

can see that the Kundalini doesn't rise, it doesn't break here.

In India we have a system of calling somebody a Brahmin and they are given a thread. And the same ceremony is done by a Brahmin who is not a Brahmin, who is not a realised soul.

And that one was done once upon a time was a realised soul, now it is done by somebody who is not a realised soul.

So when it is an unreal thing; supposing a son of a Brahmin comes and asks me that, "Mother, how do You say that this is how we become Brahmins?", I'll tell him no, you have to become Brahmin by a real happening within you, and is the real seeking that is blessed by this happening.

It happens - so far I've seen thousands of people. It's a mass thing. It has to happen in a mass way. If it does not happen in a mass way, then it has no utility. It happens to one person, then people start crucifying, thinking of crucifixion of such a person, or giving poison to such a person, or torturing such a person.

In India also, such a good country like India, where people are so spiritually I should say sensitive, there also many saints have been tortured. The reason is [that] people have not got the sensitivity to understand that they are really saints.

So a big gap was there. And today I say the blossom time has come, and many people have to have this realisation and they have to feel their own Self and the all-pervading power.

The time has come, it's a blossom time.

And everybody has to feel it, this is the power which is all-pervading, it's the divine power of God's love.

He created this universe because He loved us, there is no other reason because He's complete, He's perfect, He's fully satisfied with Himself. But He just created because He loved and He wants as a gracious Father, as a Father who is extremely generous and loving, to give His kingdom to us, to invite us into His kingdom and give us all His powers, so that you know Him in your awareness.

As a result of this, what happens to you is that you become, again I say you become, not that what I say is just a brainwash, but you become collectively conscious, you become, you start feeling. Like he said you don't have to tell that you are brothers and sisters. What happens really that you start feeling the power flowing through you, and then you placed your hands towards somebody, and immediately you know where he is catching.

These are the different centres within us, these five, one, two, three, four, five, six and seven centres. And you see them on the left, and the right hand, these centres very clearly.

The left side as shown here, which is the left-sided, which comes from the right side to the left side, is the power of desire, is the power that manifests our subconscious, is the power which looks after our past we can say, conditioning, and is our emotional power.

When we work emotionally, this starts emitting its own manifestation.

And the right sided one, the one we call right sided, actually comes from the left side and goes down, is the one, is the power of physical work and mental work, of action.

And when these two go into action, the first one creates a pouch-like thing called as superego, and the another one creates another pouch or another balloon like ego. And that's how these two things develop. And at the age of, say, about twelve years we get separated and we develop our I-ness, and we all become different personality. That's how we have received our freedom

to grow. Now we grow within that egg-like structure of ours, we develop in that structure till we are matured enough.

Suddenly you find that this Kundalini rises, breaks this point just like the egg shells or you can say like a caterpillar, the transmutation and transformation both take place, and you become a butterfly or a bird. You are a different person altogether.

This has to happen; we have to find our meaning, because this creation that God has created with such love will be all wasted, it will have no meaning.

It is He who has become so gracious, it is He who wants you to get these powers, that it is all working.

At this level how can you think of paying for it? Just think of it. How can you pay for God's love? He doesn't understand money. How can you pay for it? It is impossible; it's absurd, it is insulting. It shows we have no knowledge as to how God should be. He loves you.

How much did you pay for getting your breathing mechanism? Or how can you read about it? What do we read when we have to breathe? If by reading if you start breathing what would happen to us? Just think of it. It's so spontaneous.

God has given us so much but we take it all for granted. And we don't understand His value. In the same way this realisation which is the vital thing has to come to us absolutely free and spontaneously. Spontaneously, because it's a living process and everything that is living is spontaneous. You cannot pay for it, you cannot say 'at this time' , you cannot guide it.

It works by itself. The only difference between the other evolutions and this evolution is this; that in that evolution you did not know, you were not aware of your evolution, but in this one you will be.

You will be know that you are transformed. You will know that it is flowing through you. In your conscious mind you will have the Spirit manifesting. The Spirit about which you have heard will be manifesting in your conscious mind.

So far it was just a witness of all your doings, but now it is a part and parcel of your being in the sense that you become the Spirit.

Again I say you become. I cannot say, oh, now you are all realised souls, no, it's not possible. One enlightened light can enlighten another light; it's so simple as that. You are all ready, you are all say lights, and just because I was enlightened when I was born I can enlighten you.

When Bala said about power, I thought I must be some sort of a dynamite or something. It's a power of love. Can we understand power of love?

It has all the powers in it and it is more powerful than any other power. So far human beings have never used it, what they have used is the power of hatred. They have never used the power of love which is the most effective, beautiful, delicate power. It's so dynamic because it is all-pervading.

You have to jump into that awareness to be that. But when the Kundalini rises this way, the first thing that happens, the first thing that happens to you is that physically you get cured. But I hope you don't collect all the sick people tomorrow.

When Kundalini is awakened, then you get physically absolutely cleansed. It's a cleansing process, and that's how you will be happy to know that cancer can be cured.

Cancer can only be cured by Sahaja Yoga, I've been saying that. Now people when they get cancer they come to me, even doctors and very highly placed people. But when they go and tell people that we got cured with Sahaja Yoga, nobody believes them; they think this man is mad. So many diseases can be cured by Kundalini awakening. Like I would say, now supposing I have to come to this room, you have got it decorated, clean. If God is to be established in your heart then the body has to be

cleansed.

So as a grace this mother your Kundalini, which is your individual Kundalini, she just cleanses your body. In one shot, overnight, so many people got cured (24.08).

Then your addictions and habits which come to you through your conditionings and domination of the matter on you drops out.

So many people overnight forgot to smoke, they just forgot they had to smoke. They were surprised after three days they realised that they have to smoke.

We have people who were really like druggists and chemists, you see, they had storehouses of drugs within them; and this they did because they were seeking, you see, nothing wrong with them. They got completely cured.

Because when you get the absolute, all these relative things fall off. Then your mental problems also get corrected. Here I would like to give a note on so many false gurus who have come to this country.

So many false gurus have come, and there are many who are now prospering in England as well as in America and everywhere. And people are so much enamoured by these false gurus. And they have been really paying such a lot of money to these gurus that I cannot understand that though they are mesmerised, how could they be so much befooled? And now, after befooling, they do not want to believe it. They came and told me, "Mother, our guru doesn't talk ill of anyone". I said, "The satan is not going to talk against [the] satans, is he?".

Now the after effects of these gurus is so horrifying. In this hall only last time I had about I think eight or ten people who were just jumping on the seat, in a horrible condition just like mad people - today they are normal people - all suffering from epilepsy.

They have become bankrupt, they have sold their houses, their children are on the streets, they are divorced, they are sick, they have got blood cancer. Still they are madly in love with their gurus!

This kind of mass hypnosis was to work. Has been already indicated that false gurus will be coming. Now how do you make out a false guru? First of all anybody who takes money from you for his living cannot be a real person. He must live with his own earnings.

If he is a poor man, like Christ was, He lived like a carpenter's son. Why these gurus take money from you? They have never seen a, even a motorbike, they want to buy Rolls Royces.

Throw them in the sea. There is another one who has got 5, 6 keeps and has got three, four landing spaces. And you think he is a guru. You are so impressed by their badly earned, illegally earned money.

Then what can God do also about it? How can you be impressed by such people who lead such a horrible life? Immoral people are we also so much in the game!

Very immoral, extremely immoral. They teach you dirty things. Especially in the West, I can't understand when you had a person like Christ who was purity, nothing but purity.

He said, "You talk of adultery, I say that thou shalt not have adulterous eyes". From there to what are you going? They may be Indians or anything. They are a curse on this earth and such people are followed.

Now I can tell you any one of them, those people who were jumping here, were the teachers. And they told me that when they held a meeting in Birmingham there were three thousand people. These people who were suffering from epilepsy. Why? Because all the media was after them, they paid the medias. And that's how they were there. This is a very big problem, you see, the

money begets money.

But you cannot get God with money. It's a very funny vicious circle. Please understand.

And it's the greatest destruction for human beings. Because these are the most beautiful flowers of God which are not paid attention to.

And these people went to the police, and told them about it, nobody's willing to listen to them. You'll be amazed. There was a diamond merchant who is now on the street begging.

Can you imagine these things have happened, and nobody is bothered about them. And they are saints; they are born to seek God. Have some understanding. And this is what is happening.

I am so very sad to see that people who are so beautiful in the eyes of God are tortured by these. And now even in England and France and everywhere I find people have taken a good hint from them and they have also floated big enterprises. In the name of God. In the name of God you cannot take a single pie. It's sin.

You remember Christ had taken a hunter in his hand and started hitting all the people who were selling in front of the church.

They were not even selling God, but in front of the church they were having, He could not bear that insult. And these are selling God and selling realisation and selling these precious things.

My heart weeps actually to see these beautiful people are being tortured from one guru to another. They are seekers.

In Birmingham I met a man; I asked him how many gurus you have been? All his money, all his earnings he gave to gurus.

And he gave me a list of people which was written in three pages and both the sides covered. Can you imagine this gentleman? And he had all kinds of problems that you could think of. Everything, everybody, every part of his body was paining, he had this trouble, that trouble, this problem, that problem. There was no problem on the earth that he did not have. Who is going to pay for all this? I feel that people do not want to accept the truth sometimes. There are seekers, they get so fed up and so tired that they think Mother is another guru. I'm not a guru, I'm a mother. Guru is a very difficult task.

I mean the real guru is a very difficult, is a very hard taskmaster, I tell you.

I'm just a mother but Mother is the guru of gurus because She knows how to handle Her children.

They are very difficult people. Any guru if you want to meet who is a real guru, it's not easy. Half of your flesh will be finished before you see him.

But the time has come that all of you must get it. With all self-respect, with all your glory, with all your freedom you have to get it.

You are honoured by God, you are respected by God. And that's why whatever has happened has happened; now forget about it, better get your realisation. And then all understand all the knowledge of your centres which are within you. Everything about yourself, and about others and how you feel. (34.32)

Now, if there are say two children who are realised, you call them out and tie their eyes, is a very simple test, and ask them to feel the vibrations of another person. And immediately they'll say this finger is catching. Means this man has got throat trouble. All of them.

There was a lady from Observer. She came to see me, she got her realisation. She's very intellectual. But she was so surprised at

her realisation. She said, "Mother, I must jump to it and write it". I said, "No, no, please settle down, you must establish yourself". She said, "No, no, I can't help it, I must tell because I am a seeker and I know how people have suffered".

So she went on, but afterwards, I think she was a little surprised how could she get realisation. She had (33.54) no faith in herself left, poor thing, perhaps.

So, one of the sahaja yogis said, "All right, call the children". And she called the children. And the children started feeling the wind even from my photograph. And they said, "Oh Mother, wind, wind is coming, such a lot of wind is coming!". And that's how she was convinced.

You all are invited to it, believe me, you are invited. And have it, with all grace and beauty you all should have it. You have suffered too much. Now it's time for all of you to get it, isn't it? But believe in yourself. Why do you think that you cannot have it?

And the greatest disease of the West is that they all think they are very guilty. I mean, this disease must get out. If you think you are guilty, you cannot get your realisation.

What are you guilty for? What have you done? What guilt do you have I just can't understand, it's imaginary!

All the time you are guilty for this, you are guilty for that, any small thing. If you have not said "thank you" hundred times in day, one day, you feel guilty. I mean there's no need to say so many thank you's, also. And to think that you have done mistakes all your life this is mistake, that you have done mistake, you should be like this, your face should be like this, your hair should be like this, you should walk like this, you must have a dress like this.

If you put your knife this side to that side what does it matter in the eyes of God? It's not important. And to think all the time that you are guilty creates a problem here.

You must have many people saying that I've got pain in the neck. Know that he's feeling guilty for nothing at all. For such people there's a very simple mantra to say: "Mother, I am not guilty". Simple. Thrice you say and your neck will be all right. Is a very simple mantra to say, "Mother, I am not guilty".

I am talking here about the ocean of love, the ocean of forgiveness. And what are these specks you have collected, imaginary ones?

This I discovered after coming to England that people feel guilty and then others also I have seen.

But in India there are very few people who really feel I tell you, they never feel guilty I think (Shri Mataji laughs).

They have the other problem, right side, but not the left side. I mean, they are feeling guilty... (Shri Mataji laughs). I mean, I don't think we have so much time to sit down and think that we are guilty, we are so busy, you see, perhaps in that country. But this was my experience.

And with that little thing you got your realisation. Can you imagine? (36.45)

So there should be no self-pity, there should not be any unhappiness about it. But it's just a play, it's so simple, it is not frivolous, it is very deep working. But just a play, like you come in the room you ask me how to put the light on, there's a switch you put it on. But behind that is a big organisation.

In the same way the Kundalini awakening, though it's a play, behind that is a big organisation. And you need not take all the responsibility of world (38.38) all upon yourself. God is doing everything. Actually you are doing nothing.

What do we do? Tell me. At the most, if a tree dies, we make a chair out of it.

That's all. And the chair sits on our head, we can't sit on the ground then, once we make the chair. That's all we do. We cannot transform one flower into a fruit, can we? Not even one.

The One who does billions and billions of these every moment, where are we compared to Him? To think that we are doing something, and that we are guilty for it, is all absurd.

Now I have to say one thing, that in one day's lecture it's not possible to cover all the points, all the centres and everything. But we have got certain booklets, something you can go through that. We have a big book also here available for those who want to read. But I would say don't read too much, already you are over-read people. So it's better not to read anymore.

It's better to experience and develop the experience, and grow more, and then you start reading.

And we have a centre here, [in] Birmingham, which is doing very well now. You can meet those people, they - some of them only got realisation about a year back, and you will find they are scholars.

When I went to America the journalist asked me, "Mother, all your disciples are they scholars?" I said, "No, they are not. What makes you think that?" He said, "They are all scholars, they know such a lot".

So once you reach that sap of life, through that you get the complete knowledge. You become the knowledge. Knowledge is the first thing you get. First you get the knowledge. That is also a knowledge which is your own, in the sense you feel hot, cold.

Now anybody who feels hot need not be an educated man or a scholar. He feels hot. Anybody who puts a finger to the thing feels hot. It's like that, you feel. So first you get the knowledge about it, and then you get the joy out of it.

So I have to tell you one thing, that though it sounds very fantastic, it is not, it is absolutely simple. And this should happen.

I would like to have some questions from you about it, and then we'll see how it works out.

All right? And not to be afraid, there's nothing to have any fear about Kundalini. Because you must have read such big, big books saying that Kundalini burns you, Kundalini does this.

No, she is your own mother. She doesn't do anything of the kind. These are the people who have never known what Kundalini is.

It's like somebody putting the fingers into the plug and saying that electricity burns you. They are unauthorised people who have done all this, and that's how they have suffered. Good way.

So any questions please?

Can't think; if the Kundalini rises above this, you become thoughtless, you just can't think.

And when she gets out from here, you start feeling the cool breeze from your head.

Really a cool breeze you feel it and from your fingers. As simple as that.

You are still doubting something. Ask a question. (42.59)

Lady: Do you need to seek the power before you pray?

Shri Mataji: Can't hear. Loudly.

Lady: Do you need to seek the power...

Shri Mataji: Just come. Come, come, come here. Come. Yes, yes. Yes.

Lady: Do you need to seek the power within before you just pray?

Shri Mataji: Eh?

Lady: To pray, do you need to seek the power within, to release the power before you pray? Because it's very difficult to pray...

Shri Mataji: To pray. All right. All right. May God bless you. Sit down. I'll tell you. She is saying that, have you to pray to Kundalini? No, nothing, nothing, you don't have to do. You see, prayer before realisation has no meaning, it's like telephoning without connection (laughter).

There's nothing to pray, nothing to pray, nothing to pray.

Another lady: Can you get the Kundalini, or something like it, and then it can die? Or once you've got it... (inaudible words).

Shri Mataji: Can you come here?

Lady: Pardon?

Shri Mataji: Come, come here, tell me. So.

Man: Now I think everybody has got a question to ask, but it's - they don't know how to ask the question.

Shri Mataji: They don't know?

Man: I think everybody has got a question to ask, but they just don't know how to...

Shri Mataji: What? Know what? They don't know what?

Man: Everybody has got a question to ask You, everybody knows that, but they don't know how to ask You.

Shri Mataji: They don't want to?

Man: They don't know how to ask You.

[Shri Mataji laughs]

Man: A lot of people just don't know how to ask questions. You know what I mean?

Shri Mataji: They what, what questions? Ask now, what is there? What is you don't know? I know English at least, so ask me any question in English. All right? Now, what did you say?

Lady: Can you get the Kundalini, and then it can die?

Shri Mataji: And then?

Lady: Then it can die? Or once you've got it, have you always got it? (45.06)

Shri Mataji: Oh, now, very good question. Alright. That's a good question. Sit down. That's a good one. Yes, sit down, sit down, sit down. She asked me a question, if it is awakened can it die out? It doesn't. Once it is awakened it goes up, opens out. But, but it's there. At the first shot, you see, it goes really in a big way, you get it in a really big way. You remember it. But then it goes back and looks after other parts where there's a problem, so the force is reduced. But then you have to learn how to keep the force there and how to raise it, and this is what is called as vidya, is called as the knowledge.

How to raise the Kundalini ...

[Audio interruption]

... What is all this about? So that part you have to know. I am here to decode it.

Somebody came and told me, "Mother, I feel here tickling, all the time tickling". I said, "This centre is not all right, you have to open this centre".

Now how to open this centre? Then I had to tell that person you have to do this very simple method. You see, certain movements, because it is flowing from your hands, certain movements how to do it, which are the deities on different centres, if you come to know about it - for example, this centre is the centre of Christ. Between the optic chiasm is placed a very subtle centre of Christ. In the Indian scriptures He is called as Maha Vishnu.

Now He was born on this earth to suck the ego and superego. His crucifixion was there to suck our sins, means the ego and the superego. But He is to be awakened. Unless and until He is awakened it cannot happen - you go to church or you pray to Him - nothing will happen. But if Kundalini goes and stops there, and if you say Lord's Prayer, it will rise. Is the proof that it is Christ's centre.

Now this very important point that He should be awakened, that Christ was for this, was never known to Christians. It's a living process. He said, "I am a living God". And when they went to India the way they talked about Christianity was something absurd.

So Hindus still believe that this One who has to redeem us has to come. They don't know that He is already born and crucified and He is the one. He is Maha Vishnu who is described in Devi Mahatmyam very, very clearly. He was specially made. Who was His father; who was His mother, all described. But the people who know English have no rapport with our ancient scriptures and those who went from here have no rapport with Christ. That He is to be awakened within us. He said, "I am to be born". And how to awaken it nobody knew - only through Kundalini you can do it.

He said, it's said in the Bible: "I'll appear before you like tongues of flames". Now what are these tongues of flames? Go and ask these people. These Jews do they know?

Mohammed has very clearly said that you are to become a pir; you have to be born again. I mean Namaz is one of the very good ways of raising the Kundalini, if you are using the Sahaja Yoga method. Means you get your realisation and then you do Namaz, you'll be amazed.

Everything has a meaning only when it is a living thing. Otherwise it's dummy.

Everything is a dummy stuff, you see, like this is a dummy thing. I shout at it or do whatever you like, it's not going to work.

That's why everything is a dummy, and that's why people say, "Oh, Christianity is wrong". If you go to the Muslims, they will say the Jews are wrong. The Jews will say the Muslims are wrong, the Hindus are wrong. I mean they are all blaming each other.

If you have to learn about yourself better go to the other party. But they are all dummies.

Once you get realised you will know they are all connected with each other, absolutely one, there's complete harmony and concord.

Christ Himself has said, Those who are not against Me are with Me". Now go and ask these priests who are those who are not against Him; who are with Him. I mean, He was not even given sufficient time, only for four years He could talk and He was killed.

Everywhere they have done a nice pickling up of all these great people. But Sahaja Yoga completely exposes their adventures, their purpose, their places within us and also establishes all the fundamental things that are described in all the scriptures and their co-relationships (50.30). It's such a fantastic thing. How it establishes? By proving it.

I'll tell you one example, a simple example. There was a gentleman from Iran, he was a doctor, he came to see me. I mean, it is now we cannot contact him because he's in Iran. But he came to see me, he was a Muslim. And I told him that Mohammed Sahib was born as Nanak Sahib in India. He could not believe it. He said how can it be?

Though Nanak Sahib had said it in a way, because Nanak Sahib was sleeping and somebody told Him that, "You are placing your feet towards Mecca". He said, All right, I'll turn my feet to other side", and the Mecca came that side. He said, "I can't believe it, I can't believe it". I said, "But Mohammed Sahib has said that He is the last". I said, "I'm not sure of that, but maybe He must have decided to come back the way people are".

He could not believe it. And he had stomach cancer, which is caused by - one of the reasons is fanaticism. I told him, "You have to believe in Him. He was one of the incarnations of the Primordial Master and He was the same Abraham, was the same Moses, was the same Socrates, was the same, and you have to believe it". He said, "I can't believe it". I said, "Then I can't cure you". Then he went back and he was very sick. His wife said, "Now what is there after all, you see, we became Muslims because our parents were Muslims, and they told us that Mohammed Sahib was the last. After all you are to be saved".

Then he came and he said, "All right, Mother, whatever you say I'm going to say". I said, "Now you pray to Nanak Sahib instead of praying to Mohammed Sahib, because it is Mohammed Sahib who is angry with you". And he got cured; he's still living. He got cured. It's so simple. You can't believe it; it is so fantastic. It is worth seeing yourself with your own eyes.

The other day only, in Scotland, there was a gentleman who was suffering from terrible, terrible arthritis. He got completely cured and he came to see me in Edinburgh. Arthritis is absolutely curable; Diabetes is absolutely curable; paralysis is absolutely curable.

These all come out of your imbalances.

If you want to treat a tree and if you just treat a flower or a leaf you cannot treat the tree.

You have to go through the sap. Sahaja Yoga is a system by which you go through the sap of a personality and treat the whole body as a whole.

Because the whole is the one which is to be looked after and not a part of it, because you are a part of the whole. And once you get connected with the whole, that whole, that primordial Being looks after you.

And this is what has exactly happened to us that we are all separated from the whole, and we have to become one with that, with all our awareness and understanding; so that that whole looks after us.

So coming back to your question about Kundalini that it falls off, is a true thing with some people, it does go down. But all the forces that are divine are looking after you. You have to little bit cooperate with your Kundalini and she comes up, she makes you beautiful, absolutely beautiful.

Now, any more questions?

Man: Could you explain what exactly you have to do, to...?

Shri Mataji: That's the exact point. You don't have to do anything. You see, I have to do something about it, not you. In the beginning; then you can do it. Like this light is here, all right? This is enlightened. Now there's another candle, which is not enlightened. that candle has to stay straight. Just keep the wick out, that's all. And this candle has to just go near that and that gets enlightened.

I mean, I'm not doing anything about it, that also I must say, because sometimes the ego gets challenged; you know, somebody says, "Why, Mother, you?" I said, "You better do it. I'll be very happy to be replaced. If you can come and do it, nothing like it. You see it will be such a change". (Laughter) But what can I do?

I have to do it. Otherwise I'm a happily married woman; I have my children, grandchildren, everyone there, I have no problems. But I see your problem, and I see that Spirit in you, and I just feel in all my love and compassion that you must know it; that's all. And once you know it, you can do it yourself. Like one light can enlighten many. Isn't it? It's as simple.

You become that. You don't have to do anything about it; you have to just put your fingers like this and the power flows into you. It's that simple. You won't believe, but it is so. Because you are ready. You are just ready to be enlightened. Now this instrument is made, if it is not put to the mains what's the use?

But how do you put to the mains?

Just put to the mains, that's all.

The mains are there, and this is ready, you just put to the mains, you are just there.

Like a television set to a villager if you tell, he won't believe that it is so fantastic. That there are all things around you; he will say, "I can't see anything, how can I believe it?"

And you put to the mains and you start seeing the television manifesting, which is so fantastic.

In the same way, you are a special instrument created by God. You are just put to the mains.

You don't have to do anything. What did you do for your evolution?

When we became human beings from a monkey, what did we do? Nothing, we did not cut our tail or anything, it just dropped off. (Laughter)

In the same way, we don't do anything for this also; it's just there; you are just ready; you just get it like that. You don't know how fantastic you are. You don't know that, na? I know that. But you will also know very soon (Shri Mataji laughs). When you know you will be amazed how fantastic you are within.

It's said always, all the scriptures, all the great people have described you as very great. All of them have described.

But you must have faith in yourself that you are great, no doubt. And that instrument is ready, just ready. It is to be applied to the mains and once you start manifesting you can give it to others. It's that simple.

You can't believe it I know, but it is so, you will see that very soon. Do not doubt it too much, all right? Otherwise this brain will be working, "khat khat khat khat khat khat".

That's why I said for a while you should stop thinking about it, then it should work out. Because I've seen people who go on doubting very much, you see, they take time.

Just open, open out yourself, you must open yourself fully and it should work out (57.21). After all you want to have your realisation, isn't it? What else you want? You don't want to doubt for doubting sake! What's the use of doubting also?

I mean, if there is, supposing I say there's a diamond here. You will all run. Not only you but people from Australia will come if I say it is free, available. Don't you think so?

They will say worth going by plane, if there's such a big diamond available.

So no use doubting. Just have it.

You have a diamond in your heart.

No doubt. It will spark. Do not doubt.

This mind has been doubting all the time, what has it given you? Nothing. It will give you problems and headaches. Don't be doubting Thomas's (Shri Mataji laughs); be trusting.

Lady: Do you find people's problems stop them getting realisation?

Shri Mataji: Come here; come. Yes?

Lady: Do you find people's problems stop them getting realisation?

Shri Mataji: Do you find people's problems...?

Lady: ... stop them getting realisation? ...

Shri Mataji: Problems - it stops a little, sometimes, little bit. But I have known all the permutations, combinations now. So I can get over all the problems; I think so. All right? [Lady: "Yes"] I know many permutations and combinations now of problems (Shri Mataji laughs).

In the beginning you'll be amazed in this England I came here when my husband got elected to this job. For four years I worked on six people, for four years, can you imagine?

And now they just get it like that.

Now I know all the permutations, combinations of English people and England and western people. Now I'm going to America

and I've been there before also; so keep your fingers crossed; I'm sure I'll work it out there also.

(Shri Mataji laughs) Everybody is an interesting sample of some combination. But I know all the keys somehow; I've studied it and I've put all attention to it.

It has worked out and all these problems I know what you all have. Somehow it works out, so don't you worry about that. If there were no problems, there was no need to do this.

I mean, you would be just there. There has to be problems.

Any other problem? (Shri Mataji laughs)

Man: Excuse me, please. We've got seven chakras over there; can you please tell us what part each one plays?

Shri Mataji: Alright. See, that's good. Now all that is so elaborate I may not be able to tell you today; but can you come and show?

But I will be able to say in short, all right? Now he is coming; he will show you. I'm just...

Now the first chakra which is below the Kundalini, the first one, is the very important centre, which is bestowed by a deity, which is the embodiment of innocence. Is the centre of innocence, the first chakra.

To explain it more we can say when we were at the carbon stage, carbon stage. Now carbon is a very important element, you know that. In the periodical laws it is placed in the centre; it is tetravalent, means it has four hands. Either it can give four hands or take four hands.

And at that stage only the nature started producing life. So that is the stage where we were at carbon level.

And nature is innocent. A chair doesn't get angry with you. It's only we can get angry (Shri Mataji laughs). So the nature that we are, is innocent, our basis is innocence. We are surrounded first by innocence. We are basically innocent people. So this is the first centre, is of innocence.

Then the second centre that you see. Actually the Nabhi we can take it. Is the second centre and the third centre are connected.

From the second centre arises the third centre. The second centre is the centre of our seeking. This one manifests our solar plexus. And this caters to our seeking. As amoeba we were seeking our food through our stomach; it is in the stomach we can say.

Actually they are all placed in the medulla oblongata; they are placed in the spinal cord.

But they manifest outside the plexuses.

For example, the first one manifests the plexus called as pelvic plexus, which is responsible for our excretory functions. All right?

Now the second one, which is the one I told you just now, manifests the solar plexus, is for our seeking.

And now you are at a stage, the seekers, where you are seeking the ultimate, the beyond.

But there are people who are still seeking money, there are people who are still seeking other things. But I take it for granted that you are seeking Divine. So the seeking reaches that stage (1.03.08) at that centre.

The other centre that comes out of it is the centre of action. The seeking has to put into action, otherwise supposing you are hungry you have to go into action to get it.

So this is the centre of action within us, which works within us all the activities for the future, it thinks and all the activities that we require for our mental or our physical needs.

So this is a centre of the Creator.

The above centre [to] that is the centre which is the centre of Heart as we call it. Is the centre which represents your sense of security. When the child is about twelve years of age, this centre creates antibodies in your sternum bone and these antibodies by the time the child is twelve years of age go into the whole body. And they are the ones who react to any invasion on the body. And these antibodies react; say for example, all our injection system works on that.

We put a little virus, which is an outsider invader inside the body and when you put that, they get energetic to fight. And because of their energies they fight the disease and we get cured.

This is the principle of that is. This is the centre of our sense of security. When we are insecure, then this centre starts pulsating and emitting more antibodies and looking after us. And this is a very important centre within us.

But there are other two other centres on sides of it; one is of the mother, one of the father; on both sides. I mean they have sub-centres also. Now this one can be called as the one which manifests cardiac plexus.

Then above that is the centre which is behind here, is the centre of our collectivity. Is the centre where we become one with the whole. Is the centre which gives us the idea that we are one. By this centre we become also the witness of the play of the Divine, later on when it is enlightened. It is a very important centre by which we talk to others, we communicate to others on the right hand side.

On the left hand side emotionally we become attached to people.

Then above that is the centre, as I told you, of Christ, or we can say the centre of ascent.

There is the door, which goes into this area of limbic area, which is grossly known as limbic area, which is the kingdom of God.

And above is the last one here where this point. The whole thing is one centre, the limbic area and this point. When the ego and superego are sucked in, the Kundalini rushes through, and this fontanel bone area becomes very soft and you start getting the cool breeze from that part.

Now in short I've told you, but in details you can go through the book, it's all written down about these centres which are the basic seven centres but there are many other centres, which are sub plexuses of these.

Amazingly there's one thing that all these centres are manifesting the plexuses outside and all these plexuses. For example here, the plexus is the one that looks after the pituitary and the pineal, these two things.

So it is related absolutely with the gross as well but we go from inside outward, while the doctors go from outward inside. Which you cannot go, you cannot enter into a tree through a leaf, you can enter only through the sap into it.

These are in short I have told you. But there are all these things are clearly written down in a book that they will give you. They have got it. Have you got that book? [Yogi: "Yes, Mother"] You can get. It's a very small booklet. Do you charge any money for that? No? It's free? You charge a little. How much?

Yogi: Ten p's or something.

Shri Mataji: Eh?

Yogi 2: Ten p's or something.

Shri Mataji: Ten p's or something they charge. You see because maybe, so far all these boys have been printing it and paying for it, for the whole also. I mean, this thing requires money no doubt, but these boys have been doing it. And it's all right, not much, you see.

Birmingham is a cheap place that way, I must say, compared to some places I went to.

Also everybody is trying to fund it so that, I mean, there is no sort of any profit basis or anything. But like ashram we have got, we have got say ten people, they take a house, they live there, look after it and that's an ashram. There's no sort of a profit making or any fees or anything. Because they live there, they have a house, they live there, that's all. It's as simple as that. We do not have any such organisation; there is nobody who is organised in it. You cannot organise God. So there's no organisation, they are there because of their free will, because of their freedom and because of their love, and because they feel responsible that they should do it. There's no force on you; there's no compulsion; there's no money taking; there's no membership.

Man: Is it also possible, please, for any of those centres to awaken without the knowledge of the individual?

Shri Mataji: You see, sometimes it happens that a person can be attacked from the sides and then that centre can go on emitting too much. Like in cancer it happens.

That one of the centres you see, say for instance the stomach. Now, if you are eating, say, something which is irritating the stomach centre, then what happens that this centre receives all the energies from everywhere, all the stored up energy, and starts working very hard. When it starts working very hard, it gets dislocated.

When it gets dislocated, what happens that there is no relationship left with the whole, and the cells starts growing more than in relation to the whole. And we say malignancy has been set in. And like that can happen, they can get over-excited.

But the energy from other centres is brought in one, and they get over-excited without any relationship to the whole. And that's a very dangerous situation.

Such a thing can happen and sometimes it can happen on certain centres where people just get possessed. And they think they have got some sort of a great experience. Is not so.

Like there was a lady who always felt that she's getting out of her body. Ultimately she got her cancer. Now, of course, she is cured, she's all right. But these all such experiences come from the left and the right side. Not from the superior.

The one experience on the left hand side is of the collective subconscious, because on the left hand side of this channel that you see is the collective subconscious. Now, we do not know, because these are unknown areas for us; the collective subconscious on this area and [the] collective supraconscious on this area.

Now, for example, spiritualists they work from the collective subconscious; it's a very dangerous thing to do. We have nothing to do with spirits, nothing to do with them.

We are in the centre and the present. If you indulge into spiritualism, you'll find you'll develop a very funny situation and I don't

know how they end it up.

Apart from mental trouble, you'll be amazed, I mean, I'm amazed at it myself, that all the cancer patients I've seen so far are all attacked from the left side, not from the right side.

Those who are attacked from the right side, is the supraconscious, the collective supraconscious, are the people like Hitler. Who get possessed by very, you can say, very, very dominating personalities who are dead, or those who lived in the future, are the great planners, this, that, they get attacked. And once they get attacked there's an outlet. (1.10.34)

For example we can say Hitler was like a medium. And he transformed other people into that kind of a frantic temperament. I mean, it took him eleven years to build up that kind of a domain of Satans, you see, but it took eleven years. And I would blame then the people who allowed this to grow. And once this grew up and suddenly it blew up them, then they realised; oh God where are we?

So these attacks can come from these two areas - they are called as adi bhautik and adi daivik in Sanskrit language.

But this is, is the Spirit; is the Atmik; is the superior; is the super-most experience where you become the Spirit itself - your Spirit, not somebody else's.

All these experiences are not healthy; they should be avoided for all those who are seeking reality. I mean, if you want to have some jugglery, then it's a different thing, but it is a very dangerous thing to play with it. All these gurus are using only this, either left or the right side. They use these spirits and that's how [they] mesmerise. That's a very dangerous state.

The other day - Sahaja Yoga has become so powerful now that they, these people gave realisation to an archbishop of black magic.

Can you imagine? I was amazed. And this fellow was quite all right, then he went home and he found everything was moving around. These, all the things that were there, were moving around. Now the spirits were tempting him back. They thought if we show some sort of this jugglery he will be back again.

And they telephoned to me, "Mother, now what to do?". I said, "Why did you give him realisation? There was no need to give him realisation". He said, "Just he came and he got it". I said, "Leave him alone, I'll look after him, you don't worry".

It happens now. This Sahaja Yoga is so great. imagine giving realisation to the archbishop of black magic. I mean, this is too much (laughter). But it's doing, it's happening (Shri Mataji laughs).

Man: May I say by the way that I can see a white aura around your head for the last hour.

Shri Mataji: Yes, it's true (Man: "Yes"), but I would say don't see that. You'll see many things, because I'm something more; there's no doubt. Quite a lot I am. That you have to discover later. You can see many things. But I would say don't see anything, because this also seeing is not the thing - is experiencing is the thing. And that's why you must experience your being.

And people have seen me in many forms, many things. That's not important. That's not important. Important is that you must get your realisation. I must be something, isn't it, to do it?

No doubt. There must be something about me. But I don't want to talk about it just now. I'm very tactful; you better find out.

Lady: Why is peace and tranquillity adjusted on your face?

Shri Mataji: On my face? (Lady: "Yes...")

(Shri Mataji laughs) You are also going to get it. That's all I can say. It is there, inside. It is all - whatever is inside comes out, isn't it? You are all peace, tranquillity, everything inside. You are also the same, not only me.

You have to just feel it.

You will, you will no doubt, you will feel it, no doubt. I assure you. That's why I'm here; I want you to enjoy that what I am enjoying. That's all.

You see, it's like a drunkard who cannot enjoy his drink. That's why I say that I am a capitalist because I have all these powers and I am the greatest communist because I must share. I can't help it without sharing.

So this is such a combination. All right?

Lady: Thank you.

Shri Mataji: So should we have it now all of us? Because it is within us so why not have it?

Will you please put your hands just like this straight, put both the feet straight on the ground just like this. This is just to help your Mother Earth to take away the problems just like that. And close your eyes; just close your eyes, it will work out in no time. Just close your eyes. It's all right.

Now you don't say anything; just close your eyes and put your hands like this. Now feeling the cool breeze? Already? Now enjoy it. Just close your eyes.

Now few things I will tell you which you have to say in your heart. One of them as I told you, say in your heart thrice: "Mother, I am not guilty". Say it thrice please.

Believe in what you are saying that you are really not guilty. In the eyes of God you are not at all guilty. You have no business to judge yourself. Just say, "Mother, I am not guilty". That is to establish your love for yourself. That "Mother, I am not guilty"; just say that.

If there is any shaking in your hands or anything, then keep your eyes open. If there's a little shaking may be because there is some sort of pressure on your nerves. If there's a shaking or anything, doesn't matter, after some time it will go away. Just put your hands towards me or you can throw away the shaking like this, thrice. And it will be nice; you'll like it, if you feel the shaking.

Now first thing you say with your heart: "Mother, I am not guilty".

The second thing, thrice you have to say that. That you have to say is that, "Mother, I forgive everyone". Just say that. People might say that it is difficult; nothing difficult to say it. Just say, "Mother, I forgive everyone". Just say that, because by not forgiving actually you are carrying an unnecessary load and harming yourself. You cannot harm others, you are harming yourself.

So just say, "Mother, I forgive everyone". Say it thrice; just say that. These are your main problems. First is feeling guilty, secondly not forgiving others.

Go on saying it, "Mother, I forgive everyone".

Now you can put your right hand on your heart.

Keep your eyes shut. And ask a question; "Mother, am I the Spirit?" Ask thrice, "Mother, am I the Spirit?" Ask thrice, you will start getting the cool breeze at this point.

If not you just say without feeling guilty, again I say without feeling guilty, you just say, "Forgive me if I have done anything wrong out of my ignorance". That also you say it thrice.

Now ask the question, "Mother, am I the Spirit?" Ask thrice, just ask the question, "Mother, am I the Spirit?"

Now put both the hands and see if the cool breeze is coming in the hand.

If it is not coming in the right hand, then put the right hand towards me and left on the stomach.

Now ask a question saying, "Mother, am I my own teacher? Am I my own Guru?"

Those people who have been to wrong gurus will get a problem. You have been to someone? All right, doesn't matter, we'll - just see now, you can see the result just now. You can't even control it. They shake before me.

See, if you have been to a wrong person you can just see it, happening to him. All right? Doesn't matter. Ask him to put his hand outside, he'll tell you what is to be done. Just go to him, he will do it. Just go to him, he'll tell you what is to be done. To whom you have been?

Man: To spiritualist church.

Shri Mataji: Eh?

Man: To spiritualist church.

Yogi: Spiritualist church.

Shri Mataji: Shaking, they shake, these spirits shake. How are you? Have you got it?

Have you got it? Have you got the cool breeze? (Lady: "Yes, I have") Good, good. Have you been to spiritualist church yourself? (Lady: "No...") Thank God. (Lady: "This is my first time here")

Great, you are really pure. You got it (Lady: "I got it?") Yes, you got it.

What about you? He's a born realised, no? He didn't feel it? Now, just see, because he was sitting next to you, now see. Put your hands towards me. He just started shaking, terrible shaking, you should have seen that, how he shook before me. It's terrible. Have you got it?

Yes. Have you got it, my child? Not yet?

What about you? Just put your hands like this. You have got cool breeze? (Man: "No")

You should. You are doubting still? You have got sinus trouble, have you? (Man: "I haven't, no; I've had that") Hm, you had it; all right, we'll work it out. Doesn't matter. Will work out; just put your hands like this; it should work out.

Mrs. Joshi, you got it? Your face is changed, you know. You'll look at least ten years younger, all of you. Did your friend get it? Did you get it? (Lady: "No") Cool breeze? (Lady: "Absolutely nothing") Nothing? All right, we'll work it out.

For journalist you must ask a question. "Mother, am I the witness of the whole play?" Just ask the question. (Lady: "Am I? I am sorry, I didn't understand") Am I the witness, witness of the whole play?

You are a witness; you are not involved in it; you see, a journalist has to be a witness, a sakshi.

Lady journalist (not clearly audible): Yes, I show what is something that happened. Obviously I wouldn't declare otherwise, and I am interested in this.

Shri Mataji: Yes, just say that. Say in your heart, "Am I the witness of the whole play?" In your heart you can say that. Ask the question. You have to first witness it, then you can report it.

What about you? Are you all right? Are you getting the cool breeze? Little bit. It will work out, you watch me without thinking, let's see it. Ah? Better? Working out (Shri Mataji laughs), [it] works out. It's like, you see, how on a tree some fruits appear faster than others. It's like that. Gradually, everybody will get it. Don't you? Just sit down; comfortably, have confidence. You got it? Have you? Not yet. All right, he's got right sided. You've been to some – you have been reading about something like that? That's it.

Now you ask a question: "Mother, are you the knowledge?" Just ask the question in your heart. And the whole knowledge of this avidya will go away. Ha. Ha, now you got it?

Little feeling. It's very subtle.

Reading, you know, spoils it [a] little bit. So just say that, it will work out. See this lady, journalist lady.

Who else hasn't got it? Raise your hands, those who haven't got it. All right. What? There's nothing to fear, nothing to this thing. It must be worked out. It has to be worked out, everybody has to get it, you are right. All right? Now sahaja yogis should work on people who haven't got it. You haven't got?

[End of audio]

1981-0815, Shri Krishna Puja: There is a war going on

View [online](#).

15 August 1981

There Is A War Going On

Krishna Puja

Bala's house, Tamworth (England)

Talk Language: English | Transcript (English) – VERIFIED

... They dictate the information about their attack, how they're attacking about. Now, we have to know that there is a war on between the satanic forces and the Divine forces. Now you are the people who have chosen to be Divine. But, even if you have chosen that and God has accepted you, and has given you your own powers, still you must know that you are still vulnerable, very much, to the attack of the negativity upon you.

Now always, one has to remember that Divine will win in any case: there is no doubt about it. Supposing you fail the Divine, you will be the losers, not the Divine. If you all fail the Divine then you will be destroyed as negatives so, in the ultimate destruction, Divine will finish off all that is satanic, there is no doubt about it. But how many people are going to be destroyed, is the point. So you all have to be very much alert that you are to be saved and you are not going to be one of those who are destroyed. The more we save, the better will be our enjoyment. The more people we save, there will be a greater power flowing and the effect of that impact will be such that we might ourselves able to be rid all that is satanic and a very little will be left which will be destroyed.

So, the responsibility on the Sahaja Yogis is to understand that there is a war going on. Now, this war is within and without. First, basic thing: within and without. First, we must see the within war. The within war is this that, "We are the Spirit or not?" Very basically, "We are the Spirit or we are not the Spirit?" If we are the Spirit, that means we are not ego, we are not superego and we are not this body, this mind or anything but we are the Spirit, which is perfect. So, all the imperfections that come within us are our own, and we are responsible for the imperfections, because whatever God does is perfect.

And when we see that there are imperfections – I mean, that is also a very big 'if': "if we see", because that seeing is also not possible for many people. They are so blinded by their ego, they cannot see it, they are not aware of it. Or some are so blinded by their possessions and superego, they cannot see it. If you tell them that, "You have a superego", they get double ego-ed; if you tell them "You have an ego", they get superego-ed, because they are still identified with them. So, to be able to see, first of all, is the first step but, if you see – if, absolutely a big 'if' – see that you are not perfect, that you are not to justify your imperfections, that you are not your imperfections, but you are your 'perfect being'; you are actually, but just now you are not. So the movement is very, very slippery, in the beginning.

So, one by one, you must put your foot steadily as a climber on a snowy mountain does. First step should be that, "Can we see our imperfections?" Not others'. First of all, not to see others', is the first principle of Sahaja Yoga. First principle of Sahaja Yoga is not to see others' imperfections. What is the gain? I mean, I just can't understand this, you know. Because I am very differently made; I can't understand, what's the use of seeing imperfections of others. I mean, you cannot correct it, you cannot do anything about it; by seeing them, you do not improve, by seeing theirs, you cannot improve collectivity. So, there is no sense in seeing others' imperfections.

Now, first of all see your own problems, your own angularity, your own misidentifications and imperfections. When you start seeing them, then the first thing you will do, best way to avoid everything – I mean, avoidance is a very great character of human beings, but in a subtle way it is insincerity to yourself, to your ascent and to God. So face it. Now, you see your imperfections correctly, in the sense, you see, "Yes I am possessed no doubt. If I am possessed, why should I be possessed? I must do everything that is under my control to get rid of it." Now, a possessed person is always an abnormal person; either he doesn't talk or if he talks, he talks too loudly. They are in dualities, always remain: either he's very hot-tempered or he is over- sweet. Any person who is extremely sweet – all the time, is very sweet, never gets angry – that's abnormal. Should be able to sometimes

show your anger; for example, somebody beats your Mother, won't you be angry at that point? You should be angry. You have to be, I mean, if you have a personality and a discreet, wise personality, you should be angry if somebody does anything to your Mother, you should be angry; that anger is given for that right correction of a person who tries to harm the source of wisdom, source of everything. So, that anger is all right, justified. And in that way one should again not to be deluded that if Mother has said that, "That time, anger is all right," then anger is justified.

This is the trouble with human beings is that, they generalise everything. So one has to know one thing that you were human beings; now today, you are Yogis but you were a human being. And that human being-ness is still there in you, still lingering in you, and all these things are like caterpillars – parts are still hanging round you that you still behave like human beings; you should not: you should behave like a Yogi. And Yogi is discreet by nature; he knows where to get angry, he knows where not to get angry.

But for a Sahaja Yogi, one has to learn it, by dropping out all those human being-ness that is attacking, attached to you. So, the discretion, and that wise discretion, is to be developed; like Krishna has said that, "You have to go and fight. Take the swords in your hand and fight the enemies." Now, one would say "then Krishna has said, "Take a sword in your hand", now go on killing everyone!" Then even Hitler-ism can be justified. He said "your enemies" – this is important – your enemies.

Now, who are your enemies? Who go against your ascent! They are six in number; one is lust. Lust. Of course, perversions are out of question, but even too much of lust – like, you see too much attachment to husband, too much attachment to wife. But the other side is also there; running away from sex is another nonsense you see. That's another sign that you are possessed; definitely, no doubt about it. If you are husband and wife, you must have sex life but a sensible one. And the relationship should be such that it should ultimately culminate into it, and not the way people all the time think of sex; if you think normally of sex, then it's something wrong. Only when you reach a point of that thing, then you should feel it – I mean, that's the normal way. Like when, we don't think all the time of water, do we? When we are thirsty, only then we think isn't it? But those who think about water all the time, means we must be having lots of thirsty people within you, that they are asking for, "Water, water, water, water, water ..." It's a point where you reach, where you feel hungry about it and there is a sense, there is a way of taking water. How much particular we are about taking ordinary thing like water? "It should be from a clean source; whether it is coming from the kitchen or not – we'll first find out. It should be in a clean glass, from a clean person ..." Everything; we are very fussy on that point. I wish you could be the same way fussy about our married lives that, this is something where we put your heart and mind: "Are we clean enough, are we sweet enough, are we all right?"

So, this is one of the very important attacks I have seen: you marry a person and is finished, in this country. In India it's different. Here, if you marry a person, suddenly you find – God knows what happens – they all end up into lunatic asylums. I mean, that's a path for them to drop out; one of the big sieves is marriage in the West. So, these sieves are there, so be careful not to drop out of the sieves. And keep your mind upon yourself, judging yourself how we work out.

So, the first one is 'kama' – is the lust. Second, very important, is 'krodha Jog'. Krishna has put 'krodha' above 'kam'; you see, anger: heated personality, angry. He thinks that 'krodha' comes even before 'kama'. He was so much against anger. Anger. If you are an angry person, take out anger upon yourself, beat yourself nicely; best thing is to beat yourself, then you are hurt a little bit so you'll remember it, to begin with. Then you beat yourself on the ground with shoes every morning [shoebeating], "You get angry? All right – have it, have it, have it!"

Because this heated temperament is a big curse; is your enemy. That gives you a very great weakness against collectivity. You see, a heated man never realises that he's an angry man and that's the base of satanic forces, because they act on you because they're angry with you; they are jealous, may be any reason – they're angry with God. The whole base is anger and hatred.

So, the second point is, we should see: have we got anger within us? If you have anger, you cannot enjoy a sunshine, you cannot enjoy a flower; you cannot enjoy anything. Ultimately, you can't even bear yourself; the best way to punish such a person is to put him in a jail, alone, then he faces himself, then he gets rid of it. That's the best way, I think; there's no other way I can understand – that separate him. Let him put into seclusions; when he goes through the seclusion, he'll have to face himself and then he

looks at him, gets angry... hee, hee, hee, hee. And then that anger goes away.

If you keep with them with others, you see, then he has a chance to get more angry; maybe he might grow into his anger more. So, the Kama, krodha, madha – madha is the third thing. Kama, krodha, madha. Madha is what you call – is the pride. Or pride is a decent word: vanity. It comes out of ignorance: if you are supposed to be good-looking. I don't know, they call it – understanding of good-looking and beauty is also so different, that I used to think somebody is a very ugly man and it seems that he's supposed to be handsome, according to Western standards. I said, "Oh God, how can he be handsome?" "Yes, he's very handsome, Mother." And I was surprised that how, according to Indian standards, nobody would marry such a man, you see. But such a man here is a very handsome man. Is most surprising that how our ideas of beauty also change.

But I would say in this, fundamentally, one should understand that those people who normalise everything by their thinking, you see, "The beauty should be ..." means this. "This thing, face should be such, the nose should be such and this and that" – is all being sort of measured out you see: "This is beautiful." Then, all these ideas of beauty that are thought up – not spontaneous, not spontaneous, again I say – are not beauty.

So, people who have pride about these things like, "Oh, I have a very beautiful house." May be the ugliest house you could think of; could be the ugliest, I tell you, some of the houses I just couldn't enter in, I felt like vomiting.

And, for some people, it's the house one should go and visit, it seems: all bhoots sitting here and there. If it was a beautiful house, no bhoot would enter in. Is a suchita – is the ... beauty is in purity. Purity is the expression of beauty: if you have no purity, there cannot be beauty.

[Aside: Now, will you please listen to Me and then take a photograph. We have been trying for one hour and you'll try for three hours you cannot get it, so you'd better listen to Me.]

Now, the purity of a person is very important and then, once you have purity, you have no pride: you become prideless, absolutely prideless. Because that is also a kind of a stigma. When it is purity, everything drops out. So, to be proud of something, or vain – I mean, all pride so called, are vanity: nobody's rightly proud. You have to be proud of your virtues because you enjoy them: you have to be proud of things of which you enjoy – enjoy, not happy but enjoy. Again, discrimination is needed.

Now, when you start judging yourself like that, you will be amazed – best is to judge by children's reaction; not by a bhooty child, but a good Realized soul child. Some women – you see I've seen, dressed up with all that thing and everything like that, you see – and when a child sees, he starts, "Heh, heh, heh, heh!" You see, he can't bear the woman; and men are running after her, you see, you can't understand: a child just can't bear. I have known many such cases, you see, where the children would not look at them, they just start, "Ha, ha, ha!" like that. And best experience I had, when I was going ...

