as fun. You see the whole world as a big joke. You see the whole world as a witness. Like a thought rises within us and falls off and another thought rises and falls off. When we are on the waves of the thought, we are frightened, we have fear, we have worries, we have jealousies and all those things. But supposing you get into the boat, then you start watching the waves with fun. In the same way, you jump onto such awareness where you start watching the whole thing as a joke, as a fun, as a play. And the whole thing becomes a play to your mind, you start seeing. And then the joy starts pouring in you.

Like you all say that, Mona Lisa painting is very good. But how do you know? What is so great about Mona Lisa? She is not one of these modern women. She is a very old-fashioned woman, quite a plump and why do you say that, that painting is so beautiful? What is so great about it? Now, if you are a Realized soul, you can see it gives vibrations. It soothes your Spirit. That's why, it is the best. If you go to the Sistine Chapel of the Vatican, what Michelangelo has done is nothing but he has created vibrations there, tremendous vibrations. And you see Christ, how they have shown Christ there? A robust, tall fellow standing there, throwing people here and there.

This is what is happening today! This is the time of Judgment and the whole thing is nothing but the Kundalini they shown and at Agnya chakra, Christ is standing there and throwing people this side and that side. This is what it is, he has depicted Him, through his own understanding, because he was a Realized soul. He showed it very clearly. But there, on the altar, you find a lanky, panky Christ, you see, absolutely like a 'TB' [tuberculosis] patient about to die. Only the bones, you see, covered with the- what you call- a skin. How can Christ be like that! It's sadism towards Him. Let these people try once to carry the cross and they will know that He could not be like that. He could not be such a lanky panky. He is a person of joy, health, happiness and exuberance. How can be anyone who is a man of God be sickly, agitated, hot tempered and horrible looking? And he has to have that serene look on his face. He has to have that beautiful soothing, impression on others. How can it be that a person who is such a great incarnation came on this earth to be a bony structure like that? This is what it is! We have such misconceptions

about all of them, such misconceptions. And we want to put all this conception on God. But you cannot conceptualize God.

The thing that stands between you and your Self is your ego and your conditioning. Both things stand against you. They are like barriers. When this Kundalini rises, as you see here – [aside] it's not here. When she rises and crosses over this center [Agya].

Gavin: I didn't bring the chart today.

Shri Mataji: Then what happens to your ego and superego which represents your conditioning, is sucked in ! When it is sucked in, that is the, that is the center of Christ, when He is awoken within you, He is sucked in. That's the place where He is at the cross. Tomorrow, I think they'll bring the chart and I'll be able to explain to you in more details. And that is the time when you are neither ego nor the superego and you become the Self. The joy starts tickling. The whole thing is joy. The joy starts coming in you.

The all-other pursuits are joyless. There is no joy in the whole things, and joy doesn't have duality like happiness or unhappiness. Happiness comes to you when your ego is pampered. And unhappiness comes to you, when your conditioning troubles you. But joy has no duality. It's just a feeling of complete elevated soul. You feel completely elevated about everything else, enjoying the bliss of God. Actually, if you see, I mean Mona Lisa's painting even you'll feel the joy is pouring, just like torrential rain. The person who did it, must have been the one who has felt that joy, has brought in. But, if there is a person who is always thinking, and trying to think it out, what should be done, then, he doesn't get the joy at all. He looks at a thing, and there is a thought in between. It kills the joy completely.

I would like you to ask me questions. But not like the way yesterday it happened. People said that, "Mother don't ask to him to ask questions, because as soon as they, you asked them to ask questions, they start behaving like devils." There is no need to be aggressive with Me. What is the needed? I have come here to give, what is your own. Why should you be angry with me? I just don't understand this psychology. I have not come to take away anything from you.

Now, as I told you, what I do is a simple thing that I enlighten a light which is ready, which is - which is again, in turn, becomes enlightened and can enlighten another light. Now, this Dr Warren who was here, you have seen. He came to me with his friend and he just telephoned to me. He had nothing, he had just a telephone number. And when he telephoned to me, he came to me, he got his Realisation and he must have given Realisation in thousands! In the same way, you can also give Realisation to people. That's how we can spread the knowledge that is reality. Knowledge of God's laws, of divine mechanism within us, how it works. It is not that everyone can get it. I must say that, I do not say that all of you will get it, but should get it. That's my desire is, if you get it, you're very fortunate you have found what you have been finding it. And if you don't get it, I would say that I'll try again. It has to happen to you, and that, it should happen in a way that it becomes part and parcel of your central nervous system that you can manoeuvre it.

So, I have to tell you one thing. The One who has created us, is anxious that you enter into His Kingdom, and enjoy the bliss of his truth.

May God bless you.

I would like you to ask me questions. But not like the way yesterday it happened. People said that, "Mother don't ask them to ask questions, because as soon as they, you asked them to ask questions, they start behaving like devils". There is no need to be aggressive with me. What is the need? I have come here to give what is your own. Why should you be angry with me? I just don't understand this psychology. I have not come to take away anything from you.

Gavin: I think they are outside. They are not in here

Shri Mataji: All right. Ask your questions please.

Seeker: Yes. You said that the truth was universal and the same for everyone. And I have the idea that for an individual, the reality is further influenced by their beliefs of what reality is.

Shri Mataji: What did he say?

Gavin: He said- just a moment - he said that, as you have said, truth is universal and that it is reality. But everybody's concept of reality may be different.

Shri Mataji: Yes, it is so. I know that. It is true that the concept has to be different, isn't it? Has to be different because everybody has their own brain, to understand, and thinking through their brain. But when you become the reality, then there is no more concept. It's reality itself! Because you start working through your consciousness, through your central nervous system. It is no

more a concept; it becomes the reality itself. That's true that it has to be different, naturally, I understand that. I don't mind having them different concepts. But, don't believe in your concepts because it has given no results. It has shown no result so far, that's all.

Gavin: The concept is dissolved.

Shri Mataji: Concept is dissolved. Yes, that is what happens. Concept is dissolved and you see the reality. For example, supposing I'm not seeing this church and some people say, "That's in a church". I may have some funny concept about this church. I have not seen it. All right? When I come in, I see it for myself, and I know this it is. So, I have no concept, I know what it is: it's like that. Simple, very- it is common sense, I tell you, it is really common sense.

Actually, you'll be shocked how people live in concepts. Sometimes, I'm really surprised how they have built up all their lives after lives on falsehood. It's a really surprising, but they live because you see, ego likes the myth. It wants to live with myth. Like Hitler believing that they are superior race. Imagine! He killed millions and millions of people with that kind of a myth that he had in his head. Like Khomeini thinks is the greatest religious man and that God is going to put him in his throne. It's true, you see. You see the effects of these concepts everywhere.

The problem is a concept only! That's the main problem why we are fighting. [Laughter]

Now, see. Let one by one, all right? Please.

Now, who will? One this side, one this side.

Seeker: Madame, can you please talk about the love and compassion of the divine Mother? And of her qualities? What about that?

Gavin: He asks You to speak about the love and compassion of the divine Mother and her qualities.

Shri Mataji: [Laughter] Now, this is embarrassing, isn't it?

How can Mother talk about her love? You can judge it by the Mother Earth. Mother Earth has a capacity to nourish us. She has a capacity to soothe us. She has a capacity to sustain all that we do to her. How cruel we have been with her! First of all, we commit all kinds of sins; we do all kind of wrong things on her back. Then we extract. For our stupid ideas of having all kinds of things, we extract [unclear]. Still, she doesn't say anything. She doesn't bother about those things. But sometimes, if you go too far with her, then she punishes also. She does punish. Like you have earthquakes, you have many things like that.

But she has a very special capacity, which in Sanskrit is described as "Ritambhara Pragnya", means, by which she creates seasons to please us, to make us happy. The innocent creation of seasons that she has! You see the flowers, you see everything, how she makes the life so beautiful, humorous, so joyful. That thing is 'Pragnya' means the knowledge which is enlightened. When you get that knowledge, then you are amazed how kind she is. How she looks after you, little, little, and how she soothes you down. I'll give you one of my examples, how I try to console people in my own simple way.

One day, there is a very big, great saint [Gagangarh Maharaj] living in a mountain. Poor thing, his legs and hands were broken and all that [inaudible] disappeared. He lives in a cave, somewhere in the mountain. And, he cannot move about. So, he has this tiger, so he moves on a tiger. And I told the people, "I must go and see him, he is my son". They said, "Mother, you don't like these gurus. Why do you want to go?" I said, "He is not that type, he is a real one". So, they said, "How we could believe?" I said, "Feel his vibrations." They said "Yes, lots of vibrations."

I went to see this gentleman. Now, he is a very evolved personality and he can control the rain. So, when I was going up the hill, it started raining very heavily and he got very angry with the rain, you see. Naturally, he felt that, "What is happening? This rain is completely drenching my Mother! She is coming up and I can't even control this rain. What will she think? As it is, she has to come up to see me." Because, he has broken legs and broken hands.

And when I went there, he didn't talk to me. He was sitting on a little stone and he was just doing like this [moving his head], with anger. So, I just smiled and I went and sat. Then he came and he said, "Is it to control my ego, You did all this? that you make this place rain like this. When You are coming to my house, I cannot even welcome you properly?"

I said, "No, it's not so. Why are you angry? I know you have bought a sari for me, and I don't take a sari from a sanyasi, because I'm a 'grhastha', I'm the one who is a householder. Then how will I take a sari unless and until this sari gets drenched?" The whole thing became such a sweet thing, really! He forgot his all temper, everything.

He said, "How do you know Mother, I have a sari for you?" "I know you bought a sari for Me, so I have to change it and how will I change?" So, the whole thing soothed down and he was normal. But I said, "You think of it. I'm coming to you and all the place must be drenched this day. It's the joy of loving. So, why should you feel bad about it?" And that is how he soothed down completely. So, the Mother's love is such, that she soothes you, she knows your problems, she knows that you make mistakes.

Like that, I'll tell you about Mr. Warren only, one of his stories. Many stories that he can tell you, one after another. But one day, I was in Singapore and we were going to go to [unclear] program. So, I said, "We'll go there about six o'clocks. It's all right. I have to see somebody. We'll all go together. Why are you in a hurry to go?" they said, "No, no, we must go, make announcements". Another lady who was organizing, was even much more worried. So, they decided that, "We must go to the hall earlier". I said, "All right. I'm going out. You wait for me, I'll come". But they just thought, "We'd better go".

So, they took a plane two hours earlier and went to the place of organizing. Now when I went there, I saw that when my car reached there, their car also reached and they were just getting down at that time. And I knew what had happened. So, I said, "All right, come". [Unclear]. But they felt very embarrassed. Because they came with such a determination to reach earlier and they were reaching at the same time when I arrived. So, I went, I drove on. When I came back, they said, "Mother we are sorry." I said, "What happened? They said, "We reached there early, all right, but from the airport to this place, there was such a bad jam, we had never seen. So, we thought, we'd better drive through the side roads. So we got stuck into the mud. Then we start pulling the car out and all our clothes got dirty, then we had a very bad time. And we arrived, after You have arrived. I said, "It's all right." "So, now, we'll never do such a thing Mother. We should have come with you. It was a mistake".

So, like that it's in little, little things, Mother teaches you how to be all right, how to be on the right path. But it is never a big pinch, never a big punishment because you are children. So, here is this love by which you should advance, you should go further, you should be encouraged. But if your ego gets pampered, and you think, "Oh, I am a great Sahaja Yogini". There are many Sahaja Yoginis like that and then they have too these correction points. That's how it works out. And gradually I find, people come up very sweetly understanding that we should not try to do things which are not all right. And we should try to do something that is helpful, which is very collective. And that's what it is, and it works out in such a beautiful manner, that you don't have to should at anyone, or do anything. The whole thing works out in a beautiful way.

But the blessings are so great as Krishna has said, "Yoga Kshema Vahamyaham". He says, when you get Yoga takes place, then, 'kshema', that means the well-being of a person [unclear]. Even materially you are helped in so many ways. It's very suprising. It's also true: you are helped materially in so many ways. There was a girl, a little girl of ten years. She wrote to Me, "Mother, I am dying to see you. How can I come to India? I have no money to travel". And she wrote a letter to me. I just got the letter; I never answered her. And eight days later, she had a fete in her school. So, she took a trinket from her house, just to sell it in the fete. So, the teacher said, "This is real gold, how you can sell this here?" She couldn't believe. She went to mother, she said, "This trinket of our house has got real gold". She couldn't believe it either. So they went to the goldsmith, and goldsmith said, "Yes, it is." It is gold. And he valued with the price at which he wanted to buy: it was exactly the same as they would have to pay for their travel, both of them.

So, it is in such a sweet manner. You see, you must know, a loving mother when you are asleep, she looks after you. When you are awake, she looks after you. But she doesn't show that you are something more than others, better than others. She doesn't like you to have your ego. But she wants that you should share, share your love with everyone. That's the greatest joy for me to see when the Sahaja Yogis meet each other. When they go to India, you should see how they meet and they, really, how they hold each other to themselves in such pure love and pure understanding. It's the greatest thing to see. I'm happy you asked such a nice question. But I feel rather embarrassed, because it is really so great to enjoy your love for everyone.

May God bless you.

Gavin: It has been described by Adi Shankaracharya.

Shri Mataji: Ah! You must read Adi Shankaracharya to know the love of God, the love of the Mother. I mean, he was a real child, a real beautiful child who described all. Even Christ on the cross said, "Behold the mother". Behold the mother. It's very significant.

[Aside] Is there water in this?

Shri Mataji: Now should we have the Realisation?

Gavin: Ok. So, we have it now?

Shri Mataji: Have I answered all your questions here, this side ?

Just one is needed, two persons. Go ahead.

Seeker lady: Oh, yes. I was quite [unclear].

Shri Mataji: Loudly please.

Gavin: Loudly.

Seeker lady: [Unclear. About the return of Christ on earth with his physical form]

Shri Mataji: I can't hear.

Gavin: She's referring to the - how you said, how you would you recognize Christ? You referred to that. So she raises the question, 'What is your idea, your theory your concept of Christ? Will he be coming on a white horse? Is he going to come? Is this going to happen as well?

Shri Mataji: Yes, yes. All this is going to happen. No doubt. I've no concept about it, that's a fact. Yes, but that doesn't mean He is now going to give any lectures. He's not going to have you to ask him questions. He's not to going to give any answer. No Realisation, nothing. Just sort it out, now a sorting out will take place.

He has got eleven powers of destruction. He is called as Ekadesha Rudra. Once he arrives, you will have no place to hide your faces if you are not with him. It's time now that you join him, just now, at this moment. Otherwise, there is no salvation for you. It's a fact, no doubt, what you say is absolutely true.

But I don't want to frighten you. Because that's how people are trying to frighten others. I don't want to frighten you. It's a fact.

That will be last sorting. Already, his sorting has started working within us. All these incurable diseases are also expression of the same. According to Sahaja Yoga, there are eleven destroying powers. They are here, [on the forehead] which we call as Ekadesha Rudra. And when people get any of these diseases, all these centres go out of order. So, the destruction now is going to come from within, not from without so much. We did not get rid of the shell within us, we are [inaudible] ourselves.

Shri Mataji: Now one more.

Gavin: One more and this is the last. Yes.

Seeker lady: Is it spiritually proper to [unclear; about healing procedure]

Gavin: I'm sorry, I can't - would you stand again and say it again?

Shri Mataji: Make it short.

Gavin: Make it very briefly.

Seeker lady: [Inaudible]

Gavin: The idea of one soul greeting another soul,

Seeker lady: Pardon, well that's it when you are curing at a higher level of awareness, the healing procedure that is great [unclear] will take place when there is inner accordance of one soul [unclear].

Gavin: I think you have another concept about healing. But let's finalise it.

Shri Mataji: No.

Gavin: She is talking about one soul to another in the healing process, and is there any particular way that we should do this?

Shri Mataji: No, no, no. You should never bother about the souls that are there. Leave them alone. Christ has said that, "Leave the dead alone". You have nothing to do with the dead. Living souls you would say or dead souls?

Gavin: She means her own soul.

Shri Mataji: Living souls you mean to say? Or dead souls?

Gavin: Living

Shri Mataji: Living. Now the living soul cannot talk to another soul unless and until he becomes a [dead] spirit. At that level only, you speak to each other on a very different language. The language is different, the style is different and the communication is different. The whole priority changes. You become a different person. All right? Like an egg becomes a bird, and then the birds have a different language among themselves.

Seeker lady: Thank you.

Gavin: That's fine she's happy.

Shri Mataji: She's happy about it? All right.

[Laughter]

Shri Mataji: All right,

Gavin: Ok, that's it, Mother.

Shri Mataji: All right, are you all satisfied? Now, just one or two more. All right. Four now that's going to be.

Gavin: One of the men.

Shri Mataji: [Inaudible]

Seeker: What is a dead soul? I just ask whether a dead soul is as a living soul?

Shri Mataji: What did he say?

Gavin: What is a dead soul, does it act as a living soul?

Shri Mataji: Oh, what a very big question my child. I'll tell you later on if you don't mind, all right? It requires a whole lecture. Doesn't matter. But we are made of five elements, all right? And then there is Kundalini within us and also there is the Spirit. Now, if a dead soul- when one dies, it never dies fully. What happens is that the earth element comes out and the water element also comes out. The rest of the three elements remain and the Spirit and the Kundalini remain on top of that. And that is the dead soul. And a living soul is a person, which has got the Spirit, and thinks also that it means his soul - I don't know, these English words are quite confusing – but a 'jivatma', as they call it, is a person who is living, has got a Spirit, has got a Kundalini and has got a-

Gavin: Five elements.

Shri Mataji: Also all five elements, represented in those centres. But when he becomes a Realized soul, then he is not called as a living soul, but he is called as an enlightened soul.

Shri Mataji: All right, have it.

Seeker lady: Thank you. I am a disciple of [unclear.]

Gavin: Ok. She's met a guru in South India. She had a lot of good experiences but she also got a lot of pain. Is it a necessary experience that she should have the pain?

Shri Mataji: No, not necessary at all. Actually, what is a good experience? Let us decide on that. The good experience, it should not be ego-pampered but should be the Self. Now, what is the experience you get first of all? You get the cool breeze coming out of your - on the very gross level - and out of your head. And there should be cool breeze you should feel around. Then the second experience we should have, is that you should be completely peaceful with yourself. Absolutely silent, and there is no problem of any kind. And, if you get any pain: supposing after Realization also, you might get some sort of a pain, you are hot and all that. As soon as put your hand there, you can get rid of that pain. So, it is the experience that you have had, should be the experience of the Spirit. And, if he is a person who has given you Realisation, he would have told you how to be an expert in that. You see, this is a trouble. The gurus, if they give you Realisation, they make you an expert.

Seeker lady: [Unclear] I was referring to the pain as we deal with our life experiences.

Gavin: So, I'll show it to Shri Mataji. She was speaking this side.

Shri Mataji: Now what did she say?

Gavin: She wasn't referring to just physical pain; she was referring to pain in facing up to life and so on.

Shri Mataji: Pain in what?

Gavin: Pain in facing up to life's problems and wider meaning of the word pain.

Shri Mataji: Oh, I see. No, that must stop, that must stop completely. Because you start seeing the whole thing as a drama. You are so detached. You see the whole thing. You see so well that you can solve the problem. You see the things. If you become the

spectator of the whole drama, and you know that you can cure it, you don't feel the pain. On the contrary, you take responsibility
All right?

May God bless you.

Gavin: Ok, let's have it.

Shri Mataji: All right. Now, how many more? Now we have had already here [unclear] Let's have it. What is it?

Seeker: I wonder, I have two questions, actually. One, what is your feeling is of basic cause of disease?

Gavin: What is the basic of cause of disease?

Shri Mataji: It's imbalance. Tomorrow, I'm going to tell you all about it. It is imbalances within.

Gavin: Second?

Shri Mataji: Second one?

Seeker: Also, I was wondering what are your feelings about Shri Sai Baba.

Shri Mataji: I'm not knowing these people. If that is Saith Nath, he is perfectly all right. He is an incarnation of the Primordial master. All the rest of them, I do not know.

Now, who is there?

Sahaja Yogi: Can you speak about karma?

Shri Mataji: Hum?

Seeker: Karma.

Shri Mataji: Gavin?

Gavin: Can you speak about Karma?

Shri Mataji: Ah. The karma is another thing. But actually, what you do, the [unclear] of your act is accumulated in your ego. And when the Kundalini rises, when she passes through this center that is sucked in. That's why it has said that, "Christ forgive us our sins". He is taking over. He died for our sins. In the sense that karma is sucked by him. And we are left without an ego, and it is only the ego that has the karma. Once the ego is sucked in, there is no karma left.

Shri Mataji: Can we take one of those? All right [unclear].

Now, just ask one more question, all right? Now they are anxious to have the experience. Please ask one more.

Seeker: Do You mean we create karma?

Gavin: Do You mean that, do we create karma?

Shri Mataji: Yes, we do. When we do action, you see, karma is only the myth that human beings have. Animals don't have. They don't have this problem. The trouble is when ego and superego, both of them go on our head, then we develop a personality which is 'I'. "I'm Mr. So, I'm Mrs. So". The 'I'ness' we develop. When we develop the 'I'ness', we think that we are unique. This is a myth with them.

Like I give an example of the villagers [unclear] will tell them that, "You don't have to take too much luggage on an aeroplane". So, they sat in the aeroplane and they put all the luggage on their heads. And they said, "Now we should lessen the weight of the aeroplane". It is something like that with our karmas, that we take the responsibility of doing the work, while we don't do any work. For instance, if you see, what work we'll do? It's all dead. Now a tree is dead, so we'll make the art. All right. Then from the dead to the dead, to the dead. That's all we do. We make a chair, we make this, we make that. And then we start using the matter for our comfort. And then, matter sits on our head. We can't get rid of it. Our Spirit is suppressed because of the matter. And then we have to use the matter, otherwise we just can't exist!

So, what we are doing is, we are creating dead out of dead. But not a single living work we can do! We cannot transform one flower into fruit, can we? We cannot do it!

So, whatever is done, is done by God Almighty, by his living Powers. Whatever we do is all dead but we think we are doing it, that's why you create karma.

[Realisation starts]

Gavin: Just, everyone slips their shoes off so as to make a better contact with the Earth.

Shri Mataji [aside]: What is? [Inaudible]

Gavin: And put your hands up.

It's all right, it's for their recording.

Be comfortable and sit with your hands on your lap. When Shri Mataji asks, just close the eyes.

Shri Mataji: Ah, speaking every day...

Gavin: All that you have to do at this stage, be hungry for it and to ask humbly for it in your heart, "Please Mother, give me my Realisation!" Because you have to desire it. And that's where She cannot cross your freedom. If you don't want it, then as She says you are free to go. But if you want it, put your hands up and ask humbly in your heart, "Please Mother, give me my Realisation". We have to humble us all down.

Shri Mataji: Now, we have to just put our hands like this. Yesterday, I told you, the day before, that the left hand represents our desire and the right hand our action. So we have to use left hand for desiring. Put it in your lap, like this, with your finger stretched. And sit comfortably. That's very important to sit comfortably so that there's no problem in your eyes. Shoes, you can put back, under the chair, and put your feet straight like this, on the ground, not touching each other.

Put the left hand on your lap, and the right hand, I'll tell you how to raise it, just now, you put both the hands on your lap. And now, close your eyes. Now, don't open your eyes till I tell you. Because Kundalini won't rise. It's not hypnotism. Something has to happen within. So, just keep your eyes completely closed till I tell you.

Now, put your right hand on your heart. On the left-hand side and press it. Now, you are the Spirit, and the Spirit resides in your heart. So, you have to just ask questions three times. Mother, am I the Spirit? Just ask, in a humble way, and full confidence. Mother, am I the Spirit? Please don't feel guilty. That is one thing I'm requesting, not to feel guilty at this moment. Forget the past, just forget the past.

Now, keeping the right and- left hand as it is, bring the left hand down on your stomach, on the left-hand side, to a center which is of the Primordial master.

Gavin: Right hand.

Shri Mataji: Right hand sorry - left hand towards me, left hand. I'm sorry, I made a mistake, put your left hand towards me. And right hand on the stomach and press it hard. Press it hard on your left-hand side of your stomach. Put the right hand on the left-hand side of your stomach. At this point, you have to say with full confidence "Mother, I'm my own guide. Mother, I'm my own guru. Mother, I'm my own master ". With full confidence.

Try to sit comfortably. Now, this has to be said ten times. Because we have ten 'valencies'. Human beings have to ten valencies. So, we have to say it ten times.

Now, please put your right hand again to nourish, on your heart. Here you now assert by saying, "Mother, I am the Spirit." Please say it twelve times. You assert it, without feeling guilty, without feeling guilty. Without feeling guilty, you must assert that, "Mother, I am the Spirit".

Twelve times you may say. Please, don't feel guilty. The best thing would be to put your right hand on the base of your neck, on your shoulder on the left-hand side. Right hand. From front, yes, on the left-hand side. Here, you hold it tight from the front. You take your hand. Be comfortable and hold it tight. Here we say, "Mother, I'm not guilty". Please say sixteen times. Please, say it.

[To Gavin]: It's too much. Gavin: It's very bad.

Shri Mataji: What?

Gavin: It's bad.

Shri Mataji: It's bad. [Shri Mataji put the mike on her left shoulder.]

Please say it with all your understanding that, "Mother, I'm not guilty".

[To Gavin]: It's too much. [Conversation inaudible. Shri Mataji put the mike on her left ear.]

Better, is it?

Gavin: Yes, it is. [Inaudible.]

Now, put your right hand across your forehead. Across your forehead, at this point, you have to say, "Mother, I forgive everyone". Please say, "Mother, I forgive everyone". [Shri Mataji put the mike on her forehead.]

It is very easy to say. Just say it and it will work out.

Now, put your right hand on the back of your head. Hold it tight. If the know the optic loop, where it is placed, on the back of your head. At this point, you have to now say, without feeling guilty, you have to say that, "If I have done any mistakes, oh Lord, please forgive me". That's all. But don't feel guilty. Please don't feel guilty. Don't count them, just say that, "Please, forgive me"

From your heart.

[Gavin put the mike on the Back Agnya of Shri Mataji.]

Shri Mataji: It's [inaudible.]

Gavin: It's better, better.

Now, put your hand on the top of your head. Put it just on top, your hand, your palm should touch the fontanel bone area, where you had a soft bone in your childhood. And press it, and try to move it clockwise. Now at this point, as a said, I cannot cross your freedom and you have to ask for your Realisation. Otherwise, I cannot force it. Then just say, seven times, "Mother, I want my Realisation. Please give me Realisation". Seven times.

[Shri Mataji blows in the mike.]

Now, raise your hand and see if there is a cool breeze coming in.

[Shri Mataji blows in the mike.]

Now, change your hand please: put your right hand down, and the left hand on top of your head. And now see. Raise it little higher for six inches high. For six inches high.

[Shri Mataji blows in the mike.]

Gavin: It's cool.

You got it, most of you.

All can raise both your hands on top of your head. Open your eyes. Raise them high. Higher.

And now ask a question, in your heart, "Is this the wind of the Holy Ghost?"

"Is this the Brahma Chaitanya?"

"Is this the All-pervading Power, the love of God that does all the living work?"

Now feel it yourself.

Those who have come for the second time, must have definitely felt it. But I've told you today what is to done tonight. And work it out, it will be better after. You might get a photograph from these people tonight.

In the beginning, it's better to use my photograph because it has got vibrations. Now what you can do, is the put a candle in front of the photograph, and you can see the vibrations are coming from the photograph. Now, put the left hand towards the photograph and the right hand like this [towards ether]. Just now you can do it. Put the left hand towards me at the right hand like this.

Now this is the balance. This is the balance we are giving.

Put left hand towards me, and right hand out; like this, at the back. You see, like this. So, we are going to light it. All right. Now see on the left hand if it is coming.

You are all thoughtless, if you see that. Now, you put your right hand towards me and left hand up. Heart. You have to believe that you are the Spirit. That's all you have to believe. You have to believe in your Self! That's all I want you to believe in, that you are the Spirit.

Good? All right.

Then I'll teach you how to raise your Kundalini tonight when you go home. So, this is what you can do on the photograph and you can see that it starts flowing from both your hands. At the most, if you are very much, sort of in tension, if you are very sick, then you can take a little bowl of water, with little salt in it, and put your feet in that bowl and take the vibrations from the photograph. But if you feel cool breeze in your hand and cool breeze moving in this hand, then everything is perfect. Now you have to learn, tomorrow I'll tell you what it means, how to use it, how to become a master. It's a simple thing.

Now today, I'll teach you how to raise your own your Kundalini, which is your own. Now put your left hand in front of the Kundalini, here. All of you sitting down. Can you see me? Put your left hand like this. Just like this in front. Like this in front. This hand like this.

The right hand has to be moved up, front, down, back. Like that, clockwise. You have to raise it.

Now, let us raise our Kundalini. Start it moving, slowly, like this, like this, like this. And throw your hands up, absolutely loose and then give it a twist.

Throw your head back, and now give it a knot.

That's one, we have to do it thrice. Again let's do it!

Hold the hand in front and start moving it. Take it up through your hands and just give it a twist and here it is.

Third time, we have to give three twists.

You can do it at home.

Throw back your head and hands loose, and give it one, then the second one, and then the third one, like this. Now see, it will improve.

Now, there is one thing more one must learn, how to give protection to your aura. That is very important! Protection to your aura - I wish people knew how to do it; they would have saved themselves in many troubles - is to put your left hand like this. And with the right hand, you move it like this, from here. Move it, one. Go back. Two. Three. Four. Five. Six. Seven.

This is how you give protection to yourself. Now, see your vibrations.

All right? It's better.

Now, what happens that when you are judging other's vibrations, you can just start judging like this, it's all right. Or give him a bandage like this, it's the bandage of love. Because it is flowing through your hands. When you move your hands, actually the power is flowing through your hands and fingers. So, what you are doing is manoeuvring it. So, you give it a bandhan. Like we have a good luck sign [unsure], like that, to him. And then see the vibrations.

Now, if you want to see your own vibrations, you give yourself a bandhan like this, and then see your own vibrations.

You try tonight. Don't talk too much about it, don't argue. You are beyond mind. And that's why I don't argue about it. The becoming is the most important part. Thus it is the difficult part of Sahaja Yoga. It is like no other thing that here, unless and until you become, it is of no use. You have to become. Then you have to grow, then you have to become the expert, ultimately the master. That's what it is. And for which you cannot pay.

May God bless you.

Gavin: So that you can deepen still further. Tomorrow night's program is here. There is a weekend seminar. All this information, you can get at the door as you go out. Please leave your address and telephone number. We'll contact you to let you know the follow-up meetings if you are unable to come for the seminar, so that you can deepen in this process. We'll see you tomorrow night. Good evening.

Those who want to meet Shri Mataji tomorrow evening; She will spare a few minutes to meet you all. Tonight She's just come

back from San Diego, and She's rather tired. So, tomorrow evening it will be a good chance. She will spend some time with you all here after the program.

Sahaja Yogini: Mother, would you like a cup of tea?

Sahaja Yogi: No. She's going now. No let's go.

Shri Mataji: How are you? Looking fine, aren't you? What's that? [Unclear] You are already all right. Feeling better?

Some Yogi, softly: You must realize. You must do something. It's not a language barrier at all. It's the acoustics. It's shameful to miss it. She's an angel.

Gavin: We will do something. Thank you very much.

Shri Mataji is working on someone: Again, again, again. You have not forgiven. From your heart, you forgive everyone.

Gavin: Anybody going to the seminar at the weekend? Would you be kind enough to just have a word with Brian Bell, who's standing here with his hand up. Because you may be able to help with transport arrangements for other people. It's a long way. Brian will deal with those people going to the seminar, who may be able to help with transport.

1983-0927, Kundalini is made of many strands of energy tied together just like a rope

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27 September 1983

Kundalini Is Made Of Many Strands Of Energy Tied Together Just Like A Rope

Public Program

Hollywood United Methodist Church, Los Angeles (United States)

Talk Language: English | Transcript (English) - Reviewed

Dr. Warren has already talked to you about the different centers that we have within ourselves, and you can see how beautifully they are placed and how gradually when the Kundalini rises, how She enlightens the innermost core of the centers. There are three channels in the central channel, and the innermost channel is used by Kundalini to pierce through for the first time. You can imagine Kundalini to be made of many strands of energy twine together just like a rope, and as the chakras start opening more strands start getting awakened and they pierce through these six centers; but if a person after Realization just thinks that he has got the Realization, then he doesn't have to bother about it, may lose it for the time being, for quite some time I should say, and he'll have to work much harder to re-establish his Self Realization.

I've seen many-a-times when we give Realization to people they say, "Yes, we have felt it." They did feel it, everything happens, and then they lose it because they have not established their Realization properly, for which luckily in every place wherever I go I see to it that we already have a center established, then you can go to that center and you can learn from them how to establish your Realization. That is a very, very important time which must be taken into consideration.

There was a lady who had cancer, she was cured of her cancer, she was perfectly all right and she went back to her family, she was doing very well, and after some time – a year or so – she came back with another disease of a very serious nature.

So, I asked her, "How is it that you are cured of cancer, now you get another disease? Did you do anything about it?"

"No, Mother, I went back from here, everybody says, 'You are looking very fine. You are all right.' They were all quite surprised how I was cured, and I never bothered to do anything about it."

So, she got another trouble. You go on like this, you cure one thing then you again cure another thing. Like little children, you clean them, then again, they get out and soil their clothes, again they are back in the bathroom, then again you clean them, again they do the same thing. So you have to mature, after Realization you must in all wisdom and sensible behavior, you must mature it, otherwise it is a big headache to Me and big headache to you, and you can be quite lost also with it, because if a seed is half-sprouted it is of no use at all.

So, if you want that you should really have the complete bliss of Self Realization, you have to become a little serious person about it. Shallow temperament is not going to help you, or looking at it as if like another guru shopping business, it is not going to work out. You have to work to see that you establish yourself, till you have established you are not to work on other people but once you are established you can start working on other people, giving them Realization. There is no need then for you to bother that you will catch from others, or anything; but before that you should not try to help others. First help yourself, selfishness to begin with. Unless and until you are all right and you know all the methods of protecting yourself, you are not to indulge into Sahaja Yoga practices which helps others. But when you become an expert, when you have an expertise then you should do it. Like a mechanic who doesn't know how to repair a car, may spoil it more. So better become an expert for which you don't have to pay anything, you don't have to do much about it but only to understand how you have to move the Kundalini within you, how you have to establish it back, what problems you have and how you have to cure. You will be surprised you won't be aware of problems that you have.

One gentleman came and told Me, "Mother everyone is coming and asking me, 'what about your father, what's the problem?'"

I said, "Everybody said the same?"

He said, "Yes."

I said, "I also want to know, what about your father?"

He said, "My father died very early in life, and I always had a feeling that I had no father."

That can be cured, and he developed asthma with it, so everybody knows, those who know one thing that is the truth about you. All of them will say the same thing, even if it is a small child, he will also come and ask you that "Is your father all right?" Because if he knows that this center, this center on the right hand side means the father. So, he will also say the same and then he will come and ask you, "what about your father?" It is so remarkable sometimes the way people see these things that they can't believe it, but this is nothing, what you get is just a wee bit of it.

But as Kundalini rises, on every center you start getting the light of that center. At the first center you get back your innocence, your eyes become innocent, your behavior becomes innocent, you are not filled with lust and greed, you don't look at things with lust and greed, but you look at things with innocence, which is a very big thing that people have lost and that you get back and such a person develops many qualities. One of them is that such a person is full of fragrance, such a person has a tremendous gravity, tremendous gravity, and such a person has tremendous dynamism, and attraction is a bad word so I don't want to use it, but magnetic.

His magnets is awakened within him, this is the center of your magnet of the earth. Such a person develops a tremendous sense of roads and sense of direction, you place him anywhere he will know where to go. Like birds, you place birds anywhere they know which side is north, south, east, west. In the same way you also develop your lost innocence and your magnet within you, by which you have proper direction; but the highest of all you develop the proper direction to wisdom which is the wise thing to do. You just don't do stupid things, you just don't do, even if you ever try to do it, you will not do it, because you know it is so stupid, just you don't do it. I mean it is so simple to be wise than to be stupid, because if you have to be stupid you have to go out of the way to be stupid and idiotic; but if you want to be normal and wise is the easiest thing to do. But what people do is to do things that would make them more and more stupid, nonsensical, because also some people told Me they do it, the reason being they think they have a nuisance value.

Like in London now we have one funny stuff going on, they call it what? "Punk rock." You see, it's a funny stuff. Now poor things they don't know what they are doing, and I think the only value of that punk rock system is this: that they try to sort of make a nuisance out of them so that people feel attracted towards them or sort of a significance out of them. But when you become a realized soul you realize your significance, because you understand you are part and parcel of the whole and that your significance is to give Realization to others, the highest of highest, that's what you have to do now you are a saint, and that's how the whole attitude of, cheapishness, of outward shallowness finishes and you become a serene, dignified personality. This is not possible through any sermon, any lecture, it's only possible when the Kundalini rises you become like a very dignified child, very dignified child.

I've seen one beautiful painting done of Mother Mary being taught first time. You see Her as a child, She is a very dignified personality, as a child, She is about ten years of age. I've seen My own grandchildren who are not very old but extremely dignified. They walk like kings, behave like kings. In every behavior you find there's such a dignity, they'll never do something shallow, they never ask for anything, they never weep for anything, they never cry for anything, they are so dignified and they understand it so well what is dignity is. I don't have to tell them, because they are born realized, in the same way you become that, nobody has to tell you that "do this, or do that," but you understand that you must have self-respect. This happens to you automatically, this is actualization, nobody has to tell you that "you be dignified," you just become. I've seen people who were absolutely absurd, even from this punk rock we got some people and they were so changed that people could not recognize

them, but one thing bad has happened with this punk rock that they put some sort of dye in their head and since then their eyes became very weak, because these dyes I think made the optic globe covered with some sort of a color and you can't see properly, and the eyes became very weak and it took some time for us to remove the effect of those dyes from their head.

We go headlong, "what's wrong?" There is nothing wrong in this world if it is a stupid fool. But for a wise man there are very many things which are absolutely wrong, and there are very many things which are absolutely correct, so you develop your wisdom by this first center.

Now as the Kundalini rises, She enlightens your second center which we can call as the Swadishthan Chakra for the time being, though it is the third center. But first second center, you become extremely creative, extremely creative. I know of a gentleman who came to Me, he had no job.

And he said, "Mother, I have no job and what should I do?"

I said, "All right, what do you want to do?"

He said, "Whatever you say."

I said, "All right, why don't you become an interior decorator?"

He said, "Me? I don't know what is a teak wood, I don't know what is a rose wood, how am I to become an interior decorator?"

I said, "You just use your vibrations."

And you'll be surprised he earned million of rupees out of that profession. Because you become extremely creative, your sense of creation becomes so subtle and so beautiful that you start understanding art at such a high level that people don't know how, when you are not educated in art, how you can do it. I went to Japan once, and they were having an Ikebana competition or something, so I went to see the Ikebana class, they requested Me, "Why don't you do some flower arrangements?"

I said, "All right, I'll do."

I did it and I got the highest marks without knowing a word about Ikebana, just surprising, I got the highest mark. I can do lots of things which I've never done before like architecture. I have built houses without doing any architecture, I've done decorations of the houses, I've done all kinds of things without knowing how to do it, because you become so creative.

Music, you start understanding so much better. There are people now in America, there's a girl, she had a horrible hoarse voice, absolutely hoarse voice, and she always used to go out of tune.

So, I told her, "You shouldn't sing songs before Me because it's rather funny."

She said, "Mother, why don't You give me a good voice?"

I said, "You just try your Vishuddhi Chakra, if your Vishuddhi Chakra is corrected, you'll be all right."

[Shri Mataji speaks aside: Why don't you sit down.]

So, the Vishuddhi Chakra was ... she tried on Vishuddhi Chakra giving vibrations, and she sings so melodiously now that I tell you she can be a great singer. So, the creativity, that also is a blessing of your power of the Goddess of learning. Boys who could not study in the schools were absolutely duffers. Some people brought this boy, recently I've received a letter from him.

When he came to Me, his father said that "He is going to be taken out of school because he's good for nothing, he can not remember anything, he's absolutely finished."

I said, "All right, doesn't matter, let him take to Sahaja Yoga."

He got his Realization. Not only that he passed with first class, but he got a scholarship. Then he passed another exam, he got a scholarship. Now he's got a very big job, at a very young age. He wrote to Me, "Mother no one can believe that a duffer like me has been so much highly placed." All the boys who got scholarships in Maharashtra in schools, in colleges and universities are Sahaja Yogis.

It is such a tremendous force that starts working in you, if you try to give vibrations say to fruits or to trees or to say wheat and such things which are very important for life, any food, you will be amazed that the food also grows so much more and the taste is so good and it lasts you so longer. Like one gentleman tried, a university professor in agricultural college on some wheat, some vibrations and he was amazed that when they collected this wheat was at least six times more than normal, and when this wheat was stored in a big hall like this, there were so many other things, the rats, who are always a menace in India never touched that wheat. They ate all the rest of it but never touched the wheat.

Even the animals – the snakes, even the tigers, of course the dogs and the cats – understand it much more, they understand you, they know that you are a saint. They'll never touch you, they will never trouble you. Even a tiger sees a saint, he never attacks. You can handle a tiger very easily; this is the power of a saint. So, you develop a tremendous capacity of creativity. The greatest capacity you have then is of creating a new human being out of an ordinary human being. This is the greatest blessing you have, that you transform an egg into a bird and that is the epitome, that is the spiritual power you have, by which you can transform the whole human race into a new race which has this fifth dimension within yourself.

You can start talking on science. Now, we have a scientist here and he's done his science, he is a Doctor of Science and this and that, in chemistry and I explained to him about this – where is the hydrogen and oxygen and nitrogen and all that within us and he was amazed.

He said, "Mother, how do you know all these things?"

I said, "I don't know how I know, but I know. That's what it is, you just have a look at this."

And he was amazed how I was telling him about spiral movement and linear movement of peptose.

He said that "For this I had to study so much."

I said, "For Sahaja yoga you don't have to study." A little bit you know and immediately you click the point. Now this is the second thing that you know in your learnings, in your education you are, alright but the mastery of this center comes, the mastery of this center comes when you know the pure knowledge, the pure knowledge of handling the Kundalini, the pure knowledge of Spirit, the pure knowledge of the blessings of God, of Ritambhara pragya. If you know that, that is the highest that you achieve gradually as you grow, because when these centers start expanding on the sides, you start expanding in your personality, in your sensitivity and in your evolutionary ascent, so that is how you start growing from one to another to another to another.

Now the third center that we have, actually this is the second center because the third center arises, this Swadishthana arises out of the Nabhi, is a very, very important center, is the center of your seeking as he has told you. Your complete priorities change, complete priorities change, because the joy that you get out of Sahaja Yoga, the joy you get out of this meditation, out of the feeling that flows in you all the time, like a beautiful torrential rain of joy that fills you, your life and everybody's life, you don't care for cheap type of entertainment. You feel, you should, you seek other Sahaja Yogi, you want to meet another Sahaja Yogi, you don't want to meet anybody else. If there is an actor coming, or some big man is coming, "All right, let him come, I'm going to

see such and such person." It is such a different personality that one day – I will tell you how it happens – there was a girl, a diplomat, she's a diplomat who is a realized soul and she happened to go to Sicily. And she was eating her food, suddenly she felt there is some vibrations coming around, she looked around, the other one was also looking at her, she said, "Are you Mataji's disciple?"

And she said, "Yes, I am Mataji's child."

They both got up and just hugged and said, "Such joy Mother in that far-fetched place of Sicily to find a Sahaja Yogi."

And then they kept together and they wouldn't go anywhere else but they said, "Now this is the enjoyment." Just the company of a Sahaja Yogi is such an enjoyment.

I've seen these people when they go to India, the people are not so rich, poor people – they have little, little huts – but when they go there, you should see the love, the rapport, and that makes Me so happy, so happy, the way they love each other, the way they understand each other, the way they help each other and the only the company, for the first time you start enjoying. We were once in a hotel staying in Calcutta and there were two Sahaja Yogi with Me. They were in the other room, quite far away, they could not get a room close to Me, and one gentleman came for his Realization, he came to My feet, when he got his realization, it was a tremendous happening and they came rushing from there.

I said, "What happened?"

They said, "We felt the vibrations, we felt the vibrations from there, Mother, so we have come to receive the vibrations."

And they came and they felt the vibrations. So, this man was so great that his vibrations attracted them and they came down. They were just enjoying that as if they were enjoying a big flower with lots of fragrance. What vibrations, what vibrations! The fellow got up, he said, "Very nice. You are enjoying my vibrations. Now, I'm going to enjoy your vibrations."

For the first time you start enjoying your fellow man because everyone is a beautiful personality, a glorious, fragrant, joyful personality; but because you cannot feel the other person, and because the other person does not emit, you are all the time quarreling. Even husband-wife quarreling, father-mother quarreling, this one quarreling, that quarreling. In Sahaja Yoga there is hardly any time for people to quarrel. The other day I had a lady who came to see Me, and she was trying to put her point and there were about five-six Sahaja Yogis, and everybody was putting the same point and she was amazed.

She said, "I've never seen such concord, such friendship, such understanding, all of them supporting each other, nobody is cutting anyone."

Such a society has to develop. It's such a nourishing, soothing, invigorating society, and you forget about getting bored, boredom goes out of life, you never get bored, you enjoy yourself or you enjoy the company of Sahaja Yogis and it is very different level that you come out – that is what, that land you have to reach within yourself.

Now the greatest thing that happens as a result of this center seeking, that you start seeking other seekers, you try to find out "where is the seeker?" If you hear somebody is a seeker, you go and see. If you hear about someone that some people are lost there, they were seekers, but they went there lost, you all rush there. It is like a person who is like a, what you call a guard on the seashore you know, there are guards kept for salvaging people, and that is how you become. You suddenly find somebody sinking, you just go. In Bombay there was a case they announce that "there's a lady who is going to die, if somebody can come and help her, it will be a great thing." They all rushed there; they saved her.

Now the interests changes completely, and you start really helping people and not feeling that you have helped anyone, not at all. But the surrounding portion of that, which is the void, is the best, which is affected by your awakening, that you become the virtue itself. Nobody has to tell you that you be virtuous, when you are awakened you become a virtuous personality, you enjoy your

virtues, you enjoy being good, you enjoy being nice, you really enjoy it. And that enjoyment comes to you as a blessing because the virtue itself is so strengthening, so powerful that anyone who is harmed or troubled or tortured or put down, you stand up, you are not afraid of anyone, you are not afraid of any one of them.

Now about these people who have been troubling you as fake gurus, I've told about them in 1970. I'm just a lady and single-handed I told them who these people are, how they are going to loot you, and what they are going to do; but in this country nobody can think of one genuine person who could be really genuine. It was the problem that time, but with this awakening within you of the virtuous nature, you just know what is virtue and what is not virtue. I don't have to tell you; I don't say "don't do this, and don't do that." I never say that, it just happens, because when the virtue starts developing, the vibrations improve and you feel extremely joyous. We have lost our virtues because there is no joy out of it, no reward. If somebody is honest, he has to suffer; if somebody is good, he has to suffer; if somebody is kind, he thinks he has to suffer; but after getting Realization you are rewarded for your virtues.

You are amazed how you are paid for it, it's so surprising, like once there was a lady who came to see Me, she was a refugee, and I just, I had a big house.

So, I said, Alright come and stay with Me."

So, My husband, My brother they came, they said, "What's this? You don't know her, who she is, her husband, whether he is her husband or not, just given her two rooms. It's not good!"

I said, "Let it be, doesn't matter. I know for nothing is going to happen, let her be here."

So, they wouldn't also go against Me. They said, " alright, if you say so."

This lady stayed for ten days and went away. Then she become a very well-known actress in India, I didn't know she was the same lady, but somebody told Me that she is the same lady. I said, "Maybe."

Then one day you see, they wanted to make a film for our Sahaja Yoga, so they said, "We can ask this lady to act, because she is a good actress."

I said, Alright, you can go ask but don't tell her I am here, otherwise she will have no choice. I will not go and see her. You just ask her."

They went and ask her, they said, "Will you be actress?" and all that.

She said, "I'll try." This, that she was saying.

But on the day on when they were going to open the film I went there, she saw Me, she was so amazed, she said, "Oh God, You are the One, You are the One Who is sponsoring this, Oh, I'll give my life for Her!" She just came forward, she said, "Have anything you like, I have nothing to say, I am so sorry that you never told me that She's there." Thousand times more she rewarded a little thing I did for her.

No more cheating, no more troubling, you become a wonderful person and so many people become your friends in this world. You have to just tell you are coming, there will hundred people at the airport to receive you. There will be so many friends all over the world for you, you will be amazed. It's such a tremendous thing happens, because now you are all awakened in that Primordial Being and you have become one with each other. You can feel it, that oneness, that unison that we are all not only human beings but we are yogis, we are super human beings, and we have to look after the whole world. That feeling of compassion is so overwhelming that all little, little stupid things just fall off, there's no place for that. This actually happens and has happened with many.

Dr. Warren, whom you have seen here, can tell you as I have told you lots of stories, but there are many, some of them were so hot tempered, some of them were so quarrelsome, some of them used to fight so much in the beginning that I thought, "How are they going to be all right?" But today I find them as great friends and very great yogis. So, this is the center where your religion is awakened. And what is a religion? Word comes from "religio," in Sanskrit it means dharma, "Dharyatisa Dharma," the sustenance, your sustenance, your valency is your religion. As every atom, carbon has four valencies, and in the same way you have ten valencies, these are the ten commandments that were told to you and you become that, you just become. I don't have to tell you as commandments but they become your beautiful ornaments within yourself. This happens automatically, so spontaneously you become that.

A bishop came to see Me the other day, he is a relation of My, My brother. He came to see Me, and he was rather adamant and little angry when he came to see Me because he thought, "Why am I trying to do this kind of thing?"

But when he saw the Sahaja Yogis he said, "I'm amazed, you know, I've been giving lectures in the church for years together, but I could not achieve anything. How have You transformed these people? The drug addicts have suddenly become such good people that they have given up drugs, alcoholics have given up alcohol. How is it without telling them anything?"

I said, "Everything is within them. As soon as the light comes you can see everything. You know that this is on your way, this is against your progress, this is anti-life, you just give up. Only thing you have to have the light within you."

So, he himself was surprised at this and then he said, "Really, that should be done, is to transform them."

But I said, "You do not transform them by giving them big sermons, you transform them by giving them the real second birth, real baptism." And I must say that Calvinist, of all the persons, Calvinist in Geneva have accepted Me and they think that this is the only way they can transform people.

You will be amazed the Calvinist of all the persons who are such - I should say one-sided people, they have accepted to see the result of everybody who is open-minded person, who thinks for the good of others and not for money-making and for his selfish ends will see one day that this is the way it has to be. God has given us this power, we have got a Spirit within us, we should try to awaken that and we should accept it, not because I'm doing it, you can do it also. So, this thing happens to you with this chakra.

Now with the another chakra on top, that is one - as he has told the diseases, I'm telling you the positive side of it - when this chakra is caught up he must have told you, you develop breast cancer and all that. But when it is awakened, you get all the security of the world, you are never insecure, you are never bothered, you have no fear of anyone. You do not have to suggest yourself that "you should not have fear or anything," you just become fearless, there is nothing like fear, there's no reaction to any threat or anything. Like the gentleman who came here, just to beat Me now, I was just looking at the drama, and the fellow was getting frightened of Me, he was going backwards, backwards, he would not come forward. But you don't develop any fear at all about anyone, because you are standing on truth, like Christ. At the time when He was challenged, you must know when Mary Magdalene was beaten up, He stood up. He had nothing to do with the prostitute, such a virtuous man, He was virtue personified, He stood up, He said, "Those who have not committed any sin, can throw a stone at Me." He was sure nobody can do it because He was an authority of virtue.

I, as I told you, I am just a woman and I spoke openly with the names of these people and told (them) off what they are going to do, and how they are going to possess you. And people came, they were frightened, they said, "What are You doing?"

So, you get rid of all your fear, but you do not dominate anyone, you love, in your love you are secured. It is not by domination but the security that you are love, you are compassion. And the power of love is the highest of all, that you stand in complete peace and bliss. This happens to you when the central thing comes up. There are many other things happen, you can become a poet, I mean so many things happen with this, because you become such a compassion, such a compassion. And when this

compassion starts working, you are given all the help that is needed.

Then the another chakra – I am going a little fast because after all you understand that there isn't much time today, I've been speaking, and speaking every day, it's a marathon race for Me, so I'll try to make it short now – it's the Vishuddhi Chakra as he told you is very important, this is America. Vishuddhi Chakra is America in the Universe. America is the Vishuddhi Chakra and the star is the Saturn. There are seventeen of them, sixteen is the planet moving round, there are sixteen centers there and the seventeenth is the Vishuddhi itself. Is a very important thing that this center is America, so America has the responsibility of transformation. They have to take up the responsibility of transforming the whole world. Instead of that they themselves are getting ruined, they are killing themselves. There is no fear from outside I tell you, we are going to be ruined from inside. What a responsibility you have and what we are doing? you should see to that. That's why so many seekers are born here, but they do not feel the responsibility of transformation. They will, one day it will come, they will have to feel it, once they are awakened, I'm sure they will feel that responsibility.

This very important center as he must have told you, by the virtue of this on the gross we develop a face which is very relaxed and attractive and good looking. We develop eyes which are full of compassion; we develop a face which is innocent, which is very smooth and which has got a capacity to express its feeling. The smallest of feelings can be expressed through this center. It looks after your nose, your ears, everything improves with this. You develop – now I can't hear anything if a non-Sahaja Yogi speaks to Me. It is a very funny thing, unless and until that person is very close I just can't hear what he is saying, to Me, it is all what you call "blah, blah, blah." But a Sahaja Yogi, if he speaks to Me I can hear very well.

The whole thing changes, the whole sensitivity changes, you start understanding what music is good for your Spirit; you start understanding what is good for your eyes to be seen, because you just don't like to see that is something that is horrid, you just don't enjoy it. You feel like vomiting – you see something horrid, you just feel like vomiting. You become so sensitive you can't imagine, to virtue and to goodness.

Automatically it happens to you, I don't have to tell you. I've seen people have changed overnight. The whole idea is that the light has to be brought in for you to see for yourself, and when it happens, you'll be amazed, you become such a different, wonderful person. There's everyone in America has Abraham Lincoln within them, which has to be just awakened and you'll find that that great personality can be shown in you, when it happens to you. It has to happen to all of you to feel that greatness that lies hidden within.

I cannot elaborately tell you about Vishuddhi Chakra what they call the Krishna consciousness, but not this Krishna consciousness which has made people actual beggars, they are begging on the streets. You go in India in the villages, about they were going to beat these people. They thought they are Krishna consciousness, they wouldn't get places in the hotels because they thought they are Krishna consciousness, because these people were lost, they had no money left with them. Now they are begging in India, imagine. How can we afford to have these beggars there? They have no money with them, they can not come back, they don't know what to do with them, and so many you will find in the villages just begging. So, this kind of thing that – imagine a person who is being blessed by Shri Krishna, Who is the Deity on this center, should beg!

He's the One Who is the giver of complete wealth, why should we beg? This is the thing they don't understand, just the opposite of what they are supposed to be. There are lots of stories of Krishna how He blessed people with wealth. It is to be seen sometimes, if you have time, I may have time then we might be able to see all those beautiful things that He did.

So, the other chakra is important, is the Chakra of Christ. This center is very important because this is the gate, through this you have to pass to your destination which is the limbic area. So Christ is the gate, many people are shouting, "it's only He can save." Where is He now? Is He here? When He was living, they talked of Ibrahim, when He came then they said, "You are not the One. It was Moses. You are not the One."

They denied Him, defied Him. Now when He's dead, then we think, "It is Christ." Now I have come, He's talked about Me, if you read Bible, you'll find He's talked about Me very clearly there and I have to do My job and I have come. You are going to say that it

was Christ Who has to do it. If Christ could do it, why did He say that "I'm going to send you a comforter"? He talked of future, didn't He? Why did He say such a thing? We should find out why did He say that "I will send you the Holy Ghost and the Comforter and the Redeemer and a Counselor"? Why did He say that? Why not look forward to that? Because we are today after Christ. People don't want to see this point, they want to depend on Christ because He's in their pocket, they can use Him the way they like.

When He has talked, He has said, "Why not see the point?" If this is what Christ is, then it is such a bad thing because people say, "Christ was no good." They say, "What has Christ given us?" Christian's nations, what have they done, what have they achieved? It's a bad name to Him if you do not see completion of His work. I'm here to complete His work and when you do not complete His work, His half-work done in a very half-way will bring bad name to Him.

Why not people who claim about Christ understand that what others have to say about it? If you want to know about Christians, go and ask the Jews; and if you want to know about the Jews, go and ask the Muslims; and if you want to know about the Muslims, go and ask the Hindus. There are all in a doldrum. Nobody has any understanding that they are worshiping or they are admiring or advocating a flower which belongs to one tree of life. They have all plucked those flowers, "This is mine, this is mine, in my pocket," and fighting. If religion means fighting and quarreling, it is not a religion at all. If it is integration, then it is a religion.

In Sahaja Yoga you'll find that they are all together. Christ has said, very clearly, "Those who are not against Me are with Me." Who are those people? Try to find out. For that you have to little bit go out of Bible. In the Bible how much do you have Christ there, for three years? Nobody allowed Him to live for three years, and if they could, they would also kill Me.

Not easy, He wanted to play the drama, otherwise He would have finished all of them, in no time. So, He has said that "You are to be resurrected first, and then that's how you will be judged."

And the Day of Judgment is today, this is the Day of Judgment, that's why you are confused, this is the Day of Judgment where you will be judged and how are you going to be judged? Through your Kundalini. Your Kundalini is going to be awakened and you'll be judged where you are. That's what it is, and those who will be calling Me, "Christ, Christ" I will not look at them, that's what it is. By calling Him "Christ, Christ" you do not become Christians, you have to get your Realization, your baptism in the actual sense.

It has to be an actualization. I'm telling you that if you miss the point, you have missed it for ever and ever. Be careful on that point. It's very important. Don't run after things which have no meaning to your consciousness. Try to raise yourself up to this point and understand that the time has come for you to transform, this is the time of your judgment and you have to get to it in a very big way. The shallow things and all this will be finished. What is America or what is any country in the eyes of God? Nothing. If they do not take to His ways, all will be treated like waste, thoroughly waste, it's a wasteland. But if you rise, thousands and thousands and millions and millions can be saved. Try to rise, try to understand your own responsibilities, that is very important.

Today is the last day and the last center which is the Sahasrara, is the integration, integration of your being, of physical, mental, emotional being, it takes place, is integration of all the Deities, of all the Prophets, all the great works that they have done, integration of all the scriptures, everything takes places when this Sahasrara is opened out, when you become the Spirit.

This is a much more difficult job, I know, because if you don't have to transform people it is very easy to talk about it and get away. But I have to transform, not only transform but you have to become, you cannot become a Sahaja Yogi by paying Me, by saying things, by arguing, by showing up, you can only become Sahaja Yogi by growing within yourself, face up to it, see for yourself. I am here to help you in every way possible. Whatever is possible we'll try to do it, but you all should also understand your responsibility.

It is not a joke now, it's no more a joke. It's not like Sunday morning you get up and go to church, or Monday morning you go somewhere else in the temple, and Tuesday morning you go to see Siddhivinayaka [Temple of Shri Ganesha – SG] and another

day you go to a mosque. It is not like that. It is a very serious thing which we must understand. We are at the brink of destruction, be careful about it. We must do things so that the blessings of God comes upon us and that we are saved. It is a very serious thing, and the responsibility is much more on all the people who are getting Realization, so do not treat it lightly. You all, I hope, will take it seriously.

Thank God there is a nice seminar, we are having after this for three days. You can come down there, they have charged you very little, we don't have to make any profit out of you, the only profit I can make is that you get your profits, that's all. So please take it up seriously, work it out seriously, and I tell you, out of you will come out those people who will build the foundations of that construction which is going to come. Please don't waste your time in useless things, get to it.

Any one of you can do it. I bless you with My whole heart and know that I love you very much. If you have any problems, you can write to Me, but don't write to Me about your family problems and this and that, it's a headache to Me, there is no need to write. Of course I'm a mother, if you have problem you can write but some people write ten pages saying, "my wife is fighting with me." It's bit too much. You should write to Me about the problems which concern the whole country, concern the whole world. Widen yourself and that's how, though you may think that you are very unassuming simple people, you are the ones who are going to do it, not those who are successful, they are blinded by their success; not those who are rich, they are not going to enter into the Kingdom of God; not those who have a big name, no. It's you, you are going to enter into the Kingdom of God.

May God bless you.

SY: No questions tonight?

Shri Mataji: No questions.

SY: Tonight, we will just have the experience. So, slip your shoes off, and, Mother will deepen the experience for those who have had it.

SM: Just slip out your shoes. It's tremendous today.

Yes, we will have it later on, alright, I will see it. Thank you. Oh, so sweet of you. Thank you very much, beautiful. I will read this later on, alright? May God bless you. I will stand up.

[Self Realization]

Now you have to take out your shoes, because the Mother Earth is going to help us a lot. Please take out your shoes and put them back and put your feet both of them away from each other, because it has to be dealt separately in the beginning. So just keep them little away from each other, not much but little away. And do exactly I will tell you, and it will work out, I am sure it will work out for all of you.

Those who are sitting very much at the back, should come forward, will be helpful to me and helpful them also. I will be thankful if you could move little further.

There is nothing to be frightened of. I am your Mother. Sahaja yogis there? Just sit down, wherever you feel like, wherever you feel comfortable, you please be seated.

Now, all the angels are sitting. Now, put your hands towards Me like this, and close your eyes, the vibrations are so much today, nothing to do. Just so much vibrations tonight, it's tremendous. Just close your eyes, you'll feel the cool breeze, most of you, close your eyes please.

You just put your right hand on the head and see if there is a cool breeze coming out, little higher, on top of your head. Hmm, it's

there.

Now put your right hand towards Me and put the left hand and see, little higher, about six inches higher, six inches higher, change over, again.

Now, put your hands up like this absolutely, close the eyes and ask, "Is this the breeze of the Holy Ghost" or ask a question "Mother, are You the Holy Ghost?"

You feel the cool breeze? Good, it's tremendous today. May God bless you all.

Those who have not felt any cool breeze, please raise your hands. One, two and three. Are you keeping all right? You are not well? All right, doesn't matter, if you are not well maybe you may not feel today but you'll get well and then you'll feel it, so it doesn't matter. There are one or two persons who have not felt it, it's so tremendous today. May God bless you.

You may give your addresses to these people, let them know where you are, also you can take address for the seminar, if you want to come, they are going to arrange a transport for you to go to Santa Cruz. Thank you very much.

I say goodbye to you, after a year I'll definitely will come to Los Angeles again, those who haven't cool breeze should keep their hands raised. These boys will come and see you. All right, those people who haven't got it, please keep your hands slightly raised so some people will come and see you, little higher so that they'll come and see you. Here just have a look.

Man in the Audience: I didn't hear Your last question. I didn't understand what You asked about the Holy Ghost.

Shri Mataji: Just to know that I am the Holy Ghost.

Man in the Audience: You are Holy Ghost?

Shri Mataji: Yes. Otherwise how will you recognize?

Man in the Audience: The Bible says that God is the Holy Ghost.

Shri Mataji: Bible never says that. You don't understand that. You don't teach Me Bible. [Man keeps interrupting Shri Mataji] It doesn't say. You don't tell Me. You have no knowledge. Don't disturb others. If you are such a good person you ...

1983-0928, The Blessing of Modern Times

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I bow to all the seekers of Truth.

For a mother, the greatest moment is that when she sees her children get all her qualities, all her wealth and all her power. There's nothing more she wants. I'm so proud of Yogi that he has so steadily worked it out for so many great souls that have been seeking. As he says that seeking can be very much misleading if you do not know what you are seeking. But you'll be amazed that those people who are also misled, have done all kinds of mistakes, have gone wrong, have taken to lives which can only be ended. They also, today, are to be saved. And they all can be saved.

God's love is abounding, is so great that I'm, Myself, surprised at its operation. The way it has forgiven. The forgiveness is so intense, the love so sweet and delicate, and the way it works out, the beautiful correction which you also do not feel how you are corrected, is such a blessing of these modern times. It was never so easy before and thus I have to just say that you are very fortunate seekers.

Formerly the seekers had to go to Himalayas to cut themselves off from the whole world, live with very strict gurus who would first beat them nicely to see if they were healthy enough; and then they would starve them to see that they lose all their sense of taste. All sorts of tests were taken to make the guru satisfied. Otherwise he would throw them down.

Today it is just the other way round. The, such gurus in those days never used to please the disciples. They never tried to see that the disciples are not upset. But today I see how sweetly this power is correcting. One has to understand that these are the days of our last judgement. This is the last judgement. We are not going to be judged by anything else but our Kundalini which resides within us. It is said in all the scriptures, but people do not understand that at the time of judgment you will be resurrected also. You are to be resurrected. The One who has created you, the One who has worked so hard, has to be worried about His creation. If He does not worry, who is going to look after it?

And that is what I find the anxiety of the Divine, to save all the seekers who are the epitome of evolution. It's a special category of human beings. You could be anything, but a seeker is a definitely a special category of people. As William Blake has said, "Men of God - meaning seeker - will become prophets and they will have power to make others prophet." That's what it is, the time has come. The blossom time has come, and at this time thousands of flowers have to become the fruit - beautifully, not with trouble, not with tears, not with toil, but complete uplifting and a joyous life thereafter.

So you must know that you are a special category of people. You are the people who are going to lead the whole world ahead. Those who are lost in the mundane things, in the seeking of joy in power, money or other things, you shouldn't worry about them; or should not think that they are absolutely useless. They are going to follow you, but first you have to establish yourself, you have to become "good Sahaja yogis" as we call it.

Today, as you know, Sahaja Yoga should be called as Maha Yoga. It is written that when Sahaja Yoga will be done on an en masse basis, then it becomes Maha Yoga. It is described so many times in Indian scriptures and by many saints, and they have been looking forward to this happening en masse. I just witness all the beauty, the bounty, the great technique, the Divine technique, how it works in such a masse scale. As you know, thousands and thousands come to My program and all of them get realization

just like that. It is too fantastic to be believed. It is too true to be believed. But one must know that you are fantastic, you are great. There is something so great in you that you are not even aware of it. But once you become that, it works out in such a marvelous way that you are amazed at yourself how you can do it.

Now today's special request from Yogi was how to sustain our realization? How to keep it going? So let us see what are our real enemies. You should know them, who are they, and if you start witnessing yourself now it won't be a mental projection, but whatever you think or whatever you put your attention to, it will act. According to Indian calendar or what we call the panchangas, this is the yuga which is called as Krita Yuga. So Kali Yuga is over -with My birth I think - and now the krita yuga has started and Krita Yuga means where it will act, God's love will act. This power of Brahma will act. So this is a new dimension into which the all-pervading power of God has started acting. So when you think also of something, it acts. So let us see what are our problems and how we get affected and how we get dragged down.