Once, I went to Japan and we had a lady with us – very self-conscious American lady, dressed up like that and, I don't know, she had put some sort of a big thing on her head; God knows what was that. She took about three hours to get ready; she went to a beauty salon and this thing, because we were going to see some big man there. And, this fellow had a house which was approached by a long road where you had to climb up something: funny man. So we went there. Now this, on the way, on the left-hand side of that road there were some little houses from where little, little children – Japanese, very sweet children – came up to see. And they just rushed to Me, and I was playing with them.

Suddenly, one child looked up and this one was there and she started, "Aah, heh, heh, heh!" And all everybody, "Aah, heh, heh!" – they all ran away! So we caught hold of the child, I said, "Why are you running away?" So he said something in Japanese, so I asked the interpreter what it is. She said, "I'll tell You later, but let the child go away." Then I asked, "What was the child saying?" "That she's a witch." And this lady had spent so much money, three hours dressing up herself – I don't know what she was looking like, but the child, "She's a witch!", you see, they all ran away. And this child was pulling himself saying that but I couldn't know what was that! So, this is it: so-called beauty of men and women is vanity. Their houses, their possessions, their positions – all this pride is nonsense. The one who owns something has no pride, because he really owns, you see.

When you really own – I mean, when you own everything, why should you be proud? But the way we are proud of our noses and eyes ... sometimes I feel you don't own them. I mean, if they're a part and parcel of your being, what is there to be proud of? So, is madha: is madha.

Then the third [should be 4th] one comes as 'matsara'. Is the one – the way we are sort of impressed by others' things and we get jealous of other things. You see, even the jealousy can be subtler: like if I pay attention more to someone or somebody is more allowed to come and see Me – supposing, by any chance – then people get jealous of that as well.

On the contrary, one should know mostly I am looking after the people who are more affected, so may be that there's something wrong with the person, nothing to feel jealous. So, to be jealous of such a person ... so this is – the person who comes to Me feels madha, is the pride, that he comes to Me and the others feel jealous of him, but he is, poor thing, going down every day, and the others are jealous of him. So, this is the thing, is matsara.

So we have got, now how many I have told you?

Sahaja Yogis: Four.

Shri Mataji: Four. Now, another is attachment and attractions to people; this is the worst of all because the bhoots are always combined with bhoots. You see, in a group you'll find this group goes together; all the bhoots of one place combine together: you can make it out.

In India, when there are people of different places, you see – Australia, England, say Switzerland ... and in that also Cambridge, Brighton ... Then we can say in India also, you see, you have to come to one little ... small, little ... we can say, group from [SOUNDS LIKE Tambarat, alright. All these, you see, you can suddenly find them combined together, suddenly; they all sit in groups. You can immediately make out; you can say, "Tambarat group-hood is there, and this group-hood is there."

You see, grouping – grouping is one of the ways people show the moha. Then it can go down: "My daughter, my son, my this thing ..." I mean, our country is the worst in this you see: "my wife, my husband. My wife must have this." "Why? Why should your wife?" "My wife must have a bed. My wife must have a ..." Why? Why? Why your wife is so special? I mean, she's a wife like anybody else ... "My child must have this." Why? Or, "I must have this." Why? This is moha, moha – is to say that, "I must have this for mine. My, mine." First, 'I, my, mine' – you can put it; three. I, my, mine. These words should not be pronounced: it should be 'our'. You must have noticed I say so many times, 'I', who is 'Absolute I'; I am absolutely alone, single.

But so many said, "Our" – I say "Our disciples, our disciples." Now, who are the 'ours'? It's Me only. Who else is there? But so many times, "Our disciples are there, our this thing, our ... When Gregoire wrote his book, I said, "Don't say 'I', say 'our', 'we'". So, you should never talk in 'I's but talk in 'We' or at the most, if you have to talk about yourself, you should say, "this Bala": "This Bala wants to go." So, you are separated from Bala, in the third person. So the 'I' must be dropped out and off because you are finished with it now; that's finished. You are no more that 'I' which was closed down. So no more 'I' exists; just try to open out yourself, to be one with the collective. This is 'moha' [foolishness].

Then it can be very subtler and subtler: "My country." Say, to be proud of India, now I am supposed to be born in India – sometimes I am so ashamed to be an Indian; so ashamed to be an Indian, you can't imagine. I mean, then I feel, if My hair were blond, I would be a happier person. Sometimes, I'm ashamed to be British, when I think the way they behave towards other countries. And sometimes I'm ashamed to be a developing country, and sometimes I'm ashamed to be a developed country – because I can enter into any personality. But I'd better try not to be any one of these where I feel ashamed. [Mother is laughing]

There are good and bad points in everything, so why to get attached to anyone? Because everybody has 50/50 percent, so no use getting attached, you see – who is Indian and who is British? It's made by human beings only. God has not made you like

that. He just created one world. These crazy human beings they have done this nonsense, you see. So what is there to get attached to someone? Or detached? Everyone has got good points and bad points. So, how are you to say, "I don't like this man, I don't like that man." What is there to say? I mean, if I was to say like that, as I've said many a times, I would have been left high and dry! [Mother is laughing] I don't think I would have a single companion with Me. So, whom to discard and whom to get attached? So, this is moha.

And another is the desire to own something, of possessions: 'lobha'. I see, say, a very nice - what is this set is? Television? No.

Sahaja Yogi: Stereo.

Shri Mataji: Ah?

Sahaja Yogi: Stereo.

Shri Mataji: Stereo, stereo, very good stereo with Bala, then I must have it!

Bala says: It's yours, Mother.

Shri Mataji: He?

Bala: It's Yours.

[Laughter.]

I don't know even how to operate, though I want to use it by all means (Shri Mataji and yogis laugh). You see, it's like that. This is, is to try to have something which you have.

Say, I was coming in Tambar – I was looking out, what should I buy from Tambar? So, why, what is the purpose? I bought two things with – Philip, you remember? He might have forgotten. We went to that shop, because that place, these things has been looked by many. People have seen this. It's a beautiful thing, has good vibrations. So, through those things, I can put My attention onto the people who live there. So I always go and purchase something from a shop there, somewhere, which was on the outside where people were seeing it, you see: they were coming, going, seeing, and their attention has been there. So through that I can work out My attention on these people who have put attention on a thing.

That is matter, and that is how a matter is useful; without matter, God cannot manifest. He had to materialize Himself also in a form to talk to you. And there has to be a form through which He has to act and that's how I have to get something like that. But when I find that this is all right, I've used it, then I'm not attached; I give up anything. "You like it? All right, have it, just have it!" When I have it with me, I use it for a purpose, and when I want to use it for someone, then I'm generous. Then I say, "All right, have it." I use it for My generosity, in both ways.

So, if you want to possess something, to have an attraction for something that you want to have, it should not be for your self-indulgence, but for using it for your generosity. Buy it for somebody, best is. Never buy anything for yourself, should be the principle to begin with. And do not - now supposing you say, is of course, this is very nice, "I must buy this for X, Y, Z," – somebody else, another Sahaja Yogi. How many would come forward to buy? It's for yourself well and good. Now let us see from our budget how much do we spend for buying things for others? Apart from Mother; Mother you would, but apart from Mother.

All right? So, this is how we should get rid of our 'moha' [foolishness]. Enjoy [cut in the audio] and neutralizing thing is there. Enjoy what you give and do not enjoy what you possess. It's the best way to enjoy your generosity, and then you'll be amazed that you will rise.

Now, this is all for your own ascent; most selfish thing, I'm teaching. This is the most selfish things, as you can say, "svārtha" () – "svārtha" is called as, if translated directly, it means selfishness. But "sva-ārtha": "sva-ārtha" means, meaning of your "sva" is your Self. Sanskrit language is very clever. Selfishness itself means a self-fish, you see? Even there is Self – I don't know why fish. [Laughter]

But in English language, I don't know. But in India, 'fish' is 'shubha' – auspicious. So 'selfish' must be meaning that it should be auspicious for your Self: self - fish. But if the Self is all right, and the fish is smelling or rotting, then it becomes 'selffish' – dirty one, isn't it? That's what it is. But it must be the meaning is auspiciousness for your Self. So, this is the real 'selfishness', if you like the word. This is for your good, that we must be careful about, that we are always attacked on our weaknesses and not on

our strong points.

We should never be identified with our weaknesses; never justify them. Never justify them; otherwise they will go deeper and deeper and deeper. Otherwise, one man will say, "Oh, it's no sot, I give up." It's all right, that's the thing Sahaja Yoga is doing all the time. You don't know if there's a circle going on. You are thrown out of Sahaja Yoga circle. And you'll be thrown out just like that, like a tangent, you'll go away and you'll never return back. And then where you will go, God alone knows that. As it is, who are you without Sahaja Yoga, just think of it. What is your identity? There's nothing. So, one has to remember that not to praise your weaknesses, not to support them but to be looking after it.

Now, a person who has a particular weakness – for example, say of ... we can say a very mild one, like is of keeping Mataji's photographs; see, a simple thing. "After all, Mataji's photographs are there, why not I keep to myself?" Even, such a subtle thing is a weakness: Mataji's photographs are to be enjoyed by everyone. Your possessions are to be enjoyed by everyone. There's nothing like private in Sahaja Yoga, that you enjoy – even your wife is to be enjoyed by everyone as a mother. Even your husband is to be enjoyed as a father by everyone.

Relationship may change, but we should allow our homes, houses, everything, to be enjoyed by everyone. Now, if both are Sahaja Yogis, there should be no problem; if one is a Sahaja Yogi, then I can understand. If one is a Sahaja Yogi and the other is not a Sahaja Yogi, then it's a big problem, all right; because the possessions belong to one person and another person is not a Sahaja Yogi, then it's very difficult. But, when both are Sahaja Yogis, then there should be no problem – is to be enjoyed by everyone; there's to be no objection on that point.

Once you realize this point, that you will be attacked on your weaknesses, you'll be very cautious and careful. About your weaknesses, be careful about your weaknesses, because these satanic forces are going to pull you down. All the possessions come to you on your weaknesses. Now we'll see the other side of it. [Hindi]. There is one more side.

They haven't come as yet.

Sahaja Yogini: Yes, Mother.

Shri Mataji: [Hindi].

Sahaja Yogini: They have come already.

Shri Mataji: Who?

Sahaja Yogini: From London.

Shri Mataji: They have come! Where are they?

Sahaja Yogis: [Unclear]

Shri Mataji: They sit outside, Are they listening to Me?

Sahaja Yogini: Yes.

Shri Mataji: All right, good idea.

One more thing, one other side which I must tell you now. Now the bhoots that come into us, they come from outside. Now this is another thing. Despite our [UNCLEAR] they're outside. The bhoots that come from outside, how to save us? They also, if they have come through gurus, then I have told you how to get rid of it – must go on saying, "Mother, You are my Guru, You are my Guru, I am my own Guru, I have nothing to do with that", you know all that. So try to work it out. Certain gurus have got their own names as rakshasas, you should know to get rid of them. And beat them out [shoebeating]. And that's how you can work it out. They also work on your weaknesses of, say, somebody wants to be a great leader in Sahaja Yoga, they'll come from outside. Somebody wants to be obstinate, they'll come. Somebody wants to be showing off, they will come.

Now, they can become very subtler, you see, there's someone who's talking ill about Sahaja Yoga or even slightest doubt, never listen to that; never talk to that person: that person is possessed. What is there to doubt Sahaja Yoga? What is there to doubt? It's more than sunshine: there's nothing to doubt about Sahaja Yoga. Anybody who doubts, you just say, "I have nothing to do, I don't want to talk to you," because he is possessed; anybody who is not surrendered to Sahaja Yoga or to Me, you are not to look at that person. Have nothing to do with that person, just get out of it, "Nothing doing, we don't want this filth." That person will improve, and you'll improve also. But, if you allow that person, you see, to come round, and talk to you, be sweet to you, then

don't talk against Sahaja Yogis, "We have seen the light, you have not seen the light, so shut up. We don't want to hear a single word of it". It's like sunshine: we have seen it, it has worked with us. Those who are doubting people, have nothing to do with them and you will be amazed how you will be saved.

Anyone who says, "Now I will have nothing to do with Sahaja Yoga", you say, "Get out! Immediately you'd better not do it," is the best. "Leave us, spare us, get out." Anybody who tries to show we are... "Oh, I need all the sympathies of the world," and all that – some people are like that, "Oh, I was about to commit suicide ..." Tell them to commit suicide immediately. Do not play into the sympathies of the people also, you see these are how the bhoots come in – "Oh, I am very sick you know, I deserve this, that". "All right, go to Mother; use photograph, do this, but we are not going to cure you, nothing doing." Because if you start curing a person, you'll get sick yourself and you will have a problem for your Mother; it has happened with so many people. Recently there was a case, and a lady was trying to commit suicide. I told them, "You'd better tell to commit suicide," and she was shocked. [Laughter]

Because, you see, this is a very subtle thing that we want to be compassionate. Are you more compassionate than God is? Are you? You are not. Let it to happen through God.

You just don't try to help a person to get cured; none of you should try. I will tell you when you have to do that, not now. Just now, you people do not try to cure people; if somebody wants cure, all right, you can vibrate the lemons and give them – that much you can do, you have that much power. You can vibrate the water and give, because you are Yogis, no doubt. But you do not personally touch that person. Please, do not do it. You'll be affected, and very badly affected: some of them are suffering from horrible diseases and, if these diseases grow into you, you would not know how to control it. So please, do not try to check them or do anything – give them a photograph if you want; they can use the photograph, ask them to sit in the water. After using the photograph, tell them to keep the photographs to themselves: do not take it back. Be careful on this point so that they do not attack you; this is one way they attack you.

Then, a person who is very hot-tempered, better recede from such a person because, if you try to argue with that person, you'll get the bhoots upon yourself. If somebody is angry, you say, "You are heated." Finished; don't talk, just don't talk to that person, have nothing to do. Because you get the bhoots upon yourself, you see. You are not to neutralize such a person, just get out of it. Try to remember what I have said to you, that you are not to go on fighting or arguing with anyone whatsoever; if somebody is argumentative, let him be argumentative. Do not go and argue; you can tell Me about it, I'll treat that person, all right. You should not take things into your hands: God is operating His own Laws, you should not take His Laws into your hands and start operating.

First of all, one should know either you are attacked from the left or the right. The right-sided people are the ones who come and attack you by their operation. With such people you just shut up from them and they'll be all right. If they're left alone, they will know what they are. They talk loudly, assertively and all that ... just keep them out; don't have a relationship with them.

Obstinacy: some person is a very obstinate person – just give up, give up. You have not to cure them, you have not to save them, you have not to achieve anything. If they are obstinate, you are obstinate, finished: you have nothing to do with them. You go ahead: what's the use of getting stuck with an obstinate man or an obstinate woman? This is what one has to realize and one has to go further with it.

Now, you think about it, you will get the inspiration and you will know how to manage these negative forces away from you. Avoid all external attachments that you have. Like somebody is very much used to TV, better not to see. Somebody used to so much cinemas: better not do it. Somebody used to this: better not do it. Gradually, you will find you will be very discriminate. For example, I don't normally like sopranos very much, the way they go on, "Oh, oh, oh". All sopranos are not good. But there's so many, like Elisabeth Schwarzkopf. Have you heard of her? Oh, she's a genius! She's a genius, I tell you. Oh, what a beauty she is!

So, then the thing is: everyone who is a Sahaja Yogi is not good, and you need not bother about every Sahaja Yogi. Keep company with the people who are good Sahaja Yogis, who are surrendered, who are humble, who are collective. Start forming a

group of Mother; this is My group, which is absolutely surrendered to Me, and those who are not bothered about other things. Such a group should be formed, gradually this group will gather and this surrendered group will come together, and you'll be amazed, they'll create a beautiful goodness. This is how it should work out. Try to keep to people who talk good of Sahaja Yoga, who talk about Sahaja Yoga, who think about Sahaja Yoga, who work out Sahaja Yoga, and a group can be formed. And forget all others, just forget. [Cut in the audio]

You have no duty to them. You own no relationship to them: you are here for Sahaja Yoga and you are not going to sacrifice it for anything whatsoever. Because, you see, such a person will have something. For example, a man like this will have a car. And you have a convenience to travel by car, so you stick onto that man. May have a house. They will give you a house to live in – all right, you'll stick onto that person. Some sort of more material convenience such a person will have, and you will just stick onto that person because you have that material convenience. So be careful: though he talks ill about Sahaja Yoga, doesn't matter, "But you know he's little nice, he's generous." Supposing he lends you money, "Oh, then, he's nice." No! Some sort of a thing, I'm saying: some snag is there. So, be careful about it. Some material advantage will be there. Doesn't matter, you can walk, you can take a bus, doesn't matter. So, because of this material comfort, you might, you might fall for it. So, be careful on that point – that all these bhoots are material and they attack on your material attachments. And see to it that you get rid of those material attachments.

In one word is that, see your material attachments and the things that, so-called, comfort you. You should only seek the comfort of your Self. And only the praise of your Mother is going to comfort your Self, you take it from Me, which is told by Adi Shankaracharya long time back. And I wish you would understand that, that there's nothing else that is going to comfort your soul. Forget all about these things, even if you have to walk – go on singing the praise, finished. You'll not feel anything, that's how it is going to work out. Today is the day for Me to declare certain things – as Krishna has said that, "Surrender your Self." "Sarva-dharman parityajya mam ekam śaraṇam vraja". "Give up all other attachments and religions". 'Religions' means the temperaments that svabhava, the ones you have developed. And 'surrendered', surrendered, surrendered to Me. This is what you have to understand, otherwise it's not going to work out – haphazard ways, half ways – it's not going to work out. This, if you learn, you have solved the problem.

[Cut in the audio]

[Puja starts]

We should not do during the Puja – after the Puja we'll have the photographs so that you concentrate on the Puja, all right?

Now today, because it is a Krishna's Jayanti, I thought that we should have a Gita for you, and I've told him to read Gita, so that when all these things are done, your attention should be on Gita, what he reads. He has to read it loudly and ...

Where is the water? No, not that, for washing the Feet. Now put the three leaves. You see, you put the three leaves. Big leaves, under that, under that, under the kumbha. No, no, under the coconut. Other way round, under the coconut. I

think too big are alright, these ones are alright. Three ones, yes, these dark, dark ones are alright, three. Yes now, put it on top here.

Now, before he reads Gita, I will tell you the basics of these two chapters which one should understand.

Is, first is Sankhya yoga, Sankhya.

Sankhya means Sahaja Yoga, we can say, but Sahaja Yoga is a combination of Karma Yoga and Sankhya Yoga: is both. The first part of Sankhya Yoga... The first part of Sahaja Yoga is that you get your Realization. That means your awareness is to be enlightened, you should have the knowledge to begin with: that is Sankhya Yoga, that you meditate and you achieve your Realization is the first part, is Sankhya Yog.

That is the first thing Krishna has said that you achieve. Then the Karma Yoga is – actually should start after that.

That is Karma Yoga. And whatever He said about Karma Yoga is actually after Sankhya Yoga has to be [there]. Sankhya Yoga is the first thing He preached and then He said about Karma Yoga; that you cannot do Karma Yoga before Sankhy. Yog.

But this is a trick of Shri Krishna. So, those who try to do Karma Yoga before Sankhya Yoga are mistaken people.

Moreover, He has tried to show that there are no two things: they are one.

But they get two, become two because, if you put the Karma Yoga first, and then the Sankhya Yoga, it would be like, say a telephone which is not connected: you go on telephoning. That

telephoning is Karma Yoga and then you' do the connection, so this is wasted, and that is wasted. So what you do is to first of all connect, and then you do the Karma Yoga, so both things become one. All right?

Once you understand that without connection, you cannot see your Ego, you cannot see your Super-ego, you'll go on with your ego all the time, and you're not aware of it at all.

I mean, with Sahaja Yoga also you do, but with Sahaja Yoga at least you get aware of your Ego, you get aware of your Super-ego.

So, first you do Sankhya Yog and then Karma Yog, is the thing that He's trying to say and, whatever He has said in Karma Yoga is after Realization, after Sankhya Yoga. So, first He talked of Sankhya Yoga then [UNCLEAR].

Now, He says that those who talk of them separate are not wise, that's how He neutralizes. But He has created this mystery 6.000 years back, because He wanted people to go around the world, you see?

Because they wouldn't understand; let them telephoning – go on telephoning, telephoning, telephoning.

If you tell them, "Don't do it," they'll be angry: their ego will come up. So He said, "All right, go on telephoning, telephoning, telephoning, then when you'll be tired, you don't get any connection, then you'll come back and you'll say, 'Mother, it has not worked out', then the Mother will be here and She'll tell the Truth."

That's why these six thousand years you have been telephoning, telephoning, telephoning. And that telephoning is Bhakti Yoga but that is, comes the third stage.

First you get your Realization, secondly you work it out, perfect it and then indulge into Bhakti, into joy.

Now, these are in three stages: first you get your knowledge – means your intelligence on your brain and that part, the Virata, [UNCLEAR Sanskrit?]. Means you achieve the Sat; Sat part of it – the Truth.

Then second, you do the attention: Chitta – action. That's Karma Yoga. And third, you do Bhakti, is the joy. Enjoy: you sing and praise, that's all. Is combined like that.

So, He has put three things – actually they are one, stage by stage.

But for fooling people, He said, "You can do anything before" – I don't know if He has said it, but He might have said it: He's very clever.

So what to do? People don't want to take by stages, you see. They want to do first of all; I have seen many people who would like

to 'do' Sahaja Yoga more than achieve it.

All right, so now in these two chapters, you will find out. Now, when He says "Yogi", it means Sahaja Yogi, all right?

Now, can somebody – who is going to wash My feet today? Somebody from here. Now you need not, we have just now in My presence.

Now please don't pay attention to yourself. (Inaudible because some sound covers the voice). But surrender yourself. Alright? Now. Now, who is from this place? Come along. Now, who else? Come forward, come along, come along. Rachel and all these people. Come along. Where is your

husband? Come, you should sit forward. Come along, come along, come along. All of you should be in front. Come forward, you come forward all of you, you all come forward. Specially those who have not yet washed My feet and all that should be forward. Come along. I would suggest that let somebody else, let Warren read it. Alright, and you do the washing and all. Come along. Use that. Come along Warren, come.

It is to be – it's in English language, it's alright. Do it loudly. You missed time there, or somewhere? (Warren: "Chapter four and five, ok? Chapter four and five'.)

Shri Mataji: You can stand there, on the top of that, I don't want to... yes, on the green one. (...) Now listen to him, that's very important.

Now, those people who are here.... Chaya? It's here. Where is she? Alright. No, where will you throw it?

(Yogi: We are going to wash it onto the tree.)

Shri Mataji: Alright, come along. Little more. Now you read it, fourth chapter and fifth.

[Warren starts reading, Shri Mataji sometimes comments some parts while Her feet are being washed]

Chapter 4:

Warren: Shri Bhagavan said: I taught this immortal yoga to Vivasvan, the sun god.

Shri Mataji: "Sun God. Now who is 'Sun God'? You know Christ."

Warren: Vivaswan conveyed it to Manu, his son, and Manu imparted it to his son, Isvaku.

Thus handed down from father to son, Arjuna, this yoga remained known to the Raja Rishis.

By great influx of time, however, it has more or less disappeared. The same ancient yoga as this has been imparted to you by Me because you are My devotee and friend, and also because this is a supreme secret.

Shri Mataji: Now see, He told it to only Arjuna, to nobody else. This is not a mass thing, it's only individualistic.

Warren: Arjuna said: "You are of recent origin, while the birth of Vivaswan..."

Shri Mataji: "This is quite a, quite a common thought – 'You are a recent origin'. Me too, they think so."

Warren: "...while the birth of Vivaswan dates back to antiquity. How then am I to understand that you taught at the beginning of creation?"

Shri Bhagavan said: "Arjuna, you and I have passed through many births. I know them all, while you do not, O chastiser of foes. Though unborn and immortal, also the Lord of all beings, I manifest Myself through My own Yogamaya, or divine potency,

keeping My nature...

Shri Mataji: "Where 'I' is, you should know this is Me, all right? Then you'll understand."

Warren: ... keeping My nature completely under control. Arjuna, whenever there is decline of righteousness and unrighteousness is in the ascendant, then I body Myself forth. For the protection

of the virtuous, for the destruction of the evil-doers, and for the establishment of Dharma on a firm footing I am born again from age to age. Arjuna, My birth and activities are divine, he who knows this in reality does not take birth again on leaving his body but attains Me.

Completely rid of passion, fear and anger, wholly absorbed in Me, depending on Me and purified by the penance of wisdom, many have become one with Me...

Warren: ... purified by the penance of wisdom, many have become one with Me even in the past. Arjuna, howsoever men approach Me, even so do I seek them, for all men follow My path from all sides.

In this mortal world, men seeking the fruition of their activities worship the gods, so success born of action follows quickly.

The four orders of society, namely the Brahman, the Khatriya, the Vaisyas and the Sudra were created classifying them according to their prenatal qualities...

Shri Mataji:- That's their aptitudes, aptitudes.

Warren: And apportioning corresponding duties to them.

Shri Mataji: Brahmanas are the ones who are seekers of God.

Warren: "Though the author of this creation, know Me, the immortal Lord, to be a non-doer. Since I have no cravings for the fruits of actions, actions do not contaminate Me. Even he who does know Me, in reality is not bound by actions.

Having known thus, action was performed even by the ancient seekers of salvation.

Therefore, do you also perform such actions as were performed by the ancients in the former times. Even the wise are at a loss to know what is action and what is inaction.

Therefore I shall expound to you the truth about action, knowing which you will be freed from its evil effects.

Shri Mataji: "Now this is after Realization, you try to understand. So."

Warren: The truth about action must be known, and the truth of prohibited action must also be known. Even so the truth about inaction must be known. So the mysterious are the ways of action. He who sees inaction in action and action in inaction is wise among men. He is a yogi who has accomplished all action. He whose undertakings are all free from desire and thoughts of the world, and whose actions are burnt up by the fire of wisdom, him even the wise call a sage. He who having totally given up attachments to actions and their fruits...

Shri Mataji: This is for you people.

Warren: ...has got over the dependence on the world and is ever satisfied, does nothing at all, though he may be ever engaged in action. He who has subdued his mind and his body, has given up all objects of enjoyment and has no cravings, performing sheer bodily action, such a person does not incur sin. He who is contented with whatever he has got and unsought, is free from jealous

and has transcended all pairs of opposites, such as joy and grief, and is balanced in success and failure.

Such a karma yogi, though acting, is not bound. He whose attachment has gone, whose mind is established in knowledge and who acts for the sake of sacrifice, all actions of that liberated man melt away.

Shri Mataji: "The liberated man': now you see, the fools who don't understand this – without liberation, they start doing all this action; you cannot do it.

Warren: The sacrificing which they ... in which the oblation is poured is Brahma, the oblation itself is Brahma, even so the act of pouring the same into the fire which is again Brahma, by the sacrificer who is himself Brahma, surely is the goal to be reached by him who is absorbed in such sacrifices Brahma is also Brahma...

– "Brahma is all-pervading power, you can say." Warren: Is the absolute.

Shri Mataji: Divine love is Brahma.

Warren: Other yogis offer sacrifice in the shape of worship to the gods, others pour into the fire of Brahma, others sacrifice in the shape of the Self, through the sacrifice known as the perception of identity. Others offer as sacrifice..

Shri Mataji: Now you understand?

W... others offer as sacrifice their senses of hearing, into the fires of self-control. Other yogis again offer sound and other objects of perception into the fires of the senses. Others sacrifice all the functions of their senses, and functions of the vital airs into the fire of Yoga, in the shape of the self- control, which is kindled by wisdom. Some perform sacrifice with material things, some offer sacrifice in the shape of penances, others sacrifice through the practice of Yoga, while striving souls observing austere vows perform the sacrifice of wisdom through the study of the sacred texts.

Shri Mataji: All these things you can do.

Warren: Other yogis offer the prana, breath, into the aprana, even so others the aprana into the prana.

There are still others given to the practice of pranayama, or breath control, who having regulated their diet and control the course both of the prana and the aprana airs, pour their life-breaths into life-breaths. All these have their sins destroyed by sacrifice and know the truth about sacrifice.

Arjuna, yogis who partake of the nectar in the form of the remains of sacrifice attain the eternal Brahma. To the man who does not offer sacrifice even this world is not happy. How then can the other world be happy?

Many such forms of sacrifice have been set forth in detail through the mouth of the Vedas.

Know them all has begotten the reactions of the body, the mind and the senses. Thus, knowing the truth about them you shall be freed from the bondage of karma, through their practice. Arjuna, sacrifice in the form of knowledge is superior to sacrifice performed with material things. For all actions without exception culminate in knowledge, O son of Kunthi. Attain this knowledge by all means, if you prostrate yourself at the feet of the wise, render them all forms of service and question them with a guiltless heart, again and again, those wise seers of truth will unfold that knowledge to you. Arjuna, acquiring that knowledge you will no more be subjected to delusion like this.

And through it you will see all beings first in your own Self and then in Me. Even if you are the most sinful of all sinners, you will cross over all the sin by the raft of knowledge.

For as the blazing fire reduces the fuel to ashes, Arjuna, even so the fire of knowledge reduces all actions to ashes.

In this world there is no purifier like knowledge. He who has attained purity of heart through the practice of karma yoga, automatically realizes it in the self in course of time.

He who has fully controlled his senses, is exclusively devoted to spiritual practice and is full of faith, attains knowledge.

Having gained knowledge he immediately attains supreme peace in the form of God Realization.

He who lacks discrimination, is devoid of faith, and is possessed by doubt, is lost to the spiritual part.

Shri Mataji: Here He says possessed by what is in the Supra-conscious.

W.: For the doubting soul in particular, there is neither this world nor the world beyond, nor even happiness.

Arjuna, he who has dedicated all his actions to God according to the spirit of karma yoga, whose doubts have been dispelled by wisdom and who is self-possessed, actions do not bind him.

Shri Mataji: "‘Self-possessed’ – possessed by Self."

W.: Therefore Arjuna, cutting asunder with the sword of knowledge this doubt in your heart born of ignorance, establish yourself in karma yoga, in the form of evermindedness, and stand up for the fight.

Chapter five.

Arjuna said: Krishna, You extol Sankhya Yoga, the yoga of knowledge. And then the yoga of action. Pray, tell me which of the two is decidedly better.

Shri Bhagavan said: the yoga of knowledge and the yoga of action both lead to supreme bliss. Of the two however the yoga of action, being easier to practice, is superior to the yoga of knowledge. The karma yogi, who neither hates nor desires, should be ever considered a sanniyasi.

For, Arjuna, he who has transcended the pairs of opposites, is easily freed from bondage. It is the ignorant, not the wise, who say that Sankhya Yoga and Karma Yoga are productive of divergent results. The one who is firmly established in either gets the fruit of both, namely God Realization.

Shri Mataji: Means, supposing you are Realized a little bit, not much. In the sense that you haven't touched suddenly the highest, which happens. Most of the people that you are, it happens that your achievement, with your Kundalini, is not of the ultimate. So, when you do Karma Yoga, which is easier, through which you achieve.

Sankhya Yoga can be that you achieve your Realization; you meditate in the jungles, go stay there, keep away from all the worldly things, meditate, meditate, meditate and try to rise. But such people are absolutely useless, I have seen.

My own experience is that such people are useless for all worldly things: they cannot be compassionate; they cannot come down from their levels. When they come down, they again get contaminated.

So, the second thing is very easy: that you get your Realization and start on the Karma Yoga, cleansing yourself.

Once you have done your cleansing, you achieve it because it is immune, immune to everything.

W.: By the supreme state which is reached by the sankhya yogi, is attained also by the karma yogi, therefore he who sees sankhya yoga and karma yoga as one, so far as their result goes, really sees.

Without karma yoga, however, sankhya yoga or renunciation of doership in relation to all activities of the mind, senses and body, is difficult to attain. Whereas the karma yogi, who keeps his mind fixed on God, reaches Brahma...

Shri Mataji: Means, you don't become a Sanyasi; now, it's for Bala! You don't become a Sanyasi, you work here: is easier, definite, sure-shot.

W.: ... he reaches the Brahma in no time, Arjuna. The karma yogi who has fully conquered his mind and subdued his senses, whose heart is pure and who has identified his self with the self of all beings, remains unaffected even though he is performing action. The sankhya yogi, however, who knows the reality of things, even though seeing, hearing, touching, smelling, eating, going, sleeping, breathing, speaking, passing urine and stools, taking and opening or closing the eyes, must believe that he does nothing, holding that it is the senses that are acting on the sense objects.

He who acts offering all actions to God and shaking off attachment, remains untouched by sin as the lotus leaf by water.

The karma yogis perform action only with their senses, mind, intellect and body as well, withdrawing the feeling of meum in respect to them and shaking off attachment simply for the sake of self-purification.

Offering the fruits of action to God the karma yogi attains peace in the shape of God-realization...

Shri Mataji: "This is only possible after Realization; how can you offer action? Fruit of action – you cannot."

W.: Only then he attains peace in the shape of God-realization. Whereas he who works for the selfish motive, being attached to the fruit of action through desire, gets tied down.

The self-controlled sankhya yogi, doing nothing himself and getting nothing done by others, rests happily in God, mentally relegating all actions to the city of nine gates, the body with nine holes.

The Lord determines not the doership nor the doing of beings nor even their contact with the fruits of actions.

It is nature that functions deriving its motive power from God.

The Omnipresent Lord does not partake of the virtue or sin of anyone. Knowledge is enveloped in ignorance, hence it is that beings are constantly falling into a prey to delusion.

Shri Mataji: See, 'Prey to a delusion' – and delusion, if identified with yourself, then God save you. Again, it comes to Me, but what to do? 'God save you' means also I have to do it!" (Laughs)

W.: In the case however of those whose said ignorance has been destroyed by the knowledge of God, that wisdom shining like the sun reveals the Supreme.

Those whose mind and intellect are wholly merged in Him, who are constantly established in identity with Him, and are exclusively devoted to Him, their sins being wiped out by wisdom, go to whence there is no return.

The wise look with the same eye on a Brahman endowed with learning and culture, a cow, an elephant, a dog and a pariah.

Even here is the mortal plane conquered by those whose mind is established in equanimity, since the Absolute is free from blemish and equanimous, hence they are established in the eternal.

He who with reason firm and free from doubt rejoices not on obtaining what is agreeable, and does not feel perturbed on meeting with the unpleasant, that knower of Brahma lives eternally in identity with It.

He whose mind remains unattached to external enjoyment, derives through meditation the unmixed joy which is inherent in the soul.

Then that yogi, having completely identified himself through meditation with Brahma, enjoys eternal bliss.

The pleasures which are born of sense contacts are verily sources of pain, though appearing as enjoyable to worldly-minded people. They have a beginning and an end, they come and they go. Arjuna, it is for this reason that wise man does not indulge in them.

He who is able to stand here on earth, before casting off his body, the urges of lust and anger, he is the yogi: a harmonized soul, he is the happy man.

He who is happy within himself, enjoys within himself the delight of the soul, and even so is illumined by the inner light, or the light of the soul, such a yogi, or a sankhya yogi, identified with Brahma attains the Brahma who is all peace.

The seers whose sins have been washed away, whose doubts have been dispelled by knowledge, whose mind is firmly established in God and who are actively engaged in promoting the welfare of all beings, attain Brahma who is all peace.

To those wise men who are free from lust and anger, who have subdued their mind and have realized God, Brahma, the abode of the eternal peace, is present all around.

Shutting off the thoughts of external sense enjoyments, with the eyes fixed on the space between the eyebrows, having equalized the prana and apana breaths – outwardly and inwardly – flowing within the nostrils, he who has brought his senses, mind and reason under control, such a contemplative soul, intent on liberation, and free from desire, fear and anger, is ever liberated.

Having known Me in reality as the enjoyer of sacrifices and the austerities...

Shri Mataji: Now, this part of Hatha Yoga we have not yet started in Sahaja Yoga, but I will start it gradually. Because the tendency, in the West specially, is to go to extremes, so I don't want to do it, you see.

W.: Having known Me in reality as the enjoyer of sacrifices and austerities, the supreme Lord of all the worlds and the disinterested friend of all beings, My devotee attains peace.

Shri Mataji: I hope you have followed it now, you see? So, Sankhya and these things you should clearly understand, and is a very good way of understanding what is expected of you – to have the bliss.

And what is to be done is first of all to get your Realization and then become Karma Yogi. Work it out on Karma Yoga: means you do not become a Sanyasi, don't run away from this world, settle down somewhere else. Because it will be very difficult: you go out of this world, stay somewhere, and when you come back again you become a bhoot. So what's the use? Instead of that, work it out here and perfect it. So, this is Karma Yoga.

That's why we don't like Sanyasis here, because Sanyasis are a different style; they are ascetics, so called. They are really not

ascetics, but possessed ascetics. So we have to first bring them in the center and to understand they are in center where they have given up the duality – extreme of this and that.

They have to check it all the time and, when I am here, you should check it. For example, now some people are performing Puja in Scotland; they said so.

I mean, whose Puja are you perform[ing] – My photograph? [ie they're doing Puja to the photograph, not to Mother].

Can't you perform your Puja here for Scotland? But I delude. They were not to be here for such an important Puja: I delude, I do it. I have told you I am Mahamaya. That's how they were deluded with the idea that they will perform My Puja in Scotland for Scotland.

What is the need to go to Scotland? Can't you perform it here? I mean, I am here, why shouldn't you be here?

But when they asked Me I said, "All right, if you want to do it, you can do it." Sometimes, for some people, My photograph is more important than Me. Imagine the delusions!

Yes, so many are like that. And then they'll say, "Mother, we did the Puja and then this thing happened." The delusions must show themselves.

Now who else is coming after that? [People keep coming to wash Shri Mataji's Feet]

Now, somebody can read Devi's names?

Eleven names, or, say, hundred and eight names? Who can read? Now read, anyone from your group. You can do it. Hundred and eight names, yes. You do it while they are washing. Who are washing? Have you done it? Come along. Rub it, rub it hard, rub it hard, is to pour water. Very good. Rub it hard, pour more water, take more water from there.

(To somebody:) The sari's looking nice, Phyllis. But you must learn how to wear it, alright? Ask Chaya how to do it.

That's all, good. May God bless you.

Where is he gone? Good. Now, who else? Rub it hard, hard. Rub it hard, very hard. My feet are very strong. Yesterday there were two people, (...) ladies: they got exhausted while ... (She laughs) Rub it hard! Just see which ones are the twenty-one names of the Goddess?

(Yogi: Hundred and eight names?)

But it is better to have it in English.

Somebody can do it in Sanskrit and somebody can... but very difficult. You've got two books, is it? (Yogi: That's Devi Mahatmya, this is Lalita Sahasranama...)

Hundred and eight names we do it from here. [End of audio recording]

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I must thank Warren for such a nice speech that he has given and all the Australians the way they have taken to Sahaj Yoga. They are all westernised in every sense of the word but there's something about them where I feel that they are very quick at knowing the truth. I don't know how. They are not that adamant against the truth. This opening somehow I found.

Seeking is everywhere very strong I feel: America, England, Europe. Everywhere the seeking is very strong no doubt, so there are seekers. Of course there is also a fashion of seeking apart from that. There are real seekers, no doubt about it. And as he said that ego-orientation is one of the characters in the West. That also, one would say, that it is more now in the developing countries because they are supposed to be developing. But the way these people have a special capacity to see the truth, to see the truth, is a very big thing. Even if you are a developing country or a developed country, if you cannot perceive the truth, you cannot assimilate it. That perception somehow, most surprisingly, I found in Australia: most surprising.

Now for example in England I worked very hard, no doubt, for years together. People are hard nuts, you can say; and once they are cracked they are wonderful scholars. They know how to completely sort it out with their brains, everything is there. But there are very few people who do that.

At the time of Christ, you can see, how many could recognise Him? Not even one, not even one, believe me. Except for John the Baptist, of course he was a realised-soul. So, I mean he should not be in the question. The rest of them were just sticking on to Him somehow, as He said, “They had to stick on to me for some time.” And till He got His resurrection, they could not see the truth at all. To perceive it itself is a very big blessing I think. And I do not know why people cannot perceive it because I cannot go to the other side and see myself what the problem is?

For example in this country or in the West, on the whole, the false people have come. They have minted money. They have palaces and they have huge big aircrafts and they have a retinue of things and immense wealth they have collected out of the people who are supposed to be westernised. But Sahaj Yoga, you will be amazed [that] even to crack a journalist is a headache for me. A journalist doesn't have time for me at all. It's impossible to go and talk to any newspaper person, leave alone any television or anything like that. Radio is an impossibility here. Can you imagine! With all these facilities God has given you, for spreading the message fast for the wider world. But it is impossible: you can't talk to them. But let some fake person come in: he's there; he's on the television, he's on the radio. Pope will come and see him. Your Archbishop of Canterbury will go and touch his feet. And he's a fake, absolute fake! Why? The only thing is that we are very money oriented. They come out with their money. They provide lot of money for publication. They take money and they use it.

I mean if Christ was to be here, I tell you, He would have no place. Even a mic (microphone) would have been difficult for Him, being a carpenter's son.

Sometimes I find it an impossible situation to tell them that after all how are you impressed by these people who are taking such a lot of money out of you in the name of God?

One has to think about it, that it is so money oriented that any man who comes with money impresses people. Amazing in the

country which is so affluent! They are suffering from affluence, that's their disease. And there they are impressed by people who are using money as a purpose of propaganda of God Almighty. Imagine the absurdity! I don't know what happens to their brains?

This time I went to Edinburgh and people told me that most of the young people are disciples of a person who will not even be liked by the servants of India, take it from me. Even our servants will take money to go to him. He doesn't know good English, even up to that point you can say. He doesn't know anything, how to talk to people. He says he's fourteen year old which he's not. He's married an eight-year-old girl. I mean all kinds of things! He asked for Rolls Royces: he has fifty-eight, he wanted a fifty-ninth so they starved themselves and collected money and gave him the fifty-ninth. You the English have done it, take it from me. Can you believe this stupidity? They have starved themselves and have done it.

They are seekers, seekers of what? Of giving Rolls Royce to this man? I mean I just can't understand: how can it go to that stupid level? But that's what I feel that, in Australia people have not accepted anyone like that there. They have not accepted. They are still you see, they did this, they did that, He did everything, Warren, Mahikari, this, that; he did everything that is possible under the sun. They know all the gurus, all the gurus have gone to Australia and they didn't accept anyone; that's the main point. All the time they are shaky like this and as soon as they saw the truth they jumped on to it.

We have to understand that Spirit cannot be related to money by any chance. It has nothing to do [with money]. Christ was a son of a carpenter. Just think of that. He, the owner of all the properties of the world, was born as a poor man. And how can you relate this to money, I just fail to understand. And this little truth Australians knew. And I wish the English, the Americans and the Europeans [would] take out their attention from money and the comfort so called that money gives you; [because then] I am sure, I am sure this country will rise. It has to rise. It has to rise. Unless and until England rises, the world cannot rise. This is a definite thing. Absolutely it is as definite as anything. England has to rise first because it is the heart of the Universe. And the English Sahaj Yogis have to also awaken to their responsibilities, which is very important.

I will give all my blood, all my energies, all that is possible under the sun to awaken this country to its responsibility as a Spiritual nature, as the Spiritual being, as the Spiritual heart, as the donor of blood, all over.

And this is what saddens me to see how people are drowning themselves into some sort of an illusion and are not being able to see the truth.

Now as he has told you, that Sahaj Yoga is fantastic, no doubt about it; because you are fantastic yourself! You are the Spirit; you are the Spirit. You have to just become the Spirit is the point.

Once you become the Spirit you are dynamic; not [only] dynamic but you are the master of everything, you can control things, you can enjoy everything, you become blissful. You can do such a lot because you are the Spirit and you have become the Spirit. It is as simple as that.

God Almighty has placed this power within us at the triangular bone, it exists there. It has to just rise and give you a real baptism by which you feel your Spirit [for the] first time where it flows like cool breeze in the hand; as simple as that.

Now this happening is a very, very strong happening. For some people it's a very strong happening, first day; because you are seekers. You are seekers. Believe me you are seekers of thousands of years, born in this country to get what you have been seeking. But what do we expect?

I wish he had not mentioned you the word puja because it can again give you the thing that it is sort of some one-person business. It's not that. Warren says puja because all these centres have got Deities. Especially this centre is the centre of Christ. You have to make these Deities within you happy and awaken them. And that awakening must take place, you must understand, where these Deities exist.

And these Deities are nothing but are incarnations of God's aspect. Like you can say Christ incarnated, who is placed at this

point where the optic chiasma is, between the pituitary and pineal body. And when Christ is awakened, when He gets into action within you, then your two things that are shown there — the blue and the yellow, the blue is the superego and yellow is the ego — are sucked in. Means all your karmas, all your doings, your ego and superego are sucked in. That means He has crucified Himself in such a way that He has made within us a passage. When He's awakened, He sucks that and all our sins — sins are nothing but conditionings and other things that we have got within us. Everything is sucked in. When it is sucked in, then only the Kundalini can rise above that.

Now Sahaj Yogis know that Christ is one of the aspects, is the son aspect of God. And there are aspects where He's a creator, where He's a sustainer, where He's a Master and where He is the Witness.

All these things, people never gave chance to Him to speak. Now I have been speaking for seven years in this country. But for four years I could have hardly spoken even twice or thrice, because I was struggling with six of them. So we can imagine. You gave Him only three years — or at the most four years — to speak about these things; and how many things He has spoken and how many of these people who were supposed to be his disciples have written down, God alone knows. And whatever they have communicated is so limited that it has created problems for you. But, every sentence, every word that He has spoken is so deep and you can only understand it when you get your Realisation.

When there is no light what's the use of telling you there are these pictures; there are flowers there and this picture there, and this is the colour of the paper that is put on these walls? What's the use? There is no light to see. And when you get the light, I don't have to tell you. As He (Warren) said, "The knowledge starts trickling within you, automatically."

You are that Spirit and unless and until that Spirit is manifested what else are you seeking?

A guru says, "I do this thing, I do that thing." All right so what? What about us? What have got from this gentleman? What has he given us? You must find out — his disciples are there. For example they went to Ganeshpuri, and there everybody was jumping: 'Ha, ha, ha, hu, hu,' taking out clothes and I don't know [what]. And then taking all kinds of drugs and this and that.

For jumping you don't pay, you can jump without paying! And [for] drugs also they had to pay. Even without payment he could not produce any drugs. So one should understand that this kind of a nonsense and tomfoolery is mockery of yourself! It's just mockery.

You are that dignified, magnificent thing, which is the Spirit. And you are befooled by these people. You should see this much at least: that anyone who has given any powers to another person should be accepted, isn't it?

I mean supposing somebody says that a particular thing is very good, say this kind of a lamp is very good. Then you see at least how it works? If the one who says, "You see the lamp." You must at least see the disciples of these gurus and then decide. This is very much lacking. Like sheep they follow and they fall into horrible ditches — doesn't matter as far as God is concerned He's bent upon saving His Creation. He's bent upon it: He will do it whatever you may try to destroy. You try your level best to destroy yourself and destroy the world that He has created. But He is all-powerful. He is all-forgiving. He is all-compassion. He is going to save you whatever you may try! Try your level best! But for a change why not try to save yourself and save others? This is what one has to see.

Now when listening to me also, you should doubt; because you are in free condition. You are not mesmerised by me. If I was a real mesmeriser you could not have asked me any questions. You all would have fallen straight at my feet. There would have been no questioning at all because there are thousands who are doing that stupidly. But you are free. You are free to doubt, no doubt. But doubting what? One has to think, "What are we doubting?" As he said, "I am the most expensive person." It makes me laugh, because you cannot pay for it. It's so expensive that all your banks drained out cannot pay for it. All your wealth that you have here so-called wealth that you have accumulated cannot purchase it. It's so expensive. It is invaluable. It's the richest thing in the world, that cannot be purchased by any riches. It is, no doubt. But it's not exclusive. It's meant for everyone. The doors are open now for everyone. Now don't you worry.

Don't count your sins and your guilts and this and that. Forget that! It's the Grace that itself is anxious, as I told you; and you all ought to get your Realisation and should grow into it.

You will enjoy the complete bliss of your being which is so beautiful. Like a diamond it is sparkling. Only thing, you have to just unveil it. And that is not difficult for you, not at all difficult.

Now the things that he has told about the physical side, that's the minimum that should happen to you. That's the minimum of minimum that should happen to anyone who comes to Sahaj Yog. Because if you are the temple of God then it has to be cleansed before God is established within you. Before the Deity is sparked in you, it has to be cleansed. So the cleansing takes place automatically you don't have to worry about that; that's automatic. Even a thing like cancer can be cured in no time. And cancer can only be cured by Sahaj Yog, by nothing else, take it from me. It cannot be cured. It may be that you may lose your throat, sometimes nose, sometimes ears, and you may continue with the doctors. But [here], with cancer, you live in one body and get cured. And there are some cancer patients here, sitting down. They perhaps do not know and some of them know also, and have been completely cured by Sahaj Yog. The reason is that your body is just ready, is waiting for that moment when you get the light.

As soon as you get the light immediately you know where is the problem and you start correcting it. Once you start correcting it...it's not you, but this power corrects it. Imagine this [electric] light not only enlightens the room but also corrects it. Think of such a thing that is God's love: that it loves you, it coordinates everything, it makes you cooperate and it blesses you with the highest.

This All-pervading Power has been described in the scriptures. Everybody said, "There is All-pervading Power." Now you might say, "Where is it? We can't see. How are we to believe?" Now as I always give an example of a television, which I saw first time when it came to India. That in a village people were told that there is an ether around us and there are lots of dramas and music and plays going on. They said, "How can we believe it?" So they just put the television to the mains and it started working, fantastically. And they were amazed and they had to believe that it's coming — there's no other connection [that] is coming — through this. That's what it is.

You are an instrument, exquisitely made, beautifully, delicately constructed, just for this happening.

Of course you have ruined it; so many have ruined it no doubt; you have tried in your childishness. Doesn't matter; makes no difference. You will get your Realisation. You should have no worry on that point. That's my worry. Once you get your Realisation then you can give Realisation to others.

Now about the lady that he told who got well and was very sick. I must tell you that first of all she was very, very sick and she was about to die. I was not there at that time. Actually these people were there. Warren didn't want to say, out of humility I think. These people went there and put my photograph there and gave her vibrations. And she came to consciousness and they were surprised. The one, who was going to die, has been declared, 'going to die very soon,' came to consciousness. And they then thought there's something great about it. Then they came away. Still the doctors couldn't believe it. And the relations also said, "How can that be? What is it?" She again went into coma, when I was there. But a gentleman, who was related to her, was connected with newspapers. Somehow it worked out and he published a lot that we have proof to believe that Sahaj Yoga can cure people. And that's how it started and that's how it worked out. But the first thing was done by Warren and company, not by Mataji.

So they themselves had the powers to cure, to give Realisation, to do all that I can do; and that's what it is: that once you are enlightened you should manifest your own powers. Otherwise the rest of the thing is nothing but a joke. You jump or you stand on your heads: that you can always do what is so great about it? If it is some God's grace has to come upon you then you must manifest something special; not only curing but raising of the Kundalini.

Now this triangular bone is called as 'sacrum', meaning sacred bone. That means these people, who have given the name to it, long time back, must have known that this is a sacred bone, otherwise why did they call it 'sacrum'? But I think that knowledge was lost in Latin, in no way must have been, and the knowledge was lost and that's how they do not know, they just call it a sacrum.

Now you can see, with your naked eyes, the pulsation of the Kundalini and rising. You can feel the pulsation on your head when it comes there and afterwards you find, completely, it has become quiet. As soon as it becomes quiet, you start feeling in the hands. Of course this [Vishuddhi] centre should be all right. If this centre is not all right you don't feel in the hands but you feel on the head. This centre is to be corrected then, then you can feel in your hands.

Now this you can do yourself when you are realised. It's not only me, you can do it also. In Australia, if there are two thousand people who have got Realisation, I could have given only to about five hundred, the rest are done by these people only. You people can give Realisation. But [the] difference in Australia and here is that if an English Sahaj Yogi tries to talk to someone about Sahaj Yoga, the person says, "You are not supposed to discuss religion!" I mean that's an etiquette, it is supposed to be! You can't discuss religion. You can't discuss God. So they run away. [It's] hard to get even two people in, to talk about Sahaj Yog. This is the problem, otherwise all of them are capable of giving Realisation.

Now Douglas who is sitting here talked to David Prole and knew that he was doing TM and he told him off. And here talking to him, David Prole feeling heated up, absolutely boiling, and he was perspiring! It's a fact. And when he came to the thing, now he's got Realisation, he is giving Realisation to people; when he got cured. I mean you don't need much brains for that, you don't need any accessories of the world which are regarded as very practical. I would say that Douglas at that time was one of the most impractical people: he had taken drugs and he had taken all these things; and there are many who were like this: some were, some had come from lunatic asylum and they started giving Realisation!

The other day in Norwich there were three persons sitting in [the] front row and were all shaking up before me. I said, "Now from where these have come?" I asked them from where they had come: they said, "We have come from lunatic asylum and we are certified mad people!" I said, "You are certified and you are here? How are you here? I mean if you are certified mad you are not supposed to be here!" They said, "One person came to my program and got well. So the authorities have sent us here for getting well, so we are here!" (Laughter) And I won't be surprised that these three may start a Sahaj Yoga centre in Norwich, very soon. But I said, "You better return the certificates to them!"

It is such a great thing: you can imagine certified mad people getting Realisation and starting a Sahaj Yoga centre!

There are people who were cancer patients, who got Realisation and have started a Sahaj Yoga centre. So you can imagine how tremendous are the powers of God and how carefully He has made us to be that Spirit. We have no idea; we have no esteem about ourselves. We do not know what [a] great thing we are and what we have to achieve and what we have to enjoy.

Actually He's such a gracious Father, He's so generous and He's so loving that He wants to share His joy with you. He wants you to enter into the kingdom of God and to enjoy that bliss, that happiness, that freedom which has been promised to you in all the scriptures. It's as simple as that.

It is so simple that I don't know how I have given four-hundred lectures about such a simple thing like Self-realisation! And they say they are all wonderful and one is better than the other. But today's lecture has been a more of an introduction because according to them there are many new people today.

Whatever it is, I would like to allow you to ask me some questions. And everybody should admit that new people should ask questions and Sahaj Yogis should not feel upset about it. Because sometimes you know the questions can be very aggressive and they get upset. But there should be nothing to worry about it. It's all right your Mother knows how to handle everything. So

nothing to be upset about it because they have already passed strictures saying that, "No questions will be allowed to ask to Mother!" See if I am a Mother and if I have patience, if I have love, then you should not worry. You should not worry about it at all. I have to manage all of them. Sometimes in the beginning everybody is like that.

Just now Warren has told you how he was, because he was made to sleep on the cement — I mean he was not made but he slipped out you see — and next day he was down with very great agitation and he was going back to Australia. But I caught hold of his shirt, I said, "Can you wait for sometime let's see it might work out." So it is like that.

It's a very sweet thing you know. And I know that children have a right to get angry with Mother. But not too much of it, because after all you are here for a purpose and that purpose must be fulfilled. That's why I am here.

May God bless you all.

Now, I would like to have really some questions because sometimes these questions also help a lot for me to understand what the problem is.

Can I have some questions please?

Yes, please.

Seeker: [Not Audible]

Shri Mataji: Yes, Yes, what Warren has told you is a caution. But I know so many people who have got Realisation without any return, they just got it and said, "I have got it [now]." I know so many people who have got it. Warren has given you a thing of caution because he has seen some people that they drop out because Kundalini comes down and they find [it] a little frustrating. But I have all the patience and you should have patience. But I haven't met anybody who has been with us who doesn't feel it.

You may not feel the vibrations but Realisation is there, because when you put your hand on your head you definitely get the cool breeze coming out and you give Realisations to others, that's the proof of it.

There's someone who is always caught up on all the fingers, he feels the tingling all the time, but he gives Realisation to so many people. He has given himself [though] he's caught up. It's something like this, you can say: even if it's the fifth hand car it moves, once started. You go on repairing it, but it moves, no doubt. It moves. So nothing to be upset about it.

Man: When did you start (unclear)?

Shri Mataji: When do we? Right now? Me? I don't know how many thousand years! (Laughter) I was born with this.

Man: That's not an answer to the question that I'm asking.

Shri Mataji: Yes, very much, very much, very much; very much realised. I was born as a real great, great-Grandmother, I tell you. I knew everything about it, from my very childhood. I was very conscious; over alert.

Lady: We are always told to beware of the Kundalini.

Shri Mataji: Beware? Yes beware. Beware, beware, yes it's true. Yes, it's correct, correct that's true.

Lady: Secondly about this because I read about you in The Observer.

Shri Mataji: Yes I must tell you about that. You see the people who have written about Kundalini. I started knowing about them

that there are people who have written about Kundalini. And I was amazed because they are absolutely ignorant, not only ignorant but stupid people! I don't know from where did they get this knowledge because people do not know about this, they started printing it. Perhaps anything you can print isn't it?

I have seen such a big book where the fellow doesn't know where the Kundalini is! He says it is in the stomach, then he says it is in the back. He doesn't know anything.

Now the trouble is this knowledge was a very secret knowledge, thousands of years back. And it started descending, this knowledge, to people very slowly. Like on a tree there's only one flower or two flowers in the beginning.

Actually Christ talked about it quite a lot. And other people like Moses and all these people have talked about it. But the ones, who wrote, never got anything, there, perhaps, so they wrote it in a very mystical way like, "I'll appear before you like tongues of flames," or "The tree of fire," and all that; indicative of all that.

But it so happened that in the sixth century somebody in India called as Adi Shankaracharya — He was actually Buddha reborn — He started talking about it. Self-realisation, of course Buddha talked about it. Then He started telling about these [chakras]; all these nadis and everything He described.

But there is a poet in India whose name is Markandeya who has written about this. They say he was living in India about ten-thousand years back, this poet, about that time. So this knowledge was known to people but was not put down on the paper, was not circulated, was not for en-masse.

Now these people who are writing about it have no knowledge, have no authority and they have tried these tricks. Actually this is the holiest of holy, the sanctum sanctorum within you. And a person who himself is authorised by God can only do it. Authorised by God, not by any theological college or all these things. It cannot be. It's God [who] should authorise: like Christ, like John the Baptist, like Moses, like that somebody authorised by God can only do it.

So these people tried the tricks, which are unauthorised, and they got the [bad] results because there's a Deity sitting in the last chakra called as Mooladhara Chakra, which is the root, the support of the root; that chakra. He tries to excite your sympathetic by that and when the sympathetic is excited you get all these heats and this and that and the boils and all. So it is not meant for people who have no holiness in them. You have to be a holy person, who should be able to raise the Kundalini, who should be cleansed, otherwise you cannot do this work.

While there are people who are connecting Kundalini — imagine! — with sex. I mean it's an absurd thing; She's your Mother. She is your Mother and has been your Mother all these ages. And it's like having a dirty feeling for your Mother I would say that. It's such a filth. So God should punish them isn't it? That's how they have it as a punishment.

It's not at all to be afraid of your own Mother. Will you be? I mean that's one thing you are not afraid of, is your own Mother. Should not be. I mean modern mothers I don't know (Laughter); but that's what it is. It is [that] they have no knowledge.

Now I must tell you that Sahaj Yoga must have given Realisation to, I don't know how many thousands, tens of thousands of people. Of course, you may feel a little heated up; or if you are possessed you might feel a little bit shaken up. People who have been to TM, one of them jumped about twenty feet when they heard my name! All these things may happen to a few people. But such extreme cases are very rare. But nothing goes wrong. I mean you are ultimately cured of that. So you might get little effects of that, but nothing serious. I am here to look after you. On the contrary it's very blissful, very blissful.

If one does not know about something, they should not get into it, isn't it?

Any other question?

But you must get it, that's the main point. You see, this if you don't get, you will never be a happy person. You have to get it and it is your right. It is within you why not get it? It just doesn't cost you anything. You have to have it. But people refuse to have this. Imagine refusing to be the Spirit. Can you imagine?

They are satisfied. The other day I met a lady who came and she said, "I am quite satisfied with the sinful life I lead, Mother." I said, "Now what am I to do, if you are satisfied my child? I would only say that a day will come and you'll come back to me, but I may not be here." You see all these things recoil upon.

[It's] not [just] a question of sinfulness? Even a sort of a casual way towards your Spirit: if you are [only] casually interested in your Spirit it tells upon you, because Spirit resides in your heart and it recedes and you have problems, and you all get into problems with that.

When they get into problems...I mean a lady who came to me, she said, "I am not interested, this that." And she said, "I don't want to do it." But ultimately she got cancer. And then she came to me and she had a galloping cancer. We tried to help her, but couldn't help her much. She died. It happens with some people that they come at a stage where we cannot help them at all.

So best thing is to get your own powers of your Spirit and be all right, enjoy yourself. You don't have to pay bills of doctors. You don't have to worry about so many things. And automatically the whole thing works out. And also the petrol bill, as he said! (Laughter)

Krishna has said, "Yoga kshema vahamyaham" Means when you have the Union, Yoga, when you become united, with that Divine Power, the well-being is looked after. I mean all the Sahaj Yogis who are here, have benefited even monetarily.

Because within us lies also the power, which gives us money, which gives us well-being. There is a centre within us, which does that, and if that centre is caught up then people have problems with money; once it is cured, you don't have. Not money as such but material life, improves definitely.

Seeker: Do the chakras correspond with nerves?

Shri Mataji: What did you say?

Seeker: Do the chakras correspond with nerves, the central nervous system?

Shri Mataji: Chakras are the essences which create our plexuses. And the plexuses are expressing the nerves. So the chakras in any case are the predecessors of the nerves, of the nervous system. They are the predecessor. They are the ones who supply the energy to the nerves. They are the ones who guide the nerves, [the] chakras.

Seeker: Do they come from the astral body?

Shri Mataji: Astral body? Our body is made of various cocoons we can say. We are material being or physical being, we are emotional being, we are mental being, we are spiritual being and all these are like our body. Now the astral being that you know of is actually the soul, we can say, which is this whole body without the element of Earth and Water: that's the astral body. Now this astral body you should not worry [about] much, because that we get in any case when we die: that we are going to get it. But when we have the body then only we can get our Realisation, not in the astral sense.

But people are trying lots of tricks with these astral bodies, which is a very, very dangerous thing! And it has reached such dangerous limits, because people have interest in this, that I am really shocked the way it is working out.

For example: there was a couple in Switzerland that I met, and they had a relation, their mother, in America. And that lady was

trying with one of these astral body persons, those who work on Spirits, and she said that I would like to talk to my grandson. And the grandson is a living child, and the child is in Switzerland. It sounds very fantastic to people. That is something great you see, the child is in there without paying any airfare you can talk to your child, grandchild. It's very dangerous. And they used to try that on the child and the child when it would sleep in the night, it would be daytime in America. And she would talk to him through this and she would hear the voice of the child. They recorded all that. And one day this child was sleeping and he never got up, he died. And the recording said that, "It is too much strain for me, now let me go grandma, let me go, let me go!" She said, "No, no, wait for a while, wait for a while!" and this spirit controlling woman would not allow the Spirit to go back and the child died there. It's a very common happening now that the children suddenly die in their beds.

So all these tricks we should not try. Whatever is unknown is not Divine.

You have the Left Side and the Right Side. This is called as the adi bhautik and adi daivik: means the collective subconscious and collective supraconscious. There are all these dead Spirits. Don't play with them! Don't get into this nonsense of astral body and this and that.

There are some people who say that we want to separate from our body and fly in the air. Why? Why do you want to do that? You want to have your Spirit or not? If you want to have these experiences, I am not for that. And I will ban it, if you ask me! It's absolutely horrible. Of course people take money for it and people like it to talk to spirits and this and that but is very dangerous. You should never try this with the spirits. It's a very dangerous line when you do not know about it, one should not get to it.

I have known people who have practiced these things: their great grand children are suffering, seven generations they suffer, seven generations [for] those who even practice it! So it's a very dangerous game, one should never play it. What is the need? You should live in the present not in the future, or not in the past. It's the present you have to achieve. So you just don't worry about these things.

You become your Spirit. You are to be born again and that should happen to you; which should be an actualisation that should actually happen to you.

And what these Gurus are doing is nothing but putting these Spirits in you and are mesmerising you. That's how you behave like this: you are no more yourself, you are something else. This is the trick of the trade. They are all using you for their own purposes by just mesmerising and mesmerism is manifested by using the spirits, which they are controlling. Especially for Christians it is forbidden. But I don't know how they don't understand.

So let's have the experience now. It's just a split of a second needed for that; a split of a second.

But it depends on, if the landings are very good you won't feel anything else but the cool breeze suddenly. But if it is not a smooth landing [it] takes a little time.

As soon as the Kundalini pierces this, you feel thoughtless. There is no thought. So you may try to see just now, put your hands towards me like this; just because the centres are here expressed of the sympathetic.

Just put your attention to me and see if your thoughts are stopped. And then close your eyes. If that has happened that means Kundalini has already gone above.

It moves very fast, very fast it moves.

Now, a few things you have to accept in Sahaj Yoga: first of all you have to accept that God is the ocean of forgiveness; that He's ocean of love and He's compassion and you are not guilty in His eyes at all. And you should not feel guilty before the Ocean.

So you have to just say before starting your meditation that in your heart, that, "Mother, I am not guilty. Mother, I am not guilty.

Mother, I am not guilty." Thrice you have to say.

Now you have to forgive.

You must forgive everyone. Just say that, "I forgive."

Those who say it is very difficult to forgive: actually, not to forgive, or to forgive is all mental activity.

What do you do by that? Just torture yourself. So please say that, "I forgive," and close your eyes now.

Say, "I forgive, Mother I forgive everyone." Just say, "Mother I forgive everyone."

Keep your feet on the ground both the sides touching, and don't move much. Just say, "Mother I forgive everyone." Say it thrice.

Now put your right hand on your heart where the Spirit resides, and without feeling guilty, without feeling guilty, again I say, without feeling guilty say that, "If we have done any mistakes, please forgive us, please forgive me."

Say this thrice from your heart: "If in my seeking, if I have done mistakes; if I have neglected my Spirit or if I have neglected my duties towards my Spirit, please forgive me."

Just go on saying, "Please forgive me." But don't feel guilty with it. You are not to feel guilty about it. Just say it that, "Please forgive me."

I think you should again say, "I am not guilty," because as soon as you say that, there's a catch on the Left Vishuddhi.

So you say, "Please forgive me and also forgive me for being guilty." That would be better.

Now you ask a question, "Mother, am I the Spirit?"

Ask the question: "Mother, am I the Spirit?" Ask thrice.

"Mother, am I the Spirit?"

You might feel cool breeze coming in. You ask thrice.

If not, now say, "Mother please give me my Realisation." Say it thrice.

Just say it thrice and it would work out.

You will start feeling the cool breeze in the hand, left hand. Stretch it towards me a little bit, stretch it.

Ask for Realisation. Now don't feel guilty.

Are you are getting it now?

Don't feel guilty! You are not to feel guilty; that's the biggest disease of the West.

Now you put your right hand on the head and you might feel a cool breeze coming out from your head. Just see if there's a cool breeze coming in. Raise it higher, see, maybe.

Is it? Not feeling. In the hand? Not yet. It will work out.

Close your eyes and ask the question, "Mother am I the Spirit?" Thrice. "Mother am I the Spirit?" Again, "Mother am I the Spirit?"

Now ask for Realisation; "Mother please give me my Realisation." Thrice!

Now you can put your left hand on your head and right hand towards me. Let's say some people have this problem also. Right hand towards me.

Now, ask the question, "Mother am I the Spirit?" Thrice.

Now you forgive, you just forgive. Forgive. Forgive everyone. Say, "I forgive. I forgive."

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

All right, getting it? Not yet? All right, it will work out. Now? Not yet? We'll see. We'll see.

Are you? Little bit. Now on the hands, just see. May be in the hand, just see. It will work out, it will work out. It takes little time but it works out, it works out, it works out. Don't you worry. Don't get desperate with yourself.

Keep your eyes shut. It will start coming slowly, slowly, slowly, it will start working. It's very subtle but it starts working.

Now?

(Mother blows into the microphone seven times.)

I think open those windows to pass out some of these heats. Lot of heat is coming out.

Now just see. Douglas, Douglas, see your neighbour, has he got it, on his head? Just see. Here, him. Just see him, not yet?

It's good. He's got it, he has got. That's what I felt.

Can you see all of you? You have got it. I knew, you got it long time back.

Now see, what about you?

Just ask for forgiveness, a little bit, all right? Ask for forgiveness. Kathy, can you see? Can you see the gentleman next to you? John! We'll work it out, somebody will work it out. Don't you be worried about what they are doing because the Power is flowing from them so they are just working it out.

Who are all the new people, please raise your hands so they'll come and help you. Just go, come along. Ken, come along. Left Swadishthan – you have to say the mantra of Nirmala Vidya to get over the Left Swadishthan, is quite a lot.

It's all right I think, a little liver, a little. How is the lady? She has left, left Nabhi. Ask her to put her right hand on the left Nabhi. She'll be all right.

Felicity, are you all right, better? Please do not feel guilty. If it has taken time, don't you feel guilty.

What's the matter Djamel? Right Heart. Please don't feel guilty, what are you guilty about, don't feel guilty, all right. There is

nothing to feel guilty, what is there to feel guilty? I mean what crime have you committed? She has got it actually, enjoying. Now, how is this gentleman, right Vishuddhi? Left? You are feeling guilty, Mister. All right? Yes, now put your left hand like this towards me. And now put your right hand here and now say that you are not guilty at all: "I am not guilty." Just say it to yourself, say it thrice, again.

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Kundalini – Germinating Force Within

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Public Program (with German translation). Zürich (Switzerland), 21 August 1981.

Shri Mataji: First of all, I must really apologise for being so late. There was some confusion about time and I hope you all forgive Me. I am really encouraged to see that there are seekers in this country and they are trying to seek something beyond. I could not think of any country where there could not be seekers. Because when [UNCLEAR] they see around, I am sure any intelligent man who thinks must be wondering, asking, "What is next?"

[Translator requests to repeat].

I'm saying that in any country I could never believe that, people would be satisfied with what they have and they would not be seeking beyond. Because seeking is the process of your evolution. Through seeking you have achieved this state, human state. And even now you do not know the meaning of your life, at this stage, neither the purpose. So, one has to think: "Why are we here? Why were we made human beings? What was the purpose of the nature? Was that just to earn little money or little material comfort and done?"

And a question must be asked within: are you satisfied? Are you happy? And once we ask this question to ourselves, we can find out we are not! We have not found out the purpose of our life. Actually, we don't know anything about ourself. We may know about moon – now they are going to Saturn and all the places, but we do not know about ourself! And so, anybody who is intelligent as a human being would be saying there must be something else.

But one problem is this: that people who are seeking, also beyond, have been shocked the way people - [UNCLEAR] those who are also seeking, seek to others who told about what is God, what is beyond. They are shocked to see, at the way they behave. Because when you see a religious person you get shocked: because he is religious and he is so cruel! He is religious, how can he be cruel? And then also you see that they are actually hypocrites.

So you don't know what to do! Now, it is very easy to say that we don't believe in all that and then turn back. It is very easy to turn your back – saying this is all nonsense – and we turn our back. Because we cannot see the light, accept the dark, and live with it. But you can't live with darkness! You try it!. People have tried to live with darkness and they have after-effects of that. They have the after-effects of living with the darkness.

You bump into each other. You bump into each other. You collide with each other. When you live in darkness, you collide! Nations have fought against each other. Wars came up. We have peace and we prepare for war [UNCLEAR] wisdom. These are signs that you are in the dark. It has to be very, very natural for all of you to think that there must be something beyond.

The other day a journalist came to see Me from – she is a Swiss journalist- to see Me in London. She said the people are very happy in Switzerland, there is nothing wrong with them. I said, "Are you sure?" Because they were competing with Sweden in committing suicide! And now they are much ahead of them! Even with all this affluence, why are they committing suicide? We should try to find out.

If you want to close your eyes to reality, you can do it – for the time being. But if you look at it, see how ghastly it is that young

people are trying to commit suicide! I met three Swedish girls in London who were studying in Cambridge. And their vibrations were such as if they were committing suicide, or they were dead or sort of leprosis, or [UNCLEAR]_horrible vibrations they had! I said, "What are you doing in Cambridge? But what do you do all the day?" They said, "All the time we are planning how to commit suicide in a sophisticated manner".

Look at the sunset today, how beautiful! Look at the beautiful flowers we have! Look at the beautiful country! Look at this room, how beautiful! And you cannot feel the joy! You cannot enjoy! Something has gone wrong! There is no spontaneity to feel this joy – it's sogood. Is it something lacking within us? We should ask this question: "Is there something lacking within us that we cannot enjoy?"

[UNCLEAR statement]. After my visit here [...] I found Zürich has geared up with riots. After I went away, I read in the newspaper that Zurich has geared up into riots. If through material advancement if you had achieved your peace, there should be no riots! That means people are not happy, there is frustration – let us face it! In my last visit, I discovered something else also, very serious: cancer, which is the disease of the rich, is groping the country! But the richer you are, the larger is the number of cancer patients.

The fourth thing that I felt was that children are dying in their beds! Just sleeping [UNCLEAR]! Yesterday I heard the news in England that every year there are five to six thousand children lost, six thousand children lost! In England, every week two children are killed by their parents even! I mean, it's worse than Hitler - he didn't kill his own children! So all these things are happening to human beings and if you are not aware of it, the whole thing will come up like an explosion. So one has to see, on the collective side and on the individual side, what's going wrong here.

Now I would like you to take what I say to you as a hypothesis. And as some scientist, you must keep your mind open and not closed: if it actualises then you must accept. But you must keep yourself very open to listen to what I am going to tell you because it is for the benefit of the individual and of the whole.

And you should be not like journalists, that when you tell them about say Switzerland they will start talking about India. They are more worried about others than about themselves. We have to correct ourselves! We can only correct ourselves. So when I am in Switzerland, I am Swiss. And I am concerned.

Now here you find, within us, lies in this triangular bone called as sacrum, a force called Kundalini. This bone is called as sacrum, means sacred bone. That's a Greek word. That's a Greek word, that means Greeks knew what was sacred. Now this force resides within us as a germinating force resides in a seed. Now, this has to be so because something has to happen within you to attract your attention inside.

Human attention is very different from the attention of animals. Because human beings have a brain which is triangular, prismatic, like a prism. So the attention is going out instead of staying inside. And evolution that took place so far. did not need this kind of a happening. Because within us this power which is called as the power of desire and this power which is called as the power of action build up two pouches called as superego and ego. Ego and superego. By ego we assert and by superego we condition ourselves. Assert, aggress. And when they develop in childhood, these two meet at a point here, where it becomes calcified. On the fontanelle bone area it becomes calcified.

In the heart here resides the Spirit. Now, the seat of the Spirit is there, where you are seeing the sunlight thing [sun drawing on the map] – seat of the Spirit – in the head here, above, the seat. But it resides in the heart, in the human beings, specially. Now, when it rises – this Kundalini, when she's awakened – she rises through these centres and touches that Spirit. You can see the pulsation of this Kundalini in many people. You can see it pulsating, just like heart. And when it pierces also, you can feel the throbbing in the beginning. And at the back also, if you use a stethoscope you can see the rising, its throbbing, and sometimes with the eyes you can see it rise.

But, one has to remember one thing about Kundalini. Many Germans have written about Kundalini. They have had no experience,

they just read some books and they wrote it. They went as tourists and they met all tourism people. They went as tourists actually, doing that. And that is how you touch all the peripheries of the nations – they never reach the Reality. They met horrible negative people and they told that Kundalini can be aroused only through sex. And this (triangle) you see is the one that controls the sex, which is below the Kundalini: this square, this centre, there (Shri Mataji showing the square of Mooladhara).

So sex has a part to play in a married life, in a sane married life – but not in Kundalini. Human beings are now above it. Because these are the steppingstones of your evolution. Now, when you say that sex has something to do with Kundalini, it's so absurd, like say that She is your mother, and it's a very dirty relationship, it's a very bad relationship! Holy mother, She is your holy mother!

Or we can reason it out in a very simple way. We can reason it out also: you see, animals have much more sex life than human beings have. They have free sex. Are they going to evolve before we are going to evolve? We have nothing to learn from them. We are ahead of them. They have to learn from us!

Now some horrible people from India came here to take out your money and to trouble you by telling all kinds of stories. You should reason out that you cannot pay for living things: how much did you pay to become a human being? What effort did you put in to become a human being? It is spontaneous! For example, if you have to breathe and you have to read books for that, half of us would be finished the next moment! We see so many living miracles but we do not pay any attention to them!

See a flower becoming a fruit: can you pay for it? If it is a living process, it should be spontaneous! But they wanted to exploit you, your naiveness. There was another guru, where Germans and, I am told Germans and Japanese are very very, I mean he is very popular with them, this guru – was. Rajneesh. Because he taught them free sex. For Western people, they don't need a guru for that! You already have mastered it! And to pay money to somebody in thousands and thousands of, in millions and millions of money, is foolishness, stupidity!

Now this fellow, thank God I should say, has got a paralysis and he's run away from that ashram. And his own disciples have burnt his ashram and he had collected such a lot of books you see, all burnt. And in Switzerland you are harbouring all these thugs from all over the world! They have put their sinful money in your banks and you will have to pay for it!

Now one has to understand that God and sin do not go hand in hand. God and sin do not go hand in hand. God is Holiest of Holy, and one has to cleanse oneself to be one with Him. And it is the most blissful thing that should happen because He is joy and bliss and complete peace. But when it happens to you, then it is so spontaneous that you get the whole thing in a pack. Like a caterpillar becomes a butterfly or an egg becomes a bird.

But these things stick on to you! These things stick on to you of the part of the caterpillar sticks onto you, so you must learn how to get rid of them. You must learn how to achieve your complete transformation and complete freedom and liberation so that you become the master, so you become master of yourself. Nothing can dominate you, and you start using the power, the divine power of Love, which is so pure and close: emits through your being.

You become the instrument of God or His powers. You know how to manoeuvre it and enjoy it. This is why you have become a human being! Like we can say – I always give an example of a television – for an ordinary villager, say in India, it's like a box that's all, it's a box. As for us, we human beings are nothing but a box. As if, we see, we also treat ourselves as if just a box, nothing more than that. But once you are put to the mains, this fantastic instrument of yours starts working! The power of love! Which cures your body, heals you completely! Cancer can only be cured by this happening within you. If you read the pamphlet you will see how cancer is caused and how it is cured through Sahaja Yoga; you will know - it's very scientific. We have two doctors in London who are working it out. One of them is working in cancer research, his name is Sri... [UNCLEAR]. Another is David. They are working out how to tell the scientists.

Now you, young people of Switzerland, must open your eyes to this new science that has descended upon you, and should not feel comfortable and complacent with what you got from your elders who did not think about it. Because this is a gift for you!

This is your own! And you are on the top of evolution. You are so beautiful, it should not be wasted! This world has to be changed! This transformation has to take place!

All the great scriptures have said about it and predicted it. They all have said you have to be born again. But you cannot give a false certificate to yourself. You cannot give a false certificate to yourself! You have to get it! It is to be actualised! In India, there are thousands who have got it! Even in London, about two, three thousand – three thousand, about, all together, I mean in England. America also we have some thousand. I don't know exactly, because there is no organisation. America, last time when I went in seventy-three, we gave realisation to about three thousand people!

Australia, also I think we have given realisation to – how many Warren you can say about?

Warren: One thousand.

Shri Mataji: At least one thousand people who have mastered it! One thousand people have mastered it! Two places are really lagging behind: it's Switzerland and Germany. So you must awaken yourself to this! You people will be held responsible if you do not respond to it! There is no money to be paid because you cannot sell it! You don't have to put in any effort: you get it as a right, as your own right, birth right! Only thing, after getting it, you must establish yourself.

Actually it is a collective happening. It's a mass happening. Of course, it moves slowly in the West, I have seen that. They are easily hypnotised, Western people can be much more easily hypnotised than Indians are. They go into – I don't know why – crazy things like flying. Flying! Imagine! There is a guru who wants them to fly and thousands go to him. Are you going to become birds now? I don't understand why, why ask for flying? And does this guru fly himself? You put him on this leaning tower of Pisa and see if he can fly!

They are befooling you like this and how can you be befooled – you are intelligent people! You had such a great person like Christ coming down here! Maybe these religions which were organised religions did stupid things, maybe... Maybe these religions which tried to organise Christ, you see, did stupid things. That doesn't mean that Christ was wrong! Did He organise anything like that? Did He charge any money? Did He live like a parasite on others' money?

But I was amazed the other day in England, I went to a place and they said: "Mother if we pay money for something we feel secure". Like Swiss bank, where you have to pay money to keep money [Shri Mataji laughs.]! All the thugs feel very secure, you see, if their money is here! You have to change the laws of the people of Switzerland. "Law", law of the people, you have to change their fate.

The whole world is going to change. It is predicted. It is predicted! You should not lag behind!

They understand French, is it? All right. It's all right, but why not have Realisation? You see, My speech has no meaning! Why don't they have realisation?

[UNCLEAR/a lady is probably saying they were not able to hear/ the translator was not audible]. Yogi says we should speak louder (the translator)

Shri Mataji: Yes, I'm saying that, you are telling him that: I'm speaking louder than him when you don't understand. Didn't follow? I am sorry! You didn't follow at all?

[UNCLEAR/seeker speaking in French].

Shri Mataji: I know you were paying too much attention to follow him. I know that. What is to do? That's a good idea. So let us have it now.

1981-0904, Advice on Ekadasha Rudra

View [online](#).

4 September 1981

Talk to Sahaja Yogis

Bramham Gardens Hotel, London (England)

Talk Language: English | Transcript (English) - Reviewed

Advice on Ekadasha Rudra. London (UK), 4 September 1981.

... In your heart, behold you there, in your heart. That, "Come and seat in the lotus feet - lotus of our heart". Now the problem is towards this heaviness. Best thing is to clear this, for anyone.

I'll show you. Gavin, come! [Unclear] at my back. Push the photograph like this, all right?

Here, somebody can help him. Ready now?

[Unclear]

Lethargy. It's your heart. At your heart is your Mother's love, the power of her love. Ah! Did you feel that? Keep your eyes open.

[Inaudible]

Come forward.

Now if you have Left Agnya, that means there's a possession on us, somehow. That means all of you have got something of that kind, already you're caught up. You're not clean. Still they are there? See now. What is the mantra for this, Gavin, for the Back Agnya?

Gavin: Mahavira.

Shri Mataji: No, no.

Sahaja Yogi: Mahaganesha.

Shri Mataji: Mahaganesha, Mahaganesha, Mahabhairava, correct. Now see, in the brain, we have got all these seats of the Gods. And they are the seats because they are the causal of these.

So the first, the causal is created and then the Deities are created. So, for example, causal of the Mother Earth is fragrance, all right? So from fragrance comes the Mother Earth. In the same way, the causal of Brahmadeva is Hiranyagarbha, all right? He's called as Hiranyagarbha. He's the causal of Brahmadeva. Where does he stay in the brain? In the brain of the Virata, whatever Deities live, are the causal. And in ours also, because they're reflected. So the causal ones are here in our brain, in our brain, in our brain. At the back here, around the Agnya, is who? Now I gave you the name.

Sahaja Yogi: Mahaganesha.

Shri Mataji: No, around the Agnya. Agnya is Mahaganesha and Mahabhairava, Agnya, at the back. And in front?

All right, I'll not trouble you.

At the back is actually Mahaganesha, just in the center. Just in the central point is Mahaganesha which is the minutest point. Around him moves Mahabhairava, all right? And around this, the rest of it that moves is Hiranyagarbha, all right? Now did you follow that?

So when you think, or whatever thinking you do, through this superego, through this superego, you get the development of this Hiranyagarbha. Did you follow that? And also otherwise, is also, who acts when you think? Is Hiranyagarbha, isn't it?

This is Swadisthana, we call it, this is Swadisthana chakra around, all right?

So Swadisthana is divided into left and right. Left Swadisthana is Hiranyagarbha and right Swadisthana is also Hiranyagarbha, at the back here.

So now to draw it out, first of all, at the back, if you move, is Mahaganesha. Around him moves Bhairava, who protects Mahaganesha. Around it moves, now who? Hiranyagarbha, at the back. But Hiranyagarbha has left and right side, while Bhairava and Ganesha, they move on each other. Did you follow that point?

Now in front, in the center here, is who? Kartikeya, in the center. Christ is in the center, in the center itself where the optic chiasma is. Here outside is Kartikeya. What is Kartikeya? Kartikeya is the protector of Christ. Around Kartikeya, they're all protectors of Christ. Moves who now? Who is Mahabhairava's counterpart?

Sahaja Yogi: Hanuman.

Shri Mataji: Mahahanumana, Mahahanumana, all right? And around that, what does move? Ekadasha Rudras.

The movement of Ekadasha Rudra is not circular, it is more like that. It is more like that. Or we can say, more like that.

Now what is Ekadasha Rudra? Let us see. Can you give the names of Ekadashas? Take one by one.

Buddha, all right? Mahavira. Then Christ. Then Mahabhairava. How many of them? Four?

Sahaja Yogi: Four.

Shri Mataji: Then Mahaganesha, five. You have said Bhairava? Again, again say it, again one by one. I mean, say it. Buddha.

Sahaja Yogi: Buddha, Mahavira.

Shri Mataji: Mahavira.

Sahaja Yogi: Christ.

Shri Mataji: Christ.

Sahaja Yogi: Mahaganesha.

Mahaganesha, Mahabhairava. [Cut in the audio]

All right? It is very clear cut for you? Because just now I've told all of them.

Buddha, Mahavira, Christ. Then, what else? Now four are left, four are still left. Sahaja Yogi: Mahahanumana

Shri Mataji: Mahahanumana, you didn't tell? Mahahanumana, how much it is now?

Sahaja Yogi: Four.

Shri Mataji: Three left. No, four are left, four! Now what are these four? Mahahanumana. Say, it's very simple. Just now I discussed with you Mahahanumana, Mahabhairava, two, Buddha, Mahavira. Four? Now,

Sahaja Yogi: Kartikeya. Ganesha.

Shri Mataji: Kartikeya, Ganesha, sixth.

Sahaja Yogi: Christ.

Shri Mataji: Christ, seventh. Now four more are left, now who are the four more? Let's see.

Can I have tea?

Oh! Pat, come along. You've done lot of reading. They have written it down into something, eleven of these.

Sahaja Yogini: Hiranyagarbha.

Shri Mataji: Brahmadeva, Hiranyagarbha, or correct!

Sahaja Yogi: Vishnu Narayana.

Shri Mataji: Vishnu, Narayana.

Sahaja Yogi: Shiva.

Shri Mataji: Lakshmi Narayana, how much it is?

Sahaja Yogi: [Inaudible].

Shri Mataji: Shiva, Parvati.

Everyone. Shiva and Shakti, all right done! Eleven of them.

Lakshmi Narayana is one, Brahmadeva Saraswati is back, Shiva Parvati has... All eleven are there. Why Shiva and Parvati? Two have to be taken because Shiva is the Guru, Parvati is the Shakti.

So if you catch on Void, the beginning of the trouble starts because Shiva is the central part. The Shiva is to be taken as Guru. Shiva is Guru, Shiva is the one who is our Guru. He is our Spirit.

But he's not the Spirit that protects because Spirit needs no protection, does it? Whom do you protect then, also. So when you

protect, you protect the Spirit but what protects it, is the Guru personality which is Shiva. It is Shiva actually. Did you get that?

Now you might say, "How Shiva is guru?" "Guru Brahma, Guru Vishnu, Guru Devo, Maheshwara, Guru Sakshat, Parabrahma, Tasmai Shri Guruveh Namaha." Because Guru means a person who is full of 'Gurutwakashan', is weight, is the gravity. Person who is with gravity, which has some sense, which is density, which is our Spirit. Otherwise we have no density, we are useless. Our Spirit goes away, it's floating there as bhoots. So, the Guru is everything.

Today, I've called you here to tell you how to become a Guru. So, that's why I've given you this introduction. Is it clear to you? All right, let Me know. Now.

[Cut in the audio]

[Shri Mataji is laughing] See that? Now, see now! Just laugh at yourself! With all your knowledge of how many years I've been talking to you, you can see simple point! How Mother is raising just talking just like that! Do I tell you something? "Because you all have gone to the wrong gurus, you have done - because!" Because nothing you can find, just because!

You are all saints here. If the Ekadasha Rudra is on your forehead, you used to bow before any wrong gurus. You catch on your Ekadashas. It's simple. Sahaja Yoga is very simple, you know.

If you put your glass upside down, nothing else can go inside. If you put it like this, it is exposed to the saints. It is that simple. It's simple, Sahaja Yoga is so simple. Do you follow that point?

So, we reach one conclusion by mentally understanding it or not understanding Sahaja Yoga.

So, as a guru what should you have? I mean followers [unsure]

Sahaja Yogini: You should not be caught up at Ekadesha Rudra. You should be-

Shri Mataji: Should not what?

Sahaja Yogini: You should have cool Ekadesha Rudra.

Shri Mataji: But that's different. You are telling like this, if I say that, "What is the test of, say, guru?" You will say that it should not become artificial? You know they are. Now let's see again. Try to stay forward, what is the question?

Sahaja Yogi: You should have discrimination, Mother.

Shri Mataji: No, no. What is the question?

[Laughter]

Sahaja Yogi: [Inaudible].

Shri Mataji: Now try to remember.

Sahaja Yogi: 'To be a guru, what should we have?'

Shri Mataji: What should we have?

Sahaja Yogi: Yes.

Shri Mataji: Not at all, what is the question?

Sahaja Yogi: [Inaudible].

Shri Mataji: So, what is the question, let's see exactly. Exactly.

Sahaja Yogini: How do you clear the catches that come from seeing a false guru.

Shri Mataji: Who's speaking this? [Unsure] How do you?

Sahaja Yogini: Clear the catches when one sees a false guru.

Shri Mataji: This is another question. But the question I asked is most specific: then what must a guru do?

Sahaja Yogi: Nothing, Mother.

Shri Mataji: The thing I said, by discussion, Sahaja Yoga doesn't work out. Then what should we do?

Sahaja Yogi: Raise Kundalini, Mother.

Shri Mataji: [Inaudible]. I asked the question, what should we do?

Sahaja Yogini: Surrender. Surrender, do your prayers.

Shri Mataji: Make it simple always. Relate it to your Mother, you'll get the answer. Hah! All right?

To neutralize the old guru, who has been a bad guru, you have to surrender to the real guru. If your guru is the real guru, then you surrender to the Mother of your real guru. Because your real guru is also surrendered to Me. It's a fact [unsure].

So, all gurus are to be surrendered at the lotus feet of your Mother. Then if it is 'Brahma, Vishnu, Mahesha', Shiva, Krishna, Christ, anyone of them also, Ekadesha still is lower than your Mother's devotion [unsure].

This is very difficult because we want to stick on to someone, even the real guru. Christ is a real guru. He is. But the Christ you know of, is to be also surrendered at the lotus feet of your Mother. Because He's also my son. 'Brahma, Vishnu, Mahesha', all of them are my sons.

Christ has been created alone [unsure]. She is the Mother of all the gurus, of all the prophets, of all the incarnations, of all the creatures.

After Her, only Parabrahma exists. She exists, after that only Parabrahma exists. So when you have got someone like that to surrender, She is the biggest problem. She's a maya. That is the biggest problem because you've got someone so easily.

Arjuna was a great warrior till the war started. And somebody was a great swimmer when he came to the ocean. Allow your mind to be [down? unclear]. Allow your mind.

So, to be the highest guru is to be completely surrendered. Now when you are surrendered, you don't doubt. Now when this finger is completely surrendered, say, to my body, it doesn't doubt my body. Supposing I'm pressing it and it receives the information that, "You are being pressed", she informs the brain and informs the body that, "I'm being pressed". But when she says, "Something must be done to remove it", the whole body acts, all the fingers act and all the power flows there, the energy flows there and the finger is healed.

So, when you are surrendered there is no question of individualism. Those people who think of any kind of individualism are going to go out of the circulation of Sahaja Yoga. It's a big wheel, I've told you many a time. And the wheel takes out all those people who want to assert their individualism of any kind. Now see, this is a branch, all right, you can see here. In the last ever stage, I use the same analogy, it's better [inaudible]. Outside is the Spirit, all right? If inside and outside, it's the same and the rest is nectar, if you have proved just now [unsure]. It has to become this, what else to do? This myth has to go, all right? This myth has to vanish. So, this myth is based on what? Our ego and superego together. It has to be the end of all the nonsense we have been. To be the sense, all this has to go! Why? You see, it doesn't exist at all! that is the way that people surrender. In no way, it is.

You cannot be a guru unless and until you are at least, at least, you are open to it, that's coming and going. But supposing you're like this.

It would be like a story I heard in India that there was a fool, two of them. They went inside the restaurant to have some food. They sat down at a table and they saw a glass put like this, all right? They said, "What sort of a glass is this? It has no mouth." So, they called the bearer and said, "Please, make this all right. We can't have our food unless and until it has a mouth. Please, take it back." They said, "What sort of a glass is this? It has no bottom?" Because they saw the mouth. But when you're surrendered the mouth and bottom, they all disappear and nothing exists. That surrendering is to be achieved if you're going to be the gurus.

Now, lock it down because these are very personal things I want to say.

[Cut in the audio]

Mental! This is all mental! How do you [inaudible]. That and bandhan.

How many times do you give yourself bandhan? [inaudible]. Before sleeping, after getting up, saying namaskar to your Mother, This is more than sufficient. Touching My feet, very important.

Not to come on to the Agnya, supposed to correct. Even sitting down there I'm catching.

Just- actually, just do it now. Correct. Both, again. Do it on both the feet.

Again you try. First right and then left. Ah! See now. It's not mental, this is the point I'm bringing down to you. It is not a mental thing.

You all become mentally alert. And you come, "So, we must surrender ourselves to Mother". Then other say, "Yes, yes. You have to open your heart". Now, "Yes, we must open our heart. We have to do this". Nothing! When others come, you don't tell them, "This is how we open our heart". Don't tell them that. If there is a mistake, let them [inaudible].

How you open your Left Vishuddhi? Just say, "Mother I am not guilty. Mother I'm not guilty. Mother I'm not guilty".

Not to bear anger within you. It comes from your liver. You may not even show anger but inside is sanger. So, just take it out, clear it out. Liver, if you go on accumulating another bearing stuff, also burns your liver. If you show it off, it burns other's liver. So, best is to take it out. Now, say, take a pillow, hit it hard or whatever it is, you take it out. But don't keep anger within yourself. If you are angry with someone, just try to forgive.

Now the thin people are the people who are more, on the physical way, not all right, physically. Fat people are the people who are not all right on the mental way. So, the people who are very thin should know that physically – mentally, I mean, the brain work, they are doing over these, they are thinking too much, they are more right-sided and they should try to reduce it.

So, this is all diet, you have to see about your diet. Too much of eating is really common in [unclear]. You all should have fix your food, how much you have food. Like, you see, my husband only three books, "What do you think the best food of the food which is not here?"

But because English food has not such standard as [unclear], you see, you may eat the whole lot and you'll tun out, "Why not?" [unclear], This is English type. And sometimes I'm surprised, you've eaten the whole lot and "Have some more."

[Laughter] Where is it going to go? No,

[Inaudible]

Too much eating is very bad, too much talking I very bad. Not talking, not eating is bad. But little eating and little talking is good. Too much of eating should be stopped. I've seen, it's very common. I mean, not with you people, [Inaudible]

The last thing that I have to tell you about the exercise. Those people who are thin should stop their mental exercise, go to thoughtless awareness, beat yourself with shoes. Do all the thing that are possible all the Nirmala vidyas. Those who are fat people should take to exercises, body exercises.

Those who cannot sit on the ground should learn what is the problem, must be in their legs and feet. [Inaudible]

You try to fix up your Mooladharas, I'll tell you exercises, how to do for different baddhas and all that, I've told you how to take it out. All that is possible, you should do them to make your body, mind and your emotions so that [inaudible]. And that is that exercise, every day, you must do some exercise. Those who are too much thinking should do mental exercises. Those who are too much physically involved should do- on the physical problem, they should do physical exercises, depends on. You study yourself, what is the problem.

Supposing, if somebody has complained that you have hurt them, accept it, just accept it!

That's the main thing [unsure] that there is somebody who can't see that.

If somebody says that you re upsetting them, accept it, sit down and find out, "Why do I upset them?"

If somebody says that you are miserly, accept it. Somedody says, "You are provoking", accept it.

[No transcript after 34 minutes.]

1981-0909, Hear the music of your Spirit

View [online](#).

9 September 1981

Hear The Music Of Your Spirit

Public Program

Paris (France)

Talk Language: English | Transcript (English) – Draft

Public Program, day 1, Paris (France), September the 9th, 1981

[Starts here]:

Marie: ... Que vous devenez, que vous devez devenir l'Esprit. [...That you become, that you must become the Spirit.]

Shri Mataji: Once that happens all these great people will be born here. People always are worried about Indian population. Where should they [the saints] be born? In this England? Where every week two children are killed by their parents, heartless? The poor Indians have to bear the load.

The Last Judgment has now started. They are all to be born. There will be a flux of these Realized souls and also the devils to fight. Where should the devils take their place? Among the people who are not divine. If you don't become divine the devils will be born of you. It is a very dangerous thing.

So, there is a big gap [inaudible] between the Divine and the devil.

But now, whatever work I've done in England, I'm quite happy and I think it has started taking its roots. In Paris, I hope things will work out. The Grace of God has to work it out.

All of you who are here should know their responsibility. I give you all this information, you'd better use it. Then you will not blame Me that I did not tell you.

Thank you very much.

May God bless you.

[Applause]

Shri Mataji: If there are any questions, you can ask Me.

Seeker: Oui, je voudrais savoir ce que pense Mataji de la grande catastrophe de 1983?

Marie: What do you think of the great catastrophe of 1983?

Shri Mataji: Nothing. You have to get out of it.

[Laughter]

Seeker: Parce qu'elle est annoncée dans les prédictions, elle est annoncée également par les astronomes, elle est prévue par les- elle est vraiment, disons, attendue.

Marie: It has been predicted by all sorts of people.

Shri Mataji: They just want to frighten you. But it has an advantage so that you become alert.

But it can be the opposite. Like, this is going to fall down, all right? And if you bring the force from that side you can take it. We have to build this force. But if people do not take to reality they have to face it.

How many are there from Paris to see I 'm here?

On the road, we couldn't drive our car, so many on the road running their rat race! They have no time for God. So the Devi had to come, if not in India, in Paris. What can we do? It is for you people to choose.

Seeker: Oui, mais il y a quand même une concentration planétaire, justement, qui va se manifester courant 83, qui n'a jamais, n'est jamais arrivée en France une seule fois. Il y a eu une expérience, il y a eu un phénomène une fois semblable au moment de la peste noire au cours du Moyen-âge....

Alors je voudrais savoir si on peut échapper justement à ça?

Shri Mataji: I mean, it's going to be meant like this. Don't get human lights.

Marie: Tout cela, c'est de l'activité mentale.

Shri Mataji: No, no, no, no, no. See, you must get your Realization. You must get your Realization. What happens, I'll tell you, don't get too much into mental like this, this chakra goes into the head, all right? To a point, it's all right, to a point. Take it easy, take it easy, take it easy. Now, what is more important? Because I want you to get your Realization, all right? I want you to get your Realization. That's the main thing.

I've seen people who go on asking questions they [inaudible] to Me. So, better get your Realization, that's the main point. Now, what did he mean?

Marie: He said there's going to be a configuration of planets.

Shri Mataji: It's true.

But do you know about Pluto? About the planet which has come, Pluto? That came with Me on this earth. [inaudible] That's why you are waiting. If they talk of philosophy they should also talk of Pluto. They just talk of one side.

[French chat about the subject]

Shri Mataji: Sahaja Yogis should not ask questions.

[Laughter]

Shri Mataji: What did he say?

Marie: He said that if you get Realization you can die from it, it's not important.

Shri Mataji: No, no, no, no, no! Then you become the tree. The seed dies and you become the tree. You have to grow, all right?

He understands. He's a seeker. You'd better get it.

Seeker lady: Est-ce que Mataji est née scorpion?

Marie: She wants to know if you are born as Scorpio.

Shri Mataji: No, no. I was born on the 21 of March at twelve o'clock in the daytime, in 1923.

Just do the horoscope and you will know. It's another way of knowing.

I was born in Chhindwara in the center of India. On the tropic of cancer.

[The French lady notes down the info.]

Shri Mataji: My horoscope has been published in one of the magazines, all right? But still, I'm very elusive. You'd better get the Realization.

[Inaudible]

Shri Mataji: What did she say?

Marie: She said that she heard the music of "sphere" when she was eight years old.

Shri Mataji: What did she say?

Marie: The music of "sphere".

Shri Mataji: It's better to hear the music of your Spirit. All right? Then you are not a medium but you become the master. Then you control everything.

[The lady says that she knows already and she is 75 years old.]

Shri Mataji: You'd better get your Realization.

Seeker: Je voudrais savoir le point de départ de la méditation.

Shri Mataji: What did he say?

Marie: He wants to know the point of start of Realization [meditation].

Seeker: Comment pratique-t-on la méditation Sahaja Yoga?

Marie: How do you practice Sahaja Yoga meditation?

Shri Mataji: The start is when the Kundalini rises. When you put your hands towards Me like this, your fingers have those centers

of the left and the right. You take out your shoes.

Let them, let them do it later one. Later on, you can do it later not now. Take off your shoes is better because the Mother Earth helps you a lot. Mother Earth.

Put your shoes at the back.

Shri Mataji [to a Sahaja Yogi]: Open the door to get some space.

Put the shoes at the back.

Now, put your hands towards Me like this. Just like this.

And these fingers are seven centers, one, two, three, four, five, six and seven centers. One on the left, one on the right.

Now, when you get- the Kundalini receives the information through this channel, through this first centre of innocence. Now, when it is received here, the information, then she starts awakening herself. She's made of many strings of powers, like a rope. Then she starts throwing her strings to the channels here, the channel here [central] through different centers, awakening them, widening them, improving them. Supposing there is an obstruction, then you see the thing pulsating here [sacrum], very strongly in some people who have this. Especially in possessed people.

Now, the obstruction here, if removed, then the Kundalini rises or some people don't have any obstruction, then she shoots up.

But if supposing, the obstruction here is due to liver troubles you can see the Kundalini going and looking after it. But if there is sufficient space made then, little, little space made, then she rises in any case.

She awakens Christ over here and sucks these two in, ego and superego and then creates a space here. And she just goes up. First, it is like this [closed]. Then it is sucked in and a space is made.

And that's how you get your real Baptism.

You can feel the throbbing here first. When the Kundalini goes above this you become thoughtless, there is no thought in your mind. When she crosses over you start getting cool breeze in the hand, cool breeze of the Holy Ghost, not hot. If there is hot [heat] or there is shaking that means there is a little friction. You have to just throw it away. Now you should see. Some people get it in the right, some in the left, depending on their imbalances. But any Realized soul who is a Sahaja Yogi knows all about it, can give you a balance, can raise your Kundalini, can give you Realization. The same way it will happen to you. Like one enlightened light can enlighten another light. But the light which is not enlightened cannot enlighten another light. You don't do know anything, the candle is ready, just you are enlightened that's how you enlighten another light. It works like that.