The first and foremost problem we have is the physical one, which comes to us sometimes hereditary, sometimes from our birth, and sometimes we develop ourselves. So we should know what is the physical problem we have and we should face it. We all can cure our physical problems, but certain things people do not understand. Like you go to a big departmental store, a Sahaja yogi especially, and he gets completely drained off. I had taken some of them with me to buy some presents and they all ran out, "Mother, we are going to sit outside. We just can't stay there, it's too much." And they sit on the steps just like small children waiting for Me to come out. There's no one even to help Me with things. So they said, "Mother, why it happens to me like this, if I travel, why do I get drained out? Why physical energy sort of completely drains out?"

So the thing is that now as you have become the channel of God, the energy is sucked in by other people who are sitting around or those who are in that place or who are working there very hard. It's perfectly all right because you have chosen to be the channel. But if the channel is completely dragged, in the sense that if everything gets exhausted, you also feel the drain for the time being. But at that time it's a very simple technique, Divine technique which we should remember, that the source of our energy comes from the Spirit, which resides in our heart. At this time if you say, "I am the Spirit, I am not this physical being. I am the Spirit, why should I be drained out? I am the Spirit." You can put your hand, if you want, on your heart or you can just put your hand round your heart like this so that you start bringing your Spirit into your attention. And the attention that is dragged outside becomes completely nourished.

So one must know that Kundalini is the nourishing thing for you. As soon as you start bringing the Spirit in your attention the Kundalini rises. And when She rises, She gives strength to your physical being. As it is, you know that these chakras are made out of elements. First two chakras are made out of the Mother Earth. So the Mother Earth is a very important thing for us. For such people who feel very much dragged down in their physical energies, you must try to sit on the Mother Earth and request Her to give you strength. She's the one who really now has acting, the krita, it has started working. So far we have been getting at Her all the time. This is the only element, the Mother Earth, which does not act spontaneously in us. Only the gravity of Her acts and we are gravitated towards Her.

But otherwise all Her other qualities we have to go to Her. Like we have to dig in and we have to plant some things so that something grows and then we have to go to it... I mean you have to put some sort of an effort to get to Her, to use Her energy of nourishment. But She's the most nourishing thing. She is the one who is nourishment personified. So when you sit on Her and request Her, and if you are a realized soul you'll find an upsurge of energy coming up. Not only that, She comes up, up to your head and then She takes down all that is not wanted. So it's sort of a cleaning process comes up first of all, and then you are filled with energy of Mother Earth.

Now these days you find a craze for jogging. It's a very common thing. Only we should run when it is necessary. It is unnatural to run like this mad, is not necessary. If we run like this all the time, when the time to run will come we'll never be able to run. Actually when you run what you do is you fight the frictional force of the Mother Earth. All the time you are hitting Her with your feet, shoes and everything. In a good Indian family the first prayer when you get up in the morning and you have to put your foot on the Mother Earth, you have to say, "Paada sparsham kshamasva me." Means "Oh, Mother, please forgive me because I am touching you with my feet." First thing you have to say, "You, Mother, forgive me because I'm touching you with my feet. "

Now when I say this I know some of you may start taking out your shoes and walking on the street. That's not the point. You must respect your feet first of all and then the Mother Earth. That is very important. Without your feet being looked after, you cannot take the vibrations of the Mother Earth. But a respect, respect for all the elements must be developed. It is not like the primitive respect people had. Is a respect that comes out of enlightenment that you know that all these elements give us nourishment, specially the Mother Earth.

Now, I've seen also people trying to extract things from Mother Earth absolutely without any discretion, and you know what is the result today. The matter that is extracted is converted into things like plastics, this, that, all useless things. And for this, the poor Mother Earth has been tortured and dug into. Whatever is necessary you must do. That She likes very much because She's there as a mother. But unnecessarily when we try to torture Her, it's not being very fair to Her and that is what I feel sometimes we must put attention to the consumption of matter that we use.

For example, many people now have realized that plastic is not good for the skin, is not good for food, if you eat the food in plastic it can give you trouble and people are quite frightened about the plastic. Now this plastic reacts in us because it is anti-Mother, it is anti-Mother and it acts in a very subtle way within us. It creates a barrier between the Mother Earth and ourselves and this is a very big threat for all of us to understand that we should not try to use plastic very much in our everyday life.

As far as possible try to have few things. Like you can do with one glass for your drinking. But when we went first to London, my husband said, "We'll have to have people who drink because they won't come to our house if you don't have drinks for them to drink."

I said, "I'm very novice, I don't understand. You do what you like." Poor man, he went to the shop about this - I'm telling ten years back - went to the shop to find out different tumblers that are to be used, and he first had to go through some training. And I was amazed at that time he had to pay about a thousand pounds to get all kinds of glasses, tumblers - for one thing, one glass, another thing, another glass, for another thing another glass. Why can't they have one glass? It's a headache, you know. These are the norms we have made by which we have made our lives miserable. There is no need to have so many tumblers in the house. Supposing then you give a particular glass for a particular thing then they say "he is, they are not sophisticated." This sophistication has led us to use so many thing and variety to such an extent we are using. This is just an ego trip I should say that we want to have so many varieties.

Even we try to have varieties in simple things like motor car handles. If you get into an American car, first find out how it opens. And into the bathroom, be careful. I came to San Francisco, I remember first time, I went to a house which was a very posh house in Monterey. I didn't know what sort of a house it was. The gentleman was, I think was a bachelor because he had divorced his wife or about to divorce his wife, and as soon as I stepped into the bath suddenly I got completely drenched, you know because I pressed, put my foot somewhere...

So the attention is wasted, first of all, in creating variety. You can have variety in color scheme, in wood, in something that is natural. You can have variety to create beauty. But this kind of variety and the amount of time we waste in creating variety is absolutely unforgiven because it leads your attention to madness.

Now French people, for example, I would say. You take them to some French cuisine, you see, you will have a nice time with them. They'll take one hour discussing what they are going to have - very seriously, as if they are discussing about atomic war, you see. And for one hour they'll be just discussing what they are going to have. I mean I don't understand what is there to waste so much energy on such a thing like what you are going to eat. I mean in India we are quite healthy people, and whatever is cooked in the house all of us eat. There is no problem of deciding.

Now this is a trick played by the hoteliers or the restaurant people that we have so many varieties. So they put you into that kind

of an ego-orientation where you start feeling, "Oh, I can decide what I want to have." And you go on worrying about these things. Then he has to make ten types of foods. Some food is consumed, some is not consumed and something is thrown out. Such a waste comes out of this madness is to choose.

If you go and want to buy something, say, a simple thing like a lamp, it's not easy. They'll say "Now, what do you want?"

I said, "I want a simple lamp to read."

"Now, this has got the blue of the green of the yellow. And that has got this of the this of the this. And that has got that of that and that."

So you say, "Now, I want a simple lamp. Can you give me some lamp which I can use for my reading?"

"Oh, no, you see you have to decide." You get mad, you don't know which one to buy, what to buy, because it is too much of choice. And this too much of choice, you should decide for all your life, once for all. Like, say, My blouses. Now, this blouse I decided when I was, I think, about 12 or 13 years of age when I started wearing saris. The style is the same. My tailor knows what is My size is, he knows My blouse, how to make it. Finished. Once for all decided. No more headaches. So the blouse has to be the same.

But we had some people who were very much Westernized and they would go on cutting the sleeves here then putting the sleeves here, then bringing the sleeves here, then going up, like that all the time moving their sleeves up and down and ultimately I found they always were lost in the race because they didn't know what was the latest, you see, going on. All these fashions and all these things are created to make you mad. For a Sahaja yogi, he should have his own fashion once for all and decide "This is my dress, I'm going to wear this, finished." That way men are wiser than women, in this respect. They just wear their three-piece suit, finished. Whether it is hot and cold makes no difference. Three-piece suit they'll be moving about, and they will be having very nice time.

But not now. Now they have become very active about it and any number of fashions are created. I met a lady in Hong Kong. She was so thin that I thought she was suffering from tuberculosis. But still she was on diet, I said, "Why are you on diet?" She told me there was a particular type of a dress she likes which doesn't fit her because she is slightly fat. I said, "Are you for the dress, or dress for you? Why should you make your body suffer for that dress which somebody has created?" So the people are playing these games with you just to make money.

Understand this point and Sahaja yogis must understand it much better, that we are not going to be persuaded or to be controlled by anyone like that. We are above these things. Nobody can control us. There is no slavery anymore of anything.

So we move further with this, the clothes and things like that, then the food. Now Indians are the worst for this I must say, because Indians are very particular as to what they want to eat. They are the worst husband, because you have to keep them pleased, you see. But with other people whatever you give them they are that way much better because their eyes are more developed but not their food habits. So we go on wasting our time on these things and then you say, "We have no time, Mother, for meditation." How will you have time when you are wasting your time on such and such things. So try to make your demands as less as possible. But that doesn't mean by any chance that you become a sanyasi. A sanyasi is not allowed in Sahaja Yoga, you know very well, but not to be driven into this madness "What should I buy?" "This I should buy," or "That I should buy." Those things where your attention is completely diverted.

Now I tell you what, the best thing you must know about matter is this, that you can express your love through the matter. Before coming here, before going to Los Angeles, I was busy shopping for presents to all the people who are there. I really evacuated most of it in Los Angeles. Then again I went for shopping to buy something for people here. Now I have to go other places - that's all, I just enjoy that, because you can communicate better. Better than words, better than anything. You give little a thing, it remains with them, they see it, "Oh, Mother has given us." It's such a big thing for them. They may have the greatest things of the

world, the richest things, but then "Mother has given me this one" and they've got these things and the vibrations are there.

Now you must know that you are Sahaja yogis, you have got vibrations. You have a new awareness; you are in the fifth dimension. You are in the fifth dimension, not in the fourth but in the fifth dimension. At this stage when you are in the fifth dimensions you must understand that you can find out about every matter through your vibrations. So whatever you want to buy you should see the vibrations. You will be attracted to a thing which will be most vibrating and could be the cheapest. Go to any shop because all the rest do not understand vibrations so they go in for something that is not really full with the coefficient to give vibrations. So that would be the cheapest.

The other day I went, wanted to buy something of silver and I said, "This is the best." There were three, four sahaja yogis and they said, "Oh, beautiful, this is so delicate, Mother." I said "Yes, we'll buy this," and she said "That's the cheapest!" So you get the cheapest thing, the best thing and the vibrations and what you want to have is available there.

So we need not put our attention too much into this. One person, you see, decides that I am going to buy a particular thing, I must have that particular thing. Why? Why do you want to have only a particular thing? You may go to buy a shirt, you might end up with a tie. What's the harm? You see, one should take from life in not such a way that you fix your attention with obstinacy on anything. If your attention is kept mobile, you go somewhere, "All right, this is what is available," is sufficient. The attitude towards life of all the Sahaja yogis should be that, "Yes, now we have come." If you are late, it's all right; If you are not late, it's all right. You are there. You are not lost. As long as you are not lost there's no need to be agitated. Just sit down with yourself because your Self is the Spirit. If you can develop that kind of an attitude, I tell you, you will be above many things that bother you.

Regarding comfort now, we come to the part where we are trying to find out comfort out of this matter. Now be careful on that point -for Sahaja yogis. The comfort crawls upon you. You see, we have come out of matter, don't forget that. We have come out of matter and we have to become the Spirit. This is the natural course that has to take place. But because we have come out of matter it's very easy for us to go back to matter. Very easy. Anything that is material can always overpower us. For example, a tree is dead. From the dead we make another dead thing, say, a chair. Now if there is a chair, we cannot sit on the ground. Chair becomes, you see, our dominating feature. Wherever we go we carry a chair with us, because we can't sit. If you get used to a very comfortable bed then you cannot sleep on the ground. So these things, when they start crawling upon you, you must know that your Spirit is being dominated by matter.

I do not say that you all start sleeping on the ground, no. That's not the thing. Don't take to the other extreme. But say, for example, Me, you can ask anyone. Some people came to see Me in London. I have really a very nice house, I should say. Very nice, and I have a very nice bathroom and a bedroom, absolutely very nice, no doubt, according to them. But to Me it does not matter. When I go to the villages I sleep on the, - anywhere. I go for a bath in the river, I can do - I mean I have no problem, nothing can dominate Me because I am Myself completely regal in My temperament. Nothing can dominate Me. If you are regal what can lure you to anything? But that does not mean now you go and sleep on the stones, it does not mean that. When you become the Spirit, automatically it will happen to you that you will not need any kind of a particular comfort nor will you care for it. If you get it, well and good, if you don't get it, well and good. You are not bothered. You are not going to waste your time on that.

Now formerly they used to take the saints into cells, put them there in the caves to make their lives absolutely uncomfortable, to train their bodies to be able to bear all kind of heat and cold. But that is not necessary after realization. Once you are realized, there is no need at all to torture your body. Your body automatically takes to that.

Today we haven't got another great disciple of Mine who worked in Australia but when he first came to Me, I had a very bad time with him and he had a bad time with Me because we stayed - I told him, "If you are coming with Me it is absolutely spartan, worse than Sparta. So if you are coming with Me, be prepared for anything." He said "I'm prepared, Mother. I don't mind." I said, "All right, come along." He and his friend both of them came. And next day in the morning, both of them were furious, you see. They had packed up their things, put them on the rickshaws and they were going away. I said, "What happened?"

"I slept on the cement."

"Really? I'm sorry for that. But how it happened?"

"There were only two mattresses and three persons. I had to sleep on the cement."

The other said, "I slept on the cement," and they were very angry. So they went to the market and bought two big mattresses, thick ones like that, carried them on their head and all the Indians started laughing because it's not done in India to carry mattresses on the head, you see. And then they were even more furious. "These stupid people don't understand anything, we are so uncomfortable, this, that," and they brought those two mattresses there.

So I said, "All right, now will you be carrying these mattresses with you?"

They said, "Yes," and they carried them along to Delhi, but somehow they lost them again. Now it was too much for them to believe that they have lost the mattresses on which they could sleep.

I said, "Are you going to carry your mattresses in the Kingdom of God?" And that made them think. In the Kingdom of God, the comfort it comes from your Spirit. If the Spirit is comfortable, you are comfortable. If your Spirit is not comfortable, you are not comfortable. And how the Spirit gets uncomfortable, that we should try to see now by understanding what makes the Spirit happy.

Say, the music – comes from matter. If you see the thing was played, it is made of matter. But when you play it, the beauty, you see, of that resonance creates such a beautiful aura. In the same way we must use our Spirit to play upon the matter to create beauty and not to make ourselves ugly and slaves of the matter. The Spirit has to work out in this way within every Sahaja Yogi and once you know how to work it out you become such a free person. You are not bothered. You are not bothered as to how you travel, as to what you do, where you are. You are in complete peace and harmony with yourself. Otherwise is a headache. I tell you, it's a big headache. You have to insure, you have to do this, you have to do that. If matter means headache, better to not have it. But if it means joy then it's all right because that is the quality of the Spirit, to relate to you from matter to Itself.

Just see now. People used to say Spirit is not matter. Yes, true. Spirit is not matter. But matter is the one that contains the Spirit. Supposing you are souls in the sense you are dead souls. I cannot give you Realization at all. You have to be a living personality. You have to be in this matter, in this body. Only then Realization can work out. I, we cannot give to the people who are dead Realization, we cannot. So, matter is in a way important and the purity of matter that we have to achieve within ourselves. And that we can achieve through various methods of, first of all, the cleansing of our being, properly.

Even when we think about bad things and harming others and injuring others, we need not use weapons, but we use our tongue. Then we are hurting them with the matter, that is the tongue. This tongue is to be used for saying something that is soothing, nourishing. And also, it can be used for cleansing but you must reach that state of sweetness and that state of glory from where if you speak about cleansing, people accept it slowly and the whole thing works out its own way.

This is what is very important because you know the West has become more grown outside like a tree, the more material development has come. You see that very clearly, though you are now fed up of it. But it has grown, it has grown so big and you cannot just run away from it.

Like some people said that we dress up like this, like a primitive person because we want to become primitive. But you cannot, because your brain is modern - how can you be primitive? Just by changing dress or anything you cannot become primitive. You cannot get the peace of a primitive mind.

So what you have to do is to make this modern brain absolutely adjusted to your Spirit and you will be amazed. After some time, when this torrential attack of your thought subsides, then you feel your peace within yourself. And that peace gives you the

enjoyment of matter also, in a very different way.

Like I would say Mona Lisa's painting or the Sistine Chapel, if you have seen. You just go there and you look at it and you just don't think, because it makes you thoughtless. To Sahaja yogis it will. It gives vibrations and you just watch it without thought. To watch something without thought is the gift of Sahaja yogis because when you watch something, say, I watch this one, this piece, then I start thinking, "How much it must have cost, I hope it doesn't get spoiled if Mother sits there or something goes wrong with it," you see. So, these ideas start crawling into your head and the whole joy of its creation, the love with which it is put and all that, it's all finished. So, at that time, if you can see the thing without thinking, it's a very big thing, we do not realize that computer, which has developed alongside with our evolution, cannot produce a human mind even which is not realized because we just see without thinking. If you are here I am just seeing you. I need not think at all, I can see you.

But when you are a realized soul then you see a thing and you just don't think at all about it and the joy of its creation starts pouring into you. Now when you go further with it, as is said in the Bible, that whatever is created by Mother Earth should not be reproduced and should not be worshipped. So what does that mean? That the Mother Earth has created something. Now, what has Mother Earth created? We do not know if Mother Earth has created anything which cannot be reproduced. But after Realization, you will see that at different points you suddenly start getting vibrations.

Like your Stonehenge, I would say. In England, I discovered Stonehenge is one of them. This whole thing came out of the Mother Earth giving vibrations but people did not know what it was so they cut it and made some circles and things like that out of it. But actually, the whole thing has come out Mother Earth which is giving vibrations.

Now, a realized soul, when he makes something like a statue, made, say, I have seen the Notre Dame, I would say the Notre Dame statue of Mother Mary gives tremendous vibrations. No doubt about it, it gives tremendous vibrations. But maybe the reproduction of that will not give. So after Realization, you start understanding that the form of the Formless starts giving vibrations if it is done by a realized soul. If it is supported by a realized soul. To such an extent that supposing now I am here and I touch something. If it's a sensitive Sahaja yogi, he can feel it that Mother has touched it because there are vibrations left - permanently, eternally.

I'll give you an example. I went to Kashmir once and we were going to a very lonely place.

Suddenly I said, "What's this place is?"

So the driver said, "No, it's all wilderness."

And I said, "No, must be, there must be a temple or something."

He said, "It is all wilderness, there's nothing here."

So I told my husband, "No, I can feel tremendous vibrations in this area. Let us follow the vibrations." So we went along the little, smaller road and there we saw some Muslims living there.

So we asked them, "Is there any religious place here?"

He said, "Yes, this is called as Hazrat Iqbal."

That is, one hair of Mohammed Saheb was kept in that mosque. And I caught it about 5 – 6 miles away from that place. One hair of Mohammed Saheb. One nail of Lord Buddha. One, that dress of Jesus Christ. These - how you will make out? Because of vibrations. With vibrations, you'll know this is the place. There are - all controversies can be resolved, about whether it belonged to Christ or not. Everything can be explained - whether it was the hair of Mohammed Saheb or not - on vibrations. If it has vibration, it is so.

So, so many things this Mother Earth has done for us, to emit vibrations for our well well-being, to keep the atmosphere clean. She emits innocence. She is the one who emits innocence and that innocence definitely looks after our well-being. It tries to guide us in proper ways.

There's another example: I went to a place, very small place, Musalwadi, in Maharashtra and they told Me that they wanted to make a retaining wall for the water that was accumulated and they called it as a big lake. So that lake was to be given a, we can call a bund [dam] to be built there. And about 60, 70 years back, they say, an engineer, an English engineer tried to build it. But at a point, about say 30 feet or 40 feet area he just could not do it. Whenever he tried to do that, the whole thing used to just fall off.

The daytime they would build, next morning they would see the whole thing has fallen off. He has written it down in his letter that "I did not understand what it was." Then a saint came in and he said that this is a place, is a vibrating place and you cannot build here. So the thing is built in a round way.

If you go there, if you are a realized soul, you'll find a cool breeze, tremendous coming out - even if it is the hottest day, you find an air conditioner working. But only the Sahaja yogis can feel it. That's the main point is. Not the others, they cannot feel it. Though you can feel the air conditioner working there of this Mother Earth who is looking after us. She has done so many things for us and in the Patanjali Yoga, Her blessings are called as Ritambhara Pragya which is a very important thing we have to understand. That when the Spirit starts shining in our attention and the Mother knows about it, then She fills us with Ritambhara Pragya. Now this Ritambhara Pragya can be translated like this: Ritambhara , ritu means the seasons. The Mother changes the seasons. And this Mother Earth, as She chooses Her seasons and She changes the seasons, that means She fills this universe with beauty of the seasons. When the knowledge of that becomes pragya – gya is the knowledge, pra means enlightened – becomes enlightened, then you start seeing how beautifully She guides you, how beautifully She bathes you, and how beautifully She nourishes you. It's amazing how She works.

Once I went down to Kuala Lumpur. And there was - I was alone, no other Sahaja yogi, and all the kinds of diseases, you see, walked into Me there. They said "We are to be cured." There were about a thousand people in that garden and I didn't know what to do. Then I just asked the Mother Earth, I said, "Now you better help Me." And all of them, I asked them to sit down. There were mostly Indians, they all sat down on the ground. And most of them got cured. They published in the newspaper that it was amazing thing that happened. But the best was a little boy of 12 years who was brought by the parents because he had polio, he couldn't even walk. He was sitting there and they said, "Where has he gone? He's lost, where has he gone?" He had just got up and walked off.

This Mother Earth is such a big thing, we have no idea and Her consciousness that we have to now know is, what is Kundalini. Kundalini represents the Mother Earth within us, the feminine love, the feminine qualities. Now we talk of feminist - of course that feminism is something absurd, to become man to the woman, woman to the man. It's all pendulum-like movement and you know whatever moves in a pendulum is not progressing. You have to move in a spiral. I hope you understand about the peptodes. If they become linear then they get destroyed, all their identity is lost. But if they retain their spiral nature, then they progress. In the same way we, too, have to go in our consciousness in a spiral way, jump higher than what we are and that's only possible by the spring of Kundalini which is nothing but the representation of Mother Earth within us. She's the Mother Earth within us.

So now what do we have to become? We have done all this aggression and then competition and then all kinds of things. We have grown so big. Now we have to go to our roots. We have to get that force that will nourishes us. That is the Kundalini which is also Kumbha in Sanskrit language, meaning the Aquarius. That's why it is called the Age of the Aquarius. Aquarius is the Kundalini and this Aquarius is going to nourish us, soothe us and take us to that place where resides God's bliss, is the Spirit. She's the one who gives this union, the yoga.

So one has to understand that the pendulum movement is just mental projection. If you move into one direction then you can move into another direction. It's all linear. If you see, all your enterprises are linear. That's why they move this side your political thing, it moves like that, it coils back. You don't understand "What have we done wrong?", you see. Then if you go the other way round, it again coils back. You try to develop your science, it becomes atomic bombs there. Anything you try to develop it becomes a devil. You can't understand, why we were moving properly, why it becomes a devil starts attacking us back, why is it destroying us? The reason is, that movement is linear. You have to move spirally higher with your consciousness as the stage where you become a compassionate, loving, nourishing, soothing personality.

This country had produced a very great man, Abraham Lincoln. I used to adore him from My childhood, and this man has brought such great qualities. In you, all of you, lies that greatness of Abraham Lincoln. And when the sahaja yogis will rise – he was a great realized soul - I'm sure you will all will be achieving that fulfillment, that nourishing quality, that soothing quality and also that Divine Love which is so pure, without any lust or greed. That's what you all are going to exhibit and it is going to act. That's

the part we should know after realization. Now it is going to act automatically. Whether you like it or not it will act and you'll be amazed how things will work out. So just be on the lookout for all these beautiful experiences.

May God bless you. Tomorrow again, I'll tell you about other things, other chakras. I hope I have been able to tell you how to sustain it by understanding that you have to develop qualities of soothing, of compassion, of love, of sweetness. And that you can develop by watching yourself.

There was a guru who was a realized soul and a very, very evolved personality and he lived in a cave up in the mountain. So I wanted to go and see him. So all the sahaja yogis said, "Mother, you never like a guru."

I said, "No, when did I say that? I don't like agurus who are not gurus. But he's a great man and I must go and see, he's my son. He's only 108 years of age."

So they said, "Mother, how will you do it?"

I said, "I'll do it. Don't you worry about Me. I'm going to climb up." So I said, "You see the vibrations. Before asking Me questions, see the vibrations." The vibrations started coming.

Now this gentleman, poor man, he didn't come to America, but still his hands and legs were broken only in India, and he was absolutely useless to do any good work because he thought he cannot even walk. But he has a tiger on which he sort of moves about and he lives in a cave. So when I went up - he also has a great power to control the, control the elements as far as the rain is concerned, he has a great control of rain.

So when I went up it started raining very heavily and he got very angry and he said that what is this rain? Why is it like this? When I went up he wouldn't look at Me. He was sitting on a stone seat and was doing like this like this like this [Shri Mataji shakes Her head back and forth] and he wouldn't look at Me. When I went up I went and sat nicely in a place, he had made a nice seat for Me, everything. I sat down. And then he came up to Me. He said, "Why did you keep the rain like that? I cannot even give you a clear day when you are coming to see me, that's my Mother, after so many days..." and all those things he said to Me.

I said, "See now, don't be angry with the rain."

He said, "It must be my ego that you wanted to correct."

I said, "No, not at all. But I know you have bought the sari for Me and you are a sanyasi and I will not take a sari from a sanyasi son. So I must get drenched, otherwise how will I take a sari from you?"

The whole, you see, the sweetness... completely changed him. Whole thing, you know, and the tears started rolling in his eyes. He said, "Mother, how did you know I bought a sari?" I said, "I know that you have bought a sari for Me." And so sweetly he went and brought the sari.

Just look at that, a little thing. You must learn the tricks of saying things that makes other happy. Giving small little things, matter to make others happy. The greatest joy for your Mother is to see you all so very happy with each other, enjoying each other. Only after realization you can enjoy others, this you must know. Before that you cannot enjoy each other, you see it's all mental projection. You may say, "He's my brother," or "she's my sister." Tomorrow you may murder him. But after realization you really enjoy that person. How? Because the vibrations. Vibrations are the fragrance of the personality. And when you feel it, "Oh, what nice -" sometimes, you know, a very great soul comes to My feet and I have seen ten people standing there, they are all taking vibrations from him and they would not allow him to get up. Whenever poor fellow tries to get up, they said, "No, lie down there," because they are taking the vibrations because they are enjoying it so much. It's like that. So one must understand that you have such a dimension of love which acts, which actualizes, which soothes, which nourishes. I hope all of you will become great trees of love, abounding love, of complete purity and truth. Next year when I'll come, I'm sure I'm going to see that here. May God bless

you all.

I would like to have questions from you, and I would like to answer. There is no need to be aggressive with Me because some people can be very aggressive, I have seen. There's no need because I've not come here to take away anything from you.

Tomorrow I'll be speaking, I must tell you beforehand, about something he spoke to Me in the plane, about the cosmic consciousness – no, what he - universal consciousness and he said that we should not use the word 'collective consciousness'. Sometimes people might think us to be Jungians. We are everything. We are Jungians, we are Christians, we are Hindus, we are Muslims, we are everything, aren't we? Because we know all of them are one. So all truths are one. Jung was a realized soul, so whatever he said is the truth. We should not brand ourselves or anything, we are everything. So about universal consciousness, the word universal consciousness, I'll explain to you why at this stage we cannot use universal consciousness word. When you rise to that level, then I will use that also. Just now it is only collective consciousness.

Seeker: Could you briefly speak about reincarnation... ?

Shri Mataji: Reincarnation of human beings? What do you want me to speak?

Yogi (to the seeker): Is there something particular that you want to know about it, whether it happens or it doesn't happen?

Seeker: [UNCLEAR]

Shri Mataji: No, it is not true because how do you say it is never said that there is no reincarnation in the Bible? How do you derive that point? It is never said in the Bible that there is no reincarnation. Christ Himself has said, "I'll be coming." How is it possible without reincarnation? Whatever is not said in Bible, how can we assume it as being against Christ. It's not said, nowhere, that you are not incarnated. Like you see if I put on this red mark. You see, they say it's not Christian. Where is it said in the Bible that you don't put on a red thing (points to Her forehead) and you can put it on the lips? Alright? So also I'll tell you one thing more, that Bible cannot contain Christ. He's such a great personality. He's above sympathy. You have to go to other scriptures to know what He is. Otherwise you'll never understand Him. He was allowed only to live for three years -they limited His time so much and whatever He could say, how many understood, God only knows. But they did not even believe Him, His own disciples did not believe Him till He was resurrected. Now He is no more so we take Him as an authority. But what He was, how He came on this Earth, for that you have to go to other scriptures which were written 14,000 years back about Him. Alright? So do not bound to anything. Just keep yourself open, alright? Thank you.

Seeker: Mataji, what is your perception of the present world situation?

Shri Mataji: (Laughs) It could be this way or that way. We can go to hell or we can go to heaven. Both things are very precarious. But as far as Sahaja yogis are concerned, you are all going to heaven, no doubt. You are all going, entering into the Kingdom of God. But I can't say about the rest of them. Now see, I'm coming here after ten years. I came here ten years back. They never liked Me. If they had listened to Me, they would not have been in this mess that they are. They would not listen to Me, you see, and the only thing they tried to teach Me, "Mother, you must ask for money and Rolls Royces." Even now, you'll be surprised there's a newspaper which said, "How many Rolls Royces She has?"

They said, "She has none."

Then they said, "We are not interested in Her." Imagine.

They don't understand God, they don't understand Divinity. They don't understand – you see they are supposed to be Christian nations. I don't understand, what would they know about Christ? How can they talk like this? And there were some in the other church I went, they brought the Bible to beat Me. At least respect the church, respect the Bible if not anything else. You see, so much bound and they think they are great Christians. Christ has said, "You'll be calling Me 'Christ, Christ,' I won't recognize." This

is a fact.

He's talked about the future. He's talked that He'll send you a Comforter, He'll send you the Holy Ghost, He'll send you the Redeemer, and He'll send you the Counselor. What about that? Nobody's bothered. They must show a bony structure of Christ hanging somewhere. He could not have been a bony structure you must understand. That's just your sadism that you put Him up like that. Only if you see the Sistine Chapel – a robust man, with such exuberance. He was the Christ who could carry the cross. Tell these people to carry the cross, any one of them, can they? Just talking about Christ doesn't make you Christians, you must know. You are to be born again and you are to be born by the living process of the living God. Is not just baptizing something, you all must realize. You see, in London you'll be surprised the churches are now used as pubs. We must try to see. We should not hide our faces into something that is unreal.

I, myself, took birth in a Christian family, as you know. And in India most of my followers are Hindus and they ask me, "Mother, why did You take birth in a Christian family?" Muslims and Hindus are my disciples, that, too, a – what you call - Protestants. So I said, "They are the most sophisticated fanatics, because they rationalize everything." This is the worst part of Christianity. And now they'll reach a bankruptcy. There's no rationality about Christ. How will you explain him, I can't understand how do you explain Christ with rationality? You cannot. He's beyond rationality. He's beyond your mind. You cannot conceive Him through your mind. Get out of it. You cannot understand Him, what He was. How will you explain that He gave food to so many people?

And the Holy Ghost, they don't want to talk. Holy Ghost is a mystery. They have a Father and a Son and no Mother. Mother is missing. Have you seen such an absurd situation? Can a father produce a son? Let me see which father is that. It is absurd. Try to understand. I would like to tell all the people who think Christ is in their pocket, they are sadly mistaken. Please rise above it. Christ is there, no doubt and He's the gate, no doubt. He stands at the Agnya Chakra. But try to understand. Give Him His full value, give Him His full glory. Don't put Him in some books, and some sort of a small corner. He is too great to be contained like this into small things. And that's what one has to realize. Give up all this fanaticism. Try to see the reality. Otherwise you may be the last to enter into the Kingdom of God, take it from Me. The One who came for you, the One who died for you, the One, He did so much for you. You have to do one thing is to crucify all your misidentifications. That's what we have to do and come as human beings. Give up all those ideas. Please, save yourself.

Seeker: Yes, I have something to say but it's a question. Here in our country, I've worked a long time to throw away all the baloney/belongings, the misidentifications. Now I see people like You, well, not like You, but Kripal Singh and his disciple Takar and they say different things and I am open– it's very good to be here with You, it's wonderful, thank You – and he says to meditate at the third eye. Christ says in the Bible... Now, this isn't an argument from me...because–

Shri Mataji: j I'll tell you one thing. You see, the best way to judge a person, first of all – how do you judge a fake guru from a real? There are many, but one of them is they never take money from you. How much money is sent to this Kripal Singh, have you any idea? Have you any idea? You have no idea. He has got a big, huge domain, you can't imagine.

Now secondly you must see the people who go to these fake gurus. For example, this one. Most of his disciples suffer from heart attack. Most of them, they die of heart. You go and see. I'm telling you, go and see. I'm not afraid because I have cured many of them of their heart troubles. Most of these disciples die of heart attack. The reason is there is no Spirit. Minimum of minimum, if you have got a right person you cannot get diseases like heart attack, cancer and all that.

A sahaja yogi will never get a cancer, never get a heart attack. And even if he gets sick, supposing, he knows how to cure it. If others do not interfere with it, he'll be all right. At least, minimum of minimum. If you are still getting sick and all that, know that you are not living with the Truth as yet. When the Truth shines within you, minimum of minimum your health should improve. And the lifestyle of such a person must be studied. If they want Rolls Royces and comfort and all those things, they are parasites because they are living on your money.

Seeker: Thank You.

Shri Mataji: So it's correct that - and thirdly, the last of all, I will tell you one thing: you must know what you are going to get. It's all right, I may say I'm this and that. Don't believe Me also. What are you going to get out of it and what you get is not that you start jumping on your seats or becoming funny people or strange recluses, but you become dynamic. Not only that, but you become the master of yourself. Like Yogi, has become now a master, he's a master. So all of you have to become masters.... So you have to become the masters of yourself. Nobody can enslave you anymore. You have to be your own master.

Yes, my child?

Seeker: ...Could you also heal other parts of the body as you protect the heart and heal others?

Shri Mataji: Yes, yes, every part. Every part you can heal, that's the minimum you can do is to heal yourself. But you can heal others. That's the minimum of minimum is the physical side, is the minimum you can do. It's true.

Seeker: [asking Mother to comment on different gurus][Yogi tries to correct seeker]

Shri Mataji: Now, this is another thing. You see I don't want to talk about him, [I have heard - Muktanand ki bhat kare]. You see, related to this, don't bring in people because you go and see what they are, what they are doing, what they have achieved. Now today we have here before you Yogi Mahajan. He came to me how many years back?

Yogi Mahajan: Five years.

Shri Mataji: Five years. In five years now he can talk on Sahaja Yoga, he can achieve it, he can actualize it, he can give you Realization. So don't take the names of these people. I tell you, this parapsychology business... I came to San Diego and they took directly Me to that Parapsychology Institute. I'm your Mother. I'm not going to tell you lies, I'm not going to please you, and I told them, "What are you doing this parapsychology nonsense. You will be in trouble. Please don't do it. These are all the spirits."

But they didn't like it. They said, "The Russians are doing it."

I said, "Russians, will be also affected by that. You must understand these are spirits. Don't do this parapsychology business." Today, I went only two days back to San Diego. The people from that institute came and told Me "Mother, we wish we had listened to you." The lady who was running it, her husband got a stroke. She, herself, is a recluse now. She cannot face life. She's much younger to Me in age. So these people, what they have done to you, you should see. Don't take their names. I don't want to tell you about them just now but one day I'll tell you when you are at that level, all right?

Seeker: What do you think of homosexuality?

Shri Mataji: Will you beat me if I say something? First guarantee that, then I'll tell you. It is not natural, My child. Homosexuality is not natural. But unnatural things we do in a natural way many a times. The reason is this: Homosexuality, when I came ten years back, was not known to people much. A little bit here and there. The reason it became very, very dominant because firstly, I personally think, the women were very dominating, they were trying to out-beat men. Moreover to marry an American woman means you are in for bankruptcy within two-three years.

I met a lady in New York, a very rich lady, came in a big Cadillac, this thing, that thing, and then she said, "You'll meet my husband in San Diego." The poor fellow was tattered and torn, absolutely gone. She had got all this from her first husband, taken from second husband, then from third husband. And these three husbands met Me, they were all in a mess and they had no money. So they thought this law is such, if you marry a woman, it's terrible, you have to share everything that you have. In Australia, not share, you have to give away everything that you have. This kind of a partiality started. All right, that's one of the reasons.

Secondly they became very dominating. I must tell you that they lost their feminine power. A woman who has feminine power

never dominates, because she dominates in any case. She's like Mother Earth, you see? She knows how to absorb. She knows how to absorb the problems; she knows how to solve the problems. Like supposing My husband has any problem. He'll first come home, he'll shout at Me, scream at Me, finish it off. And then he'll sit down "Now, tell me what to do." And I just smile because I know he doesn't mean any harm to Me. It's just the way he has to take it out on Me.

They lost that power of femininity. So the men thought it's better to have man's company, not to have a woman's company. Because you have seen the women like Mrs. Kennedy, now, look at her. Is she a woman or a man, I don't know what to call her. I mean, imagine, and she made such a thing out of her life, is something surprising and shocking. For us Indian women we can't understand because she was selling her underclothes and people from Australia ran all the way to buy her underclothes. We couldn't understand what is happening to these men and to the women, the men becoming women and women becoming men, was a horrid stuff. So as it is it was homosexuality, because they were not of different sexes left. So men took to homosexuality as a matter of convenience.

Thirdly when a man gets possessed by a woman he starts behaving like a woman. In America we had a boy like that. He used to behave like a woman, he used to dress up like a woman, walk about like a woman and he was a homosexual in the sense that outwardly he was living like a man, to look at he was a man, but he was a woman inside. When we removed his possession he became normal. We have so many homosexuals who came to us. When they got realization, they are normal. They are married, they have children and also women become women after realization. They become beautiful wives and very sweet things and you'd like to marry them also.

Seeker: I'm expecting two children and I would like to know when does their Spirit enter their bodies?... Are they born with it or does it come later on?

Shri Mataji: They are just like normal children. Only thing is that when there are twins, you see, they are born of two different natures. One child will be more right-sided another will be left-sided. It happens like that. It's a nature's freak as you can call it. But there is nothing wrong with them, they are like any other normal children, there is nothing abnormal about them. You should be lucky to have two children like that. It's the most soothing thing and relaxing to have children around.

Yogi: She was saying when does the Spirit enter the body of the child? In the womb.

Shri Mataji: It is, you see the thing is - as I told you today, the whole thing is, that the - it's a very long process and it will take time, but another time I'll tell you, it's a long process to explain the zygote and all that, all right? I'll explain to you later. It is about two months' time that you start feeling the pulsation, that's the point is. The pulsation when you start feeling in the heart, that's the time the Spirit really enters. But it's not "enters," I should say, but... I'll tell you later on. Yes, I'll tell you.

Seeker: Is it necessary to have a balance between the Ida and Pingala for the Kundalini to rise?

Shri Mataji: It is necessary, but it works out. Kundalini is such a Mother. She works it out for you. You see it's like left and right (Shri Mataji uses Her thumb and forefinger on both hands to show overlapping circles), this is the thing, left and right is the Ida and Pingala and the central path is the, what you call, the Sushumna Nadi. Now what happens that if you go too much onto the right or the left, this breaks and the connection with the whole is also broken. This is how you become vulnerable to all these diseases, you see, which can be triggered later on by something else. But this is very important that you should try to make the centers absolutely, properly opened out, first of all they should be like this (shows) and then they should open together like that. So actually when you move on the sides, there's imbalance. But for that you don't worry, we'll tell you how to do it. It's very simple.

Seeker: I was surprised when you said jogging was not a good activity and there would be no energy left to run when you needed to. Where does a bicycle fit into that?

Shri Mataji: That's even worse. Jogging, I'll tell you what. In Sahaja Yoga terminology we should understand, when we jog, what

do we do? Our attention is on our physical side of life. We are not only physical beings. We are physical being, we are mental being, emotional being, spiritual being. If all our attention goes to our physical being, we get into imbalance, all right? The first thing that will happen in joggers – I shouldn't... - will be heart attack, first thing. And in old age they'll be absolutely finished. Old age they won't be able to face. We should use our energy with respect. Never go to extremes for anything. Going to extreme is not good. Cycling you should do a little bit, also running you should do a little bit. Everything in moderation. Everything should be in moderation. Extreme thing is not good. And even I have seen people who run too much, they don't have any emotional thing. There was one fellow, a dentist who came to see Me, he says, "I have no feelings, I've become a sthita pragnya [in witness state]. I said, "How?" He said, "Even when my child died, I never felt anything. My wife is sick, I never felt anything. Nothing happens to me. I'm just become a big sanyasi."

I said, "You have become nothing but a hard-boiled egg. There is no love in your heart, there's - so dry, so dry, like a dried fish, you see? You need something in the heart also." Then he said, "Mother, I really want to do that." Then I told him, "Stop your jogging and try to remain more on the left-hand side, go and see some nice pictures with your wife, take her around, see Charlie Chaplin or something and enjoy yourself. And that's how now he's much better. He's not so bad.

One more he said, one more she asked so I will...

Seeker: What happened when you go into a sudden silence where you go into a void which is very sweet, does it mean that all your chakras are in balance?

Shri Mataji: Of course it means, silence should be there and when you feel the silence means your Kundalini has gone above your Agnya Chakra. But there could be another way of getting silence which is a very dangerous thing. Like when you get possessed, also you can't think. So there is a very small line, one should understand that. But if you say you feel very sweet and happy and thoughtless, then that's very good. That shows that-

Seeker: It doesn't stay very long.

Shri Mataji: That will after, with Kundalini... see, the thought rises and falls off, another thought rises and falls off. In between the thought there's some space, you see? Now this space sometimes you reach if the thoughts are tired, they get elongated, and that thing is there. Now this is the present, the central part is the present and when you rise, the Kundalini rises, She makes this expand and you are in complete silence. Like Me, I am always in silence, I...

[Seeker mentions that in appreciation they would like to chant AUM for Shri Mataji. They chant for some time.]

Shri Mataji: Beautiful. Tomorrow I'll speak on Aum then if you want me to speak. But I would say while saying this if put your right hand on your heart, because it's the prana shakti. Aum is right side, prana shakti. You have to bring in the play of the heart because you are saying it with your prana shakti, singing something but with your prana shakti. With that you put your hand on your heart, that you are singing from your heart. It must be sung with the heart. It's just saying music or anything, if you say it from your heart, then it is Sahaja. So it should be said from the heart, the bhakti, the devotion, the dedication, is to be expressed through the heart. And without that it's all dry, absolutely dry. Tomorrow I'll speak to you about Aum. May God bless you.

Yogi Mahajan: Shri Mataji will now give vibrations and I will tell you how to receive them. As you sit all of you, please extend your hands and slip off your shoes so that you are in touch with the Mother Earth -

Shri Mataji: And put them back – the shoes, put them at the back, on the sides.

Yogi : Put the shoes behind you

Now let us see how we correct our different centers, how we nourish them - ourselves. Nobody need nourish it. We can nourish ourselves. So you put your left hand straight like this. Now this is the power of desire, you know that. So this is how you desire.

So you put the left hand towards Me like this, on your lap very comfortably. You should sit very comfortably. There is no need to make any gestures or anything, just be comfortable and cheerful. Now with the right hand we do the action to raise the Kundalini, with the right hand. Now I'll tell you how to do it. First of all, the first thing I have to tell you all, that we are in the present and we should not feel guilty about anything. So the first thing you have to tell yourself very clearly, that "I am not guilty." Even you can tell Me in your heart, "Mother, I am not guilty." Just declare it, first of all. Absolutely declare that "I am not guilty." You are saints. How can saints be guilty? Just give up that habit of getting into the sulking that you are guilty. Just give up. You are saints, remember. Say "I'm not guilty." Just say, "Mother, I am not guilty." In your heart, with full confidence, you have to say "I am not guilty."

Now you have to put the right hand on your heart. That's very important because in the heart resides the Spirit. If your heart is not being nourished, then the Sahasrara, this Brahmara, won't open out, because this is the center which is the seat of the Heart. This is the seat of the Heart. So you must keep your left hand towards Me and right hand on your heart with respect and love for yourself and for your Mother. Just have respect and love. You have to love yourself, you have to respect. You are saints.

Now, after this you close your eyes, slowly, and gradually, as I say, these are mantras which you have to say. Now first of all you put your heart into the whole thing and in your heart you ask a question, "Mother, am I the Spirit?" Ask the question thrice, with full confidence because you are a computer now and the answer comes to you. Just ask the question, "Mother, am I the Spirit?" Put me in your heart please, if you can. Just say, "Mother, reside in my heart." Let's see. That will nourish your Heart.

Now, you must know that the Spirit is your guide, that you are your own guru, you are your own master. For this you have to put this right hand just on the left-hand side of your stomach, to nourish your guru principle. Left hand side. At this point you have to say, with full confidence, "Mother, I am my own master." Mother, I am my own guru. Mother, I am my own guide." Say it ten times. With full confidence. See, the vibrations will improve. Now don't think of any other gurus. Forget them. You are your own guru. You don't need a guru. You are a saint. The Spirit is going to guide you, your vibratory awareness is going to guide you.

After that, saying for ten times, raise your right hand again back to your heart. Now here, again with love, with full confidence, without feeling guilty, you have to say, "Mother, I am the Spirit." Please say it twelve times. "I am the Spirit. Mother, I am the Spirit." Full confidence you should have. Now you are nourishing your Heart.

Now put this right hand onto the base of the neck on the left-hand side. Please don't open your eyes till I tell you. At the base of the neck on the left-hand side. This is the Vishuddhi Chakra, on the left-hand side. Here, you have to say 16 times, "Mother, I am not guilty." And if you have that habit, say it 32 times. Or even to punish you more, you can say 108 times. It's horrible just now, I must say, is the worst center just now, is to feel guilty. Did I say anything to make you feel guilty? Forget it! Forget. Don't feel guilty. Good.

Now put your right hand across your forehead. At this point you have to say, "Mother, I forgive everyone." This is the greatest weapon Christ has given us. Some people might say it's very difficult. It's the easiest thing to say. In any case it is a myth when you say you do not forgive others, what do you do? You are harming yourself, nobody else. So just say, "Mother, I forgive everyone." From your heart, very lovingly.

Now put the hand at the back of your head, at the Agnya, at the back. Hold it tight. Now without feeling guilty you have to say, "If we have done any mistake, O Lord, please forgive us." But without feeling guilty you have to say that. Push back your head and try to hold it fast and just say that.

Now put this hand on the top of your head on the fontanel bone area and press it hard with your hand and move it, clockwise, press it hard. At this point you have to ask for your moksha. You have to ask for it. I cannot cross your realization. So just you say, "Mother, please give us realization." Or you can say, "Mother, please establish my realization." You have to ask. I cannot force you. I cannot force things onto you. I have to respect your freedom. Just go on pressing it like that and say it seven times. Now raise your left hand on top of your head and put your right hand towards Me. Right hand towards Me. Raise it higher, about six inches higher. Like this [shows a seeker how to put the left hand].

[Shri Mataji blows into the microphone.] Now see is there cool breeze coming out of your head. Raise your hands higher. Mmm, better. Just see if there is a cool breeze. Feel it? Move your hands. If you want you can see it now with the right hand but move this way.

Best way to achieve it would be to raise your own Kundalini which I'll tell you how to do it.[speaks in Hindi] But I'll tell you how. See, heart, heart is catching – that's it! Heart, all right?

Raise your Kundalini. You put your left hand in front of your Kundalini, like this, left hand. Now the right hand. We move it like that. Let's do it. Raise it, watching the hand, all right, take it up. Now make your limbs rather loose, push back your head, take it, give it a twist, "one," then bring it down. Again, watch your hand. You can feel it that your Kundalini is rising. Now push back your head. Loosen it. Give it a big twist, "two." Now the third one, let's try. If you don't do it, it won't work out. Your hands have to be loosened. Otherwise it doesn't work out, you don't feel any vibrations. Just push it up. Now, three knots – "one, two and three." Now see, if there's a cool breeze. There's another way - hmm, better – improves.

Now, you push your hands up like that [reaching straight up, palms facing upward] and ask a question in your heart, in your heart. Humble down. Humble down and say, "Is this the cool breeze of the Holy Ghost?" "Is this a cool breeze of the all-pervading living power of God?" Feel it? You feel it? This first time one feels the all-pervading power, which is subtle, which does all the living work.

Now, put back your hands. Also you must know how to give yourself a protection before you leave. Put the left hand towards Me and the right hand has to be used for giving protection. Let's start it. [Shri Mataji demonstrates giving bandhan.] One, two – on your head – three, four, five, six, and seven. Now, nothing can enter into your aura. Your Spirit is ?(inaudible). See now the vibrations. (brief hindi conversation with Yogi)

How many have felt the cool breeze? Ah, great - raise your hands high. Ohhh, great. Should we ...

There's another thing that we do but is only done for the people who belong to the inner circle of Sahaja Yoga. It's a secret and it's not given to people who do not belong to it, because, you see, truth also is not easy to bear. Christ said, "I am the light, I am the path." Which He was, no doubt. But they crucified Him. So I have seen in Sahaja Yoga when we start telling them about the truth, they sometimes revolt and we lose them and they are lost to themselves. So the thing would be that I'll leave it Yogi Mahajan to find out who can be taken up for that, who cannot be lost by that, because you see immediately the ego, Mr Ego comes up. So we'll see about it and then, if you are coming to Santa Cruz, also, we'll work it out there. But you cannot go on like this. You have to face it because it's such a deep experience you get after that. It's very easy for Indians to understand what it is but for Western mind is rather difficult, they start thinking about it. And we don't want that you should again write about a turn that you did in 1973. So to progress you have to do something more about it but that you do not expose. Very carefully. Not in India. In India it's not so bad. Here.

So, because even now I know people who are nowhere near it. They are still thinking, egoistical, they did not do any of these things, they didn't want to feel the cool breeze or all sorts of things, you see. So, there are people like that so I will leave him to choose and whatever he feels proper he should do it accordingly. But it's a thing which if you can somehow or other manage to be there, it's a thing of very great depth and you really grow into it and when I'm there, I think one should do it.

Yogi Mahajan: I've been put in a very difficult predicament, and I don't want to sound discriminating, What we could do is that people who have been attending any of our earlier meetings can join us for a puja ceremony which we would be doing tomorrow.

Shri Mataji: You have to do puja to your guru, to your (?Mother) And is a custom in India, is to be done. But actually I have nothing to gain. To be very frank, I shudder. I told him I'll not have puja here in San Francisco because you see the vibration starts flowing so much, so tremendously and if the people are not able to receive it, I have to bear it up into my body for some time and

I feel so restless about it. Then I want to sleep off, I can't just talk after that.

So it is - I have nothing to gain out of it, I must tell you that, but you have to gain something out of that happening by which you get your vibrations working. But of course, those who have not felt the breeze should not come, to be honest to themselves. Should not come at all. But whatever he says, I mean, I'll leave it to him. He understands Americans better than me.

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It's such a great pleasure to come back to this place again after ten years. Doctor Chaudary was a tremendous, enthusiastic seeker of Truth and he saw the point of Sahaja Yoga very clearly. That was not the time to talk of many things as the people were already lured to some things that were to be discovered as false and fake. So I left it at that point and I thought when they would find out the futility of such wrong type of seeking, I'll have to go again. Before that it may not be anything fruitful.

Today as Yogi has asked me to speak about Om, I would like to tell you about the great word called Om, what it is, what it represents and how it came into being.

In the beginning I have to tell you that whatever I'm telling you is a hypothesis for you. You should not accept me as the last word, but as a scientific mind, you take everything with open-mindedness. You should keep yourself open and see for yourself what I'm telling you and then, later on, if it can be proved, then you have to accept it as a law or the Divine law.

Om is a word that people don't understand because it is at the very beginning of this creation that the energy of God, energy of His Love separated from His identity. He pushed Her, called it as Lasik, He pushed Her to create and He became the spectator and She had to create. At that time when She was pushed (we don't have here something to show you how it worked), but when He tried to push Her, Her movement went into a kind of a word which is written as "A" "U" and "MA" (Shri Mataji draws the symbol for Om). So there are three words in it. At the time of that pushing when the separation took place, there was a sound, the first sound and that sound is called as Om. So many people call it as logos, but to understand it you have to go deeper into it, what is involved. So Her power got divided into three – A, U and Ma – and that's how She became Om. So Om is the sound which is emitted when she creates, which acts as the basis of the essence of Her Love. Then how She started creating is a very long story which I won't be able to tell you today, but this Om is the one that She first used to create the innocence on this Earth.

So this Om was the innocence with which She filled the whole universe. Om is nothing but the innocence that you see in children, in so many people, in saints and in most of the incarnations. They are empowered by their innocence and this innocence first filled the whole space. Even before creating the space the innocence was there. That was the first creation of element and that was the innocence.

So Om is innocence which does all the living work on this Earth. For example we see these flowers become fruits. We take them for granted. We don't understand that there must be some great mechanism to make the flowers a fruit. We have come from amoeba stage to this stage and we take ourselves for granted, we don't know how we have become this. We have to know that we have become this because there must be some purpose behind it. Because we don't know the purpose that's why we are confused.

This A, U and Ma are three powers. The first power is the desire power, by which God desired. We call it as the Mahakali power which resides on the left side of the primordial being. Mahakali power resides in us on the left-hand side which is manifesting outside the left sympathetic nervous system which looks after and caters after our past and our emotions. Just now somebody told me that in the West it is not regarded very good to express your emotions which is a wrong thing. You should not suppress your emotions. Emotions are very important because they give the balance to personality. Whatever it is, this left side developed into a society of people, groups of people, who started worshipping God without thinking. Like Catholicism or any such thing they didn't think. There was non-reflecting guidance of people who just surrendered to God and prayed to God. But as I told you

yesterday, the mistake was that we believed we had achieved the end was a wrong thing because we were not educated on that point. Just by going to some guru, by reading some book, by propounding some sort of a theory or by saying that we are such and such, we do not become. Such people who just became different organizations really created a fortress for themselves into which Truth could not enter.

So we had to keep ourselves open to know that, yes, we believe in God but still the light of God has not been expressed within us. We have not yet felt the light on our central nervous system. If we really are truthful we have to just believe that, yes, there is God, there is His power because we see all these things happening which we take for granted, we can't explain. At least you have to believe there is an all-pervading power which does this. Imagine, an Indian will produce an Indian child, a mango tree will produce mangos, an apple tree will produce apples. Who does this sorting out? Tremendous things are happening. All these things happen to us but we take these things for granted and also we take for granted our beliefs.

The left-sided people started working on the devotion and dedication and saying that God you are everything. But those who were not educated by great saints and seers accepted it as if they are the chosen ones or they are something they have already achieved God or they are already realized souls and they formed groups and that was the death of Truth there.

These second type of people came out of another power which is the right-side power of action, of creation. Out of this power the whole creation took place of all the Sun, the Moon, the stars, all the constellations and all the 14 universes that were created out of this power which is right-sided called as Mahasaraswati. This power started working among people and they thought that as this power has created all the elements we should try to go to the essence of the elements and try to invoke. So the invocation of the elements started by another group of people. The group of people that started this were doing yagnas. They used to invoke the fire and say the mantra of the Om of the nirakara, is the formless and they tried to do many things of this kind just to invoke the element. So this second group of people started doing this.

Invoking the element has resulted into today's knowledge of science because once you go into the essence of the elements, you can harness it and you can find out how to use it. There's another method also by which you can harness it if you become really the Spirit. You can manage that also but at the rational level and the human level they achieved the science. But science is still a blind lane and not only that but it has a linear movement by which we have developed horrible things like atom bombs and all these modern things which are shattering our confidence. So the second group of people were searching in this.

There was third group of people who came out of the third power of Mahalaxmi who were the people who were just trying to see the Spirit evolve themselves. And the third type of people were the ones who went into the forest and lived there. Thank God India is such a country that you can live under a tree. You don't have to wear a coat and hat when you have to go out of the house, spend about 15 minutes dressing up yourself to protect. So this place, India, is a place where you can live in a forest, you don't need much, you can eat fruits and you can be happy there. So the attention of people did not move outside as it moved in the West. They were not bothered as to get protection for themselves, make houses, how to then get the cars and all those things which are needed for human comfort. It went to the other extreme of comfort. But in India when this meditation took place, these great seers worked it out in such a way to find out what is the method of evolution.

You'll be surprised that 14 [thousand?] years back we had a poet called Markandeya who has described the evolutionary process in human beings. He has described it clearly how the Kundalini rises, how She gives you the Moksha, the realization. There nobody said that Kundalini is a dangerous thing and you get burnings and you get all these things that you read about Kundalini, such dangerous things about Her. Because only about 100 years back some people went to India, especially Germans, and they got interested in the erotic art of India, which is anti-God activity. They found out that those people who were so-called erotics and the people who supported all that kind of thing were the people who were saying that Kundalini can be awakened. But if you awaken the Kundalini there is a lot of heat and you start jumping. You start behaving in a funny manner, you have to go through it to become a saint, which is absolutely a wrong conception. As I told you yesterday that they gave a very wrong conception to the Western people who went down and wrote those books and they don't know whether Kundalini is in the stomach or in the brain. So it was second-hand knowledge from people who have no authority towards Kundalini.

It is very well known in India because in the sixth century we had the advent of a great person by the name of Adi Shankaracharya, the Primordial Shankaracharya who came and established that it is a Mother who can awaken the Kundalini and that the Kundalini is your own Mother. She's the Holy Ghost within you, the Adishakti and She Herself achieves the transformation. He said, "By any talk, by any rationality, by any thing it cannot be done." It has to be done spontaneously by the person who has the authority to awaken it.

The authority doesn't come to you from going to any school, college or anything. It comes to you from God Himself. It cannot come to you... say, if this Mother Earth has the authority that if you put any seed in it, it spontaneously sprouts because it's the quality of the Mother Earth that does the job. So all the living processes are done through the quality of the personality of, say, the Mother Earth or the Sun or the moon. All of them have that quality to do it. In the same way, the person who has that qualification to do it can only awaken the Kundalini. Every Tom, Dick and Harry cannot do it. But it started just after the sixth century. This thing started very much in India. People started making money out of it that we are going to raise your Kundalini, Kundalini can be the reason, this can happen, that can happen.

Then they started saying that you have to pass through your subconscious because they found these people were all possessed, they got lost and became recluses. Many people who got this kind of Kundalini awakening went into funny situations. Then a great personality, Guru Nanak, came on this Earth and He said that all these nonsensical things are not what Kundalini is. The Kundalini is your Mother and She rises without any trouble to different chakras and the one who supported Him and explained Sahaja Yoga in a very good way was the great personality of Kabira. Kabira has described everything about Kundalini, only in poetry. But human beings have a great sense of how to twist and turn everything into something that's just the opposite. Like He talked about the Kundalini and called Kundalini as Suryati and he lived in Behar and he preached about it in Behar and there, people called tobacco as the suryati. You can imagine how people twist the Truth into just the opposite. This has happened with every great incarnation who came on this Earth. It was very clearly openly talked about by Shri Adi Shankaracharya in the sixth century because He said it should not be done secretly anymore, we should not be very selective. We have to give this knowledge to the masses because the day will come when people will get their mass realization and they should be prepared for it.

Then there came another great saintly age in Maharashtra where many saints were born all over the country. There were saints born even in Uttar Pradesh and also in Gujarat, Bengal and also in places like Madhya Pradesh. All of these saints said that you all should get your self realization. Unless and until you get your self realization, you cannot understand our language. Of course all of them were butchered, troubled and tortured.

Then only about 60 years back a new type of rational sort of gurudom came out because people realized that there are Western people who would like to have some sort of a rationality attached to God and they started coming down here and started talking about Vedanta and all kinds of things. These big things they talked but nobody talked that you must get your self realization. Even if they talked about it, they did not say that it is a happening that has to take place, the Kundalini is the one that has to do it and you'd better face it.

So people formed another venue, big organizations were formed. The last 60 years we've had all kinds of these pseudo-intellectual religious leaders in our country. And then came another type who were absolutely fake people who started saying that when you get your realization, before that you have to become mad. Unless and until you become mad you cannot get your realization. So the poor Kundalini has to suffer. The seekers who are a special category of people are to be born in these modern times. They have to be born because this is the day of judgment. Here you are going to be judged by your Kundalini and if you do not accept that judgment then when are you going to do it? It's only your Kundalini which is going to judge you. She's your Mother. She doesn't trouble you. She doesn't do any harm to you. She is the one who represents the Aquarius, the Kumbha, the Aquarian Age they say, but they don't know what it is. What does it do? It represents the Mother Earth within us. The Mother Earth who nourishes us, who soothes us, who comforts us and who takes us to the living reality of life, that you are the Spirit. You are not this world, you are not this myth, you are not this conventional things, you are not these mental conceptions, but you are the Spirit which is absolute and when you become the Spirit, again, it is the becoming that is important. It's not just a make

believe. You are not to believe in something but it is a happening that should take place. It's to be understood in a very open-minded way because you have got the power, you have got your Mother Kundalini within you. She's residing within you. You have got your Spirit shining in your heart. It has to come in your attention. It is your own power which has to manifest. It is you who have to become the guru. It is you who has to know what is the real guidance, what is the wisdom, what is the ultimate. Nobody else is going to gain by that but you to begin with and when you become that, you also become collectively conscious.

In Sanskrit language, a realized soul is called as dwijaha, means born again. People can certify "I am born again" sort of a thing. You cannot certify like that because a born again has to have the qualities and the capacities and also the power of that. Also a little bird is called as dwijaha. First it is an egg and then it is transformed into a bird. In the same way you must get a complete transformation within you. The whole lifestyle should change, the whole being should change. You should become again collectively conscious. You have to become.

Yogi was telling me, "Mother, when you say collectively conscious they think that it is the word from Jung." Jung was a realized soul, so if he has used that word, he has used the right word, the truthful word. But for that you don't have to go to Jung also because in Sanskrit language it is called as Samuhik Chetana. If you call it as Samuhik Chetana that means collective consciousness. It cannot mean anything else and Jung used the right word, no doubt about it. So you are not a Jungian, you are not anything but what he taught that Jung had achieved his realization and he talked of the same thing as any realized soul will talk. So about Samuhik Chetana thousands of years back people have talked and if Jung has said that, it's not that anybody is trying to be Jungian. On the contrary, Jung became one with the whole and he started the same language. Truth has only one language. It doesn't have two languages, it is always one.

When you become collectively conscious, firstly what happens when the Kundalini rises as it is the Holy Ghost, you start feeling the cool breeze coming out of your head. If there is no cool breeze coming out of your head, then you are not yet realized. It's not that I have to certify or anybody else has to certify, it is you who has to certify. You have to be truthful with yourself. Then you start feeling the all-pervading power as a cool breeze in your hands.

Now this no one can do. As you cannot do any living work, you cannot do this. People can jump, dance, change their dress, but you cannot make your head an air conditioner. But it happens and it is for you to see and verify if that helps. As that happening takes place there comes a complete change within your entire being. I don't have to tell you don't do this and don't do that. I do not preach that don't do this or you must be like that. But what I say that it happens to you and when it happens to you, you become that.

What happens is that we get attached to certain groups, certain gurus, we get bound to it. I was asking him that even after finding out that you have not found out anything for so many years, why people are still like leeches sticking on to them? Why? What have they achieved? They have lost all their money, everything. Perhaps it's the ego, that, "We have paid for it. Let's go through it." Yes, one of the reasons is very common with human beings is that if they pay money and the play may be the worst of all but they will sit through it because they have paid for it. If they have paid for the food and the food is rotten, still they eat it because they have paid for it. So they go on with that. But what is the advantage you have had? You judge yourself, "What did you get out of it?" You have to be your own guru. Have you become your own guru? It's like in the blanket they walk. I've seen people completely destroyed by so many people and some of them are just intellectuals. They cannot get realization because they are very right-sided and it is rather difficult to give them realization because through intellect you cannot understand God. I came by car and I had to keep it outside to come in. But once you get realization then the whole thing becomes absolutely logical. It's only through the awakening of the Kundalini that you become your Spirit. Otherwise there is no way out. If you think you can maneuver it by thinking about it, you cannot go there. To go there, to take your attention there, your Kundalini should rise.

Now the fourth power that is within you is the Kundalini and this power is the one of true desire. It is your pure desire. All other desires are not pure because whatever you desire... Say, you want to have a house. All right, you have the house. But then you want to have a car, then you have the car. Then you want to have an aeroplane. It goes on like that and it is said in economics that in general, wants are insatiable. So that shows that all of our desires are not real desires because they do not bring you real satisfaction. So this real desire is the Kundalini which lies in the triangular bone, which is to be awakened and which is to be

manifested. Because it hasn't been manifested it is called as the sleeping Kundalini. This you have got within you. It is there lying dormant. It is for you to achieve it because you are seekers. Nothing is more important than becoming a realized soul today. That is the main thing that should happen because that is what the evolutionary process is going to end up into, is the breakthrough to the epitome of it. For example, if you make an instrument like this, it is of no use until it is put to the mains. If it is not put to the mains it has no meaning. You cannot use it also. It has no absolute meaning and that's what it is today. We have lost the view of our absolute being and that's why we are in confusion. This is very simple if you see it that you connect it to the mains if I know the job. I may not be able to do it with this instrument but with your instrument I may be able to do it. That's the only thing I know, perhaps, but I know one thing.

But at this time many people will feel that why Mataji has to do it? I would be very thankful if someone can do it. It's a very good idea. As I am now 60 years of age and I would like to retire. If somebody can do it in my place I would be very happy. But it is not the work of anything to be dominating or anything to be extracting because it is the job of nourishment, is the job of soothing, is the job of curing. What can anyone pay for the love of the Mother. That's what I told when I came last time ten years back. The Americans didn't like me very much when I told them that you can't pay for it. They didn't hide it. They wanted to have an ego trip that they thought they can pay for their realization, they can pay for their guru, they can pay for God. God doesn't understand money, take it from me. It's your headache. He doesn't understand money at all. So it is for you to understand that you are seekers, you are a special category. Do not waste your life any more. First of all, you have to get established. When you get your realization also we cannot say it is a complete thing. For example you must have then the knowledge about yourself, then the knowledge about others. When you get your realization you feel that, oh, I am on top of the world, I've become so good, my lifestyle is [UNCLEAR], I am so very happy. But still you must know what you have got.