After some time, we can use the media like a radio, television, the sound and light energy, to pass this energy and can achieve more masse Realization. That's how the science has given us all these.

We did that in Australia [She Mataji was on TV] and many people got Realization. Now, there are centres in seven cities of Australia. Paris, I've been coming for how many years?

Marie: One and a half.

Shri Mataji: No, no, I came last- how many times I came here?

Marie: You came four times in one year and a half.

Shri Mataji: Four times. And I've been only once to Australia. And we are at least, they are one hundred times more people.

Australians are supposed to be the people who are punished for doing something wrong, supposed to be. I mean, they are great-grandchildren but they are very wise, very sensible. That's what it is. We don't know how to judge people. But it's going to be work out.

But then we have a center here, where you should go and study, how truth is truth [unsure] Thanks God we have a centre here where they should learn how to improve themselves. They give all Realization in the centre. But you must have an innate desire

to grow. You don't have to pay anything, only thing you have to attend to the need of your Spirit. When you get the cool breeze in the hands, a rapport is established to the Divine. You can ask any absolute question. Like, you can ask any absurd question: "Is there God?" And you will get a big flow of that thing. To ask about any guru if he is true, you can find out. Most of these who have come to the West are all thieves [unsure].

They are parasites they want to live on your money. They will go to Hell and they will bring all their disciples with them. So don't be identified with them.

You have to be honest. If you are dishonest with yourself, God cannot help you. If you thinks no end of yourself God says: "All right! Go ahead!" You have to be open and cheerful. Because God is anxious to save his creation. All right?

May God bless you.

Shri Mataji: One more, you were asking a question?

Seeker: [Inaudible]

Shri Mataji: Same question. You are seekers. This is the beautiful children I have seen. These are the seekers. I have come on this earth for these. It gives Me a great, immense pleasure to meet them. I've been speaking so much and traveling. Did they understand the program?

Marie: I don't know.

Shri Mataji: Can you open the door?

Sahaja Yogi: It's open already, Mother.

Marie: No wind.

Now, put your hand towards Me like this.

[Cut in the audio]

Shri Mataji: I think I'll be able to say, carry about it. Why should we have Self-realization? It's a very good subject. Before asking such a question, we have to understand what are we. What is a human being and what are his problems and what he can become.

Now, this is a human being here as you see drawn by Ruth.

Sahaja Yogi: Warren.

Shri Mataji: All right by Warren. You must tell everybody.

Well, you have many exterior forms, inside you are just the same.

[aside] If you can move that side so that they all can see, all right? Can you? That side.

Can you see all?

Now, this human being has got his right side, his left side and from [inaudible] and the four dimension there [at Sahasrara].

Now, this side is his past. When he goes beyond it, then it is subconscious that becomes the Collective Subconscious.

Now, by this side he goes towards the future.

This is the present. Below is the matter, the material thing [under the Mooladhara].

By entering into this realm he becomes collectively supraconscious.

Now, a human being has the freedom to enter in any one of these areas. If you indulge into too much then you move onto left side. This is the side of your psyche, your emotions. Those who say we “suffer, we are unhappy” and enjoy their suffering, they go on to the left side. They like to enjoy that movement of their attention.

Now, those who move to the right side are ambitious beings. These assert the physical and the mental efforts to activate or to act upon the desire.

Now, these, both the sides are easy to go at a human level. Either we live in the future or in the past but not in the present.

Now, below the human being is the material side from where animals and all that kingdom is coming. Now he has also the freedom to become the animal-like. His heart can also become like a stone. All these possibilities are there with this human awareness that you have already.

When you move towards this side, then in the machines and all those everyone's else matters [unsure] and you start giving too much matter, you become materialistic, then we become slaves of the matter. Like a tree is there to make a chair, a dead thing comes from the dead. Now, if you use a chair, you can't sit on the ground. You have to take the chair everywhere you go. So with that, you become the slave of the matter by habits.

Now, those who are moving on the left-hand side are the people who find the life full of aggression. So they want to be sick, they want to indulge into emotional ideas. They think they are very miserable and they go on suffering. It is all artificial and imaginary.

Such useless ideas led to the advent of Hitler in Germany. Jews denied the advent of Christ, who came at this point of our awareness [Agnya]. And because he has suffered for us and you don't have to suffer at all anymore. If you can awaken him somehow, then he can suck in all your sufferings and also he can forgive you.

He takes away all your sins. But Jews did not want to accept this. They said: “We are suffering, we have to suffer.” in Germany. And when there was a recession all over, people were very depressed on the left side. A satanic depressive force was working on them, collectively.

It's a very, very intellectual nonsensical emotional – what you call that?- blackmail. And the French call “les misérables”. There is no need to be miserable. They ask for miseries and suffering so they have it. You ask an aggressor to come in from the right side. He came on this earth just to make them suffer and they suffered. But even now, they say the same thing.

Now, this is the right side in which you enter when you aggress too much, when you plan and organize. For example, it is planned to reach here, just say by seven o'clock. And you can't come because there is a crowd. Because you are planning you honk at everyone, you shout at everyone, you'll be absolutely very aggressive because you came after [unsure].

Because you think you have a right to reach that place exactly on time. That is how you plan out everything, that you should be comfortable, that everything should work out for your comfort. But you do not think about the plan of the Divine. And when it happens that your plans fail, then you start getting angry. They mostly fail.

For example, whatever you produce by this side, atom bomb, neutron bombs, all these things are now frightening you. The atomic bomb is your creation, it's the human beings that have created it and now they are afraid of it. [Laughter]

What have you created out of your scientific knowledge is all weapons of war. War against your own people, your brothers and sisters, your own part and parcel and that's how you to destruction.

The left-sided person destroy himself while the right-sided destroy others. In any way, it is destroyed. There is no construction.

The construction comes through the central force of evolution. By evolution, you have come up to the stage where you are today a human being. At this stage of your freedom, you have to choose what you want to be. When you enter into the materialistic side, you become the slave of the matter. When you enter into the left-hand side, you become the slave of the sicknesses like cancer. You get possessed, you become schizophrenic, you end up in a mental asylum. On the right-hand side when you move, you get your heart attacks. Because by moving on the right-hand side you are neglecting your Spirit that is in the heart- human beings without a heart.

[Laughter]

The heart should be the heart. In the heart resides the Spirit, the one who is the master of this vehicle till human awareness, this master which is the Spirit, does not come into your conscious mind. He is just watching like a master sitting behind in the car. Now, this is the motor car, this is the accelerator and this is the brake. And the master is sitting and watching the game. Ultimately, you learn how to drive. I don't know how many cars you break before that, how many human beings you've been, but ultimately you know how to drive. When do you know how to drive? When you know. When you know only that is the time when you are the master. Because the master knows now you know how to drive and he becomes one with you. So you become master of your Self, no more a slave of these things.

For example, some people who get possessed start dancing, jumping like fools. All this idiotic behaviour they think is spiritual. God is not going to make you an idiot now. He is going to give you the Super Consciousness. So, you have to become that because that is the seat, that is the seat of your Spirit. Unless and until you become the Spirit, you are not yet connected to the whole. The Spirit is the Collective Being within you. And once you get connected with that, you also become, you actualize the experience of Self-realization which is collectivity.

So, if you are not Self-realized, you are moving like the ship which has no captain, sometimes to this side and sometimes to that area or sometimes to this. You have no purpose, you have no absolute awareness, you are confused. You don't know whether to go towards materialism or towards aggression or towards depression. You try everything and the world becomes more and more miserable and unhappy. And then one starts thinking that there is a big chock of complete destruction is awaiting us. You don't have to worry on this part: the One who has created you, the One who has created this universe, the One who has made you a human being is going to give you that which is the power of the Spirit.

It's like a villager worrying about the airplane, who, to reduce the weight of the airplane, carries his bags on his head. He does not know that the airplane in which he is sitting is carrying his load and the load that he has. Because he is ignorant, he has no eyes to see he is blind. Like in this room, when you enter, and it's dark, you are blind, you can't see anything. You falter here and there, hurt yourself. Sometimes you say that this mike is this room, sometimes this candlestick anything whatsoever, you find little bit moving. The truth is that you don't have the light as yet. That your eyes have still to be opened and that you have all these possibilities built-in you. You have been built up like that in your evolution, all different bits are the milestone of your evolution. Your breakthrough has to come. That will happen through the Grace of God. If you are doing any seeking beyond then must know that it has to be your Spirit and Self.

Now, when you become the master of the whole thing, the physical problems are of course a misuse of this part. And the emotional problems that have come by using this part, the problems of your mental- ah, you see, English words I don't know, but what I mean, the brain- are also here which you have spoiled. Like rationality, rationality is a limited thing. You cannot go to the unlimited by this limited. Rationality can rationalize anything.

There was a bank robber in France, many people rationalized him to be a saint. You can even rationalize Hitler, everything you can rationalize. It is the intelligence that cheats you all the time to rationalize. But logic is different. Logic comes through wisdom which is to be in the centre. And you develop your wisdom by making mistakes and understanding these two forces [inaudible]. Now, God has placed within us, in the triangular bone, that power which we call the Kundalini. That is like a coil you have in the machine. All your instrument – or the yantra- has been made beautifully with care and with love. And this coil is placed there.

Now, this is not a dead machine and Divine Power is of the Living God. Everything that is divine is spontaneous because it is living like a flower becoming a fruit. What we do is all dead. Only after Self-realization, we start doing living work. I will tell about it later on. Now, this Kundalini rises spontaneously like the Mother Earth works out the sprouting of the seed. Supposing you stand on your head before the seed, will it rise? Can you pay money for its awakening and germinating? Do we pay for to the trees for growing-up? What effort do they put in to become a fruit? What effort have you put in to become human beings?

Did we rationalize? Did we cut our tails? Did we think about it and we have become such beautiful human beings? We must think: "Why" "Why do we have become? Why such a beautiful instrument created? What is the purpose?

You do not know because you are not yet connected to the mains. So, before setting the connection, what's the use of planning anything? If your telephone is not connected, how do we dial? All efforts we are doing up towards rising, without Realizations, are absolutely useless. Do we mean to say intellectuals are the only people who are going to receive Realization in this world? Only the people who rationalize themselves, and who have read all kinds of books of the world, are going to get Realization? You must know that it is very difficult if you have too much of ego in this to get into that. As Christ has said that it is very difficult for the rich to enter into the kingdom of God as a camel to go through the hole of a needle. It's the simple people who are wise who get Realization much faster.

For example, in an Indian village if you want to see there are six thousand people in one place where I go, they come from all other places from miles together. There are always in thousands and they get Realization just like that because they are wise. They do not try to rationalize God and also organize it. And they get it. But I was in Portugal or in Spain, very disappointing. They asked Me thousand-and-one questions and I had to work on every individual.

In this whole of Paris, only such so many people are seekers? To Me it's the same. But very few people really seek in the West. They are ego oriented. They like people who pamper their ego or hypnotize. They run after people who try to fake God, who take their money, take all they have, they spoil their Kundalini and damage them completely. But they are so mesmerized that then they do not rationalize. So I get people who come to me damaged and those who are identified with those people who have damaged them. There is a devil and an anti-Christ who is working it out and you play with it. And there is another type who come to Me who try to rationalize. Both are not good for Sahaja Yoga.

With no mental activity, you can get this Kundalini rise, no physical activity, you can make this Kundalini rise. She knows everything. She is love and she knows a true and a pure love. She is your chastity. She is your holiness still non-manifested, extremely unhappy by the way you have used your freedom. I've seen the Kundalini in the most miserable state. She just goes on in desperation, banging her head. Many people have holes in the Kundalini and wounds. These are to be repaired in love and care. But, very few really love themselves and have self-esteem and they do not believe that they are the Spirit, that they are the beauty, they are the joy, they are all the dynamic powers of Divine love.

Now the world is standing at the precipice of construction or destruction. You have to understand yourself, that you have to become your Spirit. No use doing this or that, becoming is the point. Some people have their gurus who have given them no knowledge, no light, they are like blind sheep following their way to Hell. They have to rise and awake to the fact, to know: "What have we achieved?" What powers have you achieved? When you get this power, you can cure people, you can cure the mental people. And you become peaceful and joyful. The time has come for your transformation. You'd better take it. When the transformation comes you'll become a different person like a cocoon becomes the caterpillar. The caterpillar becomes the-

cocoon of the caterpillar becomes the butterfly. Like the egg becomes the bird. But still, some points of the egg are hanging. So you have to go to transmutation. Both things are achieved by the Kundalini rising. First, she transforms you and then she transmutes you. She does the job and not your mental activity.

When you think, a thought rises within you from the past and goes – say from the past or anywhere, from the future- and goes into past. Then another thought rises and falls back. Now, you can see the rising of the thought but not the fall. And in between these two there's a gap, that's very little, that is the present. You actually jump from here to here, to here to here, all the-what you call them, [inaudible] the ridge, and so that you lose complete contact with this. Some inspiration sometimes drops into you from the Unconscious. But you are not capable to judge it. And that's how you go on living blind life. If I have to write about the advantages of getting Self-realization, it will be such a big book a real Bible. How can you describe everything? Only thing is that is what you are, this beautiful diamond which I see in you, which you have to be. Do not have any barriers between you, any aggression. Have no barriers of your ego. Try to get your Realization.

It's very difficult in the West but it works out. In England, I have about seven people, one of them is this Marie, [laughter] who took four years to get established in their Self. Realization is easy but to establish is not easy. After Realization, you should know the technique of handling the Divine Power. As after connecting this to the mains you should know about all the buttons, how to work it out. Because without connection what's the use of knowing? It is straight forward, simple. But we are complicated, it doesn't matter, it will work out. You have to have patience.

I will be giving three lectures in Paris, two, two lectures in Paris. The second one is on?

Marie: Friday here, same time.

Shri Mataji: All right. I hope you will all come again on time. Even if you get your Realization, you have to establish it. You all are seekers for ages. And unless and until you find out your Self, you are not going to be happy. I don't know French, but in English, there is a poet who has written about these times, William Blake. He said that: "Men of God will become prophets in these times. And these prophets will have the special capacity to make others prophets." And this [inaudible] England which is lethargic and is going down, will become the Jerusalem. He has mentioned lots of things which are exactly the same [in "Milton"]. Like he said the first lights will be seen and shine in Surrey's hills. I stayed in Surrey's hills. We started our first centre in Lambeth's Vale where I laid the foundations. And it's written the foundations will begin in Lambeth's Vale.

So, logically- [End of tape]

1981-0910, Four types of Yoga

View [online](#).

10 September 1981

Four Types Of Yoga

Public Program

Salle Hardouineau, Orléans (France)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2

So any questions please?

Question: She would like to know exactly what the Sahaja Yoga means because she said I was explaining. She thinks it would apply to any Yoga.

Shri Mataji: There are four types of Yoga described so far, by Shri Krishna, because he was a diplomat and He was very aware that people are stupid. He tried to befool them. Because they won't accept anything straightforward. So the first one He said that is Gyana Yoga, means you achieve it and you become the knowledge. The second one, He says, is Karma Yoga, which means that whatever you do you leave it at the Lotus Feet of God. But that is not possible, is an absurd condition. You can't just do it. Because as long as you have ego, you are just mentally thinking like that, but you are not really doing it. You have to do something; then you know you are doing it. Only when you get your Realization, then only you say it is going, is coming the energy. Then you don't say, "I do".

See, for example you have a brother. You will say, "All right, I will try if I can give him realization." Then he doesn't get the realization, supposing. Then I can't help it. He doesn't need. It doesn't work out. You talk the third case. That means you are not identified with "I". You don't say, "I did not do". So without realization if you say that whatever work I do is to serve the Lord, is a myth, is a myth. Because you are still with your ego. You are just doing it to please your ego. And you expect something to happen. You expect, you always expect something to happen. If it does not happen you feel that you have not achieved.

For example, today we have so few people here. I'm not bothered. What can I do? If people don't have sense, wisdom, thinking, you cannot force them. Today I saw three people sitting on the bench of the road. Perhaps they were seriously discussing there is a catastrophe expected in 1983. He was quite excited. It's quite enchanting, you see, that there is a catastrophe. And they were saying tha,: "In any case we are going to be destroyed. So why not talk about this?" But if you tell them that you can be saved, they don't want to do it. So, those who believe that whatever they do it is at the Lotus Feet of God is all wrong, is all mythical. They are all wrong. They really live in fool's paradise.

Now, the another thing He told is about Bhakt -Yoga, is worshipping God. So He says, in Bhakti Yoga He has used a very interesting word called Ananya. So He said that if you do Ananya Bhakti, then that is perfect. But Ananya means when you are connected with it, when you are one with it. So those who go on praying to God without connection are like people who are telephoning without connection. He said it but in a very clever way. Because people who are ego, full of ego, are idiotic, you see. And He said that if you cannot [unclear: take, make] out the butter in a straight way, you have to bend the finger like this. That's what He did.

The fourth thing He has described is the Raja Yoga. There is described that something should happen something within us, and there's a tree of life, and that when it happens then only you get connected.

Now we have another thing which is described, [that] is Hatha Yoga. That was at Patanjali, is about, say, much before Krishna. About, say, seven thousand years back. That time the people lived in a different way. For twenty-five years they led absolute celibate life in a university. And the university was governed by a very highly realized soul with other teachers who were also realized souls. But the pupils there were not made celibate. They were innocent, kept innocent by innocence around, with the atmosphere. Till today even you can't marry among the same university people. That's called as Gotra. So Hatha Yoga was the Yoga of these two Kundalinis, the two channels, Ha and Tha, means the Surya Nadi and Chandra Nadi, means sun channel and moon channel. You have told them about it. All right, these Nadis you see there, too, one for your desire, one for your action. So they tried first of all to cleanse these nadis by doing things which were auspicious, like not going to extremes, leading a good life, keeping your attention on God. And then the main thing was Ishwara pranidhan, means the establishment of God in your heart,

means realization. After realization they would go into other things.

But this modern Western Hatha Yoga is one sixteenth of what it is really the whole. It has to be done when you are absolutely celibate, before marriage. You should not even have adulterous eyes, so innocent you should be. And these people are just doing physical exercises without even understanding which one is needed for which center, which chakra, nothing. They have no knowledge. It is like drinking all the pharmacy in your stomach without understanding. Moreover, if you pay so much attention to your body, you become emotionally very, very bad. You may develop a stone-like heart. You could be very hot-tempered. Because you don't pay any attention to your Spirit, you might get a heart attack. In the West people are naive about it. In India nobody does this kind of extreme things; nobody does, except for people who are westernized. The westernized people try to behave like you people do. They see hippies; so they become hippies. They don't know why. If you take drugs, they take drugs. If you drink, they drink. They will pay any amount to get scotch, say, for example. You see, they have become stupid. So, in the villages people are very, very sensible and wise.

Imagine, if I go to any village in India, there would nothing short six to eight thousand people, coming from miles together on bullock carts. They don't have radios, they don't have any newspaper, but how the news spreads. Just like the bees know about the flowers, they come from miles. Here people are so ego-oriented. They haven't got anything so far. I don't know what's going to happen. I've been many a times in France, also. In India I only hardly go for two years. One year I was in America, useless people. They liked to do guru shopping. They go to a supermarket of gurus, paying everywhere money. So much foolish! How are we to talk to them?

Then I came to London because My husband got elected. I go to India hardly for two months every year. We have thousands in India. These have seen them. All of them have seen them. But here, whatever you may do, nobody is bothered. They are only depending on the catastrophe to call all the problems. So there is only one thing that has to happen, is the germination of your Kundalini. But you have to have somebody from the Divine to do it. It is all prophesized in Indian scriptures. Even William Blake has prophesized about Me. Of course, England is better than anywhere else. But in India people know Me. They know what it is. About Christ people knew before [Me], it was all prophesized. But these horrible Jews and Arabian, all these people crucified Him. They wouldn't accept Him. But this time you better have it. Because God is not going to forgive. You get your realization first, develop yourself, and see with [HUMILITY, SERENITY, SPLENDIDLY], become your Self, and then you can give it to others also. So get out of this ego business.

First of all you cannot give Me anything. I've not come here to take anything from you. You are more impressed by people who take money because you think you have bought something. Give up this attitude of shopping. There is nothing selling here. You have to have something which is your own, that is in your heart. People mesmerize you and take away all your money, everything, and you go after such people. There was a guru called Rajneesh. He said he is God. And thousand and thousand were looted in India. He could not smell a flower, as he used to get asthma. It is said that God is fond of flowers. He could not bear this scent. And it is said that God is fond of this scent. He could not see the light, fire. Look at him! And there were thousand going from France. Lots of French men were there, mostly French and Japanese. Because he was anti-Christ. He told them that he can have mass sex, so they were very happy. And all these dirty things he taught them. Now he got paralysis; he couldn't speak. He has to run away. God has fled now. He went to, he went to, what place God knows, he is lost. But yesterday there was a girl wearing his [unclear: pink silk, thing still]. I told her, "What has happened? Take it out." She said, "What is to do with this? This, after all, if it means nothing, so why to worry?" That's a plastic thing. But she must have paid about hundred pounds, I'm sure. So she doesn't want to give up. It is poison. But she has paid so she must wear it, whether it is poison.

Ego makes your intelligence also very blind. It cannot see. Your heart becomes also very, very, this thing, like a stone. Heart becomes like a stone. You can't love. You can't trust other. It's a very bad curse, because you cannot know that you are wrong. The ideal ego was Hitler. It is like that.

So let us try to get realization, get connected with God, so that you get the knowledge. Not rationally, but on your sensitivity, about collective living, about collective life, to become a super human being. Now whatever you will do, it goes at the Lotus Feet of the Lord. Now you sing the praise and He hears you. A rapport is established. You ask God, "Is there God?" and you will get the cool breeze. That is how He shows. You must ask for reality and don't live with falsehood. I've told last time to the Orleans people that Last Judgment has started. Your Kundalini when she rises, she teaches you how to judge yourself and then She teaches you. She teaches you. You should know how to correct. And if you do not do it, you will be at a loss. The first thing is cancer. Second thing is lunacy. All kind of things can happen on both the sides. This is the problem people should know. The catastrophe is not going to come from outside; it is going to come from within. I told them, but see today how many people have come. This is the problem. All right? May God bless you.

So this is the spontaneous happening of the living God. This is a happening, actual happening. And if I'm doing that to masses, then there must be something about Me. But I'm not going to say I'm God or anything. You better find out who I am. That's a better thing. If I say anything, your ego will come out. That's what happened when Christ said that, "I'm the Son of God." So I'm not going to say anything. It's a mystery. But you'll discover later on. All right? Now, any other question? Then we can start.

Don't bring in other people, because if I say you won't like. He got into France through this woman. When she died, she had such big, big diamonds. But from where did she get it? She had a huge, big villa here in Paris. And her son has now sued the ashram to get all the jewelries back. Horrible things have happened. There is one big officer who was put in jail because of her, because he has lot of [UNCLEAR]. She used to say that if you have to come to her ashram you must give all her assets, all your assets to her. Why should you live on other people's money? You are a parasite if you do that. She has given lots of physical problems to all these people. And in the ashram now people have found out this is horrible. So don't bring in people.

There are real people also. They don't take any money. They live in the forest. But if they come out, people try to kill them. People are always against real people. They like false people because false people are good at pampering ego. So forget it.

Now any confusion? What's the matter? How are you? How are you feeling? How are you? Better, ha? Now put your left arm towards me and right hand up.

1981-0911, In the optic chiasma there is a very small center where Christ is existing

View [online](#).

11 September 1981

In The Optic Chiasma There Is A Very Small Center Where Christ Is Existing

Public Program

Paris (France)

Talk Language: English | Transcript (English) – Draft

Public Program, day 3, Paris (France), 11 September 1981.

...Because the tree of life has reached a stage where it has created a human being who is a seeker, not all, but many of them, are in a special category of seeking. Say, about a hundred years back, people were busy seeking power, overpowering other countries, mobilizing all their energies in enjoying their overpowering and the rest of the world was under slavery. Then the power game shifted to more, we can say, the material or possession game. The industrial revolution took place and people started converting matter into different forms. And then came a time when people thought of playing emotional games and I told you how there was a rise of Hitler who was anti-God and how he made the Jews suffer because Jews believed in suffering. They did not believe in God or Christ and they did not believe in Christ, because Christ had already suffered. So they thought that "If we accept Christ, then we cannot say we are suffering" and so they said "We have to suffer."

That we call as a collective superego activity in which a person wants suffering. Masochism. So a sadist like Hitler came into power and they suffered. Now we have to know that Christ came on this Earth to suffer for us once for all. Now we don't have to suffer any more. Those intellectuals who talk of this nonsense of sufferings themselves make others suffer by their nonsense. After the Advent of Christ only thing you have to do was to awaken Christ within you, Who would suck all your past and all your future, all your karmas and conditionings and all your desires.

Christ came on this Earth at this point of our awareness, at this point. In the optic chiasma there is a very small center where Christ is existing. This center is very important. Is the door, is the door to the Kingdom of... in between here is the Kingdom of God, the limbic area. You have to just enter into that Kingdom of Heaven by entering through the narrow door or gate which was held by Christ. The method, the technique of awakening Christ was living technique. It is spontaneous. It is evolutionary. It is not that you can think about it and rationalize it. It is not that you can say that we can activate it, or manipulate it, or organize it. It is not in your hands. It is not your area; is the area of the Divine. Like a flower becoming a fruit, is not your area.

You becoming a human being is not your area. What effort did you put in to become a human being? If you can realize that point that it is beyond human control, that God's grace can only work it out, you would not indulge into any techniques which are dead. Like, it would be like offering a one franc to this flower to become the fruit. So we should not live in absurd ideas. We should come logically to the point that if the Divine Power is living, it has to be spontaneous. With your mental activity you can create atom bombs, neutron bombs and all kinds of problems, but you cannot create evolution. And the mass evolution you can never achieve by organizing in the name of God. You cannot organize God. He organizes you. He does everything. Very difficult for the modern ego to accept such a situation. They prefer to go round the shopping to find out something by which they can pay money and satisfy their egos that they are seeking. I verily say to you, these are all false prophets and anti-Christ. Be very careful about them.

You cannot make money in the name of God. And those who believe who can pay for God should know they can never enter into the Kingdom of God. Second thing is that you cannot use your physical power to achieve God. Within us lies the power of our germination, here. We have that power within us. Every seed has the primula. You put the seed in the Mother Earth. With her warmth the seed germinates spontaneously. You don't have to go and stand on the head for the seed to germinate. Is the easiest thing to germinate a seed. But, say, about of thousand of years back when people did not know how to do germination, it might have been very difficult to them. When they found out that the Mother Earth can germinate they started doing all kinds of

agriculture.

And Krishna came on this center of yours. He talked of collectivity. He is called Krishna, means the One who is come to do the soil. "Krishi" means soil. So He sowed the seed of seeking within us, seed of Kundalini within us, in the sense that the seeking was sown within us at this point when the man raised his head above. And He said in His Gita that "The one that is never dying, eternal, is your Spirit." That Spirit resides in your heart. And one has to achieve that Spirit. And to achieve that Spirit, in the very outset He said "You have to become." He was not a shopkeeper who says first the useless things and then the real things. He absolutely, straightforward, He said that "You have to become."

But Arjuna was an intellectual and a mediocre, His disciple. He couldn't understand that, "If I have to become something, then why He is saying I should to go to war?" He also believed, like all intellectuals do, that everybody is Christ. Even Christ has said that it is not so. He always talked about the evil, about the Satan. He talked about the fake gurus. He said that "Don't throw your pearls before the swines" and He took a hunter in His hand to hit the people who were selling God in the church. So Arjuna was dodged by Krishna because he would not come straightforward. He asked a question: "Here You are saying you have to become that and there you are saying you have to fight these evil doers." So Krishna said "All right." He gave a very tricky thing. To a complicated man you must give a complicated thing to confuse him. He was an Incarnation. He was the Incarnation of diplomacy. That was also six thousand years back. So he said "All right, you go to war and whatever you do, put at the Lotus Feet of God." This is the best way to befool a complicated person. So the complicated one believes that "I'm doing this work and serving the Lord." He believes in his ignorance because intelligence cheats itself. So he very nicely believes that "Whatever I do, I do it at the Lotus Feet of God. I offer it there."

But it's not true. One is deceiving oneself. As long as there is ego in your brain, whatever you may do, you will know that, you will feel, you will identify that you are doing it. Only when this ego is sucked in, then you say "It is happening. It is flowing." Like the sun shines. It is just shining because that is its nature. It is emitting because that is its nature. When you will become your nature, the Spirit, everything will emit. You will not know that you are doing it. You have to become a hollow personality. But Krishna wanted to complicate it.

Second point He said that "There is another way you can worship. Worship Me and everything will be all right", He said. But He did not say that "You directly worship Me". He said "Ananya bhakti". Again a twist. Ananya means when there is not the other, when there is a connection established. That means you have to become. Without becoming there is no use telephoning. No connection with God. The connection has to be established. I've heard people, I've seen people writing so many bhakti songs. They are saying "Hare Rama, hare Krishna" everywhere, like mad, like abnormal. In that London, on a street they stand like foolish people and beg and sing the praise of Shri Krishna, completely defacing Him. They live on beggary. Now are you going to become beggars after this? Are going to become mad people dancing on the street, getting throat cancers? What do you expect yourself to be when you become?

The fourth thing He said that "There is an arrangement within you, Raja Yoga, which goes into play". This is that arrangement within you. He says "The tree is upside down". That is what it is within you all, the tree of life. This is the tree of life which is described in the Bible. So all these four things that He said are one. That is, within us is placed this great mechanism which spontaneously works out our Self-realization, becoming, by which your karmas or your actions become spontaneous and you get connected with God. So you are – your bhakti has some meaning. Your devotion has some meaning.

Krishna was all right. Six thousand years back He only talked to one Arjuna. And since then people have been writing criticisms and criticisms and books after books on Gita and there are at least five hundred books written recently only, recently. This is the complication we are facing all the time. And we should get out of it.

Christ came on this Earth, as I told you, to fulfill what Krishna has said, that it cannot be killed, it cannot be crucified, it cannot be blown away with wind, it is eternal. That's why He came and Resurrection is the sign of His proving what Krishna said, because He was Divine Love. Then Christianity came. They made a nice jam out of Christ also. They can never understand. To understand the tomfoolery of Christianity you should go and talk to a Jew. And if you want to know about the stupidity of Jews, go and talk

to a Muslim. And if you want to know the stupidity of the Muslims, go and ask a Hindu. They all think they are the wisest going round, the fanatics.

How could there be fanaticism in God? This is the madness in which today we are. One side we have the fanatics; the other side we have who do not believe in God. A boy from Algeria came to see Me, very well educated and he told Me that fundamentalists are coming in Algeria and the young people are now taking to communism. So imagine all the old fanatics on one side and all the reactionaries young on the other side. And truth is lost somewhere there. This boy got his Realization. He went and told them that "There is God. We have to first see the blessings of our Spirit. Unless and until you have enlightenment you cannot know anything about God."

At the time of Buddha, when He came about 2000 years back, when He searched all over the places and He got tired. He exists here, near the ego. He got His Realization and He didn't talk of God. Because He thought that "Why talk of the further step? And people are so ego-oriented that if you tell them 'You have to surrender to God', they say 'No', so better not talk of God at all. Just talk of the Spirit". And He said that "Everything is a thought for the time being". When you are below this center, there are thoughts in your mind. Beyond this when you go there is no thought. So just to bring down the ego-oriented to the point of Realization, to bring them to logical conclusion that you must have Self-Realization, He very cleverly avoided God.

You have to do it. What to do? The only concern of all these people is that you should find yourself in the Kingdom of God. But how the small children are to be goaded to it? First they talked of all these chakras and their Deities in there and they said "Worship the Deity". So they started rituals. They created Gods, reproduced them and started worshipping them. So as a reaction to that, they started talking of an abstract God. Whether you talk of the material God or about the abstract God, whether you talk about the flower or the honey, you just talk. You have to become the bee to get the honey. You cannot get the honey just by saying or talking about honey. So everything becomes a talk.

People very religiously sit down and discuss God. It's most surprising for Me. You have to become. It's an actualization. It's a real baptism you must have. It is your right to have it. You are seeking that alone and nothing else. You have to get it within yourself. If you cannot get it, then you are not going to be a happy person. Don't run after falsehood. Ask for the Reality and the Reality is that the Spirit resides within your heart. You don't have to travel for that. Guru Nanaka has said "O, mad man, where are you traveling? It is in your heart. You just wait. It will work out. Balance yourself. Lead a balanced life. Don't go to extremes". Same Moses said, same Abraham said, same Lao Tse said, same Mohamed said. Everybody has said the same thing.

In the early days of human history there were only very, very few people and it was prophesized many times that in these modern times, the Kali Yuga, many seekers will be born, many men of God will be born and they will become prophets and not mad and lunatics or bankrupts, but prophets and they will have a special quality by which they will make others the prophets. This has to happen. The time has come. It is your own birth right to have it. There is nothing else that you will ask for. So have patience with yourself, for it is very easy to raise the Kundalini in you, firstly because there is a bank balance. I have to cash it. Secondly you deserve it. Is very important to understand, there is nothing selling here. Without the light, without the eyes you cannot see anything. This has to happen.

This is spontaneous, Sahaja. Saha means with; ja means born. It's born with you. All this is born with you. These centers are the step-stones or, you can say, the milestones of your evolution. This is where you became carbon, the first one, is the matter which is innocent. So this is the innocence. This centre controls four sub-plexuses. It is innocent and it is for your excretion. Now be careful to see that this is placed under the Kundalini, not above. Now this power, when it rises, it doesn't pierce through this. So the one that controls the sex has nothing to do with your evolution. Those who believe that God can be achieved by sex perversion are anti-Christ. Christ has said that "Thou shalt not have adulterous eyes". But He never said you have nunneries and an absurd, abnormal life, but a normal, majestic life of married life, of majesty and dignity.

This type of people who try to put sex on Kundalini get into terrible troubles in themselves, because the Deity of this center reacts violently with anger. This Deity is sitting here to look after the chastity of your Holy Mother, that is, Kundalini. You cannot touch the Kundalini. Unholy people, who are not authorized by God, when they try all such dirty tricks, they get into trouble and

those on whom they try, they also get into trouble. Such people suffer. You know that, what's happening to such people already. There is one big guru who has been hit on his neck and he can't speak and he's run away.

Now the second center that we have here is for our seeking, when we became living things. And Deity here is for our sustenance, means our evolutionary quality. Like the gold has an untarnishable quality, human beings have certain higher qualities than animals. Animals can bear filth, but human beings cannot. So when they start seeking, they start developing their different qualities.

Now these different qualities develop in a human being in ten ways. We can say these are the ten commandments in every God, religion, any scripture. Now these are looked after by a Deity called the Primordial Master. He incarnates again and again and tries to give us a balance and tries to keep us in the center.

The third center that comes out of the second one is of action. When we seek, we start putting it into our action. It moves like this: this side is our physical seeking and this side is our mental seeking and this side is emotional seeking. Now when we start using it only for our physical and mental thing, we neglect our emotional side, or we worry too much about emotions, then we neglect our right side. So there is an imbalance. For example, a person who is very busy, supposed to be, running a rat race, I would say, he eats, he takes his breakfast standing and runs fast. Immediately he works on this side and there is a very important organ called as spleen which goes into action. When he eats, it is already in action. Then it moves into another activity. Then it goes into another action. Such a person makes this poor spleen crazy. And such a crazy spleen creates a very, very serious disease called as blood cancer. Cancer is a disease for the people who are crazy.

1981-0912, Within us lies the Spirit in our Heart which is collectively conscious

View [online](#).

12 September 1981

Within Us Lies The Spirit In Our Heart Which Is Collectively Conscious

Public Program

Lille (France)

Talk Language: English | Transcript (English) - Reviewed

Public Program, Lille, France, 12/09/1981

I'm sorry I do not know how to speak French. But I have got my children all over the world and I do not know how many languages I have to learn to talk to them in their own language. But love knows no language, there is no mental activity in the working of the Divine. Like a flower becomes a fruit or a butterfly comes out of the cocoon, a bird comes out of an egg, spontaneously, by a living process of evolution. In the same way, the time has come for human beings to get their metamorphoses.

This transformation, followed by transmutation has been prophesised by many ancient seers that it will take place in a-mass level in the modern times. Also, many modern poets have described about it. We have a great poet- prophet in England called William Blake. He prophesised as such during this time, the men of God, means the seekers, will be born. This special category of people will become prophets and they will have the capacity to transform others into prophets. This is one of the signs one has to know.

The second sign is given to us through psychology. It says that if anything has to happen to us in evolution, it will happen in our awareness. And it has happened before in our awareness, when we became from animal to human beings. So something has to happen, within us, in our awareness, that we become collectively conscious. We just don't listen to some lecture or read some books, believing to some sort of a myth, but we become ourselves 'collectively conscious'.

Within us lies the Spirit in our heart which is collectively conscious so we have to become, it has to be actualized, we do not have to believe in the things what others tell us. Also it's an absurd idea that you start jumping by yourselves. Anybody who gets possessed can jump like that. But when you become Self-realized, when you become the Spirit, you are fully aware and you are fully in charge of yourself. Actually, you become master of yourself. So the 'becoming' is the most important thing. If this has to happen a-mass, even children must get Realization, even uneducated must get their Realization, everyone has to get Realization, and not only few who think they are intellectuals. The intellectuals are actually rather difficult people to get Realization because they are imbalanced, one sided people. They use their brains just like a car which moves in the traffic but doesn't know the way. And like one way traffic, it may be twice in the same place again, it can get lost and may miss the destination completely.

Within us, there is a power that does this happening. That's why it is called as "Sahaja."

"Sahaj" means "with" and "ja" means "born". It is born with you. It is placed in the triangular bone, in every human being, which is called as sacrum – sacrum means sacred- that means people knew about it in Greece, that there were something sacred lying in this bone. You can see with your naked eyes the pulsation at this bone, which rises on your spine, and you can feel the [inaudible] coming on to your head, also on your head at the fontanel bone area, where it stops, piercing this area, giving you cool breeze like energy in the hand. It has to be cool breeze. If you feel hot, that means there is some sort a physical mental or emotional problem within you which is causing friction. But it is bearable, not much. It happens so smoothly sometimes, that you just feel the cool breeze flowing from your hands, in a split of a second. If you are a complicated person then it takes some time; if there is any problem also it takes some time. But for simple people, who lead a life of simplicity and not of extreme, it is very easy to get Realization. It's Realization [unsure] of your attention one with our Spirit, means the Spirit, which is in our heart, which has not yet been in our consciousness, comes into our consciousness and you start feeling it on you central nervous system. This is how it is.

This has to happen to us, to thousands and millions, and this has to work out. You cannot pay for it, you cannot put in any effort, you cannot read about it, but it is a happening which is a living happening of a 'living force' within us. This 'living force' has made us human beings from amoeba stage. And now today, we are standing at a point where we have to become superhuman beings, where you become completely in charge of yourself. You do not get any experience of seeing something but 'becoming.'

For example, if you are outside this building you can see it, but if you are inside this building, then you see the inside. In the same way, you start feeling your "within". This Kundalini rises through the passage of our evolutionary channel, passes through the six chakras, six centres. And the seventh centre resides below the Kundalini and informs the Kundalini about everything.

Now, the problem is, the whole happening is spontaneous and you cannot force it on anyone. Your freedom is absolutely respected. If you ask for it you can have it, because this is what is to happen to you. This is the most vital thing that should happen. You are only seeking this.

But, when I find the seekers, I'm amazed the way they are misled. They think they can pay for God and they like to do it, from one guru to another guru, like guru shopping. You cannot do guru shopping about your Spirit, it is too sublime and innate. It cannot be purchased, it cannot be destroyed. It is eternal.

Human beings don't understand anything that is not saleable, because we live on a materialistic level. We cannot understand that God's love cannot be sold, that it is all-pervading. It is the most dynamic thing and you cannot organize it. You cannot put up an organisation and try to create this happening. It is the Grace of God that works out. But as one enlightened light can enlighten another light, then only you can get your enlightenment. The light which is not enlightened cannot enlighten another light. A blind person cannot lead another blind. A person who does not know how to swim cannot save another person. But such an enlightened person doesn't take any money, leads a life of great love of giving, has to lead a holy life, honest life, and not like a parasite living on other people's money. If he's poor, he lives like a poor. If he's rich, he lives like a rich. He's not attached. And such a person only can raise the Kundalini.

But some people try to do this kind of nonsense, that they think they can do everything even in the realm of God. But they cannot. On the contrary, they create a problem and a very bad problem for the seekers. They are unauthorised. And then they start writing about the Kundalini, that she is the most harmful thing. Those who do not know how to put the lights on, can put it in the plug and say that the plug gives them a shock. That's how they frighten people. The Kundalini is your mother, is your mother all these years. She has been waiting in the sacrum bone, for ages now. You have been a seeker for ages. And if you do not get your Realization now, all you seeking will be wasted. So this holy mother of yours who is your mother, individually, how can she give you trouble? This is one thing very simple we should understand.

I was amazed in Spain, that some young people have started organisation of money making and they are saying that we should go and seeking ourselves. And they are taking young people, from places to places, and they act as agent. You cannot put up an enterprise in the name of God. Those people who try such tricks will go to Hell. It's a very dangerous thing to do that. One should be afraid of Divine Laws. God is very kind. He's ocean of compassion. He's ocean of love. But He is also a wrathful God. So one has to be careful.

[Shri Mataji speaks aside about the young child playing with a mirror.]

Shri Mataji: Now, have you any questions, you can ask Me because we are here only for one day and we have to go to Paris tonight.

If there are no questions, it's a very good sign that everybody wants the Realization. That is the sign of true seekers. Those who are hungry, just go for it. But in Sahaja Yoga, you are completely free. You are not mesmerized or bound by money, you are absolutely free. Without freedom you cannot get Realization, because you have to be fully liberated. So let us have the Self Realization.

Can you all put your hands towards Me, like this? If you are a little tight in your waist you can [inaudible]. It would be better to loosen yourself a little bit. Even if you could take out your socks, [inaudible] Because they bind you a little bit, as they are nylons and things.

Let us have. Put both the legs on the ground or sit on the ground. Because the Mother Earth takes away many of our thoughts.

Put your hands towards Me and close your eyes. Both the hands towards Me with your stretched hands, as if you're asking for Realization. Keep the hands open. All these five fingers are our five centres. And the base of the hand is the sixth centre and in the centre is the seventh. So, when you stretch your hand, actually, the energy flows through the centres to inform the Kundalini. Keep your eyes shut until I tell you to open that. It is important to close your eyes. When the Kundalini crosses over Agnya chakra, which is the so-called third eye, you become thoughtlessly aware. And if your eyes are open, it won't rise because the eyes get dilated pupils. And when the Kundalini pierces your head, giving you the real baptism, then actually you feel the cool breeze coming out of your head. That is how you know you have got your Realization. Also, you may feel cool breeze in your hands. But you always feel first in the head.

[A baby is crying.]

Shri Mataji: Let her bring, this child knows Me.

[Shri Mataji cuddles the baby]

Shri Mataji, [to the baby]: I have to give Realization to people.

There should be no shaking in the hand or in the body. Keep it quiet. It just works spontaneously.

[People keep on meditating]

Shri Mataji: Alright.

End of audio.

1981-0914, The Heart of the Universe

View [online](#).

14 September 1981

The Heart Of The Universe

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

The Heart of the Universe, Public Programme. Caxton Hall, London (UK), 14 September 1981.

It is so heartening to see so many of Sahaj yogis seated before my eyes which are really covered with tears of joy and tremendous happiness.

You have been blessed by the grace of God to become the real baptised, the real Muslim, the real Jew, the real Christian, the real Hindu.

It was to be that, in England, you had to establish Jerusalem. I need not tell you again and again how important is England in the play of Divine. Those who are Realised and have experienced know it that, this is the place, this is the country, which has to circulate the spiritual powers all over the world.

Even when I have travelled in Europe and other places and I've seen so many seekers all over - in India we have thousandfold more - despite that, [a] very special category of people are born in England, the Heart of Universe; where the heart has to love, has to radiate, has to circulate, carry all the dirt and filth to be cleared out again.

It's nice to see how you all love me, and how you have accepted my love, but I would like you to see that you have to love yourself, you have to respect yourself, you have to have self-esteem and not to be driven into crazy ideas of self-pity and guilt.

The lethargy, what we call the 'left-sidedness', has to be thrown away, just like a shell is thrown away by a bird when it comes out of its shell of an egg. The transformation has taken place, no doubt, but transmutation is the problem today. We have to change dramatically. All our misidentifications have to be dropped. We have to become what we have been aspiring for, which we have become. We have to assume. The assumption has to be not only mental but is from the heart.

The day it will be, in England, accepted from the heart - the assumption which they have achieved, assumption of the powers, assumption of the state which they have achieved - that is the day I would say is the real beginning of a new era for the whole humanity. The responsibility is so great, so very great that, to realise it you have to start loving yourself, having your self-esteem, understanding yourself.

Now the basic problem that the Sahaj yogis face in England is this: they blame everything to their ego that, "This is my ego which makes me do this. This is my ego which makes me think like that. This is my ego that does this wrong." This is just the opposite [of what should be done]. Because you want to blame your ego for everything, and that's how you do not want to go further with your progress. You think that you have been very much in the centre. It's not true. To be in the centre means you must understand whether you have ego or superego, which is giving you this lethargy, this dullness, this kind of vague approach to things. The whole country is suffering from that, you can see it clearly.

I was surprised, when I went to Portugal, that it's like a dead, desolate place. As if people have left that place. They are not willing to rise. They are not going to come up. And this kind of desolate place which is just decaying and dying, in the huge, big buildings that were built there, is a reaction to the ego of the Portuguese. So there should be no reaction at all. There should be no reaction to what your forefathers have done or the way they have been very ego-oriented. On the contrary, to be on the centre is to have

self-esteem, to understand that you have got your Realisation now, that you have been blessed specially; to accept it with love towards yourself. If you are bent upon harming yourself, nobody can stop it. You have every right to do that, you have all freedom; but freedom and license are two things. Freedom has to be based on wisdom and license is nonsense as you understand.

So [to] all the Sahaj yogis who are here, I have to just say one thing: that you have to change dramatically. Everything you change. We have certain habits we have developed. Some of the things are the blessings of the enterprises that have been floating which are against a proper society. These enterprises have brought in funny ideas which have ruined people, basically. You know those things very well. So, no more to play into these people who just want to make money out of you. First of all the so-called 'spiritual' people, who are coming in this country to exploit you, to float some enterprises.

You have to understand that God has no enterprise. The whole world is His own enterprise and His own thing. All such people who are indulging into enterprises and are harming your brothers and sisters, you have to be specially careful about them, and dynamic so that you save them before they fall too low and it's impossible to get them out of the clutches of these horrible people who have come.

You invaded the East in an aggressive, open manner, once upon a time. Now the East is invading you in a very subtle manner. It's not [as] if they are invading you in your marketing or in your jobs; they are invading you in your brains. This has to be understood that when these gurus and these fake people come here they are just like the people who went from here to invade India and they have better weapons than these people had. They are enslaving you. And they'll enslave you in such a way that you can never rise from your slavery. India could rise but you cannot rise out of that negativity which they'll be pouring on you. So be careful as to believe into anybody who says, that "I am your guide and I am your guru and you better give me so much money." Actually a man who lives on your money is a parasite, in simple English language.

Nowadays I have to warn you there are many lamas who have been driven out of Tibet. Some of them were lamas some of them have become lamas, it has become a big craze. And they have come in this country also and have started very big enterprises by giving you courses in spiritual life. Ask them how much spiritual life they have! This is very impressive to people, to understand, because it pampers your ego very much. Buddhism was spread by Buddha, not the 'ism', but Buddha's way of life and he is the one who is the killer of your ego. The people who go to Buddha must know that your ego should not be pampered. On the contrary he is all the time laughing, the way people are ego-oriented.

Now these people who are coming in the disguise of taking out your ego, are putting horrible spirits into you - I have to tell you very, very frankly - and making you feel very low as if spiritually you are much lower than them, which you are not. You should not accept their dictates! None of you. Neither you should allow anybody to accept. Go around the whole place, the whole country and tell them the message that these thugs have come from Tibet, where they were parasites on Tibetans, made that country a very, very poor country and now they have come in this country to bring all kinds of curses upon you. So be careful. They call themselves lama and all those things, I don't understand what sort of spiritual life they lead, what sort of nonsense they teach.

First is Self-realisation. Anything that happens to you, which is beyond your control - like any vision, like anything happening to you which is beyond your control - is not your own. Supposing a person is driving a car and he just... car goes into a slide and falls into a ghat (deep mountain valley) And he said, "I had an experience!" What will you say to such a thing: that the car is not in his control. But the person believes that he had a big experience because he had a big hit on his head.

The things that are beyond your control are not your own. Self-realisation is your own. Everything has to be in your own control. Like somebody starts jumping on the chair, he starts thinking, "I'm flying." Do you fly that way? Do the birds fly that way? They know when to start and when to stop. Those who fall into these traps just start doing it by some force and what is that force is the negative force, one must understand.

You should be completely in control of yourself. Whatever happens to you, is it completely under your control or not? Of course if you are driving your car and you go to a particular beautiful place, it's a beautiful experience because you have gone there. But

not the way people are thinking that if you start jumping or if you start shouting or screaming and making noises it's something very great.

Ninety-nine percent of things that are happening in this country - you might call them occults, spiritualists, pentecostalist and all sorts of nonsense they call it by - is nothing but the spirits. You are not there. And then the reaction of it starts and one of the first reactions, I must tell you and warn you, is cancer. Be careful of these people! Don't go near them! Tomorrow you'll develop cancer and come to me, "Mother, cure me." I will not! Today you stop it. I am warning you because I'm your Mother. And I know these things look very charming and very interesting and something sensational. Whatever is the experience outside is not all God's experience. God's experience is only one - of Self-realisation. Where you become completely in control of yourself and you feel the energy of God flowing through you.

Now the energy of God also some people say has to be hot. "You have to feel hot." Some people feel that if you go to someone and you feel very hot energy coming from that person, is vibrations. Now any machine, which goes out of order gives hot vibrations. Any friction gives hot vibrations. But to judge it, best is for you to see what happens in Sahaj Yoga. Supposing there's a cancer patient sitting and there's a mad person sitting, and a one Sahaj yogi sitting or a born-realised is sitting. The person who has a cancer will give such heat that you'll have to put off your heaters. The mad person also may give such heat that you will be amazed at the way the heat is coming or maybe sometimes such frozen hands it will have. He'll have such weaknesses. His hands will be shaking. He'll become absolutely frozen. He will go into a trance. His eyes will become transfixed. But a realised soul, if he's a born realised, he'll get a cool breeze in a Sahaj Yoga thing.

And you should find out what sort of sources they have come. That's how, relatively, you can find out the absolute. The one who is suffering from cancer has got hot. The one who has been to a spiritualist and who is suffering from possession has got hot.

So, the one who has got the cool breeze is the one who is really realised.

On this point, many people have very funny ideas and I want to tell you clearly today that realisation means cool breeze of the Holy Ghost. It is nothing else but that. Now to maintain this, as our habits are, that we think mental activity can maintain it. It cannot.

Now this lady is wonderful! She came late and now she's going away. Why don't you sit down? Why do you want to disturb everyone? This is not the way, you see.

No, you must have civic sense, this is not proper. Either you don't come, sit at the back. You must sit in front and disturb anybody, this is no sense of civility. You sit at the back and you can go away. You see, this is not proper. You must have some civic sense. That is just showing off I think, to come in front in the end and then to walk off.

Lady: I am not doing that!!

Shri Mataji: Yes, please will you go out? I am sorry; this is not the way to behave. Is not the way to behave. You have no respect for anyone. Please go out.