Supposing you get the car and you don't know how to drive it. It won't be good for you or for others also. In the same way, your realization, whatever you get, you must master it, and you can for which you cannot pay. You cannot pay for anything whatsoever and that's what we should know that we cannot put any effort in it for ourselves. It is the effort of the person who knows the job that works out. Like the people who are getting drowned have to keep still and the one who knows how to swim has to bring them to the shore. There's no need to feel ego and all that nonsense. The one who is saving is saving the other person only because the other person is within himself. Supposing I cured someone and he says thank you to me and I just don't understand. Say, if this finger is sick and if I soothe it down, am I obliging this finger in any way? Does this finger feel that way obliged to my hand which has soothed it? No. If there is not the other, there is no question of any obligation, in any way obliging anyone or anybody getting any obligation on oneself. It is very simple, it's just emitting free just like sunshine. You have to bathe into it and get it. But those who are identified with other cults and other gurus and other books and other things are very hard nuts. The other day we had three people who walked into me with their Bibles to hit me and beat me. Can you believe it. I just laughed. They are so aggressive because they are challenged. They don't want to face the reality. But reality is so beautiful. In reality you are so beautiful, you are so glorious, you are so great. Why are you wasting your energy like this? You are not going to gain anything. You are not going to make anything. You will go to hell. That's what it will be. Why if you have to become the realized soul and enter into the Kingdom of God, why not enter? What is so wrong with you? Why are you so obtuse? Why can't you see the reality? It's something I can't understand sometimes. Why when people are so educated, so wise, who have the responsibility upon themselves of the emancipation of humanity, who have talked so big about it, why when it comes to reality they turn their faces and don't want to take it. It's really beyond my understanding. I would just request to you that you should just first get your realization and then ask me about the whole organization, about the whole working of it. Supposing you come in the room and you want me to put the lights on, I can just switch on and you would say there is light, of course, it's so simple. But behind these lights there is a big history, a big mechanism and there is a great organization that is working it out. So if you have your light first then you start seeing. You start seeing yourself as well as others. And that's how you will help others very well.

The thing is today is the last day I am here. Only for two days I've come. Yesterday I talked to you about how materialism can make you low and how the essence of matter is innocence by which you can become fragrant with innocence. I talked to you about that yesterday and today I wanted to talk to you about Om. But also they said I must talk about the Spirit, the Spirit that is within, what we become. So I will talk to you about that in a short time, whatever is possible.

So when you become the Spirit, the Spirit comes in your central nervous system in the sense you start feeling the vibrations in

your hand you start feeling the cool vibrations in the head. When you start using this, you start knowing that this is the Truth. For example, if you put your hands towards me, after your realization you become like a computer. You ask a question, "Is there God?" You get tremendous vibrations. You ask a question, "Was Christ the Son of God?" You get tremendous vibrations. But you ask about a guru, "Is he a real guru?" You might get even blisters. You might get tremendous heat. Now relatively how are we to know whether it is true or not? Relatively you can see... Like we had a very good experience that in Pune, when I went there, the people gave me the hall and then they discovered that I'm not a Brahmin. They said, "No, she's not a Brahmin so she cannot speak here because this should only be used by Brahmins." So they said, "Now we have declared in the newspaper all right you wanted to have only Brahmins here?" and they said "No, no, no, no, you shouldn't write because that would be very bad to show we are fanatics."

So they had my program and while having the program I said, "Among you whosoever are the Brahmins come forward." Three, four of them came and sat down before me. I said, "Put your hands towards me. They put their hands and they started shaking and I said, "What's this? Why are you shaking? You are Brahmins you should not shake."

They said, "But Mother, you are the power, you are shakti so we are shaking."

I said, "But nobody else is shaking."

They said, "But these 3, 4 persons are shaking in any case here."

I said, "Go and ask them who are they."

So they asked them, "Who are you?" and they had a doctor with them and he said, "These are all certified lunatics. I brought them from the lunatic asylum because one of the lunatics was cured by Sahaja Yoga so I have brought them."

They started looking at me and I said, "See? Relatively, they are shaking, you are also shaking. That means that something is wrong with you there and you must get it corrected." But it so happened when I said it, the chairman of their organization was sitting on the balcony. Suddenly he had a very bad attack of rheumatism and he couldn't walk or move. Suddenly the whole thing fell down and he walked on, came to and he said, "Mother, please forgive me for what I said before. I didn't know they had done this kind of a thing." I just said by the way that those who are Brahmins should come forward because the organizer never told me. The whole lifestyle changed and he is now one of our greatest Sahaja Yogis in Pune who has a very big place of his own where he conducts classes for Sahaja Yoga. He's doing very good work. He has cured 500 people at the [UNCLEAR]. He's now going to be about 80 years of age and even now he cycles down.

It is important that we should get our realization. That's the main thing. Nothing more is important. All other talking, all that thing should be given up. What we have to do in silence is receive your realization and be yourself. Don't deceive yourself. You have to be fair with yourself. God has given you a special body not to be wasted for someone or for some group or for some reading or something. Just be yourself first and then we can talk about other things.

If you have any questions I have no objections. But there is no need to beat me with Bible. You can ask me sensible questions related to Sahaja Yoga.

Seeker: You said that one has an individual path to anything to force enlightenment and on the other hand it is very important to achieve self realization. How when people are so hungry for this realization and there is such a pressure to achieve it it's sort of a double bind and what do you suggest is an appropriate method when people are so hungry to let something else happen?

Shri Mataji: Yes, my child, I agree. What you said is true because I didn't tell you how it works out. That's why your question is absolutely relevant, that when they are so hungry why doesn't it fall like [UNCLEAR] and everybody gets it, it's the point. No, it does not. What happens is there are many candles who are just waiting to be enlightened. But there has to be a candle which is enlightened. But once one candle is enlightened, that candle can enlighten another candle. It goes on, from one candle to

another to another. So the enlightenment goes on spreading.

We have some seekers from Australia, two persons who came to Sahaja Yoga and out of them only one survived. Out of that one person, we have now thousands in Australia. There was only one fellow who came to me from a small place called [UNCLEAR Ramsey] and now there are at least 20,000 people in that area who are not only realized but are masters of this Sahaja Yoga.

Actually I work more in the villages than in the cities. In my experience the ones who live in the cities get very much confused and pressurized. What you say is true. You are a special category of people but first you must know what you have to seek. Secondly you must know that Truth will come to you without any effort, without any experiment, just spontaneously. It will happen, but you have to have somebody who himself is an enlightened person who knows the job. Otherwise it doesn't work out.

The trouble is all such people... I got one of them, a very nice man from Calicut, who was a very good man who calls himself Brahmachari. He's a very great soul and I requested him that I can't go to America, I'm looking after Europe and England, so you'd better go. So he came to New York, three days he stayed and then ran away. He told me, "Mother, I can't manage these people. I just don't want to have anything to do with them." They bombarded him with horrible things and just threw him out. Same with me, I came ten years back and just how to talk to these people. It's impossible to [UNCLEAR] them. They have got these mental barriers on their heads, all these clouds on their heads and they always like people who are fake. Somehow or other they take to fake people, much more easily than to reality. They have done it before also. They crucified Christ, now, can you believe it? Of course you can't crucify me, but you can beat me with Bible. I agree there is such a pressure. I know that very well. That's why I've come back again.

Finished now? Shall we have it?

Yogi Mahajan: Mataji will give the experience of realization which if you'll take out your shoes

and put your hands out like that...

Shri Mataji: It's a very simple thing. As I told you yesterday, the finger tips are on this hand: 1, 2, 3, 4, 5, 6 and 7 centers, and seven centers on this side, are placed in the central area like this, from here and here and the Kundalini moves, goes round, again comes up like that. But, I mean, the left side and the right side, and they make these centers here. These looks like, if you see it clearly, it looks like your... the left side and the right side, and what happens, that the Kundalini has to pass through this, and this is the center.

First the invitation to the Kundalini must go and for that you have to expose yours fingers towards me like this. Now what happens the message goes to the Kundalini and She shoots off. It takes a split of a second. But because of the complications of these centers, which have gone out of gear, there's obstruction. When She hits, you can see in so many people, I've seen, the Kundalini pulsating. You can see with your naked eyes in the triangular bone of Sacrum. See now, the sacred word. It was called sacrum. The Greeks knew about it, it's something sacred. You can see even the pulsation rising if it is in slow motion in some people where there are obstructions. With a stethoscope you can feel the lub-dub-lub-dub till it comes to the epitome here. And then you get your baptism. This is a real baptism, not an artificial one.

And you know a great saint, born about 100 years back in England, apart from all the other prophecies we have had in India thousands of years back, only a hundred years back, William Blake has said beautiful things about Sahaja Yoga. He said, "The men of God (means the seekers) will become prophets and they will have powers to make others prophets." That is the thing. You become prophets and you will have powers to make others prophets.

Now just put your hands like this. Without any effort just sit comfortably, without bending forward or backward but keep in the center. Keep your neck straight, not bending this way or that way. Close your eyes. Keep your eyes shut. Kundalini may not rise because of certain problems of dilation of the pupils. As I told you the left side represents your desire. Keep your left hand resting on your lap. You have to nourish now only certain centers which are on the left hand side because we have problems on

these centers. If it's a question of a straight forward thing we don't have to nourish it, absolutely, spontaneously, immediately. Maybe some of you have already started feeling the cool breeze in the hands spontaneously. But maybe some of you are not feeling it. So for all of you we have to do a little nourishment of the chakras. Then you will know what chakras are in trouble.

The first and foremost chakra which suffers is the chakra of the left side Vishuddhi where people start feeling guilty. As I told you yesterday you should say in your heart of hearts that Mother, we are not guilty. Just say it with full confidence that you are not guilty because you are in the present. Forget the past. Whatever you have done, whatever was there is to be forgiven. If the creation has to be saved, if the seekers are to be saved, it is forgiven. So just say, in your heart of hearts, "Mother, I am not guilty" ...for anything. Keep your left hand as it is, keep your eyes closed and put both the legs a little away from each other on the Mother Earth because they are two powers and are to be treated separately. Now put the right hand on your heart, on the left-hand side, and you have to ask a question, with full confidence, "Mother, am I the Spirit?" Ask thrice. Sincerely you ask because you are.

Now put this right hand on your stomach on the left-hand side. This is the center of the Primordial Master. Because you are the Spirit you are also your master, your guru. Now you have to say with full confidence, just to nourish and to give full confidence to your being, "Mother, I am my own guru. Mother, I am my own master. Mother, I am my own guide." Please say any one of these ten times.

Now raise the right hand again to the heart. At this point you have to say twelve times, with full confidence, "I am the Spirit." Assume it. You are the Spirit. Just assume it. Say that I am the Spirit. Without feeling guilty. Don't think I have done this mistake, that mistake or anything. Just don't think about it. Just say that I am the Spirit. Assert yourself. You are. You have to know that you are the Spirit and Spirit is never guilty. It does not do anything. It remains absolutely pure whatever you may do.

Now raise this hand again to the base of the neck, on your shoulder and push it down. This center is the Left Vishuddhi as I told you and you have to say 16 times here, "Mother, I am not guilty." If you are really still feeling guilty then you can say 32 times. You can say even 224 times. Please don't feel guilty. Put the hands from the front so it won't be a strain. Hold it tight with all your fingers at the back. (to Yogi: "Worst of all, isn't it? Want to feel guilty.") Please keep your eyes shut.

Now you put your right hand across your forehead. All of you should do it. Then you'll say, "Mother we didn't get it, this doesn't happen." There's nothing wrong. At this point you have to say, "Mother, I forgive everyone." After all, when you don't forgive you are just torturing yourself. This is a myth to say that you do not forgive. Just say, "Mother, I forgive everyone." From your heart. I'm trying to raise your left side, if you see it clearly. "I forgive everyone."

If you say that, after that you can now, without feeling guilty, again I say that without feeling guilty, you have to put your hand on the back of your head where the optic lobe is, push it hard, hold it tight and here you have to say, "If I have done any mistakes, oh Lord, please forgive me." Just put it up. Hold it tight. Push back your head a little bit and hold it tight. It's very important here. Don't count your sins but just say, "If I have done any sins..."

Put your right hand on top of your head with your palm holding the central part of your head, where the fontanel bone is, where you had a soft bone in your childhood. Just try to press it, not very hard but move it clockwise. At this point I cannot cross your freedom. You have to say that you want your realization. Unless and until you want it and you ask for it, I cannot force you. So that's why you have to say at this point, say it 7 times, "Mother, please give me my realization. I want it." Clockwise, clockwise move it, 7 times. (Right Heart) Now, you put out your right hand and put your left hand up about 6 inches above your head and see if there is a cool breeze coming out of your head. (Shri Mataji blows into the microphone.) You can move your hand, a little higher. First you might feel a little heat coming out (Left Heart).

You can change your hand. Put your attention there and you can see if it is working out. Are you getting it there? Got it or no? Coming out? Just try again. A little higher. Hmm. How are you feeling? No? Better try. You can feel on each other's head if you want. Now just watch me without thinking. Can you do it? Let's see. Without thinking how far you can go? [UNCLEAR Hamsa... Ekadesha] [Shri Mataji moves a candle to different parts of her head].

Now I will teach you how to raise your own Kundalini. But in any case, as I told you, you are germinated but this little seedling has to grow into a big tree. All of you have to become gurus and for that we have a follow on program though I am going away. For those who want to come to Santa Cruz we have arranged a seminar there. Is it too late to tell them?

Yogi: No, they can still come.

You can still come for this weekend and they have arranged it for only 50 dollars. It is just what we have to pay there. If you want to come you can come there where you will definitely learn much more about it. But in any case there is going to be a follow on program here and in that follow on program you will learn how to be your own master and a master for people who are seeking. It's very simple as you have seen. It will work out without any difficulty. Most of you have felt the cool breeze. Even if you have not felt it, you will feel it very soon. It's all right. If you have not felt it, we will have a look at you. Don't you worry.

Now I will teach you how to raise your own Kundalini because you must know this yourself. Put your left hand towards me. Steady your mind, a little bit steady. You shouldn't look here and there. Steady your mind. It's important you are steady. Now put your left hands towards me like this, first of all, then put your right hand [up] like this. This is just for ventilation. You will increase the cool breeze on the left.

Now you put your right hand towards me and left hand up. It will ventilate again. This is to clear out the right-hand problems. This is how it gets out. It's very simple. Now I teach you how to raise your own Kundalini. Now your Kundalini is here [in front of the sacrum bone]. While sitting down only, you put your left hand just like this and your right hand has to move up, forwards, down, back. It's a clockwise motion. Now you have to raise it. Let's raise our own Kundalini. You see the result. Watch your left hand. Go up. Push back your head and now give it a twist and give it a knot. Hands should be made loose when you go up. The shoulders should be made loose. All right, again. You have to do this thrice, All together. Again this one has to go up again like this. Left hand straight and right hand goes on [circling it]. Now you go up. Push back your head. Give it a twist nicely. Watch your hands. And now give it a [knot]. Second. You are tying up your Kundalini. Third time three knots you have to give. Let's start it. Like that, look at your [left] hand. Go ahead, put it up. Now loosen your shoulders. One, two and three [knots].

Now see your hands. Mmm. Better. Because it's all within you. Now you put all your hands like this and ask a question within yourselves. Is this the breeze of the Holy Ghost? or of the Adi Shakti? or the Primordial Mother? Just ask the question. Put your hands up. Now see. You feel it better? Central Heart. You should not feel insecure at all about it. Now see, are you feeling the cool breeze in the hand better? Started.

Now how do you give yourself a protection? That's important. All of us must learn how to give a protection to ourselves. Every time you go out of your house, before sleep, you must put yourself into complete protection. Put your attention here (Sahasrara) and sleep off. You can't argue it out, you cannot talk about it. If you talk about it no one is going to listen to you. Only thing it has to work out.

Now to give yourself a protection, you have to put your left hand on this side, as it is now, and put your right hand on the side of it and put it through your aura to give you a protection. So one, nicely. Again two, again three, again four, again five, again six, again seven. Now see for yourself the vibrations. This is known as pure knowledge – Shuddha Vidya, the knowledge about the Divine life, the knowledge about the Divine law. Knowledge about the power which is Divine. How to use it, how to use your fingers, how to move them, how to work it out is the knowledge. Then you have to also know what are the mantras for the different centers, what are the deities, how to awaken them, what are your problems. This is how you'll gradually know all about it and you yourself will become a master. May God bless you all.

I say goodbye to you today. I hope to see you in Santa Cruz. If possible, try to come.

1983-0929, The Significance of Puja

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29 September 1983

Devi Puja

Sausalito, San Francisco (United States)

Talk Language: English | Transcript (English) – VERIFIED

Today I just thought that there are quite a lot of people who have come for the first time. And I should tell them about the significance of Puja. Because, as the western style of life is, that they're meant to be like this. To seek something outside, to go outside, find out new ways and methods to grow outside. Now this is the knowledge of your roots. Knowledge, through which you receive your nourishment, is not known to you before. This knowledge was not known to you before and was not deliberately told because you are supposed to grow outside. Now when you have to go inside then you have to understand the divine laws and divine methods, how it works out. The Puja has a significance from ancient times, the saints described them. Because in India, the whole climate is such that you can live under a tree, live in a forest no problem, you can eat fruits and very happily you could be in a forest. There is no need to have bed or anything; it is so warm and nice, and then always enjoy the bliss of a forest. And thus many people went into the forest and started thinking, looking at whole world from that solitude, what is the problem with human being? Why are we here? What should we do? What is the purpose of this human life? Why God has given us this beautiful human life? They started thinking about it. And that is how they went to meditative position, meditative entry within themselves. And when they started meditating they found out, all about Kundalini, about chakras and the deities that reside on them. Now, these deities have resided from eternal times; we can say in the abode of God, they have all resided there and then they were reflected on this Earth and they incarnated just to give us a better and better awareness.

We could have avoided all this. It could have been very easy if we had listened to God at the time of Adam and Eve. At the time of Adam and Eve, it was told that you should not eat the fruit of knowledge. Now, that was not the fruit of the true knowledge, but the fruit of knowledge was the knowledge about the matter, the knowledge about things. So, as you know, the story is, satanic forces worked, they lured both of them and they started developing themselves on the other side. That is how they made a mistake. That is why it is called as original sin. And that original sin has brought us to this brink now, and we have to go back. We have to go back within ourselves to find our roots. And that is why to improve on their mistakes and to improve on their ignorance that is how the first ignorance was set in. The darkness of ignorance was set in because of that mistake. And then from darkness we had to come to human stage. And when we have to come to human stage, we have to pass through all those different various stages of life where incarnations had to take place. So, now, as as you know very well, we have incarnations placed within our centres which are not yet awakened. That means they are not in our attention. They are not to be felt in our central nervous system. Or we cannot feel them on our finger tips, to be very very simple. So they are there, but they are not acting according to our desire. We do not know them and they do not listen to us. They do what is right for them or what they think is proper. You have no connection with them so far. So, the first thing is to connect yourself with those different stages through which you have passed.

So, the first as you know is the Ganesha's stage, it is the innocence. Innocence, the formless of innocence was made into Shri Ganesha because some nucleus has to emit that innocence. Now, in the whole world there are eight such creations of the Mother Earth, and luckily they are in Maharastra. You will find Maharastrian people on the whole are innocent, compared to others, they are rather innocent by nature. And the reason is from the Mother Earth innocence is emitted. So the first thing is that within us to establish innocence we have to worship Shri Ganesha. So, when you worship Me as Shri Ganesha, the Shri Ganesha within you is awakened. You see the result of that. So, the people who are suffering, say, from the trouble of all these perversions, these modern diseases that have come, must establish their Shri Ganesha. If they cannot establish their Shri Ganesha, they cannot be cured. So their innocence has to be first established. If we cannot establish their innocence, we cannot cure them. First and foremost thing is to establish Shri Ganesha. And Shri Ganesha is made out of the Mother Earth element. So, by praying to Shri Ganesha we also establish Him in a city, in a place, like this place now is San Francisco, where I came here first we had no Puja, nothing and that is why the whole thing was just touch and go. I couldn't go deep into people; I couldn't go deep

into the place and so the, I didn't know how I would be able to mange, because there is no education on this. People are not educated about it. But in India immediately the first thing is Puja. They will not come to my lecture, they will not come to anything, first is Puja. If there is a Puja, everybody is getting up at 4 o'clock, having a bath, getting ready to come to Puja. Because they know the importance of it, that you does just, your essence is awakened by it, essence is awakened. And to awaken the essence you have to be there, at a place where this is done, so that your essence is awakened.

Now, the trouble is with ego-oriented societies, is very difficult to tell them about Puja. It's find it difficult, so that is why we don't allow everyone to come to Puja for one reason, because as soon as they see something happening, their ego starts up, you see. And instead of doing anything to them, the barrier is so much, that I cannot just do anything about it. The barrier is too much in their ego, they have their own ideas, their own conceptions, their own feeling, and it's impossible to penetrate deep into them, so it is a waste. And if you cannot receive the vibrations, I feel the pain in my own centres. Because the deities, you see, get so annoyed, and they don't like it and they think that why Mother should waste Her energy with these people who do not understand about Puja. So, I want to prepare you beforehand, that you keep yourself open. Don't allow your ego to come up. It's nothing for Me to gain. It is for you to gain. Keep your minds open. The trouble is that at the time of this Sahasrara opening, this brain, everybody's brain is upside down. It is impossible, you try to turn it and they jump on you. It is a big problem for me; it is the biggest problem. Because, all other incarnations came, they didn't have to do this difficult work of making you something. Just it was to awaken within you a awareness, like Christ had to awaken your Agnya Chakra. Alright, he has crucified himself for the same reason, He resurrected Himself for the same reason. It was a very hard life for him and, for the Mother, it was even worse, no doubt. But still, one should know that this is a very hazardous thing, to transform people and then to establish them and create out of these little seeds a huge big tree of a saint. Now, in the same way, we have got Moses, we have got Abraham, all these great saints are within our, in our void. They are the gurus. And on a Guru Puja, when you worship me on the Guru Puja day, that time these are awakened within you, and you become a master, you become yourself a Guru. You yourself know so much even I don't have to tell you, I don't think I have talked to people very much in private, or explain to things. But somehow they become so much full of knowledge, that is rather surprising how they understand. Like, I was talking to Yogi Mahajan and he was telling me what's the problem is with human being and, you see, he was telling me how we cannot relate to them and all. Which is interesting, because My father did same to Me. I said that he is my first guru and all of you my second gurus. Because I don't understand human beings. You see for example, this homosexual business. When Gregoire, with very great reluctance, you see, told me through somebody else, I nearly fainted, actually could not understand, what's happened to them? Now, what am I to do? And I couldn't eat my food for one week. I felt so bad about the whole thing. Like, My own children where are they?. If you have a heart of an intense Mother, you can understand what she feels about it. And I knew they are in for trouble, I knew everything was going to be very very hazardous. But doesn't matter. By God's grace everything will be all right. I am sure it will work out.

So, first we have to establish Shri Ganesha. First of all, we have to establish Shri Ganesha within ourselves and Shri Ganesha in this place called San Francisco, alright? That is why we have to first do Shri Ganesha's Puja. Then, secondly I told him that if possible we should do little bit of Shri Vishnu's, because he is the one who gives us the evolutionary power by which we can evolve ourselves and evolve others. So we have a little time for Shri Vishnu's Puja. Also, they do Havanas and all that for Shri Vishnu's Puja, which is very good to clear the atmosphere sort of thing. But, we will do next year all these things, perhaps, may be because now we don't have the arrangements. But that would be a very good idea, too. And then, thirdly they want to do the Puja of Shakti, the Mother. Because, unless and until you have power, even if all the deities are there, you will be exhausted, you would not able to work it out. So, the third is of your own power, of your Kundalini, of the power that is going to work out this Divine work. That is how we have three Pujas.

But none of you should get into an ego trip. Please, keep your ego on one side. Just now, see for yourself how it works within yourself. You start feeling good, you start feeling better vibrations and you start feeling much better and healthier within yourself. So, just keep your self open. It is you who has to achieve something, not Me. I don't have to achieve anything. So you better make use of Me. Because I am here only for today and then I will go away. So, make best use of Me and that is why I said as many as possible, try to call people over here will be a good idea.

May God Bless you all.

[VIDEO FINISHES HERE - REST OF TRANSCRIPT IS FROM AUDIO]

So, the first is the Ganesha Puja at that time they wash my feet, you see. Now you can take out. Ganesha is the devotee only of the Mother, not even of the Father. He is only worried about his Mother and he will worship the Mother. And once the Mother said, alright. He had another brother, who was Kartikeya, who was the one who was created specially to kill one of the Rakshashas and who goes on a peacock, while Ganesha has got a simple little mouse as His conveyance, to show that He has no ego, he does not need a Cadillac, you see. He needs just a little mouse, the smallest animal there is, he uses for. They are very symbolic things and there are many lectures of mine in which you will learn about Him. So, this Shri Ganesha, you see, when we are worshipping him, we have to be very humble. He has just an ordinary mouse as his conveyance. And His Mother once told that anyone who goes round the world and comes first, we have to give them a present. And the both of them thought that it is good idea. But Shri Ganesha thought that this one Kartikeya is such fast one. He'll go on his peacock, flying all over, I cannot compete with him. And He is, He is the embodiment of wisdom. He said who is greater than my Mother? So He went around His Mother only three times and he got the prize. Still, the other fellow was going round somewhere. Because that is a fact and She gave Him a prize. That is what it is that one has to understand that the Mother's dedication is much more beneficial than any other dedication because She doesn't want anything. Because she is so dedicated to you that you achieve the best from Her only. She will go on giving giving giving giving giving. The more you ask, the more you will have. The more you want it the more She will give you. So, it is better to depend on a source which is all the time available to you and is very gentle and kind and affectionate and loving. So it's better to depend on some one like that than to depend on any guru who might hit you hard or do something or make you stand upside down. And the Father who can be very wrathful sometimes, you know, the father is all the time waiting just to destroy the world. And you have to ask him just wait, just wait just wait. [All Laughing]. He's a Father, can be very wrathful, very wrathful, destroying.

[Shri Mataji talking to yogis]

So now, some thing I got for your. I hope you have shown them, a present for the centre, I brought this one for the centre here, and I hope, this also, this one. As a present I will give it to someone for from here. Priscilla, you can take it.

May god bless you.

In India, I can get many more things better suited for Puja. But, when you come next time you can get real silver. [unclear] [laughing]

This is a nice thing you got from India. But this you must get for every centre. Now, they are carrying all over, you all can get it and we should send them, to all the centres. It is every easy, from Delhi we got this thing.

Now, those who have never washed My feet should wash today. And those who have washed many a times should not wash. [All Laughing], [not clear] He very nicely asked me, "Should we all wash". I said, "No" [All Laughing]. Alright. There is a competition in India, you see, and some people try to cheat.

Yogi: We say the Mantras to Shri Mataji?

Shri Mataji: Sindoor lagao.

Now, this is, this one is something now very red, you know, enhance the wavelength which can be seen by anyone, the fastest, you see, it has such a short wavelength. They say It can pass through and bend itself very well. That is why this is the red mark they have described in Bible. Now the red marked, this one, this is made out of a very auspicious thing and then burnt into this colour. This is the colour of Shri Ganesha. And if you put it in the night, before sleeping, on your forehead, if you are possessed, the possession will leave you. But it should be vibrated, it should be vibrated. Once it is vibrated it has that power. And it really clears; I will try it today on some of you because it clears completely your head, makes it properly.

Because he is going to say mantra, [I am putting this for you]. All this have significance only when they are vibrated. Without vibration it is empty ritual.

[To Yogi], See, [unclear], just screw, you know the screw, tight one? Is loosened, or if it is loose, it is tightened.

You all will feel it also. All the collective.

So you have one American here, one American here, who knows about it. But he lives in England. You must try to persuade him to come here.

Now, we should have the people who have not washed My feet [unclear].

1983-1001, Kazu Radio Interview

View [online](#).

1 October 1983

Interview

Kenolyn Camps, Santa Cruz (United States)

Talk Language: English | Transcript (English) – VERIFIED

(Aarti ending.)

Shri Mataji: Beautiful!

Sahaja Yogi: Bolo Shri Adi Shakti Shri Mataji Nirmala Devi ki! Jai!

Shri Mataji: Who is the gentleman who met Me in Kamini Kadam's house?

Sahaja Yogi: Are right there.

Shri Mataji: Hello, how do you do? Very nice to meet you. Both of you were there?

Gentleman: Yes.

Shri Mataji: All right. May God bless you.

Shri Mataji: How are you sleeping?

Gentleman: Fine, thank You.

Shri Mataji: May God bless you. Nice to meet you again.

Sahaja Yogi: Mother, a lady from Kazu Radio actually who is coming as a seeker but has also arranged that, if an interview is possible.

Shri Mataji: All right.

Sahaja Yogi: Barbara! This is Barbara.

Shri Mataji: Yes. So today we should have questioning only will be good idea. All right?

Barbara: Thank you, Mother.

Shri Mataji: May God bless you.

Barbara: Before we begin, I would like to introduce myself to those of you in the room. My name is Barbara Schuler and I do a radio program on a station from Monterrey called Discovery, which is usually on Wednesdays from 1 to 2:30, and is going to be now on Thursdays to 11:30 to 1 o'clock. And it's my privilege to be here to do a taped interview for my listeners. So for the listeners I would like to say that we are at Kenolyn Campgrounds in Santa Cruz and this is an interview with Her Holiness Mataji.

Mother, today there are many, many things said about Sahaja Yoga, about Your philosophy and very little was said about who You are as a person. And I thought it would be good to start out with some, few questions about who You are, who were You as a child, what people influenced You, what brought You to the place You are today as a Luminous Being sitting before me and before us?

Shri Mataji: I am a very ancient being – that problem is like this, you see? And to... what can I tell you about Myself? I just don't know what part will interest you, but only thing I can say that I was born with this understanding and awareness that I have to find out a method by which I could give en mass Realization to people. I was a Realized soul, of course. I knew all about it from My very childhood. But the problem was that how to make many people get it, because if one person gets it or one person has it, if one person is an incarnation, people don't understand it. Not only that but they may even try to destroy such a person. That's what happened to all the saints who came on this earth. Christ was crucified, Mohammed Sahib was given poison. Because they were ignorant. They did not know what it was, what was He saying.

So it was important first of all to find out a method how to give them en mass Realization. And from that angle I just thought that this is why I am on this earth and I have to do this job, for which I wanted to study about human beings. I took My birth in a Christian family and that too a family which was Protestant family, because I felt that Protestants are fanatics but very sophisticated. And they rationalize everything to such an extent that nobody can see beyond it. So I better take My birth in them. And My father and mother had already taken birth whom I had chosen as My parents. They were great people, realized souls and specially My father was a person who knew why I was on this earth. Even My mother knew about it. So a special rapport was between them and Me and they could understand why I was busy meditating or finding out about how to give Realization to others. Then I would say My father who was a very learned man, who knew about fourteen languages, who translated Quran-e-Sharif into Hindi, who was a member of the Constituent Assembly, He made our Constitution. Also he was the only Christian to be elected in those days. And then My mother was a honours in Mathematics, all very well-educated and nice people. They dedicated their life to the cause of freedom of India. And I also felt that, that was very important, because if we are not free we cannot do anything on religious basis.

There's one thing is to be free from this level. And that's how I also helped them a lot and our whole family suffered a lot. And I went through terrible times, terrible times, since very young age. I was with Mahatma Gandhi also because he liked Me very much as a child. So I stayed on with him then I used to come back to study, again go back to him. He used to call Me "Nepali" because My face is a Nepali face. And he used to talk to Me as if he is talking to his grandmother sometimes. He was very sweet and he was a very sweet man – extremely sweet person to children - very strict with himself and strict with others elderly people. But with children he was very, very sweet and kind and would try to learn from children lot of things. It was surprising how he understood that there's lot of wisdom with the children sometimes than with the older people who are mixed up.

Now we got our independence and we had a very bad setback because of the partition we had in our country. And I was studying in Lahore Medical College there because I wanted to know about medicine what these people call such and such thing, because I knew all this but, I knew about the body, I knew about everything, the what you call the complete nervous system but I did not know what was the vocabulary attached to it, so I studied there for two years. Now after that, this war broke out, so I had to discontinue with My studies and My parents wanted Me to get married. And then I found that My marriage was important, I agreed to marry and I married this gentleman, Mr. C.P. Srivastava. Then during all that time, My only pastime or the full-time work was to find out about human beings, what's the problem they have, how they avoid reality, how they shun it, how they run away from it, what are their problems, how are they seeking, what do they have to offer, what will they accept, how to handle them. It was quite a intricate question.

Every person provided a new sample of problems and I had to fight it out. In a way that it was a system which I knew how to do it, because to enter into somebody subtly, to understand the problems of the Kundalini – you can go into the journey and find out about a person. And then I found out the permutations and combinations of their problems. So like, it is like, you can say, that, like periodic tables. You had to divide them into three, then into seven, then into their permutations and combinations. So you can imagine - three into seven, raised to power eternity. It was like that. But doesn't matter! It worked out and in the year 1970, on

the 5th of May, I was little bit hesitant at that time. I thought I should wait but certain circumstances made Me to open the last center. And when I opened the last center, it started working with others, it went on en mass scale. But still I gave Realization only to one lady who came to My house. I tried if it works out with her. And she, I gave her Realization, by touching her centers one by one - six centers - and then bringing out the Kundalini on top of the head.

Barbara: What does it mean to open the last center?

Shri Mataji: The Sahasrara?

Shri Mataji: Last center is the center which is the limbic area; where is the seat of all the seven centers. It's all integration there. So far, everybody who has come - like Christ has come on this center, what you call the Agnya Chakra, or Krishna has come on this center which is the Vishuddhi Chakra. Like that they have been appearing on every center of ours giving us a new dimension to our awareness. And that's how our awareness has improved to this extent and now the time is for you to get your Absolute, to get your Spirit, that your Spirit must shine into your attention, that you should have your Self-Realization, that you should have your second birth. That's the time! And that is only possible if baptism, the real baptism works out – real, not artificial, somebody coming and putting the hand on your head and saying, "Now you are baptized". That's not the way. But it is a real thing that happens that you start feeling the cool breeze of the Holy Ghost coming out of you. So then I started giving first of all Realization without confronting any kind of a position or anything. I started with one lady, then I went ahead with it. Then the first twelve people got Realization. Then I was very happy because en mass Realization has started. Then gradually it started working out. I went to Indian villages. I thought they are better, simple people, first work on the simpler people. And they got Realization. Now we have thousands of people in the villages who have got Realization. They have dropped out all their bad habits. They have become very creative. They are doing very well. They are very happy people. And they are experts. So many of them are experts I can say in India now, whom we call as Sahaja Yogi, may be in thousands. Some are working in the villages, some are working in some cities. So we have lots of people now in India, who can do this job.

Barbara: This all happened since 1970?

Shri Mataji: I started it.

Barbara: [So You started]...

Barbara: I have a question that's important to me and to many people who are searching for something as they think, perhaps what you call Self Realization or Sahaja Yoga or something. We, some of us don't know exactly what it is. And we find that there are many teachers. How do we recognize those teachers that You might call fraudulent from the real ones? It's so difficult because they all seem to be able to inspire us in certain ways and give us experiences. How do we know who is teaching something that's true and who is being deceptive?

Shri Mataji: First and foremost thing is: anybody who lives on your earnings is not a guru. A guru will never live on the earnings of his disciples. But here there are people who have big palaces, bought aircrafts and cars and this. I mean, this is something one should understand. It's so, so open to you to understand. I mean, I cannot understand more obvious thing that this one is that it's a parasitic living. And you cannot have a parasites as your gurus. They can be parasites but not your gurus. That's one of the things. And if you can... I mean, you can retain some people, you know? If you want because you are rich people, you can retain some. That's a different point. But you cannot have them as gurus. Guru has to be a higher personality, you see? Now you have seen Christ was such a great incarnation. He didn't take any money from anyone. He was a carpenter's son and He used to do carpentry Himself and He lived like a modest man. He never lived with big cars and big houses. It's not necessary because such a person is Himself, He is a very big king, you see, like a big emperor. He doesn't need anything, an emperor doesn't need anything because nothing can give him comfort except that He Himself is in complete comfort. So such a person doesn't want anything. So you must see that such a person has no needs of comfort at all. He can sleep on the grounds, he can sleep anywhere.

Now, in this life, I should say I come from a quite a wealthy family or married to another wealthy man, you can say that way, according to your own relative ideas. But to Me, I can sleep anywhere. I have no problem. I have no problem of food, no problem of sleeping anywhere, no comfort. And I find it is beyond My self-respect to live on the earnings of others. It's not proper. But you are My children; supposing now you bring a flower to Me or something, it's all right. But I can't have a palace out of your money and all those things. It's absurd, absolutely absurd! So this is one thing one should know that it pampers our ego, that we can purchase our guru, we can purchase our Self-Realization. You see, this is a very subtle pampering. And that's how people accept, you see? They don't want to accept a person who says, "You cannot offer anything." It's too much for them. Or maybe that, secondly, could be that people think that if you pay something then you get attached to it, you go through it whatever it is. Say you have paid for a ticket and you find that the whole play is horrid, you can't bear it, but you have to go through it because you have paid for it. That's a human nature, you see? That's a human nature. I have seen that they do it. And that's what it works out. But this is very gross level, I'm telling you.

But another should be that in these modern times it is promised that you will become prophets. You have to become prophets. So you must see have you become prophets out of these? Is... easiest is to see the disciples of this man, any XYZ who says he is a guru. Now what is happening to the disciple? Is he a free person? Has he got any knowledge? Has he got any mastery? What has he achieved by being with that person? Now, you have seen here there are Sahaja Yogis. One better than the other! You talk to them, they are knowledge. Some of them have met Me only for, say, eight day or so. They have become knowledge. So what have they achieved you should say, what is their style of life, their pattern of life, how they behave? And there cannot be any privacy about it, you see, like mafia, "You don't tell that and you don't say that and you shouldn't do that."

Of course, in Sahaja Yoga the truth is exposed gradually, but it is not like this that if you give some money, nobody knows. Everybody knows everything in Sahaja Yoga, you see? Now supposing we have to build an ashram, say for example. All right, you build your ashram, you collect your money, do what you like and know about it. I have nothing to do with it. Also among yourselves, you should know how you got the money, how you spent it, what is the expense and all that. Because ashram you can pay for but not for your Realization. And this is one thing is very important, that what you get out of it is important, that you should become a prophet. Have you become a prophet?

Then, thirdly, you must know that if you are going from one to another, what we call guru shopping business that means you have not found it. Otherwise, you would just settle down. But some people are so weak that they do settle down with one and are finished with them. You must always see the people who go to these gurus, what have they got. Have they got their transformation? Because this is the age of transformation.

Barbara: Mataji, what about teachers or gurus who produce miracles? You go to a guru who materialize something out of the air and say, "This is divine". That's a very serious question. Shri Mataji: This is all jugglery. It's all jugglery. And also, you see, now supposing somebody says, "I produce a diamond". Now these people come from India. Why don't they solve the financial problem of India? Secondly, you see, at every point they can be challenged. You should say that, "Then, all right"... One gentleman came to Me; he said that, "He gave me a diamond." I said, "Why you? How many diamonds you have?" He has said, "Hundreds." Then I said, "Why did he give you? He should give to your driver who hasn't got a diamond". You see, that is what it is. So it is all jugglery. You should see those who materialize, what have they given you? They have to give you something eternal. If they talk about God, God is not going to give you diamond. Which God has given diamonds to people? Have you heard of anyone giving diamonds? No!

So you should ask for something which is the highest, which is the supreme most. Now the fourth thing, which is very important, that whatever experiences you get - for example, some people start just like jumping, some start shouting, some start behaving like animals. And they say, "Oh, that's what is coming out. You are taking out, you see." They feel very bad, they get horrible diseases, they get into troubles and they get into pains and all sorts of things and contortions. They say, "Now, your subconscious is coming out". Nothing has to be brought out. That's one thing you must know. The subconscious, as I told you, is on the left-hand side and the supraconscious on the right-hand side. What you have to do is to ascend in the center and come up.

Above your head is the super-consciousness and when you become that, then you develop collective consciousness. So those who want you to become like frogs again, you must know that you are not going to become frogs anymore. That's not anyway evolution. The evolution has to go higher, not becoming frogs or earthworms, you see? And if you start crawling, it is simple mesmerism. Anybody mesmerizes can do these tricks, you see? It's simple mesmerism. And then to believe that now you are surrendered and all that is all nonsense, you see? It has no meaning to Realization.

In Realization, you just become the master. You become the master of it. There are many people in this country who came and lured you by their talks also, talking big about Brahma, Atmatattva, this, that and everything. That is not the way you can, that is what is just the pendulum moving from Christian sermon to Hindu sermon and from Hindu sermon to Islamic sermon, from there to the Rabbi sermon. You see, it goes on like that, you see? That's not the way. You have to rise higher within yourself. And that's why those who lecture about these things are really sometimes can be very, very dangerous. And so many have died of cancer, this, that. I don't know what to say that people who go to these people get into very bad troubles and suffer so much. And then on top of that when all this happens, they say, "You must suffer." That's a very good excuse, "You must suffer". You must pay to suffer. Pay money to suffer. And then people go on suffering. Now one thing I have to tell you that Christ has suffered for us. We don't have to suffer anymore. Those who deny His sufferings, will have to go for suffering. All right, have it! But He suffered for us. There is no need for us to suffer anymore. When He is awakened within us, He takes away all that is our ego means our karmas, our superego, that is our conditioning, completely removed, and you become one with the Divine. There is no need for anybody to suffer and this idea of suffering is all nonsensical. You should not suffer at all.

Barbara: Good! I'm glad it's over.

Barbara: Mataji, You are called "Mother".

Shri Mataji: Yes.

Barbara: It seems that in Hindu tradition there is a special context or meaning of the word "Mother". What is this meaning?

Shri Mataji: You see, in the Indian philosophy, even in the Christian philosophy it is so, but it has been little bit changed - if you read the books of Essenes, you will find that they have described the "Mother", you see, the Holy Ghost is the Mother. When they say about the Holy Ghost, She is the Mother. But how can you have... You must reason it out. How can you have a Father and a Son without a Mother? It's a, you see, simple thing like that. You see, so it's the Mother only. Holy Ghost is very important. So Holy Ghost is the Mother. You see, it's an absurd thing, I mean, to have such a thing. Even homosexuals cannot have children. It's funny thing, isn't it? Absolutely absurd! But Christians accepted this, I don't know why. Why didn't they go into, find out what is this Holy Ghost business is? They said, "It's a mystery". How can you say it's a mystery? When you cannot explain then better not say anything about it. So Holy Ghost is something hanging in the air. No one knows; it's a mystery and the rest of it is the Father and the Son. It's absurd!

Now the principle of Mother is in every, every Scripture, has to be there. Now the Mother's character is that She is the One who is the Womb, She is the One Who is the Mother Earth and She is the One who nourishes you. She nourishes us, you know that. And this feminine thing in every human being resides as this Kundalini as you have seen. And when She rises, She gives you this new awareness which becomes compassion, which is flowing, which becomes soothing, nourishing energy of love. And that's what today people are saying feminist - all this thing and all that. That's again a pendulum - a man becoming a woman, woman becoming man - all these problems you have had because of this. But when you move spirally upward, then where do you move you become a personality full of compassion, of love, of universal understanding, through collective consciousness. And then you rise up to a position where you become universally conscious. So that is what should happen to you. And if that happens, then we should say that your motherly qualities within you have risen. And that's what we have so far neglected. You do not become a woman but you become motherly. First the Father, then the Son and now the Mother! All right?

Barbara: What is the role of woman in this world, the role of the feminine principle?

Shri Mataji: I would say, I don't say that women as women who are born as women only have the role, even the men have, everyone has, because everyone has Kundalini within them. But the women must know that if they are women, they have a greater responsibility. Not that they should sit at home and only look after children and brood and then nag the husbands when they come home. That's not their role. The role is such that they have to be forbearing. Any person who is the mother has to be like the Mother Earth. How much She is forbearing! How much She suffers! We dig Her out, we torture Her life still She is giving all the time; She is soothing, forgiving, bearing it out, you see. Then we are doing so many sinful things, I mean, She should explode real with anger, the way it is. But She does not, She is very careful, She slowly, slowly informs that, "Now get out of this place, it's rumbling". She is so kind, you see? That all should come to us. So it's not that it is only the women who should settle down with these qualities, but the time has come that men have to have these qualities. Otherwise, there will be always an imbalance. So now the men have to become extremely kind, affectionate, compassionate. Give up that competitive spirit, that fighting spirit like Napoleon had. All those ideas are outdated. Now whom do you respect? People like Mahatma Gandhi or Abraham Lincoln. Everyone...an American should think of Abraham Lincoln.

Barbara: Yes, indeed. Mother, what are we doing here? What is the purpose of life on earth? What are human beings walking around on this planet for?

Shri Mataji: You are specially made by God. You are specially chosen by God to be human beings and you are here with a very great purpose. The first purpose of God is that you should become the vehicle of God's powers, completely. So that He flows through you, He flows into this atmosphere, into this universe, to make it a divine place. If you, when you get Realization, what happens? These – all your abnormalities drop out and you become very normal person and these vibrations of cool breeze start flowing. With this now you can give it to Mother Earth, you can give it to the plants, you can give it to the trees. The whole thing becomes a "Garden of Allah", where you reside in complete joy and happiness. The second purpose is, that God has prepared you now, to settle into His Kingdom. That's your throne. That's your right to be there. It could have been short circuited at a time when Adam and Eve were called and told not to go into this so-called "book of knowledge" or the "fruit of knowledge". But they didn't listen. You see, if you give freedom to someone then, "What's wrong?" So they started doing things which were brought to them by a satanic force and they accepted it. So that was the original sin we have committed. So they had to take incarnations, do all those things and now brought it to this level where human beings have to be brought again back to the position where they were to go.

Barbara: Mother, what is the true nature of death? Is it possible that you can choose not to die? What's the purpose of death?

Shri Mataji: You see, death is just like changing your clothes. So sometimes when you use too much of your clothes, get tired, you want to change it. Like that death is. Nobody dies, there's nothing that dies except that the part that is the Mother Earth and the part that is the water falls off and you remain as you are. But if you are a realized soul, then you have a choice. If you want to be born again, you would like to reborn. If you don't want to be born, you will not be born. But after Realization, it becomes your choice. If you want to die, you can die. If you don't want to die, you need not die. But you want, because you think that, "Let us die and come back as new people again to help Mother."

Barbara: Many of us have heard discussions or read in books about the evolution of matter, the evolution of the substance. What are Your views on evolving matter and how does this relate to our own physical matter in our bodies or cells?

Shri Mataji: So the matter did go into evolution, you know that, and when the carbon was established, actually our first chakra was established. That's carbon which is tetravalent and carbon is the one which started producing amino acids. You see, when amino acid started manifesting itself this... then the other processes took place by which the evolution of, say from amoeba to human stage took place. That also we understand very well after getting Realization, how we became from amoeba to human stage; and after human stage we have to achieve our Self Realization, means the Spirit which is in our heart, has to manifest in our attention, or we have to feel it on central nervous system.

But what is the relationship between matter and this? We should see that point. It's important. Now through the matter all our centers are made. For example, the two centers that are down below are made of the Mother Earth principle. And then another one and another one like that. All these elements have contributed to make the centers. And these centers are just like mirrors made and the reflection of the Divine falls on them. Then at a human level the matter improves so much, goes into such evolutionary processes, that the reflection at the heart level improves so much that the Spirit shines there, and the Kundalini is properly set for your evolution, which is the epitome of evolution. Like this instrument that is made one by one, first collecting this part, that part, that part, then put together. Now the time has come for you to be put to the mains. Now this has nothing to do with the electricity, if you see. It exists without electricity but it can carry the electricity. In the same way, we become the lamp, and when we become the lamp the light can be brought in and we become enlightened. So there is a big relationship between the lamp and the light. But light cannot exist without the lamp, so lamp has to be there.

Barbara: Mother, can I ask you a question about sex?

Shri Mataji: Yes, please.

Barbara: It was stated today that sex has nothing to do with evolution the way it's been described in Sahaja Yoga. What does this mean?

Shri Mataji: You see the thing is that we think that by doing sex or by going into sex we can evolve. It's absolutely falsehood. You have not become a human being from amoeba to this stage by doing sex. Because animals all do sex, everybody does sex. If they do it or not, makes no difference! The thing is the evolution takes place only through your seeking. When you start seeking something, then only you evolve. And the seeking first was for food, if you see in the animals was for food, you see. Sex was spontaneous. They don't think about it; they don't read about it; they don't have any education about it – nothing. Sex comes all spontaneously, just like your breathing, you see. You don't have to have as you have in your schools now teaching sex. What is there to teach I don't understand, I mean. It is such a spontaneous thing. On the contrary, the more you talk about it, the worse it becomes, you see. And the more it becomes a brain thing, you cannot do sex with your brain, you see.

So it's all a nonsensical thing. All these things have added to your problems of impotency and all sorts of things in this country. Too much thinking about sex, at the time of sex you are nowhere, you are lost. So what's the use of such a life, you see? So the people who think about sex too much are really very unnatural people, they are very unnatural. To be natural is to keep it spontaneous, to live very spontaneously. Of course, as an Indian lady, it is too much to speak on details but I would say that... And we are not supposed to even say the word "sex" in Indian life, you see, it's like that, you see? But I think we are very potent people. The amount of children we are producing, you can never produce even if you want to.

So now the thing is that as a Mother I give all sort of grace to these people, grace marks I should say, when they said that the sex can take you to Kundalini, because you know, in the beginning they must have tried something like that and they must have seen the expression of the deity which has got a trunk, you see, which is settled on this center. We call it as Ganapati who actually incarnated as Christ on this earth, later on. But He is the Ganapati. And there you see just a trunk and they must have misunderstood that this trunk is the Kundalini, because it has a shape like that. And that's why they might have said it, but it's the most dangerous thing. If you go through sex, then you are open yourself absolutely to hell. If you go towards sex and try to come to God, it's absolutely wrong, you see?

Christ has gone to such a limit because Christ was born here and He looks after our all optic lobes and all this part of the eyes. And what He said, "Thou shalt not have adulterous eyes". Just see it! What does that mean? That means you have innocent eyes. He was innocence. He was the embodiment of innocence. "Thou shalt not have adulterous eyes" No lust and no greed in your eyes. Now is only possible if Christ is awakened within you. Once He is awakened within you, then you will have your innocence and you will also lose the lust from your eyes. Eyes will be absolutely looking but not getting involved. That sort of a thing will happen to you. So the sex which is a normal thing to do has to be sanctified by collective people, should be done in a proper way

so that you get good children. The marriage should be sanctified collectively and should be done in a proper way and should be looked after. Because now, of course people are on a different line, but when I had come ten years back, when I told them, that you have to have sanity about sex, they were very angry and they said, "You are Victorian". They called Me "Queen Victoria". But now I think they have learnt a lesson because I had told them, I had told them that, "You will get a disease which you will not be able to work on. Don't do all this nonsense of perversion. It's very nonsensical." But even now they are trying to evade the issue. Don't try to evade the issue. You can be cured of that disease if you can awaken your innocence within yourself. Through the grace of Christ only you can do it.

Barbara: Mother, we have learned, heard that when, when we learn love then we shall have will. What is the relationship between love and will?

Shri Mataji: When we'll have love, then we'll have will. Good! Love is when you become the Spirit, because Spirit is nothing but God's love. This All Pervading Power is Spirit. So when you know that love, which is not attachment, it's not attachment, you see. Like a sap rises in the tree, it goes even to the trunk, and then to the branches, to the leaves, to the flowers, to everyone. It doesn't settle down into one flower. If it does, then the flower dies and the tree also dies. So it is not attached, but it is nourishing. It does what it has to do. That kind of a love, which is absolutely without any conditions, unconditional, without any lust, without any greed - that kind of a love - when you will know, that is only possible when you will become the Spirit. Then you will know the Will of God, the Will of God - what is to be done. Because you don't know. Now you have to... Then when you get your Realization what happens? This cool breeze is like a computer working. You ask the computer, "Now, should I do this work?" If it is yes, you will have cool vibrations. If not, no vibrations. So you will know His Will. "Thy Will be done", you see? How do you know His Will? Then you just know. You become the knowledge. When you become the knowledge, when you become the love, then you become the knowledge also. Even in everyday life, if you love somebody, you know a lot about that person.

Barbara: Mother, this afternoon You said something very interesting in response to a question by a woman. And response You gave was that "Service and sacrifice are a myth, or is a myth." Can you describe what You meant by that?

Shri Mataji: You see, when I said that, when you become a saint, in the sense when you become a realized soul, you find that you are collectively conscious. Then what happens, that if somebody has got a problem you feel it on your fingertips. Now you rub your fingertips and the person feels all right. Now you have done no service, you have done no sacrifice. It's your finger that is in trouble. Now if you rub your finger, who is the other? You see this comes out of ignorance and those... In India actually, they knew it so well that those people who talked of sacrifice and service were called as Shudras, means untouchables. That means they had no knowledge about it. Those people who talked that, "We'll serve you; we'll do this dirty work of yours, that dirty work of yours" - they were called as Shudras. They are not the people who should be touched because they have no awareness that the All Pervading Power of God is there which does everything. What you have to do is to just become one with It. And once you are one with the whole Primordial Being, say, on your body if there is a pain somewhere, you just rub it. All right, you rub it and it's all right. There's no obligation on it. In any way you have not served anyone, you have not obliged anyone. So the concept that you are one with the Whole itself is the noble's concept. And those people who do not have that concept cannot understand. They think, "We are serving others; we are looking after others." "Who is the other?" I asked them. "Who is the other?" That is why this is the concept with which Indians have always lived. And that's something good they have.

But they also picked up, you see, when your missionaries went there they also started their missions, this, that, serving and serving and all that. "Now to the poor people, now how do we serve?" We serve in this way in Sahaja Yoga that once they get their Realization they don't remain so poor at all. You see, because first of all the poor people have bad habits of drinking; all those things drop out. So all that money doesn't go into nonsensical thing. Secondly, they get those vibrations. Now whatever work they are in, they become dynamic. They have no health problem. They don't have to go to the doctors. They become healthy people. Mentally they are so alert that they do better than any other. We have seen people who came to Me and said that, "Our children are very bad at school. Must do something about them." When they got their Realization, now they stood first. They got all the scholarships, everything. They are doing so well. So, such people become also materially better off. They don't become extraordinarily rich but they become materially well-off, satisfied people. You see, also dissatisfaction is another poverty, because you are dissatisfied. I think those are the greatest poor people because they are never satisfied. But the people who are

realized souls, are satisfied souls. They know how to live well and they are helped. Like Krishna has said it, "Yoga kshema Vahamyaham". He said, "I'll give you Kshema after Yoga." First He said "Yog." And "Kshema" means your well-being. So well-being acts after Yoga, not before.

Barbara: Mother, in the West there is a great, especially I would say in this part of the West from the West Coast, there is a great interest in subjects such as Kabbalah, tarot, astrology, spiritual alchemy. How does Sahaja Yoga relate to this? What are Your views about this?

Shri Mataji: I can't understand. That means they are not seekers those who have such interest, you see, because these things relate to a material life.

Barbara: Mataji, how do they relate to a material life?

Shri Mataji: You see, because Kabbalah will tell you when will you get married, or how much money you'll have, what race you'll win, all those things, you see? God has no interest in these things, you see. All these things are, spiritual alchemy, how will you change this into gold... And what does it matter? Gold and all those things what are so important, isn't it? The most important thing is to be your Spirit. And those who are seeking the Spirit are real seekers. All others are seeking money in some other form, you see, and then when they go to these people actually these are nothing but spirits - and they get possessed by spirits and they have horrible time, you see. One should never indulge into these things. Christ has warned the most of all and we are doing it so often. It's very wrong to ask for anything material like that. Why should we have easy money like that? It's not good I think, through some spirit helping you or something. I don't know if it really helps. It may little bit help but give you later trouble. Like one lady had a problem with her husband, you see? She said that, "He is a bad man; he's a flirt and all that." She went to such a woman and he became as far as she is concerned, he gave up flirting but he started racing. And he got lost in racing. Then she went there and she said that, "Now he should be all right from this, He should get out." So he started drinking. And after some time he started doing all the three things, you see. So it was too much. So this kind of a nonsense you should not indulge into if you are seekers. But there are category of people who are seekers. That's what I feel. And those who are seekers are getting into it should get out of it and get to your Spirit.

Barbara: What's the role of the artist in this work, this Sahaja Yoga?

Shri Mataji: Who?

Barbara: An artist, artistic work like music...

Shri Mataji: Oh, great, great! Tremendous it is! You see, those people who have been realized souls have created eternal art. Like we can say, Michelangelo was a realized soul. So his work is eternal art. They produce art which creates vibrations. You can feel vibrations from him. In the whole church if you go you feel horrid, but when you go to Sistine Chapel and see his work and the whole thing fills you up with vibrations. They are creators of vibrations. Imagine! The musicians like Mozart... Mozart creates vibrations but Wagner... You see, so they are the people who are realized souls. You have some tennis players who are realized souls also perhaps you don't know.

Barbara: Tennis players?

Shri Mataji: Yes! McEnroe is a realized soul and Borg is also. And My grandchild told Me, "You know, why Borg has retired?" "Because another Sahaja Yogi has come now, the younger one, so give chance to him" and that's why he is very honorably retired. Is because when McEnroe speaks, you must have seen, he tells himself "John, now behave yourself." They are in the third person. And that's why people don't understand him and he doesn't like to be insulted. And that's very true. And anybody who is a saint doesn't like him to be insulted. So like that you have so many people who are realized souls, we can say. Even the Princess of Wales [Diana] is a realized soul and the new child is a realized soul. So there are so many people like that, who are realized souls.

Barbara: The listeners who will be tuning into this program on the radio, won't have had the experience of being in Your presence. Some of them may have, who were in this room. What can you say to them about how to become a realized soul, how to achieve this cool breeze that comes from...

Shri Mataji: At the beginning of My lecture, if you tell them that they should put their hands towards the radio, just on the radio, they might feel the cool breeze. If they don't feel it, then tell them to put the right hand first till they feel the cool breeze, and left hand up as if ventilating out. And then the left hand towards the radio and the right hand up. It might work out because it has worked in Hong Kong.

Barbara: I tell You it would be interesting. I interviewed Danny and Doug before You came so that listeners would have a chance to come here. And one of them called me and said that he went into a meditation in the afternoon and felt the cool breeze just by hearing them talk.

Shri Mataji: See, if Sahaja Yogis can do it then when I'm talking it should happen.

Barbara: We are about at the end of the interview and what I want to do now, Mother, is give You a chance to say what's in Your heart to say. What is there that You wish to share has not been said this evening?

Shri Mataji: I have to say that America is a great country in the universe. It has the place of the Vishuddhi Chakra, which is the center of responsibility and discretion. And they have been so responsible so far. They have given such noble ideas of democracy and of freedom and all those things which are really all belonging to God's ideas. And when they talk of all these things, we must know that there is something much more that they can give to the whole world. So many saints are born in this country because they realized that this is the country where they'll be able to prosper better into their spirituality.

So it is a very great responsibility of Americans to understand that we have had great leaders, we have had great noble ideals, we have had got great saints living here, so many are anxious to come down here. Only thing what we have to do is to establish within ourselves our Spirit, and to be ready and prepared for this great, tremendous work that is going to come now. And this is what the world has to do. If emancipation of the humanity has to take place, it has to take place only from inside out and not outside in.

Another thing I would like to tell that the danger is not from outside for America, not from anywhere else. It is from within themselves. So be careful. We have to be careful about ourselves the way we are destroying. When we say, "What's wrong?" we go head long into our destructions. Human beings should not take freedom as abandonment, but freedom to enjoy completely and fully. The freedom that takes you to a destruction is not freedom. And the right idea of freedom must be taken and people should know that freedom, ultimate freedom, is when you become your own master, when there are no habits, when you cannot be dominated by anything, you are above everything. That's the freedom you have to achieve. And that is why people talked long time back in this country about freedom. They helped all the countries to get their freedom, and now it is their job to get them their own freedom within themselves so that others will also follow. May God bless you all.

Barbara: Thank you, Mother.

Shri Mataji: May God bless you. Good? All right.

Now, that was really nice of her to give so much time. You see, it's important, because your medias are also for Sahaja Yoga only created. Everything is for Sahaja Yoga. They have to act for Sahaja Yoga only, because this has to spread everywhere. Christ could not have met the whole world, you see? But I can.

So after all that, I want to announce something very good and excellent for you, a great news, that doctor Warren Reeves is going

to be engaged to Ursula today. I hope you like it. What joy, eh? Creates joy! Such a great thing! It's a collective.

Marriage has to be collective, then it is sustained. It has to be collective. Indians know this trick. You see, they have a collective marriage. Everything has to be in the marriage; even the reeves of the village, even the barber, even the washerman, everybody is to be there, has to work out something for the marriage. So the whole community is there to marry and that's how the marriage you see is there because everybody looks after you, you see? If there are many forces on one point then the point remains where it is. Doesn't shift, you see? So there is no shifting marriage. Equal and opposite forces always acting on one point, you better be there.

Sahaja Yogi: Mataji, do we have to call him doctor Selmayr?

Shri Mataji: What?

Sahaja Yogi: Do we have to call him doctor Selmayr after this?

Shri Mataji: Doctor...?

Sahaja Yogi: Doctor Selmayr?

Shri Mataji: To Warren? Yes, yes. You will do like that. Yes, very well. Yes. It's a very good thing, great news for all of you, isn't it?

Sahaja Yogi: Yes. Yes, pretty good.

Shri Mataji: Now... Should we have the question thing going on? Because Sahaja Yoga you have understood quite a lot I think. Have you? Because now in this Vishuddhi chakra of yours My Vishuddhi is working too much. It's a continuous, every day, continuously. And I am coming from Europe where I had a very intensive programmes for 21 days and I stayed in London only for two days and third day I was here. Since that day My throat is really... First time I felt it. Now, if you have any questions you better ask, will be good idea.

Sahaja Yogi: Mother.

Shri Mataji: Yes.

Sahaja Yogi: What is the difference between a self realized being and an enlightened being?

Shri Mataji: And?

Sahaja Yogi: Between a self realized being and an enlightened being?

Shri Mataji: Same, the same.

Sahaja Yogi: The same - an enlightened being and self realized being!

Shri Mataji: Oh, yes I heard it.

(Now Mother is joking with Warren.)

So I think now his (dr. Warren) attention should not be so much on Me, isn't it? He should pay more attention to something else now.

Dr. Warren: Then I'm not getting married, Mother.

Shri Mataji: Listen that! Very bad!

Now, Self Realization and enlightenment is the same thing like you enlighten first a candle. So first you are very careful that it takes up the flame. Then you look after it very carefully, could keep your hand watching that it doesn't go out, you see. In the beginning, very important to see that it keeps its flame burning. And you do everything to keep it, because once it is out again it will be difficult to enlighten, so you do that. And that is what is what we call the awakening first time takes place and you have to establish it. Then you establish and once it is established then you go on enlarging your light and you see that you become the light. Spirit is the flame that is burning. All right? I think I left My watch somewhere in it...

Sahaja Yogi: Mother?

Shri Mataji: Yes.

Sahaja Yogi: Could You say something more about the, something about negative forces? You mentioned that the other day.

Shri Mataji: Something about?

Sahaja Yogi: About negative forces.

Shri Mataji: Negative? All right.

Shri Mataji: About all these spirits and...

(Tape cut here.)

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Kennolyn Camps, Santa Cruz (United States)

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I am really enamoured to see so many of my children. I have been able to find them back. It's such a great thing to see them after such a long time. While I came here 10 years back and none of them could feel the importance of Mother's love, and now such a tremendous thing has happened that it has worked, and that people are feeling that great thing called the subtle energy of Mother's love.

Now in these ten years I have been all over the world – Australia, Europe, England, India – but I must tell you my attention was in America all the time. I was longing for the day when I would feel like coming back to this country because I thought, ten years back, it was too early. They have to learn it, what truth is. They have to go through it. They had been too cocksure. Unless and until it works out that way, they are not going to accept Sahaja Yoga.

What you accept in Sahaja Yoga is yourself, is your Spirit, is your power of Kundalini and by which the responsibility that, when you get this Realization, you have to settle down with it and know all about it. You have to become a guru, a pure sattwa and then the guru of others. In short, Sahaja Yoga is the epitome of our evolution. That is what we are made human beings for. All these scientific methods that have come upon this earth, all these explorations that are there are to communicate about Sahaja Yoga, nothing else. If you use them for anything else they will have no impact, no achievement and everything will be wasted. Doctor, did you talk to them about the peptones and all that?

Dr. Warren: Not yet.

Shri Mataji: All right, I'll ask him to talk to you, that the human mechanism is the highest of all. We have now created the highest thing, as we call it as the computer. It goes alongside with our own building inside. The computer has to think, it just can't do anything without thinking. When you see me you are not thinking, you just see me, you see this, you see that. You don't have to go into the process of thinking. Spontaneously you know what it is and they will take thousands of years, they will never be able to produce a computer like that. Then the computer when it starts working, the human computer is going even ahead of it. When you become the computer, when you get connected with the mains, you know everything. Because the mechanism within you is the absolute mechanism, the perfect mechanism. It has no defect except that you have misused it, you have over pressed it or you have taken it to a junk shop for nothing at all. But you will be amazed that you can repair it yourself. The mighty power within you has repaired it. So this power which is within us can repair it – repair. That's one thing it does is to repair. We should accept that there is some repair needed in ourselves. That is one thing one has to accept. Otherwise you cannot go very far with it.

Supposing you buy a fifth-hand ship, then you better repair it before putting it to the sea. Like some ladies came to see me off and on from France, so my husband said, "What's this? She must have given you realization. Then why are you bothered?"

He is dealing with shipping. So the lady answered, "Sir, supposing you buy a fifth-hand ship, what will you do?"

He said, "In all wisdom I will never buy it. And even if I buy, after using it for a while, if it does not work out, we'll throw it in the sea. We have no patience." So one has to know that you have to work it out, you have to understand your values and your problems, and you have to work it out. It is very easy to work out yourself.

Like there was one Sahaja Yogi who had written this book, Advent. One day he came, very disturbed. He said, "Mother, I'll ask you a question. If it is yes, you just keep quiet because I will be really blasted. If it is no, it's all right."

I said, "What is your question?"

He said, "Was I Napoleon in last life?"

I said, "What makes you think that?"

He said, "Because I have a very big ego. I have discovered such a big ego. I float suddenly, the slightest jump I go floating. That's why. And the second thing is that I can draw very well from my childhood. I have a very strong hand for lines. That, too, he had. That's why I am rather worried if I was Napoleon."

I said, "None at all, don't you worry."

Then he was settled down because he said, "That would be really an abuse of you to give realization to Napoleon, a person like Napoleon." Now look at that. Once upon a time Napoleon was the hero. I mean, as we were young children in India, we had to learn about the greatness of Napoleon, how his childhood was spent and how he conquered countries after countries and his words were used just like some scriptural saying. But now, today, the same country does not want to accept him as a hero. On the contrary they think he was an idiot to do such things. So the situation has changed now, people have learnt their lessons and they think this is not the way the hero should be.