So I have to tell you one thing that, when you come to Sahaj Yog, you have to know that you have to find the reality. You have come here to find reality and not falsehood and whatever is falsehood whether you like it or not I'm going to say it. I have to say it, because I'm here for truth and not for getting your votes, or for any money or anything. And whatever is the true, is to be for your good. The truth is going to adorn you, the truth is going to give you joy, it is going to make you grow, it is going to make you something different, it is going to make you absolute, it is going to give you your purpose. And in this respect, if you understand Sahaj Yog, then you will know that Sahaj Yoga is not a mental activity by any chance, it is not through mental activity we can do it.

For example somebody might say that, "How are we to do it, Mother?" "I'm now possessed, I don't know how to get rid of it." By

thinking, "I'm possessed, I must get rid of it," you cannot. It is beyond your mind. If you think by saying that, "I'm possessed, I should not be possessed," you'll be cleared out, you will not. For that you have to learn the technique of Sahaj Yog - after realisation, not before. For example this is the machine and you put it to the mains. You must know how to handle it after putting it to the mains, the technique, the technique that is Divine. Unless and until you master the technique that is Divine, you will not be able to keep yourself in balance and you will not grow. So that technique one has to learn. That's why I say that transformation is very easy. To put this (microphone) into the mains is very easy, anybody can do it. But to make it work and make it work well and to utilise it fully, you have to know the technique.

First part of it is very simple I think, can happen to thousands very easily. But the second part you have to love yourself. You have to understand your value. You must know you are not here only for your sake. Not for your sake alone, not at all. You are a cell which has to be connected to the whole so that the whole should be substantiated, that the whole is to be helped, the whole of humanity is to be helped. You have a very, very important role to be played. So you better have your self-esteem and responsibility and understand what you have to do.

After getting realisation many people who get realisation just disappear because they feel very happy. That's not good. That means you have not paid full attention to yourself. You have not loved yourself; you have not understood yourself. If you have understood yourself then you should try to go deeper into it and grow because every seed can grow into a great tree.

We have to establish proper values of family life where the family life gives that nourishment to the children to grow into spirituality. No forbidden things are there but through vibrations you can control. When people have these cool vibrations they feel so happy about it; they don't want to lose it. And for that sake they work it out and the family systems improve.

You are going to give the model to the whole world, specially the Western world. You have to give them a new model of life which gives them a proper, happy society and an enlightened society which knows so much more, so much more, which has eyes, which is no more blind, blinded by false ideas. All this science and all these things will drop out just like that once you know Sahaj Yoga because all this knowledge is just a wee part of it.

In Australia many people asked me, who came to interview me that, "Are your disciples all scholars?" I said, "No, they come from very ordinary lives. None of them are scholars." Specially in Australia people are not also so well educated [as] they are here because they don't have Cambridge and Oxford I believe. And despite that, they can beat any Cambridge and Oxford fellow here in their knowledge. The knowledge is there because of the Light. Say I describe this room or England to anyone who is not here, who cannot see it. How much his knowledge would be? But the one who has lived here, who knows it, who knows each and every part of it, knows it much more than a person who might have done his MA in India about England. It's only bookish knowledge but here the real knowledge comes into you.

The third thing is of experiencing which is very important. What have you to experience? Many people say, "Mother what should we experience?" To begin with: the thoughtless awareness that you get when the Kundalini rises about cross, about this point called as Agnya Chakra. As I have told you that Agnya Chakra is one of the most important chakras we have got where resides our Lord Jesus Christ. And why it is so important is this: because he is put there, or we can say the grace had adorned this chakra with His being that when the Kundalini rises he's awakened and when he's awakened he can suck your ego and superego, all your conditionings, all your past karmas and all your future problems he sucks.

But that is not possible if you just ask somebody who is from a theological college to baptise, that's all artificial, that's not real. [With] real baptism you see the Kundalini rising in you. It's a living process of a living God. Just like a seed sprouts your Kundalini sprouts and you feel it on your head. Actually feel it on your head, the cool breeze coming out. And this should happen to you otherwise it is not a realisation.

Now the experience, the second one you get is the cool breeze coming out here and cool breeze in the hands. Those people [who] have a weak centre here, do not get this cool breeze. Some people got it after two months, three months, makes no difference. But you get the cool breeze here and after that, when your hands are sensitive enough you start feeling them in the

hand also. And also you can feel your centres. But those who do not feel in the hand are amazingly, are also very developed people because they can feel all these centres of other people and their own within themselves. This is the physical experience: means in your central nervous system.

This you feel in your conscious mind. This is the first experience. No other experience like seeing a aura around me, or a light around me or something else, like Buddha, Christ or anything, this is no experience. This is going either to the left or to the right. In the centre you feel the cool breeze and a cool breeze from your head. This is the physical experience you get.

Now what happens to the eyes? Eyes become sparkling. They sparkle. A Sahaja yogi has a sparkling eyes. This is a physical expression of that. It cannot be anything else. If somebody you find his eyes are very dull then you should know that his realisation has gone down or he's not yet realised. Eyes are sparkling and joyous. This is only on the physical level, I would say.

But in the beginning, the first experience that one starts getting is so physical and so innate, so built-in, that you are amazed at it. Then you start working on other people. Say you start working on a particular person and you say, "Oh, it's moving, it's coming, it's done, it's there." Then you start seeing how the person is imbalanced, how his one side is more, one side is less, how he has problems on his centres, the knowledge about the people, knowledge about everything. Like say this flower arrangement - is it alright or not? Is this alright or not? If it is alright, you'll start getting vibrations from that person. Anything that you think is beautiful may not be, might be very ugly. Through vibrations you will know that it is beautiful. Like, say, Mona Lisa. Mona Lisa is a thing...I mean she's not one of these modern beauties or anything. But why she's appreciated so much - if you see the vibrations of Mona Lisa's paintings are very great.

So your knowledge about things starts, means discrimination increases and you start understanding things. And this is the first experience for your brain. You start understanding people, you start understanding problems, you start understanding the problems of the whole world in a way as a spectator, as a witness. You start seeing the whole thing as a witness and then, when you start seeing that - I mean you become, again you become; it's actualisation - then you start enjoying the joke, understanding the whole thing. You sometimes are amused, "Oh, I was the same and now they are the same!" This rat race, this madness and these emotional plays and these ego trips and everything you start seeing it so clearly because you have been through it and you start seeing and it amuses you. It's full of amusement and mirth and joy.

Then you start seeing it also as a tragedy that's on people is. The compassion starts flowing. You start feeling what are they doing, where are they going to crash themselves? Sometimes I am very happy when people try to tell me about others, that, "Mother, have compassion for him because he is doing it in ignorance." You see, I know that. I am compassion, no doubt. But when somebody says, it makes me very happy.

You become generous, absolutely generous. You do not bother about counting your pennies but you think, "What can I give? What can I give to this person? What should I give?" You are sitting down, you see a person thirsty, immediately you'll rush for a water and bring it. Or else, otherwise normally people shout and scream and abuse. No, you become very kind, gentle and you feel the another person's needs. Immediately you run to it, you work on it.

This starts working on your emotional level then, gradually, when you start working on others. You start feeling for the whole world, "Oh God! What's going to happen? Thousands are getting lost. How are we to save them?" You start thinking about them and how to work it out. Then you start praying to God that, "Oh God! Save them. Make them also enlightened so that they enter into the Kingdom of God."

And a new type of emotional flowering comes in and the fragrance of your virtues which become so much vibrant when you are realised. Your virtues you see, you enjoy them. You enjoy to be truthful, you enjoy to be moral; you enjoy to respect others. You enjoy it. When virtue becomes the enjoyment then the joy is complete. Then everything is such a joy. The whole thing is such a joy. The whole meeting is such a joy and you become collectively joyous.

Then you do not have very individualistic idea "my house, my room, my holiday," "my". Then it becomes ours. You start talking,

'Ours'. You don't mind any inconveniences. You see, I travel in India into villages, you know that and we have to live in all conditions there - and you people are used to so many comforts [but] you just forget because this love, this compassion and this joy is too great to be sacrificed for any comfort of the world. And that joy, once it dawns upon you, you become so generous that you want to enjoy with others. This is the dream of Jerusalem that I see in this England and I hope that the people who are wise, who are understanding, will come down to Sahaj Yoga and see for themselves how they can transform this country into a new world.

Now I am on my way to America. I am again amused at it because the people in America have different ideas. I mean English are difficult to crack, no doubt, that's true, but they are a bit too steady people. They have very fixed ideas. They are people of fixed attention. For example, a person is not wearing a proper tie, for them it upsets them. They are very formal people and that's how they are different type of people: they won't accept anything readily. That's a good thing in a way, not to accept any, because mostly you accept all nonsense very readily. But Americans are the different type. They accept everything readily and give up readily. They have a guru shopping on. All the time they are shopping for guru from one to another and just like, as I told you, they are fixing-up their screws and even when the machine stops they are fixing-up their screws (reference to Charlie Chaplin's 'Modern Times' which Mother liked). They are that type of people. So it's a very shifty sand that I am going into and you have to use your solidarity, your fixations that you have in the faith, true faith, enlightened faith, that this world is going to change, that we are achieving it for the whole world. This will substantiate my work there very much, I know. And then their changing and their transformation will be very great. Because wherever you go, whatever you do, your attention should be fixed onto your Absolute, that is your Spirit: which is unchangeable, which cannot be destroyed, which is eternal. And that's why the English have to do something about it, to fix their attentions properly onto their Spirit. To say that, "I am the Spirit," "I am the Spirit" and "I am the Spirit." This will help a lot. You know you are the channels for this work for which I am going to America. And I am sure we'll be able to fix them in their proper places. They know how to fix everything. You see they talk like this, "I'll fix your breakfast, I'll fix your lunch..." They fix you up everywhere and it's like a machine they are fixing you up. Like, you are going to the airport they'll say, "Now, all set?" "Now, you said me 'all set', what more?" "Have you given the keys?" "Yes, all done. Everything done." "All set? All set?" You start wondering where are they setting you to? To moon or what? So they are like that. But they are simple people in some ways because they have not yet learnt lots of cunning things because they never invaded any country - I think you picked up lots of things from other countries also when you invaded them - and they are simpler people. But simple people can be simpleton also and that's why you have to see that wisdom must be brought to them. They are all the children of God, every one different, differently made, but so beautiful. All of them have this possibility and the Spirit resides in them, the star shines, and I am going with very great hope. I am sure we'll be able to do something there and with all your good wishes and love, I am sure, definitely, you will get very good news from American people.

May God bless you.

Today is a day I am leaving, and I am very grateful to you, all of you, for taking it up so seriously and working it out. And arise and awake to your responsibilities. And try to love others and also love yourself and be drenched in the Divine Love.

May God bless you.

Now, if you have any questions, you may ask me about it and I'll try to answer them. But the whole Kundalini and all that you know is a very big subject on which, I don't know, I must have, by now, given about five hundred and one lectures - because if you include today's - and there are all the tapes with you. In any case, it's better to get the book 'Advent' to understand for new people and also some of the tapes to see about the details of Sahaj Yoga.

May God bless you.

May I have some questions?

A few things for the new, new people I would like to say. Few things.

Sahaj Yoga is a method, which is born with you, is within you, the Kundalini is within you, is placed in the triangular bone and is your Holy Mother, who is anxious to give you the second birth. And She rises because there must be something about me that She rises and She gives you realisation. Now, that is a mystery in the beginning, so forget it, doesn't matter. Once you get your realisation, then you discover the mystery - is much better. I must be something definitely, otherwise how can it be that thousands of people get realisation in my presence? That's the only conclusion you can come to. But nothing to be afraid of: I am just like you to look at and there's nothing to be worried about. But that's a mystery. So, for that, you have to rise little higher. When you establish yourself first, it is only thoughtless awareness you receive. We call it as Nirvichar Samadhi; when you have got thoughtless, enlightened consciousness. By that you can raise the Kundalini of others, give them realisation, cure people, do lots of things.

But then, another state of being comes up, which is called as doubtless awareness, which is called in Sanskrit language as Nirvikalpa Samadhi. When that matures. I mean, you can't say when. It's not timing. It's the way you mature. You see, when does the fruit come in? When it matures. So, when you mature up to that then you are given the clues to the mysteries of Sahaja Yoga which are to be given only after doubtless awareness.

So, first you have to rise from thoughtless awareness to doubtless awareness, which is a state of your being, which is a state, which is not your mind or anything. It is a state by which you start expressing dynamic powers and when that happens only the higher knowledge of Sahaja Yoga, which is a mystery, is to be given to you. Then you become a guru, yourself. You become the guru. You become the master and then you start doing it.

You may say that before you start driving a car and understanding it you play with the brake and the accelerator. Gradually you work it out these two powers. Then you become little bit balanced. Then you are appointed as a learning driver. Then you have given [to you] a certificate that, "Alright, now you are a driver." But you are still a driver. But then when the Master sees that you are such a good driver, he is such a loving Father, that he gives you the mastery and that's how you become a guru.

All of you can become guru and there are many gurus sitting behind which are very great and that's how you all can become gurus. You don't have to grow any horns for that and no funny dresses, you have to be absolutely normal people, but inside you are the guru.

'Guru' means the one who has the magnet. And the magnet is that where the iron, the ordinary one, is touched with the spark of the magnet, and that spark is the Spirit. Once you become that, then you become the guru.

Now the questions please.

Seeker: (unclear)

Shri Mataji: What did she say? Can you...? Somebody come and tell me.

Seeker: May I ask, how do I address You, Your name?

Shri Mataji: Dress?

Seeker: Yes, address.

Shri Mataji: You are beautifully dressed. (laughter)

Seeker: No, anyway. I was wondering first, are You going to New York?

Shri Mataji: Yes, please.

Seeker: Yes, because in New York is a very lovely 'yogini', a lady yogi, very highly evolved. And she's working at Carnegie Hall, for many years, I wondered if she knows that you coming?

Shri Mataji: Will be good idea. You wanted my address, I heard only "dress," No, no, you can take my address from these people. But you see the...

Seeker: Can she have your address. Can I send you her address?

Shri Mataji: Yes, please.

Seeker: Because she's very highly evolved. She's very perfect. She's been for twenty five years and-

Shri Mataji: It's not the years that matter

Seeker: No, I know, I know.

Shri Mataji: You see, but tell her that... you see...

Seeker: And she could help I think.

Shri Mataji: Yes, if she is truthful, she's honest, she will, definitely, I am sure she will. Because there are so many saints in India, even in Rangoon, who know about me and they are very much helpful to me. But one has to be really a saint and not just a so-called saint, you see, that's the point is. So I would like to meet her. You can take my address from them. I thought you were saying, "How should I dress for the program?" (laughing)

Alright. What else? You can get it from Mr. Gavin Brown and we are also putting there.

Any other question please? Are you feeling the cool breeze in the hand? Good! Just see, sitting down. Please put your hands like this. Why waste time? Just have it. If you take out your shoes it will help a little more to get it faster because the Mother Earth takes your problems much more. It's started already, it's started. It will work out in no time. Just take out your shoes it will help you. You must help yourself you see. Just take out your shoes, will be good.

Put your hands like this and put both the feet on the ground. That's very important. It helps faster, I have seen it.

Close your eyes please.

(Seeker asks question)

Now, just now we have started the meditation, alright? You can later on ask me, alright? Please close your eyes. Put your hands like this.

You see, the questioning is alright but I would say that it's not a mental activity, alright? So even if I answer all your questions you may not get realisation. Best is to get realisation once for all. Then we'll answer all your questions. Please put your hands like that. Let's see. Let it work out. It's better to work it out first. It's very simple. It cannot do it with mental activity. It has to work out. It is within you. It jumps like a spring and works out. Now see this gentleman he's sitting here, he just got it like that. He didn't ask any questions or anything. Just like that. You see it's alright, because I know the mind is such a funny thing it goes on asking questions, but just have it. Ask him to keep quiet for a while your mind, say that, "For the time being can you keep quiet?" Better have the experience first of all, then we'll talk about it. By talking it won't work out, alright? So be kind to yourself. Please put your

hands like this and tell your mind to be kind to you, because it thinks all the time.

Close your eyes now please. Let it work out. It will work out in no time. I'm sure it will. Just allow. Tell your mind that, "For the time being, can you keep quiet for the time being?" You have to help yourself. You have to tell your mind.

There is nothing to doubt because I have nothing to take from you. If I was to take anything from you, then you can doubt, there's nothing selling here so we should give up the attitude of a shopper, but you have come to receive here something.

Now, put your right hand on your heart and ask the question, "Mother, am I the Spirit?" in your heart.

Close your eyes and ask the question, "Mother, am I the Spirit?"

Believe me you are. But you ask the question for your verification - whether you are the Spirit or not. Just say, "Am I the Spirit?"

Better.

One thing is there is not to feel guilty at all because that is how we don't love ourselves. Just say, "Mother, I am not guilty." Thrice you have to say, "Mother, I am not guilty." Don't worry.

I am here to do all the jobs so you shouldn't worry about these things. Just leave it. Say that, "Mother, I am not guilty, not at all. I'm not at all guilty."

Now ask the question, "Mother, am I the Spirit?"

You have to forgive, forgive others. Just say, "Mother, I forgive everyone." "I forgive" - it's a big load. "I forgive everyone." It's a very big load on the Spirit. "I forgive everyone." You have to forgive, forgive everyone. Forgive yourself, first of all. Do not get angry with yourself, say, "I forgive myself and I forgive everyone," because you are the Spirit. Spirit is not guilty and Spirit is forgiveness. Spirit is ocean of love. Spirit is ocean of compassion. You have to become that. Once you become that, then all these minor things, trivial things will drop out.

Now you put your right hand on your head and see if there's a cool breeze coming out. Left hand towards me and right hand little above your fontanel bone area. Just see if there's a cool breeze coming in.

Just put it like this. I'm giving you all a balance, that's how.

Just see, is there a cool breeze coming in?

Move your hand a little bit and see [if] there's a cool breeze coming in. Further and backwards.

Coming? Good. See now, is it there? Some people might get a little heat, doesn't matter, the heat has to go out. See for yourself. Getting it? Good. Good. One by one all of you will get it.

If there is heat you take it out like that - if there is heat, may be heat, some people might have some heat coming out. If there's a heat you just take it out. Heat is due to friction in life, tensions in life, problems - physical, mental, emotional. Is it coming out? Ha, she's got it.

Those who have got it can put down their hands. Those who have got it can put down their hands. Good! In both the hands? Good. Now see, is it there? It's there. It's there.

How many are new people today? Please raise your hands so the Sahaja yogis can come and look after you. Raise your hands

those who are absolutely new, who have come today. Absolutely new who have come first [time]. Please raise your hands who have come for the first time today.

She's got it. She's got it.

Seeker: But not, not new to yoga, not new to yoga, I'm new to this.

Shri Mataji: What is it?

Seeker: I'm new to you, but I have been in twenty five years with yoga.

Shri Mataji: Hatha Yoga you mean?

Seeker: I... to your experience. I'm new. This is the first time I've been but I have studied yoga for twenty-five years.

Shri Mataji: The Hatha Yoga that we study here is very physical.

Seeker: It's not Hatha Yoga

Shri Mataji: Which one? Ah?

Seeker: I have studied all of the spiritual gurus' books.

Shri Mataji: Which book have you read?

Seeker: I mean I've only got my hand up as a novice to Sahaja Yoga.

Shri Mataji: Alright. No, but I just wanted to see if you have got the realisation, you see? For that sake. They all will have to see whether you have got realisation or not. They are just like you to look at but they have got their vibrations and they are in it deft, so they are seeing just. Imagine, these 75% people sitting here are realised souls, can you believe it? Maybe 80% people.

Seeker: Oh I see.

Shri Mataji: Oh, you are all here? Happy to know. Hello! Roxana has come? Roxana has she come? Where is she?

Spain was great I must say. We did a good job in Spain!

You give them an understanding of the thing. What is the problem, what they are facing and all that. So talk to them and let them know.

How are you? Alright? How is Roxana?

Lady: Very well.

Shri Mataji: Where is she?

Lady: She's down there.

Shri Mataji: I'm very happy.

Lady: I wanted to thank you.

Shri Mataji: For what?

The lady: because I have no arthritis in my knees.

Shri Mataji: No Arthritis?

Lady: Thank You. Thank You very much.

Shri Mataji: Oh, not... So you are alright now. Perfectly alright?

Lady: Yes. I'm very, very happy.

Shri Mataji: I am very happy. May God bless! Arthritis is nothing, simple. It's a very simple disease. Can be cured very easily, you know that.

Lady: It has, and I have nothing you have done that!

Shri Mataji: Yes.

Lady: Thank You very much. I didn't want to take your time.

Shri Mataji: May God bless you!

She had arthritis you see, she's cured of that. Is nothing.

Roxana come here. Come. How do you find them? Are they good? Ha. Aah...Good. Alright?

Roxana, you see, I went down to Spain. You've done a good job there and Dom is there. I would like some of you to go down if you can. Can you? To Spain for two weeks? One of your brothers can they go down to help him? Because he has a problem with the language.

I wish you had come with us.

We can pay for the traveling or something. Who would like to go?

Lady: I can go Mother.

Shri Mataji: Who else?

Lady: ??

Shri Mataji: You go alone? Ah?

Lady: I was on my way to (??).

Shri Mataji: I have to give you a good news also, that he would like to marry you.

Lady: (??)

Shri Mataji: Donny would like to marry you.

Hello.

Lady: He's bringing Audrey to me.

Shri Mataji: May God bless you! What's your name?

Boy: Jeet Singh.

Shri Mataji: Jeet Sing? Haa! Very good.

Lady, softly: Somebody's happy, Mother. Somebody's happy, Mother.

Shri Mataji: And that's why I wanted to see you.

Lady: Very lucky, Mother...

Shri Mataji: May God bless you! He's very happy to do that.

Lady: Thank you, Mother.

Shri Mataji: I'm so very happy. Alright? May God bless you!

1981-0919, Manhattan Sightseeing Tour

View [online](#).

19 September 1981

Visit

New York (United States)

Talk Language: English | Transcript (English) – Draft

Conversation

I was saying that I really tried to give realization to all those [inaudible] me, in fact, [inaudible] Americans can't say.

I can do my level best. [inaudible] with the proof. All right. [inaudible] [inaudible] too much money, don't know what to do with yourself, now when they say, "I'm suffering". Otherwise you can't enjoy. [inaudible] You are really making me self conscious now [inaudible] I like the Rockefella center, its really [inaudible]. What is this one? This is also a building? this has very bad [vibrations? inaudible].

Why everyone is not having a family? nothing? They have [inaudible] They have go on to have no culture they murder people. [inaudible] I think they have a right to do what they [want? inaudible] [inaudible] can't stay here longer. [inaudible] will run away. He never comes to Manhattan. [inaudible] story is about the advent of the primordial one, that, the deity of Brahma, Vishnu, Mahesha, you know who they are. Their wife, their power fell jealous of a lady who was very pure, Anushuiya. She is the power of the primordial, I mean she was the mother.

She's the mother of all the Gurus. And they said that she, this lady is such a chaste lady and too much [inaudible] and make her fall from her chastity [inaudible] her. She was actually the primordial mother Anusiya. So they went into her house, she was a wife of a very big Saint and he was out. And they said, "we want .." See, a guest who comes to your house can demand anything, according to Indian dharma. So they came in and then said that "We want you to serve our food naked. Take out all your clothes and [serve us?]" Now you can't say no to your guests because that is your dharma. "It's all right, I will do it. ",she said [inaudible] but as soon as she started, [both of them?]

became little children. [inaudible] Little little babies. [inaudible] And the little baby doesn't understand anything and she nursed them together. All right. And then she said, "Now." She combined them together, and that's how Dattatrieya, has three faces. Innocence of these people. She brought them to their innocence. The innocence was created, and this is the innocence of these three deities [Christ is the innocence? inaudible].

These three form this innocence part to balance and this state they come, here as [inaudible], innocence has latent power [inaudible] ekadesha rudra. I mean there are [inaudible] way but others are also powers of [inaudible]. That's how they establish [inaudible]. All that is in the void and come here at [this side?] See this hand, and left, this is Ganesha, the innocence part. That, all right? I mean I don't know how, how one should have [reached this sthiti?] and Jains are the [inaudible] in India. These Jains, you see, are strict people, very strict vegetarianism they have, they don't even eat garlic. [inaudible] Garlic is very important for the heart, they don't eat garlic, they don't eat onion.

The whole thing revolves around [food ?], they are strict vegetarian but [inaudible] got realization [inaudible] he was a jain and his wife was a pure jain and he hated all that non sense. So, he told me "I was Jain." [inaudible] Because they are told not to eat meat or anything, what they do when they come to America? They go to all the youth clubs, they drink a lot, the only thing that they don't eat is [inaudible?]. They are rich people, they are very rich and [inaudible]. And same with the Jews, you can find. The religion is limited to a little part, the rest is [inaudible]. I mean [inaudible] not with any commandments. What can you do about it?

I mean, [they have become more sensible now? [inaudible], fanaticism is a very very collective ego, I think, its a very big collective

ego, the collective ego is [inaudible] and when collective become [inaudible], you start loving you know, like English people, they [inaudible] by using spoons and forks. According to them, those who cannot use spoons and forks are [not English?]. That's how they feel about it. I have landed in America. [inaudible] of some house property. How does she remember all that, I am surprised, its a good memory.

1981-0919, How to bring the Spirit into our conscious mind?

View [online](#).

19 September 1981

How To Bring The Spirit Into Our Conscious Mind?

Public Program

(United States)

Talk Language: English | Transcript (English) – VERIFIED Public Program Day 1. New York (USA), 19 September 1981.

It's nice to come back to America. I know there are lots of seekers in this country; lost. They are frantically seeking, no doubt. They are genuine seekers, I have no doubt about it. I came back after 9 years; it was unfortunate because I was busy with other parts of the world and I knew I will find them again when I go back.

It is for us to know first of all that if you are seeking reality, if you are seeking the truth, we have to be very honest about it; extremely honest. You have to know that unless and until you find it, you should not believe anyone., You should not accept any surface anything. People may say anything. I may tell you that you have to have your Realization. That doesn't mean that you have to believe Me – it doesn't mean that at all. But you should not also deny Me.

Now, first of all, we should know what we are seeking. There has been never on this earth such an urge to seek. So many seekers! I don't know if you understand that a very different type of category of people – I call them men of God – are born who are seekers. And they will go on seeking until they find the truth. But one has to know what we are seeking. What are we to seek? It is said you have to become. You have to be. What do we have to be?

We have to be our Spirit. Now we do not know what our Spirit is. The Spirit exists, no doubt. It watches us. We know there is a Spirit. But how to bring that Spirit in our conscious mind – in our central nervous system – is the point. And when people know that there are such demands, the market also gets filled with enterprise is very common. Americans have the worst hit because you have worse, you have money. That's the worst part of it. And that's how all of them are [UNCLEAR flying/flowing]down here and they have exploited you. I knew and I'm sorry for all that.

. But I must tell you that you cannot pay for your Realization. It's an insult of God. How can you pay? How can you pay for His love? Do you pay to a tree when it gives you fruit? You do not. Maybe a merchant might take a fruit and sell it.It's much more than that. "How can we pay for it?" Is a simple question we should ask ourselves; honestly.

Then second point is, you cannot have courses in God Realization. What university did Christ go? He was a simple man. Did he go to any university? There is no understanding for us. That God is for everyone, whether you are educated or not. Whether you have money or not. Whether you understand this language or that language, God's language is of love and it's for everyone... every person....for every case[UNCLEAR]. It cannot be for one person or one type of people or of one category. But one category is there and they are the seekers. Seekers is a special category, but only trouble is they do not know what they are seeking.

For this, we have to divert to some authentic people. For example, we should see now Christ. Christ said that you are to be born again. Last time, when I came to America, they were taping my speeches and all that in Los Angeles. And I was amazed, you see, that people objected to it; that they should not tape. I said, "Let them tape. What does it matter?" They said, "No Mother, they will publish it." I said, "Let them publish it. It's a fact. They should get it. They should get their Realization. They are to be born again."

But I was amazed! Then, they wrote books as if that was their knowledge. I don't mind that either. But saying that you are to be born again and they got a certificate – a sales certificate – that we are born again. How can you certify yourself you are born again? We have to be honest about it. If we are born again something special has to happen to us. Like Yungas said you have to become – become collectively conscious. Not that I say we are all brothers and sisters and we are all one. No, you have to become that part and parcel of the whole – as you say the microcosm. You have to become this microcosm has to become that.

That means in evolution, your awareness has to become something more. As an animal, you see, for example, for an animal. He doesn't see any colours. He doesn't see whether is filthy or good. But you do. In the same way, if you have to rise higher, the change has to come in your awareness. That is one thing one should know that the transformation has to take place in your awareness. And that is what one should see, that is there any transformation in awareness? For example, there is somebody who starts jumping on the seat. I've seen some people who come to Me. They just start jumping and they think they have got Realization. How can that be? You are not in possession of yourself. You have to be your own master. Here somebody is making you jump. Maybe you are possessed. You have no, authority over yourself. You do not know how to control yourself. And how do you say that you have got Realization? If you become Self-realized, you are not going to be enslaved. You are going to get over all kinds of slavery. You have to be a master.

This should be the test of anything that you are seeking. What have you got, you say? Are you emitting your own powers? I may say (as he has said it, I mean, I don't know why Warren said this because I seldom start with this kind of a thing); but if you wanted to see he said it. Now to say that I am such and such and such and such is nonsense. I may be anything. So what? What did you get is the point! Did you feel yourself anything more than before? Did you get anything more that you have had? Not you become crazy people recluses. That's not the way. You are going to be the most normal person, has to be extremely normal. And above all, you have to have complete control of yourself. That is the minimum of minimum one should know. But our idea about Self-Realization is so much spoiled and so many pseudo people have written, even about Kundalini. I was amazed when I found out that such big, big books are written about Kundalini saying it is in the stomach, some say it is in the nose it is here and there. It is not there! It is in the sacrum bone. You can see it yourself with your own eyes. When the Kundalini rises you can see the pulsation just like a heart not in everyone, of course. But in some people who have had an obstruction, you can see with your naked eyes. You should be able to see it – happily – and you can also feel the pulsation coming to the head. I mean so many people have said it.

There are people who are now, I am told, are converting people into Sikhism and this and that. And what is Sikhism? If you need, read Kabira who is the basis of Sikhism. He has said that you have to feel the cool breeze coming out of your head. He says (Mother quotes in another language). They said, on the head, first of all, there is the sound of Anahata, is this thumb-dub of the heart and then you feel the cool breeze coming out. Is so clearly said, but who reads those people? Those people who talk even of Hinduism and all that, do they read Adi Shankaracharya? What Adi Shankaracharya has said? He has written books after books on Kundalini; and not only, but on this Chaitanya, he has written a complete book. But people don't read that. You get these – I don't know – extracts and some sort of a – I don't know how they are not afraid of God? They are not afraid – just to make some money – I don't know. Are they going to carry this money with them? It's very, very wrong! It's very sinful. I don't mind whatever they do. But it's alright if they want to be smugglers and all. There are many like that. But they spoil your Kundalini. You are damaged. And this is the thing which I am concerned about and it's a very sad thing.

Coming to America is a real venture for me because I did send some of the people who were really realized souls and they came here. They ran away within 3 days. They said they will never recognize, there is a barrier. There is a barrier, they will never recognizes, Mother. They went back. They rushed back. They stayed in New York, one of them stayed for three days. He ran away. He couldn't stay here. He said, "They just want something else. They don't want God. They don't want their Spirit." Of course, I don't believe that. These barriers are created to us because we read about it. We try to understand through reading. It's good, but you must come to a right conclusion through logical, logical understanding; not rationality. Rationality is something which can take you anywhere. Rationality can give you (you can) rationalize even a murder, anything! But, logically, you must understand. Where should we reach? What should happen to us? As seekers, what are we expecting? This is a very, very precarious time and a very important time. I should say the Last Judgement has started. That has started. That's how you are all here and you are seeking. The way you will judge is the Kundalini has to rise. You have to become Self-realized. Then you start feeling your centres on your fingers.

Tomorrow I will give you all the information about all the centres and all that and I will tell you how you will judge. What are the centres that are catching? What are the centres of others are catching? And then you will judge that. Then you will know what is the problem, how to get it done, how to get it all right. There is no technique for spontaneity. Like if you sow a seed it becomes a tree. There is no technique. If you have flowers, they become a fruit. It's a living thing. And living things do not have any

technique. But once you get connected, then you must know the Divine laws and you must know the Divine technique. But first, you must be realized. Unless and until you are put to the Mains, how can you use this machine? You are not yet put to the Mains. How can you do anything? It's like telephoning somewhere without having any connection. You must be connected., first of all to the Divine (but this is not a difficult thing.). In modern times is very easy. Formerly, it was, like you can say, on a tree, in the beginning, you get only one or two flowers. But the time has come. The blossom time has come.

Already today, I went to see William Blake's* drawing exhibition. And He said, "All your sins and blasphemy and everything will be forgiven. All your sins will be forgiven." He has said about these days. He said that the God of men will become prophets and they will have the power to convert and transform others into prophets. He has clearly prophesized about Sahaja Yoga. Every word He has said about it. But people don't read Blake. If you go and see his exhibition, you'll be surprised how in the "Pilgrim's Progress" only he has given clearly how you face life. And there are some Sahaja Yogis here sitting down at your back here. And they have come from London and some of them from Australia. And they could see. This is how you face it. But to get Realization is the easiest thing; to maintain it rather difficult. But also that is possible.

Now we have in London (you will be surprised)we had a hall at least one and a half times bigger than this. And the hall was completely filled. And they rose up to sing a song of Jerusalem which was a great experience for Me to see that. But(you won't believe) I started the work in England because My husband got elected to a post there. That's how we were there. And in the beginning, I was working with seven people – seven hippies, I should say seven people for four years. And now of course, the whole of England, we have many centres and lots of people have got Realization and they are working it out. It's working out very well.

We have some people here from there who have come. Dr. David is here and Hesta is a barrister. Then we have these two from Australia – Dr. Warren, who was a diplomat. And these two are American girls – out of them – ah Christine – has been with Me since long and Marcia who got her Realization only two months back, but she was so upright and so straightforward. She got it in Bristol, she followed us up, she came to London and she is, I was amazed at her and I said if you represent American seekers then there is no problem. You should be straightforward and you should know that it is you who should decide. If you say I am your Guru, all right I accept it for the time being. But a Mother is always a guru. If you say that your mother as she had to teach you so many things I have to teach you some things. But actually, it is you who is your own guru. You have to become it. Unless and until you are connected, how will you judge? Once you get connected, you will be able to judge. But you don't think that it is a mental activity that is going to bring you your Realization. No, God has placed everything beautifully within us; everything. You have got your Kundalini very nicely placed in the sacrum bone. Now, see this bone Sacrum is a triangular bone called "Sacrum" so that Greeks know about this bone. They knew it was a sacred bone. Sacrum means sacred in Greek language. When I went to Greece, I was surprised. They have the complete idea of Kundalini; complete idea. And they have this Athena -Atha means the Primordial Mother. In Sanskrit language, Athena – Athens comes from that and the way She was holding a serpent in her hand and everything – is absolutely She is the Primordial Kundalini. And the whole concept was there and when I went into the study of that I tried to find out what it was how did they know? They said we had some Indo-Aryan groups coming down here and they told us these things and that's how we know about it. But, that was all lost because they brought all the Gods to the level of human beings and made a lot of mess out of it.

Now we have to know that, how Christ was such an important incarnation on this earth. We have really made a mess of the whole thing. He said that you are to be born again. Actually, He came on this centre where you see this red mark. You see – it is placed in the optic chiasma. In the centre is a subtle centre called as Agnya Chakra. In the Hindu scriptures, He is called as Mahavishnu. But I will tell about His advent when He came on this earth. He came on this Earth, we say, He is the gate; he is the door. He is the door below the limbic area. And the limbic area is the Kingdom of God. Where one has to enter, the attention has to enter. How do you enter into it? Not bodily, but your attention has to enter it. Your attention is spread out in this area, is not there – it has to enter through that area into the limbic area and ultimately, in the fontanel area. It becomes soft and the Kundalini has to come out and you get the cool breeze, this is your actual baptism. Is not the baptism you go to some theological college and learn all right – I baptize – it's all artificial. It's absolutely artificial. That's not the way you can baptize. You have to be a realized soul to do that. John the Baptist was a realized soul. He was the one who knew how to do it. And he did it for all of them. And that's how it should happen to you. That the Kundalini has to rise and give you Realization. Now the Christ advent

came at this point. It's a very important one because today we haven't brought the charts and all that but tomorrow we'll be giving you, in a full way, how the ego and super-ego in our brain is connected with this centre. When He is awakened ego and super-ego are sucked. They create a area here. Our ego and super-ego give us our I-ness. We get separated. When He's awakened, this portion gets opened out and then the Kundalini can rise. That's why it is said that Christ is to be awakened within you. But it can be only done by a person who has Divine authority. And such a person cannot live on your money. He cannot be a parasite. Such a person has nothing to do with money. How can you purchase such a person.? Such a person is beyond, beyond your purchase beyond your money. You cannot do anything for such a person. Such a person just gives. He just gives. He emits. It cannot take anything. It cannot receive. It cannot! You may try but doesn't. One day I was walking a little bit, my foot was a little twisted and one of the doctors she said, "All right Mother, I'll try to massage it." I said alright go on massage it. She was messaging yet she was relaxing that side and I was saying, "What's happening to you?" She said, "Mother, what is this? Lots of vibrations are coming and I am just massaging yourself and I am massaging myself the way it is cooling down and soothing." So, such a person cannot take anything from you.

Now, the most important point which I would like to tell you is this: that we don't realize how precariously we are placed otherwise, also. There are equal and opposite forces working on us. For example, a disease like cancer. I was surprised to hear that in this country, there are patients one among four of cancer disease. I have told this ten years back, that cancer can only be cured through Sahaja Yoga. There's no other way out. I have cured many cancer patients and you can also cure once you get realized. How it happens how you cure cancer all this knowledge you can have free of charge. Free of this thing. Actually, first, you must get your Realization. Without that, there is no use telling you because you come into this room; it is all dark; you are blind; you cannot see anything. What's the use of telling you the size of the room, and colour of the chairs, and colour of all this? No use telling you. Best thing is to open the lights and open your eyes so that you can see for yourself. And the complete knowledge becomes your own. Then is better to talk. Otherwise supposing even when you cannot see anything, I go on giving you the whole history about electricity and about everything. You'll be bored and stiff. And it's of no use. First thing is you must get your Realization. That is the first thing. Cancer can easily be cured by Sahaja Yoga. Absolutely there is no doubt. And there cannot be another doubt that it cannot be cured by anything else.

In our body, we have a particular system called as a sympathetic nervous system. Now this sympathetic nervous system goes into a terrible tension when we go to extremes of any kind. Say smoking, for example. Now smoking is a very interesting thing because according to me, this America is the Visshuddhi chakra, is this centre, this center. This centre gets spoiled when we smoke and the smoking is the maximum here. Like the Europe is the liver and there, people drink. And they are so much in it and their livers are the worst ones in Europe. England is the heart and England is lethargic. I mean the whole thing is in such a mess that I don't know what I have to face. But I was happy to know that now the smoking is going down. But with Realization, smoking just disappears. You don't have to work hard. Marsha herself used to smoke a lot. She told me. I was amazed. But she has given up completely. Drugs and all those things drop out just like something unnecessary because a transformation takes place. And the transmutation starts when the transmutation starts, all these things drop out. You enjoy the best of your health best of your heart best of your mind and your emotions come out. The best part of it is that this is what one has to achieve the whole humanity has to achieve. But the few who are the seekers have to do it first. They have to do it first; they are the foundation. Like in every evolution, only a few fishes had to come out; first one fish came out and then many came out. In the same way, few people have to do it. I'm happy there are a few today. Though others are disappointed, I am not. I am happy because I'll have to work harder. If there are too many, may be difficult. As he said, it's true that I gave Realization to six thousand people in a village in India. But they are not complicated. See, they aren't so complicated. They don't live with the sounds you have here or the tensions you have, the litigations you have, the problems you have. I have seen Indians who have come here to earn money. They have all gone off their heads. I mean really, they have become half crazy.

The gentleman with whom I am now putting up, he told me already so many Indians have been under litigation. This happened, that happened and all kinds of tensions are building up. Here, despite all our modern venture and all that, we have also landed ourselves into terrible tensions of this machinery; this machinates and all that. The villagers in India are extremely simple people. They lead a very simple life. They have no complications. I would say that it would be so easy here the same way as they have got Realization. Of course, one has to work hard. Like we had recently about seven people. I had all of them. It took about three hours to get Realization. So, it could be that way also. It cannot be guaranteed; it cannot be promised. It cannot be certified. It

has to happen is the main point is the happening is the happening. You have to become. It has to be actualized. It is not to be believed into. That's what you should know. If you are honest, you are truthful and you want to have it, you'll get it. I'll work very hard. It's you who has to have patience with yourself. I have all the patience and love. No doubt about it. But you all have to have patience. I told you, seven people, I was working for four years. Suppose it's not going to be that bad because with them I worked out many permutations and combinations. Now, I know all the permutations and combinations that are really harmful to people and how they are barricaded. But still, I would say I have to still study some American complications which I do not know.

Nine years back, people were simpler people here and they are all mostly have gone away or also that time the same thing is that I could not contact the media and everything works on money. You see you have to give them money so they publicize you. Then they publicize you, then you get more money. Here there is no question of money, you see. You see the whole basic thing is you have to get real people for the real thing, without money. And then, you cannot have a big circus; you cannot have a big thing and it has to be started in a genuine way in a real way. They asked me that there is, there are agencies who work out all these things. I said to begin with I don't think that this is important. We should work it out. Let's see. There will be some people who will feel attracted and come. And let's work it out this way. Still, I would like your advice as to where we can go, when, and in a decent manner whenever we can advertise. Just now a lady told us that if you go to these shops it will be a good idea.

We would like to invite people for this experience. This is your right. You are seekers and just like a bank, you have got your bank accounts and you just cash it. And there are lots of places also. And whatever mistakes are done, don't worry about it. One of the big problems I faced in England is that they all suffer from a centre called left Vishuddhi which comes out of guilt. You see, they are guilty all the time. Maybe Catholicism that makes them feel guilty, but it's a very, very common trouble with them. They, all the time, feel guilty. Now, what are you feeling guilty about? We must suffer. Why? Why should you suffer? Christ has suffered for you. Did he leave anything for you to suffer? We should be guilty about what? Why are you guilty? I'm talking of ocean of compassion, ocean of love. And what guilt can you have? And is a very big mistake to think that we have done little mistake here and little mistake there. God has to save this creation. It is He who has to come in compassion and has to do something about it. If He doesn't save you, his creation is lost. You shouldn't feel like that in a small way. It's all very childish, I would say, like a child to feel "Oh I have done this mistake". But no your Father is so great, is so full of love. You have to just look at Him and He'll work it out. You should forgive yourself; that is one of the things I would request of you. First of all, before forgiving anybody else, you must forgive yourself. That is the first thing you have to do before Realization. Of course, in one lecture, I cannot tell you much about it. This is just an introductory lecture. And we haven't brought our charts and all that because, first day, if you start seeing the charts, see you again become mechanical and you think it's some sort of a computer. You have to work it out. Actually, you are a computer, you become a Divine computer. But that's a different system and so it's better that we talk about it just now. And you get your Realization; work it out. We are going to be here for some time and I hope you'll be able to follow my lectures and follow the whole thing and it's such a tremendous thing.

I must have given at least five hundred (500) lectures in London at least minimum. I still every time I speak they say "Mother, you are speaking something new." So, you can imagine how much knowledge is there. But you are knowledge; you become knowledge yourself.

In Australia, the newspaper people were very good to me because there was some happening. A lady was very seriously ill and she had some sort of a very serious stroke and a friend of hers was a big man in the newspapers and one of the Sahaja Yoginis there gave My photograph to her. And she recovered from that from the photograph only. So, this man started thinking about it and then they did a big publicity for me. So, it was lucky, I should say, for Australians and I was there for about one month or so. Three weeks. And we got thousands there now thousands. There are seven cities where we have seven centres. It has worked. I must say, Australians are very good for Realization. It was surprising because certain people there got Realization and settled down and they knew it was the truth. That was the thing and you have to be intelligent enough to see what is the truth. Don't allow your intelligence to cheat you. Be careful about your intelligence also, it can cheat you. But you should be really sharp about it to see what is the truth. And wise. And that's what you are going to have.

Now, I would request you to ask Me questions because you see you all must be having lots of questions in your mind and you should better ask because I don't want, while we are giving you Realization, that you should feel that, "Oh, I didn't ask this

question to Mother,” ‘though this makes no difference whether you ask Me questions or not. It’s a very different thing. It is beyond your mind. You go beyond your mind; beyond your ego; beyond your super-ego. You become something else. So if you have any questions, you can ask Me.

Question: Could we talk with the microphone off

Shree Mataji: You will be better off. You think. I was feeling that. [Question continues]. It’s not a good one (pointing to the mike). Can you hear me better?[Audience: Yes.] Oh! It’s good. So, if there’s any question you can ask Me.

Question: There are many people who come with offering some Realization. [NOT CLEAR You come offering Realization.] You have a unique experience which I would like to know something about it. In other words, you have something unique to offer, yes?

Shri Mataji: Yes, of course, I would say I don’t know how many have come here and how many have been thugs and how many have been real. But, actually, most of them have been thugs only because what they offer you I don’t know I have had people from other gurus all kinds of gurus you see. And there are one or two sitting here. All of them have been to someone or something like that. Now as I told you, the uniqueness of Sahaja Yoga is this: Sahaja means “Saha” means with; “ja” is born, is born with you is your own, within you. Now the uniqueness about it is this: that it is what you are seeking. That’s what you are going to get, is your Spirit, is that you become that is the uniqueness. It’s not that I can say there is a course of ten days you go through the course or you pay for say a jumping course or a so-called flying course or something like that. It is what you are. You become that. The uniqueness of it is that it’s a happening which is a living happening.

You see, we don’t do anything that is a living work. What we do is a dead work. Like a tree died; we make chairs; we think we have achieved a lot. You see this hall is all made of dead things, isn’t it? We have just changed the form. And these forms actually try to dominate us. This chair becomes a sort of an obsession for us because we can’t sit on the ground this we have to use a chair like that.

Now, anything that we do is all dead. Supposing somebody has to jump. Anybody can jump., What is there to be jumping? People pay money to jump. Can you imagine? to take off clothes? people pay money. How can that be? What is so great about it? We must understand: what do we become? What powers do we become? You see, there’s a guru. He says, “All right, I give you some knowledge.” Now, what knowledge has he got?

One gentleman came. He said, “I’ve already got knowledge.” I said, “What knowledge do you have?” For example, now Warren can tell you where is your chakra catching. Where is your Kundalini; where it is obstructed; how to raise it; how to bring it up; how to take it up. Then he can cure patients. He must have cured I don’t know how many. You all can cure patients and knowingly what is it. What chakra is catching, what is happening, what is the mental process? Everything, you know in your awareness. You become a different person. It’s a transformation that takes place. You become master of yourself. To explain, I will tell you a very simple analogy. Say you are travelling by you are trying to learn how to drive. Now you have got an accelerator and you have got a brake. You’re working it out. You see one, then another. (We have two centres, two channels within us which I show tomorrow to you, which are there. One for our desire and one for our actions.) So we start working both of these and start managing. We go to extremes this way that way and make all kinds of mistakes whatever it is but we try to balance ourselves. When do we learn the car driving? When we learn it. Once you have done that then the Master is sitting at the back. And once He sees you have balanced it, He gives you your place. You become the master of your being. This is what has to happen the breakthrough! The breakthrough has to take place. Is not just a make-believe that, “Oh, we have become like this.” I mean there are mad people who believe they are Self-realized. There are many like that, you see, they believe that they are that. They are not. Because they should be able to tell. They should become collectively conscious. They should be able to tell where is the Kundalini; where is the problem. Now, for example, you are sitting all right, now you do not know about the next gentleman sitting next to you, where is the problem? Where is his Kundalini? You cannot give him Realization. But the people who are Realized souls – even small children – can do it very small children. They will immediately say, “This is the centre catching. Here the finger, little children will show the same finger. For example, if you have a problem, say, on this centre. All right. All the children you put some sort of a

thing to close their eyes. And ask them, "Which centre is catching?" They'll all say this. All of them will say the same this. And they also know how to correct it. Little, little children know how to correct it. They are born Realized and born-realized children are dynamic. And they know. So many born Realized children are born these days. How will you know whether they are born Realized or not? You do not know who also who is a fake guru and who is a real guru. You don't know anything! There's no discrimination power. But, if you want to know also about that, you can just put the hands towards them and you can find out. Your vibrations will vanish completely. You'll have heat coming from horrible gurus. If you see any horrible guru, you'll find it's a very bad vibrations coming from there, all burning and some of them just stop the vibrations. You just don't get any vibrations from them. You can make it out from everyone what sort of a person he is.

For example, any absolute question, there are atheists who don't believe in God. All right. Now when they get Realization they can ask the question, "Is there God?" Tremendous vibrations. To find out relatively, we can say, put three people – one from a guru who's horrid, one from a lunatic asylum, and one who's a realized soul, according to us. All right? Now you put them together. You'll find the one who's from the guru, maybe feeling hot very hot or may not get Realization at all maybe frozen, anything. The one from lunatic asylum may feel also hot, horrible but he may get well, he may get Realization. And the third person, who is the one who is a realized soul will get only a cool breeze. We have cured many people who are mentally like that, many are been cured and you can cure also.

It is you who become that – is the point. You become that – it's your right. You have been seeking all your lives. Actually, it is impossible to believe that there could be someone who does it just for love's sake. We can't believe such a person but it is so. It is so incredible for people, they just can't believe it. It's an impossibility for them to believe that there is a person who just loves you. You just can't believe it because it's so money-oriented – the whole thing is so money oriented that we can't believe it. Even our parents; we think they love us for money. I mean, it has gone to that limit of absurdity. But God is love and love is there. And in his love everyone should do it. It has to happen.

Any other questions?

Question: (A woman asks where the other public meeting will be).

(Warren says he'll make an announcement later)

Shri Mataji: You see, all of us have got it and we'll give all that to you and you'll come along to those lectures and you will help us to bring (you see actually we do not know how to meet the seekers. That's the main point with us. And we don't need anything else. Like the lady offered? also. We don't need it. We don't need any money. We have everything. We have no problem. And no money, nothing. We have got places to live in and we have no problem of any kind. What we want we have also got halls and everything and we don't need anything. But what we want that we want seekers to come down and you have to suggest how to get them; that's all.

(Announcements of meetings)

Question: (A lady asks for Mother's comment on somebody but asks Her not to judge.)

Shri Mataji: No, I have to. I'm sorry, I have to. You see, it's very good of you to say that I should not make comment But I have to. I'm sorry.

Because you see, I can't bear to see the way their Kundalini's have gone down. The comment has to be. You see, when Christ was criticizing them, they said the same thing to him. "Why should you criticize them? They don't criticize you?"

So He said, "The Satanic are not going to speak against the Satanic."

That's what it is. You do not know how serious it is. When you will know, you will be amazed. You do not know how serious it is

and that's why you are saying that. Once you will find out why I am saying it. You see, it is not easy to say anything against these people. It's not easy. But none of them I have said about them each one of them about 10 years back openly about each one of them who they are. Nobody has ever tried to even bring any suit or any lawsuit against me. And whatever is wrong, I have to say that. I'm sorry, my child. You see, this is not a thing where you can allow Satanic things to happen. We have to discriminate. You will know yourself. It is. You cannot love a snake like that. You must know a snake is a snake and a human being is a human being. Everybody has his own values. You see, here I am not here going to be angry with you for that. But I am definitely angry with them! with all of them! Definitely. You do not know. You just wait and see. You yourself will be so angry. I'll show you., A girl who came from say one of these things, she was epileptic. Her daughter was epileptic. Her husband was epileptic. She was a granddaughter of a Duke. She had lost all her money. They had sold their house. They were on the streets. Absolutely. And she is a seeker! If you are a mother, what would you say to that?