So now, today, the hero is someone like Mahatma Gandhi or you had Mr King here, all such people, or I would say Abraham Lincoln – he is coming up as a hero. What is so special about these people, we have to see. They were all realized souls, no doubt, but one thing more they had was that they imbibed in them the capacity to emit compassion, love, nourishment and soothing capacity of the Mother Earth.

Because of that only they are today respected as great heroes. And that is what Sahaja Yogis have to be now. They have done all competition, all nonsense. So many have turned back from that. Like they started anti-culture saying, "Oh, it is too much. It is soot and bhoot. It is too much for us. We don't want to have it."

So they turned their back to that and they started seeking. But by seeking also, they went to the other side of it and got lost. Like one fellow came to me, all stinking, his hair was stinking, he never had bath for a year, he said. I said, "What is the matter? You're smelling like a dog."

So he said, "I want to be a dog."

I said, "But why?"

Then he said, "I like it."

But I said, "Why are you troubling everybody else?"

So he says, "Mother, but I want to be primitive."

I said, "With this brain you can never be primitive. You may change your hat, you may change your hair style, anything. You cannot become primitive. You are a modern man. Accept it. So why trouble others for nothing at all?"

And this is how we think that by our mental projections, by our mental conceptions, we can do something. You cannot do

anything. Whatever you do becomes absolutely useless. Why? Because, as Doctor will explain to you later on, that within us now there is something called peptones which work out for the neutralizing of our problems with the sugar. They have a built-in capacity to be in a spiral shape, and once they become linear, they lose their biological effect. Now, according to him that we put in all amino-acids, everything together, they can only create 5% of all that is created by Nature within us. You can imagine how far they have reached with all that advancement, everything: only 5%. These peptones, as they are spiral, everything within us is like that in the sense that our evolution has to take place spirally, it has to work spirally, not in a linear way like a pendulum. Like men are becoming women, women becoming men. They are homosexual, this sexual, that sexual – it's all mental projection, it's joyless, it doesn't give you anything at all. All your ideas of democracy, capitalism, communism, all -isms that are nothing but mental projections. They are not reality because you have no capital. What will you distribute? Your capital is your Spirit and when you get that capital within you, distribute it. You cannot live without it.

Like me, for all practical purposes, I am a happily married woman. Our friends do not understand, "What is wrong with this woman? Why is she going around talking to people? What is she doing? Such a big capitalist. What is the need for her to go round?" But I am a capitalist inside and I must spread this, I must give this. I am the greatest communist, I should say that, because I must give it.

So the communism, or capitalism, and all these political ideas are absolutely parallel to what is inside, but it is not the genuine thing inside. All these mental projections I have told you, people just start believing. Like people believe that we are twice born. If you want to believe, you can believe you are a dog or an elephant. You can believe whatever you like. But that belief has no meaning at all, because it is not so. Supposing I believe I am the governor of Los Angeles. They'll say, "You've gone mad." That's what it is, because if you believe into something and you start acting, it is always a falsehood, it's medical [problem].

Now Christ also, or any one of them, came and they said, "You believe in that", what they were saying. What Christ said? That you believe that there is God, that he is the Son of God, is a fact. But you are not become the son of God. When you start believing that, "We have Christ in our Pocket", then you are sadly mistaken. Christ is very far away from you, just know. So mentally if you accept any situation like that, then you become a complete barrier to Truth. There's nothing can go into your head because you think, "Oh, what? I go to church, all right. I pay money for the church." Church is not Christ. So now churches are selling in England and they are making pubs out of them, actually pubs and people will be even worse there because all dead bodies are lying down below and here they are going for drinking. What is going to happen to them? It's a serious matter for me.

So, this is what it is that, when we start believing into something, we also believe we are that. Some people read Gita and when they read Gita they believe they are Vyasa themselves, the one who wrote it. But some of them believe they are Shri Krishna themselves. To this extent people go, to believe that themselves are Shri Krishna, they talk like Shri Krishna. Now the Shri Krishna's qualities are there? If I say I am Christ. All right, you should say that, "If you are Christ, walk on the water." And if I say, "I am the Holy Ghost", then you should say, "All right, raise our Kundalini." It is said that if you can raise our Kundalini then you are the Holy Ghost, otherwise you cannot raise en-masse. That's the point and if that is so, then you should accept someone as something. It is already written down. But on the contrary, people start believing they are the Holy Ghost. I met people like that. They said, "We are the Holy Ghost, we are Christ, we have to just keep it." What an ego. And that is what makes people absolutely closed to truth. They cannot seek truth because they want to believe that they are already there, they have got it, only they have to keep it. It is a wrong thing, you still have to have it.

But in our practical life, you don't do that. In practical life, supposing we just believe that this is mine, it does not become mine, does it? And if I go and say, "No, this is mine", I will be put into jail. Anything like that you don't believe unless and until you have it. Supposing I say, "Sit down here. There is a chair", will you sit? You first see that it is there. In the same way in our spirituality we are just the opposite. We want to believe because we know that nothing is going to be challenged.

And that is how we close our Self to reality. We have to be, we have to become and that is the problem of Sahaja Yoga, that you cannot become a Sahaja Yogi unless and until you become. There is no certificate. There is no payment. Thus we cannot say. It has to become. Unless and until you are a tree, we cannot call a seed a tree. That cannot be done. Nor you would like to call. Now that's how it is, we have to humbly accept that we have to become. If we really humble down on that point that we have to

become, that all our knowledge has been of no use, that it's non-knowledge, then only it happens.

There was a great poet in India called Surdas. He was a blind poet. He has written lots of poems describing his agony to meet God and such poems people like because they, too, have the same agony. So they like to sing, "When will I meet you, when will it happen?" and all that. So he sang all this, but after all that the last thing he wrote was very beautiful, that: (Hindi) –

"Oh Lord Shri Krishna, please remove my non-knowledge. So far I have written 'sursadaka.' " Oceans of his poems, he says, is nothing but non-knowledge, "So just remove it." The knowledge has to be felt on your consciousness, on your central nervous system. All other things, like people start jumping, going under the blanket, saying that our guru is great. You cannot even make out whether he is a true guru or non-guru. How can you say that he is your guru? A guru has to be a person who knows everything about it and he is above money, above all these material things and he creates nothing but compassion.

I agree, many can say that, "Mother, because you were not here, we went to other people." But it is not true. I was the first to come here. Ten years back I came here but you were not happy with me at that time. You did not like me very much, because I had no Rolls Royces. They actually asked me, "Mother, how many Rolls Royces have you got?"

I said, "Rolls Royces, for what?"

They said, "They all collect Rolls Royces here."

I said, "I have come to collect my own children. I have not come to collect Rolls Royces."

So they asked me, "Then how do you explain these people who come here in the name of God and try to collect Rolls Royces?"

I said, "I cannot explain because I cannot stoop down to their level. I can't understand their level because to take even a little bit from someone free itself is parasitic. If someone gives me a present even materially I think I should be paying back, somehow or another, I must return. It's very hard for me to accept even a little thing from you people whom I am giving this, because I have to give. It's to be given, it is your own. I am like a banker, it's your right to have it, so I have to give it. And in return to take Rolls Royces is so parasitic and is so below level. There is no self-respect." So I asked the gentleman who was asking me a question, "Supposing I tell you come in my house and live freely, will you do that?"

He said, "No."

I said, "Then to take a Rolls Royce free from someone on other people's money, is it not parasitic? What are they doing to get the Rolls Royce, what work have they put in, what material things they are doing that they should ask for Rolls Royce?"

People get enamoured by these Rolls Royces. The gentleman who has Rolls Royces here, I met him before. He didn't know that I know all these things very well. I just camouflaged myself quite a lot, and I wanted to know what he is doing to the people, and he said, "You know what is going to impress the people in the West? Big, big houses and great big cars." He himself wanted to buy a Mercedes at that time and we had a Mercedes and he wanted to talk to me about it if I would sell the Mercedes to him. Just imagine. He knew at that time that you people would be more impressed by Rolls Royces. Just imagine such a thing to happen.

So we have many contentions and many ideas about things. In Sahaja Yoga gradually they drop out. I don't want to shock you because you will think, "Oh, Mother, this is all so in-born."

Like a homosexual came to me and he asked, "Mother, what do you think of homosexual?"

I looked at him and I said, "All right, I will explain to you. Sit down." I took about half an hour to explain to him how he became homosexual and how it is enslaving him. It is a joyless pursuit, he will never have joy, and moreover, those who are today born have a greater responsibility because they should have sane marriages to allow the great saints to be born in this country. Only

devils will be born under such circumstances, only devils. Who can face a circumstance when mother is marrying ten times, father is marrying twelve times, and the child, his innocence is all the time attacked?

So we have to have sane, good marriages if you want the saints to be born here, and without their births we cannot see the saving of this madness that's going on. But I told him very clearly how it has come. Because yesterday and also the day before yesterday I spoke of that, how the homosexuals were created in this country or in any country in the West. In India we did not know all this, it's so unnatural, and we must have been primitive people because you are so advanced you know and we don't know about these things. Actually I could not eat my food for eight days thinking that now they are doing this, it's too much.

But actually what has happened is your laws. Your laws are very funny. The laws are such that if a man marries a woman then he's in for trouble because he loses half of his money with the first wife, then half of it with the second, then half of it with the third. By the time he is third time married he is just broke. This is the law. I have seen women very rich, very well-off and the husbands absolutely paupers. Same lady marrying one husband looking like a pauper, absolutely has no money. This is one of the laws which is very, very imbalanced and creates a problem between husband and wife quite a lot because the whole thing becomes money oriented. And I know of somebody who is a great Sahaja Yogini in America. Her mother has married now 10 times, she is older than me and now this is her eleventh marriage she is arranging.

So that is what she is doing and that is how she is quite a moneyed lady and I don't know how she manages that, how she is befooling so many men and managing that. The marriage becomes just a joke. Secondly this is one of the reasons why men don't want to marry women, because there is no equality of sharing and that is one of the reasons why they thought it is better to have a man as a companion or a spouse.

Another thing which is very wrong within us is that the women don't understand their responsibility and because men oppressed them so much. At the time of Abraham Lincoln the men were horrid, absolutely, much worse than Indian men. They used to oppress women, they used to do all kinds of things and women were denied all kinds of rights. So as a result of that, now women have become men, and they're trying to dominate. When I see an American woman, I am quite surprised how they treat their husbands. That is a trick they must know of the woman how to treat the husband to put him right. She is a mother. And the tricks you don't know. Me of course, our husbands are just with us throughout, but we know the trick and you don't know the trick. You are trying something which won't work out because you are not an instrument for that. For example, this is an instrument for emitting my voice and if I start using it for playing a tape recorder it can't.

So a woman is a woman and a man is a man, and if a man tries to be a woman and a woman tries to be a man, there is going to be a problem. But that does not mean that a woman should sit at home and look after the children. It doesn't mean that at all. But the woman's qualities are of nourishment, are of soothing, are of compassion. They're such powerful qualities, you don't know. Your compassion is so great that your children cannot go anywhere. Anything happens they must come to you. The husband cannot go anywhere. He has to come. Compassion is so pure and so great that the power of compassion you have never realized. This is the power of compassion of God, is His feminine, the Mother that is working it out. He is just the witness of the whole show. He is not bothered. If you people don't behave all right, he just switches off everything. The switch off is very anxious. Because He's just a Spectator, He is the lonely spectator of the whole spectacle and He can just switch off the whole spectacle if He does not like it.

So the Mother has to play a very beautiful role, very carefully she has to nourish her children, she has to look after them, she has to bring them up, and should be then entering into the Kingdom of God. Then only you can enter into the Kingdom of God and that is a thing of great patience, love and tremendous power. If you don't have power, say if this Mother Earth did not have power, she could not have borne us. With all the kinds of horrible things going on, the way we are digging her, the way we are torturing her, she would have collapsed long time back. But she has such a tremendous power of forgiveness, of compassion, love and nourishment that she is activated. And your Kundalini is the same Mother Earth, she is the representation of the same Mother Earth, the same Holy ghost, of the same kumbha – as you call it, the Aquarius. That's the Aquarian Age they call it because this is the Age when you will get your nourishment. Your own Kundalini is going to nourish you, she is going to soothe you, she is going to guide you properly. The Mother is the greatest guru. I mean even the gurus have their mata. A guru has to be a mata otherwise

how will they come? The whole absurdity has come to us out in the West from many religions, especially Christianity and Judaism, where they did not talk of the Mother at all. That was not the time to talk, because at the time of Abraham, they had to talk of the Father, then at the time of Christ they had to talk of the Son. That was the time because if He had talked about his own mother they would have killed her and then He would have come out with his eleven destroying powers. He would have finished the whole show once for all. So He never talked about the mother power.

Now the time has come for the Mother power and I was told that in the thirteenth century somebody, [to Dr. Warren, "What was his name?"

"Joachim de Fiore."]

He talked about this, that it was the time of the Father, then the manifestation of the Son and the manifestation of the Mother is awaiting. And when this manifestation takes place, as a result of that only, you get your realization.

But those people who want to take advantage, only talk of the doomsday. They don't talk of the resurrection day. Now if you read Koran – I deliberately tried to understand it because my father translated it into Hindi language – it mostly describes the resurrection times and very little of the dooms times. But the doom is described more because they want to frighten everybody, "The doomsday is coming, better get converted, doomsday is coming," just to frighten people. In that He [Mohammed] has very clearly said that at the time of resurrection your hands will speak. They have all talked of the future. Christ has talked about the future, that He'll send you a comforter and He'll send you the Holy Ghost. He has talked about it, everyone of them has talked. About fourteen thousand years back in India, a great astrologer, he is the originator of astrology, Bhṛiguṃuni, has written a book, Nadi Granth in which he has clearly said that this age will come when the Parabrahma, the Mother – the Parabrahma is the Adi Shakti, we call it Primordial Mother's power – will come and in 1970 this will start as Sahaja. The Kundalini will rise and there will be no need for hospitals and all that. If it works out, we can avoid the third world war. He's clearly said fourteen thousand years back. And if it is not working, then there will be a problem, most of the people will be destroyed and then only the yogis will take over. Means these yogis are Sahaja Yogis. This is very clearly said in that, so it was already prophecised so many years back for us. And William Blake has prophecised that men of God will become prophets and they'll have power to make others prophets. The amount of details William Blake has written I don't think even Markandeya has done that. He, of course, Markandeya has described even the shape of my knees and all that. But this one [Blake] has described even the exact house where I've lived, all the houses, and even the ashram where we are going to live. Imagine, to that extent this William Blake has written. So you can understand how far he has gone deep into the whole thing and he was such a great seer born in England which is the heart of the universe.

So now as they must have told you that this is the Vishuddhi Chakra of the universe. Did you tell them that?

Dr. Warren: Not yet.

Shri Mataji: All right so I leave it to them to tell you. And what are the responsibilities, I mean the responsibility lies here and how the Americans have responsibility, I mean, you have been very noble people throughout. You've talked of such noble things and you've believed in it and you always fought for the noble side of life. But now if, one by one, you start destroying yourself from within, the whole thing can fritter out. So we have no right to destroy ourselves because we cannot create even a hair. We have no business to say, "What's wrong?" Whatever is wrong against life, whatever is anti-life is anti-God. God has created you, you have not created it yourself, so don't take up responsibility to ruin yourself. Only thing what you can do is to cure yourself, you have to soothe yourself, respect yourself. Even when you do something, know that are you doing out of respect for yourself or you are just doing because your ego is saying, "What's wrong?" Like these punk rocks, going on with that kind of absurd things on the road, like a clown they are moving, making themselves such a nuisance while you're teared. And in England it is very common to see these people. But when they come to me after that, I find their eyes are becoming blind. And it's become a great strain for me to clear that because these horrible dyes make your optic lobe so heavy that your eyes become blind. These things have very serious effects. You must know that and you must learn all about it, how this affects you.

Also you must learn as Sahaja Yogis, how to talk to others. First of all, among the Sahaja Yogis, you are all one. You are part and parcel of the whole which is awakened in you. All should keep together as one and gradually you will understand how beautiful you all are because you are all saints. Respect each other, you are saints. How can you insult anyone who are saints? So first of all give up those bad habits of talking and barking at others, try to love each other, respect each other, be very, very kind to each other and if possible try to express it through some material gifts or through some material help in the sense, not that you give money or all that, but we can send some little present sometimes or we can just try to look after the comfort of the other person, put our attention to them, how you could be nice to them. There is no need to be slavish, there is no need to be pampering their ego but know that, "As I am the saint, he is the saint." If you see the real saints when they meet, they meet in such a big way, you see that as if the two hands are rising, the five fingers are rising all in unison, in concord. Imagine one hand is going like this, another like this you can't do any work. So you belong to one collective being, and all of you should understand and establish complete concord among yourselves.

As far as the others are concerned, there are others. So when they are the others, then you have to talk to them very sweetly, quietly, gradually opening the truth about Sahaja Yoga because Sahaja Yoga is a very great truth and not easy to guesstimate. It's a very great thing. It's impossible, especially for ego-oriented people because they have like a snake all the time – the ego is sitting and just refuses to see things and that's how it's very difficult. So gradually open out, one by one, everything. Unless and until you find them all right, don't tell them because they'll shun up. Of course it does not matter, they are the losers, but as we have to be compassionate towards them, we have to save them, we have to be careful not to tell them. Like a person's getting drowned and you are a swimmer so you tell that person, "Keep quiet, don't pull your hands, be careful."

Sometimes they might answer, "Why not I am also going to do it?"

So if they do it they'll fall, so then you have to tell them, "If you do like that you are going to fall out," and you just release your hands for a while and let them see for themselves and then they'll know, "Oh, God, I am going down." And so then they'll keep quiet. So to give them a lesson also a little bit is important, but in such a gentle way that they'll understand that if you have to go ahead you have to learn about it, gradually come up and do not blast them suddenly. If you blast them, then they will be all shattered. They are already in pieces, the whole world is in a big turmoil, in a big tension and whatever we have to do, we have to do it with great care, and love, and affection, and understanding.

So with others you have to be gurus and to understand not like the other gurus are. And the real gurus are just the opposite of these gurus who are taking money from you. I mean better keep off from the real ones because they can hit you very hard. I know of someone who told me that, "Mother, if somebody troubles you, you better send him over to me." I said all right. I did not know he was such a harsh man and this gentleman was troubling me too much. I said "All right, you go and see that guru once."

He was so elated because this guru does not see people normally. So he went all the way, he climbed on the mountains, reached him, and he started talking about me: "Oh, Mother has become so generous. She gives it to every Tom, Dick and Harry, she should not do this, it is not proper, she is cheapening Sahaja Yoga in all these years". He said, "Really? You think so, you are wiser than that, isn't it?" Then he made him sleep there.

Next time I see him was when he came with both the legs broken and put around his neck and dangling like that you see, in the hall. I was sitting and tears started rolling in my eyes. I said, "What is this? Who has done this to you?"

He said, "The guru has done this."

I said "How?"

He said, "I was sleeping and.." (The guru's hands and feet are broken by people. He uses a tiger to move about) "So the tiger came and he threw me in a cut and I fell down and it was about twelve – fifteen feet down. I fell down and I broke my both the sides here and I called and called, nobody came. And then after three days he put some chapatis – as you call like your pita

bread – down saying that, “Eat that now.” I was there, I was urinating, doing everything there, in that filth I was there. After 5 days he picked me up. When I went up he said, “How dare you talk about Mother? Now you put these legs around your neck and go to her dangling like this and she will cure you, not me. So go and tell her all about it.”

I said: “What are you doing?” I will ask this guru, “Why should you do like that?”

Another fellow, a doctor I sent him who had gone very much wrong. He made him carry two buckets of water all the way to the mountain and clean one Shiva temple which is all neglected. Poor fellow, when he came, he was thin, just bones. I asked, “What happened, Doctor?”

He said, “I was told to do this exercise for a month”.

So when I met him, I asked him, “What do you mean by treating them like this. It was too much.”

He said, “They are donkeys and donkeys must be treated like donkeys. That’s my principle. You want to convert donkeys into good men, all right, you try, but I am not going to do that.” He told me very frankly.

So, the real gurus don’t take any money but they really take you to task. Anybody who takes money, be sure that he is not a guru at all. You cannot take any money from the people. Now supposing if these people want to build some sort of an ashram. All right, go ahead. I have nothing to do. I don’t want to see accounts or anything. You do among yourselves. I have nothing to do and everyone should know how the money is spent, where they have spent it, how it has happened. Everyone should know but I don’t want to have the money because I don’t understand money. So better not have it then. So this is what an attitude should be for you people, that in money matters also we should be very straightforward.

Now the point that I want to tell you is that as Danny has told me that people in Santa Cruz don’t have the sustenance to stick to Sahaja Yoga. It’s very surprising that they don’t have sustenance. But to me Americans seem to be doing guru shopping all the time. They go here, here, here, here – all over – and this is a temple where you enter in, you settle down. If you go on digging everywhere for the well, what do you get? Nothing. So wherever you get little water go and dig in more, then settle down. Even if you got little bit you go on digging in more and more and that is how you’ll settle down as real sahaja yogis. So as you know that, Sahaja Yoga is not a thing that we have any organization as such, or we have any granting of diplomas, degrees, or courses. Nothing like that. Some people I’ve seen go, so fast, surprising, and some people are so slow, that I don’t know what category I should put them, they come, go. Like we used to read in our mathematics before, a man came for five days, worked, ran away and then another man came who worked for two days, ran away. All of them are runaways. If that type of people are there in Sahaja Yoga, nothing will work out. This work nor any answer to that mathematics will never be done. So, this is what it is.

So, for you people it is important to know that you have to sustain yourself in Sahaja Yoga. It is very important because there is a drag. First it is a material drag. Matter always drags you – comfort, this, that. Whatever you may say that you are a non materialistic, it will drag you down; that and other things like intellectuals feats that you have gone through and the mental conception. You must see the truth and accept it. Don’t accept anything even when I am telling you because it is not proper. You must have an open attitude but you’ll find gradually that if you find about nine points true then you must believe in 100 points because it is so, and go ahead with it. This is what belief means, it does not mean that we should believe that now you have become like primordial masters. That’s a wrong attitude. So I would say that gradually you are all going to grow into great people. You have before you some people sitting here who have grown like that and some people have grown suddenly like that. Some of them were following so many other things, then they dropped it in a second. They dropped it in such a quick understanding. But some are very slow people. And Sahaja Yoga has a double type of a force, one is centripetal and the other is centrifugal, and through that another type of a thing you go round and just you are thrown out at a tangent.

So be careful. Try to remain in Sahaja Yoga. It’s within yourself that you have to remain, Sahaja Yoga is all within yourself so try to remain within yourself and follow the methods of Sahaja Yoga which are actually what we call the Shudda Vidya, is the pure knowledge: how to handle your powers, how to cure your chakras, how to nourish yourself and how to reach the state where you

just become joy. All those things you have to understand and do it for yourself and you have to do it for others also in the same way. But if you are not established, you yourself are still lingering with other things, then this transformation is not established. Then people are not going to believe. Like an egg you were, now you've become like a bird. But the bird has to come out of the shell completely, has to be a clean bird, has to know how to fly out properly. Then only you'll be called as really transformed bird. Because 'bird' in Sanskrit language is called 'dwijaha', means 'twice born'. And that happens to human beings also. That's why at the time of Easter we give eggs because we are eggs and with Christ's resurrection we have to become the bird. And that is why we have to learn. So many things you will know which you have not known before. All the symbols, all the things that we have known from outside, you will know from inside and the whole thing will be completely integrated.

I hope I have one more chance to see you again and meet you again. But in any case I would like to have questions from you if possible. But there is no need for Sahaja Yogis to be aggressive with me. But be careful about murmuring souls, as Christ has said. There are some people who are half-baked, they play into the hands of negativity and they go on murmuring at the back and they won't allow you to progress. We have some people even now after ten years, they continue slowly, slyly working out at the back range you see, and try murmuring and put you down. So you go according to your own understanding and don't according to the other understanding, but gradually you'll find you'll come to the open space of complete reality.

May God bless you.

I would like to have questions.

(A seeker asks a question while everybody in the room settles down closer to Shri Mataji.)

Shri Mataji: Very good, you have said the right thing at the right time which I wanted to tell you about. Very much. You see the chart that is here? Now the whole thing is that the naiveness of the Western people has been exploited by the people who wanted to really take advantage of you. How they discovered that you are very naïve at things was this, that so many people, even Jung was a realized soul, no doubt, but even Jung was misled there. Of course, Freud was very much misled and so many of them were. And when they read their books, they said this is the chance to hit them. As I said I don't read much but I had to talk to Jungians, so I saw some of their diagrams, and I was shocked because what was there was they showed the human being as such: the unconscious first, a layer, then an unconscious that will manifest, then the subconscious, then the conscious mind on top of the ego. Such a jumble box. And this must have given a key to these people to come down here. That means that if you have to go, now see how it is, layer by layer, they have put, it's a self-conviction. If you have to go to unconscious down below, as it is said, then you have to go through subconscious. So when they knew that these people are willing to go to the subconscious, they came here and they started talking about it.

Actually it is not like this, they are not placed one on top of another. They are vertically placed, that's a clear part here. God is the greatest organizer. If I have to come inside, you won't keep all the people there, all these things there for me to cross through, will you? I mean you'll organize in a way that there should be movement, isn't it? Even in an airport if you go you won't put all the hurdles between where all other people have to pass through. I mean, He is the greatest organizer so He organized it this way, beautifully done, that the path in the center is kept open for you to ascend ultimately. All right?

The subconscious is on the left-hand side, the supraconscious, the future side is on the right-hand side, so you don't have to go to these places. Those people who take LSD and all that go to the right side, those people who go to some of these gurus, I mean some gurus are also right-sided. Like Hitler used that supraconscious. He got it from lamas. So what happens that when without realization you try to push your attention to the left or the right you go into these things where you get caught up into the collective subconscious on the left and the collective supraconscious on the right and you start getting all this nonsense. And by that, you can be anything. People in the left side can suffer from all these incurable diseases like cancer, aids, myelitis. All these diseases, they come from left side entry. Even doctors have accepted. I saw there one film where they talked about triggering. First of all they say it has to be vulnerable, means too much of sympathetic activities. Supposing you have this chakra here like this and this is the vertebra, left and right. Now if there is too much sympathetic, means left or right activity, then it opens out and the connection with the whole is lost. What happens, you start moving towards the left. Once you start moving towards the left,

you enter into the subconscious area and then you enter into the collective subconscious where you are catching from other people – collective subconscious. It is not consciousness but subconscious you are touching there.

For example I'll tell you a simple thing like flirting is also the same thing. You'll be amazed, flirting is. We can't flirt, we can't. Our eyes are too simple to flirt. There's nothing inside to flirt with. It's a joyless pursuit. What happens is that the spirit guides the flirting. I was amazed when somebody told me this.

I said, "Why is it?"

But I saw people getting the spirit from one eye to another. I didn't know how it works out but once somebody told me, he was standing with me on the platform and suddenly he turned round. He said, "See, there is a woman standing there."

And I said, "But you never saw her, but her spirit collectively, as you said, behind. She was behind the gentleman, so he caught it, collectively you see suggested. And this spirit informed that spirit and the thing worked out, and he turned round. Because eyes are not innocent, the eyes have the spirits in them. There is lust and greed, and if you have lust and greed in your eyes, then these spirits come to help you down. They also enjoy their lust and greed through your eyes or through your behavior. So then you are there and then you develop all these troubles of cancer and all that because the doctors said that when it is vulnerable for cancer, means there is too much of right and left side activity, then triggering takes place by the attack from the area that is built within us since our creation and the attackers are called as protein 52 and protein 58. Just imagine, they give them the name protein 52 and 58, but I told them these are nothing but spirits. Why these infections? Is nothing but the dead vegetables and animals which are gone out of circulation of your evolution. Whatever goes out of circulation goes and settles down there, and whatever is in the future, a futuristic man who lives in future, most of the western people live in future, they go to the supraconscious area.

I mean there are cases like somebody started suddenly painting like Gauguin. I know Gauguin, he is a great painter. He did the same strong lines, the colors and things, and he has some very beautiful painting. Like he has done a sunflower beautifully. Yellow is his favorite color, and one tape just in front of everyone on the television you could see it, and he said I am possessed by Gauguin. And Gauguin started talking, "Yeah, I have possessed you," because he was mad, he died and he possessed him. But it was for a short time, and then Gauguin went away. It is perhaps, maybe, that I gave it a bandhan, perhaps, maybe. But that is what it is.

Whatever is happening to you is not siddhis. Siddhi is this when you become 'siddha', means 'proved to be a realized soul'. These are called 'shuddras'. 'Shuddra' in English means 'untouchable', 'one should not touch them'. This is very low and that is what people think to be advancement like people start jumping. You know these Mahesh Yogis people when they came to me, they were jumping on the first seat. I said, "Now what is happening here?"

They said, "We are flying in the air."

I said, "Where? You are just jumping there like frogs. Where is the air? And put your guru to fly. Let us see if he can fly. Why not ask them to fly?" You should find out also the life of guru, how he is. Like the one who is supposed to be here, Bagwan, he calls himself God. He cannot smell a flower. If there are a thousand names of God, there are at least 30 names we say you are so fond of this flower, you are so fond of that flower. If he cannot smell a flower, then how can he be God? A flower is the most beautiful thing in the creation, isn't it? And he cannot smell flowers? Such a man should be put in some filthy place. Then he will be happy there, I think. It's what it is! You must understand if he does not like the fragrance of the flower, how can it be?

And all of them are so gross. They don't know any sophistication of life, nothing. The aesthetics, if you see the way they live, it's horrible. If you see the carpets they use, the amount of things they have, it is all nonsensical. You see that even they are not rustic there. I don't know what to call them, they are very cheap type of people. They can't talk to you about your philosophies or your music. They don't know about Indian music leave any other music. They don't know about Indian dancing, they don't know about Indian traditions. Ask them why this is put, or why this is what, why this is what, they won't be able to tell you. What are

they talking about Brahma and this and that? Read some few books here and there and just started talking. Some of them have come direct from jail. But they are so confusing, I can understand they can confuse you because they talk another language which you have never heard before. But it is like going from fire to fire. This day it is not proper. You must understand that something must happen to you of which you should be the master. Simple. Supposing I'll say I am such and such. All right, so what? What did I give you? What did you get?

I am not surprised, my child, that you've got these things. I have seen people who have ended up into complete recluses. Absolutely horrible things have happened to them. But if you tell them also, they don't want to hear. It is such a possession. They say, "Let us go to hell, doesn't matter. Our guru will go to hell, we'll go with him." Really. They are so identified, I mean you can't tell them. You just can't talk to them. If you talk to them, they feel very hurt. They don't know what harm it has done to them. They just don't know.

Question: Should we have compassion for such teachers and such people that are affiliated with them?

Shri Mataji: First of all you develop your compassion, secondly discretion. You see it is a wasted compassion. What is the use of having compassion for Hitler? It is absolutely wasted. I have been to most of them, talked to them, told them, "What are you doing? You've come out of the hell, now you are again going to go back permanently there?" They won't listen to me. It is wasted.

Dr. Warren: What about the people that are associated with them, she said.

Shri Mataji: Associated?

Dr. Warren: The disciples?

Shri Mataji: Try but very difficult, you know? Very difficult. Like one of the persons we had, John, in London who was very much worried about his friend who was really lost to this fourteen-year-old fellow. And he talked to him about it and they were driving in a car, and he just went haywired like this, and he had to jump out of the car. They couldn't bear it. Yogi had compassion for three people from Rajneesh. I told him, "You bring them alone separately to me, not in the big crowd." Because in India we have very big crowds. I said, "There will be problem." But he had compassion. I told him, "Just don't bring here." At that time he did not understand what I was saying, but they brought them and they must be about 60 feet away from me, not very close. As soon as they stood up and saw me, they just collapsed. No energy in their body. When people tried to lift them, their hands would slip just like a fish. They didn't know what to do. Five, six people had to literally lift that kind of a molasses from there and put them out. It was such a problem. So it's not easy but gradually if they discover it, come to right conclusion and there still is something left, then you can manage.

Question: Mother, I have also had TM meditation training. So has my husband and we've been thinking for a very long time...

Shri Mataji: I know.

Question: But I'm here. We both attended the lectures and both got very touched and we got through.

Shri Mataji: That everybody does 'till you discover. I must tell you about TM, horrid things about that, what happens actually.

Question: I wanted to come and just made that spontaneous decision to come and after I'd made the decision to go I said, "Oh, you don't mind do you if I go?" He was very supportive of it and he wanted to come also but he wasn't able to. Now I'm going to go home and...

Shri Mataji: You can manage it, I tell you. He formed a big organization in Scotland. There is a lake called Rannoch Lake and there was a gentleman who was a diamond merchant and his wife was the grand-daughter of a duke of England. She always tried to find all the rich people of the world, and he said, "You start this organization there" and it was called as the Academy of

Flying. You see they used to pay six thousand pounds to go and do this thing. This girl was with him for eighteen years and they married about, I think, twelve years or so and then this gentleman has been for twelve years. And this lady got a horrible type of epilepsy which I have never seen. For three hours she used to go into that thing and used to shout and neck used to be pulled on and from the mouth you see all funny types of things used to fall out, she used to vomit, a terrible condition, nobody could control it, nobody could do anything. The daughter also got it, the husband got it, all of them got it, and the deputy director who also had inherited a lot of money from his mother also got it. So one of their friends, they all started wondering what's happening to these people and they had become bankrupt because the money was not paid to them at all after three four years. They were spending all the money and they said, "Yes, yes, we are going to send you accounts" and this and that, and money was quite finished.

So what happened? Some people who knew them, who worked under them in the sense that they went and, so called, they learnt the siddha movements and all that, one of them had gone to a barber shop and they are not allowed to read anything. It's such a mafia stuff. There was one book kept there, Yoga Today which had an article by David Baxter, and somehow he felt like reading and in that my photograph was there and David had said, "You can put your hands on this and see for yourself if you have got realization or not." And when he put it, he went into contortions. He had such a fright and then closed the book and telephoned.

We have a very simple man called Douglas who was on the phone and he said, "Have you been to TM?"

He said, "yes."

He said, "Are you boiling?"

He said, "I am perspiring."

He said, "all right, come and see us." So he went there. And I was in the house eating my food.

Suddenly an SOS came from the ashram. "Mother, somebody has come called David Fawl and we just told him your name and he's going into contortions. He cannot stop it. Better come here. It is just an SOS."

I said, "Let him go into contortions for a while and I'll work it out." Then I gave a bandhan and all that and then when he went back he saw that it was stopped. Then this David Fawl called these people. They were so frightened of this Mahesh Yogi. They came to see me in a very far-fetched place somewhere outside London and there they told me that this is all that has happened to them and all that. They had no money even to come to that. I brought them in my car, they stayed in my house. Imagine, these rich people lost everything and then I cured all of them.

Now they are all right but the husband became such a bankrupt he had to go away to South Africa. His wife was so frightened. She is cured now, she is with Yogi there and now she is a normal person. Still she gets lots of problems. And then she told me that this man had raped her when she was seventeen years of age. This is when she was thirty-five this has happened. And she had conceived a child from him and then she had an abortion and since then she is under trance, absolutely under his control. Even when she came to me she used to go into trance, "I love him, I love him." This old gentle fellow, four feet two inches. I don't know what made her love him. And he is very romantic, all that. But what happened, before coming to me she went to News of the World and she had told them that, "I want to give this about Mahesh Yogi." Everything she told and it was all published, everything was done, and then she came to me.

I told her, "You should not have told this. This is a stigma for your children."

But she said, "Mother, I have done it and they'll sue me for this."

I said, "All right, go ahead." And nobody bothered. So many people have written about TM but they go to it again and again. I don't know how to bring them round. He is a very powerful force that way because he really somehow traps people. And his main

organizer I know very well. He is a very clever man and a big man in the government of England. I know him because my husband was also in the government, and he told me that Mahesh Yogi says that unless and until you involve them through money, these Americans can never be put round. And to such an extent he thinks that they have a right to extract money from you people.

Question: I paid two hundred dollars when I didn't really have it.

Shri Mataji: Only two hundred is nothing. It doesn't matter.

Dr. Warren: Mother, I think one of the things she is worried about, too, is that she's here and her husband is not here and she is worried that in some way she will be ...

Question: Our marriage is really bonded.

Shri Mataji: It will work out. You just don't worry. He will come back. You give him a bhandan. We'll teach you how to do it. You've got his photograph? We'll work it out. It's not difficult. You take some tapes also for him to listen to. They help also.

Then when she came to consciousness she told me so many things that this man used to giggle at people because he just feels how stupid these people are. And he said that I'm going to establish a world government. He wrote to all the people and he would carry gold chairs behind all these so-called ministers. Now it has come to such a point that there was a lady called Miss Dee. They were trying to make something for the TV and they have lots of money, they don't know what to do with their money. If you see their lifestyle you'll be surprised. So this lady Dee she was working for a man who was a German and whose son is involved with TM. She did not know. She went to all these places, she will take secret cameras. But this man tried to maneuver it in such a way that he would show levitation through camera tricks. That came up on her conscience. One day she came to my program and she has a paralyzed hand and it started pulsating and she was surprised at it and then her conscience became very strong and she just refused to have that and she burned everything that he had done, all these camera tricks. She lost 30,000 pounds in that, but she said, "It doesn't matter. I have saved so many people. This would have been a terrible thing to show." They have money.

Question: This person had been doing it for some time and I wonder what damage has happened to the chakras?

Shri Mataji: Quite a lot, especially this left Vishuddhi. It's very badly damaged because of the mantra. But they will teach you.

Question: I've had pain.

Shri Mataji: Yeah, you will get pain. People will become recluses. Even if you show them a garlic they get tremendous... They can't bear it. They can't see an incense, they cannot see a church, they can't see my photograph. Now what you can do is to ask them. Write it down what is to be done. Ha, we have someone here, just in front of you, from TM. He'll tell you all about it, how to do it. Ha.

Question: Mother, can you talk about unconditional love and what the concept is?

Shri Mataji: It will happen to you, my child. It cannot be described. It just flows, just flows, just flows. You can see it in the sunshine. Sunshine just comes. If you hide from it, it won't run after you. It does sometimes a little bit, not much. It tries all the angles so that it should reach you. But if you are clever, too clever, then you can manage to get out of it.

Question: I have never seen you before today but last night, every hour, I woke up and heard in my head I was calling you and you were near. It was like volcanos. I was talking to one of the other people here. It was bubbling wherever you were in the Earth.

Shri Mataji: You describe true. It's nice you are so sensitive to it. But now, you should just see my peaceful side. It's better. I have many sides, I must say. Volcanos are there, no doubt. They have to work out also.

Question: A lot of us have been on this path for years and years and have experienced a state where there was union and there was bliss and then there's that dry period. It starts and continues and continues and continues. And in that point that's where one tries separate paths to try to find a way back. I think that's why there is that shopping around.

Shri Mataji: You live in that position on Earth in the sense that your brain is like a prism. The human brain has a special capacity, more than the animals have. In them the ego and superego are balanced in the head and that it has risen high like that. In the prism, if you know the laws of science, when the rays fall on that and when there is a double type of density in the brain because you have gray cells and white cells, it goes into refraction and when it goes into refraction, the one ray that falls, the ray of consciousness goes into refraction and that refraction passes like this. Some of it goes inside and crosses this way and that way. So when it comes out, that is the resultant. I don't know if there is a scientist sitting here. That is the result of two forces – one goes out and one goes inside. This attention that goes out makes you see things more outside than inside and most of it is outside. Human attention is outside. If I tell you put your attention inside you cannot. But when you get realization, what happens, the Kundalini rises. And when that happens, then your attention gets sucked in and that's how you start feeling inside. Because your Kundalini is not awakened, your attention goes outside. But little bit you go inside also. Because the resultant is like this. Sometimes a little goes inside and then again you come out. Another thing is that a thought rises and falls off, another thought rises and falls off. In between there's a very little space and that's the present. You touch that. But normally you jump on the cusps. But suddenly you see some beautiful thing or something that's emitting vibrations, then you just go there. You just slip from your thoughts and go there. But for a split of a second. That's why it happens. But after realization that space improves and you are above that.

These people don't explain anything, do they? Just tell you a mantra, go ahead with the mantra and most of these mantras mean nothing – useless. One of them is "tinga," means this... Showing somebody like this, imagine. And "inga." 'Inga' means 'the tail of a scorpion'.

[Conversation continues on the subject of mantras from false gurus who obviously do not know Sanskrit].

Question: What does 'shaum' mean?

Shri Mataji: "Shaum?" It could be "shiam" but "shaum?" Because he doesn't know Sanskrit. Also in Sanskrit there is nothing like "-ing." He must have got it from "Ing-land." None of them know Sanskrit. What can they talk about God from Indian level. At least he should know something of Sanskrit.

Question: Could you comment on cosmic light, ascended masters, etc.

Shri Mataji: All stories. Don't believe them. One of them I met who said there was an ascended master in Shambala. I said, "What is Shambala?" It is Sambaala in Sanskrit. 'Sambaal' means 'parallel to your head, to your forehead', that is the limbic area. What they call Shambala is Gobi Desert. Imagine, horrible people. Let 'them' go to Gobi Desert, direct march towards eternity. Nobody can walk even half a mile in the desert. You can't get any water, you can't get anything and they are taking people now from Spain. I heard many people are going to Shambala which is in Gobi Desert. Imagine in Gobi Desert only the dead must be living, those who must have lost their ways. That's one of the deserts you cannot enter into. It's a horrible place. All this nonsense came here. The other day a lady I met in Ohio. She said, "We have got a place where the master speaks to us." I said, "Really?" So I went there and they were all "m-m-m-m-m-m." I said, "Where is your master?"

"He is not speaking." "Ah, he doesn't speak! He's some sort of a dead body somewhere lying" I said.

There is no one like that. These masters if they are real they don't act like this. They act in a very different way. They can come in your dreams, all right. They come in your dreams and tell you lies. They can say, "Shirdi Sainath," who was the last primordial master who came on this Earth, and those people who follow Shirdi Sainath have seen him coming in their dreams telling that, "I

am Mataji, you go to Mataji.” All those things they do. But these horrible people are just taking names like that, all these “enlightened masters.” What have they cured? This is the main thing you must understand. Supposing somebody says that, “In the supermarket this is available, it’s very good and cheap, I’ve used it.” Then you go and buy that. In the same way you should find out what are the seekers, where are they, have they got it, what did they get. Now we have got here Warren and we’ve got all these people. You talk to them and you’ll be surprised, they are knowledge. How is it they’ve got it. But what happens to the seekers you must see. They still have questions, they still don’t understand anything, they are in a mess, they have not found anything. So whatever one might say, why should you believe? You must first of all verify. It’s so simple. It’s so logical. Don’t put your brain for sale. Just see that it is there, you understand it. Through your brain’s capacity you can reach the right conclusion and then, after reaching the right conclusion, can you jump in.

Question: You brought up a point about dreams. How do you read dreams?

Shri Mataji: Dreams are coming from that red center there.

Question: The lowest one?

Shri Mataji: Yeah. And this is the subconscious that works out. When you dream, you go on this center and then you start going down, your attention goes down and you start receiving the information from this center. But what happens, because there are many other stratas through which you pass, like there’s the path of subconscious. Now the subconscious has many stratas. It has the collective subconscious, it has a pure past, then you have the collective subconscious where the dead are there, then you have got the subconscious which was yours in previous lives from animal stage to this stage. Then you have got the subconscious of this life and then you have the subconscious of today. Whatever happens today is there, also. Whatever happens in the morning, is there also. So all these things it passes through. But if you have a very clear-cut passage in this subtle channel called as Ida Nadi, then you see the right things. If you have that clean thing. But people are perverted, they have all these complications on this center, then they don’t see the right things, see all absurd things. You never see continuous dream, you don’t understand, the dreams are so funny you can’t explain. Anything can happen. So the dreams can get absolutely mutilated.

Question: What I still don’t understand what helps that. I never dreamed before I started chanting and now I dream all the time and I don’t understand what’s going on.

Shri Mataji: But what do you dream?

Question: Water and waves.

Shri Mataji: But you don’t reach any conclusion with that do you?

Dr. Warren: Mother, she didn’t have dreams until she started chanting.

Shri Mataji: Lord knows. These bhoots are there. I don’t know what these people are up to. They give ideas. Even in dreams they can because they are in the subconscious. Lots of dreams could be very much handled by them. It can be anything. So just now, first of all, you must purify your left side, and then whatever dreams you get you can depend on them, very clearly. In dreams people have got instructions of Sahaja Yoga. Once I went to Bombay, I could inform some people that dreamt that Mother has arrived. It’s a telecommunication system but if the line is not all right, you can get any sort of a sound, meaning nothing. So better develop that first. Then you’ll be able to find out clearly.

Question: Does a particular kind of diet play an important part in Sahaja Yoga?

Shri Mataji: No, in Sahaja Yoga we don’t discard any general thing for anyone. Like if you might be a person who is a right sided person who might be a liver patient and yesterday I am sure there were many here, that’s why my liver started going like a big

heart like a dub-dub-dub, it was terrible. So individually we have to see what is our requirement, what we lack in, what do we need. Everybody can find out and accordingly we have to take to that kind of a food. It's not permanent. Once you are cured then you need not have. So there is nothing like that about food. But we don't eat the meat of the bigger animals. Their muscles are bigger and they eat us off. Like if you eat horse meat then your teeth will be all finished. You'll have no teeth left there. These are little things that we do, but you can eat chicken and goats and lamb. Also pigs in a country like India you should not eat, or in any Muslim countries. They are so dirty and their liver is so bad that they should not eat pigs. But meat, I think you people have eaten a bit too much. You can take to vegetarian food, not so much but a little more on the vegetarian side. You are already eating now all these things. Some people should not eat carbohydrates, some people should not eat vegetables. There are some people like that who should not. So we have to find out for ourselves whatever we need, that we should do for ourselves. There is no hard and fast rule about it, it's all spontaneous. Like every seed requires an individual type of treatment.

Question: Asking about stimulants hurting our lower chakras.

Shri Mataji: Stimulants you can have like tea at the most, but too much of tea is also not. Too much of everything is bad so should be avoided. But if you have alcohols and all that, I don't say don't take but you won't take because it goes against your awareness. Awareness is very important. There is no compulsion. Gradually you will give up. I don't say don't smoke, it just drops out.

Question: I've had a lot of good things happen in my life, I see a lot of positive in the room. I like the smell of a rose and at the same time I know there are thorns and there's a lot of sadness and negativity in the world and I don't want to turn my head to it and I don't want to be overwhelmed by it. But it concerns me. I wonder how you feel about the things that come through, the sadness in the world.

Shri Mataji: You see sadness is of others. This can be quite mythical also. Sometimes people are sad for nothing at all. I've seen people who said, "Mother, we are feeling guilty." People in Switzerland.

I said, "What are you feeling guilty about?"

They say, "We are feeling guilty about Korea."

I said, "Korea? Is that your responsibility? Why are you feeling sorry for them?" They are feeling sorry for this, sorry for that. Now have you any solution? That's the point. If you have no solution then better find the solution. That's the positive attitude. No use feeling sad about it. If you can't find a solution, well and good, I can give you solutions for practically everything.

Question: I can understand what you're saying and the way I got myself over that was to try and do some good for people who would come across my path.

Shri Mataji: That's it, you find a solution. But in Sahaja Yoga the solution is so simple – give realization. People who are poor no more remain poor. They don't become headache rich. They become normally all right. Those who are suffering from bad health get cured, those who have mental problems get all right, family relationships improve, children improve. So give realization because that's the ultimate. Once the light comes in you start seeing the problem and also the curing of it.

Question: [Seeker talks about service and sacrifice]

Shri Mataji: What I gather is that Service and Sacrifice. Now let's see this point of sacrifice, so called. Say my finger is sick, and I treat it. I just soothe it. Am I doing any service for that? Nothing, it's my finger. When there is not the other, whom are you serving? Who is the other? In collective consciousness nobody is the other, you are serving yourself. So there is no service. What do I sacrifice? Nothing, there is a pain, I'd better get rid of it. There is no sacrifice. So the service and sacrifice is a myth, complete myth. There is nothing to serve. I am not serving you by any chance. I'm doing it because jolly well I have to do it. It's for my enjoyment I am doing it. These are all mental ideas. It comes from ego. Whom do we serve? What work do we do? See

now, we've got something dead. Tree, we make this floor, make this chair, make that. What? This is dead from the dead. And this dead is sitting on our head. Supposing we make a chair, we can't sit on the ground. If we make a table then we cannot eat on the ground. So we become slave of that dead. Can we transform one flower into a fruit? We cannot. In India we have many missionaries. One of them got a Nobel Prize. This woman if you see her, you can count every wrinkle one by one. And such a hot-tempered woman. But she got a Nobel Prize. What can you do? She thinks she is doing service. What she's done, she's got money from Indians, big huge barracks and where the people are dying. She brings them there and they die comfortably. And she's got a Nobel Prize. I don't know what is there to be Nobel Prize in that. But it's very simple. If she were a realized soul, she need not have brought them anywhere, just touched them, they are cured, they are saved. And if they have to die, it's God's responsibility not ours. Why do you want to save anybody who God wants to die? Let the person die. Of course, just to give a shelter and all that, if you have capacity you spend your own money for a shelter. Do we take others money like an agency and get a Nobel Prize? It's not a good thing, I think. It's not in the sense of grace.

Dr. Warren: Mother, distinguish between social work and God's work.

Shri Mataji: Social work is your headache. You have made this problem. God has not created any problem. So don't call God in between. God has nothing to do with social work. This is the God's work. There is nothing social. It just works. The social workers can't raise the Kundalini. They will cure you with the money they will accumulate from some agencies – World Bank, this bank, that bank – and then buy some medicines and give you. These medicines will kill you also. So many medicines are like that. You can just give realization to a person and finished. While we can't believe it's so fantastic, my child, you have that capacity within you where you don't have to do any social work. Just touch somebody, it works. Just sitting down here, just do like this [bandhan]. It will work. You are that tremendous, so fantastic. Why do social work? That's what it is. You understand now? May God bless you.

It's nice you brought this point because this is very important. We think we should be nice to others. I was nice to others. Sometimes, really, I have to shout at some people when they are possessed and they run away. The first twelve Sahaja Yogis, one of them has now come to Bombay. The one I gave realization the first day he belonged to a community called as Gujarati who are very materialistic people. The others, Maharastrians – I am a Maharastrian born – they got among themselves, murmuring souls, started saying, "Mother is favoring these Gujaratis, not us. She didn't give us realization." And nobody told me but I knew this. Next day I really got with them very angry. I said, "You the people who say like this..." and how far I could go, I just say. Can you imagine that in that short time twelve people got their realization and they settled down into it? It's so wonderful for us to see them. And since then they are there, all of them. This Mr. Pradhan's father is one of them. He is now 79. I shouted at all of them and twelve of them got settled into it permanently. So sometimes you have to shout also.

Yogi: That's the volcano.

Shri Mataji: That's the volcano. But for children it's not volcano. It can be a balloon bursting just to give a little warning.

Question: When a person comes into contact with realization, when they practice it and there is a time for them to pass and leave the body, what happens then? Do they come back?

Shri Mataji: Oh, they do come back, but in their own choice because they think that they have to do it more. Like some people have a body which is tired now, old, so they do come back to help me. So many are reborn, I know, who are realized souls of the ages. So many children want to be reborn who are great souls. That's why I've said we have to have sane marriages, good marriages because those children are to be reborn. So, of course, they take their birth because this is why they are there. This is the judgment time, and they have to come down. So many are needed here on this Earth. So many are born realized in your country. You must know that.

Question: You said that this is the judgment time and I gather that and you have referred to this age as a very critical age, right? Could you talk more about that?

Shri Mataji: Yes and very precarious and critical because this is the time for which you have prepared. The whole preparation, the whole creation was done for this thing. Like you prepare a stage and now you have to act. According to the Indian calendar this is called as Krita Yuga and not anymore as Kali Yuga. Kali Yuga is the modern times of confusion but Krita Yuga is the time where the Parabrahma, the Primordial Power will act. We'll act! 'Krita' means 'it will work'. So this is the most important time. What is the most important time of this machine (microphone) is when it is connected to the mains. Before that all it is doing is useless. This is the completion time – complete, absolute to be achieved at this time. So it is the most important time, no doubt.

Question: What is this time frame? You talk about this time and in God's time, creation is billions of years. What is this time in a Framework I can understand? Is it a thousand years, a billion years?

Shri Mataji: It could be even one year. So be careful. Better hurry up.

Question: Monday night in Los Angeles, somebody asked about the return of Christ and you said that Christ would come and someone said that Christ is living in London. Is that true?

Shri Mataji: That is a big joke. He never came before. Anybody says, "I'm Christ", put him on the water, he goes down.

Question: Somebody asked you the other night that Christ would come and you said yes. I thought that's what you said.

Shri Mataji: Yes, He's going to come, no doubt, but when He comes he's not going to have any meetings, no conference, no questions, nothing. He's going to sort out.

Question: He's going to what?

Shri Mataji: Sort out.

British questioner: Sort out, I know it.

Shri Mataji: I speak in English way because we learned English from English. But American is rather difficult for me. Tell them now in American language.

Danny: Sorting out. You'll be filtered out. You'll sort yourselves out. Those who are going to go the wrong way will go the wrong the way, those who have recognized...

Shri Mataji: Those who have to go to heaven will go to heaven, those who are useless people will be thrown into hell, those who are gone cases will be destroyed forever, and those who are there will be taken into the kingdom of heaven for the eternal life.

Question: Is that metaphorically speaking? Are you speaking symbolically?

Shri Mataji: No, no, no, no. Actually. Physically.

Question: You mean Jesus Christ, another person will come?

Shri Mataji: Yeah.

Question: If we are all one how can anybody be thrown out?

Shri Mataji: If there is a nail growing very badly you can cut it out. They become dead.

Question: Why is there light coming from the constellation Orion? Is that Christ coming?

Shri Mataji: You will see the result of all those things. There're lots of things happening and this is just one of them that is happening. Do you know that the sun is put off and put on just like a switch? Many things are happening. That's just a wee bit of it. But there are so many things happening after all. The stage has to be worked out.

Question: Earlier this morning we heard that many things come through artists and this interests me because suddenly I'm aware over the last year, a great infiltration of musical people, people who are very talented are coming to the West Coast and I was about to give up music in England. I really wanted to give it up. I got fed up with the rat race and I have a letter completely out of the blue from a lady whom I didn't know too well from Carmel, California that I should start again and that I was needed over here. Yet why she should use those words? When I came here I immediately found musicians, one after another, and am lead back into my field and I hope I may be singing at Davies Hall this Christmas time, which means I'm a complete stranger and it takes a musician a long time to get back into a musical field. But I've only been here two years, one without music...

Shri Mataji: They are becoming very sensitive in this country and really they are very simple people. That's why I came here first. So many saints were given these bounties. You must count your blessings, what you have. Very few countries have this kind of climate throughout. God has blessed you specially for this. But like an Indian woman met me in a store and she said, "We heard you on the television and then a friend has come from India. He told me that Mother is just wasting her time in America."

I said, "Why? Don't you know I said many a times that saints are born in America? Why do you say like that?"

He said, "They may be saints but they are all lost saints," because I was going to Los Angeles, you see, so he said, "They are all Lost Angels here."

I said, "No, angels cannot be lost. They can fall but they cannot be lost. They are to be brought up." And that's why it is there in.

Question: I'm glad I caught up with you.

Shri Mataji: Yeah, very good. I'm very happy that you came from that horrible, sleeping England. They are still sleeping. Tamasa, the river Thames, is described in our old books as Tamasa river. 'Tamas' means 'darkness'. And who meditated there was Dattatreya, the primordial master who meditated on the river Tamasa. So that's in England, imagine! And since then they have tried to awaken England,. But you know England how it is, oh God! That's the heart, the heart of the universe, it does not circulate any blood.

Question: Why do you call it the heart?

Shri Mataji: Because it is.

Question: When you say that England is the heart of the universe and the United States is the Vishuddhi of the universe, does that mean that planet Earth has a special place in the universe?

Shri Mataji: Yes, planet Earth has but also the planet that governs it [the Vishuddhi] is the Saturn. There is so much interest in Saturn. Saturn is here at the Vishuddhi. Earth is the Mooladhara. Mooladhara is in the triangular bone.

Question: Mother, would you say something about extra-terrestrials?

Shri Mataji: That's all under our control. Sahaja yogis can control anything if they want to. That's at a higher level when you rise from here to cosmic awareness. But you are not interested because it is better to control human beings. How to control human beings is the big problem. They cannot control themselves, leave alone I controlling them. You give them power, they go amok,

you give them freedom, they go amok, you give them money, they go amok. What to do? They can't bear anything. You have so much of plenty here but Indians are much wiser people. 60% of people, I can't believe it, are homosexual in San Francisco. Now they feel hurt if I tell them that this is unnatural. You will become natural, you will enjoy a natural life. There is nothing to be angry for that. Everything God has given you. Count your blessings. You are specially blessed people for your good deeds in last lives. But this life you have achieved I don't know what sort of awareness. But people just don't want to see anything. Like the music that appeals to your Spirit must be sung, must be appreciated. Instead of that it is horrible "halalalalalalalala" that goes on and then how people don't go mad with it and all psychedelic things you work out on people. It's really maddening. It will madden even a dog.

Dr. Worlikar: Mother, it can be scientifically proved that pop music is anti-rhythmic. It is unnatural.

Shri Mataji: I know Mozart was a realized soul, no doubt, and there were so many like that. You can even have jazz music. Jazz has got so much creativity in it. But you must base it on something that is related to your being inside. Like Indian music you can call it something like jazz in the sense that it's so spontaneous, but you have to first build it up into melody, you have to go to a guru to understand what a melody is and you have to keep to that boundaries of melody. Like a plane, it has to ascend. Then it cannot go hither and thither through all the sights. It has to be bound. In the same way, a melody has to move in a particular manner and has to go up and down. But you have all the power to create all the permutations and combinations and the way to build up the whole image, of the beautiful melody. You can just make the whole palace out of it. But if you go just amok here and there. Supposing if you don't use a plumb line and build this building, what will happen? You won't see third day standing here. It's like that, you cannot go amok with it. Jazz music is good but you must have the connection with the basics. In India we were more the sort of meditative people, believed in meditation and taking a sort of guidance from the meditative rishis and munis. Music has the same principle, then even art, then even drama, everything. In a drama, how to create a particular mood? What is to be used? What sentences are to be used? What language? But sometimes I find that when it is without the understanding of the divine science of creating the mood, what happens is that when you are trying to create a mood of, say, a great college, you just start laughing of it, it creates a joke out of it if you don't know the basics of that. So all the roots of everything must be found out, the essence must be found out, you can't just go amok.

There was a very big attack on the Western life, also. Like (Richard) Wagner, (composer). He's a great person who has attacked your music. It's a demonic attack because he took you off the roots. Then we can say these Bauhaus who attacked your architecture. They have attacked also because all the sense of beauty was lost with that and the whole thing has come out of the roots. And now the people have started building the houses which are functional. You cannot become a machine. You must have the roots nourishing you all the time. If you take out from the roots, then what is left? And that's what was wrong on these people, this Bauhaus. People in America go mad because they're all Bauhaus houses you feel like you are living in a pigeon hole.

Question: Could you comment on destiny versus human choice.

Shri Mataji: Now that's quite a big lecture.

Dr. Warren: Would you like to leave it for another time?

Shri Mataji: No, no, I will just tell in one sentence. We have human choice, to go to hell or go to heaven. If you want to go to hell, you are there. Now the destiny is how you chose our own destiny. Sometimes you choose your parents, you choose your country, and sometimes you are placed into it. But whatever may be your destiny, whatever may be your circumstances, you all can go to heaven. That's the thing, it's promised, it's there. It makes no difference whatever type of community, caste, background you've come, you all can go to heaven, you can enter into the kingdom of God. It makes no difference whatsoever. So these destinies are left behind, you all can achieve the sunshine, that's the point. Choice is whether you want the sunshine or not, that's your choice. So the destiny is not to be decided on that level. It's only up to the level where you are absolutely very much tied down to things. But the ascent is possible to everybody. Whether you are a DC10 or you are a jumbo jet, all of you can fly in the air.

Question: What is meant in the bible where it says, "In my father's house there are many mansions."

Shri Mataji: There are many mansions because these are all the mansions. There are seven centers in the head here, all of them, the seats are there. And in His house there are many mansions. Supposing you are an artist, you are a musician, you can enter into the mansion of music where you enjoy the essence of those things. Wherever you want you can move on. Many mansions, it's the description of the greatness, the varieties of His beauty and His splendor.

Question: Mother, my question goes back to the idea of sorting and judgment. Yogi said earlier you are each a cell of God. Would She destroy one of Her own cells or would God destroy a cell?

Shri Mataji: No, no, no, not the cell, but what happens, like nails that grow out, they are to be removed out of the body. Excretion has to take place in the body. That's part of the body's function.

Question: My question is about the spiritual essence of ourselves, is that judgeable?

Shri Mataji: The Spirit is not an innate thing within us like that as you think it, like in a candle, the light is not innate. It can be a lamp or it could be an enlightened lamp. So when it just becomes a lamp and a useless lamp which cannot be enlightened, we throw away. It's common sense. In your house if you have a lamp which cannot work out, the light, you don't want to keep it. You just sell it off or throw it away.

Question: Yes, but can you think of a soul in that way, can you think of a human essence as something that can be useless or disposed of.

Shri Mataji: It is reduced back to its useless thing, like matter. It can be even worse. I don't want to tell that. It's terrible. It's very hard. You become plastic. Useless it is.

Question: When I meditate or afterwards I feel a small image of you and sometimes also feel the presence of Christ and when I hear you talking about Jesus I sense there is an intimacy and an immediacy.

Shri Mataji: Very much.

Question: And could you help clear up what exactly Christ's gift was to human beings?

Shri Mataji: Oh, greatest of all. That one also another lecture but all right. I'll cover this subject because it's very sweet of her to ask. If you go through one of my lectures about Christ, you will know what He has done. It's very good and only thing I will tell you that all these incarnations came on different centers. They are milestones of our evolution. And when Christ came in, the ego and superego had developed so much at this point, when the Romans were there. The whole thing like two balloons absolutely attached to each other like that right there. And we, uh, and it had to be done in such a way that somebody had to cross this, to be there, and only a person of Christ's caliber could do that because He was made of Chaitanya itself, He was just first vibrations. He had no body, He had no Earth element to that extent. He was just Chaitanya. He was Omkara Himself. He incarnated on this Earth because only He could get into that position, pass through that to show the resurrection. Resurrection was the message. Only He could do it. He came specially for this. You have to listen to my lectures about Christ's life, what happened to Him and all that. But I would suggest one thing. Today you are facing me. Christ has helped us a lot and He has created this Agnya Chakra for us which is a very big thing. Without that, that's the gate, to enter in. But now you have to be here (Sahasrar), not there [Agnya]. So that's what it is. So, you should try to understand your relationship in Sahaja Yoga with Christ, how important it is and how He works within yourself. But you have to know that you are reborn now, with your Spirit. So, now you have to do the work of the light. Like Christ Himself has said that an enlightened light is not kept under a table. So that's what it is, your job now is reflecting that light that is within you.

Question: Since I've been in the room I've felt a tremendous tightness in my throat. It's happened several times before and I can't

understand it. I feel like crying.

Shri Mataji: Have you been smoking before?

Question: [UNCLEAR: no]

Shri Mataji: The left side, in your case, has been hurt. Emotionally, you're not all right. It's emotional dirt. You need emotional expression or emotionally you are not substantiated, I can say you are not being nourished emotionally. That's why the lacking is there and that's what you need and what you have to do is to put your left side to the right side – balance – and then you'll feel better. In any case I'll see your Vishuddhi Chakra. You have to have faith in yourself, that you are part and parcel of the whole. That's what Vishuddhi Chakra does.

Now, how many questions you have got? That's typically TM, though.

Question: Shall I do the same for myself?

Shri Mataji: No, we'll tell you the mantra that you have to say to neutralize it. There's a very big mantra needed and he will make you a master. And then you will have to help all the TMs.

Question: The thing I wasn't understanding when you speak of compassion and yet somehow when you talk of Mahesh or Guru Maharaji or Bhagwan, I don't feel that. What I'm getting when I look at all the pictures, when people who put themselves forward in that way they also serve a function in the sorting out process.

Shri Mataji: That's the thing is you people are not sensitive to divinity. That's what I feel is many of you are not. That's why you are deceived also. If you were sensitive, if you had those innocent eyes you would have seen. Indians are very seldom taken in by these people. Secondly I saw this in Rome. The Italians have this sensitivity. In Europe, they and Austrians have that sensitivity very much developed. They can see from the photograph immediately and they can make out. But you don't have. What to do? Your eyes are not all right, I should say that way, and you don't depend on them until you have cleared them out completely.

Dr. Warren: He also questioned compassion towards them. Should we not have compassion?

Shri Mataji: Compassion is as I told you, no use having compassion for Hitler. Makes no meaning for him. You cannot have compassion for them. Leave it to God to decide for them. That's what it is. You must first develop your own self in such a way that you become a source of compassion and first try to understand simpler people. Never go for a complicated thing. Like learning a new language, first we learn simpler words and then we go to difficult words. In the same way don't try to go to difficult people. Not only difficult, some of them are sinister, not only sinister, they are devils and some of them will really create monsters out of you. You won't know, they are very clever people. In India, people are not only frightened of them but of their disciples also. For example you are talking of Rajneesh. This fellow was in Pune and people who lived in Pune were opposed. One day a man came to somebody's house and this man was a disciple of Rajneesh. They did not know he was disciple because he wasn't wearing the dress. While eating he told them that he was a disciple of Rajneesh and what they did was to tell him that, "Sorry, but we can't keep you here and you better go to some hotel." Then they washed everything in the house. All the utensils they gave away to others and said, "We can't use these anymore." It's a question of auspiciousness and you have no sense of auspiciousness. You are not sensitive to that. Your materialistic attitude has made you like that. You can't feel it.

Question: The thing I'm talking about is in the sense of putting other teachers down.

Shri Mataji: No, they are not teachers. I'm saying there are two types. There are real teachers and there are unreal teachers. I'm not putting them down. I'm trying to save you, that's all. If that is their put down, what should I do? I'm not concerned with them, I'm concerned about you and if you don't like it, you can go to them. But don't come back to me because it's a headache to me. I am not interested. You are free to go there. Like Roy, he brought these people. I didn't want them. I knew that they will collapse

but he wouldn't listen so he brought them, now they collapsed. Before my photograph he tried it quite a lot. He used to get people before my photograph and they should shake like this and even the mad people would shake the same way. What I'm saying is that whatever is so obvious to us is not obvious to you. Like an enlightened person, you'd better get your light into your eyes just to see where you are going. What have they given you? Nothing.

Question: When you say that it's wasted to give compassion towards someone like Hitler, I feel that whenever you give compassion, love is the same thing out to anybody to whoever it is, you are giving beautiful things, they use those even if that person doesn't...

Shri Mataji: There is a saying in the Bible, "Don't throw pearls before something."

Seekers: Swine.

Shri Mataji: Now that should finish it, because you like Christ to say something, not me to say something. So I don't want to do that anymore.

Dr. Warren: They don't know which the swine is.

Shri Mataji: That is the problem. If you like somebody, go ahead with it. I need to be very frank. I'll be very happy with very few people. If you don't want to come here, you'd better go there. Have it. I just don't say. It's a headache for me. You ask him, you don't know how difficult it was to save this gentleman. You think you are obliging me? Nothing, it's a horrible thing for me to see somebody coming from these horrible people. It's so difficult to salvage them. They are like people eaten up by crocodiles. How to put them right? Just tell me. A person like me, I've no interest actually sometimes.

We had prohibited people coming from all these people for years together. Till about 1978, we didn't want to talk to people who came from other people. After '78 I mastered this, then 1979 I mastered another one. Everybody mastered it. Then we did it. It was such a headache. Not only they got sick, ask them, they will tell you everything about it. We also had somebody from Bhagwan Rajneesh who has mastered it now, but they would not allow him to enter into the ashram and he came and he said, "Now, Mother, save me. I've thrown away clothes, I've thrown away these mallas, everything."

I said, "What to do? These people are having a problem."

Then I called him in my house and he stayed with me and my husband said, "What sort of an inauspicious man has come? Since he has come we are breaking everything in the house."

I said, "Where to send this fellow now?" And then he got all right and now he is a big master of Sahaja Yoga. Robert is his name. But if somebody is insisting on their guru, let them go. Just have nothing to do with them. Let them have it. Better! That's all the Sahaja Yogis should do, I request you. Not to bother your heads about this nonsensical thing of compassion today, horrible destroyers and the devils of the world, all anti-God devils.

Question: If you are a person who has not experienced self realization, how do you know if you are the type of person who will give you a headache or not?

Shri Mataji: That's the problem. But for that I came to your country the first time. I was the first to come and I announced about that and took their names and told who is this Rajneesh and who is this Mahesh Yogi and all these people. I told their names, which devils they are and what they have been doing, what they will do to you, in all details. Openly for a woman to speak like that with such courage! Nobody liked it. Even now they don't like it. But Rajneesh, you'd be surprised, there have been thousands going to him and that's a fashion. The other day somebody told me that there's a very miserable creature going. I said, "Who is that?" and it was Rajneesh's disciple going "Ahhhhhhhhhh" like that, a young fellow on a wheelchair. I said, "Let him go on off. Let him have it." What to do? You can't do anything about such people. I have no time for that. I have time for my own people who

are sensible. I don't want to waste my energy on them. Why should I? I told them in every way possible. Still they wanted to go to them. Now what can you do? You can take the horse to the water, you can pour the water in them, but he has to gulp it down. If he doesn't want to gulp it down, how far can you go with it? I have done whatever is possible.

Question: If a person has not experienced self realization, is it their lack of being open to it?

Shri Mataji: Yes, of course. They have no sense of judgment and there is also this prada there, they repeat their previous life mistakes. But it is open to everyone openly, everyone can come to Sahaja Yoga. You know you don't have to pay anything. Every caste, creed, race. If you are really seeking, just keep your brains intact and see for yourself. Logically reach the right conclusion and have it. You have to have that prescience. This must be prada they have, they call it 'previous lives nonsense'. I don't know what they are up to. I don't know how they can be enamored. These are all saints, these are the people of God. How can they go there? I just can't understand. There is a picture about Rajneesh. If you see that you won't eat your food for 8 days. It has now been bought by Rajneesh and it cannot be shown in the public but in the private you can see, it's horrible. The hell personified. One gentleman went there and took a secret thing. He has become a very rich man because lots of money was given to him. Now he doesn't do anything. It's like that. It has to be open sunshine.

Question: Is self realization the same for everyone?

Shri Mataji: Yes, in a way it is same. But the ascent can be slow, can be fast. It depends on the individual.

Question: Mother, do you call to us or do we call up to you?

Shri Mataji: You called me first and then I came and you never recognized me. That's the problem. You all have been calling me for ages. This was all done, arranged for ages. But they could not recognize me.

Question: You spoke about giving realization by just touching somebody. It makes him feel like coming close to you and being touched.

Shri Mataji: It is just flowing through your hand, just the all power is flowing through your hand. You may be caught up because you achieve your perfection much later. It may be the fifth-hand car but it does the job. It doesn't give your catch to another person. While giving realization you are in the purest form. But sometimes then you come on mental level and start talking to another person, then he might catch. But normally I've not seen one person while giving realization pass on the catch to another. You need not even touch the person. Just behind them you can move the hands and give realization. It's that great. I'm myself surprised of that, its activity, how it works, automatically. Second minute you can start it. You get your realization, start it. But it's better that you know all about it because you do not know how to protect. There's a little protection is needed because you come on your mental level very fast. Like you're going through a crowd and you are sitting on a hilltop. Still you feel you're in a crowd and you are driving the car so that upsets you till that mood is there. Once you are out of it fully there's no problem, never catch.

Question: In some of the speech you talked about primordial masters, they're all male. They incarnated in a male body and I was wondering if there was a natural lineage or why has that been over time, in history, like there has been Abraham, Moses, Lao Tse, etc.

Shri Mataji: First we had to build up the fatherhood, out of fear because without fear human beings won't listen. Imagine at the time of Moses, the Ten Commandments that he brought had to be chained, the people were so horrid. He had to make them very very strict at that time because, you can see from the Books of Essenes, you will get the full idea as to how terrible the people were. Then we had to talk of Christ because he had to cross the Agnya. He had to cross it because that was the problem. At that time the ego was too much. Imagine at the time of Romans how they were horrid. So He had to do that. Today we have reached at a point fagged out absolutely, fed up with our egos, superegos, Now only the mother can help you. It has to be at different various levels of your awareness one had to work out. Now is the time of mother to nourish you, mother to give you that love because now you won't be spoiled any more. That you will understand.

Question: Mataji, in this incarnation, what was the nature of your enlightenment. Who was your guru and did you instantly recognize you were the mother or was that later on?

Shri Mataji: I was. I am the mother of all the gurus. Now, who will be my guru? Even you can be my guru, in a way. I'll tell you how because I don't understand human beings so well, the way they go into their nonsense. Like homosexual, I didn't know this was their doing homosexual nonsense. So somebody who told me about homosexuals is a guru in a sense because he knows more than me. I don't know many things, I don't know how to drive, I don't know how to operate the bank, I don't understand money, I'm hopeless. So, you can be guru for me, I'm so bad you don't know. When you see me you'll be surprised. I'm an ignorant person. I don't even know sometimes how to open your plastic bags I'm so bad. I must say I'm no good for this modern life. I'm an antique woman. So anybody could be my guru, you all could be my gurus. So you could say.: [Hindi] "Even a child says something good you must listen." So I have to listen to you and I learn a lot. You don't know how much you people have taught me. I'm good at Kundalini awakening but so bad at so many things you can't imagine. My husband is so worried. He telephones to me every third, fourth day to find out if I was still in one part. But I knew all about myself from my very childhood. I knew what I was, for what I have come, I knew my responsibility. I was a very responsible person from my very childhood. My father used to tell everyone that, "Now the goddess has been born in my family." He used to respect me just like a goddess. But he was my first guru because he told me all about human beings, what they were up to, but he didn't know about this homosexuality. He did not know this is a new advancement. But he is the one who told me about Martin Luther, about Christian problems, about Hindu problems and Muslim problems, everything. He talked to me about so many things. He was an enlightened man and he knew for what purpose I had come. He is the one who told me a lot, especially about human beings, because I couldn't understand then why did they behave like this. I just couldn't understand. So you could be my guru on many points about Americans. So I don't need any lineage because I'm the mother. Even all the gurus, these great gurus in India, they all treat me like a mother.

Question: How was it that your Kundalini rose spontaneously and at what age?

Shri Mataji: My Kundalini was just there, but the breaking of the Sahasrara I did it on the fifth of May [1970] and actually I wanted to do it a little later. I thought it was rather early but I wanted to see what this Rajneesh was up to and I told my husband I wanted to go and see this man there. So he organized with some friends he had there and they arrange my stay there. I didn't stay with all of them and I went to the ocean and started seeing what the trend was. I saw this fellow, what he was up to. Then I hurried it. I said, "Better open the Sahasrara. At last."

1983-1002, Shri Ganesha Puja: Prepare Yourself for Puja

View [online](#).

2 October 1983

Prepare Yourself For Puja

Ganesha Puja

Kennolyn Camps, Santa Cruz (United States)

Talk Language: English | Transcript (English) – VERIFIED

Shri Ganesha Puja During 3 Day Seminar for new People, Seminar Day 2, Santa Cruz, California (USA). 2 October 1983.

[Part 1]

When you are all meditative and inside I also find it difficult to be outside.

So today you have arranged to have this puja here. Just before that you have to prepare yourself physically and mentally. Physically you must give yourself a bandhan and a bandhan is nothing but, that you give yourself a protection to your aura. How you do it is very simple which I will tell you just now how to do it and then you sit down for your puja. Then mentally you have to put yourself right. First of all, you should not feel guilty at all. If you are guilty, you cannot do my puja. So you should be absolutely above that. There should be no tension in your mind. You are not guilty; you are in the present. See like flowers, you are looking. How can flowers be guilty? First get out of that guilt business. You should not feel guilty or tensed up. Everything that is done is the best. You shouldn't worry about it. It's not your responsibility even to arrange it. Just think that everything is done sahaj. Gradually when you'll move in Sahaja Yoga, you'll be surprised to see how things are arranged just beautifully. When these people just were finding out a place there was no place for less than \$250 each. They said this is rather too much for everybody's pocket. And then suddenly, spontaneously they found this place. When they said \$50 nobody could believe. They thought that we'll just get some porridge in the morning and the rest of it will be fasting. So many were rather worried. Some thought it was a scout camping ground or whatever it is and quite worried when it started raining. But this is all God's grace to get such a place, such a comfortable place for you. You come here and everything is arranged by God's grace. So first we have to remember that it is all arranged through God's grace.

If something is not arranged just forget it, just leave it, just don't worry. That is the best way you have to live. Then what happens is that you become one with the present and you can overcome all your problems of tension. Tension mounts up when we want to do which we are not supposed to do, which we are not successful [Unclear /with]. Is also a mental barrier between ourselves and our mind that we want to do a particular thing in a particular way. If you can give up that, then you will be surprised that you become absolutely one with the Divine and you start working it out in a very beautiful manner.

Now see the root of a little seed. It just sprouts, it goes this way. If it finds there is an obstruction, there is some sort of a stone or something, it goes round it. Then it finds other obstruction, it goes away from it. It doesn't fight that just says, "All right, let me find my own way." Then he uses the same stone for holding the tree. So clever, he goes around the little stone and uses that for its own purpose.

This is how a Sahaja Yogi should behave. Not to take responsibility and put others into tension: "This must be done." "This is not here." "That is not there." It's not necessary. It's your love that is important.

For which you must have heard the story of an old woman who was living in a forest. Her name was Shabari and she heard that Shri Ram was going to come in the forest. She was so much elated, so much happy. Such an innocent woman, she didn't know what to do. So when Rama came she gave him Him, we have some kind of a berry, we call as 'ber', she gave them to Him to eat and she told in very great innocence that every one of them I have tested to see that they are not sour. And she gave them to Him and He ate them so lovingly.

So His brother was a hot-tempered fellow. He got very angry. He said, "What is this? This lady has no sense. She is giving all these things which are eaten by her, first of all." Which we call as 'uttishtha' – means somebody has eaten it, then you are not supposed to eat it, even your brother, has eaten something, you cannot eat that. It's regarded as something not good, not auspicious. "And this lady, an old lady with her few teeth that are left, she has just pierced every 'ber' and has given to my brother." Very furious.

So Rama's wife, Sita, was just smiling at the whole thing situation and then Rama gave that ber to His wife and She ate it. She looked at Her brother-in-law She said, see brother-in-law "These are the best bers I have ever eaten. I've never had such a taste before. But I'm not going to give you anything." See, the best way to challenge the ego is not to say that you are not going to have it.

He said, "Why?"

She said, "No, I won't give you. You won't have them, I will not. I will eat all of them."

Then he said, "No, how can you eat all of that?" He snatched some of them and he ate he also felt the same thing.

Because they are given out of love. Whatever is done out of love is thousand-fold better than that is done out of tension and problem. I should never like to cause any tension in your mind of any kind.

So for small, small things you should not worry. You must give up your tensions absolutely and understand that you are the children of God. You are to be looked after. You are to be given everything that is available in His realm. So you should not get into tension at all, firstly, not to feel guilty, thirdly to feel that we had to go to this guru, that guru? All right, forget it. Forget it. Whatever has happened has happened. Forget it. Don't worry on that point also because that will tag you down all the time saying, "Why did you go to that guru? Why did you pay money to this fellow?" Why did you do this? So just tell your mind, "I am not bothered. I am not bothered. Whatever has happened, has happened that person is finished.

Now, whatever my egg has done, now I am a bird. I have nothing to do." Be in the present, that is very important. Be in the present, have no guilt, have no worries of the past because if you worry of the past, you can never enjoy the present. You are here to enjoy and not to worry about the past. Whatever has happened, has happened, just forget it.

I hope you understand this very well and to forget whatever has happened and forgive. There are Sahaja Yogis with you. Enjoy life. Always try to see the good points of other Sahaja Yogis and not the bad points. Normally we try to find out what's wrong with another person, especially when we know about chakras. We just understand that this person has got these very bad chakras. Then the only thing what to do is to give yourself a bandhan, which I will tell you, and deal with the person. But when you know that person has this sickness or this kind of a chakra caught up, no use arguing, no use telling them. Let them come up, they'll come right. Tell them that this is what it is. At the most you can tell your children, you can tell your wife, someone. But somebody who is not that closely connected, you cannot put Sahaja Yoga into their heads. You cannot force Sahaja Yoga into them. Sahaja Yoga cannot be forced into anyone whatsoever. It has to be accepted asked for it. It has its own protocol. It cannot be just poured into your mouth, that you'd better have it, is a wrong thing.

There are some people who still have lots of doubts, I know that, who are sitting here who have doubts. These should go away. Because then they feel guilty, "I have doubts." Please get rid of those doubts if possible because I do not want that you should feel later on that, "Oh, Mother, we doubted you." Just now better get rid of the doubts. One thing one should understand that Mataji has nothing to gain from us. We cannot give Her anything. We cannot give Her anything. Only we have to take from Her. If you understand that then you'll have no doubts because that is one of the fears people have that I'm going to start having something from you. So once you understand that she has nothing to take away from us, she has to give us something. Supposing I say there is a diamond available here free for you, will you doubt me? You'll say, "All right, let's see if it's a diamond

or a first. That's how your attitude should be. So those who have doubts should know that those who have doubts will go very slow and they may be thrown out. So please do not have any doubts. A doubting mind is the most troubling thing. It will never allow you to enjoy your spirit. There is no need to doubt about it. This is, open, everything is so open, there is no secret about it. You understand that and try to imbibe the quality of a good Sahaja Yogi, of a Sahaja Yogi who is steady. By doubting, the steadiness will go away and if a tree is not steady how will it imbed itself? So it's important that you should give up all doubts. And you are so quickly into it. Seldom we do such a thing, too much of a thing, I mean never done like that before. It's an experiment. We want to see now how it works out. It's really an experiment. We have never done like this before. It's a very dangerous thing. I've seen it that people who get into puja then they might get little stomach pain or something, or something will happen to you by which you will be cleared out, little bit. Not much but then you'll feel much better out of that.

So it is a thing that has to happen. It's just like an operation which takes place. So first we used to do is the cleansing of the people, of the chakras, this, that. When they are cleansed and have reached a certain position then only they were allowed to do my puja.

But I found that when I first came to America, I did not talk about puja at all. I talked about abstract things. I didn't want to say about these things. We did not do any puja, we did not establish Shri Ganesha, nothing of the kind, and as a result of that people who came to me got lost. I didn't tell them how to keep their health all right or about anything. It was such a short time and the whole thing was a bad response from people that I thought it better to leave it now.

But now time has come for all of you to have it in a big way because you are all seekers, and we cannot delay it anymore. So come to me without any doubt. If you have doubts, it's better that you go away. It'd be a better idea for me and for you also. When your doubts are removed then you come for the puja. Don't sit here with your doubts, otherwise I will have a headache. Apart from that you will have a headache.

So sit in a very cheerful mood, in a receptive mood and see for yourself what happens to you.

May God bless you.

[Part 2]

Shri Mataji: Did you tell them what we are going to do?

First we are going to do Shri Ganesha's Puja. Now Shri Ganesha's Puja is done by washing my feet. Everybody is not going to wash. I wish everybody could do because with that your hands open out very much better. Everybody who came in San Francisco washed my feet, felt it well. But we have to have some selection of people who we think are all right. They are going to do the washing. But the rest of them, I've told them, this water which is vibrated you should put it on your head to baptise yourself. But nobody should touch that water. When that water is washed out, when you have taken the thing, just with a spoon you can put it on the head and then with your hand you can rub it. But I think the best thing is would be to put it on the head little bit or put it on your hand first, clean it and then when you put it on the head you can rub it. Because your hands will show all the vibrations, if anything is spoiled or even if there is any defect. Best is first to wash your hands, then put it on the head so that it is cleaned out. We are taking as a precautions because it's a very fast thing we are doing and we are taking a precaution. we have to be fast now. So we have started this thing and we may lose some of you, I know that, but doesn't matter. Some can be lost but many can be brought up. So it's a big operation which, I hope carefully done, may work out wonders. So be careful. Now don't start thinking that I may be one of them who will be lost. There are people who are thinking like that. It should not ... whatever I say should not ... also create a doubt in your mind about yourself. That's the main point.

If you have doubts about yourself you'll have problems you see. So don't have doubts about yourself that's very important because if you have doubts then nothing can be worked out. So the first thing is Ganesha. Ganesha is the innocence within you which is very important to be awakened in America. It's very important. So the first thing we are going to do is the Shri Ganesha's puja. Innocence. And Ganesha incarnated on Earth as Christ which can be proved also. Through Kundalini awakening we can

prove it. So once that happens to you that when your innocence is awakened you'll be happy to know that most of your diseases that come from the spoiling of this chakra specially. So many diseases that are like that, all these bad diseases are checked. Ganesha is the greatest power you see because he is innocent and the innocence, if it is awakened within you, you'll become a very powerful person and most of the diseases are sort of cured which are connected with this chakra. So today is not the time to tell you about what the diseases are and how they are checked and all that. All the combinations and permutations of this chakra because other chakras which give you horrible diseases, incurable diseases can be checked and then how to completely cure them for that you have to know the combination of these. When you know the combinations of these then you can check them also completely to get it cured. But at least they do not advance any more. Wherever they are they get completely under check and gradually they go down. But to expedite it you have to understand the complete combination of centres. The chakras, their combinations, then what mantras to be said, how to operate it and everything if you learn it takes hardly any time. Luckily they have offered us another time in this place in the end of October. What is it?

Danny: The 21st of October here. The people who run the camp like us and they've offered the camp. Actually the camp has closed. They're closing it completely. But they've offered us the place if we wish another seminar for a weekend and 21st would be an opening day. If anyone is really interested, let me know before we leave here today so I can tell the owners of the camp that would be okay.

Shri Mataji: That would be a good idea. That would be additional help to you and there will be people who will tell you about this because they are all here 'till one month at least so we can work it out that way. And then Santa Cruz Program we have cancelled for the time being because the response in Santa Cruz itself has been very, very poor. People come for a month or so and then they disappear. This is a very shifty people. They take again back to drugs. They have no will power left in them. Those people who are settled in Santa Cruz, there are very few people who have that will power. They have become like old people who have no will power in them left to stand up to the truth. And that's how they have shown no results of improvement. This is the only place where we've had to recede back. We have to recede like the root has to recede at certain places. Then later on when San Francisco develops into a good centre, people also from Santa Cruz can go there because they like to travel. If you make them travel, make them suffer a little, they like it. If you tell them it's all here just now sitting down you'll get it they'll say, "Oh, that's too much." That's the nature of American people you see, they want to travel, have some adventure something. And they want to do like that. So it's all right. Let them travel to San Francisco and suffer a little and then get there, settle down whatever it is. San Francisco is going to be a very powerful centre and people from Santa Cruz can go there and work it out and I think if they can go there then they might develop that earnestness to develop it and to settle down. So the responsibility is very great on all of you who have come. You all represent here the foundation of Sahaja Yoga in America. You are the ones who'd be held responsible for the emancipation of this coast specially that so many, I think at least 60% of the seekers are born in this part of the country and are there still 60% of the seekers are here. Some of them are lost because they have gone in a very wrong way, headlong. But you can save them. You can first of all establish people who are perfectly all right, then there are some who are a little bit spoiled, then there are some people who can be brought in. But those people who are absolutely gone cases you should not worry just now about them. You build up all such people together and then it will be greater force for you to pull out all such people who have no will power. Because you can give them the will to come out of the problem. We have to save all of them. Try to save all of them. So, it is better that you do it in such a way that you first build up your strength and then you try to pull them out and we can do it. I'm very happy to see so many people here. I've great hopes now from America and I'm sure we can save this great country by which we save the whole humanity. This is such a great news for all the Sahaja Yogis all over the world. They are so anxious. People have come from India, have come from Australia, have come from Europe. They have come from all over the world.

From England and every place they are here just to pull out some Americans out so then they start doing their job. Next time we have to export Americans. May God bless you. One thing one should avoid during puja or otherwise also is shallowness. We should not judge puja on a shallow basis because it works out on a very subtler way. So shallowness must be avoided in Sahaja Yoga. Shallowness or all the time saying that we are new to this. There is nothing new because everything is within you which can be activated. There's nothing new. It's all within you. As any Indian is, you are. There's no difference whatsoever. Only thing they have a little advantage that they can understand me faster than you can because they have had the education. But as far as the mechanism is concerned you are just the same. So don't have the idea that you are a new nation or all these things have no

meaning at all. You are ancient people. You are seekers of antiquity. So just don't worry about these things that we are a new nation. You were given this nation because you did such good in your last life.

May God bless you.

1983-1003, So the purpose of human life is only manifested when it is put to the Mains

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3 October 1983

So The Purpose Of Human Life Is Only Manifested When It Is Put To The Mains

Public Program

Vancouver (Canada)

Talk Language: English | Transcript (English) – Draft

Public Program day 1. Vancouver (Canada), 3 October 1983.

I bow to all the Seekers of Truth. Seekers of Truth are a special category of people, as just now Mr Graham has told you that we have centres within us, which is called as Nabhi centre or the Naval centre, which gives us the capacity to seek.

First, we seek in money, power, all ego stuff and then ultimately, we find that all these things do not give us the Joy, that we are trying to find out. So, in all the affluent countries, it's very surprising that people are much more frustrated than in the countries where there are still people have to climb the higher levels of material life.

Now, when all these centres are there within us. We are made in our evolution, in such a beautiful way, all these centres were established within us.

So, one can ask a question, what is the purpose of making this instrument so beautiful? Everything, every instrument we make, has a purpose. For example, this instrument, which I am using now has a purpose. But unless and until it is put to the mains, it does not work out. So the purpose of human life is only manifested when it is put to the Mains.

And, that's why, all the scriptures have said, that you are to be born again. Of course, some people can just mentally believe that they are born again. This is the biggest problem of human being that they live with concepts. They have a concept of something, some mental understanding about something, and they just start believing in [no clear]. Yes, it was said that you have to believe that there is God. [No clear] also said you have to believe that Christ is the Son of God. That was a good thing, that was said. But it was never said that you have believed that you are a realized soul. Some of them believe that they are Christ. If you want to believe in something, you can believe into whatever you be like, because our thought cannot be controlled. It can go to any extent. And, with this kind of faith, when people start doing things, we have seen how all such proclamations have failed and have shown to be absolutely fruitless.

So, if you just mentally believe in something that I am such and such. Then be sure, there is something wrong. This mental projection is a myth and, is a linear movement, that leads us nowhere. We think to go on imagining, putting theories, [unclear], go to a point and then again we recall. That's why, everything is like that has come to end, and is coming to an end, and will come to an end.

So, what should we do, if it is not the mental conception, which else is the reality? The reality is within you the Spirit, the Reflection of God might, God Almighty in your heart. This reflection exists, it is there, it is a witness of what you are doing. It is all the time luminous. But, is not, yes, felt in the central nervous system in the sense, which has not entered into the conscious mind into your attention. It is not available to you onto your central nervous system. You can feel this beautiful instrument. But, you can not feel your spirit. But, many also believe that you got already. Many, I have met, they said, we have got already the Spirit. But, the Spirit, when it manifests into your attention, it has certain qualities that automatically exhibit through your behaviour, through your life, through the whole being, that you are.

So, if you believe that some sort of a self-certificate, we take upon ourselves, and go ahead with it, then we are alright. Then I must say that you have to develop a very scientific and open-mindedness about Sahaja Yoga.

Sahaja Yoga means, 'Saha' means with, 'Ja' means born. It is born with you. It is spontaneous. People can't understand that you can not pay for your Evolution. What did we pay, for our evolution so far? You can not catch it. Just think of it. We take everything for granted. Look at our eyes, look at ourselves.

We are such a great computer made by God. That, if you see something, you see it, you don't have to think. But, a computer has to think. So, you can imagine, how great we are. Such a computer will not be made in thousands of years, whatever you may try.

And, such a great thing that we are, is made out of us, without taking any money, without any effort. We did not put in any effort into it. We have become human beings effortless. So, it has to be effortless. It has to be something evolving. It has to be something higher. It can not be something like a pendulous movement.

That today, if you are following Christianity. Now, are you are fed up with the churches, so you go to the Hinduism. You become a Hindu. Then you are fed up with that. Then, you become Islam. Then you go from that to the Buddhists, then, this and that. It can not a movement which is pendulum-like, which moves from one to another. But, it has to be a movement where your attention moves spirally higher. It's very interesting to see that the spiral movement itself is a very big sustains with it. For example, if you see the peptones in the pancreas, which look after digestion of the Sugar. When they become linear, when their movement becomes linear, then they lose all their biological quality. So, when we too become linear, we lose our biological qualities. Now, biological qualities mean living qualities within us.

So, we have to have the substations within us built like a spiral as if you see the spiral of spring, it has got that strength within us itself built it in innate you inside that it can withstand the weight of a person.

This kind of a thing is built in within us, that sustains, that personality within us. And, this personality has to move spirally to come higher than what it is.

Now, as you know, there are people in this world who have come. They think that religions or God is one of the things which is sellable in a market. And, the people who believe in it, also I can't understand. That, how can you sell God in the market or how can you organize God. It is beyond human understanding and comprehension. That, we can organize God. But, that is what it is. But, there are people who are seeing through this game and the gimmicks of it. And, they are trying to understand, that there has to be something higher or greater life without going through all these rigmaroles.

Now, we have some people, I met the other day of the philosophers who are [unclear]. And, I was surprised that their idea about a human being is quite confused. Though, you (himself) have a realized soul of a very high level. But, perhaps he jumps on the stage and then he did not know how the stage was made so perfectly. He lived very little after that.

So, the idea that he as given is rather confusing. He said that within us, is unconscious first, then the part that he will become the unconscious out of the unconscious, then the subconscious, and then on top of that the subconscious is the conscious mind. And, on top of it, is the Ego.

Now, this looks like a myth by this, see you all put together if you have to travel, you mix up everything like that. But, you can see one thing clearly how beautifully we are organized. After all, the greatest organizer is such a wise person. He is not going to put one on top of another. For example, if somebody has to enter here, you leave the space for the people to come in. You won't put all your luggage everything in between, So as to have to pass through them covered them and come to the Mains.

So, this is the trouble, is that such confusion exists in the west about that, about human beings and the unconscious. And, the people started going into the subconscious seeking, going into the subconscious is the only way you can go into the unconscious. It was such a myth by them, I must say. And, I was shocked, when I saw the diagram, I said, this is the reason why all these thugs have come from India to loot you and to disturb you.

That's why the fake gurus have come and so many of your also fake gurus are here to make money out of it.

Now, see beautifully, you are organized. In the centre, is the present. The centre, the centre as you see the central path is absolutely open. And, on the right-hand side, you find on the right-hand side, if you see clearly, is another channel which caters to your future, to your supraconscious area to your collective supraconscious area. And, to the left-hand side, is your subconscious and below, away from that, on the left-hand side is collective subconscious. So, you have got already, so well arranged the whole thing, is that, if you do not go to extremes and keep a moderate life, you are in the centre. Your attention is in the centre. But, if you move to leave or to write too much, then, naturally, you will, you have the problems either of the Supraconscious or, of the Subconscious. But, otherwise, the path, that is in the centre, is beautifully kept, absolutely clean.

Now, the centres have here described is something like this as you see here. This is a vertebra, and centres are like this. So the left, and the right, both of them meet like this. They move spirally in the cells, that the movement comes to appear, goes up again, then again centre is formed, another is formed by these two channels, which manifest outside as sympathetic nervous system.

Now, these centres, when they are used too much on the left or the right, they break. And, once they break, the attention starts moving towards the left, or to the right. And, that's how we get affected by the subconscious or by the supraconscious. And, when we get affected, we don't know what to do or what. And, we think that we are achieving sensations, now, going towards reality. While the reality is here. This is the seat of reality. But, the reality is that is the Spirit resides in your heart. This is the seat. And, when this power, which is there, which is the Kundalini. This is the power which is called as [Not clear, could be 'Asat'] in Quran.

Christ has said also, I will appear before you like tongues of flames.

Also, you must have heard about the tree of life. This is the tree of life, which is to be enlightened. And, this tree of life gets enlightened, when this special thing called 'Kundalini', is a special power within us, rises and awakes us.

You would be amazed that with your naked eyes, you can see the pulsation of this. You can see the pulsation rising. You can see the pulsation reaching here. With the stethoscope, you can clearly hear the lup, lup, lup, lup, as you hear the heart.

Ultimately, that breaks here, and when it breaks, you start feeling of cool breeze in the hand of The Holy Ghost. You start feeling it in your hand. This is something, so natural, so living. This you can not do.

I have seen people jumping. I said, "What happened?", They said, "Our Guru has awakened our Kundalini." "Why are you jumping like a frog? Are you going to become a frog?". They said, "We have to become a frog, then earthworm and amoeba then will become that."

1983-1004, CBC Radio Interview "The Planet"

View [online](#).

4 October 1983

Interview

Vancouver (Canada)

Talk Language: English | Transcript (English) - Reviewed

CBC Radio Interview "The Planet"

Presenter: [Missing part] come to Vancouver. But unlike some others this one is not after your money. As a matter of fact, She brands those gurus or teachers that are after your money as fakes. Shri Mataji Devi lives in London with Her husband, the United Nations diplomat. As a child in India She knew She was different, and Her character trait Mahatma Gandhi also recognized when he asked Her to stay and worked with him. In 1970 Shri Mataji began Her mission in bringing peace and enlightenment to the world's people and She is here in Vancouver, this week.

You don't take money or ask for it?

Shri Mataji: (Laughs) No, no. You can't pay for it. It is God's love. How can you pay? How much do you have to pay for it?

Presenter: How do you finance Your projects?

Shri Mataji: You see, I travel by Myself because My husband can afford it. And the people who have their own centers, they manage their own, because they live there. They pay for the rent and they manage their own. I don't take any money from them at all for My own maintenance or anything. Sometimes they do pay Me for My travels. Sometimes. Not to Me but to the, I should say, to the travel agent.

Presenter: So they pay Your travelling expenses.

Shri Mataji: Sometimes. Very rarely.

Presenter: Gurus that do ask for money then, You say, are automatically fakes.

Shri Mataji: Of course. They are not gurus, you see. The, you cannot ask for money from your disciple for God's work. This is God's work and God gives you everything free, doesn't He? You breathe freely, you see freely; all these capacities are given to you by God, absolutely free. The sun is free to you; the Mother Earth is free to you. How can you pay for it? It's only human beings have created these economic wants and things like that.

Presenter: I called you a guru. I called you a teacher. What do You call yourself?

Shri Mataji: I'm a Mother, I should say. I'm a Mother like Mother Earth is. I'm here to nourish people, to soothe them, to give them what they have within themselves. I'm not a guru in the sense that I don't have that strictness of a guru. I have tremendous patience and love for all those who are seekers.

Presenter: What do you have or who do you have to be, to be a seeker?

Shri Mataji: To be a seeker it's a special category of people, who feel that they haven't got the joy of life. They feel that whatever they have got is in duality, like happiness-unhappiness-sorrow, and they have to seek something higher in their awareness by which they will get joy in their life.

Presenter: But what You've just told me is a universal truth. It's like saying, "Milk is good if you drink. Milk it is; it's good for you."

Shri Mataji: Yeah, of course, it is all universal. Yeah.

Presenter: We are all seekers.

Shri Mataji: Yes, of course, you are all seekers.

Presenter: We are all trying to find something.

Shri Mataji: Yes, that's true. But some people try to first seek ? I mean, in this country people are much more aware ? but normally people try to seek in money, in possessions, in power, in politics. They think by doing that, they'll find joy. But those people [who] have crossed all those things in their previous lives or maybe in this life, turn to something that is beyond all these. They realize that there is no joy in economic wants because economics itself says that wants in general are not satiable. So there's some sort of a want within us which is genuine, which is pure, which is to be satisfied.

Presenter: Do You find a great deal of cynicism in, in people? You are here Shri Mataji laughs) talking to me today this afternoon, but here, in North America the, the person that's getting a, a lot of, of news is, is a man named Bhagwan Rajneesh. Have You heard of him?

Shri Mataji: Ha. Very much. I know him well.

Presenter: He's taken over a small Oregon town and makes some people, a lot of people very suspicious [in leering] of

Shri Mataji: Thank God, thank God for that they are suspicious, but it's rather late now. It's very sensible to be suspicious of such people, but I don't know how they never were suspicious before. It's very late.

Presenter: People seem to be searching. They are looking for answers and they are very quick to believe.

Shri Mataji: They are. That's the trouble. They don't use their brains. God has given you brains, you must understand. Also you must verify the people who go to them, what happens to them. They become recluses, they become mentally deranged, they get epilepsies, they get cancers, they get heart attacks. So many gurus die of massive heart attacks. You cannot die of massive heart attack if you are a person from God's own blessing [is]. Very rare, very rarely you hear such a thing.

And the people who go to them do not want to see what their disciples have achieved, if they have achieved mastery over themselves, if they are transformed. Transformation is the whole motivating force in this. If you are not transformed you should not accept such a guru or anyone. That is something I should say what happens to your intelligence. How do you manage? These Indians won't have them. So they are all here because Indians are, though not so intellectual, I think they are wiser people. They are more to the ground.

Presenter: Do Your followers, what do they do? Do they worship You or do they follow Your way of life?

Shri Mataji: No, they follow themselves because they awaken their own Kundalini, and they know how to guide it and how to use it, how to develop and how to grow into it, and when they become masters they can give it to others and there are many who are doing like that.

Presenter: I, I ask You that because in one of the press reports that I read about You it's said that Your followers sit in front of a picture of You.

Shri Mataji: Yes, My picture has luckily got vibrations as I have got. It's something a miracle, I should say. There are many pictures quite, quite fantastic for human, human understanding. Like there's one picture you can see maybe here, in Vancouver we have got, in which there was light falling on Me, on My head. Seven times the light came on Me. But the people don't see with naked eyes but the camera caught it. There were lights of different colors falling on Me in a village where there is no question of any chemic or anything.

Presenter: Why do You think that He has chosen You?

Shri Mataji: That better ask Him.

Presenter: You don't know.

Shri Mataji: I know but I don't want to say. You see, it is not better to say. It's much better these days to be tactful, not to say about yourself, because Christ said what He was and He was crucified. I have to be tactful with people, you see. If I say anything they'll just come on Me and just try to destroy unnecessarily. There are already people come and hit Me with Bible and things like that. Can you believe it? I am doing good to people and here they are.

Presenter: Who is, who is hitting You with Bibles?

Shri Mataji: Oh, all these people.

Presenter: Here, in Vancouver?

Shri Mataji: No, no, not here. Thank God, the people here are much more sensible. But in L.A. some people.

Presenter: In Los Angeles?

Shri Mataji: Mmmmm, they are paid for it, by some organizations who think now they are challenged because I say, "You cannot take money for God's work." That's one of the greatest hit on their stomach, I think.

Presenter: It all comes down to faith, faith in You, faith in God...

Shri Mataji: No, no, no, no, no, not at all. There's no...

Presenter: Faith in... Belief.

Shri Mataji: No, no, not at all.

Presenter: Some beliefs of some kind...

Shri Mataji: Those who are atheist also can get Realization. There is Spirit, it's within you, just like you have got your eyes set inside you. In the same way there is Spirit and there is the Kundalini. You don't have to have any faith. There's no need to have faith. Faith on the contrary can be very dangerous. If you have blind faith, you sometimes start thinking you are Christ. Faith can be very dangerous, and you have to have an open mind of a scientist.

Presenter: Thank You for talking with us.

Shri Mataji: Thank you.

Presenter: Thank You.

Shri Mataji Devi will be conducting a public meeting here in Vancouver at Center Robson Square Media Center. It happens tomorrow night, the 5th of October at seven o'clock, and if you'd like more information give this number a call: 9225430, 9225430.

1983-1004, TV Interview

View [online](#).

4 October 1983

Interview

Vancouver (Canada)

Talk Language: English | Transcript (English) – Draft

TV Interview

Shri Mataji:

...meaning Your attention with your spirit. That what Christ was said, that we are born again. And this born again it is not just certificate, it's not something artificial, but it is happening within us, you can see it clearly, the rising of this power from your secret bone. Greeks knew the meaning of the word sacrum because sacrum means secret. And this power rises you can feel it, like a heart bit going up, on the top of your head near of your fontanel bone area, and you can also, later on, feel the cool breeze coming out of your head, like an air conditioner. So You become collectively conscious as a result of it. You become, it's not just talking about it, it is actualizing, this its real spiritual yoga.

Correspondent:

You are divine, what does it mean?

Shri Mataji:

Divine means a person who has a connection with the divine

Correspondent:

It does not mean you are a child?

Shri Mataji:

It can be, childlike

Correspondent:

I see, should we not have an attribute of divinity

Shri Mataji:

In the way, I have, because in my presence thousands of people can get this experience of self-realization.

Correspondent:

Do not you respect to be subjective of hundreds of gurus.

Shri Mataji:

I know...

Correspondent:

...to be subjected to all sort of thing which is coming of your country which is galvanized thousands of people, also been subjected to this kind of philosophy, so many frauds.

Shri Mataji smiling:

I am not a fraud, because I am talking against them since 1970, I came to America, I knew such people will be coming, and they come here for money and all kind of things. Do not believe them, I told their names and what you should expect after self-realization. I do on my own, I do not take any money for this, and giving realization it was as Christ exactly said, you should feel the cool breeze of the Holy Ghost because the time has come for this.

Correspondent:

So we should listen to you, more than to the others?

Shri Mataji smiling:

Of course, I mean, because I do not take any money from you

Correspondent:

And you have to travel around the world?

Shri Mataji:

It's my husband paying mostly for me, but sometimes some of the disciples asking why should Mother pay for ourselves, so sometimes they pay for me, but no need for them to pay. It's all right if Christ was here if he travelled, we would pay for him. So it does not matter, payment for travelling is not much.

Correspondent:

The essential message is that, through this practice of this yoga, we can free ourselves and become new again?

Shri Mataji:

You can become yourself, the spirit, you can get your rebirth, complete transformation takes place. Like an egg becoming a bird, you become a transformed personality, you become a master of yourself, you drop out all your habits, free of all your illnesses and everything. It is on your own.

Correspondent:

So you start again?

Shri Mataji:

It is something new dimension which is called as the collective consciousness

Correspondent:

You are speaking October the 5th at Robson Square at 7 PM?

Shri Mataji:

Yes

Correspondent:

You will be there?

Shri Mataji:

Yes, I will be there

Correspondent:

Well, thank you very much to be on our program, and I hope that people will go to Robson Square centre tomorrow night at 7 pm, listen to you.

Shri Mataji:

Thank you, very much, may God bless you

1983-1005, Awakening of Kundalini just takes split of a second

View [online](#).

5 October 1983

Awakening Of Kundalini Just Takes Split Of A Second

Public Program

Vancouver, Robson Square Media Centre (Canada)

Talk Language: English | Transcript (English) – Draft

[Sahaja Yogi gives an introduction of Shri Mataji]

I bow to all the seekers of Truth. I knew that in Vancouver there are many real seekers, seeking the Truth. But the time is so short and the world is so large. I have been traveling and traveling and am here only for tomorrow. Doesn't matter, whatever may be the span of time, awakening of the Kundalini just takes a split of a second, if you are ready to get it. If there are obstructions, if there are barriers, if there are already preconceptions about things, then your mind sticks to them and the ascent does not take place. Because reality is what it is, it will be what it is. You cannot conceive it, you cannot change it and you cannot conceptualize it, that this is the reality, this should be such and this should be such.

As a scientist, we have to keep a very open mind as to know what reality is. There may be many questions in your mind as I can see them clearly and they have to be there, but by questioning also it doesn't work out. Only the question like this, the way the girl asked me today on the television, it answered; she got the cool breeze in her hand immediately as soon as she asked me. I do not want to avoid the answer but people have to be prepared because the answer has no meaning for people who are not prepared. Christ said that he was the path, he was the gate and people crucified him. When what he said was absolute Truth. But they crucified him for that.

So one has to be cautious with human beings. They can be very funny. I don't know if he has told you or not but people tried to beat me with the Bible in the church. What an absurd scene. I could never have imagined, but it's alright. That's all due to ignorance. If you are wedded to some idea or if you just believe into something, that is also blindness; or you do not believe into anything, that there can be a God, also it is too much of abandonment. So you have to keep yourself open-hearted, open-minded, because it is your own that you have to get, this is within. The Kundalini power is within you and the Spirit is within you. What I have to do is just to kindle it, awaken it. Once you are awakened, you can do the same. Dr. Warren, who talked to you just now, I don't know how many thousands he himself has given realization to and surprisingly Australia, the country which perhaps people said that they were people who went there as convicts, but they are doing the best among all the western, eastern countries in the sense that we have the maximum number of centers and maximum number of Sahaja Yogis, great experts in Australia. Not only that but for my traveling they said, "Mother, we'll pay for you but you'd better travel all the way around. Of course I didn't have much problem on traveling but they said, "No, Mother, we would like to pay for their salvation." A day must come when you Canadians should go to Australia to give them realization. That would be the best return for them.

Today, as the time is very short, I thought I better tell you about what happens as a result of self-realization and how you go to wrong conclusions because of the confusions created by thinking about your perfection. The first and foremost thing that should happen to you is that your attention becomes enlightened, meaning you become collectively conscious. That means your conscious mind gets another dimension in which you start feeling others.

A gentlemen in London, ten years back, got realization. He was a scientist so he was a little bit doubtful about the whole thing. He told me, "Mother, how do you say that we can find out, through telecommunication with God, what's wrong with others? I said, "About whom do you want to find out?" He said, "About my father; he's not written to me and he's not spoken to me all these days. He was in Scotland." I said, "Alright, you put your hands like this and just think of your father." And then he said, "Oh, Mother, I am getting a burning sensation here." "Of course, I have to decode for you," I said. "That means this center here. This is the center of Vishuddhi and this side is the father's centers and if you are getting burning there that means he must be down with

very bad bronchitis."

He telephoned to his father but the father was not there. The mother said, "Your father is down with very bad bronchitis." He said, "Mother, how to cure it?" So I told him the method by which he can put around him this power of love. After three, four hours, the father rang up and said, "I don't know what happened – a miracle. I got alright, my temperature has gone down. I don't know what happened."

Now it's so fantastic that people can't believe it. It's too fantastic but do you know you have been made from amoeba to this stage with what care and love. You have been created for some purpose and when it works out you are surprised at yourself. Now see this little instrument that is made. If you show to someone in the village they won't understand that a little pipe like that can carry the sound. Or if you show them a television, they won't believe it. But when you plug it to the mains they may be amazed how that little box reacts. In the same way, I have to tell you that you are created in such a beautiful way. It's a perfect machinery within. It's so scientific, it's so perfect that all these machineries will fail but that machinery cannot fail. You are that beautifully made within yourselves. Of course you have made some mistakes, no doubt, spoiled a little bit here and there, little connections are sometime loose. It doesn't matter, it can be fixed up but you are all due for it and you all have to get it.

Now what should you do about it is you don't have to do anything because to become a human being you did not do anything. What did you do to become human being? Even to breathe, you don't do anything. If you read books or have a guru and go to him and ask him how are we to breathe? He would never exist. So you don't need anything; just the Kundalini is there and an enlightened person can enlighten you.

I would say that your attention becomes enlightened. That means if this room is enlightened you can see what's wrong with this room. What's the color of this room? In the same way you start feeling your own chakras. You start feeling your own centers and then you don't feel bad because you are out of yourself, you can see yourself, you see the whole drama of yourself. And then you say, "Oh, I see now, Mr. ego is coming up on you, alright, go ahead." You just address yourself in quite a humorous manner that you have been doing all this. Go ahead for a while and then you will know.

Like one gentleman asked me very seriously, "Mother, if I was Napoleon in last life don't tell me." I said, "But what makes you think that you were Napoleon? He said, "Because my ego is too big. I can see it and I can draw very well. I have a very good hand for drawing. He too had it." I said, "Now let's assure you that you were not Napoleon." He said, "Thank God, otherwise I would have thought how much I'd have to fight with my ego if I was Napoleon in last life." If I tell somebody you have ego then you will be punched. You cannot get out of it. But when you start seeing your own problems, then you know you'd better get rid of it.

For example, if I have some black spot on my shawl. If you tell me, I would like to take it out. But if I am identified with that one, I will not like it and I will never take it out. So the identification with, or we can call the misidentification with yourself, your name, your all that it is artificial drops out and you become an independent, free personality to judge yourself. That's how the last judgement is going to work out that you will judge yourself. You don't need anybody else to judge you. And people come and tell me that, "Mother, my Agnya chakra is catching." means my ego has gone up. Who will say like that? Have you heard anybody in normal conditions saying like that, that my ego has gone up? But you start seeing it so clearly and you laugh at yourself, "Oh, this Mister Ego was with me and now he is showing his results."

So that is how you start seeing your own problems. You know how to cure your own problems; that's how you cure your diseases, you cure your mental conditions; you come to a balanced part. I don't tell you; All 10 commandments are after realization, not before that. I don't tell you don't do, nothing of the kind, because human beings are such that if you tell them don't do it, they will do it. So best thing is not to tell them don't do it. But when the light comes in, the Sahaja Yoga today is so wonderful that first the light comes in. There's no question of cleansing, nothing. First the light comes into you and then you start seeing yourself in that light and correcting yourself. Sometimes a light can be very little. You might be surprised at yourself that, "It's very little with me. Why is it so?" But gradually you start understanding that, "I have problems on my centers. I have to clear my centers."

We had a girl who came to see me many a times from Paris. So my husband asked her, "She has given you realization. Now, why are you again coming and coming in and bothering her?" He is dealing with shipping, so she said, "Supposing, sir, you have a fifth-hand ship. Then what do you do? It has to be repaired again and again." He said, "No, we scrap it." She said, "But Mother does not scrap, that's the trouble, so I come to her for repairs."

Even if there are problems you see them and you understand them and you quickly try to remove them. Some people are so great, I have seen, that they just jump out of it, jump out of it permanently; they never catch, they have no problems, nothing. I have seen such personalities, but some are just the light. You enlighten and then it moves a little bit this side, that side, you have to look after it, you have to just give it a little shade so that it doesn't just blow off. But that's how the first seeking is to be looked after to make it into a tree. So you have to be respectful towards yourself, first of all, and kind to yourself and not to be angry. I have seen many people after realization, they start getting angry with themselves. What is this? Why should I have got this thing? Why did I do this? Forget about the past, you have to forget about the past, whatever has happened has happened in the past, doesn't matter. What has to happen is in the present.

The guilt business that many people have, "I am guilty," that has to be given up. If you think you are guilty then it's rather difficult because of the left hand side of this Vishuddhi chakra catches very badly in those people who think that they are guilty for something. I mean it's a fashion in the West to feel guilty, is a very common fashion. In India I have not seen anybody who knows about it and when I tell them they are quite surprised. "What is there to feel guilty? We are not in the jail. Why should we feel guilty?" This kind of feeling that we are nurturing also blocks your realization and always sucks in your energy there. As the Kundalini is your Mother and She is one like Mother Earth, like the Aquarius, like the Aquarian Age. This is the age of Kundalini. It's called as Kumbha in Sanskrit language. She represents that and the Kundalini when She comes up, She nourishes you and in that nourishment, She looks after your attention. She fills up the attention with Her energy which gets ignited by the entry of the Spirit into your attention.

So far your attention is not in your central nervous system. It is there, it is the one who is the witness. He is looking at you all the time and he knows what you are doing but it doesn't say, doesn't interfere, it's just there watching. But after realization this Spirit enters into your attention and starts guiding you. Only through vibrations this new dimension that you achieve of cool breeze, you understand what is right and what is wrong. So far you live in the relative world but after getting the realization the Spirit guides you clearly what is to be done, whether to do this or not and your priorities change so nicely that you know where to waste your energy, where not to waste your energy and where to use your energy. You just start understanding the complete picture of you being the part and parcel of the whole and that's how you become collectively conscious.

For example, this finger of mine is paining so I rub with another hand. Now I am not obliging this finger by any chance. Neither this finger feels obliged. In the same way, in collective consciousness, when you do something for others, you don't think it's a social work or you have done some good to others. It just happens, because it just emits through you. You can't help it. Wherever you are you bring auspiciousness. You bring goodness, you bring wealth, health and every sort of well being. Krishna has said, "Yogakshemam Vahamyaham." First yoga, if you get the yoga, the union with the Divine, then you get the "Kshema," means the well being and that's how the kshema has been worked many a times.

We have had many experiences which can be called extremely fantastic for you and for your understanding but it works out. People get over their sickness so some of the doctors agree with me. They think that I am going to cancel them completely and the psychiatrists you don't need anymore because you are no more in a state of confusion. You reach a state where you see things absolutely clearly and understand. Now one can say as a doubtful case, that how are we to know that what we know through the vibration is the correct thing? Because when it is yes, you get lots of vibrations coming into your hand and when it is no, your vibrations disappear. Sometimes if you ask about some gurus whether they are good or bad, if they are bad, you might even get blisters in your hands a little bit. They can be so horrid and devilish that they can give you blisters. So then you understand who is real and who is unreal. But how do you understand that whatever you know through your vibrations is the perfect thing, is the real thing, is the absolute?

For that I give an example. Once I was in Pune and they had arranged my program in a hall which was sort of belonging to some brahmins and the brahmins got very angry because I'm not a brahmin – according to them I am not a brahmin. So they said, "You can't give this hall to Mataji. She is not a brahmin." So the organizers never told me but they told them that, "If you don't give her, we have already published in the newspaper and we will also publish that you did not give her a hall because she is not a brahmin." Of course this is too much for them because it's a secular state; you are not supposed to do like that. So they said, "Alright, let's have the program." and I was having the program. So I asked among you, I said, "They never told me." But I knew the problem somehow and I asked them, "Among you, who thinks that they are the brahmins should come forward." So three, four of them, like great warriors, walked in front and sat before me. As soon as they sat they started shaking everywhere. So I said, "What's the matter with you?" They could not control themselves. I said, "Control yourselves." They could not control themselves; they were shaking like this. I said, "What's the matter?" They said, "Mother, we accept that you are the shakti, now stop this, its too much. You are the shakti, you are the power. That's why we are shaking." I said, "That's not the thing. The others are not shaking, they are feeling the cool breeze. Why are you shaking?" He said, "No, Mother, we are real brahmins, we assure you, but you are the Shakti. We are sensitive, that's why we are shaking. Then they turned around and said, "See, there are three, four people here and they are also shaking." "Alright," I said, "Go and find out who are they?"

So there was a doctor sitting and he said that these all are certified lunatics from the lunatic asylum and they are shaking. They got a fright of their lives. They said, "Are we lunatic, Mother?" I said, "No, but the way you think you are brahmins is not true. Unless and until you know the Brahma, the all- pervading power of God, you are not a brahmin. Unless and until you have felt that you are not a baptized person, it's artificial, somebody puts something on your head and says that now you are baptized. So we believe, "Oh, we are baptized now."

That's all artificial, understand it's all artificial, it's a drama playing. You must understand the joke behind it. The way we believe in, we have believed our parents, have believed their parents, have believed this has been going on and on and on. When I was born I saw it and I said what's happening. The Kundalini is just there; there is nothing like a baptism. It's a reality, It's a real happening, the awakening of the Kundalini is a real happening. You can see with your naked eyes the rising of the Kundalini and the pulsation of the Kundalini. You can even say you feel the pulsation on your head, not in all places but some people have obstructions. We have got some photographs or I think we have taken some of the films where the Kundalini was just pulsating in that triangular bone like a heart. You can see these things on the back of the person when it is rising if there is an obstruction. But if its smooth movement you don't see anything. So, this is what happens to your attention.

There is another misunderstanding among people that if you see the light, you have become the light or there is some sort of sensation, then it is the light. Now one must know that seeing the light means you are not the light. That's why you can see. If you become the light you cannot see it. So it's logical, you must understand everything is logical, so you cannot be the light. If you are the light you cannot see it. One thing should be cancelled from the mind that in Sahaja Yoga what happens to you is your own knowledge. You know each and everything what you are doing, how you are doing it, how you are getting into it, you become a master of that. It's not just madness that suddenly people start jumping.

In one of the programs we had about about 10 people sitting in the front row just jumping. I said, "What has happened to you?" They said, "Our guru has awakened our Kundalini and that's why we are jumping. I said, "For what, like a frog?" Yes, it is written. He showed me in the book. His guru had written that you will jump like a frog when you get your Kundalini awakened. I said, "Now logically, are you going to become frogs? Or what are you going to become? You have to become a super human being and that super human being, as described in all the ancient scriptures, has to become collectively conscious. Now it's an English word. I think Jung has used it but that doesn't mean it belongs to Jung. Jung was a realized soul but it does not belong to him. In sanskrit it's called as "Samuhik Chetana" This is the first thing that happens to you. You become collectively conscious.

This is the first thing that happens to you and it has already been mentioned, a description and everything, even in Patanjali yoga. A trouble is the books that are translated in English are all written by pseudo anglo-westernized Indians who have – I don't know what they wanted to communicate to you. When I read some of the books I was shocked because they said Kundalini is in the Stomach, another said the Kundalini is in the head, but it takes nothing to write a book and everything that is written is not a

scripture. But people really follow it so religiously. If it is written in black and white then they think that is the knowledge. Knowledge is not in the books; it is not in the books. Knowledge is in your central nervous system. The rest of it is all myth. Whatever you know through your central nervous system is the knowledge. People talk for days together and there are tapes and tapes and tapes and nothing but bubbles and bubbles and bubbles. Nothing comes out of it. Your attention becomes enlightened by which, first of all, you know about yourself and then when you take the light out, you know about others also. You start knowing what's wrong with others. But you don't tell them. You speak in the language of Sahaja Yoga. Like you will not say that this fellow has an ego because he will turn around and will give you a slap. So better to not say that. You have to be careful. Because those who are seeking can be very nervous, violent, all types of people.

We had one gentleman who came to my program who was an alcoholic and he started shouting at me at the top of his voice. I said, "Today you go out and tomorrow you come and see me." He got his realization and after that he is a beautiful sahaja yogi and a beautiful person. But sometimes he again feels shy that he shouted at me. But that's gone, that's finished. Where is he? He is no more, is the light and egg has become a bird. All that was an egg is finished. Now you are the bird. So you become a bird which has to fly out. Strengthen your wings and you have to fly out and know for yourself what is the sky, what is the kingdom of God and how you have to enjoy it.

Now when attention becomes very alert and you start feeling the sensitivity of the attention, in the West it happens more, that you start verifying it. You try to verify, "Oh, let's see the vibrations of this, let's see the vibration of this lady." Then they will ask "Are you suffering from this?" Then they will verify it. They go on verifying. They take time. So they go on verifying if this is correct or not. Dr. Warren himself gave me a very hard time and he was asking if he was not believing because it was too much for him. He has been to all the gurus, everyone, everywhere, a big list. So when he came to me, he was quite suspicious. He could not believe how it could happen. He tried to verify it here and there and there, and then he verified it. When you have verified it, then you accept it as Truth.

Only the Truth you accept through your vibratory awareness first and then you see it so clearly what is the Truth and what is the myth. It's so obvious that you don't have to ask me, ask anyone, and you know this is the Truth and this is the thing and Truth is one, Truth is absolutely one. There cannot be three points on Truth. I was in America and somebody came to see us and we were trying to tell that lady what Sahaja Yoga is. She was amazed at one thing. She said, "How is it all of you are just supporting each other all the time. If one says one point, another supports that. How is it you are all working it together?" Because they are collectively conscious. You all work as a one personality, because Truth is one. If this is white color everybody sees this as a white color, nobody will say that this is black. In the same way when you see the same thing, if you are honest – If you are dishonest still in Sahaja Yoga, you have to become honest; you jolly well have to become honest, you can not help it – so you start saying the same thing.

The best thing that happens to your attention is because attention is your sustenance. People think the "religion" word is very dangerous because religion has been organized and it means some sort of a mythical stuff. But what happens to sustenance? We have got within us a sustenance, means you can see a spring has got its own sustenance to remain like a spring. But when it loses its biological qualities, then it becomes linear. In the same way we, because of mistakes, have become a little linear by temperament so our biological sustenance has gone down, that power has gone down. Like peptones, in the form that exists in the human beings, have this tremendous spiral sustenance within them. They can remain spiral but you put together all the amino acids of the world and try to create one like that, only 5% you can achieve. So you can imagine what a tremendous body is created.

Now you have the sustenance to be spirally sustaining your qualities and these are 10 sustentances within us and these sustentances are destroyed by fake gurus. First of all they destroy your sustenance and when they start destroying, you develop a problem on your head here. If it is destroyed by the other gurus then you develop these 5 chakras here (Shri Mataji shows Ekadesha Rudra chakras on the right hand side) which become prominent sometimes and you develop a destroying force here for yourself. That's how all these diseases and all these things come in. Even cancer, epilepsy and all sorts of diseases can be caused by that.

If you believe that, "There is no guru. I am the guru. I can do it." That's also wrong because you cannot do it. If a candle has to be enlightened by itself it does not get it. Some enlightened light has to enlighten it and once it is enlightened, it can enlighten other lights. This is very logical, you understand that. If you say, "I am my own guru and I don't care for anybody, I am trying my own meditations." So you have also spoiled your instrument by that way. When you have spoiled your instrument then you develop on this [left] side because they move across there. So on this left-hand side you develop again five destroying forces and in the center is the collective being so there are eleven forces called Ekadesha which are built in and these are the forces which ultimately are to be used for the complete sorting out by the advent of the Kalki, as you call it, – the last one who is going to come.

So we should not allow these forces to be built up. If somebody has cancer, the first thing that happens to a person we have seen is that either from this side or this side is developing these centers inside the brain. So these centers are very dangerous and one has to be careful. Now when you start understanding that your attention has enlightened, you can see within yourself what's happening within your chakras. How are they, whether they have built up these centers or not, whether your Kundalini is up there or not, whether your chakras are alright or not, you can see for yourself. Then you can also help others. Once you get your vibrations absolutely established and you are established well, you can give realization to others. You can give them the awakening and the knowledge and everything about it.

But knowledge is what they feel. Once the energy starts flowing in then you have to tell now this is the energy flowing from your hand. Now see for yourself how to work it out and then once you work it out, you can do it, you can tell him, ask him to work it out. At first he may not believe possibly but because you have gone through it, you have patience and you understand because you are a seeker. So you understand that I have suffered it, so this person has also the same problem through which I have gone. You have tremendous patience and love for that person and you try to explain to him how it is to be done and that's how you can create thousands of people who are realized souls.

In India it's true what he says that thousand of people can get realization and they have got it. But I must say this one gentleman who is not an educated person very much, he is a farmer and he himself has given realization at least to 8000 people, at least. So it is quite possible for you to manifest your powers and your understanding through which you try to correct others, which just flows. Then the whole idea is that you see first time, you are manifesting the living power. Before this you could not – from dead to the dead. Some tree dies, then you make some building. You say now we have made the building. From dead to dead we create and we really become the slaves of the matter. Like you make a chair, then we can't sit on the ground; you make a bed, we cannot sleep on the ground. Like that we start becoming slaves of the matter.

But after realization you are amazed that for the first time you are giving your living power to the Mother Earth also. If you give your vibrations to the Mother Earth, even in the water that is flowing to your feet. You will be surprised, the yield would be at least four, five times more, very tasty and it won't have all the problems of the hybrid. Hybrid has a big problem. We have tried this in one of the very great agricultural universities in Maharashtra where so many professors now, even the dean of that place, is a realized soul and they say that when you give these vibrations even to Indian cows they start giving quite a lot of milk. But not like the Australian milk. They think that if you take Australian milk you get confused personality because they are hybrid cows and they don't understand. They gave an example of how the egg and the hen are confused from the western side because in India if an Indian cow is there and the calf dies, then the Indian cow immediately stops giving milk. But if it's an Australian cow, it forgets about it, just starts giving milk all the time. So they can't understand that how is it that the emotional side is missing there in the Australian cows and like hen and everything they have studied and they have made a big research on this. So with your vibrations you do increase the productivity of the soil.

So you solve many problems that are facing human beings. Your sustenance is awakened. You give up all your habits, you're no more a slave of any habit, just they drop out. So many people who have been tremendous alcoholics and all kinds of problems they had. They just dropped out all their habits. It's amazing to see the people how they dropped out their habits overnight. But not always if the person doesn't have so much will power. Young people do it much faster but I have seen even old people doing it. But in case the will power is less, then we know how to even enlighten your will power, how to bring your will power into play or

your heart's power into play.

These powers are within us which are to be given balance, Like today when I was talking to the lady, she didn't feel at first any cool breeze. I said put your right hands towards me because you are working very hard, your right side is all exhausted and left side is sleepy. So she put her right hand towards me and she started feeling the cool breeze because she ventilated from this [left] side and she got nourishment on the right hand side and she started feeling the cool breeze.

So this is what happened today and it will happen always with you. You will find out that you have some imbalances which must be corrected. And once you know how to correct your imbalances, you then start correcting the imbalances of others without telling them. You don't have to tell them that you are correcting but it just happens and when it happens they themselves are amazed, how is it this is working? This is minimum of minimum that happens to you that you feel absolutely healthy. Diseases like cancer, AIDS, all these things drop out because they arise out of the combinations of certain centers and those who are suffering will feel it on their fingertips and you will know these are the centers. If you know how to awaken this, you can cure yourself, then you don't have to go to the doctor at all.

But you have to do the whole thing religiously, understandingly. At least for a month you must settle down with it and work it out religiously with it to become proficient and expert. Yoga also has another meaning. Yoga also means expertise or you can call it "kaushalam," "yoga" "yukti." "Kaushalam" is the trick or the expertise, the knowledge, the true knowledge as to how to manifest your manifestation of your Spirit and how to use it, the power of God and how to be alright yourself and keep others alright. This is the knowledge which is called as "Shuddha Vidhya" in Sanskrit language.

Now when the attention is enlightened you also know through your attention that all these people who are fighting differently, that Christ is ours, somebody says Mohammed is ours, and then another says this is ours and all that, are all stupid people. Because these are all the flowers born on a living tree and when people remove those flowers the flowers have died and the ugly flowers, they are sticking onto themselves and saying this is mine and this is mine. They all belong to the same tree of life that is here and all these chakras have these deities on them and as deities they are there and they are the milestones of our evolution and our consciousness.

Consciousness has been established as far as the father side is concerned and the sun side is concerned. Now the mother side has to be established which is the Kundalini which has to rise and has to nourish you. So in the new consciousness what is going to happen, you are going to move spirally up higher as a feminine personality in the sense you don't become feminist or anything but you develop the compassion, the love, the affection, the forbearance, the soothing, the redeeming qualities. That's what every human being must become whether he is a woman or a man and that is today the hero because they told me that the Gandhi film is very popular. But what was the greatness of Gandhiji is that he talked of love. He practiced his love to appeal to the nobler self within you. He didn't go with his ego to fight, he went with a humility to appeal to the noble side of human beings. That worked and he achieved the Independence. So this is what it is. We become like that. We have had great people of that caliber since long and when you come to Sahaja Yoga you will know about them, how many people we have had and we never bothered to know about them.

Now about attention, this is what happens because, in short, I have to tell you on attention. I don't know how many lectures I have given which you can have my tapes later on from these people and know about it in details. Because as intellectuals you always want to know more; that experience is wrong. You should experience first and then you know, it's better. Because sometimes listening too much to lectures and all that, one can get confused. So it's better first to have the experience. Normally we don't even give our books to people because I have seen that once they take the book, at one point they will say, "Mother, what does this mean?" And they will stick on to that point. It's impossible to tell them, "Forget it, my child. First of all, receive the whole of it now, don't stick to this point." One point they will hold and getting on with that all your life. Are you going to be saved by that? So one has to know that if you have to get into the boat you must get out of the crocodile which is holding you. So best thing is to pull yourself out and get into the boat first and then we'll talk about everything else.

Now the second thing that happens is that you know the Truth, you know the absolute, you become the Truth. Whatever you say

is the Truth. Whatever you desire is the Truth. Whatever you ask for it works out, absolutely, no doubt because your desires change, your ideas change.

I received today at least 30 letters in the morning. Everybody was saying one thing, surprisingly. "Mother, I hope you get lots of seekers in Canada and we hope they all get their realization and have the same joy as we are having. "Every letter, even a little girl of about 12 years old, her letter was this: "Mother, the joy I have I want to share with Canadians." Such a sweet thought in the morning. I read one by one and was so very happy – all the way from Australia, India, Europe – from everywhere these letters came and all of them were desiring one thing, that Canadians must get their joy, their right to have the joy.

So the third thing that happens to you that you become the joy. Now we always confuse between happiness, unhappiness and joy. Joy has no duality. Joy is singular and there you do not have happiness or unhappiness but you witness the whole thing as a play, as a drama. Now when you are happy actually what happens is your ego is pampered. If somebody says you are a fine person, you are a very nice person. I mean all the gimmicks, you know all these things. Then the second one is you are unhappy when somebody says hurting to you means when ego is there you are happy, when superego is there then you feel unhappy. So it is just a pendulum like one to another you are going. But here you move, not like a pendulum but in a spiral way. You come higher and where you become the joy. The joy is flowing.