You will say they are very nice people? You will go and garland them? Not one, but I'll show you thousands of them. Here we have cases who have come. She is [NOT CLEAR Hesta] – sitting here. You just ask her. How much she was harmed! How was she was harmed? She would have been dead! Do you think I should say they are nice people? Apart from anything else, they spoil your chances of Realization.

I am not here for votes or anything. Why should I try to please them? I have to tell the truth if you don't mind. I have to tell.

Question: Oh, then I would just like to ask, what about people that are doing chakra therapy and they charge very high prices? Maybe they are not high prices and they help people and yet people don't have that kind of money. I would like to ask you, what do you think about people who do chakra therapy and charge fees?

Shri Mataji: I don't know what sort of a [NOT CLEAR ?]) make-believes. How can you have any chakra therapy without Realization? It's all make-believe. You believe all these nonsensical people. What am I to do now? Why do you believe them? You see chakra therapy, I mean I don't know an ordinary Indian can understand. Only a saint can do it. He has to be a saint. How can he charge money? A saint will not take a pie from you. It is a simple thing, try to understand that.

Question: Well, I always thought that, but this is America.

Shree Mataji: Chakra therapy is a new thing, I've heard. (laugh) (woman keeps telling her story)

Shri Mataji: I will tell you that. What is it? You might get a temporary help. No doubt about it. You can get a temporary help. You see, now you are bringing into controversies so I have to tell you about it. But you don't mind it. What happens within us, we have some stored energies in the chakras, all right? And, like acupuncture, is also is not to be done by a person who is not a realized soul. Is to be done only by realized souls. If acupuncture is done by somebody who is not a realized soul I mean it's against Zen. It's against. You have to be a kashyapa, I mean people don't read about it. A kashyapa means a realized soul. If you are not a realized soul, you are not suppose to do it.

Now, this one also – chakra therapy – what you can do is to work on the sympathetic nervous system. Now the sympathetic nervous system, you can pull out the little energy that you have, but you develop other problems with it. Sahaja Yoga is a thing by which you get open to the All-pervading Power all the time flowing within us. You have to open to yourself to that universal being within your heart which is the Spirit. You don't have to sort of lessen energy here and energy there and energy there. You don't have to take that energy out. But the energy from the above comes in. Like grace, it flows. And that's how always such things can lead to terrible problems, mental problems, all kinds of things.

Supposing you try to treat somebody mentally then you extract the physical energy. Then the person will suffer physically. You see, this stored energy for a particular chakra, which I will explain to you everything all right? And you cannot charge for raising your Kundalini because you have your Kundalini intact there. You are just there. You have everything. Only thing, by my being here, your Kundalini rises by itself. So you cannot pay. Do you pay the Mother Earth for sprouting a seed?

They do help temporarily. They do. For example, somebody gives you a mantra. All right, take a mantra I'll tell you, say, they say Rama Sita. Now, there cannot be one mantra given to everyone. In any science of mantras. Because you people are so naive you see they say "all right, you take the name of Rama." This cannot be done. Rama mantra is only on the right heart chakra. If you have a problem, has to be given by a realized soul because it has to be a connected one. It has a science, you know. All of them know what mantra is to be said at what point because they know how to raise the Kundalini they know where it is obstructed and what mantra is to be said and which Deity is to be awakened. What is the mantra for which particular chakra, they know all that. And they know all this methods.

But why they may give you a mantra? Now, you may feel better, really, sometimes you may feel dynamic. You feel, "Oh, I am very activated; maybe I am overactive." A spirit with that name may be around which) may come around and you may become possessed and you might become extremely active, you see. But, then you'll go down. Within five years, there will be a complete decline. You'll be a recluse. You'll be a frightened person. You'll be a coward. You won't be able to even there are people I've known who cannot even face (what do you call that) garlic. Can you imagine afraid of a vegetable? It's really there are people, if you know then garlic, they are frightened. I mean, are you going to become like that? Is that freedom?

Seeker: (A man had tried raising his Kundalini by himself). ...And it's back for twenty years now, I have still something up in my head, here, and here and here, then here, and down here but it's, it has gone any further than that. Well, this is a sort of-

Shri Mataji: You see, if you try your own self, you see trying with the Kundalini- actually the sympathetic goes into activity. You have no right on the parasympathetic. Parasympathetic is the one which balances and that is the central path of Sushumna through which the Kundalini has to rise. But if you try anything, what you do is always you can use sympathetic. I'll give you an example. Supposing you are running fast, all right? Then you can raise the rate of your heart. But you cannot slow it down. It slows down by itself. That is parasympathetic activity. So you just get into sympathetic activity and by sympathetic activity, if you overdo it, then all these symptoms happen and it's not helpful. On the contrary, chakras go into quietlike, this is the left and the right sympathetic and these are the centers). They get pulled down like that and if they are pulled like this, then you are harmed. So it is not an experience of Kundalini; but is of the sympathetic.

Seeker: This, this isn't anything I was looking for or asking ... Things happen but I guess it's a chock... but how Kundalini went down, instead of coming up?" [Question is not very clear]

Shri Mataji: No, it doesn't go down. Kundalini never goes down. It goes upward always. The thing that comes down is the grace, you see. The grace comes down, not the Kundalini. Kundalini always goes upwards. And the grace comes on your sympathetic which cools you down completely. You become absolutely relaxed with the grace. But the Kundalini itself always goes up. It never comes down. But, in people, it so happens that Kundalini goes through this central path. Now, if it is sort of, very much ragged or if it is extremely smooth due to the mistakes of the seekers, then it falls down. It falls down- is a different point then going like that. It falls down. Then you have to raise it again and tie it up. Again, raise it and tie it up. In many people, it has to be done but it can work out.

You will get the complete knowledge, don't you worry. Now, he has been as he said eighteen months, but he is a master of Kundalini. He can raise your Kundalini and you are just like him. You would become the same. There's no problem at all. It will work out.

Seeker: How did you get your Realization?

Shri Mataji: I was born like that. I'm like this for ages, ancient. I am a mystery I should say at the beginning. We should keep it as a mystery. Then you'll discover Me. All right? Let's have it that way. First, you discover yourself and then, discover Me. Will be a better idea, isn't it? Because I don't want to say something which will unnecessarily make, you know, people upset. Best is, you become something.

Seeker lady: Is it true that a Realized guru has cool air?

Shri Mataji: Yes.

Seeker lady: Not hot one?

Shri Mataji: No, hot is very dangerous. Those who give hot-

Seeker lady: I've been said cool one is also dangerous.

Shri Mataji: Not very cool, but you don't get air. You might feel extremely cool if you are a low blood pressure patient. If you are left-sided, if you are possessed, you feel absolutely cool, very cool. That's not good. Feeling cool is different from a cool breeze; like, you feel a breeze coming. But should not be hot in any case. Hot is a very dangerous thing. If it is too hot, that means it's not good.

Seeker lady: How we should get the hot air?"

Shri Mataji: Hum?

Seeker lady: Why do you get hot air?

Shri Mataji: It's a friction. It's a friction with the Divine. You see, when the Kundalini is rising, She should normally give you cool, cool breeze in the hands, then she rises, yes. But if there's a friction, always friction makes it hot, you see, but it cools down. There's no problem. In the beginning, most of you will get hot, little bit. Because, after all, you see, you know, we are all very complicated people. Our brains especially are modern brains, you see. So we have been thinking, thinking, thinking, thinking. Just, we cannot stop our thinking for a minute even.

But the first thing that will happen is that you enter into thoughtless awareness. That's called as Nirvachara Samadhi in Sanskrit. Means you become, you are aware, absolutely aware. There are no thoughts. The thoughts- that's the awakening of Christ – that thing should happen to you. Once that happens, then it passes through here (Sahasrara) and you can feel the cool breeze.

Many people who smoke cannot feel the breeze in the hand in the beginning, because of this chakra [Vishuddhi] being a little bit in trouble. But, then you start feeling.

Masha, you feel quite all right in the hands?

Masha: Yes [inaudible].

Shri Mataji: She used to smoke. She is a great seeker, I must say.

All right, should we have it now?

What about you? Come forward it will be better for Me, alright. It will be better. Just come.

It doesn't give any trouble. Doesn't give any problems, nothing. Forget all that what you have read about Kundalini. She is your mother. She is your holy mother. She is your individual mother. But she is love, how can she trouble you? She is the one who gives you Realization. All these are absurd ideas. And people who are unauthorised have written about it. It's nothing of the kind.

Question: If we're going to receive the Kundalini awakening, is it a process over several days?

Shri Mataji: No, it is a split of a second actually; it is a split of a second. But it takes time in some people, as I said, because if there are obstructions you see. Now if you have a beautiful runway and a beautiful aircraft, then the landing and take-off is very smooth. But sometimes it is a second-hand stop.

Seeker: Then, you mean it may come tomorrow?

Warren: No, it's highly likely you'll get it tonight.

Shri Mataji: Yes, of course, just now. Just now. But you have to learn how to maintain it, is the point. Just now, you are going to have it. Just now, you are going to have it. Just now. It's spontaneous. It is just now. But only thing is that you should know how to maintain it. Now supposing you get it and then outside you go, start thinking about it. Then it goes down. The vibrations will be lost. You have to be careful. It's like a seed sprouting, you know a seed sprouting. It's a seedling in the beginning. So you have to be careful. About seven days, if you are careful, it is settled down. Seven days you have to be a little careful. Which we will tell you how to be careful about it.

Seeker: The reason I'm asking is because we'll become messengers.

Shri Mataji: Yes, of course, of course. Next time I'm not going to import people from Australia and from England. You have got to have the Americans here to do this job. We are not going to import them from all over the place. Two are coming from Switzerland. So that's not a very good sign. I think, we should, actually, Americans should go abroad and do it. They'll go to India and to Indian villages and they'll do it there, in the Indian villages. Very simple, all right?

Question: (Unintelligible something about a headache).

Shri Mataji: I tell you what's the problem with you? You have a liver problem. You have a liver problem and that is showing. You see this is the beauty of Sahaja Yoga. Once you get Realization, you start seeing your body; feeling it. Where very our problem, you know. You have a liver problem and it has to be corrected. But, I know you have a liver problem sitting down here. And it's very simple. Now in Sahaja Yoga, you can correct your liver in no time. Once you correct your liver, you'll have never a headache. But, it suggests that you have that and you'd better get rid of it. You see it's good you have a headache, now you'll get after your liver. Otherwise, it becomes horribly bad, if you continue. I mean, a person becomes mad and still he doesn't know that he's gone mad. It's like that. The disease crawls into you. But in Sahaja Yoga, immediately you know. And you are a liver patient, you know that. It has to be corrected and it's not difficult. Most of the diseases can be cured, except for a few like I should say, cataracts or something like that where something is dead or maybe where they put an artificial limb and all that. We can't work out all of these things. But most of the things get cured, automatically. I mean, here they say if you cure somebody, you'll be put in the prison. But, I mean, I don't cure. You just get cured, you see. So I hope legally I'm all right. Christ would have been in jail here. I don't know about the laws. But this time, I'm sure they cannot crucify me. It's alright. Let's work it out.

1981-0920, Transformation and Awareness

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20 September 1981

Transformation And Awareness

Public Program

Boston (United States)

Talk Language: English | Transcript (English) – Draft

Public Program Day 1. Boston, Massachusetts (USA), 20 September 1981.

It's such a joyous moment to come to Boston. We had Steve at Bristol who was representative of that category of people who are very honest seekers. And he really impressed me. He got his realization and he was lost. I didn't know where he had gone. And when I came back from Paris, I received a very nice telegram from him saying that Boston would like to have a program. I knew there were lots of universities here and many young seekers and many people who are thinking of the beyond.

It's a new category of human beings that are born, absolutely a new category. Such a category never existed before, which is seeking. They are not satisfied with what they have. It's not only the after effects of affluence. Some people feel because affluence came to America, as a result of that, people are sort of dissatisfied with all the material wealth, material things, and they are seeking. It is not the same.

This is the time, the special time where people are to be born, this has to be done. You are not seekers of today. You are seekers of many lives. And you've been seeking. It's mentioned in one of the very old Puranas, called as Nalanda Ka Purana, that Kali Yuga is the time when thousands of seekers will be born and they will get their realization.

It has been announced by many, many poets also. In England we had one William Blake. I was amazed the way He described Sahaja Yoga. He said, "Men of God will be born in these special times and they will become prophets and they will have the capacity to make others prophets." Apart from that, he has mentioned precisely where the center will be located, where I will be living first. It's amazing, how he has prophesied all these things.

We have to think very scientifically also about certain things, which cannot be answered otherwise. Why have we become human beings from the amoeba stage to this stage? Is there any purpose of our life?

When Warren was telling you about Sahaja Yoga, you might be thinking, "How can that be?" It sounds very fantastic, it's very incredible. Everybody had this feeling that he might be the greatest crook or maybe something out of the blue. I could see your expressions, that how can it be so fantastic? And it sounds really fantastic in this mad world when you see all kinds of horrid things happening around. And when you find no hope you read books of shock and things that the whole world is going to collapse and people are waiting to have a kind of a catastrophe falling upon us to end up all our problems and at that time somebody comes and tells there's a way and a method and so fantastic. But it is not. It is not fantastic. It's nothing special.

For example, we have an equipment like a television and you tell a villager in India that this television can show you some films and can sing and can give some music. They'll say, "How can that be? It's just an ordinary box. There is no one inside it. You just see an ordinary glass and very ordinary bit of light outside. How can it sing? How can there be a film? How can there be a drama in it?"

They can't believe it. And you put it to the mains and the whole fantastic thing becomes reality.

So firstly we have to have self-esteem and self-knowledge even rationally, that God has made us – or whatever you may call Him – has created us out of the small little amoeba. Must be some purpose. There cannot be a purposeless game that we became human beings.

This first logical conclusion we should come to. Then the second should be, "Why are we human beings? Are we here just to live like animals or to do something more? Why is it that we do not know that what is our purpose? Maybe we are in transition."

Logically we need to find out that we know that we are in transition. Actually, you know in a way, in your unconscious. You have that feeling that you are not that what you should be. There is something beyond. That's why there is seeking within us. That's why we are seeking something beyond because you are not satisfied with our purpose. We think we haven't got the full idea of our purpose.

On one side we have all these scriptures – "You have to be born again." "You have to become the Spirit." "You are the Spirit." On the other side, we have science which says, "Oh, there is nothing like Spirit, that's all nonsense." And we get completely torn between these two ideas: one of complete negation and one of complete assertion. Those who talk of spiritual life as Spirit and those who talk that we are spiritual beings [who] behave in the most atrocious manner. We can't believe it. If this is Spirit, it's better to have a satan. It comes to that point that we really get frightened of it.

In Algeria the fundamentalists started asserting themselves too much. So the young people felt that this horrible [stuff] is going to happen here. Iran is going to come down here and they got such a fright with these fundamentalists that they said it is better to organize a communist organization so that at least we are saved from these horrible fundamentalists.

When they tried that, one of them came to London; it happened that he came to see me. He got his realization and he was amazed. By becoming communist they had negated the existence of God, the existence of Spirit, spirituality. But then he found there is God, neither in those fanatics nor in those denials He exists. He exists within us. The Spirit is within us. But it is very difficult to believe, and to believe blindly is not going to help you at all. No use believing blindly. Those people who have blind faiths are going mad. I mean they are crazy people. They are not normal at all. They behave in such a manner that you cannot explain why they are like that.

Now if evolution has to take place, if we have to find our absolute and if we have to become our purpose, we are going to be very normal people, not abnormal. We are going to be the people who will be master of our self, minimum of minimum, so that we are not enslaved by nonsense. We will become equipped with awareness which will tell us to discriminate from falsehood the Truth.

As human beings we can discriminate many things. If you put a horse through a dirty lane, he has no smell power. He cannot discriminate. He just goes through without any difficulty. We can't even enter into such a lane. Our nose can discriminate, our eyes can discriminate the color, the beauty, the whole thing. Our ears can discriminate the music which animals may not be able to discriminate to that extent. Some of them maybe a little bit, but not to this extent.

So we have an awareness which can discriminate. We have achieved through our evolution an awareness and what we have to expect is that our awareness has to become something different. If the transformation has to take place it has to come in our awareness by which we find our absolute and that should help us to command ourselves.

As he has told you examples of people, say, that just start jumping. Now it's very easy, anybody can do it. If human beings can do it, it's nothing special. If Divine has to do it we cannot do that. Like we cannot transform a flower into a fruit. We see thousands and millions and billions of these, but we are not surprised, we take them for granted. See the seed how it sprouts by itself, spontaneously because it is a living process. The living process takes place spontaneously. If it's a living process, evolution, if it's a living God then the happening has to be living which you cannot achieve through your mental projections, neither through your efforts.

Some people stand on their heads for days together, especially in India. They cannot get to God. God has put you on your legs not to stand on your heads. We have to be more sensible about things. How can it be by standing on your heads you can go to God? They said that by standing on your heads the Kundalini will start going down due to gravity.

But Kundalini goes against the gravity. Always you find the living things can grow against the gravity like a tree can grow against the gravity. So if it's a living thing how can it be such an absurd thing that you stand on your head and you get your realization. I've seen people standing on their legs, with one leg around their necks and with one leg somewhere. I don't know how they are managing and some people are feeding them food and some people say they have been like this for three years. They can be like that for three hundred years but they cannot get realization.

So by putting any effort, we cannot get realization. It's a very simple thing to understand but sometimes we do not catch the simple things as they are, because we are a bit complicated.

Say, a seed, if you have to sprout, what will you do with it? You put it in the Mother's soil. A simple thing, you do it. It's all built in. The primule has built in the capacity to germinate and also the food for that is built inside. You don't have to do anything about it. You just put it in the Mother's soil and the Mother's soil does the job.

Do you stand on your heads or say some mantras or do all these nonsensical things? Never, so if it has to be a living thing then it has to be spontaneous. Within us, all these things are placed. I assure you it is there. They are all there, quite intact in all of them. There is nothing new. It's absolutely there in the sacrum bone, is the Kundalini.

You will be amazed this bone is called as sacrum even in the English language. It comes from Greek and in Greek language sacrum means sacred. So the Greek people knew that it was a sacred bone and that there was something, something that was very sacred and when I went to Greece I was amazed that they knew about the Kundalini. Athena is a word that comes from Atha, means the primordial. And she has the snake in her hands and she has the chakra. And so much was known to them and when I asked them how all this knowledge came to you and they told me this knowledge has come to them from some Indo Aryan group coming down and they told them. Whatever it is, thousands of years back. It was not after Alexander, but much before him, this Acropolis was placed and this was established that this was the sacrum bone.

This knowledge was also known to English people, in a way. When I went to Stonehenge, I was amazed because it was all built in a way a Kundalini should be built. And it had tremendous vibrations, cool vibrations. You can't make it out but once you are realized you will know. You will know which are the living places where the Mother Earth is giving you these vibrations.

For example in the Bible, there is a commandment, Thou shalt not reproduce anything that is created by the Mother Earth and the sky." Now, what is being produced by the Mother Earth? These things... In India, for example, this knowledge was known to many, because I feel that life in India has been a very easy life. You'll be amazed, though you think that they are poor people and all that. But life is much easier. Riches give you complications and tensions and nonsense.

They are simple people. It's such a nice climate. We don't have to wear a sweater to go out. You can live under a tree in a very simple way and you don't need much. You can live in a forest, eat fruits and have some other things to eat and you can be really very happy there. And such people went into the search of finding out why we are on this Earth. The why of it is never answered by science. Science cannot say why there is gravity. They are honest because they don't know. Whatever they don't know they don't want to say and that's how they cannot answer the question, "Why?" These people went into themselves to find out the reason "Why are we here? What is the speciality? Why God has created us with such immense care, with such immense evolution? Why this evolution?"

For example, Darwin and all these people established there was evolution. But why? What are we to get? What is our future? In psychology, Jung is the one we can claim has done something really good. And he did say that you have to become the Spirit. You have to become your unconscious. The unconscious has to become the conscious. He also said you have to become collectively conscious. You have to become! Becoming is the point. It is not lecturing or brainwashing. You have to become. As you have become a human being, you have to become that Spirit. It's the actualization, it's not just talking about it.

I don't know how many Jungians you have here, but for example, in England there are only twelve and they are one better than the other. The less are the better about them, because rationality can make anything out of you. You can justify any murder, anything— rationality after all.

But logic is different. Logic is based on wisdom and wisdom comes by balanced life. Those who lead a balanced life develop that wisdom and understand that we have to find out why are we here? But we cannot find out. It's the biggest problem because a light which is not enlightened cannot enlighten itself. Only an enlightened light can enlighten another light. It's a simple thing. Say a candle is here. If we say to the candle, "Will you please get enlightened?" It won't. You stand on your head, do what you like, but the candle won't be enlightened unless and until an enlightened light goes near that and enlightens it.

So one may think that I'm doing this, and actually I don't do anything. You have got everything just here. I am enlightened and you get enlightenment, that's all. There's no obligation, nothing. Only thing, if there is anything, I am realized but I can't enjoy it myself only. It's like drinking alcohol at home. You can't enjoy it, you want others to enjoy. That's the main thing why I'm here and I know you are seekers. You are that category. You are that special thing and you have to have it. It's a very simple relationship and we should establish ourselves.

If that is the case then this happening takes place within us and it rises. It's described very clearly in many books that are in the Sanskrit language. For example, people if they have to read about Kundalini, they do read the book written by people who have no idea of Kundalini at all. Some say it is in the stomach, some say it is in the head, some say it is in the nose. They do not know where the Kundalini is and they are contradicting themselves. They confuse you because they themselves are confused.

Kundalini is in the sacrum bone which you can see clearly when it rises. It pulsates just like your heart. Not in every part. If you are a fine instrument, a fine aeroplane, then you take off just like that. In a split of a second the Kundalini rushes up. It happens, I was amazed.

I always used to say that I would know when it's the right time. Let all these seekers collect their [UNCLEAR] then I'll go. Then I was amazed yesterday everyone got it just like that. You are a special category; you are, no doubt. You have been damaged I know. People have exploited you. It doesn't matter. It's all intact there and by the grace of God, you are going to be realized. You are going to get it and you are going to find that this Kundalini rises, spontaneously passes through all these centres and pierces this and you feel you have become absolutely relaxed.

This centre is very important; this is the centre of Christ. It lies in the centre of the optic chiasma in the brain and controls our both sides, the pineal and pituitary. The pituitary controls the ego and pineal it controls the superego. We have these two channels within us which are subtle channels which actually give rise or manifest in the gross as our sympathetic nervous system – the left side sympathetic nervous system and the right side sympathetic nervous system.

This sympathetic left side acts for our emotions, for our past and leads us to our collective subconscious. This one is the power of desire. In Sanskrit it's called Iccha Shakti. And this one is the power of our action. We do it through two things, one is our physical body and another is our mind. In English language mind can also mean somebody is mad – we will say he is a mental case. I mean God knows how to make minds. But we should understand minds in English.

One that uses too much of this rationality accumulates this ego here. The one who uses too much of this left side which is the psyche in the terminology of Freud. Though I think Freud was a half-baked soul, he was a big part of it. You cannot be with a subject only just taking one part. If you have to deal with a human being, you cannot hold up one hair and say this is it. That's why I call him half-baked.

This psyche path gives you all your conditioning and results into a superego. So you have got the ego and the superego, both developing gradually. They close down when you are about twelve years of age. They completely close down. You develop the fontanel bone area into a calcified, thick area and you become Mr X, Mr Y or Mr Z. Your "I" ness develops. So you all become

individuals. Separate individuals and all these separate individuals start working with these two powers that they have got. One is the left power and one is the right power, just like you use your brake and your accelerator.

Now you start learning how to drive. Sometimes you go too much on the emotional side, then you get some sort of shocks – emotional side, alright, forget it. Then they come to the right side then they start using rationality, your ambitions and all the activities of the right-hand side. All this – sometimes this side, sometimes that's side.

Then you start balancing. When this balance is established within you, then you know that you can drive now. You know how to use these two. When that happens you become a driver. But still you are not the master. When you become the master you are a realized soul.

The master is in your heart, is the Spirit. He is the one who is the knower of what you do. He knows all about you, but you are not conscious of it. It doesn't come into your consciousness, into your central nervous system. In the centre is the parasympathetic nervous system, or I would say this is called as Sushumna, the subtle channel which gives this rise to the parasympathetic if they are not controlled by the sympathetics at all.

Supposing you want to increase the rate of your heart. If you run fast you can, but you cannot reduce it, that is parasympathetic. And this parasympathetic nervous system in the centre is kept for controlling these two and giving you the balance. If you overdo something your heartbeat will go up, then parasympathetic will bring it down. This is the balancing, coordinating, supplying energy in the centre. It's the central path.

Now what happens in a human being, you tell them anything – supposing you tell them that, "You have to wash the [UNCLEAR stoop]." Then a bucket full of water they'll bring. They'll wash it and wash it so much that the whole floor will be blown off, and still they won't be satisfied, Their nature is to go to extremes. Because they think by going to extremes in their franticness they'll achieve some measure. You cannot. If you go to the left, what happens and if you go to the right what happens, we can see.

I'm sorry today is the only day I'm here and whatever is possible I'll try to cover but it's a very large subject.

If you go to the left side, say, you are a romantic personality and you are absolutely emotional. What happens to you? You start using too much of your emotions and then you read, say, persons like Lord Byron or someone like that who takes out your eyes and washes them – that sort of a person. You become a poet and you become very emotional and all sorts of things happen to you. You start moving on this side. The movement on this side is very dangerous because you go to the collective subconscious.

First, you think of your subconscious, "Oh, how nice was my childhood, and how was this." Then you also sometimes go to cemeteries to live with the dead. And you enjoy their company. All that is very dangerous to go near the dead. You have nothing to do with them. It's a fact. But in England I don't hear if you do the same thing. In the churches, all the dead are under [UNCLEAR]. It's a very dangerous place. You feel you are sitting in a cemetery and the children also go there. It's a very dangerous thing.

The other day I saw a film on cancer, a very decent film. They have discovered that there are some entities who look like proteins, we call them protein 58 and 56, which attack you and when they attack you, your cancer is set in, is triggered. These entities they see, the doctors with all their honesty are there in the areas which are unknown to them, but which was built within us from the creation.

So this is collective subconscious. They admitted that this attack comes to you from the left side. Going too much onto the left side you get these problems. For example, you smoke. I don't say you don't smoke because I don't want people to go away. But you won't smoke after realization. You'll just give up, just like that.

Steve did that. He used to smoke and he just gave it up next day. Because when you have found the real thing you never get bored. And why should you smoke? Only because you get bored you smoke or you are nervous. You are neither nervous nor you are bored of yourself. That's how you give up your smoking. Anything you do like that, what happens is your attention starts

flowing towards the left.

This chakra, this centre here, like this and the left and the right side. When you start pulling them too much, they start separating and this centre breaks and the deities there just leave. With this disconnection, you become a person whose chakras are not connected with the mains, by which you become on your own and the cells become malignant. There is no connection with the rest of the body. Then supposing with the smoking you develop this into your nose, for example as cancer. Your nose will start increasing with no proportion, with no relationship to your body or your face. It will overpower everything else as this malignancy can grow to any extent.

This is a simple thing how cancer takes place. When you move too much onto the lefthand side you get into trouble like cancer. Or else if you move too much on the left-hand side then you can become a person, I think an American [UNCLEAR person], the one who goes gaga. Is it alright if I say gaga? It means a person who becomes mad, who is schizophrenic, all these sorts of nonsense for which you have to have a psychologist all the time attached to you.

Actually, what happens, the nature tries to balance you. Now you need too much of your emotions, your heart. Actually you are using your heart and you should really get a heart attack with that. But no, your brain goes out. Your brain goes out when you use your heart.

Now when you use your right side too much – for example, you are a great planner and you are planning everything. Every plan goes out no doubt. It fails, otherwise you would have been much better off. You try to plan something and you find what you create is a big atom bomb.

There you would try to plan something and you create another devil for whom you seek and you are frightened. You plan and plan and plan and ultimately what happens, you find, “Oh, your brain has gone out.” Now you can’t stop thinking.

In Switzerland I met a doctor. He said, “Mother, [UNCLEAR slash] my throat, do what you like, but stop my thinking. I’m growing now horns from my thinking.” So this brain goes on churning – thoughts, thoughts all the time.

This too much of use of this gives you a problem which is very serious, which we are not aware of. First of all this centre, this one here, is converting the fat cells in the stomach for the use of the brain. Do you know the brain is nothing but fat? It’s a very microfine – or we should say, made into better cells of fat. And they are transferred here through this centre and this centre, the second centre, also looks after your liver, looks after your pancreas, your spleen, your kidneys and also your uterus.

So you neglect all of it and the first thing that happens is that the liver is out. Can you believe that because you think too much your liver is out? Now you develop two types of liver also. One could be a cold liver or a hot liver. With a hot liver, you are bilious all the time, horrible, your attention is terrible, you don’t like anything, you are very fussy, you are irritating. If there is one car that moves forward you must honk and you are all the time an irritated and heated personality. This heat, terrible heat you can feel it in the presence of such a person and that is because Mr Liver is out.

Also, you can develop diabetes. I’m told that if I cure your diabetes, I will be arrested by your government. I think Christ would have been arrested. But automatically if I cure them, they won’t arrest me. I won’t touch you but you might get [UNCLEAR stroked] of your diabetes, quite possible automatically. Not that I would touch you because diabetes is caused because of imbalance. You are using too much of this side. This side is frozen, you get diabetes. You get sleep troubles of anemia and that. Also, you get kidney trouble and you get uterus troubles.

But the worst thing that happens to us is when you pay too much attention to your body. For example, Americans especially are very conscious of their body. They have certain norms. Like you must have so much waistline and in everything they have norms. It’s madness. They try to become that. At any point, “We should be like that.” I don’t know if everybody is going to become a cinema actress in Hollywood or whatever it is. But every man and women are busy jogging, doing this, doing that. They think by

doing this they are looking after their body.

But the body is not so important. The body has no meaning without Spirit. Body is the temple of God. If there is no God, this body has no meaning. Paying so much attention to the body, your Spirit gets angry and when you are using too much of this, what happens is a heart attack.

You have a big ego there that covers all your brain and that's how there is a big blotch on the heart and you get a heart attack. It's a fact. We have cured many people of heart trouble and of cancer. We have, no doubt. You can find out. If you want we can give you the names of the people. You can write to them and find out. But that's not so important because otherwise the cancer cases will come down here and I want you to become doctors first of all. If you become doctors you can cure people also. First, you get cured yourself, then cure others.

So this imbalance is built within us. With that we become sick people physically on this side and mentally on that side. These days it is hard to find somebody who doesn't have some sort of a sickness. If nothing else you have a cold or some sort of a thing will be there.

This Kundalini is the one who is the supplier of energy in the sense that She tries to [UNCLEAR connect] with the deities who are responsible for all these centers. These deities are not only for physical, mental, emotional, they are also for spiritual. For example, the one I was telling you here of the optic chiasma. Here is the deity of Jesus Christ. Now you may say, "How am I to believe?" It's very simple. Once you have your realization you try to [UNCLEAR] and once you raise it to this height it's just talking, at this point where you see the red mark. It has two, one this side and one that side. But actually the right side is in front and the left side is at the back. So all this comes in the front, the ego; all that comes in front, and the superego is at the back.

Now here, Christ – this is the gate to this area which is the Kingdom of God. Christ came on this. This was for the advent of Christ. Now see what a mistake they have committed. Christ is to be awakened by a living Kundalini awakening. Once He is awakened He sucks these two things – one stands for your conditioning or your so-called sins and this one for your karmas. And the whole thing is sucked up. By sucking that this opens out and the Kundalini rushes up.

This is a mechanism, a divine mechanism within us which was there to say that you should have your baptism, that you are to be born again. Now I have seen people who said, "We are born again." They self-certify, absolutely. They are quite satisfied that they are born again. But how? I mean how can you say that you are certified born again? It would be like saying you are certified mad. Then how are you to make out? It can be anything. If you are born again then you have to be collectively conscious.

You ask such a person, "You tell me what's wrong with these fingers. Where is her Kundalini? What are the chakras she is catching? Do you know anything?"

"No, no, that I don't know, but I'm born again."

If you want to live in such a paradise nobody can help you. But we have to be honest with ourselves and you have to know that on this Earth we have come to seek our Spirit and that we should have it. That is your right to have it. Like a person who has put lots of money in the bank, he has to cash it, that's all. It's already there. I am just here, a banker, you can call me a [UNCLEAR] banker I would say, just a person [UNCLEAR] standing there receiving your checks and I have to cash them. And this is what you have to get, is your Self-realization. It's the Self that is within you. For that people say that we should really try to purify ourselves. That's one of the theories. We must try to get rid of our karmas and we should try to purify. Especially they use Krishna for a thing like this.

Now this theory of Krishna in a simple sentence is that Krishna was the incarnation of diplomacy. He never says straight forward because He knew the stupidity of human beings and he only talked to one fellow and that was Mr Arjuna and Arjuna was a great warrior till the war started. And then when He said that you get yourself realized, you know your Self and then you go to war. This great Mr Arjuna says, "You are telling me that know myself and then you want me to go for war. I can't understand. How can it

be?"

Krishna said, "No, no, it's very good, it's very good." Diplomacy is always that you give an absurd condition. So the person goes on working on the absurd condition and he reaches a point where he knows he is a stupid fool. That's the best way diplomacy works out. I don't know if you know this fact, but that is how a diplomacy works out.

So he said, "Very good. No, you do your work, you do all your karmas, everything, but put it at the lotus feet of your God, your Lord. Put it at my Lotus feet." You cannot do it. It's an absurd situation. As long as your Mr Ego is there you cannot do it. You may say, "Yes, yes, whatever I do, I offer to my Lord." You cannot. It's befooling yourself; it's not being honest because you still have your ego intact. But after realization, you become a third person You say, "It's going, it's coming."

For example, if my own daughter says you must give me realization, I'll say, "I don't know, I'll try. If it works, well and good, if it doesn't, it doesn't." You become a third person. You say it flows, it goes. You don't say I did it.

That is the theory Krishna tried to say, that you become akarma where you do not do it. It just works. You become just a medium of that power which you see. You become a hollow personality. That's what he said but people do believe that we are working for our Lord. You cannot work for Him. This is one of the theories that one should know.

Another one is our bhakti. In a bhakti situation, people say that, "We are suffering. We are doing bhakti. We should not enjoy life, anything which we are doing is bhakti."

Why are you suffering? Christ suffered for you. Did he leave anything for you to suffer? The Jews wanted to suffer, alright suffer. They suffered. Are they still satisfied with their sufferings or they want to have some more? Because they did not want to accept Christ, they said that we must suffer. Why must we suffer? And those who never suffered always say that we are suffering. Like French? They are lazy lumps, all of them. If you go there, they told me, "Mother, never say you are a happy person."

I said, "I am. What can I do about it?"

They said, "No, you should be very serious. They will never like you, they will think this lady is absolutely a nerd. She doesn't know anything."

There is a shock coming. Already they are waiting for a calamity in '82. They're all talking about it. If you go there, all the ladies are sitting there drinking and having women around and they are the most miserable people making everyone miserable in their misery.

So that kind of a misery we want to take up on ourselves. "Oh, we are the most miserable people." There is no need for you to be. He has done it. He has suffered for us. With all His powers He suffered. He played that drama. You don't have to suffer. There is no need for you to suffer. He has done it.

So in bhakti yoga, "Oh, God, we are suffering. We should eat this food, we should not eat more proteins. We should not have all this." This is all nonsense. It makes no difference to your brain whether you eat two shirts or one shirt today really.

Some people have a feeling that you should become primitive, so-called, outwardly. You'll achieve God. They have a feeling. I must tell you all that is the truth. You shouldn't mind. Now you cannot become primitive, is also a myth, your brain is too modern. You try, you cannot become primitive. By wearing dresses like primitive people you cannot. Primitive people don't think. Your condition is like that. The whole ego has gone up and presses this thing down like that. A primitive man only thinks like an animal. His pituitary is not developed at all. His pineal is developed. And you cannot become, because your pituitary is overdeveloped. Your pituitary is pressing more, the ego is pressing more, so all the modern people who think they can become primitive, they cannot. One must accept this situation. You can become realized souls, but not primitive. You cannot become primitive and also the idea that by becoming primitive we'll achieve God is also wrong.

He said that you do a bhakti to me and bhakti which is Ananya. Where He is not the other. See the trick of the trade? When it is this, it is not the other. Now you are a realized soul. Very clever, in the beginning only He said – He was not a businessman, so in the beginning only He said that you get into your dhyana; means into your awareness. You have to get into your awareness in the beginning only; He said so.

But when Mr. Arjuna came with another argument, He had to tell him, "Alright, do your karma and leave it at the lotus feet of your God," which you cannot do, absurd. Then bhakti, you do Ananya bhakti which is not possible. It is wrong when people say, "We are doing bhakti." I mean there is no connection; you are telephoning without any connection. You will be spoiling your throat if you go on saying, "Oh, Ram, Oh God." You will be spoiling your throat completely; it's madness. To go on like this chanting and going on saying things when you are not connected with God.

Actually, you do not know what you have to say when the Kundalini rises; you have to know where it stops. Now if it stops here, it's alright. Shri Krishna is there. But if it stops here, they would say Shri Rama's name. If it stops here, Christ is named. If it stops here, for example, at the Nabhi, it is Shri Vishnu's name. Then where is your Mother, all these ten Primordial masters. But you must know where the Kundalini is.

Without starting the car what is the use of giving those tolls, your car is not moving. You are stationary there. To whom are you paying the toll, to the thugs? The thugs have taken full advantage of these naïve, beautiful, great seekers who are innocent. They are simple people. They believe all this and nobody has explained to them that it is within you lies the Spirit. You are the Spirit. You are your own guru. You don't need any guru. Of course, you need a mother, no doubt, but not a guru. Gurus who are real gurus are terrific people and not like thieves who just come and take money and you are enrolled. It's a society's fault. The only thing is you have to pay some money. If you have a lot of money you might get a higher position as a minister or something. Depends on how much money you have got and that's how you are enrolled. It's not possible. You cannot get a certificate. It's a falsehood. You have to get realized yourself, first of all. You have to feel the vibrations yourself and you have to master the art, everything by yourself. And you are to be convinced that you now know what is right and what is wrong. You have to become your own master. Supposing somebody is jumping in his seat and he thinks that he's got realization. He is sadly mistaken. In simple words, he is possessed. Because you all start jumping is because somebody is making you jump. And what is for jumping and getting paid for jumping and hopping like frogs?

There is a guru who says he can teach you flying. Make him fall from this Pisa, this Leaning Tower of Pisa. Let him try, see all of them happen to be themselves, at least this much you must ask them. See their lives how they live. It has to be a holy person it has to be a real person. Can't you see? You all are intelligent people. What has happened to your brains? How can you believe these people and why you want to fly I don't understand. I really don't understand. Already you are flying too much, a bit too much. All the birds are running away. Are you going to become a bird or a frog?

Now you are going to evolve into a superhuman being. So on this side is the collective subconscious. On this side is the collective supra-conscious. In this area you, for example, take something like LSD You start seeing auras, you start seeing all kinds of things. I've seen people who have taken LSD. When they come and see me, they just see lights and all those things. That means you have gone to the future side.

That's not important; seeing is not important. To be is important. When you are inside this you don't see the church, do you? When you are outside then only you see the church. When you become that, you don't see things. You have to be is the point. And when you understand this, you will not say that these are these special experience of seeing. What is it? What have you got? Are you manifesting your powers by that? Now, say, Warren was saying the superlative something about me – forget it. What's the use? Even I may be anything. If I have not given you any powers, why should you believe in me? You shouldn't.

You are to be born, isn't it? A simple thing. It should happen to you. What's the use if I can make something from the air and give it to you? Say people are giving now Swiss watches. Imagine, even Americans like that kind of nonsense. All this spiritual

jugglery.

You get out of it. You are seekers and you are seekers of Truth. You have to seek the Truth and the reality and not all these nonsensical circuses that are going on. I have plotted them – 1970, 1971, 1972, I came here in 1973. I didn't come to Boston but I went to other places. And I've told openly about all of them, who they are, even their evil ways and what kind of an anti-Christ they are. They never arrested me, they never filed a suit against me, nothing. But now when you are hurt and damaged, I have to work for you and I feel at that point that these are the seekers of Truth and they've been misled, misused and exploited.

There is another thing which I saw yesterday – It's very common with the western people – is: Why I should not criticize anyone. Why should I not? I hundred times criticize them. I'm not afraid of them because you are seekers of Truth. You are trying to find God. They are anti-Christ. They have ruined your Kundalini. One fellow, his Kundalini was frozen yesterday. I couldn't get it raised; I tried my level best, I couldn't. And I criticized the man he told he was connected who looks so horrible. The fellow, I said, "You don't see his face."

He said, "He is very beautiful."

I said, "From which angle?" If a child sees him, the child might go into a tantrum. And this fellow was so attached to that one.

He said, "Mother, you should not criticize him. He is my guru."

I said, "Alright, you go ahead. What did he give you?"

"Only thing, I have some problems and I get sometimes absentminded and I get epilepsy."

"Then why not go to your guru? Why have you come to me?"

There are people who were rich people. There's a girl who was the granddaughter of the Duke in England. She is lying on the street, her little child and her husband have nothing to do with her, who was of a diamond virtue. She's epileptic; her daughter is epileptic, her little child is epileptic and her husband is epileptic. Do you mean to say I should garland these gurus who have taken all their money, put them on the street and they are treated like this? Now, by God's grace, today she is cured, she is alright.

But this is what it is. You don't know what you're facing. There is an equal and opposite – negative and the God's force – is working out. Please be careful, try to understand. It's very subtle. It hits you. If you are genuine and if you are interested really in the Spirit, you should get it and you should give it to others.

I am sorry today, time was very different and I won't be able to talk about it anymore. In this short time, whatever was possible I tried to tell you. But there are about five hundred lectures I've given in England. I am in England because my husband got elected to a position there. That's how I went there. Normally I work in Indian villages – that's the best place one can work it out, where, as he said, thousands get realization, no doubt. And in our own simple way we advertise. Actually we don't do the American style of advertisement but whatever was possible and Steve said I must come, so I came here. I am happy to meet you and I am sure all of you should get your realization. If you have any questions, please ask.

Sahaja Yogi: Any questions?

Seeker: Yes, do we need to have any previous experiences in this type of yoga?

Shri Mataji: Not at all. Nothing needed, even if you have had no experience, nothing needed. It's better because most of the experiences I've seen are on the other way around. You find when people try to put the Kundalini – I mean those who are not authorized – they try to excite the Kundalini from the wrong side. Like they put their fingers in the plug and say that the electricity shocked me. Many people did that. I told them that the foundation [UNCLEAR] how to get shocks out of Kundalini. You will get it

when you don't know how to handle it, you will get it. "There is no experience" is the best; such a person is the best. If you have had experiences, I've seen people had experiences of this Kundalini. They get a complete round-their-neck blisters. They get heat, they start jumping, they start screaming, they become like donkeys or sometimes like earthworms. They just crawl up, all sorts of things. That's not Kundalini, that's all possessions. So it's very good if you have had no experiences. It's the best thing, but even if you have had, it doesn't matter. That's okay, it can work out.

Yes, please...

Seeker: I was just curious about the fingers on the head that you'll have mentioned earlier, I know you didn't speak about that but does that correspond to the chakras, could you speak about that?

Shri Mataji: Yes, here you can see that shows the hands. This is the left side and this is the right side. In the hands there are one, two, three, four, five, six and seven chakras. Now, these are corresponding as you can see here clearly with the fingers. We have got books which show you, and in the books it's all written down. We've got small books which you can read and all these corresponding things are given from which you can make out which chakra is catching, where it is catching.

Even if you have children who are born realized, ten children, if you put them and if you tie their eyes and ask them, "What's wrong with this gentleman?" For example. So they may raise one finger, means this centre. Now, this is the right side, means the person must be suffering from a cold or some sort of a problem from the right-hand side, which of course we can understand from these books. We have given it elaborately. There are sixteen subplexuses here which are controlling ear, nose, throat and all these things. It's all clearly given. Now, this is one of the small ones. I've given a lecture in the Indian medical institute about this. But we have got these books here which you can buy and...How much are you going to charge them for that?

Yogi: Oh, I'm not sure.

Shri Mataji: You are charging for something?

Yogi: Just the printing costs for the little booklets.

Shri Mataji: So, these are the books here, you all can have them, right. Now we have no problem. We have only one problem, "How to reach the seeker." Yes?

Seeker: You talked about this sacrum bone in this center, injury... [UNCLEAR]

Shri Mataji: We can put it right. If it's an injury also, we can put it right. For example, all these problems you call... What is this they call, this? Arthritis or also they have spondylosis, spondylitis. All these problems can be cured. You can cure also once you are enlightened. [UNCLEAR] She's got it.

Any other questions? You can see the book yourself if there are any problems. Here may be the chakras are given clearly and these are all the details about the chakras. Now here, how they go out of order, what happens to them and also there are mantras, I've given. It's here. It's done, I think it's alright. It's done in India, I hope it works out. It gives you the basics. We have also a very big elaborate book, written by a SwissFrench called as "Advent." But in Sahaja Yoga, we have a system in which first you should get your realization, the first stage, then you must establish your realization, second stage.

First, you get your thoughtless awareness when the Kundalini passes over your Agnya. You become absolutely thoughtless first of all. Then when She crosses there, you get this cool breeze coming out of your head and then we say that you have got your realization. But still, the establishment is the most important thing. You have to establish yourself. Once you have established it then only we sell this book to you because it is too much and people read and reading itself is a headache.

So, first of all, it is a simple thing like this, that if you have to know about this room and there are no lights and you are blind, so

first of all, your eyes must be cured and [UNCLEAR]. Then you see this room, settle yourself down and then you can get it. No use telling you about all the electricity and everything about all the history, the invention of electricity and all the people who invented it. It's very boring. So the best thing is, first of all, you get your realization, settle down. Once you have settled with it then only we sell that book to you.

In the same way, my photographs have vibrations. These photographs also we normally give to people who have settled their realization. But it helps, even this photograph on the thing has got vibrations. This photograph has got it if you see. Have you got that photograph?

Yogi: Hmm, I don't think we've got enough for all.

Shri Mataji: Printed?

Yogi: I don't think we have enough. Have you got the printed ones here. Okay, let's have a look.

Shri Mataji: Printed ones? Alright, okay you can take the printed ones, but the real photographs are also there which they will give you as soon as your vibrations have settled. It is between us that we should know that we have to become that.

Why we don't give it? Because it's a little complicated. Like in the first class you are there, we move onto the second class. It's for your good that we slowly move, but it works out. With some people, it works out in no time and with some people it takes time. So it has to be worked out.

Come along, sit down. It's written in the book, how to use the photograph also. This is just a [UNCLEAR], but we have real photographs which Steve can give you later. We'll leave everything with him. Now Steve has a small room where he has arranged everything. He is here, come along, He is the one who has arranged all this and he is the one who has put this advertisement and all that and he is the one who has got me to Boston. Now he is the one who knows about it. And also some people can come from New York and you can come to New York, we are having some programs there. Can you leave that thing? If you want to know, he will know our programs and you can find out and he can give his telephone number, can you give them your telephone number.

Sahaja Yogi: We will put up a notice with all the programs in New York so that they can all see and come.

Shri Mataji: Oh but you tell the telephone number it's the best.

Sahaja Yogi – Steve: I'll give my telephone number [unclear]

Seeker: Are you ever going to California?

Sahaja Yogi: Yes we are going to California.

Shri Mataji: Yes I'm going to California, I'm going to Houston and to [unsure].

Seeker: I am here personally on business from California.

Shri Mataji: Is it? Alright we will meet then, I will be there for [unsure]

Seeker: Which City?

Shri Mataji: We'll be in Los Angeles and maybe San Francisco

Seeker: I live in San Francisco

Shri Mataji: San Francisco, yes, maybe, just give him your phone number.

Sahaja Yogi: Would you make sure that, so that we can let you know when the meditation program will be each week. Give them to Steve your name and address and he will give you a ring or write a note to you as you go up.

Shri Mataji: You people can arrange the same hall yourself. Everybody, all of you together. As far as I'm concerned I don't need any money at all. You cannot sell it, its love. It's love, that's something very simple. Just this hall you can have it. It's simple love. You can't think of somebody who just loves for love's sake.

Sahaja Yogi: Any other questions?

Seeker: Would you know when Christ is going to come down?

Shri Mataji: Don't ask for Him just now. Let's all get well then let Him come. He is not going to tell anything, He is just going to solve it, alright? Let Him be postponed for a while, we have to save so many people. Many people are still in trouble. That time there won't be any persuasion, no counseling, no advancing, nothing. That would be bad, just the last [UNCLEAR judgement], alright?

1981-0921, Start feeling the absolute

View [online](#).

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Start Feeling The Absolute

Public Program

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It's really unbelievable isn't it? It sounds so fantastic. I have been here about nine years back and I told them that, "It's within you, there's a simplest thing, is a living process; it works out, for nothing at all. It's your own."

But what I found, that Americans were still busy guru shopping; they wanted to go through that, they wanted to do all that. What could I do? I told them, "You don't have to do all this. Why do you want to waste your energy? Why do you want to waste your money? Nothing, you just have it!" But they wouldn't. They wanted to spend their money – they had the money that time, they thought they can buy some bhagwans and gods and things like that. All sorts of things were on when I came here, and they wouldn't

listen to me. They wouldn't listen to me.

I said, "You cannot purchase it, you cannot buy it. They are misleading you." So I thought, better to retire for some time from America. But in India now, in the villages, we have thousands of people who have got realization – it's so simple. You are seekers, you are seekers because the time has come that you have to be here and that you have to get your realization. It's very simple. After all, God has created this great world; this creation is His own and He has to save it. Jolly well, He has to do it. But it is so incredible, they can't believe it, it's impossible. They think, "How can that be? We must stand on our heads," or, "We have to pay a lot of money, we have to become broke, we have to give up this, give up that. Do all sorts of nonsensical things and then, what we find? We are left high and dry." It's true, I know, it's true. But you could have avoided it; when I came here, I told people very, very clearly and plainly.

But I was amazed, also, apart from this: they did all kinds of funny things about what I announced to them. I said that you are to be born again. Alright, they taped me and they started organizations with this name that, "We are born again" – they certified themselves and they started another organization with some vibrations, something [UNCLEAR Sun] instead of being honest to yourself and getting the thing down to Earth. I didn't know why they were getting into these hallucinations which is imaginary things. We have to be honest to ourselves. It's extremely simple. But when you go to these places and do that, you really get damaged.

The task is very difficult now for me, I find, comparatively. It would have been much better [UNCLEAR] no doubt. But they won't listen to me, even up to the point that they said, "You must charge some money. People are doing it for so much, so much. At least charge some money or then people will have no value for it."

I said, "If they start valuing it in money, they'll never value it." It should not be done; whatever is wrong should not be done. And they just wouldn't accept it; it's such a funny situation.

That's how I went back; nine years I waited. But Americans are great seekers, they are, despite all these damages. We had a very good experience the other day, with all these people who were there. Especially, we went to Boston where there were about fifty-four people or so, and fifty of them got realization, just like that. Fifty of them, can you believe it? I was amazed. It's expanding. Consolidation may be a problem, but that should be consolidated.