The source of joy is everywhere but we miss it because we haven't got that sensitivity to feel the joy and that's why we miss it. Sometimes people say, "Yes, we are in joy." but this is mythical. If people just believe, "Oh, we are in joy," is wrong because the second moment you see them they are very unhappy, so that cannot be joy. Now this joy gives you such nourishment and such strength that people immediately make you out to be different people.

Supposing if you see these people, Sahaja Yogis, photographs of their children and all that. They look like flowers, faces are so smooth, nice and so smiling and so happy. You see the joy bubbling out of them and you will say, "What is it?" "No, we are just enjoying." Because you come in the present, the past and the future ends and you are in the present and the dynamism of the present. The dynamics of the present are so great that every moment you are full of joy and all the useless things do not bother you. The thoughts you leave and you rise above that and you become thoughtlessly aware. A thought rises, falls off; another thought rises and falls off; In between there is a space, you come in that space and that's the first thing that happens – you become thoughtlessly aware. There is no thought, you are silent, you are listening to me but there is no thought that's coming in. You are listening to me and that's the first thing that happens where you start feeling the joy.

For example, supposing if there is a beautiful thing I see and I just see it. The joy of the creation flows through me, like a lake which has no ripples in it. The whole creation around it reflects the complete joy of its creation. But supposing I start thinking how much it must have cost and if I buy it how much insurance I will have to pay – finished. Then there is no joy out of that creation. So the best thing is to see the thing without thinking which is a very difficult thing. We do it, but for a split of a second we do it and that is so remarkable that we see things, you see me, you know I am here. You don't have to think that I am here.

So how much higher you are than all the computers put together because a computer can not see without thinking. It has to first of all think and then it sees. So your computer is such a great computer which has been created and this greatest computer has to become really the computer of the Divine and then your computer starts working. But that working is so joyful, so great, you cannot imagine. First time you start enjoying human beings.

Now the human beings are busy fighting; they find anything to fight with each other, they bark at each other sometimes. They do all kinds of things which they should not do, normally. You tell them you are brothers and sisters, we are United Nations and God knows what happens. Suddenly the whole united thing falls off because it's just a mental projection, it's not a reality. Whatever is a mental projection will fall off. It is linear, it doesn't have that spiral sustenance within itself. But when it becomes a reality it never loses its sustenance. You are just there.

So that's how you really become related to each other in a pure relationship. There is no lust and greed, nothing. Pure relationship between each other because you enjoy the vibrations of others. Like one gentleman was in Calcutta who came to

me and I gave him realization and as an Indian, he touched my feet. There were two other sahaja yogis staying in another room in a hotel. They just rushed in and said, "Who is on your feet, Mother?" I said, "Why?" He said, "We felt such joy coming on our head." I said, "Just see there." They started feeling his vibrations. They have never seen his face. "What a great person. Oh, what a nice thing to happen." They were feeling so happy. Right then this fellow lifted his head and asked are you now fed up with it or not? I am tired now." He said, "Now we are enjoying. You'd better be there for a while." Even a little child understands if he is a realized soul. Small little children understand it better than we do because they are realized souls. If they are realized souls, they are very sensitive

I was in San Francisco and one of the sahaja yogis said, "These Americans cannot understand unless and until you have a course." I said, "Course? Now, how can you have a course?" "You must make some sort of a semester or some sort of a class, otherwise it won't work out." I said, "But how do you do it? It's impossible because somebody will touch so fast, somebody will do so slow. So how can you do it?" I said that it is not possible to have a class and all that.

But I told him a story of my grandchild that once she got a paper in her class. She was of four or five years, kindergarten, and she brought it to me and said, "Grandma, what is in this paper?" I said, "It is written here if you pay 100 rs in a particular hotel, if you go, you will get your transformation." She said, "How can it be? Without Kundalini how can you transform a person?" Little thing, she said. So the elder one said, "They had a course for it. My father has done fourteen courses and his Kundalini is just there." Even a little child understands if they are realized souls and they understand who is realized, who is not realized. In this little medium we have here it's so wonderful, you don't know. Little thing, he understands.

We have many beautiful realized souls and you must also be having children as realized souls. There are many children who are going to be born, many children want to be born and we have to have a sane life for that but I will not say anything before realization because half you may go away so I don't want to say anything. Once you get your realization the sanity comes in and you start behaving in a very sane manner. You understand that sanity is the basis of our existence. If we are not saying about it, if you are not balanced people, we lead a life which can take us to the left or the right. I hope you have talked to them about that?

Sahaja yogi: Last [UNCLEAR].

He has talked to you about this which is a very dangerous thing from where you get all kinds of diseases. So I don't want to frightened you about it. You can be all above it once you have your realization and once you learn how to do it.

Now I have to tell you one thing. Sahaja Yoga is not something like a guru shopping that people talk. "I went to this guru, I have paid so much; I went to that guru, I have paid so much." Now there are some people who'll stick on to one guru, they cannot leave. Even they will give up their realization but they will not give up the guru. This is the trouble with them. So with all these two types of people Sahaja Yoga doesn't work out. If you are sticking on to any guru like that, it is better that you leave us in peace because there should not be any quarrel on that. You go to your guru and get it. But as far as we are concerned you have to give them up completely and have to be here.

Now you shouldn't ask me personal questions about them because I know all of them to be horrible people who are taking money from you, buying Rolls Royces. One of the newspapers here said we would not like to publish anything about Mataji if she has no Rolls Royces. I was amazed. I said, "What? Really, they said so, that we are not interested in a person who has no Rolls Royces?" I don't know what they meant. They must be meaning that a controversial person they would like to have, not a person who is non controversial or the one who is bringing some good news, because good news is a bad news for newspaper people. They must have bad news. So that must be the reason. But I was amazed that from Canada, a very well known newspaperman said that if she has no Rolls Royces we are not interested. So that is what it is and one has to understand that Rolls Royce has nothing to do with God. Those people who live on your money and live on your earnings are parasites. Forget those people. Have no attention for them. They are not gurus, they are parasites. Some of them are even devils, absolute devils, no doubt about it.

10 years back I had come. I told everyone about them, by their name and everything. Nobody filed a suit against me. Nobody did anything against me but they are [UNCLEAR] strong, all the Americans went on guru shopping. They want to have a choice as

they have a choice for a different handle, different locks, different everything. They must have also a choice for gurus so they have got all of these people to be chosen from. And in big elite parties I have seen, even in London where I have another kind of a life, I find they talk, "Oh, which Guru have you been? Oh, that one. I have paid him quite a lot. Now I am going to try another one." This is how people are and for those people, Sahaja Yoga is of no meaning. For them it's just a fashion. But for those who are real seekers, Sahaja Yoga is the one who respects all the real people, the special category of the people. As William Blake has said, "The men of God, who will become prophets, and they will have powers to make others prophets." All such people are dearest to my heart and I will go all out to see that you are established as the greatest gurus of the world.

May God Bless you all.

I was thinking that if I ask for you to ask questions we might spent too much time and I think if you can write your questions because some people who have questions too much in the mind they cannot get rid of them. So better write them down somewhere and you can give the questions to me and I will try to answer them and write to you or somebody will answer them to you. So please don't worry just now about asking the questions because you will be wasting a lot of time and if you give somebody a chance somebody gets a chance it's alright and if somebody doesn't gets a chance then he may start quarreling. So I don't want to have all that (laughs). I know, they are just like children.

So today you will get your realization. You may touch your reality. But as I told you, you have to face yourself which is very easy after realization. You should come to the center that we have. Even if you haven't got the realization today you will get it. It doesn't matter, all of you are seekers of ages. You all should get your realization. That's your due, that's your right, you have to have it. So you just write down the address. You go and see there and ask whatever you want to ask. If you have any troubles they'll tell you how to get it cured. It's very simple.

So we are going to go ahead with it and we are going to know everything about it fully. This is the best thing that one should ask for and one should get it. If you want to have it, it's all free, you cannot pay for it. The whole thing is sorted down; there is no research needed, nothing. You have to just get your realization and you have to know that you are now on the path of knowledge and as you are moving, the light is taking you ahead for you to understand everything. Everything you will understand and everything you will know; there is no darkness about it, there is no private session or anything. It just works out so wonderfully because the blossom time has come and you are all like many flowers on the tree of life which have to become the fruit. So a little gentle breeze and it works out.

Sahaja yogi: Would everyone slip their shoes off, put your hands on your lap and Shri Mataji will endeavor to give you all the experience tonight.

Shri Mataji: And hands should be stretched properly, just like this, because these fingers have got the endings of the sympathetic nervous system. They receive the message and the Kundalini starts moving upwards. Another thing you have to see is that you do not have anything tied round your waist and anything in your neck, especially any guru mala and all that because you will say, "Mother, I did not get realization." Better remove all the guru malas. I know some of you have got them because you should not be bound to anything There is nothing to wear. This is just a clubbing. You are not to club; you are independent. There is nothing to wear or have some sort of a brand. There is no need to have any brand at all. You are absolutely a free person. Look at him how he [UNCLEAR]. You should not brand yourself with anything. Only human beings brand themselves. There is nothing to brand yourselves; it's not good. So take out everything and forget all these things. It's a kind of a thing going on all over the world. They have clubbed you, they have used you for that. You should know that your self realization is important. No guru, nothing is important. You have to become your own guru. Just forget them. Get your realization; that is important. Once you decide that, nothing will stand in your way.

Now you put your left hand towards me because it's the hand that expresses your desire. Put it like this, straight

There is nothing to be frightened of, first thing. You know they have said that Kundalini rising and all that is not there. It's such a beautiful experience. Just forget about all those books. So not to be afraid of; Keep your shoes back and put your hands straight

and sit straight. Sit straight, not the slouch back and don't put your head back or forward but keep it in the center. Hands should be stretched properly just like this because these fingers have got the endings of the sympathetic nervous system; they receive the message and the Kundalini starts moving outward.

Another thing you have to see that you don't have anything tied around your waist and nothing in the neck, especially any Guru mala and all that should be removed because then you will say, "Mother, I never got realization." Better remove all the Guru Malas. Please remove them. I know some of you have got it because you should not be bound to anything, there is nothing you need to wear. What is there to wear? This is just a clubbing. You are not to club. You are independent. There is no need to have any brand at all. You are absolutely a free person.

Look at him, how he is. That's how. You should not brand yourself as anything. Only human beings brand themselves, there is nothing to brand yourself, it's not good. So take out everything and forget all these things. Just it's a kind of a thing going on all over the world. They have clubbed you, they have used you for that and you should know that your Self-realization is important. No guru, nothing is important. You have to become your own guru. Just forget them. Get your realization, that is important. Once you decide that, nothing will stand in your way.

Now you put your left hand towards me because this is the hand that expresses your desires. So put it like this straight, your palm upward, parallel to the ground and very comfortably on the lap. Now as I told you that in the West, little complications are there. We'll have to use the right hand; that is for the action. Because in the villages, as he said, its correct, there six thousand people can get realization because they are very simple people, no complications. But we have to nourish ourselves a little bit more has to be done.

Now close your eyes. You can take out your spectacles if you want because you don't have to see anything. On the contrary your eyesight might improve. Put your left hand towards me and right hand you can put it on your heart. Now one thing I have to tell you: don't open your eyes till I tell you. It's very important because if your eyes are open the Kundalini may not rise with that light. You will be surprised that the Kundalini knows everything about you. It's like a tape that is taping everything that you have done, that you are doing and that you are up to. So you please do not open your eyes. It's no mesmerism so you have to watch out only for the silence within you.

Now don't fight your thoughts, nothing, it'll just happen automatically. You don't have to fight your thoughts, you don't have to fight anything. Forget the past and just before starting, remember that you are not guilty. Tell yourself at least three times, "I am not guilty." Tell yourself absolutely with full confidence that you are not guilty. How can Spirit be guilty? If you are the Spirit, how can you be guilty?

Now put your left hand towards me and right hand on the heart, to begin with. Now you know that in the heart resides the Spirit. Close your eyes now, please close your eyes. In the heart resides your Spirit. So now you have to ask a question to me. You can call me Mother if you like, you can call me Shri Mataji if it is easier for you. So say "Mother, am I the Spirit?" Ask the question in your heart. Seriously ask the question thrice, "Mother, am I the Spirit?" Which you are, but it's an absolute question you are asking and by that asking only the Kundalini gets the news. "Mother, am I the Spirit?"

Now you put your right hand on the left-hand side of your stomach. Here is the center of the Primordial master. If there is anything gone wrong with that center we have to nourish it. So put your left hand towards me and right hand on the left-hand side of your stomach. As I told you, the Spirit is your guide. The Spirit is your guru and the Spirit is your master and he is the one who is going to guide you. So you have to ask me a question, "Mother, am I my own master?" Say it thrice.

Now take this hand a little lower little lower in the stomach on the left-hand side. Here is the center of true knowledge, of the "Shuddha Vidhya," the technique, the true knowledge. Here you have to say, "Mother, please teach me the true knowledge. Give me the true knowledge, the true technique." Keep your eyes shut. Don't move your attention here and there, just keep your eyes straight. Don't move them higher, lower, anywhere, just keep them absolutely, simply closed. Say at least six times, "Mother, please let me know the true technique of divine laws."

Now take this right hand again back to the primordial master's center which is the left side of your stomach and press it hard. At this point you have to say, with full assertion, "Mother, I am my own master," with full confidence. You don't need any guru. "Mother, I am my own master." Put your left hand on your lap, palm upward and say with full confidence, ten times, "Mother, I am my own Guru, I am my own master." Please don't feel guilty while saying that because, if you have accepted somebody as a Guru or anything, forget it, forget all that. Don't feel guilty for anything, please. That's how you have been put down. You are a special category of people and you have been put down by telling you that you have to feel guilty about something. Please don't feel guilty.

After saying for ten times, "Mother, I am my own master," raise your hand to your heart. Don't say any Mantras or anything. Keep your mouth steady. Now just say at this stage with full confidence, twelve times, "Mother, I am the Spirit." With full confidence you must say (you have to tell that gentleman, James, please tell the gentleman who has come now how to do it). Twelve times you have to say, with full confidence, "Mother, I am the Spirit." You are the Spirit.

I would request you that none of you should get up and disturb others. It's not fair because people are meditating just now, trying to raise their Kundalini. It is a very important time for them. The most important.

Now put your right hand on the base of your neck, on the shoulder, on the left-hand side, on the left-hand side from the front, and hold it tight. At this point, as I told you, you have to say, "Mother, I am not guilty" sixteen times, and if you still feel guilty you go on saying it for thirty two times or hundred and eight times as a punishment. You have to be cheerful about it. "Mother, I am not guilty." It's the biggest problem today. Try to take it out. It's difficult. It's too much, I can't understand. Please don't feel guilty. Whatever you have done, you have done, finished. Past is past. Put your hand from front so it won't hurt you much. Don't raise it but put it front side so it won't trouble you too much. Please say it sincerely: "Mother, I am not guilty."

Now put your right hand across your forehead. This is the center of Christ where you have to say that "I forgive everyone." You really say that. Many people say, "It is difficult, Mother, to forgive." Actually whether you forgive or do not forgive is a myth. What you do, you are torturing yourself. Put your right hand across your forehead and left hand towards me, across, the full hand. At this point, forgive everyone, please forgive every one. "Mother, I forgive everyone." Better forgive, you will feel so much lighter, you don't know. It is an unnecessary burden on the head. It's a mythical burden. Don't remember all those whom you have to forgive. Just say, "Mother, I forgive everyone." – like an ocean of forgiveness, talking about an ocean of forgiveness. Just in the ocean you throw them all. Also forgive yourself, forgive yourself. After all you are saints.

Put your right hand on the backside of your head and hold it tight, back side. Now here without feeling guilty again, a hundred times I am saying, without feeling guilty, you have to say, "If I have done any mistakes my Lord, please forgive me." But don't feel guilty about it.

Put the hand now on top of your head, on the fontanel bone area. Press it hard, with your palm, you press it hard. Put on top of your head. Press it in such a way that you can move it clockwise. Before doing that, I have to tell you that I cannot cross your freedom because your freedom has to be there to enjoy the highest [UNCLEAR]. So I have to tell you that you have to ask for your realization. I cannot force you. So you have to just say, "Mother, I want my realization, please give me my realization." Now press the thing hard and move it clockwise seven times and say that, "Mother, I want my realization." Just press the head with your hand.

Now you can lift your hand and see if there is a cool breeze coming on your head. See if there is a cool breeze coming. You can change over your hand. Put your right hand towards me and left hand there. Just see if there is a cool breeze coming. little high, about six inches high. See if there is a cool breeze coming or not. Some people feel it in the hand but not in the head as it happened a day before so I just told them that say, "Mother, be in my head." seven times and it starts working. "Mother, be in my head." It worked out. You can change hand and again see, change your hand and see for yourself. Again go on changing your hand and see for yourself.

(Shri Mataji blows her vibrations into the microphone)

Now put both the hands on your lap and sit for a while with eyes closed. Now don't think; that's one thing you are not to do. Just for a minute keep your eyes shut. You have to open your eyes very slowly. Now open your eyes very slowly, very slowly. Now watch me without thinking.

Now how to raise your Kundalini I will teach you. Your own Kundalini you have to raise. This hand, the left hand, you have to put it in front of your Kundalini while sitting down just like this and with this hand you have to move it up, forward, down, backward; like that and you have to raise it higher like that. So now let's start. Put your left hand in front of your Kundalini and the right hand is to be moved and the left hand has to be taken up like this. Now the Kundalini is coming up. It's very light, within you, very light. It's coming up. Take it up. Now make your arms loose, put your head up and give a twist and now tie it up. That's it. Now again, do the same; you have to do three times. Do it slowly, seeing the hand but it's so light now, it's moving very fast. Now, just give it a twist, tie it up. Once again, three times now... one, two, three. Now just see in your hands.

You can put up your hands like this and ask a question in your heart, "Is this the cool breeze of the Holy Ghost?" Feel the cool breeze? Good, now bring it down. Those who have not felt it, or feeling hot, should put only the right hand towards me like this and left hand like this. Just put right hand, all of you. Right hand like this and left hand – this is the ventilation. You start feeling it in the right hand like this. Start feeling on the right hand. Hot. Just say, "I am the Spirit," and forgive, forgive, forgive. It'll work out; like this, at the back. Hot. You must say, "I am the Spirit." Believe that you are the Spirit. Catching on the heart. Now turn the other hand. Just keep the hands steady here.

Now put both the hands. Let's see how many have felt the cool breeze either on the head or on the hands. Raise your hands, all the people. Either on the head or in the hands. I think raise both the hands will be better idea, so I can see. It's quite a lot. Good, it's a good thing. Now you have felt it but now don't think about it. By thinking you haven't got it. It's the Kundalini that has risen and has given you this baptism. Now you have become a bird but the bird is still inside the shell. It has to break completely out of it for which you have to work it out and those who haven't got it also should not feel bad about it. Everyone is going to get it. Everybody has to have it and you all are going to get it. But when the people tell you about Sahaja Yoga don't start arguing with them because they have gone further with it they have also argued with me. Now they have gone further with it. Best thing is to take full advantage of it, full advantage of God's love which is so anxious that you should enter into the Kingdom of God. May God bless you all.

If you have any questions you can give the questions here. Tell them how to give them a bandhan. Also one minute more. You must learn how to protect yourself before going out.

Sahaja yogi: There is one further technique to give your aura a protection, put your left hand to Shri Mataji and your right hand goes in this fashion.

I will show you. This right hand you put like this on one side and should be taken as "One." This is to your aura. Even if you have got realization or not, it's good for you. "Two" – "Three" – "Four" – "Five" – "Six" – "Seven." Seven for seven centers. Now you can raise your Kundalini up like this and tie it up. The Kundalini is tied. Now see it is better alright? There is no air conditioner because some people will start thinking about air conditioner. Your head has become the air conditioner now. You know how hard it was, now it's better. May God bless you all.

Sahaja Yogi: As Shri Mataji is here in Canada for a very short time, tomorrow morning at the address that was given, we, the sahaja yogis, are having what we call a very short worship of Mother. This is an opportunity in which our centers can be purified very rapidly because at that time

Shri Mataji: but it's a blast, I must tell you, for those who can bear it.

Sahaja Yogi: At that time, when she is sitting in puja and you are sitting in puja and you are receiving her vibrations, your chakras will, as she said, get a blast. It stirs up the rubbish and throws it out and allows the beautiful energy to rise and establish itself in the centers.

Shri Mataji: Normally we never do like this; this is not the way we do it because it is rather too much sometimes. They start thinking about it also, sometimes. So it's a blast, it will clear you out. There won't be any harm as such, but it will clear you out and it's a very great thing and we tried this in the Santa Cruz seminar. A hundred and fifty people and they were really, absolutely new people just like you and it worked out so I want to try it because once I go away, I will come after one year. So it will be very late if you can bear it up. It's not so difficult as you think but may be a little bit of maybe pain in the stomach, some people might get, something at the most. But it will clear out in no time. So if you are willing for that just to come for a puja which is a very simple thing. You don't have to do anything but it clears out all your problems and settles your chakras in proper places. It's a wonderful thing and I have agreed with them because they said that Mother, because you have come here only for three days you have to allow people to come down so I'm quite willing for it. So may God bless you

Sahaja Yogi: So in stead of questions tomorrow morning in a workshop, she is giving you the ultimate: the chance to take it a lot deeper and let the experience grow. You are all invited and if you'd like to come, take the address from the front door if you haven't already got it. You are very welcome to come tomorrow morning at 10:00. Maybe even earlier.

Shri Mataji: By 9 o'clock you should be there. We'll start at 9:30.

Sahaja yogi: It will last for a couple of hours.

Shri Mataji: And we can have lunch also. We'll give them lunch.

Sahaja Yogi: [UNCLEAR] Shri Mataji always cooks for everybody. I don't know if there will be a chance tomorrow. She sometimes does, so we'll see.

Shri Mataji: We'll try to give you lunch. Mother must give lunch to children, isn't it. That's the only chance I have. I will be coming after one year. Then when will I meet you?

1983-1006, Shri Ganesha Puja: He will be incarnated again as eleven Rudras

View [online](#).

6 October 1983

He Will Be Incarnated Again As Eleven Rudras

Ganesha Puja

Vancouver, West Vancouver Ashram (Canada)

Talk Language: English | Transcript (English) - Reviewed

Shri Ganesha Puja, Vancouver (Canada), 6 October 1983.

In the West, you have grown very big outside like a tree has grown very big. But it must find its roots. Otherwise the whole tree can fall off without nutrition. So you must know the knowledge of the roots. Without the knowledge of the roots the tree has no meaning. So this may be a little new thing for you to understand but you must know, to know the knowledge of the roots you have to become subtle. If you are not a subtle personality you cannot enter into your roots and you cannot understand what lies in there.

So first of all, I said yesterday, you all should get your Realization, and after your Realization, you can understand this better than anything else.

Christ came on this earth, but he was only allowed to preach and talk about three and a half years of his lifetime. And in three and a half year is nothing. In that, whatever was possible he said positively, he told about the future, all that was to happen. He didn't talk much about the Holy Ghost. The reason was His Mother was the Holy Ghost at that time and He didn't want to talk about Her because the attention of the people would be on Her and they would have killed Her. And then He has got eleven destroying powers. And He would have used those eleven-destroying power and everything would have been finished, the whole drama would have been finished. So He did not mention much about the Holy Ghost and did not explain.

But logically we must understand that we talk of the Father and of the Son but not of the Mother!. How can you have a Father and a Son and no Mother? That's an impossibility. So Holy Ghost is the Primordial Mother.

In the Sanskrit language if you go – because in the Bible you cannot find everything about Christ, it's very little written. But you have to go back about 14000 years back, that in India, people had prophesied about Him, how He will be coming. And about the Primordial Mother who was called as Adi Shakti who is the Holy Ghost.

All description was given and when Her advent will come, what will happen and how to recognize Her. All this is described very well so many years back, even about Christ, quite a lot is described. And also, We are going to read it out to you, the translation of what is written about Christ. And then there is a complete description about His origin, how He came on this earth and what was the purpose of His life.

(Aside: Ask that gentlemen to come inside. Can you? This gentleman come inside. You sit comfortably)

And what was the purpose of His life and how He has to establish in this centre here and that by establishing there, He can suck the ego and superego in you and how He takes you away or He washes off your karmas and your conditionings All that has been described very well in the Devi Mahatmayam book out of which We are just going to read a little bit to you about the adoration.

So Bible cannot contain Christ. Because Christ is Chaitanya. He is the Omkara. He is the Logos as we call Him. He is the Power and you cannot describe Him in one little book. when He was here only for three and a half years and the people who saw Him also were his disciples, they did not know much about Him. Till he was resurrected, they did not believe Him. And even after His death, I mean his resurrection, Matthews and all these people were quite disturbed and upset because you know they were all

persecuted and they somehow or the other, wanted to continue - the message of Christ in a very secretive manner.

So today the time has come for you to know about Him, about what He was in the Heaven and how He came on this Earth. All that We don't have time today but we'll be just telling you about a little passage that is written about Him.

So first, He is the one who is innocence, who is an eternal child, and He appears first on the first chakra of Mooladhara, and there He's called as Shri Ganesha. Where the carbon atom was made – carbon. And that is very important to understand that Ganesha is the symbol of innocence and Mother Earth is the power of that deity, Ganesha.

So it was Ganesha, later on incarnated on this Earth as Christ, and He will be incarnated again as Eleven Rudras, means Ekadashas, or We can call Him as Nishkalanka His name will be. When He will just sort out things in a sense that He will just cut the people out who are not Realized, who are no good, and the rest of them will ascend in the Kingdom of Heaven, this is what is the last ascent!

Now, for this –

Please sit down, please. Please be seated, give him a chair or something. You have to sit down comfortably. You see, it is a thing that makes... happen something within you, so you have to be very much restful, that's very important. Give him a chair if he cannot sit on the ground. Give him a chair, but be comfortable otherwise it won't work out, you see! It is not something that will go into your mind. It's something that will go into your being, so you have to be very receptive.

Another thing I'll tell you, yesterday also I saw, and today also, you should not move your neck by eating something or chewing something because this Vishuddhi Chakra gets upset at that time. So keep still. Unless and until you are still it cannot work out. So please keep still.

So this is the nourishment of the roots of which We are going to work out which you will feel it very nicely within yourself.

So first is that We wo;; read the Ganesha's translations about Ganesha. But just before starting, let us say Lord's Prayer. Once we say.

Sahaja Yogi: We say the Lord's prayer together.

Shri Mataji: Put your hands like this. And now, say the Lord's Prayer.

Sahaja Yogis: Our Father, who art in heaven, hallowed be thy Name.

Thy Kingdom come. Thy will be done on Earth, as it is in Heaven.

Give us this day our daily bread.

And forgive us our trespasses. As we forgive those who trespass against us.

And lead us not into temptation, but deliver us from evil.

For thine is the kingdom, the power, and the glory, for ever and ever.

Amen.

Shri Mataji: May God bless you.

So now, with all solemnity and serenity, you must sit comfortably. And we'll read about this and we will translate to you in English language. so that you can understand what it means. Now sit very comfortable like this.

[8:35; 20 min Prayer written by Shri Markandeya 14000 years back explaining, worshipping and adoring the qualities of Shri Ganesha. (AUM Divine Prayer-given in Mantra Book)

In between, Shri Mataji speaks about the importance of particular prayers and Puja.

28 min: 108 names of Shri Ganesha.

51 min: Devi Mahatmya (some part)

1:05 min: Devi Suktam

1:23 min: 108 names of Mahadevi (Shri Mataji) given in the Lalita Sahastranama.

2:02 min Distributing the photos to Yogis; importance of that picture.

2:15: Arti

2:25 to 2:27 How to clear Back Agnya by Shri Mataji]

1983-1007, What is love?

View [online](#).

7 October 1983

What Is Love?

Public Program

Toronto (Canada)

Talk Language: English | Transcript (English) - Reviewed

Public Program Day, Toronto, Canada, October 7th, 1983

M.C.: Good evening, ladies and gentlemen. I welcome all of you to this most auspicious program that is being held for the first time in university.

Shri Mataji: [Hindi words...] I cannot...

M.C.: You have been seeking...

Shri Mataji: Something wrong. Can't hear.

INTRODUCTION BY MC: You have been seeking in the wild for quite some time.

Here, I have introduced Shri Mataji Nirmala Devi-ji, who is a mother, a housewife and a grandmother in an ideal way that is thought of in our Indian society. But the speciality is that She teaches all of us what is extra special within us. It is a great Divine creation that is within ourselves. How to feel that? How to enjoy that? How to learn that? From ourselves. That mastery Shri Mataji offers us time and [?]. If I have to narrate you a few experiences, well, 12 years back when Shri Mataji started teaching this subject, I was a senior manager in one of the public undertakings in India. And I was not happy with the management and the working etc.

And when I approached Shri Mataji and I started learning this yoga. One day, Shri Mataji tells, why don't you go into your own business of interior decoration and I laughed. As an executive in marketing, I never felt that what is wood? What are the qualities of timber? And Shri Mataji decide I should go into an interior decoration of Oriental style. I never knew what was Oriental style. And when I learned through this same yoga chakra, through the same knowledge that flows within ourselves. All the varieties, all the creativities, they started flowing slowly and strongly. And too my surprise, I was just stunned to the creativity that flows through me. I decorated a passenger ship with the capacity of 850 passengers travelling [?]. Right from scratch to [?]. I mean I was simply stunned how the miracle work it happens. But Shri Mataji always tells us you should see the miracle of the Divine which happens day to day within ourselves. We see so beautiful things. We appreciate the art. Where that eyesight comes from, that's also through an eye. That's a Divine miracle. Animals never feel the sense of art. We eat beautiful food. We taste it. We enjoy it.

Where the enjoyment comes from? The enjoyment comes from within and that enjoyment part that the Divine has given to us is just free, is just nature human [?]. We never thought of. We have the science, in the country in United States but still we have that these issues like that particular chemical that works out in that body and the food is digested but how easily we never think how to help ourselves we never think that a lady who gives birth to a child she loves the child so immensely this is enough come from the same person husband those have brothers and sisters have parents in a different way where this understanding comes from all this is innate built in one search over which the matter details she's going to introduce to you in just once a tactic which is absolutely our attention has never been on ourselves our search has been hallways outside if I do something like a big job but after having that big job I think well I was not but maybe if I had a lot of money I'd be very happy I think but when I see people with lot of money and unhappiness continuously then a student things that you should take a bit bigger maybe we should think of near to one of the universities that it would be feeling very happy when he gets so outside for the searchers and all the scriptures in the world they say the divinity has to be searched on within the divinity is within ourselves which is showing the science Mataji's not like anybody's guru not like any other child but a member from our own family to receive all of you here just

one more in the family sahaja Yoga is just like that there is a power within us the energy within us that has that must manifest and that managers without a name that is what it happened to she would time that happened to the greatest sins all over and that is going to happen to every human so the same energy when it rises it is such a joy it is just like this I have enjoyed this unless you taste it there is no meaning.

Again I have to repeat the all the powers have been in ourselves and it is my introduction to myself it is you have to explore your own forces of energy the richness of the richness of your Spirit which enlightens when the energy digesting the same Spirit when it enlightens that Spirit gives you the joy that Spirit teaches you who you are how you should enjoy educator how you should enjoy your own living how much about you value and they know they will get the meaning of all the scriptures all the religions all the totality all the meaningfulness and all the happiness but mind you it is me and myself and that's what it is you and yourself the seeking has to be within Shri Mataji is going to show you some simple techniques which are as helpful as our day-to-day life we don't think when we breathe we don't plan too much what we are going to have for our breakfast tomorrow morning we don't know [Music] it is a simple but the simplest things in the world for a conditioned mind they are difficult if a human instrument is too much conditioned if it is too much this sir if it is too much damage well you have to control yourself and you must have a little more patience and your own divinity is going to work it.

Here, in Toronto, there is a small group who saw Shri Mataji last alien language they took to Sahaja Yoga very seriously they worked it out for themselves and it is which has invited the Shri Mataji this year and that is why she's misogynist before you it is my vein it is my knowledge it is my day-to-day living which has transformed me it is that transformation that makes me understand who she is not again so by only life by outward things when I might say schemata ji is a wife of an Indian diplomat who is unanimously elected three times on a United Nations body known as inter-governmental maritime consultative organization her husband is posted in England for the last more than 10 years and she is a very happily married person but there is a great earth that the seekers of the world must get what they are aspiring for and that is so simple so simple but at the same time it is absolutely gracious it is a heavenly gift it is a heavenly gift how to receive that gift how to feel it that within ourselves and how to enjoy that, that you are going to learn within next 2-3 days over here and with this little introduction.

I am going to tell you that please come again come tomorrow maybe you can bring your friends and relationships maybe, maybe you can bring many more of your friends disadvantaged on Monday even most possibly I hope or on Tuesday morning she mothered is live in Toronto till then you must take this opportunity of reading for this you cannot pay anything because just as somebody loves you, you don't count it in terms of products you can't count everything in terms of so-called this money if you're you think you can pay but that you can pay for the sunlight have you ever thought that you can pay something for the moonlight have you ever thought those miracles that take place in your day-to-day life that you digest your food I presume that it is because of the divinity within ourselves do you pay for that anything similarly you can't pay for Sahaja Yoga it's the same divine who has created you it is you have to feel it so the more you humble down to yourself to your carts please [Music] after these three days programs over here our friends here in Toronto they are running a small Center so they will teach you further come to Medicaid because whatever you are going to go and learn the earning is from you and from your own Kundalini so the burning process in the continuum and they are going to help you out with this little introduction I would request Madeline to bless you and to talk to you the essence of Sahaja Yoga as it grows within you how it grows within you this subject which is going to talk today is going to be continued tomorrow and there forever thank you very much and I wish you all the luck!

SHRI MATAJI 'S SPEECH [starts at 17:05]

I bow to all the seekers of Truth.

We have heard about Truth many a times that people have said that God is love and God is truth. If that is so, then love has to be the truth. And what is love? The idea of love that we have is relative. It's not the absolute love we know of. Even now when I travel in the West, I find it impossible sometimes to talk to people because they cannot think that there could be someone who is interested in the universal problem, in the problem of the whole world, which is confronting all of us.

Now the problem of today, everywhere, all over the world is only very simple, can be brought to one little point, can be said that there is a moral crisis, complete moral crisis in the whole world. What is the reason for this kind of a crisis? We should go into the causes. The cause of this crisis is that we have lost our sustenance.

You know that in us there are peptones which are excreted through the pancreas. These peptones have a spiral quality. That means they are build up spirally, just like, just like, springs. And the springs have the capacity to sustain. That quality of springiness makes that. So what has happened with us is that we have become linear. That sustenance within us to rise above has been lost because of something, something that has gone wrong within us. So that quality which gives us the sustenance as the springs, is being lost and that is why there is this problem of moral crisis.

Now, it is a very big mistake that human beings thought by human mental projection they will be able to solve the problem. They thought that if they project their mental projection, they'll be able to affect the society and the people but to my amazement, I've seen, despite the fact whatever type of governments they have got, whatever type of societies they have created, whatever type of intellectualism they have created, they are themselves shocked the way the things are. People are not less selfish; they are not less greedy. The lust and the greed have filled their consciousness completely. They cannot understand how is it when we have changed the whole atmosphere, we think so, when we have done so much good, we have advanced so much, why is it that we are at a break where people are shocked even to look at the future, they think that the whole universe is going to collapse.

Moreover, it is feared that there may not be any existence anymore left to the human race on this earth. Why is it that we have gone to this limit of our own destruction? What we have got for our progeny is nothing but a picture of complete destruction.

The thing is, that this linear movement of our mental projection, we thought that by mental projections we'll solve the problem and it's just moving in one line. And whatever moves in one line falls off, because it has no sustenance- sustenance. But what we have to do is to move spirally. And when our consciousness will move spirally, only then we can achieve our evolutionary state.

Our evolution has stopped at a point now when we are really going in a linear way towards destruction, whatever may be your government, whatever may be the style of your government, whatever may be your thinking and intellectualisms. What you have to do is to build up a sustenance within you, by which you rise higher, jump onto a higher level of awareness, a higher level of consciousness, which will give you that understanding of each other. So, what will happen when you become that?

First of all, there is already the awareness that we are the part and parcel of the whole. I've seen people who are forced to give under regimes where you have to show but once they get out of that, you see that they don't want to share, they're extremely selfish people, extremely greedy while there are people who said if you have freedom, they have gone on to abandonment. They have no sustenance within themselves, the wisdom to bare the freedom or to deny the freedom. So, there is something definitely wrong in the way we have gone towards our consciousness.

Now this human consciousness has to achieve a higher consciousness and that high consciousness is where you feel that you are really, actually, a part and parcel of the whole. You have to become part and parcel of the whole. That is the macrocosm has to become microcosm. People are talking about it. They are saying about it. Since long they have been saying that you have to become that, but how to become?

Now we start our big organizations, big things, world government we talk off, we should have United Nations, all these things we have done. But I have known now, myself very closely connected with it, that no one in those who are representing the nations, all united nations, have reached that state where they are actually, collectively conscious.

The consciousness itself which you feel on the central nervous system, which you have achieved, through your ascent, through your evolution, itself doesn't feel that another person is a part and parcel of the whole. You do not feel it on your central nervous system unless and until this actually happen within you, whatever you may change the outside, the inside cannot be changed. So, we come to a point that we need a transformation within ourselves. Of course, this is evolutionary and to say that, you can pay for it or you can put for some effort and all that, is absolutely absurd. It's absurd! Because you have become a human being without paying anything for it. You have become so great without putting any effort for it.

So, I cannot understand how people believe when people tell them that, "You pay us money and we will give you your higher". It is

not possible! But it is so difficult for people to understand because in the West I think people are very naïve and they have too much money. So, they think we must spend it somewhere, there's a choice, "Let us pay for this kind of a thing for our transformation".

And that is how some people have been asking me very great questions about the fake gurus who have come, or the cults that have started and how is it I have to justify. I said I never justified. On the contrary, ten years back, I came to America and told them that, "This is all fake". What has to happen is in your consciousness, which you cannot pay. Christ has said, "You are to be born again". But that doesn't mean that somebody puts your hand on your head and say, "You are born again". Or somebody says, self-certified, "I am born again".

There's something that has to happen within you by which you must get some powers within yourself.

Why this problem has come? Which I have realized when I read a book about Jung and he described what is their idea about consciousness. Of course, Jung was a Realized soul. No doubt. And he jumped on the stage, all right. But he didn't have the full idea of how we jump on the stage. And when he described about the consciousness, I thought he put forward a very big mixed bag about it. And the mixed bag was like this: he said that there is unconscious. On top of the unconscious, he said, there's something that can become conscious. On top of that, he said the subconscious. On top of that, he said, is the consciousness. And on top of that, is the ego. Now, it's really a bag like structure.

You must know that if the Creator has created us, he must have seen to us that we are properly organized within. If he is an organiser, he must have done that. The way he has organized this Earth, Mother Earth and the way everything is working out so smoothly. The way we get our season, the way a mango tree gives you just the mango and Canadian will produce a child that suits like a Canadian. All these sorting out things are done on such minute levels, such a Creator or such an agent must be wise enough to create something special within us to have our ascent. So, this kind of a bag [inaudible], when it approaches perhaps India, people thought this was a very good idea. Because if the unconscious is below the subconscious, it's a very good idea to take them to the subconscious. And by taking them to the subconscious, we can easily lure them to their own ways and can entice them.

Now just see this is how we are organized within ourselves. Now this is not the knowledge of today, is the knowledge of 16,000 years in our country and it happened in India because of the climate of India itself is such that you can live under a tree. You don't have to take 15 minutes to get out of your house. It's very simple. The Nature is so kind and you can live with fruits there. And the people who were living in a simple way thought that, "Why are we here? What is the purpose of our life?" And they became meditative. And when they became meditative, they started finding out about what is the reason? Why we are here and why some people are saintly and others are not. What is the difference? Why the saintly people share love and nourish others and why the rest of the people are not like that? And they found out the reason within themselves, is that, that we have got the Spirit in our heart. The Spirit is the reflection of God Almighty, which is the collective conscious being within us, but which is just a witness. It is just a witness. It's witnessing all what we are doing.

And this power is the Kundalini here which is placed in the triangular bone, in three-and-a-half coil. And this power can get awakened and passes through these different subtle centres, reaches its top point and pierces through this and you become collectively conscious because the seat of the Spirit is there. Though the Spirit exists here, but this - I think you know, that it bounces too much if I speak on the loudspeaker, is better. You are hearing me better now?

So, this enters into this new awareness where you become collectively conscious. And then you become later on conscious of the cosmic, or cosmically conscious, you can say.

Now what happens is, the mistake was that this is the subconscious on the left-hand side. And this is the supra consciousness structure on the right-hand side. And the path in between is kept free for you to move, like this. Like the left and right meeting and you've got the central path all open here. So that, this Kundalini, which is the true desire, the pure desire you can call. The desire, once it's manifested, doesn't want any other desires to be manifested. Like other desires are not satiable in general, as the, you know the economic laws are, that in general the desires are not satiable. So, this particular desire that we have to be one with the Divine is just resting there and it is- that's why I call as the sleeping Kundalini. Now this rises through this, passes through this

and gives you that super-consciousness. While on the left-hand side if you move, then you have got subconscious and beyond that, is the collective subconscious.

Now the collective subconscious is a very dangerous area where people should not enter into. But they do. For example, all such diseases like your Aids or cancer or your other diseases which are incurable, multiple sclerosis and all that, come from the left side, from the collective subconscious. Even the doctors now, I saw on television, show of the doctors who have reached a certain stage of understanding say that all these diseases are triggered by some proteins- they named them as protein 52 and 58 because we can only name them - come from the area which is built in within us since our creation. And that is now, he has shown that something comes from there which triggers the vulnerable position of cancer when a person is vulnerable. And when is he vulnerable? When he's too much on the extremes.

That's why in all the religions, it is said, "You have to be in moderation." Don't go to the extremes, so you keep to the central path. If you go to the extremes, see now here, if you go to the extremes, the left or the right pulled out, and what happens to you is that you lose your connection with the whole. And that's how you become on your own. Once you become on your own, you become malignant.

It is also in a society, when people start act on their own, "What's wrong?" They can become malignant, in the sense that in anyone they touch, the same person can be become very ego oriented. He will go on to another ego trip and there will be gimmick of ego trips going on and they will be revolving in that whole jugular of ego. People will be producing pictures and images of egoistical life and other people will be accepting that kind of a life and the whole thing will be a waste throughout.

Like I went to America, I was surprised, they have a handle for every door in a different way. Every bathroom is to be asked how to open the thing. I mean there is no need to waste so much energy in choosing these utility things, you see. If they are to be shared. If they are to be absolute exclusive, then you go ahead. But if they are to be shared, then one must know there is no need to waste so much energy in finding out this kind of a knob and that kind of knob. So, we waste so much of our energy in creating wants for a person. And once we start doing it, there's not end to this that the whole society can start becoming playing the game of ego. This ego is here, I show you. This comes from the other side which is the, which is the power of our creativity.

As Mr. Modi has told me that he was an Executive in an organization and had exhausted his second center, this one [Swadisthan]. And when he came to me, he was so fed up. He said, "Now, I feel absolutely helpless and I don't want to have anything to do with these people. You have to really compete, and strive and do all kinds of things that I'm fed-up". So, I told him, "All right, you should try something of your own".

Now, if this centre can be awakened, one can become tremendously, tremendously creative. And the creativity is managed by this, which has a universal, universal support behind it. Because when the Kundalini rises, she touches that universal point and the light of the universality flows into your creativity and you create tremendously. Just like, I would say, if you have seen the Sistine Chapel of Michelangelo. Because Michelangelo was a Realized soul, not only but so many Realized souls were born on this earth who created art pieces which are of universality. Let any time come in, they will be regarded as artists. But those which are temporary just like mushrooms, they come up and disappear. But art, that is eternal, comes to a person whose centre, this centre, is enlightened by the Kundalini.

Now we have other centres here. This is the subtle centre of our seeking. This is a very important centre that we have. First people, today one gentleman came to interview me and I was amazed. He wants to interview for a very big newspaper and he said that, "I would like to seek a man who will give me diamonds". I said, "For that you should go not to a saint but you should go in the market to get it, you can get in the market. Why go to a saint? And if anybody is giving you diamonds, then you must know that he's not a saint. Because saint doesn't give you a diamond, but he gives you those diamonds that sparkle your consciousness".

So, now the first centre is one of the most important centres, which we have neglected. It's the center of our innocence, innocence. Many children, for example, this child is born Realized, these children are born Realized children. And how will you make them? You cannot make them but they are. Because if you can have the Realization, if you can get your Realization and if

you can feel the vibrations in your hands, this power will tell you whether a person is Realized or not. Because you become collectively conscious, you start feeling their centres.

[To a Sahaja Yogi] You want me to speak on that.

Sahaja Yogi: Yes, they can't hear you, Madam.

Shri Mataji: They are not getting it?

Sahaja Yogi: No.

Shri Mataji: Is it?

Lady audience: Yes, they can't hear you.

Shri Mataji: Where you are? Because it bounces very much. This is a very big room. All right, let's see.

So, this center which is very important is the center of innocence, and that is within us. And this Center, if it is neglected, we really reduce most of our sustenance part. If innocence is attacked, then our sustenance is lost. This is the most important thing that we have, the greatest property within us is the innocence. But all effort is made by all so called advancements we are doing, is to destroy this innocence. And once you start destroying this innocence, a person becomes immune. He doesn't feel. He loses his sensitivity even to Divinity and to goodness. And that time, when he starts his seeking because he has still his chakra intact by seeking, by which he seeks. He seeks first in money, then he seeks in power, he seeks in possessions. Ultimately, he seeks himself beyond.

He thinks all these things have no satisfaction, so far. Sometimes, he seeks in freedom and after freedom, he thinks he hasn't got the full freedom from within. He's still a slave to so many things. He can't live with this or that. And when these things happen, one has to understand that this seeking makes you a great seeker. And this is a special category of people, which you see these days all over. Of course, I must say that when people realized that there is a big market for the seekers, they came down and they have made money out of it, which is a sad thing. But I think you are naive and you do not understand what they are up to. One must know that you cannot pay for it.

The one who lives on your money and tribes on your money is a parasite. He cannot be a guru. He cannot be a master. Because he lives on your money. He runs his family on your money. He runs his household on your money. He buys Rolls Royce. He buys all these things. What is a Rolls Royce for a saint? After all, to a saint it does not matter whether you live on the road or you lived on a house or a palace. It makes no difference to such a person.

And that is what one should understand that a person who is a seeker, will not demand for money or demand for anything. He is beyond, above all things. If he is just a slave of your money, it is better not to call such a person your guru. And if you are still within such a guru, it is impossible, this Kundalini won't rise. It will refuse to rise and you cannot get your Realization.

There are many people who come to me and say, "Mother why is it we did not get Realization?" Kundalini rises in a split of a second. And luckily now, it has happened in such a way that the Kundalini rises in people and then it gives them the light, the light to see. First it gives you the light. There is no cleansing needed, there is nothing needed, except that you get your Realization first. You must get the light, little bit in you, so that you start seeing yourself your own problems, seeing yourself your own chakras because you can feel them on your fingertips. You can see them within yourself and then it is easy to cure.

So today's modern Sahaja Yoga is like this that: you first get your Realization. First get your 'atma sakchat'. First know your Spirit. Once you have known your Spirit, then you can see for yourself what's wrong with you. Then you can cleanse yourself. Then you can improve yourself. Then you can nourish yourself. And once you have done that, then you can help others. Without that, how can you help others?

But first of all, you have to have that light within you. This is the speciality, I can say, the uniqueness of Sahaja Yoga today. Sahaja Yoga is not a modern term, it's an ancient term. It's an ancient term and for the last 16 thousand years, we have heard about this that people got their Realization.

Christ has talked about it Mormons talked about it mama does more doctor he said at the time of resurrection your hands will speak. Nobody comes from Resurrectionist, our religion had never talked of Islam religion because they do not want to face, they

don't want to face it that there is going to be resurrection first and then they do sleep but they just want to take talk about the Doomsday. Because then we can frighten people about just to frighten people we want to talk about the dough sleep. But before the news make your resurrection has to take place and that is within you the power is within you which is just to get away.

Now the second point is how far is your seeking? How far you have gone with your seeking is very important because you are God of men, those who are seeking. As William Blake has said, "God of men will become prophets and they will have powers to make others prophets". So, first you must become the prophets. This is the first thing one must understand.

But many people are naive and they do not understand that their seeking should lead them to become masters themselves! To know everything about it. They cannot walk in a dark bracket or in some mafia, sort of a secrecy. It has to be an open thing, known to all of you, absolutely logical, when you start feeling the vibrations of another person or of your own.

All the people who are Realized souls, will give the same judgment about the person who is trying to get Realization, that this is the center catching or that is the center catching. So, it is very simple to know, as Mr. Modi has told you, it's extremely simple, because this expresses itself on your central nervous system. You feel it as a part and parcel of your being.

Now for example, today, I feel among you, there are two centres which are catching very badly on the whole. I would say the first one is Left [Vishudhi] because you people feel guilty. This is also a modern fashion to feel guilty. Or maybe, I don't know why people feel guilty all the time. This is one thing is you feel guilty and secondly, this is the sign of people who talk too much aggressively. So, there are two types of people in this, who are, one is, who feels guilty and another who must be talking aggressively to people or preaching something or sitting on their heads and telling them something that is not actual.

So, the actualisation has to take place. Unless and until the actualization take place, we cannot prove the existence of God, we cannot prove the existence of any truth in the scriptures. We cannot prove. Unless and until you become that, how will you prove?

Today, you'll be surprised, that in London, I have seen, many churches are sold out for pubs. Imagine! That's the only utility left for them, to go into pubs. The reason is they should see the point, what Christ has said that, "You have to be born again". And that is not some sort of an artificial, artificial certificate. It is an actualization which should work within you, which is your own, which is within you.

So, now you may ask, "Mother, what are you doing?" Now I am doing a very simple job, like if you have to light a candle, ready to be enlightened, if I am an enlightened light, I enlighten. And once you get your enlightenment, if you put your light in order, you can give enlightenment to others. And that's how we are going to have this universal transformation of our evolutionary process. We are going to move spirally higher becoming collectively conscious.

For today, I think that should be all right, because, being first day, you may like to ask me questions. But there is no need to be aggressive with me. I am here to nourish you, to help you, and to guide you. Because one of the Los Angeles churches, they came with a Bible to hit me. I said, "At least, respect the church if not me! And they came with a Bible to hit me. I said, "This is the most fundamentalist [unsure] thing I ever seen". And I was just laughing at them. Of course, they could move forward, I don't know what happened to them. They were moving backwards and shouting and [inaudible]. So, you see, they feel I'm challenging their profession or whatever it is. But there is no profession of God. There's no organization of God. You cannot organize God. God is what he is.

You have to just keep yourself open. This is a hypothesis, like a scientist you keep yourself open. Don't have your preconceived ideas and conceptions about God, about reality. Then it works out. And once it works out, you see for yourself what it is. And you'll be amazed how it works out, how it helps you.

So, I would like to have some questions from you for today. And later on, we can, tomorrow and day after tomorrow, I will tell you in details all about these things.

May God bless you.

Shri Mataji [about the mike]: You see, it bombs too much.

Sahaja Yogi: You don't want this one. You don't want the microphone.

Shri Mataji: No, it's all right. I can but I think this one is milder.

Sahaja Yogi: Ah this one. Now, ok.

Shri Mataji: The hall has acoustics like that. You see, the acoustics of the hall.

No questions?

Good, that's wonderful. Tremendous. That means you would like to have the experience now, of your Self, which is a very simple thing to be done.

Gavin: There's one question.

Shri Mataji: Yes.

Gavin: Just speak it out.

Shri Mataji: Is this something private?

Seeker: No. I was not sure [unclear].

Shri Mataji: Is it something private question?

Seeker: No. It's all right.

Shri Mataji: All right.

Seeker: Most systems of yoga seem to exercise purification before enlightenment. And if I understood correctly, you kept saying that there should be enlightenment first. [Unclear] T

Shri Mataji: What he says.

Gavin: Well, your system your system contrary to what he says, seems to say, that you have to have the enlightenment first. That spark has to be-

Shri Mataji: That's better. That's what I thought: it's better to give enlightenment first and let them clear themselves. Because it was the system followed thousands of years back, in our country, when it was to be given to one or two persons only. But now we have to have en-mass Realization and that is the speciality of Sahaja Yoga that without going into all the cleansing, you just get your light and you yourself clean.

It's not contrary; it's supplementary, we can say, or at a higher idea that it is very much working. I have seen that it works wonders because if you have to give to thousands of people, it's impossible. This was practiced at the time when people had a different system of, also, of life. Like they were divided into Brahmacharya and all those things and the brahmacharis had to live with their guru. Out of them, few were selected. And it was a very beginning of the thing. Now the blossom time has come. So many people have already done it. You do not know what you have done in previous lives! It might be you have already cleansed yourself in previous lives quite a lot. And if you are there and if it is about, it works out.

Not I would guarantee for everyone. I don't say that it will work out with everyone. Say, Hitler comes and ask for Realization, I can't do it. But to a great extent, many people get it. So, why not have it?

Seeker: Isn't that delicate if you are [inaudible] and if you have this divine energy in you, that you might broke the circle. Ans something-

Shri Mataji: What it is?

Gavin: Well, he's saying, is there not a danger -

Shri Mataji: No, no, no, no. Not at all, she's your mother. Kundalini is your mother. You see, these things, I was myself amazed when I read about this Kundalini being dangerous and all that. How can she be? She's your mother. She's the one who is waiting to give you this. There's no danger at all. I've given now - I don't know - to thousands of people. Nobody has suffered at all. On the contrary, everybody has improved. How can it be? She's your mother. Are you an Indian? Then you understand what mother is. She cannot be dangerous, she cannot be dangerous.

This is a problem, you see. Now these people, the people who were interested in making money out of it, have given very funny ideas just to make people frightened. Because they knew, when they will try all these tricks, people will suffer. So, they prepared them. But they said, "If you are willing to go through it, all right".

And then people said, challenge it, they said, "All right, we'll try to go". But there's nothing like that. I have not seen anybody

suffering.

May God bless you.

Gavin: Yes. This lady, she is Mataji, this lady.

Shri Mataji: Which one? Yes.

Seeker lady: Yes, a few years ago, I heard Gopi Krishna.

Shri Mataji: That is the thing. He is not the one who gives Realisation to anyone. That's one of them. He is just one of them. There are so many like that.

Seeker lady: Yes, one of his statements was that he was speaking of his experience and he said he was meditating for over twelve or fifteen years to get Self-realisation. And he was determined to get it and he said he nearly reached insanity.

Shri Mataji: Yes, one would become insane. You see what happens-

Seeker lady: I would like to ask you how come that when you put the effort in, for fifteen years, or twelve,

Shri Mataji: I'll tell you what happens, I'll tell you. Here I will show you. It can happen to any one of us. You see, what happens now, that you see, I told you the left side and the right side that we have, you see. So, our sympathetic nervous system can take us to left or the right.

Supposing, I mean you want to run, all right? And must use sympathetic [unsure]. If you want to run, then you use sympathetic nervous system, means what happens that it helps you to attend to your emergencies. Now but when you have stopped running, then heart comes to its normal speed through parasympathetic, all right? Now the sympathetic we use, when we put an emergency or exertion of anything like that. So, what happens when you assert emergency too much upon yourself, you go like that, mad, what happens you move to the left or to the right. And once you go more left or to the right, you have all these experiences. Like if you move to the right, you may start seeing some colours and something. Seeing is not being! If you see something, if I see the light, I'm not the light.

Then you start getting all experiences. Sometimes, you feel your body is getting out of it and all sorts of these experiences come in. And actually, what is there is a spirit, sits on you, which possesses you. Actually, Hitler used Lama's methods of supraconscious to entice people and give them ideas.

Then on the left-hand side, the same: there are spirits sitting, which can be used. We call it as preta-vidya, smashana-vidya, in the Indian language. And we know all this! So, what happens, if you start asserting yourself too much and all that, you might be load away by one of the spirits on the left-hand side. And once it happens, you can get mad, no doubt! Because a spirit comes to you. But somebody- that's why it's said, 'the one who is authorized' not by any college university or anything but by the Divine- has to raise Kundalini. And that is what it is. That anybody who is not enlightened should not try these tricks. It's like somebody putting your finger into the- say- a switch and says that, "Now I got a shock from electricity". But it never shocks you. Actually, it is something else that happens, that you go into a sympathetic nervous system, and you become mad! So, if you try yourself, you can become mad, no doubt. You can become mad, no doubt.

Somebody who knows should do it. Supposing you get a car and you drive yourself - if you don't know how to drive, you are sure to get into accident, isn't it? You have to know.

And such people should not write books. But actually, they write because they get money and they have, they want to write, your see. Just the great thing about them is they just want to write that. Until when we read it, we are shocked at them, that it's true. That's not the real experience. The real experience we know is of baptism, that the cool breeze of the Holy Ghost must be felt here, on your head. Like a air conditioner, your head should emit that.

That's the thing written since long, you see. All these ideas have come from the last 60, 70 years in our country. These pseudo intellectuals, you see, you let something about the Western life and all that, wanted to have some sort of a thing, to lure you. That's how they have got.

It's not at all dangerous. Any other question please?

Gavin: Yes.

Seeker: I would like to know [inaudible]

Shri Mataji: What's the question?

Gavin: What is the relationship between the raising of Kundalini and sexual relations?

Shri Mataji: No connection whatsoever.

Seeker: No what?

Shri Mataji: No connection. When you- the Kundalini is raised, you see, now Kundalini is placed higher. And the lower one is the one which manifests pelvic plexus, which looks after all our excretion inclusive of sex, you see? And the Kundalini is higher. And this is another mistake people do, that it has something to do with sex energy. Sex energy never played any part in our evolution, so far. And I don't know why people pay so much attention to sex. And that's why always people say that, "You have to become like a child". You become like a child, means you become innocent.

When the Kundalini rises, this chakra, the lower chakra, becomes absolutely silent and witnesses the whole thing. Your innocence is awakened. It has nothing to do, this is absolutely a wrong idea. How can it be? On the contrary, Christ has said, "Thou shalt not have adulterous eyes". That eyes have to be innocent.

There should be no lust and greed in your eyes.

So you become innocent. Your innocence is legal when the kundalini rises. It has nothing to do with your sex. Sex becomes silent. That's what Christ has said again, "You have to become like children to enter into the kingdom of God".

We Indians understand this very well because we cannot be lured with this idea. But I think Freud, Freud has started the joke and they have taken over, some of the Indians. But we had this in 6th century also. We had some people called Tantrikas who tried to take money from our kings and all that and they tried these tricks with them also. So, we have many things like that in our country. Because if the king has some weaknesses, people can exploit them. But basically, on the whole, Indians, if they are Indians know that the sanity of sex is very important if you have to become Self-realized, if you have to get your Atma sakshat.

But Sahaja Yoga is such a great thing today, that whatever you have done, you forget it. It is so forgiving. It just deals with the present as you are, it's not bothered as to what you have done what you have being. It just deals with you as you are.

It deals with the present moment. So, you forget about the past and that's why I requested you to forget that you are guilty or anything. Not to feel that you are guilty.

I think now we should have the experience. It's very simple.

You have to help me only in one way, you have to take out your shoes because we have to use the Mother Earth for this experience. And she helps us a lot to suck our 'badhas' [bodies?]. Just take out your shoes to be more in contact with the Mother Earth.

[The Realization part looks like an automatic transcript]

Now as I told you, that these fingers are related to your chakras five six and seven. And these are sympathetic in these as the doctors also said. So, you have to put your hands like this towards me, comfortably on your laps. And you have just to close your eyes, just close your eyes. If there is anything uncomfortable on your waist or anything, then take it out because there should be nothing uncomfortable. You don't have to feel guilty at all. Please, don't feel guilty. You can say like this, "Mother, are not say we are not we wrote 350 first ever say that's in the past of it now the network represents your power and desire.

So, you have put that left hand towards me without your desire to decide the right hand now the news has the power of your back right so please keep your eyes shut and I'll tell you where to place the right time because we have to manage certain sentence normally in a New England minute I've seen that word spin spontaneously but I see people who are over there or whatever after

we brought with you a few comments keep your eyes shut and just until Dexter Smith and sitting a very cheerful thought this is the greatest experience of all your life.

Now put your right hand on your heart and in the heart besides was better so you can address me actually method if you like if it is easy for you or you can call me mother make it easy and in your heart to ask the person in your mother am I the Spirit you have to become the Spirit that is the transformation that's the compass we have to ask me a question whether Oh – pitiful silently within yourself sincerely as having all the thinking yourself don't feel guilty at this point also I think [inaudible].

Now after this you leaned out your hand on the left-hand side of your stomach here is the center of the Primordial Master and left is only like you put it inside your protein possible on your stop on the left-hand side and press it pretty hard on that time eastern sector of your Primordial Master.

Because you are the Spirit, as you are the Spirit with all confidence you can say within: "I am my own master". That's the best. If you think it is too much, then you can ask the question, "Mother am I my own master?" The question is to say to full confidence, "Mother, I am [unclear].

Now bring your hand down after saying 10 times on the stomach little dullness. This is the center where you know the technique of the divine laws. So, here you have to say whether I want to know the technique of divine laws or you can say whether I want to be the master of techniques of the divine laws. We are eat up on the door are on the network again at this point here sir we assert 12 times have to say these are all 12 times I'm saying because they are 12 petals in this Center you have to say mother I am the Spirit say it full party the artists were just here to say both people those people who feel guilty will hesitate and say how can I be a police mistake that don't count the so-called sins of the past [Music] say a foot but you can say I have learned the spit that is all to take your attention to the Spirit when I came first to your Airport here first thing I thought of was a hot mess it metal part the heart has to open people are so frightened that part is often over the same whether I am District okay open your mouth everything is going to work to the heart [Music] now what design across uniform across your corner at this point you have to say I forgive him people say that it is very difficult to forgive but actually what do you do when you go further what do you you don't wait for having yourself so say that mother now the darkening okay now on this point you have to say without doubt you have to say if I made a mistake please forgive me or not please forgive me put your hats professionalism but door thing you see at the back put your left eye closed put your left hand towards me and put your left hand towards me and with the right hand hold your backpack and just say that if I made any mistakes but don't start you have to forgive everyone and when you forgive [Music] and now you put your hand on top of your head press your palms on top of you let's hop and move it in a proper now at this point we'll set up a few people so you have to say whether I want to buy the evaluation please give me realization you have to say the seventh time press it hard and move it clockwise and saving then we suffer a pretty hot now there is your hand and see if there's a cool breeze coming out of your hand say they see for this change it's very separate little high I think about five inches will be practical Hey okay students we also saw him must forgive that the centers to catch anything this one you want to forget now let's do one thing more don't think now just don't think watch me without it just watch me without each other now you put your right hand towards me and left hand left and right are you thinking on the right hand not put your hands I think I've seen Jenny [Music]

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Public Program Day 2

I bow to all the seekers of Truth. Yesterday we were talking about our seeking and the seeking is achieved or manifested by the third center, which we call as the naval center, within ourselves. As I told you yesterday, there are people who are seeking joy in money, in power, in so many things like that but ultimately they discover that it does not lie in all these gross things but there is something beyond they have to seek and when they reach that state, then they are called as seekers; Seekers of something higher life - life that is beyond and from there the story starts. The seeking of the people does not give them the knowledge or the concept about what they are seeking. They just a desire, it's a desire, that they want to seek but they don't know, they have no concept as to what to seek. Then they go ahead with reading, finding out here and there and you find there are shops and shops built where they say, 'We sell this and we sell that.' But this seeking is within yourself. The seeking has to happen within as a living process of the living force of God's love. We should understand what is living is. Living is that which we cannot do ourselves - like we cannot transform a flower into a fruit. All such things are done, so many of them, millions and millions and billions and billions so beautifully, so sorted out, that we take everything for granted.

Even we don't understand how human-beings give birth to human-beings alone, not to animals or we don't even understand how is it a, say, a pineapple will grow into a pineapple. We just take the whole nature as for granted and we don't try to understand why you have become human-beings also. Under these circumstances a person starts seeking and when he starts seeking, he starts seeking in through his two forces, which I told you, the left and the right side, which are called as 'Ha' and 'Tha' nadis in the Sanskrit language or they are called as the Sun and the Moon nadi or Pingala and Ida nadi. These two channels are on the left and the right side and they manifest within us - the gross thing called the Left and the Right Sympathetic Nervous System. I also told you yesterday - I don't think if you heard because of the bad acoustics here - but I told you that when you try to do anything through your own effort, you go on to the left or into the right. So those who people who worship and say that, "Now we are in peace, we are one with God and that we have achieved God, now we worship God," actually are moving towards the left side. If they have towards the left side, they do not reflect at all; Whatever they are doing, they think, is the correct thing. They just start moving in that line and do not try to even look back where are they going, what's happening to that? So this is one type of personality that develops and people start calling them as people who have become recluses or have become people into clubs or could be called as fanatics. The other type of fanatics are on the right hand side, who think that they can achieve whatever they like and that they can think about it and rationalize everything.

So they start rationalizing God, thinking about God and putting their own mental picture about God and mental concepts but this is also not reality because mentally, supposing I think, that Canada is like this. Unless and until I come to Canada, My mental picture may not be correct or I might have read something wrong; How am I to know that I have done it till I come here? So, in Sahaja yoga, as we call it, we have to have a very, very open mind. We have to keep an absolutely open mind and this open mind like a scientist, has to see for yourself actually, what reality is and should not just believe into one person or one type of idea or another type of idea. Any one of these ideas, if they had achieved any results, then we should have considered them but so far, as we know, there has been no transformation whatsoever; Whatever may be the effort of man is, either he becomes a fanatic or he becomes a recluse or he becomes a sort of a, some 'ism' he gets or some sort of a thought that he clusters people around that and after some time they find that the bubble is out - there's nothing, this is all lost. So, under proper understanding one has to know that we have to see the Truth as it is; We cannot make the Truth. Truth is, what it is and it will remain what it is. So, we have to just keep ourselves open, absolutely open, to see what Truth is. Now, when the seeking comes on to that level, such a

person is ideal for sahaja yoga. Because sahaja means - 'saha' means with and 'ja' means born.

Sahaja means spontaneous yoga. Yoga means union with the Divine. Also yoga means deftness, expertise - that you have to have expertise how to use, how to manoeuvre the energy, when you become realized, the Divine energy. You must know the laws of Divine energy how it acts, how it works out. If you can know that, then what will happen, your gradual understanding of the subject will become deeper and deeper and you'll be amazed, that you will think that the whole knowledge is within your head, it is within yourself - you don't have to go anywhere but first of all, you must be connected. As I told you yesterday, that every instrument must be connected to the mains. Unless and until it is connected, you can't even know whether it is faulty or not. Once it is connected, then you can find out whether it is faulty or what is the purpose of this or what is the value of this otherwise, any instrument which is not connected, has no fulfilment. So, to find out our own fulfilment, we have to be connected to the All-Pervading power which is the living power about which I have told you. Now this power exists, as you have seen, as I told you, the flowers become the fruit; Is a fact - there's no doubt about it.