I did give realization to some here, and they were quite funny. They started charging people for their vibrations. Just imagine? They got it without any payment or anything, but they started charging people for it, and when they came to India, we found out they had lost their vibrations. They were very heated-up people and we told them, "You cannot charge for it. How do you charge?"

He said, "How are we to live?"

I said, "How did you live before? Live like that."

"Oh, we were schoolteachers, we were..."

I said, "Do that. You cannot charge for these vibrations; these are Divine, this is love, you cannot charge. How can you sell that? Can you sell your love?"

It's a simple thing Americans have to understand, that you cannot sell it. It's too simple for them to understand, that there could be someone who really loves, just loves for love's sake. There could be one, at least, like that in this whole world. If they understand this, then it will be easy for them to understand that all these things are built-in you; they are already made like that. It's not at all difficult. Like a candle which is made properly and there's a wick; it's very easy to enlighten that if you are enlightened. What do you do? What goes out of this candle? It's nothing. You just enlighten another light without any difficulties. It's nothing special, nothing great; it's very, very simple.

But we want to make everything complicated, and what am I to do? If you have to eat your food, you eat like this, isn't it? Do you put your hand down like that? If you have to breathe, which is so vital; it is the simplest. Do you go to libraries to read how to breathe? It's all so simple, you won't believe. Like sprouting a seed, it's a living process; it has to be simple, spontaneous. How can it be complicated?

Then, another problem is that here, people read a lot about God. You can't read about Him, you have to know it. They just read, "This is the God, that is the God." Today we met somebody who said that, "I believe in a man who calls himself Jesus."

I said, "Very good, put him on the water. Can he walk on the water? If he can walk on the water, alright, he's Jesus. But does he walk? Put him on the water."

It's very simple. If I say I am something, I must do it, isn't it? If somebody says, "I can make you fly," you start paying him money; such a lot of money goes to this fellow. Does he fly? If he flies, then he can teach you. If he does not know himself how to fly, how will he teach you?

It's a very logical thing: you have to know that we are not going to fly anymore now. We have flown as birds, so we are not going to fly or hop – we have been that. We are going to become something more in our awareness. We see the simple thing we should know that we have to become that. Something in our own awareness, something has to happen that should make us something that we are, that we should become the Absolute. We are not what we are, we are something else – we are like our, say, mind, we are our rationality which can go anywhere. It's not Absolute.

Supposing somebody comes here, a Mr. XYZ and says, "This is a very nice car." Another one will come and say, "Oh, it's not so good." Another one say, "Maybe good, maybe." Three human beings, all of them are human beings. They are not animals, they are human beings from the same place, from the same village, you can take it. Put them together, they will have three opinions. If they continue to have criteria, we shall say – see they can have even thousand, if they change. So why?

Because they have not got their absolute values. there must be something absolute within us, when you start [INAUDIBLE], you start feeling the absolute. As he said, really it happens to you. You become that in no time, and you can feel it – on your hands, on your fingers – the reality. You ask a simple question, "Is there God?"

Somebody told me, "I don't believe in Christ."

I said, "Alright, why? Have you seen Him? Why don't you believe?"

"I don't believe."

"But why? What is the reason?"

"I believe in this and I don't believe in that."

"Well, why? Is there any absolute by which you have judged whether there was Christ or not? Whether it was true or not? Whether it's just a myth?"

"No, I have not."

"Then how can you say 'I believe'?' You keep yourself open!"

First, you become your Self – that's like Buddha. He said, "Don't talk of God or anything. First of all, let them become the Self. If they become the Self, then talk of other things. Because if they do not, if you talk of something else, they will come out with their own ideas, that, 'I don't believe in God, I don't believe in this, I don't believe in that.' " So He said, "Alright, you become your Self, that's the first thing. Once you become your Self, then you will start seeing other things through your awareness, which is something special."

And that's what should happen to you; is to first become your Self. Then you start judging other things because now you have that awareness by which you can judge. How are we to know that – supposing these vibrations come to us – whether they are absolute or not? After all, we should find out whether they are absolute or not.

For that, we can use a method which I call as a relative method. Today I told them that you get two boys who are from a lunatic asylum – certified mad people. Then get two people who have got cancer, and then get two people, one realized soul and one un-realized soul – according to me, one is realized, and one is un-realized. Now you put all of them to me and ask them to see their vibrations. You will find the person who is mad – he will start doing all kinds of actions maybe; he may feel shaking all over the body; his whole body might shake like this; the whole thing might [UNCLEAR]. The person with the cancer will feel terrible heat getting out of his body, a heat so much so, it happens sometimes, that the room does not need a heater – in London, even during wintertime.

Now, you have another one who is not a realized soul. Such a person may a little bit feel hot, or something, and after some time he starts feeling the cool breeze, gradually, for a little bit.

Then you have a realized soul and a little child sitting. He said, "I was [UNCLEAR taking] it when I entered here. Yes it is there, I know it is there."

It's so simple because it is vital. It's important; evolution is the most important thing. That's how we have become human beings and you have to become something higher. It's all placed within us very nicely, very safe, very protected. But, of course, we go headlong into every sort of thing and naturally we get damaged. With all these beautiful things within us, I see people doing all kinds of nonsensical things, going into all kinds of extremes; there's no need to be in extremes. Somebody comes and tells them, "You stand on your head, you'll get to God." They'll go on doing it. I mean, use your logic, use your brain. How can you get to God by standing on your head? If it is a living process, if it's absolutely living, then you cannot do anything about it, because human beings cannot do anything that is living.

At this time, I had told these people who got their realization last time that I will tell them about the Kundalini and the centres and about what they mean. In any case, we have got now books for you also, to go through them and see what it is, and you can read them and you can find out about it. But in any case, I will tell you little bit.

Here is the chart. This is the Kundalini here in the triangular bone called as sacrum.

This is not important to know, but I am just telling you, because you'll have curiosity later on, "Where is this Kundalini?" This Kundalini is placed in the triangular bone here, called as sacrum. Now sacrum means sacred; so the people knew about this, that it is a sacred bone. This bone is placed very securely at the base of the spinal cord. This is kept there as a residual force, but it is the energy of your desire of becoming one with the Divine. It is not yet manifested. That's why it is called as a sleeping Kundalini; it means that power has not yet manifested.

On the left-hand side this power that is within us is the power of desire. On the right-hand side, there's another power which is the power of our action.

[The left side] is the one that gives us our emotional life, our emotional side. This gives rise to the left sympathetic nervous system and is also looking after the psyche, which the psychologists talk about. But most of them are half-baked, so they just know about this part of the Kundalini, which they call as the 'psyche.' They know very little and when they try to do anything about it, they are so unauthorized that they create problems for others and create problems for themselves. They have no idea as to what we are, and they just try to meddle with your psyche, creating great problems for you.

[On the right-hand side] is the power of action which is responsible for our mental and physical efforts, because when we go into action, we put in effort. This is the area where our future lies [right side] and this is the area where our past lies [left side]. Past of our present life and beyond that is the collective Subconscious which is beyond that. Beyond this line [right side] is the Supra-conscious, [which] is the future, and beyond that is the collective Supra-conscious. These are the areas that are within us and the material side is below, and the hell is below that.

When we start getting any experience in life – say, a person is sitting and suddenly he starts jumping. He thinks, "I have got Kundalini awakening." How can that be? If there is Kundalini awakening, you are in charge of that; you know you are the master. If you do not know what is happening to you, it is somebody else who is doing the tricks. Maybe you have moved too much onto the left-hand side and some spirit has possessed you, and he is making you jump. That cannot be any spiritual experience; spiritual experience is only one and when you get it, you become master of your Self. Unless and until that happens, one should not accept anything as a spiritual experience.

For example, a master, so called, who lives in Tibet or something, who has died and who is giving experiences. All this is all absurd things. You are your own master, no doubt, but you have to be made into it. Unless and until you are connected to the mains through this, unless and until you are baptized, you are not your Spirit. You are to be actually baptized, in the sense it's a living process. Just like a seed sprouts, a seed's primule comes out. In the same way, this Kundalini has to pass through all these chakras and enter through your fontanel bone area, awakening this centre. It sucks in the Ego and Superego, which is created by these two powers here – Superego and Ego – and just creating a portion of the head here, which is called as the fontanel bone area, very soft, and the thing gets out. You can feel the cool breeze of the Kundalini.

The Spirit resides in your heart. Nobody knows. They said, "God is in me." Where is He? Where is He placed? He resides in your heart but you are not aware of it; it is not in your conscious mind, it is not in your central nervous system. It knows about you, but you are not conscious of it. When the Kundalini passes through these various centres and pierces through this one, then the seat of the Spirit is here, the seat of the Spirit. And that's how, when the Kundalini touches there, the seat is informed, like the seat of your government is Washington: wherever may be the President, if the information goes to Washington, he is informed, like that, this is the seat. And when it informs, the Spirit knows about it, and then you start feeling the cool breeze, the emitting of the cool

breeze in the hands which is called as the cool breeze of the Holy Spirit.

Some people asked me that, "Is it cool breeze or hot breeze?" You know that when there is any friction, even in the matter, it creates heat. So, it has to be cooled, but not very cooled; it is not very cool. If you become extremely cold, that also means that your left side is all blocked.

If there are imbalances in you, like you are too much emotional, then you'll go more towards this [left] side, and this side is very, very vulnerable. And once you start going too much on that side, there are areas built within you which are called as Collective Subconscious.

The other day, as I told you, that cancer is caused by the attack of proteins – which are called as Protein 58 and all that, because the scientists don't know what they are – they come from this area. They say it comes from the areas – I mean, the doctors are honest, because whatever they know, that's what they say – it comes from the areas which are built within us since our creation. We call it as Collective Subconscious. We know all about it because you will, yourself, see when you get your realization, that all these things are there and they attack. This left-sided attack gives you a thing like cancer and many other troubles like mental problems and schizophrenia and all such things.

Right side movement too much, where these are all the psyche people like Mr. Freud, who was really half-baked and a funny person, who said that you should not allow any conditioning upon yourself and do as you like. He didn't know that there is another power within us. If you try to do as you like, then what happens? You start living a life of an Ego, where the whole life becomes an ego-oriented life. You do not accept any conditioning, nothing. "I'll do as I like, I'll live as I like; I'm a free person." Free doesn't mean license, so I have a license to do what I like – I am a free person, I can do what I like with myself." And then you start leading a life of Ego.

If you have this left-side problem, then the problems attack you in the sense that you feel depressed, you feel very unhappy, you feel as if the whole world is going to be collapsing on you, and you are extremely receded from life. You become recluses with this left side. But with the right-side, you are riding a very fast horse, we have to say in a way that the people who are, say, very dominating type – Hitler is the extreme of that, you can say. But now, Mr. Hitler, if you went and told him that, "You suffer from ego," he would have killed you; he can't bear that. And this kind of a thing, when it comes in you, this ego-orientation, is more dangerous, because you harm others and you are not aware of it. So both the things are harmful to you. You have to lead a life of a balance, in the centre.

This balance, if you achieve by using these two powers, like the brake and the accelerator within you, you develop that balance, and [when] that balance is achieved, then you lead a very simple, balanced life. But, as I said, if somebody comes and tells you, "You have to stand on your head," you'll go on standing on your head. If they say, "You must have so much of waistline, so much of this thing," they will be jogging throughout. If anything you tell them, they will go to such an extreme end that either they'll jump onto the right side or to the left side.

When you go to the left side, the experience can be like you might feel that you are seeing things from somewhere, or you might feel that you are jumping in your bed. The other day, I met a man who said that, in his dream, he saw somebody coming and piercing into his forehead, and since then he's sort of immobilized. All sorts of experiences you can get if you go to the left-hand side.

Some of the drugs can take you to the left and some take you to the right. LSD takes you to the right, by which you start seeing things like you see colours and things – you go to the Supra-conscious area.

The Supra-conscious area is more dangerous, in a way, to the seekers than the other side, because – like you get Supra-conscious people who start seeing something written on the wall, they start getting things in their hand, they start prophesying and all sorts of things they do. All such people think they have become God. This is a very dangerous situation. They always think that because actually they are held by some busybodies who are making them evil. These are actually the

busybodies.

We have one very good example of Dr Lak in England; he died, but a very ambitious man. And he could not complete his thesis, what he wanted to do about surgery. So his spirit entered into a soldier who was fighting in Vietnam, and this soldier – he didn't enter into his own son – he told this man that, "You go and see my son in England and you start a curative centre of this late Mr. Lak", I mean, he's dead, "and I will help there; you better go and see my son."

This fellow in that possessed state, went to the son and the son said, "Alright, how am I to believe that you are my father, that my father is haunting you?" He said, "I will tell you so many things that we did together secretly." And he was amazed. He said, "Alright, let's start the thing." And they have got this kind of an institute where, if you are suffering from some disease or something, you have to write to that institute.

What they do, they will tell you, "At 5 o'clock, on such and such date," – they are honest, I should say – "we'll enter into your body and cure you." They will cure one disease but, because of this extreme push this side, you are again pushed back on the other side, rebounded – and you may develop a horrible nervous system. You might become lunatic, you might become mad. People who have been his patients are worse patients now, and I have been treating them in India, many of them. So, such organizations exist and they start telling you about many things like, "Oh, if you go this side, this will happen." I mean, it's a very subtle behaviour of these horrible people, these busybodies, and they really try to spoil you.

Now, many of the gurus who come here – these so-called gurus – either work on this side or that side, or sometimes both sides. They use the spirits to mesmerize you, first of all. They will use any spirit to introduce in this centre, for example – an Antichrist will touch this one. And I know of somebody who is here – an absolute Antichrist; he touches this centre, and creates problems in you and produces within you a symptom just like blood cancer. There's another one who wants to teach you how to fly – he gives you epilepsy, simple thing like epilepsy. There is another one who gives you cancer; there's a third one who gives you a heart attack – they are experts on giving you diseases; all one better than the other and in the long run, you find all your money is lost, you are lost, there's nothing left with you [and] you are a recluse. There's somebody who has made his disciples so funny that they are even afraid of the vegetable, like a garlic – you show them the garlic, they'll run away. If you show them a lemon, they'll run away.

These people have worked on you because you are naïve. First of all, you have money. They have no interest in the poor people of India. They have no interest in looking after people who understand them. They have only interest in you who are naïve, who are simple people, who have money and, best of all, you are that category which is the seekers. You are born specially to seek your Self; you are a special category. Everybody's not like that. In this place, New York, there may be many seekers, I agree. But this category is not with everyone. There are few human beings, relatively to its population, who are really seekers, and these special categories have to become prophets and they have to make others prophets. It was prophesied by a great poet like William Blake. We should read all these things and understand that, even Sahaja Yoga, has been prophesied in the Bible. In all the Puranas, in all the books, it is prophesied that, in these modern times, this is going to happen: that thousands of people, who have been searching God in their previous lives, are going to receive their blessings and they are going to become that. Under these promises you start going to these people, but they cannot cure you because they are not authorized. They are not here to give you realization. They are here to make their money. They are parasites, they're absolute parasites.

Say, now today as he said, my husband is well placed, maybe he might come from a rich family or whatever it is. I don't have to depend on you or anyone. But, supposing I was like Christ, a carpenter's daughter. So, I would have lived like that; it makes no difference whether you are rich or poor. To me, comfort has no meaning: I can sleep here, I can sleep anywhere. Yesterday, we went to Boston and it was a small little room of a student... we were six, seven people, we all slept together; no problem for us. In my house, I have bedrooms, I have everything – too much of a comfort – and it falls upon me; I don't like it.

A person who is a holy person doesn't seek others' money and doesn't live like a parasite. For example, you see yourself, if I tell you, "I give you money for your living," will you accept, anyone of you? And these people are doing nothing for their living; they are

living on your money, they are having Rolls Royces and this and that. A saint has no interest in these points.

Like, one of them who is nowadays here, who has now become a Yankee, they say, he told to English people, he wrote to them that, "If you want me to come there" – they're all mad after him! They said they have got knowledge. What sort of a knowledge, one only knows. That, "If I am coming to England, you have to give me a Rolls Royce." The poor boys, in England – as it is, people are not so rich. Young people don't have so much money – and they starved themselves, ate potatoes, did this and that, and they created a fifty-ninth Rolls Royce – I mean, he has already fifty-eight – this fifty-ninth was created and this fellow very nicely came to receive the Rolls Royce.

You ask them, "What has he given you?"

"He has given us knowledge, we are in knowledge."

They look just like possessed people they are moving and they are going down. Those people who come from that area have mostly blood cancer. And they just live as if they are not living. It's such a horrible thing. What knowledge have they got? If you have knowledge, you should know what's happening in another person, you should get collectively conscious, you should become, it's actualization and it should happen to you. You should feel that, as you have shown here, that all these centres you can feel on your fingers. You should feel your own centres and you should feel the centres of others. You should become that. If you are satisfied with what you have done, and what wrongs you have done, we cannot cure you. You have to know that you have not found it and you have to get to it, in all honesty and sincerity. And throw away all that is nonsensical. Then only it works out and this has to happen to you, that you start feeling all these centres here.

Now see, you can see the colours that are given separately onto this. Now, for example, this is the left hand and left hand means the left side of this one. Now this one, if it is catching – if you feel heat, if you feel any catching, if you feel that there's burning in this finger, in this thumb of left hand – this is all left side, is the psyche; means somebody has tried to disturb your psyche in an unauthorized way. Most of the gurus have this. All the left side can be caught up by them, but specially this one is the sign that you have been to somebody who has been unauthorized, anyone. You can go to a spiritualist, is a most dangerous game to have a spiritualist.

I was surprised, somebody told me, "Mother, You are going to America. Now they have started witchcraft also. [UNCLEAR]. It's magic." They told me, "It's much worse now. It was better ten years back; now it's witchcraft. You'll be facing people who have been doing witchcraft, they are doing all openly." And they warned me that, "Maybe you may not be able to do anything there", but I don't think so; it's much better than I expected and I'm very happy about it. So, this is what happens to you, is that, when you start doing something like that, you start showing here.

Now, this one is this side, left side of this very important centre. This one shows that you are guilty, you feel guilty; you are diffident. When the Spirit approaches this point, it makes you all the time feel guilty; you feel guilty for everything. What is there to feel guilty? I mean, you have not murdered anyone; real murderer will never feel guilty, but the one who has done nothing all the time starts saying, "Oh, I should not have said this, I should not have done this, I should not have gone there." All these feelings come to you from Left Vishuddhi. It can be from the kind of training you have had.

For example, mostly I have seen Catholics because they have to go and confess. Even if they have done no sins, they have to go and confess because the priest must have his existence, somehow. This kind of a thing, if you have that, you have to go and confess some sort of a sin. You may even coin [some] of your own, because you don't know what to talk to him if you have not committed any sins.

So all these things are settled down. You must know, all the sins and all the blasphemy, everything that you have done is going to be forgiven, has to be forgiven. If it is going to be en-masse realization, all these things have to be forgiven. It's written; I was reading the other day Pilgrim's Progress and he has said that all these things will be forgiven. Is promised. And what sin can you

commit? What guilt can you have? If God is ocean of forgiveness and love, what can you do? He is going to cleanse you. He is going to bless you. He has to do. So what's the use of feeling guilty all the time?

But that doesn't mean you should feel arrogant on the other side. This side you'll feel guilty and the right side, if you have a catch on the right side, that means you have been very much aggressive. Or you may be suffering from [UNCLEAR cold] or all these things; these are suggestive of physical side. The right side is for physical and mental side. All these things you can verify gradually. I would suggest that you should get your realization first; first thing first. Let's open your eyes; let's you have the light within yourself and see for yourself how it works, alright? Should we have that? And also we'll have some questions.

They're already feeling it. You are feeling guilty now. Yes, that's true, you are already feeling it. This is a very common disease in the West, to feel guilty, it's a very common disease. We Indians never feel guilty, you know? They have other things but not this, thank God. They have many other problems, terrible ones, unbelievable...

As I was telling you, we don't know how to advertise; we've done our level best but people don't come to reality. You have one mesmerizer here. All of them stayed for this [UNCLEAR]. We tried everything, I don't know how to reach to the seekers; I don't know what they are seeking. They want all the circus – I don't know what they want. Hmm. So, any questions?

Yesterday I told you about Christ, isn't it? When He is awakened, I told you that. You were there for the lecture? When He's awakened here, that the Ego and Superego are sucked in. That is what is promised, that He is the one who sucks Ego and Superego, but He's to be awakened.

First thing that happens, when Kundalini rises, that you find there is no thought in your mind. There's no thought, you have become blank, first thing. Then when it pierces through, you start feeling the cool breeze. It's so simple, he can't believe it. You don't know, there was a gentleman who came to me, he's an actor in London. He came in a program, and when he got it, he laughed and he couldn't bear it. He said, "Mother, I will go out and laugh now, aloud." He went around and laughed.

I said, "But why did you laugh so much?"

He said, "I did all kinds of acrobats. That's why I was laughing. It's so simple." Imagine. People have written books after books and so much of nonsense they have done, I tell you. You can't imagine. All trash.

Are you alright now, better? Now you go on saying, "I'm not guilty" in your heart. Put your right hand on your heart. Yes, now... again, say it thrice. alright? We'll work it out, but you just say, "I'm not guilty." You have put your own load here. Better now, see. Remove it.

Seeker: Ah, I'm not guilty. In my heart, I try and it hurts, but I feel a heat here.

Shri Mataji: It is little there, but it's better now, gradually. How many years you have been feeling guilty?

Seeker: About a year.

Shri Mataji: It will work out.

Seeker: You say, the realization – is it a connection that you want us to achieve or to understand, between the Spiritual... in other words, the connection of the Spirit?

Shri Mataji: Of course, of course, it's the breaking through; you become that. It's the connection you have established. Like, every instrument has a connecting line, isn't it? You have to connect it to the mains – you are just to be connected to the mains. That is fantastic. For example, you have a camera or say, you have a television or something like that. If you connect it to the mains, it

starts showing its fantastic things. You are like that. Nothing so fantastic. You are fantastic, but you have no self-esteem. I don't understand, human beings have no self-esteem. I mean, they are top of all the evolution, they are higher than all the animals. Now they are learning the behaviour from animals. We have nothing to learn from them. Have we to learn anything from them? God has placed us so much above.

Yes, my child?

Seeker: Why are we separated from the Spirit and are we at birth?

Shri Mataji: We are separated because of ignorance. We started becoming from amoebic stage to human stage, developing our awareness better and better and better. Like a reflector we are, so the reflector is improving gradually and the reflection of that spiritual life shows better and better till we reach a human stage. Now, here we come at this stage in the process, of the living process, and then we become connected, and that ignorance is finished. We are not separated as such, we are looked after. Like, there is darkness in this room, but you are not separated from light. Only you have to switch on. There is no punishment or anything done to you, no, because you have come from that. Your awareness has started improving.

Seeker: You keep talking about the living process. This can happen while you're alive, it doesn't happen when you die?

Shri Mataji: No, not. You have to live, you have to have a body; if you don't have a body, this realization doesn't take place. So some people talk of the dead gurus and all that, it's not possible. You have to get it when you are living; you have to have the body. Body is the temple as you can say, that if there is no bulb, you cannot get light. There may be light but you have to have a bulb. It has to come in the form of a human being, not in the animals.

Seeker: You mentioned here that you are the link of Self realization. So are we, or the people who get Self-realization here, getting their Self-realization through you or...

Shri Mataji: No, no, no – your Self. Did they say I am the link? He should not have said that. It means that I am the one who enlightens, that's all. I am, as one light... you can enlighten also. It should not have said that, it's dangerous to say such a thing. because if it says, everybody's ego comes up like that, "Oh, what she is, who is she?" You see everywhere, mostly I have seen in Europe, specially, they said, "Why you?" I said, "You do it; I'll be very happy. I am a happily married woman. I have a very good husband, my children and grandchildren. I have to do it, day in and day out. If you can do it, nothing like it. I will retire."

If you can do it, nothing like it. To travel like this, work it out, spend your own money, do it. It's not [UNCLEAR] I must be something special, no doubt, but that you find out later on, not just now. I have to be something special to do it, but that you'll find out later on. You should not have put it in there, because half of the Americans would not come if they say there is somebody who is a link, because they all think they are already realized souls, great people dropping from Heaven. This is also another kind of a selfesteem.

Seeker: Well, do you just have to want it or... how do you get it?

Shri Mataji: I think we'll discover it later on, because I never got it; I had it, that's the problem.

Yogi: No, she's asking, does she just have to want it, herself?

Seeker: Does one have to want it or does one just all of a sudden... be it?

Shri Mataji: There is one thing that it cannot be forced. Your freedom is respected. Now you are free. If the egg wants to be bird or not, you don't ask the egg; you don't ask, because it's the animal stage. But in human stage, you have to ask for it. If you do not ask, you do not get it. Nobody's going to force on you. Neither the Divine is going to fall at your feet that you ask, no. On the contrary, you have to humble down to ask for it. It cannot go to arrogant people. You have to ask for it, in a way. If it works, thank

your stars. If it doesn't work, we'll work it out later on, but you have to ask for it, no doubt. It's such a great thing. Only that much you have to do, not pay for it but ask for it, in a humble way.

Yes?

Seeker: Something disturbs me about the movement – not yours, I'm just saying that you mentioned before that there are so many seekers in the United States and [UNCLEAR elsewhere]. I find it very disturbing to find these people are seeking divinity or spirituality, and yet they themselves are not in a state of purification or do not live in a pure state. I don't see how the two can reconcile each other. I mean, I think before you realize this realization, this connection...

Shri Mataji: You must go into a cleaning process, you mean?

Seeker: Yes, exactly, and really to have these desires that are vulgar and so forth, fall away from you... and yet they...

Shri Mataji: No, this was done before, and it's a very slow process which was worked out, that you try to cleanse yourself, but it's not possible unless and until there's a realized guru who looks after you, each individual, and all that. Now, the Grace has decided that, first of all, let us start all the machinery, all the cars you can say, secondhand, third-hand, fifth-hand. Let us start; see how far they can go, then try to correct. Unless and until you get out of your car, also you do not know what's wrong with it. So, unless and until you get your realization, really you cannot know.

For example now, I'm an old, ancient guru of olden times, take it like that. Now, you come to me. First of all, these gurus used to test you. They would break you, stand on your head, sit on your legs and do all kinds of things, because they would take only one person, one person among millions, and see that if they could work it out. And they would really work on him and make him do all those things.

The trouble is, in modern times, if you tell anybody to do something, they'll do just the opposite. It's a very difficult situation. Now think for a moment this point of view: I want you to have your realization because I can't enjoy it myself. You have to have your realization. I can see that diamond in you; I want you to have it. So what would Mother do? If she has to do something, she'll go round and say, "Alright, let's have it." First you have it and see if you like it or not.

Supposing I have cooked the food and you say, "No, I don't want to have it." What will I do? "Alright, taste a little bit, see how it is." Once you jump into it, for these people have got it. Now he's got realization, he knows the taste of it. Not only that, but without realization, you can't judge yourself. If I judge you, I say now, supposing I say, "Warren, you have lots of ego." When he came to me, he was ego like a balloon, like this, you won't believe. But if I tell him that, he would have punched me immediately, isn't it? Now you agree then? But this fellow, I didn't say to him, "You have ego," or anything. "Alright," I said, "We give him realization," then he came down on it. Then I put him into proper state, raised his Kundalini. Then he started seeing his ego. He said, "Oh, God, such an ego I have, Mother. Now what to do with it?" I said, "I'll tell you how to reduce it."

So, unless and until you have the eyes, you can't see, and if you tell them, "Don't do it," he will do it. Best thing is to give the eyes first to you. You may not see it so clearly but you'll start seeing it. Then you'll start improving yourself. You'll judge yourself. You better judge yourself. It's much better than I judge you. Then you correct yourself because you can't just bear it.

Yesterday there was a lady, she was suffering from liver – she has not come today – and she told me, "Mother, after realization I got a headache." I said, "You have a liver? Otherwise you would not attend to it, but now you have got a headache, you'd better attend to it." So I told her how to look after it; within two days, she's alright, she's cured. People become mad and they don't know they are possessed, till they absolutely land up in the lunatic asylum.

To give them judgment power is very important. And how will you make out when he's a real guru or not a real guru? Even logically you can, but otherwise, how will you make out? Very simple. You just seek [UNCLEAR the light]. So, you must get your discrimination power, but actually while getting it, you really become the master. That's the simple thing. Now, he has been with

me only for eighteen weeks or maybe eighteen months? Eighteen months only; now he is a master. He has established seven centres

in seven cities in Australia and he's come to America, I mean, imported him for you people. But now, you'd better go and look after other people. What's the question?

Seeker: You were talking about the Spirit being in the Heart chakra there, over on the left side. I'd like to know why it's on the left instead of in the middle, because if the Spirit – it has to do with realization – why isn't it in the middle in the central Kundalini, instead of on the other side like that, and why is it... and why in...the heart, yeah.

Shri Mataji: The heart. Heart is the main thing within us, that's the last. Once heart stops, we don't exist: sheer existence. That's the most important organ that God has given us. Once the Spirit is angry, in any way strained, any way despaired, we just exist, and then we die. There's nothing left. Heart is very important. That's why He's placed there, in human beings, but it comes out, comes out also. It can come out and see, go around and see. But the seat is there. When you will start growing into Sahaja Yoga, you will start seeing how this Spirit manifests and how it grows. It sits on the seat also.

Seeker: What does it look like?

Shri Mataji: It is now in the heart, but then it comes on the seat, at a point, that's much different, that's much later.

Seeker: I see.

Shri Mataji: Alright? So it has to be brought there; first a seat has to be created properly. Just now, heart is the one, [UNCLEAR it lies just there], it doesn't... it is not according to our will, it is His will that is important. We have to please His whims also.

Seeker: Would You say conscience and soul is ... resides in the heart area?

Shri Mataji: What is it?

Seeker: Conscience; in other words, people – their guilt feelings or their realization of what's right and wrong – resides in the heart feeling, it comes from the heart area? This knowledge...?

Shri Mataji: It's not that, it doesn't come; it comes from the Left side, as I showed you. But heart area is the one where resides the Spirit, actually.

Seeker: So the soul would be...?

Shri Mataji: Soul... and the soul is a wider thing than Spirit is. Because when one dies, only the element, that is the Earth element, dies and the water element also starts oozing out. But whatever remains are the three elements, which are the three auras, plus the Spirit is the source. And the Kundalini also resides on that. After realization, you can see that, you can see so many Kundalinis floating – they have all seen it. You'll see it, it's fantastic. You are all fantastic people.

Seeker: That's not the aura necessarily?

Shri Mataji: No, no, no, no, no – auras are right side; Supra-conscious. But you actually see these Kundalinis floating around – I'll show you.

Shri Mataji: So what do you say, now?

Seeker: How do we do this for ourselves? How do we do this for our Self?

Shri Mataji: Now, that's the point; we are coming to that point now.

We should not have put 'missing link' on the poster]. Did you put 'missing link' or what?

Warren: No, no, no...

Shri Mataji: No, no, no, no, no – don't say all that.

Warren: Not the missing link.

Shri Mataji: A bit too much.

Warren: If it offends you, get your realization first...

Shri Mataji: Not offends, but it offends everyone because we should learn from our experiences; Christ said nothing except that He said, "I am the Son of God," and they crucified Him. One has to be careful. If you say anything like that, people don't like it. Better not say. Tell them I am just like you, blind – little of my eyes are open, then they'll be happy. It was very wrong to say that. I didn't see that, I would have told them. I am anxious not to say.

Seeker: It seems to imply that we're getting your realization, the realization through you– that you are the link to the Eternal.

Shri Mataji: But why will you have objection to that?

Seeker: I beg your pardon?

Shri Mataji: Will you have objection if it is so?

Seeker: Well, it would be your realization that we are tasting, because you would be the link if...

Shri Mataji: But supposing I am the link. Supposing I am the link, supposing. Take a supposition – then what's happening? What is the harm?

Seeker: What do you mean, "No harm"? But there's a price for everything.

Shri Mataji: No, no – should not; because you must know that unconscious can't talk to you. Somebody has to come and talk to you, somebody has to decode, somebody had to tell you. It's not easy to become human being. You know it's very difficult for the Divine to become this. Absolutely, it's such a hazardous thing to become a human being, because they are so absurd, so stupid, and you don't know what to do with them. It's a very difficult task. I'm shocked sometimes – how can they do it? I mean, I just can't understand.

Seeker: What's that, that end part of it?

Warren: For the Divine to become a human being, she's saying; for the Divine to become...

Shri Mataji: Is a very difficult thing. Divine to be Divine is the easiest thing, but to become a human being, to talk to them, to look after them... Supposing if I am Divine. If you insult me, you'll be hurt and that I wouldn't like because I am compassion. Like Christ said, "Forgive them, for they do not know what they are doing." For the Jews He said so, for the Jews. "For they do not know what they are doing," because He was frightened. They are crucifying Him and He was frightened for the people because He was compassion. So, it's a very difficult situation, very sensitive. But you should not have put that, I tell you, it was a mistake. I never

saw that. It's a good pointing out. I know it, people won't like it. They won't like it. I think our second one is a better one. Who did that?

Warren: It was done for the Australian tour, Mother.

Shri Mataji: Ah, Australians are very different from Americans. You should never have done for Americans – no, no, no, no. Australians are very different people, because they were punished once upon a time, their forefathers. So they do not have ego trips much, they do not have. They want a redeemer, they are a very different type of people. Americans think they are the redeemers of the whole world. They are responsible for everything.

This is a very different land; you should have never done that. Yes, it's a very common thing. Americans really think they are going to redeem the whole world. And all the Antichrists are coming and settling down with them. All the Antichrists are, as a result, and it's such a dangerous situation that I just pray that they would have more sense to understand these are Antichrists – throw them away!

Seeker: Could You explain what You mean by the manifestation; how do you see an Antichrist? What does he manifest as?

Shri Mataji: He's a devil, he's a Satan.

Seeker: You know why ... I'm very, I mean, as a person it wouldn't affect me, it wouldn't bother me. If I see something as, what you call evil, I don't consider things being evil per se but ...

Shri Mataji: For this I would just say you get your realization, then you will know how much it bothers you, because you don't see, that's the thing. If you don't see a snake, how will you know how it attacks you?

Seeker: Yeah, I know but I mean, as a person that doesn't like whatever is unrealized? and stuff – you reject it. Why is it so effective as a ... harmful adversary ...

Shri Mataji: Because it kills all your chances of realization, first and foremost. I don't mind if they are thugs, they take away money from you, make you poor, do what they like; I don't mind all that. Let them be parasites, do anything; there are so many people like that, isn't it? There are so many beggars, there are so many thieves and there are murderers, every sort. I don't mind anything of that kind. But because they spoil your Kundalini, that's why I have all the objection. You have to have your realization, that's your right.

Seeker: And then do you shrug it off, I mean, does it affect you if you are ... if you have...

Shri Mataji: No, no, not like that – that's not true.

Warren: No, you shrug off – she's asking do you shrug off your ... all the negativity?

Seeker: Yeah, the negativity, that's what I mean.

Shri Mataji: Who shrugs?

Warren: She's asking does one, when they get their realization, shrug off the negativity?

Shri Mataji: After realization? Oh, they just run away.

Seeker: So I'm saying that, when you see this, you just ... that's why I ... I mean people... even before they have realization ...

Shri Mataji: That a person who is not a realized soul, according to me, is not yet really a person. That's what I'm trying to tell you, that you are not yet fully that. You have to become that. Now the gentleman is getting very, very ...

Seeker: Impatient?

Shri Mataji: And that should be so because – now, let us not too much go into mental activity because what will happen, you may not get your realization because of mental activities and this centre goes out a little bit. So, let us stop at this point. Let's have it now. You have to take out your shoes. I'm sorry, because that helps the Mother Earth to take away all our problems. We must get our realization at any cost; that's the main thing. My only thing is that you must get your realization. What's that?

Warren: Just a tape recorder.

Shri Mataji: He's taping it? Could be dangerous. We don't allow them to tape; it was the taping that started a lot of organizations this time.

Warren (to seeker): Would you mind if it ...

Seeker: No, it's turned off. OK.

Shri Mataji: Alright? If you want to have tapes, you can have from these people; they have got some tapes of my speeches, but normally we don't allow people to tape. Because last time, this experience was so horrifying that this time we have decided not to allow people who are not Sahaja yogis to tape. But if you want to have tapes, you can have from these people.

Now, it's all on the left hand, it's working out, it's alright. Now, let's have your hands towards me and close your eyes. Put both the feet on the ground. Both the hands towards me and close your eyes; don't open your eyes, because when the Kundalini rushes through this centre of Agnya, then there is dilation of the pupils and, if you keep your eyes open, it won't come up. Close your eyes. This happening takes place and your attention is drawn inside.

Put your right hand on your heart. Close your eyes. Ask a question to me, "Mother, am I the Spirit?"

Seekers: Mother, am I the Spirit?

Warren: Three times.

Seekers: Mother, am I the Spirit?

Shri Mataji: Again.

Seekers: Mother, am I the Spirit?

Shri Mataji: Now say, "Mother, I am not guilty."

(Seekers repeat three times)

Shri Mataji: Now, you have to ask for realization. Say, "Mother, please give me my realization."

(Seekers repeat three times)

(Warren to Shri Mataji: Still a little bit left.)

Shri Mataji: Now please say, "Mother, I forgive everyone." Got it? Good.

(Seekers repeat three times)

Shri Mataji: Now you have to say, "Mother, if I have neglected my Spirit, please forgive me."

(Seekers repeat three times)

Shri Mataji: Alright? That's it, it will work out. Keep your eyes shut. The Sahaja yogis can see now. Got it?

Warren: Just put your right hand ... yes, he has Mother. Just put your right hand above your head.

Shri Mataji: You got it. You can feel it on your head if you have got it. All the Sahaja yogis can come and see.

Warren: Feel ok? It's coming out of the top of your head? You feeling it there?

Shri Mataji: Those who have been to other gurus should say, "Mother, I am my own guru."

Seeker: I can feel his, the same – he's got it, he's got it.

Shri Mataji: Yes, yes you can feel. He's got it, she knows.

Seeker: I don't even have to feel it ...

Warren: Are you feeling it on your hands?

Seeker: It's coming all out of you.

Shri Mataji: (laughing) Yes, Yes, he's got it, yes. Have you got it? You didn't say anything. You were keeping quiet. You should have said it. You are catching on the Vishuddhi, and if you had said it, it would have opened up. Alright, we'll work it out. You should get it. We can work it out.

Shri Mataji: Now are you feeling it? Slowly, slowly, it's a very subtle thing. But in the second sitting it is better, isn't it? It's more clear. It's very clear. Oh, it's hot, alright. You're alright now, are you?

Warren: It's a pity they can't turn the air conditioning – the air conditioning's causing a lot of disturbance.

Shri Mataji: No, no, no – it's alright. You believe it, it is there. yesterday, somebody who got it thought that the window was open, and then he went into the cellar to see, and still it was there. Are you alright now? Good! I'm very happy the second sitting you got it. It's good. So changed, so changed. Look at this gentleman. Are you alright now? See, you have got it; second sitting, you have got it. Now, what about this gentleman – you got it? Did you feel, my child? No? Alright, I'll work it out.

Warren: She's feeling it in her left, but not in her right. She thinks too much.

Shri Mataji: Agnya was, too ... that's why I said we stop it there! That should work it out. Here, keep your eyes shut. Now, you have to forgive; go on forgiving – "I forgive", say. How easy is that?

Seeker: I forgive

Shri Mataji: Again

(seeker repeats twice)

Shri Mataji: I forgive everyone.

(seeker repeats, Shri Mataji is working on her – Forgive, forgive, forgive.)

Shri Mataji: Ah, forgiving's not there – now forgive.

(Shri Mataji and the yogis continue to work on all the seekers)

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Are We Master Of Ourselves?

Public Program

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It's nice to see so many people who have got realization and who are in New York.

New York is a very pivotal place in the history of spirituality. It is absolutely the centermost point, of a very important chakra, which is the Vishuddhi chakra.

You are stationed at this point. That's why Americans talk of very big things, of universal things, of universal consciousness, they talk of solving the problems of the world, they talk of the liberty of the whole universe, and their attention is all very widespread, because you stand at that point.

New York is really placed at a very pivotal point, no doubt, and that's why you are attacked the most. The attack comes because they know that here is the place one has to attack, the negativity is a cunning.

It is very difficult for you people who are seekers, who are earnestly seeking, who are [a] special category, who are the men of God, to understand the cunning of the negative. There is no way that you can find it out.

Like in India it's easy. Because Indian scriptures have described, described them at length into all details what is the hell, how the people who are negative act, how they affect you by their mesmerism, how they take advantage of you, how they come in a garb or wearing the - as they say sheep skin by the bhoots.

Though we have read about it in the Bible, and we have heard about it, but still, as Christ's life was only for three or four years, we should say, it has not been made so clear-cut to us.

Naturally I don't blame you if you were misled. Actually I came to New York, was nine years back, and Warren must have told you. But I found that people still need more maturity here, because they are busy with their own ideas about things, and they were given more through circuses and elaborate presentations, they would not accept a simple thing, a very, very simple thing, that is Sahaj Yog.

One must know, whatever God does, is the simplest of all, but is also very difficult, because it's a mystery. Like a flower becomes a fruit: they have never bothered even to find out how it happens, you cannot explain, can you explain?

Can you explain how a seed sprouts? We can't explain anything on that level of how, with all our scientific things we have done, with all our great enterprises, the big things we talk about, we cannot explain, that is a mystery, that is the mystery.

And this is what we should know, that these people who come to us, create a mystery out of them, and try to impress you.

As I said before, I don't mind.

Let them earn money, they are people without any background, they are people... some of them have been in literally like beggars some of them, came out of the jail, such things like that.

For them money might be very important, I don't know why they do it. It's really, they don't perhaps know also what they are doing, it's absolutely dangerous for them and for others. But some of them are real devils. They are quite aware as to what they are doing. Some of them are anti-Christ. Absolutely born on 666 [inaudible words]. They can be proved as anti-Christ, once you become a realized soul.

But this mystery of a living process, is to be understood even logically, not rationally but logically. Logically we can approach at a proper conclusion to understand what is good and what is bad. What are we to expect, what should be the seeking.

As I have told also before, that if you become something else, if you become master of yourself, if you know how to handle this power you have got, then you have achieved what was said to be born again.

Not when you play into the hands of others, like stupid people just moving without any understanding into what direction we are moving like, just herds of sheep driven into sea or into any ditch God only knows.

With our own ideas if we are identified also there could be a danger, so we should keep ourself absolutely open and logically come to the conclusion to find out: what are we seeking? Are we seeking slavery?

America always talked about the liberty, and fraternity, and all those things. What is fraternity? Is collective consciousness.

They are talking of all these big, big things, without realizing that a day will come when they will all have to become.

And because you talk so big they have attacked you also. Because they know that the Unconscious has revealed the great truths to you, great things to you, that's why they attack you. This attack is so subtle, that it is impossible for anybody to find out where you are being attacked. After coming to New York this time, I found out some new methods of these people that are trying to betray the truth. But truth will be established, truth has to be established. It takes time. It will have to be established. But those who do not accept it will be destroyed. No doubt about it. You have to accept the truth: it's for you, for your good, for your evolution. And those who do not want to accept, they'll have to accept the falsehood. And falsehood leads you nowhere but to destruction.

It is not realized it, still, that, in a country like America, we are not going to be destroyed by Russia or by any external force, but by the building internal force of insecurity, and also of ignorance.

We'll be gradually destroyed to such a state that nothing will be left out of us, and people will just see some bubbles on the shores talking of big things.

It is we who have to save ourselves first, we have to build up ourselves first, we have to become ourselves inside so that we become strong, so that we know we become the masters. It is not the mastery of the world, but the mastery of your Self, which you should have.

A person of Christ's caliber came on this earth. And was accepted by Americans, legally accepted. He cannot be arrested I think now if He comes to America.

But how will you recognize Him? Is there any method by which you recognize? I can tell you this much, that if He comes here, even if He is not arrested, He won't stay here for one day more than I can stay.

The reason is, when you are talking to the media here, you think you are talking to the walls! If you go and see in other places, the media is sensitive! Because they have received so many shocks I believe, that now they are so stunned that they don't want to have anymore!

But take the other way. Supposing you have lost a diamond, and somebody tells you there is a diamond here. Why not see?

I can tell you, if somebody says there is a diamond freely available, people will start coming all the way from Australia and all [secluded/sort of?] places, from Japan, to get that.

But when I say that it is free, I mean, today the sahaja yogis here were telling Me that if you say it is free, Americans won't understand.

They think whatever is free cannot be alright (laughs), it cannot be alright, something wrong there, something snag. Just imagine.

How can you sell, it-Self? It's an insult, it's an insult of God. It's an insult of Divinity.

Remember Christ took a hunter in His hand to beat all the people who were selling things.

And you believe that you can purchase God, it's another nonsense. God doesn't understand money, He never knew what money is. Neither He'll know what money is. It is you who have created money and all the problems that have come with it.

Now God's message, His laws, His kingdom is very different. He has got communications, which are very subtle. His ways and methods are so great that unless and until you come into His domain you won't understand how great He is.

And His creation's this. He has to save this creation of His, it is He who is more anxious, it is He who wants to do it. It is His own method of bringing forth this special evolution by which you enter into His kingdom, because He is the loving Father, the Father who is the most loving of all, and wants to bestow the highest upon His own beloved children.

He has made you so beautifully, so beautifully He has made you, here you can see that (She shows the chakra chart). Again, artists have tried to make it beautiful but it is not that beautiful as you are.

You are really beautifully styled. I can see that beauty, and you will also start seeing and enjoying the beauty of others once you get your realization.

This is your Kundalini (She points to sacrum bone) – I'm sure Warren must have told you about all the seven chakras you have. I have heard people are doing here called, something called 'chakra therapy', and I laughed at that.

And a lady asked Me, "They take such a lot of money, Mother, for this chakra therapy".

Now just ask the one who does that, that how much money did you pay to create these chakras within you? How much money did you pay to become a human being? What did we do to get this beautiful body of ours? How much did we pay to be just breathing? Imagine, for your breathing if you have to pay money, dollars, first of all you can't get more than two hundred exchange here, and how will you exist with that two hundred if you have to pay a dollar every breathing?

This is a thing we forget, that we are living human beings, and that living process has been always a mystery for human beings, and will remain a mystery till you get realization. So far we have done nothing living, nothing living.

All this is dead, can you find anything that is living here, is done by you?

For example, the growth of these beautiful things, can you achieve it? Nothing. At the most, if there is mud, you can create a pot.

Look around: can you do anything living? And the One who does billions and billions of such things every moment, cannot be

forgotten.

You may not face it, but that's a fact, He exists. There is a power that exists which brings forth all these things.

Now within us is a power, is the Kundalini.

And this Kundalini is a living power.

This is a power which is residual, we call that, because it has manifested the whole, the whole universe and everything, and still it has not manifested itself because it is the residual power of your desire to be one with the Divine.

Unless and until that has happened, unless and until you are baptized – in the real sense, the way John the Baptist did, not just somebody coming: "Alright, I baptize you". It's all artificial, it's all a drama.

I'm Myself born a Christian, I used to laugh aloud as a child, I used to laugh aloud: "What's this drama going on? No Kundalini rising, nothing, and they are baptizing!". Baptism, John the Baptist could do, because he was a realized soul. Those who are not realized cannot give realization, they have no authority.

Alright, even say, in ignorance you believe that you can do it. But now, when it has come to reality, must you not accept it? Must you not get it? Why this obstinacy not to get it, I can't understand.

And this is what is wrong with our rationality, that we can justify everything that we know, like: "I believe".

Now if you believe that Kundalini is here, what can I do about it? It is not, it is not, it is here.

But because you have read a book which was nine hundred pages, naturally you have paid so much effort, you have every reason to believe in that book (She laughs) because you have put it so much of effort that you can't get over it: "Now I've done Mother, what am I to do now? I believe in it".

Like the other day one fellow said – there's one anti-Christ, and he said that: "I'm taking his name for the last ten years, now how can I forget it?".

If you have lost something, and you are searching it, and truly, even for ten years, and if you know that that is not the way you find it, you will give up. Is common sense, is absolute common sense one should have to understand that within us God must have placed something beautifully to work it out and...

The chakras and all that they have started talking quite alright, some borrowed feathers from somewhere I don't know how; I don't know if they know about the chakras also besides see what they are like, how many centers they have got, and how many they control, and they how they work out. I have no idea as to how much they know and how much they have learnt, because you can read any book, some tantrikas or somebody unauthorized might have told them something and here comes the book. In America I think it is easiest to publish any book. Nobody says no to anything that no sense (and that?), so all kinds of (books?) they may have (wrote?)

And people are very fond of reading, I was coming by plane and one gentleman finished three books, sitting next to Me.

I was amazed at his speed, the way he was reading. This kind of reading gives us a blurred idea, a confusion, about God.

One has to know that if you become the reality, you should be able to reason the reality, you should be able to discriminate, you should be able to see reality.

For example somebody says: "Oh, I am a person who is born again," or say "I am a realized soul". Alright, if you are a realized soul, can you tell Me what is the problem with this gentleman, can you tell me what are the centers catching in this gentleman, or can you tell Me what are your problems? At least minimum that much you should know.

They said: "No, no, that we don't know, but we are born [again]". This is self-certification, I mean, if you give a certificate to yourself – I am the President, President of America – you don't become.

Like some people say: "I'm Omkara"

By saying 'I'm Omkara', do you become?

You have to really become.

Actually become.

It has to happen within us, that's why becoming is the crackdown point.

We should ask ourselves: what did we become? Are we master of ourselves?

Now one may say that, 'What is the authority of Mataji?'. I have heard a thing like that (laughs). It's correct! I don't say you should not challenge the authority. But whose authority will you accept? Best authority is yourself.

If I say My authority is Christ, if I say My authority is Rama, is Shri Krishna, and all the ancient scriptures and all the scriptures, and all the great poets who have sung the song of the truth are My authority, you won't be able to relate.

But the best thing is you yourself should be the authority to judge Me. You yourself should know and see for yourself.

It's like you bring ten people in the room who are blind, there are no lights, and there you say that the color of these flowers it is red. Then you will say: "What is the authority of yours that these flowers are red?". Now, because I can see! "But we cannot see, so how are we to believe?" So best thing is that I open your eyes, and put on the lights, and you see for yourself.

You can also relatively see. For example a person who first time has never seen a red color, or a blue or a black, then how are you to tell him? You have to take something as an absolute, you can say: "Alright, if this is red then that is red, that is called as red". In the same way we can relatively also judge this.

The other day I told you an example, you take two people who are suffering from cancer, two people who are suffering from say lunacy, and two people who are suffering from fake gurus (laughter, laughs), and two people who are realized souls. Or - and take two people who are not realized. Let's take like that, a group.

Now, the person who is sitting before us - you can see yourself, not because of Myself - the one who is from lunatic asylum or who has got problems, mental problems, will be shaking, like that. Some will shake little, some will really rackle with it, absolutely rackle.

Then, if you want to see the person who has got cancer, he'll be emitting heat so much, so much, that the whole room will be filled with hot air.

Now, the third person, who is realized, will feel cool breeze. Tremendous cool breeze, peace and bliss. And the one who is not realized may little bit feel the cool breeze, may feel hot, you see, the mixture of everything, so he'll feel all the mixtures.

Now you ask the lunatic "From where do you come?", they'll say: "We are certified mad coming from lunatic asylum". You ask the patient, he'll say that "I'm from such and such place".

But people do not want to see this fact. Is very simple to verify.

Now moreover, the credibility of a person who is taking money from you, taking everything from you, is putting you on the street, who is making other people mad, has to be challenged. Instead of that they will challenge My credibility, but not of those people – the reason is you are no more there, you are hypnotized, you will not.