How they become - spontaneous. You say, how a seed sprouts - spontaneously. You just take the seed, put it in the Mother Earth, it sprouts because the Mother Earth has the capacity to sprout a seed. Is the capacity of the Mother Earth, that does the job. So that to, so that to say that we have done this, is wrong or you can do it, is wrong. It is all in the seed, the whole map of it's manifestation and what you get is the spontaneous happening of the sprouting and then of the growth; In the same way, it happens to you. Now, the higher chakra than that, is the chakra of heart. Now this heart has got two sides, as we have put it, which is one of the mother and another of the father. Now, the kind of a family you come from, is very important. If you come from a disturbed family, then this center can be very disturbed.

And one person, say, is having insecurity. If you go deep down into the insecurity of the person, you find out there's something wrong with the parents or something like that or maybe that his grandparents have done something to the child that the child is insecure. It could be sometimes far-fetched but most of the time if you find out, it is the parental help is very much needed for a child and that is what we do not understand the importance that we must get the parents to understand that their responsibility is very great towards their children. When this center goes out, among women specially it goes out very commonly. Very commonly it goes out in women and when it goes out, they become extremely insecure and as a result of that, in the gross you find, they develop breast cancer and cancers of this kind because they are very vulnerable and with the slightest triggering they develop these diseases. So, if one can steady this center properly and give the security to the mother of the children then this center can be completely cured and you can have the complete benefit of having, as if you have had, a very good parenthood. The higher than that are, is the center, which is the most important center, is called as the Vishuddhi center. This center is the one, when we lifted our head up and we started thinking that we are something, we are human-beings, we are no more animals, we are higher - at that time when we lifted the head, what happened, that the whole system of the brain changed and the flat brain started becoming like a prism. As a result of that, our attention has gone outside and when our attention goes out - say, My attention is on a particular thing, then what happens, that a thought wave starts coming out of that, I start thinking about it and when I start thinking about it, a certain type of a balloon grows within us, which we call as ego. So when we go into a mental activity a ego starts developing within us.

Now this ego is such a thing that you can't see, you can't feel it. Those people who have ego do not know they have ego. Actually, it has to be there because first we had only one side, the superego, the conditioning - complete conditioning in the whole of the brain and then and then the ego has to develop to bring it to the center, like this. But if it is in balance with the superego, with your conditioning, then it is perfectly alright but if it is too much pressing that side, then it forms a barrier. Like the other day, there was a gentleman from the newspaper to, he came to Me and he could not get his realization and he said, "Why is it I am not getting it?" I said, "I know what's the problem is but I don't want to tell you," because if I had told him, "You have ego," he would have hit Me back. So, you can't tell a person also that you have got ego. So this ego develops as a result of over-activity of mental projection, like, "I am doing it, what's wrong in it, why should I not do it, I am alone, I should do it," And a result of that, you know that today the society is gone into a very wrong type of development. People don't know how far you stand with another. There is no relationship between two persons.

One cannot have the collectivity. One cannot know today, the person is, is a husband or a wife, tomorrow what is going to

happen. Where do we stand with each other; We are absolutely on a shaky grounds because of this Mr. Ego. It has created a big barrier between ourselves and others, so we develop an 'I-ness' a kind of a egg like existence, which is like a shell, which is like thick shell upon us like an egg and that's why, the higher chakra, which is the chakra of Agnya, which is the Agnya chakra - which is, you can see here the mark is - behind that is that Agnya chakra, which develops. Now, this center is the one, that controls both ego and superego and tries to control it all the time. If you become too much egoistical, then this Agnya doesn't allow you to sleep, you cannot sleep - it goes on working all the time. Then you take to some drinks or something, bring out your superego by which you push it down. So the whole thing is balanced and again you can go off to sleep. But it is just a temporary thing. Tomorrow, then when you get up, there's a hangover, again your superego goes down, again Mr. Ego is back as it is and you again behave in the same manner as you have been behaving.

Then again in the evening you come back home, you feel absolutely frustrated with yourself and then you want to go down again and bring the superego to work out and you take something sedative to sleep off. Like that the things go on so the ego also generates a necessity for getting into habits which are anti body, anti our life, anti our uh.. anti God, I should say, anti our ascent and that's what happens to us when we become very much ego-oriented. Now the ego-oriented people do not know that they harm others but the superego people are all the time feeling the pain, they're very unhappy people, they always cry, they weep and they're absolutely melancholy people but the people who are egoistical, they try to oppress these people and they try to oppress the whole surroundings that is there, like Hitler was. Hitler was the one who created ego into everyone and made them think that they are some superior race and that superior race tried to oppress other people and that's how the ego-oriented people tried to dominate and thought there're doing all right things and with that idea they really created such a problem that they could kill thousands and thousands of people. Thousands and thousands, I should say - I don't know how many millions were killed altogether but I was shocked when I went to Berlin, that it is just like a cemetery. Even if you go to Russia - I've been to Russia - Russia is also another cemetery. Anywhere you go, you find so many thousands were killed here and buried. If you go to France, so many were buried here. I went to a place called Milos and they showed Me a huge mountain there - just like a mountain - they said, "All underneath are all the dead bodies are buried." So imagine with ego what we can do, how we can be really be so much cruel with others.

This is what happens to us so, to realize that we live with ego, we are carried away by ego, it is the ego that guides us - it is such a dangerous thing. It's a very cunning stuff also because it will teach you how to be nice to others, how to be kind to others. If you are a businessman, the same ego will make you extremely modest and nice, if you're this, it will be like this, if you are a politician, it will be another picture but this ego never keeps you to yourself and to know yourself, you have to somehow or other manage to get rid of the ego. Now how do you get rid of the ego? If you start fighting with it, it sits on your head. Now, if you just run away from it, it runs after you. How to get rid of the ego, is the problem and that's why this center is very important. This center has got only two petals; One side it manages the superego, another side it manages the ego. Now how do enlighten this work, is by raising the Kundlini. When the Kundlini rises up to this - the deity here is our Lord Jesus Christ and when that deity is awakened, what happens that it sucks.

See now, there it is placed, it sucks into itself these two pouches and so there is a space created in between and you start getting a realization. If these are not sucked in, it's impossible because there is such a barrier that the Kundlini cannot get out. but if this can be sucked - that's why it is called the gate and that's why Christ is the gate - He's the path, He's the gate but the destination is the Kingdom of God. So, you enter into the Kingdom of God when it is sucked in and your Kundlini comes out of it and you start feeling the cool breeze - like so many of you felt yesterday. But everybody need not feel it; It's not compulsory that you should feel it nor one can guarantee that you can feel it but with assiduity, with the patience of the people who know the job, it can be worked out - if not today, tomorrow but the important thing is to know that we have to become ourselves, we have to be our Spirit. If we are not our Spirit, we may think whatever it like about ourselves, it is of no use because it is not that you are talking. When you say, "I love this, I like it, I want it," then which is this 'I' - this is not your Spirit. It is your ego or your conditioning, which is the superego. So to become the I, to become the Spirit, is the most important thing because when you become the Spirit, what happens that this thing opens out and here is the seat of the Spirit. Here is the seat of the Spirit and the seat of the Spirit gets enlightened.

If the seat of the Spirit is enlightened, then you start feeling the cool breeze in your hand. For the first time you start feeling the

existence of the Spirit on your hands. First time you feel it on the Nervous system, on the Nervous system that is Conscious Nervous system. So it is not autonomic but it is the Central Nervous System on which you start feeling the existence of the Spirit. Now this is something that people can't do. If you say, "I can take out the cool breeze out of my head," you cannot. If somebody says that you can, "If I give you something, you get a sensation, you start jumping, you said some miracle happens, a diamond comes down," - this is nothing, this is useless thing. This anybody can do, this is nothing so special - you can always dance, jump and buy diamonds in the market but this is something living which you cannot do. Like the transformation of a flower into a fruit, you become transformed, you become a new personality - you break the egg and you become the bird. This is called in Sanskrit language as 'dwijaha' - born again.

We too use this word born again but this word also is used that a bird is also called a dwijaha - born again. See the difference between an egg and a bird and same thing happens to you that you become the bird. When you become the bird still something is sticking on to you of the egg and the shell is still not fully broken so you should see that the shell is broken and you become a completely free bird to move out in the sky of the glory of God's Grace and this is a very important happening that has to take place. People used to get it, first of all, once or twice in the beginning - say, 16000 years back there was one fellow who got realization, they say, then another two, three got realization. Like evolution always works out that way; First, one fish came out then, two three fishes came out of the water then, the shoals of fishes crawled out. In the same way, today is the time where it has to happen enmasse. Many people have to get this realization and they have to become the Spirit. Now when you become the Spirit, what happens to you that I will tell you tomorrow, in full way whatever is possible in that short time I'll be able to tell you but if it does not happen to you, you have to know that there are barriers in you and there are different barriers. The first barrier that comes to you that your centers are not open as yet because of your extreme behaviour. Extreme thinking, extreme reading, believing into things without knowing - "I believe in it because my heart said."

Where is your heart? In the heart resides your Spirit and whatever your heart says has to be from the, from that Spirit but that Spirit is not there, then how can you say, "I believed into it because it is my heart has said it." As in Science - you don't believe into anything, you say, "Alright, this is the hypothesis, alright, we keep our mind open, we'll work it out, we'll experiment, if it works out, then we are going to believe into it. In the same way, we should keep ourselves open. Nobody said that you believe into anything blindly. They said that, Christ, for example, has said that you believe into Him. That's alright, you believe that He existed and that He came on this earth. But people believe that they are chosen people already, they believe, some of them, that they are Christ, they believe that they have become God. This kind of a belief if you have in your head, how to cure that kind of a absurd belief. Alright, Christ was the One who was an Incarnation, He was the Son of God - if you believe in it, it's good.

Even if you don't believe it, it can be proved because when the Kundlini rise, if it is stopped here, then you have to take the name of Christ. Not you but the one who is a realized soul, if he takes the name of the Christ, it can rise or you may have to say Lords' Prayer. If you say Lords' Prayer, it works out. You can see for yourself how it works out and then you can prove it that, "Yes, that is the fact what Christ has said is the fact that He was the Son of God." Now the question is that, if I say, it is within you, the diamond is within you and you cannot pay for it. Why should you ask a question that, "Why should we do it?" If you don't want to do it, nobody can force you. Actually you have to ask for it but if I say, "There's a diamond lying here, which is free for you," you will all rush and try to get it. In the same way, you must understand the diamond is in your heart and you have to open out yourself and see that you get it - not to put up a resistance because you believed into someone or something has happened. Keep your mind absolutely open and receive your realization.

Once you receive your realization, you'll be amazed how it gradually grows within you and how you get experiences of experience of your growth. I have had very difficult people; Some who came to Me were extremely difficult - full of ego, full of fighting spirit, they were very funny but today they have turned out to be very great sahaja yogis. They have become very great people, they have become extremely nice people and they are the ones who are trying to share - share and to give. They are the people who have become like ideal people - you cannot think how beautiful they are! I mean, there was a bishop who came and stayed in My house and when he saw some of the sahaja yogis, he said, "Oh God, I've been talking about God, I've been preaching about God - these people are thousand times better than me. They are the people who have no dual life, they have no attachments with things, they are so beautiful, they are sharing with everyone and how have they become so good?" I said, "It is all within you. Within you is the Spirit and when the Spirit is awakened, you just become." Overnight you drop out most of your habits. We had

an alcoholic, who came to My program and he started shouting at Me.

"You get away this and that," and he said that, "I don't believe in You," all sorts of because he was drunk. I said, "Alright, you go home, come and see Me tomorrow." I knew he was a seeker and he was drunk. So he came next day. You see, in sahaja yoga you can't get angry with anyone because you know they are misguided people. You have to really, not only forgive, but love them and understand that there is something they are seeking but they have gone wrong so one has to look after them as a mother. Now this fellow came next day, he got his realization. and if you see him now, you won't be able to make out; He was an engineer, electronic engineer and now he has become such a great uh.. man, everybody respects him and he sometimes feels shy about it. I said, "You forget the past, you forget the past - is over." So this is what it is but then he - because they saw his life, how his life has changed - those his friends and all of them have come.

So one has to understand, that unless and until you get your transformation, you don't believe in Me also. there's no need to believe in Me also. Then what are you going to believe in Me. I look just like you people - what's so special about Me, nothing so special. You don't have to just believe blindly into Me - that's wrong. What you have to do, is to keep yourself open absolutely, get your realization and then try to understand Me. Before that, I don't want to talk about Myself. Whatever people may say, don't believe them either. You see, because what happens, Christ just said, "I am the Son of God," He was Son of God, no doubt. That's the Truth and the Truth and nothing else but still people crucified Him. They crucified Him for that.

So, a person has to understand, I thought, that human-beings are not capable of taking to Truth. It's very difficult to tell them the Truth. If you tell them, they will just start, uh... shouting at you or beating at you or doing something like that. So they are not yet ready to receive the Truth so, first give them realization. First give them the light. Once they get the light, gradually, they will start seeing that there's something happening within us and then they will start listening to the Truth. And one thing more is that, if you have to know about the roots, then you have to become a subtler personality. Only talking about the roots that, "This is Atma, this is Spirit, this, this," is all talk, talk, talk, talk, talk. You have had so many talks and if you are going to be satisfied with talks, you can go to many lectures from one to another - people would do like guru shopping. You see, they go to one guru, then to another guru, then to third guru they go on moving from gurus, to gurus, to gurus and get nothing out of it but what you have to do is to first see, where you feel for the first time, the All-Pervading power - then you go deep into it.

No use digging here, there, there, there - you'll never reach to a well but if you have dug somewhere where you have found the water, you stop there. You must learn to stop also. I've seen many people who are like in an inertia. They go on finding the guru and they go on chanting. From one guru to another guru they go on moving and they don't want to stop it. At any cost they don't want to stop it. Even if they are suffering, anything is happening, they just don't want to stop it or some of them get stuck to one person. That is also a wrong thing - you should not stuck to anyone but you should stick to yourself - that what have you got, have you got any powers? Do you understand anything, do you feel others? Now you have seen all the sahaja yogis, who have come here, can feel your vibrations, they can raise your Kundlini.

To look at they might be like you or may be more, there might be more lustre on their face, much more relaxed but they can feel you, they can give you realization. In the same way, you have to be. You must know here we have got people from England, we had somebody from India yesterday - they have come all the way to Canada and also we have got people from Australia, from New York, from all over the places, from Boston all of them have come here. Like when one finger is hurt, the whole body, the whole attention goes to that one finger. Now, as I'm here, they have all come down. They have come down to get the people to the reality and this is what they are here for. Now, it is for you to find out your reality and get to it. But you have to be little deep about it - it is not a shallow thing. It's not a shallow thing, it's not meant for shallow people. It's meant for people who have depth within themselves and who have an ardent desire to become the Spirit.

That's the only thing that is wanting; No money, nothing is needed for this. So today, I have told you in brief about the different chakras and the seventh chakra is the chakra of Sahasrara, we call it, where in the brain, in the limbic area, we have all the seven centers placed there and all these seven centers, with the center here, is the center of the heart, actually of the heart. So you have seven centers placed in your head in a line so they are all integrated there. So once you cross this center, then you become completely integrated. There's no problem. Your body, your mind, your brain, your intelligence, everything acts together in

complete concord - there is no struggle between the two. Not only that but you find the integration of all the religions, of all the great souls, of all the great scriptures, all if them is integrated at this point and you start seeing the unity, real unity - not just a unity. Because I have seen, I went to a church, where they said, "There's a unity of everything." I found they have unity of the devils, of the Satan, of everything - without any discretion they had put them. Out of those people they had, when I told them, "These are all devils, why are you putting their books here?"

Said, "We must be considerate, we have to be good." Now all these devils, out of them at least 50%, have been exposed - even Moon was there, everybody was there. I said, "How will you discriminate between these people, you must discriminate?" So they said, "No, we should be kind even to devils." Now you do not have that much power to kind to devils and better be not. You better be kind to good people and look after them - that is much better. Not to go so far with things and this kind of, also, attitude towards uh.. wrong type of people is not very helpful. You have to stand up for the right, always for the righteousness, for the nobler things you have to always stand up for that. If you do not stand up for that then, you are like a person who goes half-way this way and half-way that way. You are sitting on the fence.

You have to know you have to be with the righteous, with the saintly, with God and you are not to join hands with anti-God people. This is what I have to today request you that today you keep your mind open. Those who got realization today will have a much deeper feeling, much deeper uh.. expression of what they had got and the others who have come today, may also receive, all of them, their realization, I hope so. May God bless you! Yesterday we had some questioning, we can also have today some but not so many as yesterday. We spent quite a lot of time questioning and all that so, if about ten minutes, if you want to ask any questions, I'll be very happy but don't be aggressive with Me for nothing at all. I've been speaking for the last, I think, how many months - one and a half months continuously every day, so little bit ... Is it alright? It's better not to have any. It's much better, though little strained but it's alright because this hall is.. - Is it alright for you [UNCLEAR]? - [UNCLEAR] - Alright, it's there.

If you have any questions, please ask. - There's a question over here. - Please get up please, we can't hear you. - She wants to know about insecurity. - Annh? - Insecurity. - Yes, what is it? [UNCLEAR] say little bit about where it comes from. See insecurity, is come from various things. Insecurity comes from your conditioning and comes from your ego also sometimes.

People who are very egoistical also are frightened. I've seen that, that people who become very egoistical ultimately get frightened because they think that, "As we have been oppressive of others, others may be oppressive of us," so they also get frightened. Such a fear exists in many countries, I've seen, that people are so frightened. I know someone, who lives in England and who was a very great operator in India, who really did lots of bad things to people, he really tried to harm many people and now he's so much afraid of people that people will come and try to sort of, harm him and he's just hiding himself behind. It is like this. Is a terrorist, supposing, he's a terrorist or something like a person who has acted as a great dictator or something. Then if, he leaves his position or he is challenged, you see, then he hides somewhere because he's afraid he's done wrong, so he's afraid that they will attack him; This kind of an insecurity also can be there but mostly it comes from childhood - mostly that, mostly I'm saying - that when the child doesn't get the mother when he needs. You see, little child needs the mother - the present society is such that we don't give that love to our children which we should give. So, the first thing is, that the love should be given to children so the security could be built up in the child. It's very important that we have to give them the security and it also comes also from the schools where the teachers are very harsh on the children and try to torture them.

Human-beings are very delicate things and they are to be handled very delicately and beautifully with love and not to be tortured. This is the problem is that, when they are tortured too much then, they start uh.. feeling insecure within themselves, as if, the whole world is going to torture them and they get the manias from that. It can come from anyone. For example, a lady, if she thinks that her husband is a flirt, he's flirting with other women, she might develop a breast cancer. Normally, such women do develop breast cancers because their motherhood is challenged and they feel absolutely funny about it and they think the husband is not paying attention to them and they might get this trouble. Mataji, I came to know that [INAUDIBLE] [INAUDIBLE] so, I had a discussion with my wife that I wanted to go and enjoy the [UNCLEAR]. She started crying and [UNCLEAR] and she said, "We already have a commitment to a [UNCLEAR] how can you do that," she said So, I let it go for an hour and then around quarter to seven, I said, "I want to go." She said, "Make home by eight O'clock. By eight you should leave that place and so that you can be home - quarter to nine or nine." I don't know, I don't want to go.

[LAUGHTER] - Alright, you better have it. You can deal with her later on. Sit down. This is the most important thing you have to do, you must understand. She doesn't have proper value system. What is the most important thing, is to get something which you have been waiting for for ages. Is the most important time. We must understand the importance of it. Now, these people have come all the way sacrificing their jobs, their time - all the way from Australia, imagine and all these places, they have come down here and while they have come here, I'm here only for three days and people don't have time to come three nights, means what - isn't it? And the whole of Vancouver, see how few people have come and then when I'll come next time, they said, "We did not know you had come, Mother."

Now what are we to do? We have tried our level best to do whatever is possible. That was the journalist sitting there who went away? I think so that's the same fellow. I didn't know. Alright, so you must understand your priorities. You see, I'm also a very happily married woman and in life I'm very well looked after, in the sense I have a very nice house and family and everyone and everyone in My family wants Me but they understand the importance of this work and I've been now travelling for months like this and they understand that I'm doing a good work; They have allowed Me to travel. So, in the same way, everybody must understand - isn't it, important it is. And for a house-wife to go about like this is too much but still My husband has agreed. He says, "Alright, you go and do all this work - is important."

Not only, but he pays for My travels and so many things. So it depends on how much people understand the value of this work. Is it over now? Alright. Now, I would request you to take out your shoes. That is important because this Mother Earth is going to help us. Just take out your shoes. And it's already very late and now you have to sit very comfortably, very comfortably with both the hands towards Me. It would be better if you take out your coats also because coats, little bit, make you heavy. It's better to take out.

It's not very cold inside. Now both the hands should be put, like this, on your laps - just like this. Now, what we have to do, is to raise our left side. Today, left side we'll try to raise it and you will be surprised that with that only we can work out our realization because it is spontaneous, as I said. It's a very spontaneous happening - automatically it can work out. but people have problems. They have problems on different centers so, we have try to reduce the pressures on these centers and if we can do it, we can work it out very well. [ASIDE - You sit down [UNCLEAR]] Now, this left hand should be on your lap, as it is - alright? And with the right hand you have, whatever I say, you have to do it. It's very simple, it is.

First you have to put it on your heart, then on your stomach on the left hand side - keep this hand straight - and then down below here. Then again you have to go back and put it back here, back there and you have to go back here. These are all the centers - and then you have to come back here and here and on top of your head, like this. It's very simple but I will tell you one after another - you won't have to remember all that. I'll tell you one by one but I told you because yesterday people got confused in the left and the right. So the left hand has to be steady, like this, straight on your lap, straight. Now only right hand you have to use. Keep your eyes shut. Please don't open your eyes. If you open your eyes, it's rather difficult which you will know why because there is something happens behind the eyes when the Agnya chakra opens and if there is light, then there is no balance.

So please try to keep your eyes shut - that will help a lot. Please keep your eyes shut. Also if you want, you can take out your spectacles - it helps your eyesight also. There's no harm in taking out your spectacles. It does help your eyes. - [UNCLEAR] since we have to close our eyes because - Beg your pardon? - Would You mind doing [UNCLEAR] because when our eyes are closed - No, you see, if eyes are open then what happens, this Agnya chakra has only one side in opening, you see, and to keep it open, we have to keep it shut otherwise the Kundlini doesn't rise. You don't have to worry. That I will tell you. It's very simple.

Close your eyes - there's nothing to worry. Alright. Close your eyes, just close your eyes. Just don't worry. It's a very simple thing - it's a child's play, just a child. Only keep your eyes shut - that's very important. Don't open your eyes, that's all. You have to keep your eyes shut all the time. That will help you a lot and your Kundlini will come up very well because the light, that passes through your eyes, should be minimum at this time - as much as is available to the closed eyes is alright because that has to be balanced - alright? Just keep your eyes shut.

It's nothing - nobody is going to touch you, nobody is going to do anything. So just don't be afraid, relax and close your eyes. Now, put your right hand on your heart, on the left side, everyone. Keep your eyes shut actually everyone. Keep your eyes shut - it will help you. Now, Now with full sincerity, you have to ask the question, within your heart look into your heart, pay attention into your heart and ask the question - very simple question - you can call Me Shri Mataji or Mother - whichever you like - "Mother, am I the Spirit?" Ask the question, "Mother, am I the Spirit?" Three times you ask Me this question, "Mother, am I the Spirit?" Now, put your right hand on your stomach - left hand as it is - on the left hand side and press it hard. At this point, this center, you have to say - because you the Spirit - "Mother, am I my own master?" But if you have confidence in Me, you can say, "Mother I am my own master, I am my own guru, I am my own guide," please say that.

That will help you to get out of all the problems of using others as guru. You have to become the guru. Just say that, "Mother, I am my own guru, I am my own master." You have to say that ten times. Say it with full confidence and don't feel guilty about it when you say that. Please don't feel guilty - you are your own guru. Without any conflict, just say, "Mother, I am my own guru." Now, put this hand little lower and here you say "Mother, make me the expert of the Divine technique." "Please make me the expert of all the Divine technique." Please say it six times.

Now, again raise your hand on your heart. At the heart point you again say, with full confidence you have to say now, "Mother, I am the Spirit." Don't have to ask Me questions - please say it twelve times, "Mother, I am the Spirit." With full confidence - you are the Spirit. Now as the Spirit cannot have any guilt - that's a past thing - forget the past - say it twelve times, "Mother I am the Spirit." You cannot have any guilt. Now, put this right hand on the neck - the base of the neck and the shoulder, on the left hand side from front - hold it tight and here you say, "Mother I'm not guilty." Please say it again and again. Whatever you have done, you forget it. Take the hand from front so that you won't feel the strain of the hand.

Take it from the front, please - not from the back side but from the front side take the hand to the left hand side and say sixteen times, "Mother, I'm not guilty for anything." Just don't start counting. Turn your head more towards the right and say, "Mother, I am not guilty." Say it sixteen times because the Spirit cannot be guilty. Forget the past, forget the past, forget the past. You have to respect yourself because you are the temple of God and if the light of the temple has to come, you must know how to respect the temple. So don't feel guilty at all, please. Now, you raise this right hand across your forehead just like this, just across your forehead, across your forehead whole hand, put it down. On your forehead, put the hand on your forehead, across your forehead and here you say, "Mother, I forgive everyone," because Spirit is forgiveness, is the source of all forgiveness. You have to forgive everyone.

"I forgive everyone," say with sincere heart. It's very easy to say but when we say but when we say, we don't forgive. We don't do anything. It is a myth. We live with the myth and make ourselves miserable, so just say, "Mother, I forgive everyone," - is very important. Now, put this hand at the back of your head and hold your back of your head tight and say, without feeling guilty; Ten times I say, without feeling guilty, hundred times I say, without feeling guilty you have to say that, "If I made any mistakes, please forgive me my Lord." Without feeling guilty you have to say that, "If I have done any mistakes, please forgive me," but don't feel guilty. Hold your head tightly into your hands. Without feeling guilty you have to say it. Don't feel guilty.

Please don't feel guilty and say that. Now raise your hand on top of your head. Put it on top and press it hard with your palm and move it clockwise manner but while doing that I have to tell you that I cannot cross your freedom, you have to ask, you have to say that you want your realization. I cannot force on you because you have to get the Ultimate Freedom, so your freedom is respected. You have to say, "Mother, please give me my realization." Put your hand, put it clockwise, clockwise, press it hard, press it hard. Put your hand, press it hard - the whole hand, open it out. Open your hand, put it, the whole hand on top of your head, your palm and the palm you just go on pressing and seven times and say that, "Mother, I want my realization." Now you put your right hand on your lap and don't open your eyes - both the hands, both the hands on your lap. Now please keep your both the hands on your lap and don't open your eyes.

Just don't open your eyes. See if you start feeling anything in your hands. Just keep your eyes shut. Now, raise your left hand on

your head, just and see for yourself - right hand on your lap. Right hand on your lap and left hand on top of your head and see if you are feeling the cool breeze coming out of your head. Raise it high, little higher than your head. About five inches higher than your head and see for yourself, if you are feeling the cool breeze on your head. Now you change your. Put your right hand down and put your left hand up and see - one hand down. Not both the hands up but one hand down.

Right hand down on your lap and see if there's a cool breeze coming. Again change over and see for yourself. Are you feeling the cool breeze on top of your head? Change your hand again and see, if you are feeling - put your right hand towards Me. Now those who are not feeling even now on the right hand can say, "Mother please be in my brain," because this is the brain is going again. Just say, "Mother, please be in my brain." Put your right hand towards Me and left hand on top of your head. and say it seven times, "Mother, please be in my brain." Because mind is shifty and it's going from here and there, so please see that you get your realization. Say it seven times and see for yourself.

Now you can open your eyes and I will tell you how to raise your Kundlini. Is very simple it is. You put your left hand before you, your Kundalini, like this, while sitting - left hand put it like this and the right hand has to move like this round it - up, forward, downward, backward. Now what you do - you start moving like this. Put the left hand up there go up, up, up. Now, loosen your shoulders, put your head back and give it a twist and give it a knot. Again. You have to do it three times. Watch the left hand and now loosen your arms, give it another twist and tie it, give it a knot. Now third time you have to do three knots.

Let's do it again. One, two three. Now see in your hands are you feeling it? Just keep your hand if you are feeling the cool breeze in the hand - are you? Now you can put up your hands [UNCLEAR - SELF?]. Now put up your hands, like this, all of you and just ask a question in yourself, "Is this the breeze of the Holy Ghost?" Just put your hands and ask the question, "Is this the breeze of the Holy Ghost?" ask three times. Now bring it down and see for yourself. It's complete silence within yourself, if you see.

There's no thought and a complete silence. Most of you have got it. Those who have not felt the cool breeze on the head or in the hand, raise your hand. Those who have not felt at all. Everyone has felt it, you all have got Self-realization. You have all become saints, you're prophets and you have powers to make others' prophets. You have to just learn how to do it, you've got it, all of you have got it now - nothing to worry. Such nice people have come, I'm very much fortunate to see you all here. May God bless you! Tomorrow I'm going to come here again and I will tell you about what is to be done after realization, how to work it out and day after tomorrow we're having a kind of a cleansing in a big way for which I will tell you if you all can come and see Me in the place where we are because it is not a very big place, it's a small place and I don't know if you can do it but if we can manage, we should do it.

May God bless you! Now, don't talk to each other, don't think about it - just has happened to you, you cannot discuss it or argue it. Go home in silence, have your food and sleep off and come tomorrow again - I'll establish in you. May God bless you! Now you can give them books, if you have, for today but if you read the books, again your mind will start working. Give them day after tomorrow - will be better. - So, what happened, saw him now? - Yes, Mother. - Good! - Excellent!

Wonderful people! - So cool! - So cool, absolutely! Tremendous - They all got it. Beautiful vibrations, so strong! Such strong, so strong!

1983-1009, What is going to happen after Self-Realization?

View [online](#).

9 October 1983

What Is Going To Happen After Self-realization?

Public Program

Toronto (Canada)

Talk Language: English | Transcript (English) – Draft

Public Program Day 3

TRANSCRIPT OF PUBLIC PROGRAM TORONTO, CANADA 1983-1009

[Dr Warren gives an introductory talk. The transcript of this talk follows the main program transcript].

Shri Mataji: I bow to all the seekers of joy. What Warren has told you is Absolute Truth; no doubt about it. But we were not so sure as to say these things out or not. Because it is not tactful sometimes, to tell these things to people. The Truth is too much, for people already overlaid with ego, problems and pressures, to bear. But it is not so great for Me to be That. Because if you are That, what is so great? Is nothing special. It's like, if you are the sun, you are the sun - so what is special about it?

But it is for you to be something great because you have to achieve it. Those who have to achieve it - it requires courage, it requires understanding and it also requires depth. If you are a shallow person, you cannot achieve it. It is very difficult. One has to settle you again and again, and again and again - still you do not settle down. So for Me, it is nothing. It is so innate; I know it is so. But for you, it is something you have to achieve, become - and the becoming is the point you must understand.

Yesterday I told you that I am going to tell you what happens after Self-realisation. And that point I am going to tell you today. Because maybe, after the Puja we may not be able to talk much about it. Now when you have got these cool vibrations in your hands, for the first time you start feeling the all-pervading power around us. For the first time you know there is something which is pulsating all over. Which is active.

On the gross, this happens - that you start feeling it on the central nervous system. But you have to know what it is that is doing the job. How it is working. Because we must understand the nature of the Spirit which is within us. Because even if you come to the destination you have to know what destination you have come to, and what sort of a place it is. Suppose I come to Canada and you give me Canadian money. And I don't spend it. I won't know the value of it, isn't it? So in the same way, even if you get the wealth of the Spirit, you must use it and you must understand - that once you start using it, then only you will know the blessing of the Spirit. What it has done, what it has given you.

In Sahaja Yoga, you have to grow. You have to become. So now, once the seed has sprouted, it is a very delicate time. And that is the time when most of the Western people fail. Because they try to think about everything, they try to rationalise everything. You cannot rationalise everything. You cannot rationalise how you got your realisation. You do not know how to get it. But still, they will rationalise it. That's why I see that people in the West have to go up and down, up and down.

You can imagine, in London, for four years I was working on six people. Four years it took Me. The first foundation of the Western world. During that four years, I worked very hard on them. And My husband couldn't understand it. He said, "What's the matter? Once you have given them realisation, what's the matter? Why are they coming here every week?". I was living in the suburbs; they used to come every week and they would spend every weekend with Me. He couldn't understand what was the need?

So one of them, who was a French girl, she said - because my husband is dealing with ships - she said, "Suppose you have a fifth-hand ship, then what do you do?". He said, "I scrap them". She said, "You cannot scrap; we are dealing with human beings

here. So Mother has to work on even the sixth-hand ships. We are fifth-hand ships. So She is working on us”.

But actually, what I found, that every time we raise the Kundalini it would come up and then it would come [UNCLEAR] and down. And would create a barrier between them and themselves. And the - this ego is such a terrible thing that it does not allow you to see the Reality. That's why people crucified Christ. Just think of it - why crucify Christ? Think of it - why did they crucify Christ? He didn't take any money from you. He didn't do anything. He came here to do some good to you. Despite that, why did the people crucify Him? Because of their ego. They could not bear to see that Christ came as the son of God.

Even the Jews said that we will not accept You as the Messiah. Our Messiah is going to come after two thousand years more. Even this two thousand is postponed every time. You see, now two thousand have passed; against two thousand is going to come. And they do not want to accept that Christ came on this earth for their salvation and for a special purpose, as he has told you, for your ascent.

So they said, “All right. We don't believe in Christ. So we must suffer”. Because Christ said, “I have suffered for you. You don't have to suffer at all”. So they said, “Now, though He has said it, still we must suffer because Christ came on this earth and told us. But that does not mean we must believe Him, that He suffered for us”. So they got mister Hitler on top of their heads and Hitler; they suffered a lot. Still, they have not learnt a lesson. Still, they don't understand. Still, they talk of suffering. Or what suffering do Jews have? I don't know. They only suffer - make others suffer. This is what it is.

So one definitely has to understand that Christ came on this earth to suffer for us. And He has done all the sufferings; you don't have to suffer anymore. Suffering is over. Now don't go ahead with the suffering idea. Still, among Christians also, I was amazed - they are carrying on with this idea of suffering. They think you must suffer for the ascent. Because if you believe in Christ, then you must not suffer. Why do you want to suffer? If you have really achieved the belief in Christ, that He has suffered for us - then there is no need for you to suffer.

But the people go on thinking like that. That one has to suffer. And if you tell them something - just what is the truth - they don't like it. They just don't want to see it. They just don't want to hear it. They don't want to know about it. This is the trouble with the modern world, that they have their own conceptions, own ideas. And they don't want to see the reality.

But this is a very precarious time also. This is the time of your last judgement. This is the time of your last judgement. That is why so many people are seeking. The blossom time has come. And so many people have to get their realisation. If they do not get it, they do not get it. And then they are missing the point. And the last incarnation is coming. That time there is not going to be any talk, any counselling, any redemption or anything. What is going to happen - that whatever is alright, have to enter into the Kingdom of God. The rest are completely destroyed in a very bad shape.

All these things have been suggested already, before also. And if you go and see also Michaelangelo's Sistine Chapel paintings of Christ. You will see His Agnya chakra. Christ is standing like a robust personality. He is throwing people at the Agnya. He is throwing them up and down. And only those who are saved, He takes them up. It is very clearly shown. But still, people are not understanding. That you have to become something greater. You have to become a prophet. When you are seeking. You should not be satisfied with mundane things. With the things that pamper your ego.

You should not try to pamper your ego. But seek your Spirit, become your spirit, become your Reality. That is what we have to face and understand. Now, this Reality is the Spirit. So you become, as I said, “become”, collectively conscious. You start feeling on your fingertips. Yesterday only, some people who got realisation - they started feeling. You can feel another person on your fingertips. You can feel yourself on your fingertips. I have shown here - you can see the different colours that are shown - that's how it is decoded.

Now, who's going to tell this decoding? I have to tell you about the decoding. You can verify. It's Absolute Truth.

The other day I had a person interview Me and I was surprised. He was saying, “Everybody claims it like that”. True, but when I

claim it, it happens. It is actualisation. Why don't you take actualisation? I don't take any money. If you can have it for free, why not have it? This is the point one must understand - that you have to become something. You have to get something. You have to achieve it. That's why you are on this [UNCLEAR/earth]. And if you think you have got something, then what can I say? If you live with that myth, I have nothing to say. But if you have to get it, you have to get it. And not only that - but you have to rise, which is growth, you have to become complete knowledge. That is what has to happen.

Like as Warren was saying - or anybody; we have so many like that in the whole world. I can tell you there are so many people. Who did not even believe in God. Who were atheists. Those people - say Jews. So many Jews are our disciples now and they ardently believe in Christ. And they know that Christ exists. So many Hindus who never believed in Mohammed Saheb. They hated Mohammed Saheb. They said Mohammed Saheb was not an incarnation. And so many Jews also hated Mohammed Saheb. But now they know that Mohammed Saheb is such an integral part of our being, they respect Him.

As Christ Himself has said, "Those who are not against Me are with Me. Those who aren't - you should find out". He has said it clearly. He has said so many things clearly. But you must know He was given only three and a half years to exist. After that, the ego of people rose and they [UNCLEAR/went against] Him. For nothing at all. Today the life is changed and everybody is forgiven. He Himself has said, "Everything will be forgiven. But anything said against the Holy Ghost won't be forgiven".

The reason is, after the Holy Ghost's advent, you all will get your realisation. You will all feel the vibrations. You will feel it. You will know what is right and wrong. You will have your discretion. And once you have your discretion - and then you try to crucify the Christ within you - then you will be punished. That's what it was meaning - that you have to become. He has said that you have to be born again. And this born again - I was amazed that people are doing these tricks of just giving you baptism and all that. And sometimes they self-certify it.

And some of the "born agains" as I told you, brought some Bible to meet Me. Imagine, with a Bible they came to Me and they are called "born again". With such a temper. How are they born again, if they have such a terrible temper? And they have such a horrible nature. They cannot see anything through - they have no discretion. How can you call them "born again"? Such certifying themselves, "born again". And shouting on the streets - they think they can achieve their ascent? They cannot. It has to happen within yourself. It has to work out within you.

And whatever is needed; I am willing to tell you. Whatever you need to know about it; I am willing to tell you. But you must learn all the methods about the Divine process.

Not for yourself - you will, of course, grow very fast. But for others. Now you have to help. Christ has said, "The light that is to enlighten should not be put under the table". So those people who get enlightenment have to give enlightenment to others. And they have to know how to do it. As you know, Doctor Warren has come all the way from Australia; there are so many people who have come from so many countries. Just because they feel, "Now we have got enlightenment, we have got the joy and, we have to share the joy with others".

Now this Spirit that is within us - first of all, it manifests the quality of collective consciousness. First thing, you start feeling the light within yourself, you start feeling what is wrong with you. For example, if I tell somebody, "You have ego" - he will shout. But here you start seeing, you start seeing how the ego is throwing you and taking you around. Then you should know how to remove that ego from you. Not by fighting, but balancing yourself. That is how you have to take it out.

Even Doctor Warren can say that - because he was before you, I can say that he had a tremendous ego. Tremendous ego he had, when he came to Me first. But with love, affection, understanding and his own growth, he understood that this ego is useless. [UNCLEAR/It needs to be] given up. And then he got rid of it. Very simple to get rid of your ego because you start seeing it.

Then, once you get enlightened, you start seeing your own centres within yourself. You know what's wrong with you. People who had cancer; didn't know they had cancer - suddenly discovered they were going towards cancer. So, the treatment they started taking from this, and they got cured. People who go mad do not know until they land up in the lunatic asylum, that they are mad.

So they started treating themselves and they got all right. Those who are sick do not know they are getting into sickness.

But in Sahaja Yoga, you can get the whole diagnosis. In a second, in a split of a second, you know that this is the problem that a person has. Maybe, out of decency and graciousness, one may not say it; he will keep quiet. He will not say it, that this is the problem. Supposing somebody has cancer. A Sahaja Yogi will not say you have cancer. But they will just talk in the words of the chakras. When they say, "this chakra, this chakra", then they know it's cancer. Now, it's cancer - they know how to cure it. They will tell you what is to be done. What is to be awakened, what chakra is to be put right. You know how to cure yourself. Once you cure yourself, then you can cure others.

It is not only curing; the physical side is not important. But as the awakening of the Kundalini takes place - physically, mentally, and emotionally, you will be all right. Just you feel all right. Now, there are some people here who have suffered a lot. Physically also, they got cured. Some people were mentally upset; they got cured. Some people who were alcoholics, terrible alcoholics; some people who were mad, from the lunatic asylum - they got all right.

So, it is such a tremendous force that is working. It is all your own. It is within yourself. It is just to be awakened. And once you allow it to grow, you become such a dynamic person. There is no fear in your mind. There is no restlessness, there is no tension. And you see your own beauty. Because Spirit is the beauty. Spirit is the glory. The only thing is you have to see it and know it. That is how.

Now, the second thing that happens with this is that your attention becomes collectively conscious. Your attention becomes. Now, this attention is spread out all over the place. It is not here. It is all over. It is like the ether. It is everywhere. And sitting here, you can find out about anyone you want to find out; just putting hands like this and putting attention to that gentleman you can immediately find out what's the matter.

Now for example, if I say that such and such person was a realised soul. Now how do I [UNCLEAR], that he is a realised soul or not? You just have to put your hands like this and you can find out. Even if he is dead, you can find out whether he was a realised soul or not. And you will immediately find out he is a realised soul.

You become so sensitive, so sensitive to Reality that immediately you will find out, who is a realised soul - sitting here. Immediately you will find out who is the person who is sensitive to Divinity. It is so simple because you become - you become the light. You can see the light. But before that, you are in darkness. And you do not know which is the light and which is the darkness. Whatever mistakes you have committed in darkness, whatever has happened has happened - it is the past, forget it.

What you have to do is now enlighten your light and improve your light. Improve your lamp. Lamp, if it becomes dirty sometimes - it does not have a proper glow, it does not have a proper amount of oil, it does not have a proper flame coming out - so you have to, first of all, see to it, put it right. Once you have put it right, once you see - you can see in that light, yourself and you can see in that light others.

But that is the light of Love. So you don't tell people. You don't abandon them. You don't get angry with them. You have all the quality and you just nourish them with your love. You just fulfil them with your love. You just see that they get to the right path.

Up to a point. Up to a point, the Divinity goes. It goes up to a point; then It recedes back. If it sees that the person is very much in the clutches of negativity, then it just leaves the person and is not bothered. Because you also have to desire to get out of it.

Like a person has his foot in the mouth of a crocodile. And somebody is trying to pull that person in the boat. Now he wants to go into the mouth of the crocodile as well as come into the boat. You have to know that you have to give the crocodile a kick and get out of it. If you cannot do it, it is very difficult. If you are still praising the crocodile, then the Divinity says, "All right. Have the crocodile and go with it". So this is what is the simple method of understanding Sahaja Yoga - that it is you who has to desire it.

You have to ask for it and you have to get it. Nobody can force Sahaja Yoga on anyone, it cannot be done. That is a big difference

between any other guru and ourselves. We cannot force anyone. If you want to come in, well and good. If you don't want to come in - doesn't matter. We have nothing to say. You go ahead; you go away.

And that's what happens, there are two types of forces in Sahaja Yoga. One is centrifugal and another is centripetal. By one force you are attracted; by another force, you are thrown out. Because there is a circle going around. So many people are thrown out.

In the West especially, many people are thrown out, I find. Because the people are really very ego-oriented. Very ego-oriented. I think so also because they are not very integrated. They are not very educated, about - they do not understand what is Reality. In India especially, we have a great advantage over others because, like the one he is telling Me about, the prophecy of William Blake here. But nobody reads William Blake here.

But in India, everyone knows about the prophecy of Sahaja Yoga. Everyone. It was done about sixteen thousand years back or fourteen thousand years back - as old as that. That when the Sahaja Yoga will start in 1970, this will happen, this will happen. Sahaja people will get their realisation; there will be no need to have a hospital. That such and such personality will come and it will show - such an elaborate thing is written. By a great astrologer, I mean, the pioneer astrologer called Bhrigumuni. Before Bhrigu Samhita.

So this is how those who are in India and read. I mean, those who are Westernised Indians are absolutely neither here nor there because they don't read these things But those who read Sanskrit and those who know Sanskrit, and those who go into details know - that is how will be proved and that is how it will be shown.

Another thing we have an advantage, is we believe very ardently in astrology. We believe in astrology. And we have methods of finding out who is an incarnation, who is not. Who is a devil? Actually most of these gurus who were born; they change their dates of birth. Because as soon as they declared their dates of birth, it was [UNCLEAR]. And people said, "Oh, these are devils". We have special systems by which we can find out if somebody's a devil and or an incarnation.

So now, they have [UNCLEAR/cast?] everybody's and now they have changed their date of birth. But they did not know what date of birth to have. It was quite a confusion. That's how people discarded them. So they ran away to America. And they are befooling people. We have so many sciences in India by which we can detect. But Americans - they don't understand. They have no discretion. For them, everybody is a guru. Everybody is a great thing.

You see, they have such blind ideas about [UNCLEAR], that I am Myself shocked. That I asked them, "What did you get?". They said, "What is that? What is the idea? Oh, I felt peace".

I said, "Really? You think you are peaceful? Sure?". "I think...".

"And how much you lost?".

"I just paid six thousand dollars, that's all".

That is what it is. You must know what you get out of it. And that's the point. You start understanding, what you have got first, is the manifestation of your own Spirit, your own power that you start feeling. So you better use it and see for yourself.

So the Western mind goes like this; first, it verifies - is it true or not? What Mother says is true or not? Let's verify. Like one gentleman got his realisation in London and he said, "Mother, I want to know how is my father". I said, "Very simple. You just put your hands like this and ask in your heart, 'where is my father?'". And he started getting a burning sensation here. He said, "What's that?". I said, "This is all your father's centres and this is the centre of the throat. So he must be down with very bad bronchitis". So he was amazed that how can that be?. So I said, "Yes. You just find out from your father".

So he telephoned him in My presence only. He telephoned his father. And the mother said the father is not well. And he is down

with very bad bronchitis. The same sentence she used. He was surprised, you see. I said, "Now I will tell you how to cure him". After three-four hours, his father rang up and said, "I don't know what just happened. I am all right".

You can do all this. But one has to, first of all, cleanse yourself. There's lots of cleansing needed within ourselves. We should not take to ego. And understand that we need cleansing because we have done mistakes. But you cleanse yourself. Nobody is going to cleanse you or tell you that you cleanse this way or that way. Nobody is going to tell you that.

You have to cleanse yourself. And this is a very simple method by which you can do it by yourself - without any difficulty, without any head-breaking in that. Even children can do it. Even children can do it. So, it is so simple. So that you can understand all these things in no time and you can practise it and you can become the master of yourself.

Then the second thing is that once you are absolutely, collectively conscious and you start practising it, then you think, "This is the truth". Because everybody says the same thing. Because if you have ten children who are realised souls, you could tie up something on their eyes and ask them about a person who is sitting before them, "Now, what's wrong with him?" They will give the same thing. They will say, "This is burning". That means this is wrong. If this is burning, that means you have a bad liver. And you just treat his liver with your vibrations - and he will be all right.

Today only, just before coming, there was a lady with Me and she had a bad knee. And the knee had come out. And in five minutes she felt better. It's very simple. But you see, people can't believe how it can be so fantastic. But you do not know how fantastic you are. Then you start discovering the truth. That you are fantastic. That the whole instrument is made fantastic.

And it is so perfect; the whole engineering is so perfect. And so efficient that you are amazed. Like, one day I was in Bedford. I was giving a lecture like this. From seven to eleven I was giving a lecture. And one boy fell down, I don't know, how many miles away from that place. By a bike. He was going on a bike and he just fell down. Very low, he fell down.

And when he fell down, he got very frightened. They telephoned the people to come and do - what you call - carry him and look after him. So they asked the hospital people to send some sort of a vehicle. And I think they sent an ambulance there. When the ambulance arrived, by that time, this boy walked up. They couldn't believe it. I mean, anybody could have been dead by that. So he walked up.

And when he walked up, they took him to the ambulance and he said, "I am all right". They said, "How can you be all right?". They took him to the hospital. He said, "I am all right. Because the Lady in white came in a white Mercedes". And I have a car of my own, a Mercedes car, a white car. "So She got down from the car". And at that time, I was giving a lecture before six hundred people in Bedford. "And She walked down, and She cured me. And She left a little boil at the base and She said, 'You come and see Me for this. And then I will cure you' Then She went away".

So, they were amazed. They said, "How can that be?". "Yes, yes, there was a lady - definitely I saw". The next day he saw My photograph in the newspaper. When he saw My photograph in the newspaper, then he was amazed. And he told the police. Because the police were there also. And he told the police that this newspaper has got Her photograph. This is the lady who cured me.

So they wrote to the people who organised it. And they published it in the newspaper. So it is all in the newspaper, the whole story about it. That this is what happened. This is the Lady who came. And that time I was giving a lecture before so many people so they were witnesses.

Now how do I do it? People may say, how do I do it? Of course, I can't tell you how I do it. It's rather difficult. It's a different machinery I work with. But it's very simple to understand if I say, there's television which is universal. You can use anything. Whatever you have produced outside, it's all inside. You can use this thing. You can work it out. And without even being conscious of it, you can work out so many things. And it can work out in so many ways, that you are amazed how it can work out.

I don't know if Warren has told you how petrol was over and they were to do Sahaja Yoga jobs. Australia and I said we must start the work here. And they had no petrol; there was a petrol crisis. But they said, "All right, we will do as long as we can, with the petrol". And they did the whole tour in twenty-one days. And after twenty-one days when they went to fill the petrol because that was over in the crisis.

There was only one-litre space left. So the gentleman said, "How can I fill it? There is only one-litre space left". So you don't know, God's ways are so great. Krishna has said clearly, "Yoga Kshema Vahamyam". If you get your yoga, if you get your union with God, then He looks after your well-being. So you are helped in every way possible. Even the national problems are solved. If there are a lot of Sahaja Yogis.

For example, in India, if there was a lot of poverty, things are changing so fast that you can't...Despite the fact we have a government that is not so good - all sorts of problems are there. Especially in the area called Maharashtra, where Sahaja Yoga is taking root in their thousands, they have become very prosperous. Where not even a grape used to grow, it is not full of grapes, full of so many things. And they are now going to also produce apples.

And now, what they are doing is to put their vibrations for the tree and all other trees. And the trees have become so much blooming and so much better. That is a fantastic thing. And in such a short time, to tell you about it is too much. And people can't believe it. It is better that you come and see for yourself how things can change. When you become divine.

Because you must know that God Almighty is really God Almighty.

He knows everything. He knows how to manage. He knows how to [UNCLEAR]. You must enter His kingdom. You just have to enter His kingdom. And then you see how blessed you are. Only that you have to do.

For that, you don't have to worry. What you have to surrender is your ego, that's all. Just surrender your ego. And when you surrender your ego, you can enter into and you get all the blessings, all the blessings of God Almighty. This is what, when you start realising; so you become the Truth. You become the Truth. So the second quality of the Spirit is - you become the Truth.

And you start understanding - Truth is so great. The mechanism is so great. How it works, how efficient it is, how nicely it works. You are amazed at how it works. Then thirdly, what happens is that once you become the Truth, you start discovering Truth in every scripture. You start understanding every word in the scriptures. You start understanding every word in the Bible and other scriptures. And you are amazed that you have missed this point.

Your knowledge becomes tremendous. You become so tremendously alert and knowledgeable. That people are amazed. Many a time, I have seen, when these newspeople came, they said, "Have you got only the scholars as your disciples?". I said, "No. Some of them, they are just driving a bullock cart". They are not scholars at all. Very simple people.

And the other day, I was going in a village on a bullock cart. And the gentleman was driving the bullock cart. When he started speaking, I was amazed. Like a saint. Like a great saint was speaking - such knowledge. I was surprised. From where this knowledge has come? And I asked him, "How are you? Are you all right?" He said, "Anant rakhile, raise raahat". He said, "Whatever the Eternal has kept me, in that [UNCLEAR/I am happy]". Such great words - I was amazed at him. The satisfaction and joy that he had.

And the vibrations were flowing so well. And he said, "These bullocks that are taking them, they are such tamed ones now. Otherwise they are not, they are so mischievous. The way they are behaving now, they also know who they are taking". Like that, in small, small things they start seeing the beauty of knowledge.

Now, this happens to you and then, when you become the Truth, you start seeing the Truth. You become absolutely thoughtless when you see something [UNCLEAR]. And the joy of that whole thing just drops on you. Then you get the joy. Then you get the

joy. And the joy starts flowing through you.

But for a villager, the joy comes [UNCLEAR/spontaneously]. He doesn't verify, he doesn't justify. He just jumps into joy; an ocean of joy. Any time they write a letter - "We are now swimming in the ocean of joy". That's the letter I get from them. We are now swimming in the ocean of joy. But for a mind which goes on finding out things, it takes time. It takes time to develop into it. Doesn't matter. Still, anybody who comes to Sahaja Yoga, I have not yet come across - who has worked out assiduously.

You must have patience. Patience with yourself and patience with others. If you have patience, it can work out very well. Within a month's time, I have seen people [UNCLEAR]. So it doesn't take much time to settle down. You don't have to pay anything. You do not have to do anything. But then, the joy of being in the company of Sahaja Yogis, the joy of being with each other, the joy of sharing - the whole attitude changes.

Now we have with us a few English ladies, who are actresses you see. They are used to a sort of a very elite type of life. And they came all the way here. And they were telling Me, "Such a joy inside". And they were telling Me, "Actually we are in a small little place and from all other practical things we can say we are not very comfortable, there is no privacy". But they are saying " we are having such a nice time. They must have been on so many holidays before . But they were saying, "We have never enjoyed any holiday before. This is the best holiday we have had".

So that's what happens. You get into the joy of the company of human beings. Human beings are so beautiful - like flowers they are. You start getting the fragrance from their being. Now all the barriers recede. You don't think that you are a Canadian or you are an American or you are an Indian. But you become a human being.

Once you become a human being, you start enjoying the beauty of other people. This is how the emancipation of the whole world has to take place. Of the whole humanity has to take place. There is no other way out. Now you can see how few people have come here. That shows how Reality very few people like. They like falsehood. You see, if you have horns around you, if somebody is blowing the trumpet, or doing some sort of jugglery or if you take money from people and put it in the great advertising and all that - then people like it. But they don't like simple things which are great.

So you have to understand - to make a real person is not easy. To make an artificial one is very easy - you have to make, say plastic flowers, you can make thousands. But to create one real flower takes time. And that is why you have to be careful about it and see to it that you all become real flowers of the great fragrance of Divinity.

For this, I have to work very hard. You have no idea how much I am working. Day in and day out. Now for the last one and a half months, I have been speaking every night, every night. And I travel to [UNCLEAR/where we have a program]; every night it is like this. I go home; till the 29th I will be doing this. And on the first I go, they have a very big program in London. So I don't know how many days of rest I have.

But I don't need any rest. This is My rest and this is My joy and this is My peace.

May God Bless You.

This is a very big subject and you cannot cover it in such a short time. So tomorrow if you are coming, I would like you to stay for lunch. I will cook something for you. As a Mother, I must cook something for you. So we are going to cook something for you tomorrow morning - you should take your lunch. But I would like to know how many people would be coming. Accordingly, we would like to cook. So let us know, all those who want to come tomorrow to puja.

And the puja is a thing, one must understand, that I gain nothing. I gain nothing. On the contrary, sometimes, the vibrations are too much if the people are few. Then I find it difficult. You see, I have to do something special to take out the vibrations. Because all the chakras start working so fast - people don't receive it if they are few and closed people. In India, it's very easy to have the puja.

But these nine days are very important. And that is why we are having this puja on these nine days. And tomorrow is a very powerful day again. And it might be that you all may feel that depth within yourself. And you may all get your deities within yourself awakened. And might feel a great experience of your Spirit. Emitting out, manifesting. And if that happens, you will be very well settled down within yourself.

So, this is a thing we have arranged tomorrow for all of you. Those who would like to come, let us know. It's a small room. In case you are coming, we will have it in an open space. But if you are (not?) coming, we will not have it in an open space. But it will be good to have it in an open space. The whole atmosphere can be changed in Canada. It is very depressive, I think. Economically also and people are having problems. And they can be solved with Divinity. Just can be [UNCLEAR].

So I would request you, all of you to let us know - those who want to come and those who would like to have this puja done to them and, for the lunch we are going to have. Little lunch and then I have to fly out. I have to go to the airport. At about one o'clock, I have to reach there. So we have many things to do tomorrow.

So you are all cordially, lovingly, affectionately invited to come down for the puja. You don't have to bring anything. I don't take anything, as you very well know.

May God Bless You.

Let us have the experience I think.

[Shri Mataji speaks briefly with a Sahaja Yogi].

Shri Mataji: Now, a simple thing as I requested you - you have to take out your shoes. Because this Mother Earth helps us. Rather cold, but doesn't matter. For a while. Because it will work out very fast today. I think, with these declarations, it works out very much faster.

You have to put both your hands on your lap, like this (outstretched). As we did yesterday, you have to use your right hand for expression of the action that we have to take, to fill in the different centres that we have. We have certain deficiencies in our centres which have to be a little bit nourished. If they are nourished, they can help us a lot.

So let us have the left hand like this, all the time. Like this, keep it on your lap. Be comfortable. You can also even remove your spectacles. It is a good idea. Because it improves your eyesight. You don't have to keep your eyes open. You have to keep your eyes closed all the time. Please don't keep your eyes open. That will help a lot.

Yesterday there were a few people who would not close their eyes. I know they did not get realisation. And then they started saying, "I have not felt the realisation". So I said, "I had requested you to keep your eyes shut." Is nothing much to be done. Just to keep your eyes shut. That's all. Because the Kundalini, when she rises, you see, it is like a happening takes place. And the whole attention is taken inside.

And if your attention is outside through your eyes, it is rather difficult for Kundalini to rise. She is your mother and she is so considerate. And she doesn't want to disturb you. So better keep your eyes shut so that the attention is taken fully and you don't feel any pull of the attention in yourself. That will be the best for you, to keep your eyes shut.

Now, keep the eyes shut and both the hands like this (palms outstretched), to begin with.

It's already started.

Now put the right hand on your heart. Don't open your eyes. Till I tell you, please keep the eyes shut. Put your right hand on your heart.

Take out your spectacles, please, it will help.

Now, on the heart, when you put your hand, say it very sincerely. You have to ask a question to Me. A very sincere question you have to ask. You can address Me as Shri Mataji or you can address Me as Mother - whatever you like.

Say, "Mother, am I the Spirit?". Ask the question. "Mother, am I the Spirit?". "Mother, am I the Spirit?". Ask the question thrice.

Now put the right hand, the same right hand, on your stomach, on the left side. And press it. This is the centre of the Primordial Master. Of Moses, Abraham, all these great prophets who have been on this earth.

Here, you have to say with full confidence, "Mother, I am my own master". Because if you are the Spirit, you are your own master. You don't need any guru, you don't need anything. Just say, "Mother, I am my own master".

No, on the stomach. Say it ten times.

You are not to feel guilty when you say it. Please don't feel guilty. That's a very common disease with all of you. Just feeling guilty for nothing at all. There is nothing to feel guilty about. Don't feel guilty.

Now take the hand a little lower still. A little lower still. On the stomach. And push it back.

Here, is the centre of the Divine activity. So just say, "Mother, please let me know the laws of Divine activity". It is called as "shuddha vidya". Called as the pure knowledge.

Say it six times. Six times I am saying because they are the petals of the different centres.

Please don't feel guilty. You are quite capable of knowing everything. Forget the past. Forget the past. Just forget the past. Bury the past. Past has no meaning.

Now, again put the right hand on your heart. Now here, with full confidence, you have to say, "Mother, I am the Spirit. I am the Spirit. I am the Spirit". Say it twelve times. With full confidence. Without feeling guilty. You must not feel guilty at all.

Now hold your left side neck on the base of it, on the shoulder. Don't move your left hand. With your right hand. Keep your left hand as it is. With your right hand. You hold it in this manner. And just press it. This is the place where you feel guilty and there is an obstruction.

Now you say sixteen times [UNCLEAR]. Turn your head in this manner. And say, "Mother, I am not guilty". "I am not guilty". Say it again and again. Sixteen times you must say it.

Better. Say it sixteen times.

[Shri Mataji is holding a lighted candle in front of Her Left Vishuddhi. Dr Warren comes up and moves the candle sideways across Shri Mataji's Left Vishuddhi].

Now put this right hand on your forehead. Forehead, across.

[Dr Warren is holding the candle near Shri Mataji's Agnya].

At this point, which is the centre of Christ, you have to say, "I forgive everyone". You have to say it.

[Dr Warren moves the candle in a bandhan across Shri Mataji's Back Agyna. Shri Mataji rubs Her palm and indicates Her Left Vishuddhi finger. Shri Mataji rubs Her palm and Left Vishuddhi finger vigorously].

Now put this right hand back, without feeling guilty again. Again I say, three times, hundred times, not to feel guilty. Put your hand on the back of your head. Because the same centre comes back side also. There are two petals of the same centre.

Here you push it hard inside. And say, with full confidence - without any guilt, without any fear - just like a flower you have to become. You have to say, "My Lord, if I have made any mistakes, please forgive me". Without feeling any guilt; just say that.

[Shri Mataji indicates to Dr Warren who moves the candle across Shri Mataji's Left Vishuddhi a few times and then Back Agyna and the whole left side].

Now put the hand on top of your head. Top of the head. Absolutely on top. Press it hard. With your palm. And move it clockwise. Press it hard and move it clockwise. At this point, I cannot cross your freedom. Because you have to accept that you want to become a realised soul. And you want to become a saint. That you want to be Self-realised.

So you have to say, "Mother, please give me my Self-realisation". I cannot cross. That is why I am telling you that you have to say it. "Mother, please give me my self-realisation".

[Dr Warren moves the candle from Shri Mataji's Front Agyna to Back Agyna].

Say it seven times. After saying that, put both your hands on your lap as they were. So don't open your eyes.

Don't think. Don't think. You are beyond thinking. So try not to think. Just watch your thoughts.

[Shri Mataji moves the candle across Her front. She turns to face the seekers with the candle in Her hand].

Now you put your right hand on your head. And higher.

And ask a question because it is declared today. 'Mother, are you the Holy Ghost?'. Ask three times.

[Shri Mataji is moving the candle up and down].

See there is a cool breeze coming out. Ask the question again and again.

If you feel it, the cool breeze, then you say, "Mother, you are the Holy Ghost".

[Shri Mataji moves the candle flame across the chakras on Her Left Palm].

Now you can raise another hand and put this right hand down below and see. With the left hand also you should feel.

[Shri Mataji continues to move the candle across the chakras].

Just see how you are feeling on the other hand also. Right hand towards Me and left hand on the head. See if you are feeling. If you are feeling it, it's all right.

Now you can ask, "Is this the breeze of the Holy Ghost?". Because the Holy Ghost is reflected within you as the Kundalini.

[Shri Mataji moves the candle close to chakras on fingers, holding close to Agyna. Dr Warren takes the candle and moves it across Shri Mataji's Back Agyna].

Ah, it's there.

Put down your hands, please. Now, watch Me and you will find, there's no thought. Just watch Me.

[Shri Mataji rubs Her Forehead alternating between Her Left and Right Hand].

Just rub it here. Some of you have problems in this part.

While rubbing it you should say, "Mother, am I the part and parcel of the whole?". Rub it hard. Say, "Mother, am I the part and parcel of the whole?".

Here, here on top of it [position of Virata]. You see, at the end of your forehead. Here, on top. Here. Here, here.

This is the centre for that. "Am I the part and parcel of the whole?".

[Shri Mataji holds the candle near Front Agyna on Her Forehead].

Clear now. Is it clearing now? Better? All right? Is it flowing?

Good. Better now?

[Shri Mataji puts down the candle].

I think all of you have felt it. The cool breeze. Those who have not felt, please raise your hand. It's very subtle.

You came only today, is it? You two, came today only?

You too came today? Yesterday you were there.

Didn't feel it? Just see to her. Tell somebody to see her. And these two persons. They will see.

Dr Warren: Anyone else?

Shri Mataji: Anyone else please get it corrected now. Because tomorrow for puja those who have not felt it should not come. It will not be all right. Just see him. This gentleman.

Have you got it? James, what is the problem with the lady?

What's the problem? Malcolm?

Sahaja Yogi: It's cool.

Shri Mataji: Oh, you got it. Maybe she has Vishuddhi. Do you smoke?

Seeker: No.

Shri Mataji: Never smoked. You used to smoke sometimes.

Seeker: No.

Shri Mataji: All right. Now got it. These two.

Sahaja Yogi: They are cool.

Shri Mataji: They have got it. You have got it. Just see on your head. It's very subtle, you see. The first time you have come? It's very subtle. It takes a little time. The first time you have come doesn't matter, as long as you have [UNCLEAR/felt the cool], it's all right. Just you can feel it there.

All right. It's very subtle. The first time you have come doesn't matter, as long as you have [UNCLEAR/felt the cool], it's all right.

Are you all right? What about you? Have you felt the cool breeze today?

Dr Warren: [UNCLEAR]. Everybody who's been before has got it.

Shri Mataji: It's all right. Have you felt it? No? You have felt it. Have you felt?

Seeker: It's cool.

Shri Mataji: Good. It's cool.

Seeker: I feel it only on one hand.

Shri Mataji: Only one hand. Don't feel in the right. Then put the right hand towards Me. You are feeling on the left. Then put the right towards Me.

Yes, right towards Me. And just try. Right towards Me. And the left at the back. Just like that.

The right hand down. And the left hand in the back. That's all.

Shri Mataji: Are you feeling in both?

Seeker: Little more on the right.

Shri Mataji: More on the right than the left? Less on the left, is it? The one that you are feeling less, you put towards Me. In whichever way, it is less. You are feeling less in the left. All right, put it up. (Shri Mataji raises Her Right Hand).

Now, only I have to tell you how to give a protection to your aura. That's very important. As soon as you go out, there are negativities which catch you. So be careful. What you do is put your left hand.

[Shri Mataji turns around to Her photograph].

Ekadasha is too much. All right. What you have to do is put your left hand towards Me like this (outstretched) and give yourself a bandhan. How do you give a bandhan? Very simple. Rub your hands. A little bit you can also (Shri Mataji holds both palms

together and blows on them). Now your breath has got Divinity. That's why in the Koran it is called as "rooh".

[Shri Mataji rubs Her hands].

The left is still a little bit hot. Not that cool.

You have to look after your hands more. You must put some oil in your hands. Make them softer. So the subtly is more. Rub them with oil. You see, it has to become subtler.

Now you do is put your left hand towards Me like this, and the right hand, you put it on the side, like this.

[Shri Mataji shows how to take a bandhan].

One, again, two, again, three, again, four, again, five, six, seven. All right? It's done.

[Shri Mataji speaks to Dr Warren].

Dr Warren: How many people would like to come tomorrow because Mother's preparing lunch. How many people would like to come tomorrow and can come? Just so we can get an idea of the numbers.

Early morning. Nine o'clock.

Shri Mataji: Because I have to go tomorrow, you see, that's the trouble.

Dr Warren: Nine o'clock till about twelve-thirty.

Shri Mataji: And you can go away by twelve-thirty.

Seeker: Is it very important? Because I have to leave tonight. I have to go back tonight but I can make some changes.

Shri Mataji: Why don't you stay? You have come from outside? From where?

Seeker: [UNCLEAR]. It's about two hundred and fifty miles away.

Shri Mataji: You can't stay tonight? It will be a good idea. Then you can start a centre there. And you can help people. It is better.

Seeker: We have a meditation group.

Shri Mataji: Oh, that's good. Then you better master this. You can really help people. If you really want to help them, better master it. Very good. All right, if you can come tomorrow, will be very good.

Tomorrow morning. You see, that will completely settle you down, within yourself. You must settle down. It's no use doing this, this, this, this. It's all hotch scotch. You have to understand exactly what you must do. You must start a proper meditation because you have to do good to others.

You are here to be the vehicle of God. You have a problem of transport?

Dr Warren: He is staying a long way away. He has to leave tonight. I think he is thinking of staying tomorrow. That's where he's at.

You decide whether you would like to come. You are very welcome.

Shri Mataji: You should. I mean, it's a very important thing. I have come all the way from India. Just think of it. Just think of it.

Another seeker: What time is it?

Dr Warren: Nine o'clock. The details of the address, the address is 1386, Islington. You will find the details at the door on your way out. Bring something to sit on because we are sitting on the grass. And something because it is windy. Lunch is about...

[End of recording].

[Dr Warren's introductory address at the start of the program].

Dr Warren: ...fontanelle bone was opened as a child. And Christ Himself said, "You have to be like a little child". He was speaking symbolically. But He was actually speaking in real terms. That this part of your head actually becomes quite flexible. And you begin to feel at the time of your Self-realisation, this centre becoming soft again, like a little child. And you take on the properties of a little child when this centre opens.

So if Christ was the door into the Kingdom of God, this area becomes the Kingdom of God. When the Kundalini passes, these divine vibrations about which we have spoken absolutely bathe the brain, bathe the consciousness and enlighten it with divine awareness. So your thoughts become divine thoughts. Your feelings become divine feelings. And they all come from the Spirit.

Now, having reached this point in our evolution, we have to come to certain conclusions. Sensibly and logically. If, as I was explaining to you up to this point, we have had so many incarnations. The last of which was at this point, Lord Krishna. We can conclude that this is the period, this is the age of the Father.

This is the age where the Father aspect of God incarnated. This is the age in fact, where fear was used as a means of bringing people up to knowledge or a certain level of awareness. Where, to a certain extent, a parental strength was required and in order to bring people to that level. And Lord Krishna, the eighth incarnation of Lord Vishnu was actually the one who epitomised that final quality of fatherhood within us. He manifested it and within each one of us, that potential is sitting there.

So God, the Father, is expressed in its strongest form at that level. Then we have the incarnation of God, the Son. God, the Son, the Lord Jesus Christ Himself. The Son of His Mother, who was none other than the incarnations that had been before. Here, the incarnation of Radha; here the incarnation of Sita.

And so here we had the Age of the Son, the Age of Redemption, the Age of Forgiveness. The Age of Love. But now, we have the Age of the Holy Ghost. It is very clear. People like Joaquin Feori even within the Catholic Mystical Movement was very clear about it, even in the thirteenth century. He made it clear we had a succession. Whereby, rather than this conflict - this Augustinian conflict between two struggling, opposing forces which would never be resolved - there is now a possibility, after the incarnation of Lord Jesus Christ. Of, instead of a head-on collision - an actual victory of the forces of goodness and enlightenment. And love, all-pervading love. And this is the energy of the Holy Spirit. This is the quality of the Holy Spirit.

And now, very, very sweetly, very, very beautifully and in a universal way, this energy is manifesting everywhere. Now I have been with Shri Mataji for three years. I had no knowledge of Hindu scriptures greatly, before that time. I had no knowledge of these other aspects within us. I had been quietly developing my own Self-realisation before that period. And I have been with Her and watched thousands and thousands of people get their Self-realisation. In India, I am speaking about.

Here in the West, it's a lot different. Our egos are so hard, so tough, that it is very difficult to break through in this awareness. But to watch six thousand people get their realisation at the same time - we have to ask ourselves, "How does this happen?". If Christ

had a job to do, how do you know that it was Christ? Christ could walk on the water. He had that power. Now, in the presence of Shri Mataji, what happens is, spontaneously - and I have seen it in six thousand people at once. Five, three and thousands of people all over the world get their Self-realisation.

They begin to feel, emitting from the top of their head, these cool vibrations. They begin to feel the cool vibrations on their hands. They get what Christ forecast would happen. They get the counselling because She decodes the whole process within us so that we begin to know which of the centres is working. She makes us what we might call collectively conscious. In other words, you become aware, within your being, that we are part and parcel of the whole.

So the counselling part is done. The comforting part that Christ spoke about - remember He said, "I will send you a counsellor, a comforter, the Holy Spirit. The redeemer, who will teach you all things". So the counselling is done. The comforting is done. So much of the negativity that is affecting us, making us sick, making us tense, making us worried. Giving us diseases, making us anxious, frenzied people is just being defused. And we are becoming whole integrated beings again. So the comforting is done.

I am speaking on behalf of Sahaja Yogis all over the world. Thousands and thousands and thousands of them have become transformed beings. From gross physical diseases, mental problems, marriage problems - the whole production of modern living. I have seen a soothing effect, a comforting effect and a regenerative effect taking place. And of course, the third quality Christ spoke about was the redeeming quality that had to come.

The redeeming part is, of course, the awakening of the Kundalini and giving you the second birth. Now as Shri Mataji has come to this centre, as She has come to give you the experience of Self-realisation, I owe it to you to tell you very frankly that, sitting before you - from my knowledge, and I invite you to consider the possibility is sitting a great incarnation - of the kind that was Christ. Of the kind that was Krishna. Of the kind that was Buddha. And yet She has come here as a Mother. She's come here as the incarnation of the Holy Spirit; that much I am sure you know.

Because She has declared. She has declared, what about what we have done? We know it by the experience - the transforming experience that has happened. And when the Holy Spirit comes within us, we become a transformed person. We become a whole Being. We start to feel everybody within us. We start to relate to each other with a feeling of compassion and love. And this starts to work out in a universal way.

This truth will never be accepted at a wide level at this stage. Because there is too much of ego, too much of a barrier. And when tomorrow we invite you - these people who have come regularly for each session - to come to a small celebration or puja as we call it, of worship at the address which will be shown on the wall, we are inviting you to come into the presence of somebody, who not only gives you the second birth you experience on your hands, you experience on the top of your head - but who gives you the ultimate; the realisation of the Self.

That you are part and parcel of the whole. That you are the Spirit. And that depth has to be there. That weight and gravity have to be there. Of knowing that within me, I have touched the silence. I have touched the Reality. This is what you were born for. This is the reason for taking your birth. This is the pure seeking within you, getting its ultimate fulfilment. Now if, when you come tomorrow and I hope all of you do - Mother has made the invitation to so many of you. Take it, deepen in the process because at puja, what happens is you get a tremendous blast.

These centres that have been damaged by our - let's face it - by our many misuses of our divinity, have been damaged. But they are forgiven. There is no judgement in that sense. Those chakras get a blast. Because at that moment, that time when we are worshipping Shri Mataji, as the incarnation that She is, these centres become tremendously in a state of awakening. And the negativity gets thrown out and the positive qualities become manifest. You go away and you begin to feel so much deeper in the process of the establishment of your Self-realisation.

So when it happens tomorrow and you come along, I urge you to come in a receptive mood. Come in a mood where you have to get something. Where you have to get something. Not to give Her something, but to get something. And what you get is an

awakened sense of being, to the point where you begin to feel not just cool vibrations. Because that's just a physical manifestation. If that's all realisation was about, then it's not worth it so much.

What Self-realisation is, is it gives you the silence. It gives you the joy of the Spirit. It gives you that transforming energy. And it gives you the energy to transform others. Because when you get it, you can give it to others. As you had the Kundalini awakened within yourself and become one with the Spirit, so too you can give it to others. You have to establish Sahaja Yoga here in Toronto. You have to become places where others can come and receive the blessings of God.

You have to form in such a way that you can bless the whole of this city. So this city can bless Ontario. And Ontario can bless Canada. And so it happens. All over the world, this is happening. And I just simply, with a lot of love, urge you to come along tomorrow after listening to tonight's experience. And just simply experience all of the joy, of the blessings of God.

Thank you.

1983-1010, Puja and Havan for new Yogis

View [online](#).

10 October 1983

Havan

Toronto (Canada)

Talk Language: English | Transcript (English) – Draft

1983-10-10 Puja and Havan for new Yogis, Toronto, Canada

Shri Mataji: Now Shri Ganesha prayer first, just the names, just the prayer will do, just tell them that we have to first establish the innocence and innocence is Shri Ganesh who incarnated on the earth as Jesus Christ.

Sahaja Yogi: Perhaps you would like to tell them Mother.

Shri Mataji: Ah.

Sahaja Yogi: Maybe you would like to tell them

Shri Mataji: All right. We do two things today, only because there is short of time.

Shri Mataji: First, we have to establish the innocence and to establish the innocence the deity is called as Shri Ganesh and you will know about him much more, but you know him as Jesus Christ because he incarnated on this earth as Jesus Christ. Now this prayer that he is going to read to you was written about 14,000 years back and see how detailed it is described about Christ and it is described in a book called Devi Purana by Markandeya and is called as Devi Bhagwat. So, you can see all these things written there. So to know about Christ we cannot limit ourselves to Bible, because he was such a great personality that you cannot contain him in a little book like Bible you see, so you have to go to other scriptures also and keep your mind open about it, so now he will read it out to you and with that they will wash my feet so this water will be vibrated and this water can be used for purposes like if you want to say use it for your baptism its very good because it works out faster if you put it on your head, on your hands, the vibrations start flowing. See it's a simple method that you get the vibrated water. And then another thing we'll do is to establish the power, the shakti, what you call the goddess and for that they will be washing my hands with some things that are prescribed (ghee should not be kept on a thing like that, it isn't proper, have you got another yoghurt? Don't use this)

Sahaja Yogi: Get some fresh yoghurt and put it into even a porcelain or something.

Shri Mataji: Not in this, never use in a brass. So, these things are, then the hands are washed and then the hands also have got vibrations so this water can be used for the clearing of the stomach and the stomach centres and all the problems of the stomach. Also, if you have been to a wrong guru or anything, that clears it out. Alright, this is the 2 things we can do today because there is shortage of time. Then we will do a little fire ceremony in which we will burn off all the problems that are within us by evoking the ascendants, power within us, the powers of ascendants you will know. He'll translate it to you so you will know in English its not kept in Sanskrit language, so let's wash.

Sahaja Yogi: So, we begin with reading its called the Divine Essence of the Prayer. This is the prayer about which Shri Mataji spoke when she was talking about Lord Ganesha.

Let our ears hear that which is true. Let our eyes see that which is pure. Let our beings praise that which is divine; and let those who listen hear not my voice, but the wisdom of God.

Shri Mataji: Why don't you stand up?

Sahaja Yogi: Let us worship with the same song, the same strength and the same knowledge.

Shri Mataji: Listen with concentration.

Sahaja Yogi: Let our meditation enlighten and enrich. Let there be amongst us compassion and peace.

Now the prayer:

Salutation Shri Ganesha, sakshat Shri Jesus.

Shri Mataji: 'Sakshat' meaning 'in reality'.

Sahaja Yogi: Sakshat Shri Jesus, Sakshat Shri Nirmala Devi namo namaha.

It is You who is the beginning of all the beginnings. It is You who is the doer of all deeds which have been done, are being done, and will be done. It is You who supports all things that are supported. It is You who protects all things that are protected. It is You who is the complete, All-pervading Spirit, God's divine energy. Think clearly brain; speak only the truth. Let your presence, awakened in us by Kundalini, speak. Let your presence, awakened in us by Kundalini, listen. Let your presence, awakened in us by Kundalini, bless.

Shri Mataji: Is a divinity should be awakened so that you listen through your divinity and not through your ego and superego, your conditionings.

Sahaja Yogi: Let your presence, awakened in us by Kundalini, protect. Let your presence, awakened by Kundalini in us, your disciples, be the disciple. You are the essence of all the sacred literature and holy words, and You are the energy that understands the holy words. You are the divine combination of complete truth, complete happiness and complete energy; and You are beyond. You are all knowledge, and You are the use to which the knowledge is put. You exist until the end of all things, and after the end of all things You are.

Shri Mataji: Don't touch the water.

Sahaja Yogi: You create the end of all things, and after the end of all things, You remain indifferent. You are the earth. You are the water. You are the fire. You are the air. And You are the space above the air.

Shri Mataji: Because he is the essence of everything.

Sahaja Yogi: You are the gunas. You are beyond the gunas. You are the body and You are beyond the body. You are the essence of time and You are beyond time. You and only You exist at the Mooladhara chakra. You are the Spirit and You are beyond the Spirit; and those who would join God meditate upon You. You are Brahman, Vishnu, and Shiva.

Shri Mataji: The 3 principles, by one you create then another you sustain and third one you desire, that is Gods desire.

Sahaja Yogi: You are Indra, Agni, and Vayu. You are the sun at noon. You are the full moon. Through all of these and more, You are the All-pervading energy of innocence and wisdom. You are the divine servant who stoops to wash the feet of saints. You are the tiny core of all things, without which the larger have no purpose. You are the key to the libraries of all the scriptures, without which the truth is hidden. You are the full stop which completes the sentence, and without which the sentence loses its meaning. You are the crescent moon, You are the stars and You are beyond the stars; all things, from tiny dot to universe, is You. You are the future and beyond the future; You are in all forms. You are where the sounds combine. You are the silence between the

sounds. You are the rhythm of all music and all prayers.

This is the knowledge of Nirmal Ganesha, and You, Nirmal Ganesha, are the master of that knowledge, and all knowledge.

You are the God and You are the Goddess.

Aum Gam Nirmal Ganapataye

To your powers, Ganesha, let all surrender. Let the left-side of memory and the right-side of action surrender to You and let your enlightenment prevail.

Your first tooth You have, and four hands: one holding a rope, the second a goad, the third is raised in blessing and the fourth offers sustenance. Your banner is that of a humble mouse. You have long ears and are clothed in red; red decorates You and You are worshipped with red flowers. You have compassion for those who love You, and it is for those who love You that You have come to this earth. You are the force that creates, the energy that pervades and the Spirit that protects. Those who seek union with God pray through You; those who seek union with God worship You.

To your powers, Om Jesus, let all surrender; let the left side of memory and the right side of action surrender to You and let your enlightenment prevail. You are the Word that was the beginning; You are the Word that will be the ending.

Shri Mataji: Omega and Alpha, you see Alpha and Omega is written down

Sahaja Yogi: You are He who was born of a virgin, and died on the cross; You are He who absorbs all sins, and who died to live again. You are God and man, and You are worshipped with red flowers. You have compassion for those who love You, and it is for those who love You that You came to this earth. You are the force that creates, the energy that pervades and the Spirit that protects. Those who seek union with God pray through You; those who seek union with God worship You.

Shri Ganesha, salutation to You.

Shri Jesus, salutation to You.

He who is the beginning of all worship, salutation to You.

He who destroys all the powers of evil, salutation to You.

Sakshat son of Lord Shiva, who is unending blessings, salutations to You. Sakshat son of Mary Mataji,

She emerges for a divine purpose.

She appears in her great splendor when all the divine forces are helpless and unable to eradicate wickedness.

Om sakshat Shri Akula namaha. She is one who is beyond Kula, that is measurable dimensionality. She therefore resides in the head in the Sahasrara.

Om sakshat Shri Nitya namaha. She is eternal.

Om sakshat Shri Bhavani namaha. She is Queen of Bhava, that is she is Shiva, she is giver of life to the whole universe

Om sakshat Shri Vishnu Granthi Vibedini namaha. She cuts the knot of illusion of Shri Vishnu. Then the devotees perceive the unreality of this individuality as body, mind, and present incarnation. He loses the consciousness of the limited 'I ness'.

Om sakshat Shri Bhakti priya namaha. She is fond of devotees.

Om sakshat Shri Bhakti gamya namaha. She is realized by devotion.

Om sakshat Shri Nirlepa namaha. She is untouched by various karmas and dualism.

Om sakshat Shri Sharma Dayani namaha. She is the giver of happiness including divine bliss.

Om sakshat Shri Niradhara namaha. She is unsupported. She is the support of the universe. She is pure consciousness, unformulated and undifferentiated.

Om sakshat Shri Niranjana namaha. She is unstained by any limitations.

Om sakshat Shri Maha Pataka Nashine nano namaha. She destroys the greatest of sin.

Om sakshat shri Nirmala namo namaha. She is pure, unstained.

Om sakshat Shri Nirahamkara namo namaha., she is without any ego.

Om Sakshat Shri Nishkalanka namo namaha. She is hopeless brilliance.

Om sakshat Shri Nirakara namo namaha. She is Formless.

Om sakshat Shri Nirakula namo namaha.

Shri Mataji: Just a minute, is there any unmarried ladies here?

Sahaja Yogi: Unmarried ladies? Come forward, Kum Kum.

Om Sakshat Shri Nirakula namo namaha. She is unruffled.

Om sakshat Shri Nirvikara namo namaha. She is Changeless and the unchanging basis of all changes.

Om sakshat Shri Nirvikara namo namaha.

Om sakshat Shri Nirguna namo namaha. She is attribute less, beyond the 3 gunas and nadi's, Ida, Pingala and Sushumna. She is consciousness devoid of the qualities and attributes of the mind.

Om sakshat Shri Nirupaplava namo namaha. She is indestructible.

Om sakshat Shri Nishkala namo namaha. She is Indivisible, she is complete.

Om sakshat Shri Nishkama namo namaha. She has nothing to Desire having everything.

Om sakshat Shri Nitya mukta namo namaha. She is ever free, and her devotees are ever free.

Om sakshat Shri Lilavinodini namo namaha. She is the one whose sport is the universe; the entire act of creation is her play.

Om sakshat Shri Nishraya namo namaha.

Shri Mataji: Nirashraya.

Om sakshat Shri Nirashraya namo namaha. She has no basis and she is everything.

Om sakshat Shri Nirantara namo namaha.

Om sakshat Shri Nishkarana namo namaha. She is Causeless, the cause of all causes.

Om sakshat Shri Nirupadhi namo namaha. She is alone without maya without illusion which is the basis of all plurality.

Om sakshat Shri Nirishwara namo namaha. She is Supreme.

Om sakshat Shri Niraga namo namaha. She is unattached.

Om sakshat Shri Nirmada namo namaha. She is prideless.

Om sakshat Shri Nistula namo namaha. She is unequal.

Om sakshat Shri Gambhira namo namaha. She is she is a bottomless depth in the scriptures, the great mother is visualized as a great and bottomless lake of consciousness, uncomprehend by space and time.

Om sakshat Shri Nishchinta namo namaha. She is without any anxiety.

Om sakshat Shri Nirmoha namo namaha. She is without any illusions such as mistaking the real for the unreal.

Om sakshat Shri Nirmama namo namaha. She is without selfishness.

Om sakshat Shri Nishpapa namo namaha., Nishpapa, Papa means ignorance or avidya, she is devoid of that.

Om sakshat Shri Nisaonshaya namo namaha. She is having no doubts.

Om sakshat Shri Nirbhava namo namaha. She is unborn.

Om sakshat Shri Nirabadha namo namaha. She is untroubled.

Om sakshat Shri Nirvikalpa namo namaha. She has no mental activity.

Om sakshat Shri Nishparigraha namo namaha. She takes nothing since she needs nothing as she is the purnakarma or has everything, devotees also become Nishparigraha.

Om sakshat Shri Nirnasha namo namaha. She is deathless.

Om sakshat Shri Nirapaya namo namaha. She is beyond dangers.

Om sakshat Shri Nishkriya namo namaha. She is beyond all actions, not involved in any action.

Om sakshat Shri Nilachikura namo namaha. She has dark hair.

Om sakshat Shri Niratyaya namo namaha. It is impossible to cross or transgress Her.

Om sakshat Shri Mahamaya namo namaha. She is the supreme creator of illusion and confusion even to the greatest of Gods.

Om sakshat Shri Vijaya namo namaha. She is the element of success in all actions.

Om sakshat Shri Sandrakaruna namo namaha. She is intensely compassionate to her devotees.

Om sakshat Shri Mahashakti namo namaha. She is the great power.

Om sakshat Shri Bhagavati namo namaha. She is the matrix of the universe, worshipped by all including God's themselves.

Om sakshat Shri Sukhaprada namo namaha. She confers happiness or bliss or moksha which is the bliss of liberation.

Om sakshat Shri Padm'asana namo namaha. She is seated in the lotuses that is the chakras.

Om sakshat Shri Lokatita namo namaha. She transcends all created universes also it means she is seated above the Sahasrara.

Om sakshat Shri Maharati namo namaha. She is the greatest bliss that is beyond all sense pleasures.

Om sakshat Shri Vishvarupa namo namaha. the entire universe is her form and also the individual self or vishwa is the wakeful state is her form

Om sakshat Shri Rakshakari namo namaha. She is the saviour.

Om sakshat Shri Rakshasaghnī namo namaha.

Om sakshat Shri Rakshasaghnī namo namaha. She is she is the slayer of evil forces who are the demons.

Om sakshat Shri Parashakti namo namaha. She is the ultimate power, the energy unmanifested in every particle as well as the primordial vibration is She.

Om sakshat Shri Yogada namo namaha. She is the one who gives yoga or union of the individual soul with the Paramathma or the Cosmic Spirit.

Om sakshat Shri Punyalabhya namo namaha.

Shri Mataji: This is the reason why the Indians know, who is the true person you see, what is the quality of a true person, like somebody says is Christ then ask him to walk on the water, and you will know whether he is Christ or not. You see if somebody says she is holy ghost ask her to give Realization, all the powers are described so they know, there's no problem with Indians.

Om sakshat Shri Punyalabhya namo namaha. She is attained by the meritorious, the seekers, and the ones who have been righteous, she is worshipped as a result of good actions in your previous lives.

Om sakshat Shri Sukh'aradhya namo namaha. She can be worshipped comfortably by anta yoga or inner yoga without putting the body to any great strain.

Om sakshat Shri Achintyarupa namo namaha. She is inaccessible to thought, since mind the instrument of thought, is her

creation

Om sakshat Shri Ekakini namo namaha. She is alone, the unity basis of the plurality of this universe.

Om sakshat Shri Adi shakti namo namaha. She is the primal power being the first cause.

Om sakshat Shri Gurumurti namo namaha. She is of the form of the guru, every guru is the Goddess herself.

Om sakshat Shri Shobhana sulabha gati namo namaha. She is the easiest path to Self-realisation.

Om sakshat Shri Chandika namo namaha. She is angry with evil forces.

Om sakshat Shri Trigun'atmika namo namaha. When she becomes the creation she assumes the form of the three gunas or moods, 'satwa guna, raja guna, tama guna' which correspond in the chart which you have seen to the three channels in the human body which are the channels of the autonomic nervous system.

Om sakshat Shri Mahati namo namaha. She is the great immeasurable supreme object of attention and worship.

Om sakshat Shri Pranarupini namo namaha. She is of the form of the divine breath of life.

Om sakshat Shri Shubhakari namo namaha. She is the beneficent one, the greatest good is the realization of the ultimate and she grants that to devotees.

Om sakshat Shri Sham'atmika namo namaha. peace is her essence, devotees with their minds at peace are her abode.

Om sakshat Shri Satchid'ananda rupini namo namaha. Sat is absolute truth, chit is the consciousness, ananda is the bliss.

Shri Mataji: This is the character; this is the nature of the Spirit: sat-chit-ananda.

Sahaja Yogi: These are the three components as Mother said.

Shri Mataji: The nature.

Sahaja Yogi: The nature of the Sahasrara, the Spirit itself, they are therefore her forms.

Om sakshat Shri Viramata namo namaha. Vira means devotees who are competent and who can lead the battle against the evil forces, she is their Mother.

Shri Mataji: Married women.

Sahaja Yogi: Married women step forward.

Om sakshat Shri Garvita namo namaha. She is proud as the creatrix for this universe.

Om sakshat Shri Paramanu namo namaha. She is the ultimate atom, too minute to be comprehended.

Om sakshat Shri Kshipra prasadini namo namaha. It is she who showers grace on her devotees very quickly.

Om sakshat Shri Sadashiva namo namaha. She is the sacred spouse of Sadashiva and the entire universe is within her as she is the mother of the universe.

Om sakshat Shri Vishvagarbha namo namaha.

Om sakshat Shri Svabhava madhura namo namaha. She is natural sweetness or ananda, she resides in the-

Shri Mataji: Saree from India to the, saree we have? Nice saree.

Sahaja Yogi: Stand up and open the saree.

Om sakshat Shri Pushti namo namaha. She is nourishment, it is she who nourishes the spirit by divine vibrations.

Om sakshat Shri Dhira samarchita namo namaha. She is worshipped by the wise and by the brave meaning she cannot be worshipped by the cowardly and the stupid.

Om sakshat Shri Nityayauvana namo namaha. She is ever young, untouched by time as it is her creation.

Om sakshat Shri Vishvasakshini namo namaha. She is the silent witness as the action of the universe.

Om sakshat Shri Vishvagrasa namo namaha. She devours the universe at the time of pralaya, or ultimate dissolution.

Om sakshat Shri Sudhashruti namo namaha. She is the ambrosial stream or flow or bliss resulting from the meditation on the great Goddess in the Sahasrara.

Om sakshat Shri Shashwati namo namaha. She is ever present and continuous.

Om sakshat Shri Param'odara namo namaha. She is the supreme generosity who readily responds to the prayer of her devotees.

Om sakshat Shri Dharm'adhara namo namaha. Dharma is the code of right conduct handed down by tradition in each age, she is the support of right conduct.

Om sakshat Shri Svastha namo namaha. 'Sva' means 'Self'. 'Sva' means established, she is established in herself; also, she establishes the Self or the Spirit in devotees.

Om sakshat Shri Pashahantri namo namaha. She is the one who destroys 'pasa' or bonds and gives liberation or 'moksha'.

Om sakshat Shri Pavan'akuti namo namaha. She is in the sacred form, the purest, which washes away all our sins and all our karmas.

Om sakshat Shri Chandranibha namo namaha. She is luminous like the moon.

Om sakshat Shri Raviprakhya namo namaha.

Om sakshat Shri Mahapuja namo namaha. She is effulgent like the sun.

Om sakshat Shri Mahapuja namo namaha. She is worshipped by the highest, by the three gods (the Trimurtis: Shri Brahma, Vishnu and Shiva).

Om sakshat Shri Chitshakti namo namaha. She is the power of consciousness that dispels ignorance and confusion.

Om sakshat Shri Lajja namo namaha. She is Bashful modesty she resides in all beings as Mother's chastity.

Om sakshat Shri Vimala namo namaha. She is clean, pure and untouched.

Om sakshat Shri Varada namo namaha. She is the giver of boons.

Om sakshat Shri Mahadevi namo namaha.

Shri Mataji: Some Canadian young people can come and give this.

Sahaja Yogi: Young people can come out, all the children or younger people.

Shri Mataji: No, not children but young people.

Sahaja Yogi: Teenagers?

Shri Mataji: He has to give Me this mangal sutra.

Om sakshat Shri Varada namo namaha. She is the one who gives boons.

Om sakshat Shri Mahadevi namo namaha. She is the greatest of Goddesses or is infinite.

Om sakshat Shri Vilasini namo namaha. the universe is for her pleasure or she at her pleasure either opens or closes the way to Self-realization.

Om sakshat Shri Vandaru janavatsala namo namaha. She loves her devotees as her children.

Om sakshat Shri Sahaja yoga dayini namo namaha. She is the one who grants spontaneous Self-realization.

Shri Mataji: It's all described.

Sahaja Yogi: This is all written thousands of years ago.

Shri Mataji: See thousands of years ago, now you verify it, and there are 1000 things, now this is only we are doing 108 but there are 1000 powers which you should know about your Mother. And once if you know that your Mother is so powerful you should have no fear, no scare, nothing and She loves you very much.

Sahaja Yogi: Sakshat Shri Mataji Shri Nirmala Devi namo namaha.

Shri Mataji: Now some young people can lift this and just give it to me because today is a Thanksgiving Day so you are giving back the thanks.

Sahaja Yogi: Any of single ladies who didn't attend Mother's feet.

Shri Mataji: Men, men

Sahaja Yogi: Men as well? Men and women.

Shri Mataji: Canadian. You can remove the water bucket.

Sahaja Yogi: You just all of you have to make an offering and touch it, bring it around and put it at her feet

Shri Mataji: Today is your Thanksgiving Day. finished with Devi puja. see the swastika became cross at the time of Christ, swastika is symbol of Ganesh but the Hitler used it the other way round, this is for construction and if you use it the other way round it is for destruction, then they got confused, later on, and they started using in straight way and that's how they got destruction. They always get confused these people that's the advantage of reality. At all these people get confused they don't know what to do.

Sahaja Yogi: Normally, all of these functions are performed by a pujari but today mother is doing it for us. Normally, it's all done in a very beautiful way.

Shri Mataji: But you will learn it next time then I won't help you. All the chakras are to be adorned. We finished with the Devi puja and if you want, we can have the aarti now.

Sahaja Yogi: We are going to do what is called aarti now which means we simply sing a very simple (Shri Mataji: Indian song) Indian song which I will just read you the English poem so you know what we are singing, a few of us here who know it will sing, very few of us.

Mother give blessings to all, Mother give blessings to all, Jai Nirmala Mataji. Always dwell in our hearts, Mother give blessings to all, whenever the world was in danger mother, you always incarnated on this earth in different forms, your grace is all over the world, you are the Ganga which is the river Ganga, you are the Yamuna, the other great river of India which is symbolic. Mother give blessings to all.

Shri Mataji: This is written in India. So, actually it has all the names but you can use your rivers Praise Her.

Sahaja Yogi: We can have our own rivers for that matter. Whoever surrenders to you, mother gets complete satisfaction, once you've entered our hearts, don't go away mother, mother give blessings to all, by incarnating in human form you've enlightened our lives, mother, in spite of the illusions of this Kaliyuga or the age of darkness, we have been able to recognize you mother, give blessings to all. The land of all saints is Mother India. As you have incarnated on this land, please take away our sorrows, mother give blessings

(Singing: 'Saba ko dua dena' and 'Maha mantras')

Sahaja Yogi: We just go down to the earth.

Shri Mataji: Just see if the cool breeze is coming, I am going to watch your kundalini, on your back so just bend down.

May God Bless You all.

Sahaja Yogi: Can they just take a photograph, Mother?

Shri Mataji: Yes.

Sahaja Yogi: Anybody who wants to take the photograph take it, take full length from feet to head.

Shri Mataji: Just of the face also. Thank you very much. What we can is to arrange the havan, there's still time.

Sahaja Yogi: We can put the chair behind havan.

Shri Mataji: So, you go and arrange it put some flowers, first of all.

[Havan starts.]

Shri Mataji: Let's say Lord's Prayer.

Sahaja Yogi: As we are waiting for the fire to be established let's say the Lord's prayer together.

(Lord's prayer)

Shri Mataji: What's your name?

Sahaja Yogi: Chandrika

Shri Mataji: That's my husband's name.

Shri Mataji: Who are going to do it? 3:4 persons can come join here.

Sahaja Yogi: Just 3 persons that haven't participated yet

Shri Mataji: 4:5 persons can take this in the hand

Sahaja Yogi: You open your left hand and first take it in your right hand like this place it into your left hand and you are going to use it and throw it to the fire, so take it

Shri Mataji: Keep it in the left hand.

Sahaja Yogi: Put it into the left hand. Now what we are doing here is we are making an offering to the fire. As we are performing this ceremony, I'll be reading 108 names of Lord Vishnu.

Shri Mataji: Take it in your hands like this all of you should think that you are also doing it, put it like this and 'Om swaha', you should put it.

Sahaja Yogi: Around the head and offer it to the fire. Everybody should symbolically do it. Only take few grains of rice.

Om sakshat Shri Bhuddhi namo namaha. He is the source of all splendour.

Shri Mataji: Om Swaha.

Shri Mataji: Om Twameva sakshat Shri Bhuddhi namo namaha.

Shri Mataji: Om Twameva sakshat Shri Bhuddhi namo namaha. He is the source of all splendour. Remember these are the name of Lord Vishnu.

Remember these are the names of Lord Vishnu.

Shri Mataji: Om Swaha.

Om Twameva sakshat Shri Mahaidddhi namo namaha. Om Swaha. His glory is great.

Om Twameva sakshat Shri Pararuddhi namo namaha. Om Swaha. His glory is supreme.

Om Twameva sakshat Shri Amita vikrama namo namaha. Om Swaha. His powers are immeasurable.

Om Twameva sakshat Shri Sahasra murdhaa namo namaha. Om Swaha. He is the one with 1000 heads.

Om Twame sakshat Shri Sahasraksha namo namaha. Om Swaha. He is the one with 1000 eyes.

Om Twameva sakshat Shri Anantarupa namo namaha. Om Swaha. He is the one whose form is endless

Om Twameva sakshat Shri Anandinidhana namo namaha. Om Swaha. He is without birth or death.

Om Twameva sakshat Shri Anadhi namo namaha. Om Swaha. He is without beginning.

Om Twameva sakshat Shri Ananta namo namaha.. Om Swaha. He is without end.

Om Twameva sakshat Shri Atula namo namaha. He is without an equal. Om Swaha.

Om Twameva sakshat Shri Ishana namo namaha. He who controls all beings. Om Swaha.

Om Twameva sakshat Shri Bhudamaheshwara namo namaha. the great lord of all beings. Om Swaha.

Om Twameva sakshat Shri Shrirha namo namaha. He who is always of one nature. Om Swaha.

Om Twameva sakshat Shri Swathum namo namaha. He is the one who is firm. Om Swaha.

Om Twame sakshat Shri Rudra namo namaha. He who confers the good or destroys sorrows and it cause.. Om Swaha.

Om Twameva sakshat Shri Yogi namo namaha. the one who is realized through yoga or knowledge or he who is perfect.

Shri Mataji: He is called as Yogeshwara

Sahaja Yogi: Shri Yogeshwara namo namaha. Om Swaha.

Om Twameva sakshat Shri Chamindnavaira namo namaha. He is chief among the yogis who have forbearance. Om Swaha.

Om Twameva sakshat Shri Mahatnama namo namaha. He is the greatest ascetic, the great knower. Om Swaha.

Om Twameva sakshat Shri Sada yogi namo namaha. He is the eternal yogin. Om Swaha.

Om Twameva sakshat Shri Durga namo namaha. He who is gained with difficulty. Om Swaha.

Om Twameva sakshat Shri Suyaya buddhi namo namaha. She is the one who is self-born. Om Swaha.

Om Twameva sakshat Shri Mahadeva namo namaha. He is the great God. Om Swaha.

Om Twameva sakshat Shri Ughra namo namaha. He is the terrible one. Om Swaha.

Om Twameva sakshat Shri Kamaha namo namaha. He is the destroyer of desire. Om Swaha.

Om Twameva sakshat Shri Antaka namo namaha. He is the death of all beings. Om Swaha.

Om Twameva sakshat Shri Kranthakrat [??] namo namaha. He is the destroyer of all that is made of the God of death himself. Om Swaha.

Om Twame sakshat Shri Sarva namo namaha. He who destroys all beings at the time of Pralaya. Om Swaha.

Om Twame sakshat Shri Sheshaya namo namaha. He is the lord of all senses. Om Swaha. The supreme Self in whose control the senses are.

Om Twame sakshat Shri Yama namo namaha. He is the inner controller of all beings. Om Swaha.

Om Twame sakshat Shri Vasu namo namaha. He is the one who exists in all beings without any distinction. Om Swaha.

Om Twameva sakshat Shri Achtuya namo namaha. He who is not, is not and will not be shaken from his own glory. Om Swaha.

Om Twameva sakshat Shri Hiranya Garbha namo namaha. He is the golden egg where upon all things emanate. Om Swaha.

Om Twameva sakshat Shri Vishnu namo namaha. He whose radiance pervades the firmament and transcends it, the All-pervading being not conditioned by space, time and things. Om Swaha.

Om Twameva sakshat Shri Purush'ottama namo namaha. He is the supreme person. Om Swaha.

Om Twameva sakshat Shri Prajapati namo namaha. He is the lord of beings, father of all. Om Swaha.

Om Twameva sakshat Shri Padma:nabha namo namaha. He who has the lotus symbolizing the source of the universe in his navel. Om Swaha.

Om Twameva sakshat Shri Sarva: Vidvandva?? namo namaha. He is Omniscient and effulgent sun. Om Swaha.

Om Twameva sakshat Shri Jyoti Adiata namo namaha. He is the effulgent being of the disc of the sun. Om Swaha.

Om Twameva sakshat Shri Surya namo namaha. He is the one who generates all things. Om Swaha.

Om Twameva sakshat Shri Savrita namo namaha. He is the one who brings forth all the worlds. Om Swaha.

Om Twameva sakshat Shri Vasu namo namaha. the wind God who is in the interspace. Om Swaha.

Om Twameva sakshat Shri Skanda namo namaha. He who flows as nectar, dries up all things as wind and dries up the demons. Om Swaha.

Om Twameva sakshat Shri Adida Deva namo namaha. He is all the Gods, the first God. Om Swaha.

Om Twameva sakshat Shri Amara prabhutana namo namaha. He is the lord of the immortals. Om Swaha.

Om Twameva sakshat Shri Sur'ananda namo namaha. He is the delight of the Gods. Om Swaha.

Om Twameva sakshat Shri Deva guru namo namaha. He is the preceptor of the gods. Om Swaha.

Om Twameva sakshat Shri Manohara namo namaha. He is charming, being of infinite bliss. Om Swaha.

Om Twameva sakshat Shri Sumukha namo namaha. He has a fine face. Om Swaha.

Om Twameva sakshat Shri Avadhindaksha namo namaha. His eyes are like lotuses. Om Swaha.

Om Twameva sakshat Shri Sugana?? namo namaha. He has a beautiful voice. Om Swaha.

Om Twameva sakshat Shri Himanga namo namaha. His limbs are golden in colour. Om Swaha.

Om Twameva sakshat Shri Katubhuja namo namaha. He is endowed with four hands. Om Swaha.

Om Twameva sakshat Shri Sankha Bhruti namo namaha. He who holds the shank or conche in one hand.. Om Swaha.

Om Twameva sakshat Shri Kakri namo namaha. He who bears the discus in one hand. Om Swaha.

Om Twameva sakshat Shri Gadadhara namo namaha. He who carries the club called Kaumodaki in one hand. Om Swaha.

Om Twameva sakshat Shri Padmi namo namaha. He who holds the lotus in one hand. Om Swaha.

Om Twameva sakshat Shri Garuda Dwaja namo namaha. His flag bears the Garuda emblem. Om Swaha.

Om Twameva sakshat Shri Vanamali namo namaha. He wears the garland named Vajrayanti which stands for the subtle elements. Om Swaha.

Om Twameva sakshat Shri Bhagwan namo namaha. He who has the beatitude, splendour, goodness, fame, auspiciousness, dispassion and freedom. He knows the origin of things and their dissolution, he knows the coming of beings and their going too, he knows knowledge and incidence as well. Om Swaha.

Om Twameva sakshat Shri Pati namo namaha. He who is Shri itself, who chose as her consort when she arose out of the ocean which was being churned for obtaining nectar. Om Swaha.

Om Twameva sakshat Shri Nirvasa namo namaha. He in whom Shri resides. Om Swaha.

Shri Mataji: Shri Niva means "abode".

Sahaja Yogi: He is in whom Shri abodes.

Om Twameva sakshat Shri Shri Vasa namo namaha. He is the lord of Shri. Om Swaha.

Om Twameva sakshat Shri Katurugia namo namaha. He is of the 4 grouped forms, Vasudeva, Samkarasana, Prajuma, and Anirudha. Om Swaha.

Om Twameva sakshat Shri Vasudeva namo namaha. He dwells in and covers all beings, his spots wish to conquer, operate and shine and produce and move. Om Swaha.

Om Twameva sakshat Shri Samka Sanochutia namo namaha. He withdraws all souls at the time of pralaya and is unswerving. Om Swaha.

Om Twameva sakshat Shri Pradyumna namo namaha. He has immense wealth. Om Swaha.

Om Twameva sakshat Shri Anirudha namo namaha. He is unobstructed in his manifestations by anyone. Om Swaha.

Om Twameva sakshat Shri Shringi namo namaha. The horned fish which was in the waters of the deluge. Om Swaha.

Om Twameva sakshat Shri Mahavaraha namo namaha. He is the great boar incarnation. Om Swaha.

Om Twameva sakshat Shri Vruskapati namo namaha. He is the nature of dharma and the boar itself. Om Swaha.

Om Twameva sakshat Shri Narasinmabapu namo namaha. the one whose form is partly that of a man and partly that of a lion, he is known as the Narasima incarnation of Lord Vishnu. Om Swaha.

Om Twameva sakshat Shri Vamana namo namaha. Om Swaha. this is the dwarf incarnation who asked for a gift of land from King Bali and checked his pride.

Om Twameva sakshat Shri Tri:vikrama namo namaha. He who pervaded the 3 worlds with 3 steps. Om Swaha.

Om Twameva sakshat Shri Kandaparashu namo namaha. Parushama the son of Jamagdagani and he is carrying a punishing axe, he is the incarnation of Parusharama. Om Swaha.

Om Twameva sakshat Shri Ramha namo namaha. He is the son of Sasarata. He in whom the yogis find constant delight, the supreme Brahmin of nature of eternal bliss and pure consciousness in whom yogis revel, this is Shri Rama. Om Swaha.

Om Twameva sakshat Shri Dhavni namo namaha. He is the bow man. Om Swaha.

Om Twameva sakshat Shri Maheshwari namo namaha. Om Swaha. He is the one who carried the mighty bow of Lord Rama.

Om Twameva sakshat Shri Samukha namo namaha. He is the one who has a beautiful face, whose face remained calm and cheerful even when on the occasion of the announced coronation as Crown Prince, he banished to the forest for 14 years as Lord Rama. Om Swaha.

Om Twameva sakshat Shri Suvraka namo namaha. He whose vow is glorious.

Om Twamvae sakshat Shri Shikandhi namo namaha. the one with a peacock feather in his head. Om Swaha., so this is the incarnation of Vishnu as Lord Khrishna. Om Swaha.

Om Twameva sakshat Shri Yadhushrishta namo namaha. He is the chief of the Yadus.. Om Swaha.

Om Twameva sakshat Shri Krishna namo namaha. He is the one who has dark blue complexion, he it is whose supreme Brahmin which is existence, consciousness and bliss. Om Swaha.

Om Twameva sakshat Shri Govinda namo namaha. He is the one who has redeemed the earth, the lord over the cows, over the devas, over speech, over the one who is known through the Vedas and the Vedanta. Om Swaha.

Om Twameva sakshat Shri Dharmadhara namo namaha. He who as a boy was tied with a cord around his waist by Shri Yashoda

to trees. Om Swaha.

Om Twameva sakshat Shri Janadana namo namaha. He who punishes the wicked, he who is prayed to by men. Om Swaha.

Om Twameva sakshat Shri Trilokatma namo namaha. He is the soul of the 3 worlds. Om Swaha.

Om Twameva sakshat Shri Burbhava namo namaha. He is the support of the earth. Om Swaha.

Om Twameva sakshat Shri Bhuddavasa namo namaha. He is the bode of all beings. Om Swaha.

Om Twameva sakshat Shri Rutu namo namaha. He is the seasons. Om Swaha.

Om Twameva sakshat Shri Mahibarata namo namaha. He is the consort of mother earth, the lord of the earth. Om Swaha.

Om Twameva sakshat Shri Suma namo namaha. He is the moon god who nourishes the planets or Shiva with Parvati. Om Swaha.

Om Twameva sakshat Shri Beshajam namo namaha. He is the medicine for all diseases. Om Swaha.

Om Twameva sakshat Shri Bishak namo namaha. He is the prescriber of all the medicine. Om Swaha.

Om Twameva sakshat Shri Mahindra namo namaha. He is Indra the chief of the gods. Om Swaha.

Om Twameva sakshat Shri Kala namo namaha. He is time that measures all things. Om Swaha.

Om Twameva sakshat Shri Yugaditi namo namaha. He who makes the yugas. Om Swaha.

Om Twameva sakshat Shri Yugavarta namo namaha. He is the one who makes the yugas turn. Om Swaha. (a yuga is a age)

Om Twameva sakshat Shri Lokadyaksha namo namaha. He is the witness of the world. Om Swaha.

Om Twameva sakshat Shri Devaki Nandana namo namaha. He is the delight of Devaki who is mother of the luminaries in the universe, the 3 worlds, the protector of the worlds, the 3 Vedas and the sacred fires which are 3, the 5 oblations and all the devas. Om Swaha.

Om Twameva sakshat Shri Vedhya namo namaha. He is the master of knowledge and disciplines. Om Swaha.

Om Twameva sakshat Shri Yajna namo namaha. in the form of the yajna [havan] sacrifice, he affords joy to all the gods, he is the one who leads the sacrifices to the fruits of their sacrifices. Om Swaha.

Om Twameva sakshat Shri Stava priya namo namaha. Lord Vishnu is the font of the praise chanting. Om Swaha.

Om Twameva sakshat Shri Stuti namo namaha. He is the act of chanting which is Lord Vishnu himself. Om Swaha.

Om Twameva sakshat Shri Swasthi namo namaha. He is the auspiciousness. Om Swaha.

Om Twameva sakshat Shri Purna namo namaha. He is the plenitude of being and value. Om Swaha.

Om Twameva sakshat Shri Mukunda namo namaha. He is the one who grants release. Om Swaha.

Om Twameva sakshat Shri Nandi namo namaha. He is of the nature of the supreme bliss. Om Swaha.

Shri Mahal Shri Lakmivishnu sakshat Shri Adi Shakti Shri Nirmala Devi namo namaha.

All ghee and all samagri has to go in.

Sahaja Yogi: Should we make offerings of the other badhas of Toronto?

Shri Mataji: Just a minute.

Sahaja Yogi: All the badhas of Toronto. Om Swaha.

All the badhas of Ontario. Om Swaha.

Shri Mataji: Of Canada.

Sahaja Yogi: All the badhas of Canada. Om Swaha.

Shri Mataji: All the badhas of all the centres

Sahaja Yogi: All the badhas of all the centres of Canada. Om Swaha.

All the badhas of all the centres of the world. Om Swaha.

Shri Mataji: All the badhas of the seekers.

Sahaja Yogi: All the badhas in the seekers. Om Swaha.

Shri Mataji: All the political and economic badhas

Sahaja Yogi: All the political and economic badhas. Om Swaha.

Sahaja Yogi: All the badhas which stop us getting to the opportunity of getting our Self-realization. Om Swaha.

Shri Mataji: All the badhas in Sahaja Yoga.

Sahaja Yogi: All the badhas in Sahaja Yoga.

Shri Mataji: Bhadha means 'obstruction'.

Om Swaha.

All the badhas of negative people who oppose Sahaja Yoga. Om Swaha.

Shri Mataji: All the badhas of fake gurus and cults. Om Swaha.

Shri Mataji: All the badhas which have been left out.

Sahaja Yogi: All the badhas which have been left out. Om Swaha.

Shri Mataji: Any others which you want to say?

Sahaja Yogi: Any others which you want to say?

All the badhas of marriages. Om Swaha.

All the badhas of limitations. Om Swaha.

All the badhas of bitterness. Om Swaha.

All the badhas of fear and insecurity. Om Swaha.

Shri Mataji: Materialism.

Sahaja Yogi: All the badhas of materialism. Om Swaha.

Shri Mataji: In children.

Sahaja Yogi: All the badhas in children. Om Swaha.

All the badhas in guilt. Om Swaha.

All the badhas of badluck. Om Swaha.

All the badhas in Boston. Om Swaha.

All the badhas that keep people from developing their Self-realization. Om Swaha.

All the badhas of falsehood. Om Swaha.

Sahaja Yogi: Put your hands to the fire and you will feel the cool vibrations.

Shri Mataji: From the fire that's the best part of it.

Sahaja Yogi: Going to say the mantra which is of the fire itself of Agni Devata. What we are actually doing is we saying that in worshipping the fire we are worshipping the fire element which of course, is contained as all the elements are contained in Shri Mataji. And it is through the fire that we are able to worship Her because She is here in the present right now. So, all the things that we worshipped in the past now can be worshipped in Her. So, if in the past, the fire was worshipped, the earth was worshipped, the sun was worshipped, the Lord Jesus Christ, Mohammad, Krishna, all of these incarnations and all of these aspects of God were worshipped in the past, now we have an incarnation here who is all of those things and we can worship all of them through Her. So, in saying the mantra of the fire element which resides in Shri Mataji Nirmala Devi we are simply stating a fact which has been established.

Om Twameva Sakshat Shri Agni Devata Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namo namaha. (We should do 3 times)

Om Twameva Sakshat Shri Agni Devata Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namo namaha.

Om Twameva Sakshat Shri Agni Devata Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namo namaha.

Symbolically, we offer a piece of fruit now to the fire, and that's the completion of the yajna of the havan.

Shri Mataji: May God Bless you all

Sahaja Yogi: May we sing your 3 mantras again now Mother? Or is that the finish?

Shri Mataji: All right.

Sahaja Yogi: The 3 great mantras which have been established now during this incarnation of Shri Mataji. We'll sing and you just put your attention on Sahasrara and feel the vibrations.

Om Twamea Sakshat Shri Mahalaxmi, Mahasaraswati, Mahakali, Trigunatimika, Kundalini sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namo namaha.

Om Twamea Sakshat Shri Kalki sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namo namaha.

Om Twamea Sakshat Shri Kalki sakshat Shri Sahasrara Swamini moksha Pradayini Mataji, Shri Nirmala Devi namo namaha. Shri Nirmala Devi namo namaha. Shri Nirmala Devi namo namaha. Shri Nirmala Devi namo namaha.

Shri Mataji: May God bless you all. May God bless you all. May God bless you all!

1983-1011, The Truth that we are seeking has to be achieved, understood and felt through a very open mind

View [online](#).

11 October 1983

The Truth That We Are Seeking Has To Be Achieved, Understood And Felt Through A Very Open Mind

Public Program

Old Cambridge Baptist Church, Boston (United States)

Talk Language: English | Transcript (English) – Draft

1983-1011 Public Program, Day 1, Boston, USA

I bow to all the seekers of Truth and the Truth that we are seeking has to be achieved, understood and felt through a very open mind. You cannot conceive the Truth with your mental activity, and you cannot form your own ideas and conventions about it. Like a scientist, you have to keep your mind open to achieve it. Moreover it is an evolutionary process, the process by which you have become a human being. And logically, it should follow, that you cannot put in any effort to become the higher personality. You have put in no effort for your evolution so far. Thirdly, you have paid no money to become a human being. God doesn't understand money. This is created by human beings. God has no sense of money and He doesn't know also, perhaps, how maddening it is for human beings.

So you cannot pay for it. It's something ridiculous to think that you can pay for your ascent, or to say that you can go into a course of realization, because it is a living process of your evolution – a living process. If we understand the living process, you will understand Sahaja Yoga much better.

If you have to sprout a seed, you just put it in the Mother Earth and She sprouts it. How much money do you give Her? She doesn't understand money. She only knows how to sprout the seed. So when you put the seed in the Mother Earth, it sprouts spontaneously, sahaja. Saha means with, ja means born. It is born within you the capacity to sprout; the capacity to awaken your Kundalini is born with you.

But it has to be the Mother Earth who has to do the job. Like every seed has all the maps of its past and all its future. You have those maps within yourself and once you just become capable of getting enlightened, you get your enlightenment. But we should not put any diffidence into your mind. Many people start thinking that you have to do the cleansing first, and then you get realization. When you are inside the dirt, how can you cleanse?

So this Sahaja Yoga today is of this way that first you get out of it, first have a little light in your lamp, The light is there and the lamp, if it is dirty, it is easier to clean the lamp which is enlightened than to clean a lamp which has no enlightenment. That's why first you get your Self realization. That is very important before we deal with anything else, that you must get your Self realization first. This is what Christ has said that you are to be born again. He didn't mean some sort of an artificial baptism. He never meant that. How could He mean that? Logically, you must understand, that if He was Truth he would not tell that you can have a false baptism. But what He has said is that by this Spirit, your Spirit will be awakened. It means a person who has got his Spirit enlightened can enlighten another light... Or a candle which is already enlightened can enlighten another light. But what has it done? Nothing. It had the light, the other one was ready, so the light passes from one light to another. There is no obligation, there is no greatness about it, there's nothing special done. So as far as you are concerned, we are all ready today to have your realization.

Many people I have met so far, in the West 'specially, want to escape the Truth because they say that Mother, we have to cleanse ourselves. You go ahead with it. How many years you have been doing that, how many lives, how many ages? Now stop it. It's finished now. Better have your enlightenment and then see how you can very nicely clean yourself and see what's wrong with you. Moreover, it is very difficult to tell anyone, even if you see the dirt in a person, that this is dirty. It is better that... Supposing

there's something wrong with this shawl. I'd better take it out, see for myself what's wrong with it and I can cleanse it. In the same way you have to get out of yourself, to see for yourself what's wrong with you and that is how it will be much easier for you to clean if you know how to clean yourself. So you become the person who is the Spirit. The Spirit sees the defects in you and the Spirit guides you and cleanses you completely. There is no more guide needed or no gurus needed. You become your own guru.

So many kinds of people have come to sell their goods in the market. You cannot sell God and the one who lives on your earnings is a parasite. He cannot be a holy person or a saintly person. Christ did not take any money from people did He? He was born as a carpenter's son and He worked as a carpenter's son. But what is the purpose of His advent? What is the purpose of my coming to Boston is this: that we all deserve this higher state. It is all your own. It is your right. I should say I'm like a banker and I have to cash your checks.

The purpose of this happening is complete transformation. The transformation has to take place. What is the problem of the world today is a moral crisis. People are morally, absolutely fagged out, tired. They have lost all their discretion. They don't know what to do; they are so confused whether this is true or that is true because we live in relative world. Everything is relative. This will do, that will do. Everybody's compromising. They don't know what is absolute because we have not achieved our absolute within ourselves. Now the most remarkable thing about the absolute, that is the Spirit, is that the absolute is the one that is collectively conscious. That's the one that can feel another person. That's the one which knows about everybody else. That's the one which knows also about yourself. So far as a human being, the Spirit has not come into your consciousness. It's not yet enlightened which means your consciousness hasn't got the light of your Spirit. The Spirit is in your Heart and this Spirit is just watching you as a witness. It has not entered into your consciousness, into your attention, and because of that, you do not know what is absolute, what is collective consciousness.

When it happens to you, it happens in your awareness. It doesn't happen in your mental conceptions. Like I can give you a big book to read and then you become something great? Your own consciousness, which is a human consciousness, becomes a higher consciousness, which becomes collectively conscious, meaning it is an actualization. Like a person who is a human being can feel the dirt and filth, the colors, the beauty, but an animal cannot. So something is happening in our consciousness, actually, that we can feel the filth. In the same way, when you become absolute, everything that is not absolute starts negating itself. It just disappears, and you become absolute yourself, which is the Truth. You become absolute joy and you become absolute consciousness.

So far, the consciousness has moved to the human stage in such a way that we have not felt that we have moved higher because we were not made like that. At the human stage only we are made in a special way. If you see here, as you can see it clearly, that from the left side there's a blue balloon-like stuff rising. This blue thing is nothing but all of our conditioning which becomes what we call in Sanskrit as manasa, but very closely we can call it as super ego where we are conditioned: Don't do this, don't do that.

We are born, say, as Americans. [UNCLEAR How many it's not true.]. You are a human being. God never created America. It is we who have created America, England, these things. He just created one beautiful world. So then you are Americans. Identification starts like that. Then you go ahead and you think we are Christians or Hindus or Muslims. Then you go ahead with that and all these misidentifications start accumulating within us and all of them form an artificial thing called as superego in your head. All the conditioning, all the possessions, all the opposition's, all sorts of things that you gathered in many lives can be there called as superego.

On the other side we have got the ego, the one that we accumulate within ourselves or create within ourselves by our activity because we think we have done this, is the ego. Actually human beings cannot do anything. What they do is to explore whatever is dead. They cannot do living work. They cannot transfer even one flower into fruit. All this living work is done by someone. We do not think how we are created, how this beautiful human being is created. We haven't got humility to understand that this something great has happened to us, that there is some sort of a force, some living force, some very kindly, loving force that has done this. We never even felt how we were created like that. Without any pains we are created as human beings.

This great living work that is happening within us, who has done this living work? How has it come? We have never felt that all-pervading Power of God that is doing all these things. Not only that but it sorts out things; it's such a beautiful mechanism. Like a mango tree will give you mangoes. If it's an ananas tree it will give you ananas [pineapple]. Like that you have all kinds of different sorting out to such an extent that your child will look like you. Who does all this sorting out? All this Power that does all the living work. The scientists also have not done their [UNCLEAR cases]. They're honest but they're not so educated, they're not so well informed and their seeking is very limited because their brains are limited, their mental capacity is limited. If they have to go further, they have to become higher personalities to be able to see how we are created, how do we exist and how this living force acts.

Now, for us, as we take everything for granted. We do not even think about it which is a good thing. Otherwise, we might go mad thinking that we do not know about the Power that does the living work. So we have an idea that we do this work and that work. What do we do? Supposing a tree is dead we make this floor, church, this, that – all stones. It's dead from the dead. We have just changed the forms from dead to the dead. What special thing have you done? When we start thinking that we have done something, that is how we develop an ego.

Like people in a village going in an airplane were told not to take too much luggage. They talked; it's better to reduce the weight of the plane, so they put the weight on their head, sitting in the plane. In the same way we are putting the weight on our heads, thinking that we have to do this job, that job. The one who has created you, the one who has made you a human being, is going to make you higher. Why do you take the load upon yourself? That's why Mr. Ego sits on your head like a heavy weight, "I have to do this. I have to do that," without understanding the plan of the Divine. That's all we have, ego and superego sitting on our head, and we start feeling that we are something great. Now this happening has taken place within us because we are human beings. A dog doesn't have responsibilities as such. Whatever he does he does through his responses through its superego. But human being has developed the ego and because of that his brain is closed now. He is like an egg.

Now this egg has been 'specially made to become the bird and that transformation has to take place which is all built in within you. You have all these powers within you. It has just to be clicked and the warmth of the Love of the Divine has to work it out so that you become the bird of complete, absolute freedom. This is what Christ wanted to inform us by His resurrection and when we have Easter you know that we have eggs. The egg is suggesting that you are the egg today but on an Easter Christ, as He became the bird, you also become the birds. And so we should say the time has come for all of you to become the birds.

But it is impossible for human beings because they're such made, I don't know how, especially in the West, to understand that there could be somebody who is genuinely interested in the well-being of others. They cannot understand because of their relative ideas. They cannot understand that there should be someone who should do this job; who should communicate with people who are seekers, to give them their Truth and to give them their transformation, to put them up on their consciousness as realized souls.

Now, actually, in the movement of consciousness, when human beings were born, they started sorting out everything on mental level and whatever works on a mental level works out in a linear manner. There is no sustenance in that. If something starts moving in a linear way it falls off, again recoils back. That's why today we are shocked. We have evolved so much, we have developed so much, we are supposed to be developed people, and then how is it we are on the brink of a shock? Why are you so upset? What has gone wrong with us? Where did we go wrong? Because we tried to solve all our problems through mental efforts.

Anything – take your politics, take your economics – is nothing but a mental effort. For example, economics says that wants, in general, are not satiable. That means there must be some wants that are satiable and we live in the relative wants which are not satiable. Now what is that want which is absolute, which will satisfy us? And that want is represented here at this triangular bone. In the triangular bone you can see the Kundalini that is the pure desire within you, the pure desire to be one with the Divine. Unless and until that desire manifests, all your wants will be changing from one to another. Like today, you would like to have a house, tomorrow you would like to have a car and day after tomorrow something else, then a helicopter, then an aeroplane – you

can go on like that.

But actually to have all your wants satisfied there is one want which is kept sleeping, as they say, because it has not manifested in the triangular bone which is to be awakened, which is to be manifested. Now, just imagine this bone is called as sacrum. It means Greeks also knew that it is a sacred bone. That is why they call it as sacrum. You can see the rising of the Kundalini, you can see the pulsation of the Kundalini, you can feel the pulsation of the Kundalini like, "Lub, dub, lub, dub," as the Heart is. In some people it is quite a lot and then you can feel the cool breeze coming out of your head.

Now what is this Kundalini within us? The Spirit is in your Heart but what about the Kundalini? She is the Holy Ghost. She is the representation or the reflection of the Holy Ghost. But if you ask anybody else they say, "No, we don't know about Holy Ghost. It's a mystery." In Sahaja Yoga, nothing is a mystery. Everything can be explained. Now what is the Holy Ghost? The Holy Ghost is the primordial Mother. But people never talked about Mother. They talked of the Father and the Son. Imagine, a father and a son and no mother. It is absurd. Have you seen any father and a son without a mother? Such an absurd situation comes in that people accepted because it's all mental. Somebody tells you, "No, it's a mystery, there's no Mother," and people accepted it.

But there has to be a Mother and this is the time of Aquarius what we call in Sanskrit as Kumbha, meaning the Aquarius which is the Kundalini, where She nourishes, where She cures you, She redeems you, She guides you, counsels you – and this is the time of the Mother. We had the time of the Father, then of the Son, and now this is the time of the Mother where She has to nourish you, where She has to take you to your ultimate goal that is the Spirit.

The consciousness itself, the way we have been moving in other directions, have been like people think that if a woman starts fighting for her life and then she's asserting the femininity. She's not. What I'm saying is not meant for women or men. It is meant for every one of us, that we have to become like a mother. Like a Divine Mother, like a person who can nourish people, who can give them love, affection, attention, perseverance, forbearing. This is only possible for a mother to do it and that motherhood should be awakened in every human being. I would say Abraham Lincoln you had was a great person like that. After that also we have had so many great people in this world who have been like that. In our country we had Mahatma Gandhi. We had many people of that temperament who were soothing, nourishing, curing and helping others in such a way as a mother would like to nourish her own children.

So the sense of nourishment has to come within us but we have no power of nourishment and that only comes when your Spirit starts manifesting through you. When this Power rises, She manifests Her power of nourishment. She actually nourishes your chakras, She's the one who nourishes those subtle centers which look after the gross centers, She's the one who cures, She is the one who guides because She informs you what's wrong with you and She's the one who counsels you. Because once you become collectively conscious then you start feeling the cool breeze in your hand and this becomes like a computer. You become a computer of which you become the master.

You are already a computer, if you understand, because in a computer if you put something in it, it cannot just see and say, it has to think. But we can just see and say things. As soon as you see, we know what it is. So we are already a wonderful computer, which no scientist can produce. But we become even conscious of that computer and become master of that computer so that we know everything about whatever is not known to us unknown. All absolute problems can be asked and we can find out what's wrong with you.

But it is not that the consciousness moves like a pendulum. Like a woman fighting a man and becoming egoistical and fighting and shouting and then behaving like a man. Or a man becoming like a woman. It's a pendulum. But you move in a spiral way to rise higher and that higher point you start seeing the things. Like a spring has a spiral you have seen and it has a sustenance within it. It's not linear. When the spring loses its sustenance it has become linear. Like in the peptones in the pancreas are all spiraling... and human beings, though they have created so many peptones with all kinds of amino acids and all that put into it, they are not even five percent equal to what natural peptones we have. But we make them linear by our wrong doing and then the peptones become linear and they lose their biological effects because they become lifeless.

In the same way our ascent takes place in a spiral way and rises higher than ones [UNCLEAR gravity]. It doesn't move like a pendulum: a man becoming a woman, a woman becoming like a man. But what happens is you develop a higher consciousness and in that higher consciousness you start understanding that now you have become the light.

Now what is the light? Still you have to make the light, you work hard, you put it right. But once the light is made, you put it on top. So it guides. Then it becomes the guru, it becomes the guiding factor. It becomes everything. That's how you become.

So we have got the left side of desire and the right side of action. These left side and right side of action can be compared with the brake and the accelerator in a car, to understand it on a very gross example. What happens that when we start learning how to drive, we get into the car, we use both these powers, trying to balance ourselves, first of all. To balance the car is very important and when we have learned how to use these two forces, then we think we have become drivers. At that time, we do it automatically. We don't think about it.

That's what happens to you that first, when Kundalini rises above this center, you become thoughtlessly aware. That means there is no thought, but we are completely aware and alert. And when this light is from here, here is the seat of the Spirit though the seat resides in human beings in the Heart. When it touches the seat of the Spirit then the master who's sitting at the back seat watching you, you become the master and you start watching these two forces within you, how it is acting and also the driver [UNCLEAR bidding] and you become the master. This is the second stage into which you arrive.

Now when we become thoughtlessly aware what happens is that a thought rises and falls off and another thought rises and falls off and in the center of the two thoughts is a little area. These thoughts may arise from the future or from the past and the central part is the present. So when the Kundalini rises what happens is that you've become stationed in the present where there is no thought. If I say you stand on the present you cannot be because we are on the future or on the past because there were thoughts. But when the thoughts are removed you stand in the center of those two thoughts and you've become thoughtlessly aware.

This state is such a wonderful state that at that time whatever you see becomes a picture memory, not only as a memory, but the joy of creation starts pouring into you. You start understanding the joy of creation and lots of powers you start manifesting that at this time you can cure people, you can heal them – physically, maybe mentally also.

But that's not enough. In that also you should not get lost. Some people do it by some other forces which are spirit. What they do is to put some spirits into a person, take out some spirits, transfer some spirits they do. This is absolutely a different area into which we don't have to go. We have to do everything which is complete Spirit, ourselves masters, knowing everything about what you are doing. We are never under the blanket, no doubt. You see everything, what you are doing, what you are getting, these powers that are flowing through your hand, you know what exactly they mean. They are all recorded for you, you don't have to research it and you can only verify it.

Like the gentleman who got his realization from me and then he said, "Mother, I can't believe I can be collectively conscious because you see the brains here are working a bit too much, The Heart is less, the brain is too much. There's an imbalance between the Heart and the brain.

So I said, "All right, try with your brain. By asking you can verify."

He said. "I want to find out: How is my father?"

I said, "All right, you just put your hands like this and try to find out how is your father."

So he says, "Mother, I'm getting a very great heat here and burning and a very funny feeling here.