But here you are free, and you should challenge. I appreciate it because of freedom, is an expression, you are free to challenge. But that doesn't mean freedom is a license to again drift into nonsense.

You keep your mind open, receive your realization. I do not know in what words to say that you are the ones who have been seeking truth for ages now. In the mountains, in the hills, in the dales, in the Himalayas, and all over you have been seeking for thousands and thousands of years.

You are seekers, you are a special category of people, and you must seek it, you must find it, instead of it you seek your hell.

What can a person like Me feel about it? Is such a tragic thing, that the one who is really seeking the reality is lost.

I wish you could understand My concern and My anguish, that: look at these people, they have been seeking, seeking God, they are such nice people, such good people – are being harmed, have been tortured, are now on their way to hell.

It's a very, very sad situation, and that I am trying My level best to convince you that you seek the truth. You ask for the truth. And you get it, establish it, and save others who are being ruined. Because they will be seeking in any case whatever you may try, till the end they will be seeking, till they are drowned completely. They are seekers.

Today we were coming and one of the sahaja yogini was sitting at the back in the airplane. And there was a fellow sitting next to her who was reading some book on meditation. And she, she asked him, 'Are you a seeker?'. He said: 'Yes, I am'. And he got his realization in the airplane. She herself has come to Me I think, about few months back. And she gave him realization and he got his realization.

You could see from his eyes, absolutely sparkling eyes he had. You could see he could feel the vibrations and the cool breeze.

And then you learn further steps how to organize it, how to maneuver it, how to manage it.

So you have to be connected with the mains. You have to become divine. Not that you are not, you are; but you are not aware of it. It is not in your conscious awareness, it is not in your central nervous system.

Whatever is in our central nervous system is our achievement in our evolution.

And you have to attain a little more step and you become that. Like a triggering into the space has to take place. This has to happen, and this will happen, that thousands of you are to be saved. In some countries it has worked wonders, especially in a country like Australia, imagine. You had banished them, sent them away as criminals or whatever they [were] – they had children, their grandchildren, and their great-grandchildren are great sahaja yogis. It's spreading like fire, the media is so sensitive, so sensible. While here I find there is no esmovement [?] in a country where I accepted, and expected that it could be a tremendous thing. Let's see, let's see, still I leave it to you people to find out ways and methods of cracking the brains here.

Of course England was very difficult too, for four years I was struggling with seven people, no doubt. But English, once they are

cracked, they are very wise.

And somehow or other these seven people proved it so well, and they found the change because they were drug addicts, they had lots of troubles, and they were about to collapse, some of them were absolutely in a coma when they came to Me, so the change, the tremendous change in them convinced other people.

And today we have very good thousand sahaja yogis at least, very good thousand sahaja yogis who are experts, who are masters in Kundalini Yoga in England.

Now, as they have told you about all these centers and all these things, today I would like to give a little introduction about it, but later on I will tell you how the key developments in the human awareness started and how later on the whole thing was revealed.

And today is the time when one can talk about it so openly.

I think you have given them the names and everything of the chakras and everything.

But even knowing all about it, is of no help. You must get your realization, only knowing about them in a bookish way is of no use.

You must get your realization, that is very important.

In India very few people really bother about these things, because they know Kundalini awakening is the only way, like sprouting of a seed.

They know that Mother is the one who is going to do it, second point, because Adi Shankaracharya (has seen?) and this and that. Third point they know that once you get your realization you become the Brahmin or the one who knows the Brahma.

So in a village I have no problem. Thousands of people, if they come to know that Mother is coming, there could be six thousand people in a village. All will gather from all over and they will get their realization so quick, I mean, so fast, just like an American fast jet. Real fast they do it.

In such an American way, that you can't imagine that it's like a jet. And all of them getting, and such a wave of beautiful Chatanya Lahari, these vibrations, cool breeze blowing, just like the waves of the sea or an ocean, it's beautiful to see that many.

I mean, coming to America some Indians were criticizing: "Why should You go to America? Why not do it here? In one day You give realization to six thousand people. There one day You might get one and he'll also slip out". And they were criticizing My coming to America. That not in a bad way, but in a good way, that "It's better that You spend Your time in India".

But here are the real seekers. They get it in India because they are too simple; they are so innocent. They have no problems.

Here are the real seekers who are like, we can say, the people in a war front, who do espionage, or something like that, a very serious type of work, get complicated, get involved, caught up by the enemies, and tortured by the enemies, which are so dearer. Those are the heroes, and they must be saved.

That's how I am here. And I know that once Americans take it up we can save the whole world. It's very simple to understand.

But the way so far you have been taking up to people is so amazingly foolish that people think that you would never take to Me, because I am too sane, I am too sensible, and they still are very diffident about My work in New York especially.

But to see you all here today, I am overjoyed. I have great faith in you, you have no idea how much faith I have.

You are born in that special chakra, which is the chakra of Shri Krishna. Is the chakra of the Primordial Being, is the chakra from where the collectivity is (first?).

But we have tried everything to ruin it.

First of all it is ruined by smoking. Smoke, Christ may tolerate a little bit at that point (Aghya), but not Shri Krishna, He can't tolerate smoke. He just can't bear it. And we have been smoking; thank God I have heard that smoking is going down, that spoils this center.

Then, on the right side, when we talk big, egoistical, when we try to push down people, specially when we try to dominate, say within husband and wife, which we see all the time if there's a quarrel going on, your chakra will be ruined completely on the right side.

Left side is another problem that comes from feeling guilty. And which is also very common. So these three centers (left, center, right Vishuddhi) that are the most important thing and the most powerful in you people here, [see] how this is attacked.

Moreover the mantras and all that which are not awakened by a realized soul, by a holy person, can also ruin your left... (touches left Vishuddhi). Is very common with the people who have done mantras, and chakra, and all of those things without any authority.

Because the whole thing comes up here (touches throat), just, and when you take the responsibility of such things on your back, say you take on your shoulders the responsibility of wrong type of people, you can imagine, what would be the shape and condition of that wonderful center (Vishuddhi) which was created in a human being when he raised his head from animal stage to look forward.

Is a special thing that happened to us when we raised our head like that, that within us these two centers, these two things like, ego and superego, started developing.

We had superego alright, but the ego started developing when we just raised our head from animal stage to this stage.

But we do not know that if you raise your head too much backwards like this also, it can be spoilt. That means the ego goes too much ... then your head goes down like that. Such people never put down their heads you see.

If you see somebody walking like this, find out: he must be something big somewhere, or aware that he is a very big man.

So the center that is the Vishuddhi chakra is this America. And you are the people who are the cells of that chakra which can be awakened. You are the cells and you are to be awakened.

Once you are awakened you can cure this center and the whole universe will be benefited by that. That's why I request you to understand your position in the whole cosmos, of the universe, and the important and the pivotal part... position that you have, and the wider role that you have to play, so that you pay attention to yourself, your development, your growth, and you achieve your full maturity in Sahaja Yoga.

May God bless you all.

I would like to have some questions today, and then after that we can have the realization. Can you open the window?

(Warren says something to Shri Mataji) Yes. Tomorrow, as he is saying that many of them have had no idea about the chakras and all that, because they have come for the first time today, but tomorrow I am going to tell you all about chakras and all that.

Everything I'll go gradually one by one. Now I'll be here for five lectures, and I will see that in every lecture I'll try to do step-by-step, across the thing. And I will explain you. (Warren tells people about leaflets: "If you don't have one of these, please take one on the way out").

Shri Mataji: And also put them somewhere for advertising. And moreover there is a book, you can read that, but do not try to remember everything by heart. It will be all your own, the whole knowledge will be your own, it won't be difficult. So it's not to be studied, but it's to be felt. I will definitely tell you all about chakras, and I'll make you masters. I'm going to make you gurus, every-one of them. Real gurus.

There's one fellow in India, who's got his realization, and he's given realization to, as far as I know, ten thousand – but some people, twenty thousand – they say they are twenty thousand people he has given realization. So it's possible.

Yes, please?

Seeker says: Mother, I do not mean to be funny, but I felt a cool breeze for quite some time.

Shri Mataji: You are not funny! You are very good, you have got it!

Seeker: But I cannot tell that whether it was the wind! (Laughter)

Shri Mataji: It happens with everyone, because we've opened it just now (the window, ndt), alright? There is no wind here, you can see that nothing is moving, you see? Otherwise these things will be moving, you see? Yes, it's alright, you got it very well, very well.

That is a thing I knew you are going to get it. Alright? So nothing to be funny, is the absolute truth. There was a scientist we had, he was from Orissa. And he got his realization. Then he looked at all the windows, and I was just smiling.

Then he looked at his... he turned like this, and then he had more from Me, he couldn't believe it. Then he went home, he shut himself in a cellar, there he put, what you call, a candle. And then [he] put his hands to the candle and the candle started giving him cool breeze!

He couldn't believe it, he thought there's something gone wrong with him. And now today he is a very great sahaja yogi. Alright? So the first step has started, that proves one thing beyond doubt, that you are a great seeker. Alright? My congratulations.

Seeker says that he has feelings for his family and friends, but he has been seeking for a love relationship with a woman without any success, which is causing him a lot of pain, and he does not know what to do.

Shri Mataji: See, I'll tell you what happens. You have got a center here is of the Nabhi, alright? Now out of this, is the left Nabhi here. If it is in a problem, left Nabhi is the center of Gruha Lakshmi. Is the center of the Goddess in the household, or your wife, see. Of course these days you don't find Goddesses as wives, but still! (Laughter), So, if that goes out, you see, then lots of problems also can come up, but one of them is that you get such a situation.

But all such situations can be overcome, all kinds of situations: people who have had perverted relationships also get sorted out, those who have had, what you call, the problems of divorce and sort of a relationship with a woman and they are frightened of women, or the women who are dominating or they don't know how to stop their domination – they don't want to dominate but they somehow dominate – all these things will be sorted out. No problem. Next year you will be married very nicely. Alright? We had sixteen marriages (laughter, Shri Mataji laughs) recently in England.

One of them was Warren, who was married. And he is a divorcee, and he had given up hopes of marriage. We had sixteen marriages the day of Krishna's birthday. So don't you worry.

But you have to follow certain understanding of maintaining yourself in a position, see, and I'll tell you all about it, how to do it.

And you will have very good marriages, lasting marriages, not only that; but you'll have realized souls as your children. There are many who want to be born. And all the sahaja yogis who are married now have got realized souls as children. Because they want to be born, they want parents who understand them, who can bear them, who can look after them, and love them. So you will have everything fine, don't you worry. And a very nice wife too. Alright? Yes?

Seeker says something about subconscious impurities.

Shri Mataji: I am happy that you have reached the right conclusion. Don't you worry, I know how to look after them. That's all I'll say. And I will teach you how to do it for others also.

You will become Saint Michael in this respect. Alright? And we'll have to drive them out, all the subconscious impurities. I think we have got our book here, of the Advent.

(Warren: "It's coming up Monday")

Shri Mataji: Alright. In that it is, see, Gregoire, the one who has written the book, has called them as UPI, I don't know what it means (laughs) but he calls them as UPI, and there are so many methods by which we can drive them out. Eh? What is it?

[Warren: Units of Psychic Interference]

Shri Mataji: Ah ok! (Shri Mataji laughs) That's (...) all the invention. Don't worry. You just don't worry. Not only yours, but others, you know. When you will go on the road, if they know that you are passing that way, they'll all disappear. You become so powerful. (Warren says something about the sins of the past)

Now will you forget them? Forget it, forget your past. Forget it, that is subconscious, just forget it.

Do you know that all the sins and blasphemy is to be forgiven, and it's been already promised? Because you are saints! So don't count them at all, forget it.

You see, when you wash the clothes, say in a washing machine, will you count all the stains? It's like that. Kundalini washes you up and cleanses you completely. It's your own Kundalini, it is pure, holy, your own Mother. She'll wash it up, don't you worry. Alright?

Seeker: Yes.

Shri Mataji: It's too much to believe, is it? (Laughs, laughter) it is so. Because you don't know what you are, you are fantastic.

(To a lady:) What worries you? What is worrying you?

Female seeker says something.

Warren repeats: "She thinks she has taken somebody into her house who is not good, and she thinks she is becoming not good as a result of that".

Shri Mataji: See, there are solutions for that kind of thing. If he is really a sinister fellow, he'll run away. Alright. Or in case he is capable of improvement, he'll improve. So you become more powerful than them. You see? Is what is more powerful is the point. If the light is more powerful, the darkness has to run away. Alright? So because you still do not know your powers, and to maneuver it, that's why you are worrying. But once you know it's very simple. Once you are realized I will tell you how to use it, and you'll be amazed.

Like yesterday I was coming, and suddenly I had to go, and there was no seat available in the plane, and so my husband told Me, "I'm sorry, there's not seat available for you", and suddenly he said: "Oh, it's a miraculous thing, they have said there's some seat". I said: "Alright, book Me there".

And two others were coming with me. - See, this is absolutely a material life, absolutely a material level, isn't it? - And two others were coming, there was no seat at any cost. And two people who had booked for one month before, ahead, dropped out and these two were with Me in the airport [probably meaning airplane – ed.].

So even (?) at a very, very material level they help you. And spiritual level I need not tell you. Even at the very baser material level they help you, because this Lakshmi tattwa is here (points at Nabhi on chakra chart) which helps you for the well-being.

Krishna has said: Yogakshema Vahamyam, I'll look after your Yoga first, Yoga means the union, first you must get your union, and then the well-being, Kshema, is well-being. In America we have got the Kshema first, the well-being, the Yoga is missing still. (She smiles, laughter)

Seeker: I wanted to ask a question to Mother.

Shri Mataji: Yes, please.

Seeker: First I would like to say that You were an inspiration...

Shri Mataji: What is it?

Warren: You are an inspiration to him, Mother.

Shri Mataji: Ah?

Warren: You are an inspiration to him.

Shri Mataji: Oh, I see. May God bless you.

Seeker: I am sure all of us have hundreds of questions that would keep You here the whole night, but I would like to say that I would like to become a realized being and give the answers from within. So my question is: after the five lectures, and You leave us, where do we go from there?

Shri Mataji: I know, everybody feels sad (laughter). Because you are like small children, you know. But you grow so fast. That you are amazed, you see. You grow. You grow very fast. You'll all grow. I'm not going to leave you. I'm going to come back again and again, and you are going all to come to India, and we are all going to have a very nice time (laughter). We all belong to each other: how can we leave you? Now. Is it alright, or any other question?

Even if you have any personal questions or anything you can write to Me, alright? If you don't want to discuss it here. And tomorrow morning if they can come to the hotel – (Warren says they will have a workshop at the hotel at eleven o'clock) Here? (Warren: No, at the hotel) The hotel, you can come, I can work it out for you if you have any personal problems or anything, we'll work it out, alright? I'm here for a complete 24-hours in the hotel.

[The lady says that the day before it had been said that you can ask a question and you get the answer.]

Shri Mataji: Yes.

Lady: And how do you read that, how do you know...

Shri Mataji: See, what happens, now say for example you are connected to a mains. Alright? Now the mains is an unconsciousness was so far, it has become a consciousness within you. You are like a computer I would say, to make things easy. It's a mystery again. So you put your hands and ask a question: "Mother, is there God?". Just see vibrations. Right? "Mother, is there God?". And three times if you ask, you get tremendous [vibrations], already must have started. You see, so, that's how you will know. But if you ask about somebody who is not a real guru, who is not a real person, then you might even get burning. Sometimes you might even get blisters. You may lose your vibrations. The more you grow the more you become sensitive, and you start understanding where you are.

Lady: Can you also ask practical questions about your life?

Shri Mataji: Yes, yes, you will. In the beginning everybody asks: should I buy this? Or that? (Laughter, Shri Mataji laughs). Then the questions start becoming subtler and subtler, because your priorities change, you know? Whatever level you are, you start asking questions. Then no questions, at a stage which we call... first you get thoughtless awareness, as your... first you get thoughtless awareness.

In Sanskrit, it is called as "nirvichar samadhi". Sama-dhi: "Dhi" means your consciousness, and sama-dhi is the one which is enlightened. So, the thoughtless enlightened awareness first.

Then the second state is – between these (is a little these two things??) which you have to establish - is called as Nirvikalpa samadhi, meaning doubtless awareness.

It is a state; it is not: "I have no doubts about Mother, I have no doubts about Sahaja Yoga", is not that. And that state is achieved, and at both the states when you are say thoughtlessly aware state, you can give awakening, you can give realization, you can cure cancer, you can cure all kinds of diseases, so many things you can do with the first shot. But much do not indulge in that too much. You can give realization at the most, and then you should jump onto the second stage where you become Nirvikalpa. Means where you are doubtlessly aware. Doubtlessly enlightened awareness. Then you become that.

At that stage you don't start catching from others, such sort of thing; you see, you may feel "This is the finger catching there", but you don't get involved with it. It's a state, it's a state, in which you mature, which happens to you. Many people, and will happen to all of you, there's no problem about it. But some people do it faster, some take time, but it happens to all of you.

It's a happening again, maturity. Alright?

Female seeker asks if a person who has never been interested and has never come, if this person may be influenced to do this thing .

Shri Mataji: Who is not interested?

Female seeker: Yes.

Shri Mataji: Forget it. Let them get lost, that's what they are, they are not interested in their own Spirit, now what am I to do, should I break My head? You have to ask for it. You see, God has given you freedom, this is the problem. You have the freedom, if you want to go to hell you can go directly. Take two running jumps and go. But if you want to have realization, you can get it. Alright? But if you don't want it, don't force them, please don't, you cannot force it. You cannot force it.

They - I can cook food for you, all right? I can put it in your mouth. But the enjoyment of eating it, has to come within yourself; you don't want to enjoy anything, what are we to do? You can't force it.

In the beginning only the seekers are important. They need not be your brothers, sisters, mothers, fathers, they need not be anything. Seekers are important, pay attention to seekers. They are to be saved, alright? Once the seekers come up, then these second class citizens will start coming up, you see?

Let us see to the first class citizens in the Kingdom of God, then we'll bother about the second and the third and the fourth. But don't waste your energy on somebody who is not convinced. You cannot convince him by your brain, you cannot. You see, they are very obstinate people. I've told many-a-times, but still you see we are involved with the other people and we try to convince, and - oday only I received a letter saying, "Please, give Realization to mother, she's very adamant. Give Realization to my father, he doesn't want to listen to me, give Realization to my sister, she doesn't believe in it", all sorts of things, you see. I said: "All right, all right (Mother smiles)". So, don't be concerned, have no sympathies of this kind.

Sympathy: "Sym" means to share, and "pathy" is the "pathos". So don't try to share the pathos, all right? Have no such sympathies. Only seekers look after the seekers. And: "Sorry, you are not a seeker". I also tell them you go away (She makes namaste).

You see, there are people who will come and say, "Mother, I once have gone to the races and I lost". I say, "Now you get lost, you go away". You see, you can't give anything to such people, who are on that gross level.

Let them be. But first of all let us enlighten those who are capable of enlightenment.

They are more important. And not those who are just with very great difficulty are pushed into it and go back as if pushed by a piston, you see, better not have them. All right? So, don't you worry on such people. Of course you feel concerned, no doubt, but forget it, that's not- the seekers are too many and we have to look after them.

Yes, My child?

[The lady asks if people who are really seeking can attain it.]

Shri Mataji: No, if they want to have it, you can do it, you see? Even people who are declared as greatest (...) you see, got Realization. Imagine, the other day - imagine - archbishop of black magic got Realization. Can you believe it? Archbishop of black magic. He got Realization. Of course I told people, "Now don't try all these tricks with such people because see, they will try to tempt even you". So, we are treating him separately. But the person who is supposed to be the archbishop of black magic. I mean, witchcraft. He got Realization. So anybody can get it.

But if they do not ask it, you cannot force them, you cannot argue it out, you cannot tell them: 'You must get your realization', nothing [of the kind]. If they think they are very wise let them be alone, don't waste your energy. Instead you can give to ten people who are wanting it. All right?

So just find out who is a seeker, also from vibrations you can find out. Those who are seekers will get their awakening very fast, you see.

Warren: She says this man is a smoker...

Shri Mataji: Who is a smoker?

Warren: This man she is speaking of.

Shri Mataji: But he would like to have a Realization? Oh, smoking is nothing, even if he is a chimney (laughter) he can get that. If he is a seeker, he has to be seeker, the first primary consideration is that he should be a seeker. It's nothing, I mean, smoking, everybody smokes, we find [nothing] but this smoke in this world, what to do. But doesn't matter, I mean, it's not such a sin. Nothing is a sin in the presence of the Ocean of love. Is it? What is a sin? Nothing. So it's not so important. Smoking at least.

Seeker: Fixation, is that a sin?

Warren: He is saying, is fixation a sin?

Shri Mataji: It's not a sin, according to Me nothing is sin now. Forget it. I mean, fixation, I would say, will only drop out through Kundalini awakening, and awareness, and alertness. All fixations can be dropped out, misidentifications can be dropped out, because you become a different person. Like, say, a caterpillar becomes a butterfly, alright? Now, there must be the part of that cocoon sticking on to the butterfly, must be. So you don't like it, you want to throw it away, just falls off, because it's all broken out.

Like an egg-shell becoming, egg becoming a, say a bird. And the shell is still sticking on somewhere, so the bird doesn't like it, he throws around. It's like that. It's transformation and transmutation. Both things take place. First the transformation which is very easier, you got it just now; but the transmutation you have to work it out a little bit, and they drop out.

Little bit power helps you. And you want to do it, you don't want to have them.

Because supposing I have a fixation with, say, a spirit. We'll catch on this (left Agnya finger), we'll catch on this (left Swadishthana finger), we'll get a headache (touches back Agnya). Normally you won't get a headache till you become mad, you see? But after realization you start getting.

Like a lady who had liver trouble. She came to Me, she said: "Mother, my head has gone absolutely heavy now, what am I to do?". I said: "You have a liver, you get it cured. If you don't get your liver cured, you'll have this trouble". So she tried her best to get it, and you can get it cured just like that (Shri Mataji snaps Her fingers) with Sahaja Yoga. It's very simple. And she got alright. So fixations also drop out. It's all ignorance: we will not call it sin but it's ignorance.

[The lady says something to the effect that she was warned by someone that Kundalini caused people problems and one can end up in hospital.]

Shri Mataji: Very true, very true, you see. Now what she says is true and I know that. Because it's not Kundalini that takes place. See, Kundalini is your holy Mother. And not only holy Mother, but she's the only Mother you have and you are the only child She has. And she's not going to give you this trouble, but these people who do not know the job at all, who are not authorized, they are extremely unholy people, they are people who should be in hell, and are trying to do these things, and they make you suffer. For example, when you try to excite the Kundalini by any method like that, actually you either move to the left or to the right. They push you to the left or to the right. And if you move to the left you can become mad, and if you push to the right you become stupid. So accept one or the other (laughs, laughter). You can't take them up there, you see? (She points to Sahasrara on the chakra chart). It cannot be reached. Even they say Brahma, Vishnu, Mahesha cannot reach Ganesha, who informs the Kundalini to rise. So, you can imagine. These horrible people, just to make money, are telling you stories and they put you in the lunatic asylum. Not only, I have seen people coming, who went for flying. They paid three thousand pounds to fly. I mean, they must have some brains to understand: why are you flying?

Are you going to become birds now? Make your guru fly! I said, why not put them, put him from this Leaning Tower of Pisa, and see where does he fly, upward or downward? (Laughter)

You see, when he'll go down, then you will see that this is the thing he's doing, and then you are paying three thousand pounds. On top of that what you get is an epilepsy. They are all suffering from epilepsy, you know? It's true, it happens, I know. But this is your Mother. She just gives you your realization, that's all. I have never seen one person getting mad, on the contrary mad get well with it. How can it be? You are going to become a Spirit, on your way to that how can you become mad? I mean, supposing you are going to Heaven, and on the way you meet there at station some lunatic asylums? How can you become mad? We should use our brains to see these are horrid people, I agree with you. They are using all kinds of dirty methods, I know.

Specially sex. How can you use sex for your Kundalini? Because that's your Mother. How can you do it? All absurd ideas, I don't understand. If sex is so important all animals should be realized souls by now (laughter).

Not that you have to abhor sex, you have to lead a sane married life, and lead a very decent life and all that, that's the key to it; but not this kind of a thing that you can raise Kundalini through sex, it's all filthy, all bathroom culture I think, the way these people talk about. Absurd! So filthy you can't imagine. It's filth. I mean, there should be something, our sex is private, isn't it? We call it as private. But how do we handle them – with these horrible gurus and one of them has come down and settled here in your country. His Vishuddhi's gone off now. I'm happy about it.

Warren [repeats a question by a seeker]: He feels a very nice presence. He's asking You if there is any initiation that You do.

Shri Mataji: I've already done it, I think (laughter). I really don't do anything to be very frank. If you ask the sun: "Do you take the color of the leaves?". He'll say: "No". Because that is his nature. This is just the case. It just flows. I really don't do anything. Am I doing anything? I'm just talking, that's all. But it works, it works, it works by itself. Because you are a deserving case. That's why it is acting. I don't have to do anything. Alright? Now. You said it was the last question now.

Warren: He asked twenty the other time, so...

Seeker: Yesterday I told the nice Australian doctor that I was a traditional minister in a traditional...

Shri Mataji: Tradition?

Warren: He is a traditional minister. He's a Baptist minister.

Shri Mataji: Ah! Then you should really become a Baptist, I'll make you a real Baptist.

The seeker asks how he can relate Self-realization to the scriptures.

Shri Mataji: I mean, what am I telling you, everything that is scripted but in the real sense.

[Seeker says something that for him it will be more difficult than for others...]

Shri Mataji: You see, they will see your powers. Alright? It's better to tell them and save them than to allow them to be drowned. Under the name of Christ and God, one cannot do like that. We cannot do like that anymore, it's all done, I'm so happy you could come here and you could achieve it, you'll save so many of them. You face the truth, it is so.

But I will tell you some questions when you'll ask, then you be sure you are doing that.

Alright now, any more questions? Or are you all enjoying the cool breeze?

Lady: [Inaudible]

Shri Mataji to Warren: Why did you open?

Warren to the lady: What do you say, sorry, I didn't talk about it.

Lady: Yes, you did, when you were talking about the Christian gnostics.

Warren: Oh, I mentioned... Mother, I said that the wind of the Holy Spirit is often referred to by the gnostics as the Holy Breath. That's all I mentioned.

Shri Mataji: Ruh, yes, Ruh, means Ruh.

Warren: Ruh. And I gave its different names in different scriptures, that's all.

Shri Mataji: But what happened to the disciples of Christ, you see, is a problem I don't want to raise controversy, all right? What happened to them is a little controversial subject which I will tell you later on. All right? Just now you get your Realization, mature. Because, you see, today you are learning Christianity. All right? So you have problems of Christianity. Those who are studying, say, Hindu religion, they have problems from Hindu religion. Because it is misinterpreted also many-a-times, isn't it? The one who has misinterpreted does not know that he's misinterpreted. And only through your vibratory awareness you should find out the absolute truth. Like when I told people that Christ's Mother was the Holy Spirit, they would not accept it. In India they said: "What did She do? She just used to cry and weep, but the Holy Spirit is supposed to give Realization to people, She didn't give Realization to anyone". But She was. So how do you find out? You put your hands towards Me and ask the question: "Mother, was She the Holy Spirit?".

Then why didn't Christ say that She was the Holy Spirit? The question comes in. It's with Him, absolutely one can understand that She was the Mother of Christ. And Christ has got eleven destructive powers, with which He's going to come back. Eleven destructive powers He's got. About which Bible says nothing, because you see, Christ could not talk to His disciples who were just fishermen. And they never believed Him. Till they saw His resurrection they never believed Him.

So, His eleven powers that He had, He could have destroyed the whole world at that time of His crucifixion, but crucifixion had to be done with a special purpose, which I'll tell you later on, why He was crucified.

And He didn't want to say that, because if anybody would have tortured Her, He would have used all His eleven powers and the whole game would have been over. Alright? So it is a very subtle subject, which you should understand but first you must become subtler. Then you will understand each and everything very nicely on the Kundalini. For example, I say the Christ is placed here, on this point. That He is to be awakened here. When He is awakened, then only the ego and superego both are sucked in.

That's how your sins and your sufferings He takes over.

Now, if I say so, why should you believe in it? Isn't it? But what can happen that when we raise the Kundalini, yourself when you will be a realized soul you'll see, the Kundalini may stop here. Then you have to take Christ's name. You have to awaken Him. If you are a Realized soul only, otherwise you cannot. Then you'll find the Kundalini will rise. Or you have to say Lord's Prayer, then only the Kundalini will rise. But only a realized soul can do it. Anybody says Lord's Prayer is a waste. Is a waste. Is not connected. Alright? So it's a very subtle subject, you be honest about itself, you become that, and then you'll start seeing everything clearly. As I said that this room is dark, you can't see anything, so best thing is to open your eyes properly, get the lights on and see for yourself. All right? Because if I say something, it may create the situation of a doubting Thomas, which I don't want to have. First mature yourself, alright? You must mature all of you. Is a good question you asked, but that's little further. One need not hang on to anything. Just see for yourself what it is, you must see for yourself. Keep yourself open.

Is true, what he said is true, it's called as Ruh. Is a, is the cool wind of the Holy Spirit and I don't know if his book is published or not, of Adi Shankaracharya, he's written a big book about it, Chaitanya Lahari and all that, he's written it. But I, most of their books are not translated, what to do? I mean, it's such a big book on this cool breeze. Of course this knowledge of how to use it, and how, what fingers are there, is not yet there, because that was not the time to be given perhaps. But all the teachings I'll be giving you, and you can verify. You can verify everything. So you must verify. But don't waste too much time in these things, first of all you mature. And gradually you will start seeing yourself. First thing should be that you mature. That is first thing and important.

(Shri Mataji points to a yogini) See, she got Realization two days back, I mean, how many days?

Four, five days back. And she can feel everybody's chakras, she can raise the Kundalini, she can do it. So just do that, first start doing it, all right? First become that.

Then you will start understanding this is not important. Is not important. What is important is to understand Christ where He is, how we can awaken Him, all these things are more important.

Warren: We should have it?

Shri Mataji: All right. Agnya is there.

Now, those who think, please, this center of Christ itself is catching. Put your hands towards Me and say that: "Mother, I forgive everyone".

(People repeat). Again (People repeat). Again (People repeat). Still there. Should we say Lord's Prayer. (People recite Lord's Prayer three times).

Shri Mataji: Now see is it coming? Put your hands straight. Here, this side. You are alright? Are you feeling? It's there? Keep yourself steady. No body movement is needed.

Just keep your[self] steady, the Kundalini is inside, She rises by herself, don't do any body movements because that will spoil it. Just be steady, just keep your eyes shut, (because) if you don't shut your eyes also the Kundalini won't rise above Agnya.

You have to keep your eyes shut, that's important. Because you have to get it after all, what is it? You have to get it, you are here to get it, that's all. Please close your eyes. You are here to get it, that's the main point, to receive it. Now put your right hand on your heart. Right hand on your heart. And say: "Mother, I am not guilty". Thrice, three times say: "Mother, I'm not guilty" (people repeat).

Now ask a question: "Mother, am I my own guru?". (People repeat twice). Again (people repeat). Now ask a question: "Mother, am I the Spirit?". (People repeat twice) Again. (People repeat). Now say: "Mother, please give me realization". (People repeat twice). Again (people repeat).

Ah. (She puts Her hand above Sahasrara)

It's there. Now put your right hand on top of your head and you see a cool breeze coming out of your fontanel bone area.

On the head, on top of your, on top.

Just on top, see. There will be a cool breeze.

Just move your hand and see that if there's... little higher you keep your hand, and see if there is a cool breeze coming in. Maybe some people might get little hot [She makes gesture as if taking heat coming from Sahasrara and take it out]; some people will feel it in the hand, some in the head, coming out.

Specially those who smoke do not feel it in the hand in the beginning, doesn't matter.

Put down your hands please again. Those who did not feel any cool breeze raise your hand.

You have to be honest about it, you have to get it, alright? Out of these who have not felt: have you been to a guru? Those who have not been to any guru and have not felt it. Those who have not been to any guru and have not felt it. Not at all to any guru? You are not reading any books? Alright.

(Female seeker says something)

Shri Mataji: That spiritually stands even worse. Alright, doesn't matter. Alright, it's alright.

Now put your hands like this. Now those who haven't felt it please keep your hands again. And sahaja yogis you can go and look after them. Tracy, you need not. You give realization, it's alright. Now, you haven't felt cool breeze? Alright. Good. Yes.

Those who haven't felt any cool breeze raise your hands. You haven't. Something. Alright, now put your hands like this, don't be upset. Everything is going to be alright, eh?

Got it, you've got it. Got it. Now see this gentleman, the other one, just see. Are you? Feeling it? Alright. So you are a branded seeker, and you are sorted now. See that gentleman, you should ask the one... yes. Did you feel, My child? Did you? Good, good.

Dan, you also go and help now, see, you just start practicing, all of you, from New York. She's got it.

Alright, you've got it now, don't doubt it. Don't think about it, she's got it, you got it very well, face has changed.

What's the matter, Steve? Left Nabhi?

Drugs. Alright, put your hand down here, on the left side, left side. Alright. [Pause. Shri Mataji enters into meditation] Ah, alright?

Warren: He has been to a guru in the past.

Shri Mataji: Really?

Warren: In the past.

Shri Mataji: Of course in the future he's not going to go. He'll run away (Shri Mataji laughs) These people leave him, those see the book they don't even touch it. You see? Oh God!

See this lady here, she's left-sided I think. Just see. Let this gentleman work it out, come along. Now you give realization. Alright, alright, come along, no, it's for you, no, no, come here, come here.

Now Gavin, let him see the wind coming out of others. Let him see from the head, let him see. This gentleman. Now come along, you help him. This is Mr. Gavin Brown, from London. Alright? Now we have imported them, next time you have to come to London.

Now show him, how the cool breeze is coming, raising the Kundalini, ask him to raise it. Raise it also. Now we are baptizing, really you are a real baptist.

Now ask him to raise it, how to raise it also. You people can learn it also, both of you, come along, you are very strong, come along.

Both of you come along, get up and get your... raise it.

Christine, just teach these two boys, they are very good and strong.

Now forget about your sins, so-called. She's there, go, she'll tell them... ah, alright? (She's talking to a seeker who is feeling the cool breeze on the head of another seeker) One hand towards Me! Now there is no window there, just have a look! Show there's no window in the head! It's there!

Take them, let them test everyone. How are you now, are you better now? Today? Are you better? This is the cool breeze. You help him. Forget about the past, and just help him. You are better now but the Ekadasha is there. You are very hot still. Ekadasha Rudra...

How are you? Fine. You also got it? You haven't got it? Now, come along. Who is there? Hema? If you can come here. Gavin? You just come and look at this. You feel? True! (...) Now. Come along, put your hand. Put one hand...

Alright? This is the cool breeze. Yes, yes, you can feel it, all of you, all of you can. You have to forgive! You have to forgive, you have not forgiven really. Have you? No you haven't. Say now "Mother I forgive" Again. "I must forgive, I have to forgive". Again. Ah, alright?

Now better? Alright? See now, you've taken two, you have not forgiven also! Have you forgiven? No!

[End of video]

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God Has Created Us For Some Purpose

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Yesterday as I told you that we are going to have a series, one after another, and yesterday I explained to you the introductory part of Sahaja Yoga. As I said, 'Saha' means 'with', 'ja' means 'born'. Is born with you. It is inborn. Is spontaneous. Is living. Whatever is born with you is living. For, your fingers, hands, everything is living. And this system is born with you.

Yoga means the union with your Spirit. Simple, it's very simple meaning.

Yoga means to join. To join you with your Spirit, with the Divine. This is born with you, this right to be one with the Divine is born with you. Is your birthright.

But is Sahaja Yoga. Now, to say that it is My method, or it is today's method, would not be correct. Because this is the method of anything that is spontaneous.

Like you see a seed sprouting, a flower becoming a fruit, an egg becoming a bird, or you see a caterpillar becoming a butterfly. All this is Sahaja.

Is in-born within us. And this is existing within us, of which people were aware thousands and thousands of years back. Not only in India, you'll be surprised.

They were aware in England, they were definitely aware in Egypt, they were aware in Greece.

Recently I went to Greece, to Athens, and I was surprised. Athens was, comes from the word Athena. Athena is their Goddess.

Actually they don't know much about Her. But Atha in Sanskrit means primordial. She is the primordial Kundalini. Athena – is the primordial Kundalini, the Mother of the pri... expressed as the primordial Kundalini, or the primordial Mother. And She has in Her hand a snake, which goes round into circles creating chakras.

It's so clearly shown, but they are not aware of it. And they even have – you'll be amazed – the daughter of that Athena which is placed in among all of us, and they called this bone as sacrum, means a sacred bone. The word sacrum has come from Greek language - is the sacrum, means the sacred bone, that they were aware that in this bone lies something that is very sacred.

And I asked them "How did you get this idea, was that Alexander the Great who brought these ideas to you?"

They said "No, this is, this is thousands of years back we had a rapport with people who were Indians, Indo-Aryan groups, and that's how we know about it".

Is most amazing. And so many other things I discovered which was so surprising, and so enlightening, that these people were very much aware of it.

Now, in England there is a place called Stonehenge. I went to see that place, Stonehenge: has tremendous vibrations. Tremendous vibrations - the whole working of it is nothing but the three and a half coils it is placed, and it has come out of the Mother Earth.

But people did not understand, they started covering it up and all they made into some sort of a pattern. But actually the main thing must have just come out of the Mother Earth; and it has tremendous vibrations and people don't understand what it was.

That means people did practice this Kundalini business there.

I went to Colombia, I was surprised in Colombia: they told Me that the emblem of the Navy is a... what you call that? Condor, condor. Condor is called as a Garuda in Indian language, I don't know if you know. It's a very big eagle-like thing, condor. And they said condor is the emblem; I said: "Why condor? I mean, what has condor to do with the navy, I can't understand".

So they said: "It is because our old people tell us that from India – that is Bharat – from India a God called Vishnu came on a condor". Thousands of years back these people said about Vishnu who came on a condor.

I mean, I was amazed at their description and how did they know, I said: "How do you know?" They said "It is said, and that's why we put it as condor".

We said it's all right, we'll have condor, because condor is very much respected. There is no condor available there, nobody sees them there, nobody knows much about it, but why they talk about condor is because their Indians say that Vishnu came on a condor to their country; now, where is Colombia, where is India.

If you see the patterns of their ornaments is absolutely what we do in India, is to use the wire on top of the gold.

I don't know if you have seen their gold, gold ornaments, they had taken an exhibition round. But all of that, all Indian patterns, they said "the Indians came down to teach us".

Oh, I don't know how Indians went in those days to teach them. It's most surprising how they had a rapport in those days. And they lost the links.

Like in, say, from Iceland I met a lady. And I just asked her, "What do you say for sugar in your language?".

And she said that it's called as sharkara. Now, sharkara is the pure Sanskrit word for sugar. Pure Sanskrit word. Now then we discovered that the Sanskrit must have started somewhere near Norway, because it is said that it started at the place where that Rohini Nakshatra – is one of the constellations – is at right angle.

Now that's the place where it is at right angle, is Norway's the place where it is at right angle. So maybe that the pre-Latin language got purified into Sanskrit – there was a big rapport in this time – and one became the Latin and another became the Sanskrit. And there are so many common words and common concepts that it's remarkable how we have lost contacts and how we are separated now, even as nations.

I went to Australia and I was surprised the language that they use has mostly Sanskrit words. Like the river on which we were, on the bank of which we were living, was called as Parramatta, means the Primordial Mother. I was surprised how this name was given to that river, Parramatta.

Ask any Indian, he will know about it. And it's something that we had an all-pervading knowledge of this, even in England, and must be in America also, I should find out some places where I'll be able to locate these things.

Especially the old Indians who lived in America, I saw them in Chile and Argentina, and in Colombia. And they knew so many Sanskrit words in their ritualism and all that, I was amazed how this Sanskrit was with them, from where did it spread and how did they have this knowledge of Kundalini.

But this knowledge was a secret knowledge for many years. Thousands of years.

There, there was a poet called as Markandeya, who lived I think they say about ten thousand years back. He has described about the Kundalini. But he has just described that She resides here, and She is awakened, and She passes those chakras and all that; but not in details and not very clearly: in a very mystic language.

Now what happened in the beginning when people started their civilization, say in India, they first were faced with the nature.

Though in India nature is very kind, you can live under a tree or you can live under any shade that you can get, even in a cave; and you can be quite happy, and you can eat some fruits, and the climate is so good, it's not so cold and so hot and all that; so one can live very happily.

And they had solved their problems like this, some people; and they were living in the forest and they started thinking about their own existence, why are we here. And when they started thinking about it, they meditated. And in meditation they discovered lots of things.

And the thing they discovered that we have within ourselves a residual power called as Kundalini. And this residual power is the power which is not manifested, which is sleeping, which has created the whole of the universe that we are and yet not manifested, because it has to manifest giving you your Self-realization. This is the power of desire within us, the desire to become one with the Spirit. And that's how they believed that there is this power that existed in all human beings and that it should be awakened.

Today I'm trying to give you the little history of this, because one by one we'll be going to the whole thing.

Now there is another group of people, who just felt that "first of all we must try to master the elements". And from these seers, they got information "to do that, you must use the fire element, worship the fire element". And they started worshipping the fire element and started doing the homa and havanas, and the Vedas were written, for exciting the fire element and other elements, all the five elements.

So all the Vedas were written how to master these elements by pleasing the Deities that rule us.

Even in Greece they believed that everything has a deity, like they called the Varun, we call it as the Neptune, the one who is the Lord of the sea. He is called as Poseidon, they call it Poseidon to that special Deity like that. And they believed in it that that is so.

The trouble is that that time they did not start rationalizing or sort of deducting it on this: they believed in their seers, and whatever their seers told them they believed it and they started working on that; and they wanted to excite these elements.

The result of that is today's modern science. The modern science that we have got is because we have been able to master these five elements.

Now these five elements also that we have mastered, in our own freedom we might have created lots of problems for ourselves, for example we have created an atom bomb.

One can say that by mastering this, what we have done is to create an atom bomb, and a neutron bomb and this bomb and that bomb. But also for your good: because once you have created it, it's sitting like a devil there.

Now you are all frightened of it, and “no more wars”. Because if any more wars start, you are all going to be finished like that.

So even this devil that you have created is frightening you from there, and grinning at you: “Alright, you have created me, now you’d better behave yourself”.

All such enterprises move in one linear direction, and they recoil back.

Anything you try. Now you try to create plastic, now plastic is sitting on your head.

You don’t know what to do with your plastics. You do anything like that, it comes back on you and it challenges you.

For example now we can say that when we have got everything around, I mean, in New York, you see, you have got cars, you’ve got... you can move about, you have got food, you have got affluence, as it is you are affluent people.

But people are running away from affluence, they have taken to counter-cultures, they’re fed up with this, all these plastics, nylons, finished with it, and now they are seeking something else, they are taking drugs and running away, they don’t want to carry the junks of their parents.

They’re different type of people that are born. The same thing for which they were striving so much has now bothered them so much that they are trying to run away from it. So the reaction is built in on all these endeavours that we do with the elements, because elements cannot give you joy.

No matter can give us joy.

We think it can. For example if you want to build a house, “Alright, I must build a house, I must have mortgage, I must have this, that”, and you build the house. Still you are sitting miserable as if there is mourning on. What’s the matter?

“Now I must have a car!”. Alright, you have a car. You have a car, you have a house and everything, and then you want to wear torn clothes. Why?

“Because now I belong to counter-culture”.

Why did you strive so much to have a house and a car and all that pomp and show and style, and now you are going for a counter-culture? Because you are not satisfied with it.

And basically economics says this very clearly, that one want is satiable, and in general – in general – it is not satiable.

The wants are not satiable in general: you want to have one thing, then you want to have another thing, want to have another thing. And then you get so fed up with these monkey tricks that you want to give up.

You don’t want to be monkeys anymore, had enough of it.

Like in England when I went, most of the people who came to Me, I asked them: “What are you doing?”. “Mother, I’m successfully unemployed” (Shri Mataji laughs, laughter)

There’s a big cry against unemployment, Mrs. Thatcher is so much worried, that you see people are unemployed, but they are successfully unemployed! (Laughter)

They want to be unemployed!

That perhaps she does not know, that they don't want to work, had enough of it, this madness, we don't want anything.

So they started running across, finding out, and the time has come now for many seekers to be born, now seekers who are beyond the seeking of material life, they are fed up, they want to seek something.

At this juncture, the market started sending the news to people that "ah, this is the place where you can make money".

So the thing got flooded, specially your America, with all the great thugs of the world to come down here and settle down nicely exploiting you. That's what it is.

So the history of these people works out this way that now they are here, and we do not know what to do with ourselves and with them. But one should know that the nature has made us a human being. He has created us from amoeba to this stage for some purpose.

And if God has created this creation with such care and asked with [? Unclear] some creation, there must be some purpose.

He's not going to allow His creation to be destroyed. These days in France if you find anybody sitting on the street they are discussing that there is going to be a catastrophe; in '82, they say. And then if everything is going to be destroyed, so why worry? Better drink before that as much as you can. So they're sitting on the streets with the bottles in their hands till they get absolutely drunk; they said "After all we are going to be destroyed in any case, so waiting for that". And they are discus...- (She corrects Herself) - they are just worried about that.

So they told Me that in New York they are discussing only two things. I said: "What, which two things are discussing?" "One is the dollar" - in American way "dallar" you can say - "and the another is the miseries and the sufferings". I said: "Really?". That's the only things are these, talking about, is one is the dollar and the subsequent suffering one has to go through (laughs). It's most surprising how we reach a point of the proper conclusion of everything but still we do not hit the right point. We reach a right conclusion, understanding that matter is not the thing that is going to give us joy, we have to go beyond, there's something beyond we have to achieve.

Whether you are a communist, or whether you are a capitalist, or anything, everybody knows that this is not satisfying. I've been to Russia Myself and the Russians I met they said: "But there must be something beyond this, isn't it, is not everything". Everyone of them said so, everyone of them. So, same here; and that, when it comes to that point, then only a mass evolution has to take place. And many people have to get realization, no doubt about it.

So on the right hand side they tried to discover all the elements and all that, and they put that.

First the desire came into people that "we should do something about it".

And when they found that this one (right side, ndt) is, feels little funny to work it out all the time running after matter, so they took to another style of emotional, that is devotion.

Is to surrender yourself. Surrender anything to anything, like anybody comes in and says: "Now this is what I am," alright: surrender.

Surrender your brain, surrender your understanding, surrender your logic, surrender your wisdom, everything to that and just you'll be alright.

And that's how then we found that all these incarnations who came on this Earth – a great incarnation like Christ, great incarnation like Mohammed, great incarnation like so many other people who came in India like Rama, Krishna, and all these, they made a nice pickle out of them. They started big, huge organizations, then big huge places, and... Though they were every time challenged, like I would say that papal authority was challenged by Martin Luther, who was a realized soul, all the people who followed Martin Luther went into another extreme of licentiousness and permissiveness.

So from this end to that end, and from that end to this end.

When they came on this side they became very, very, sort of ascetic, and they said "Oh, we all should become nuns and we should lead a life of absolute celibacy".

I don't know where Christ has said that, I don't think He could have said it that you become nuns, it is nonsensical. It is unnatural to be nuns and all that. And I mean, they look so horrid and so hot-tempered, I mean, they have no sweetness about them I mean, I don't know if you have been to convents, look at the children: they just shake when they see a nun, supposed to be a sister! (Laughter)

And they just shake, and they just don't want to look at them! And these are the people in charge of God? And "going to marry Christ", of all the things that's the worst thing that you can do, is to say that you are going to marry Christ. It's something I don't know from where it came into their heads that they are marrying Christ. What right have they got to marry Christ? How are they connected with Him; I just don't understand. But all sorts of nonsense, this is the greatest nonsense that they established on this Earth. And they started huge big nunneries and huge big what you call these churches and all that.

The worst thing they did was to in the church to put all the dead bodies. I don't know from where did they get this idea also, I just don't understand.

In the Bible, where is it written that you build all your churches on the dead people, walk on top of them, bring all your children to those cemeteries? But all sorts of nonsense they did, in Christianity, worse and worst in Hinduism. I need not tell you about Hindus, the amount of nonsense they have done.

The person like Adi Shankaracharya who came in the sixth century, in the sixth century, he's talked of nothing else but what I'm telling you.

If you read his book – any book, I don't know if they are translated; if they are translated – nothing else but what I'm telling you, that you have to become the Spirit; that you have to get realization.

Once you get realization you get over all your jati. Jati means your aptitudes.

All this caste system were based on the aptitudes of a person, not on the pre-natal system that you are born to a Brahmin you are a Brahmin; you could be a shudra born to a Brahmin.

Is an aptitude, a one who is a seeker is a Brahmin. The one who know... wants to know about the Brahma, wants to know about God is a Brahmin. Is an aptitude. It's really an aptitude, because if it was not so...

Gita was written by Vyasa.

Vyasa he was a great sage and he wrote Gita. And do you know his... I must tell you about his birth. He was born to a lady, illegitimate child, who was just a fisherwoman. And who married another man later on. This was Vyasa who wrote Gita, and how can you say – in Gita it is written, can you imagine, that your caste, your aptitude, is determined by your birth?

Can you believe it? The one who is an illegitimate child, will he write like this?

Luckily he was illegitimate, so today we can say that it is nonsense you have put in there. And this is all such things have been done to all the scriptures. All the scriptures they have tried to spoil, for their own purpose.

Now, like Mohammed: Mohammed, you can't imagine how He lived. His life was misery. And people tortured Him, these mad people there, I don't know why did He take His birth there. It would have been better if He had taken birth in India, people would have respected Him. He did later on. But the way they tortured Him these nomadic people, they had no idea of God, nothing, He wanted them to know about God. He went there, they poisoned Him, they tortured Him, they never listened to Him. And ultimately when He died, then they said that He said that "I'm the last Prophet".

He might have said it also, might have said, doesn't matter; but He saw the way they were behaving and He again He incarnated. He has to, any sensible man would be...

You see, a Mother may say "This is the last time I'm coming to you". Last time I did say to Americans, "This is the last time I'm coming to you". But I had to come back, what to do? They had no sense at that time, I said, "Alright, this is the last time, I'm not coming to you".

But after nine years I just couldn't help it, I said: "Alright, I must go back".

Now you would say, "You are the other Mother, this cannot be the same She had said that She will not come back". Really, I did say. But that doesn't mean that I will not come back. In compassion and love I have to come back. Because all My children are here, lost, what am I to do? I have to come back. And that's exactly what happened about Mohammed.

And now Mr. Khomeini thinks that he is the topmost man in the kingdom of God, I mean, he's just next to God.

God knows why he doesn't say he's also Bhagavan. He could say that he is Bhagavan.

I mean, the way he is behaving you can see now clearly how fanaticism can be dangerous.

And this is what has happened in the human awareness also that people accepted whatever was told to them.

All these great incarnations are fruits or the flowers of the same living tree. But you take out the flowers from the tree and say "This is mine, this is mine", fight [a war (maybe from "war"?)], they become ugly and die and then you say that: "Oh, this is the religion I follow, I believe". Now, what is that "I" in you that believes? We should challenge ourselves.

Now, which one is this I, Mister I, within me that believes? Everybody says, even politicians, "I believe". Now, who is this I? This I is Mister E-G-O, is not your Spirit. You are not your Spirit. When you say "I believe" it is your Spirit, then it is an absolute, is the truth.

All those who are realized souls, believe in one thing. Because they become, all of them, collectively conscious and they feel one truth.

For example if you have ten children, and they are realized souls, you ask them to put hands towards one person, and say: "Now, where is wrong with this person?". They will all show the same finger [She raises finger of left Vishuddhi].

Same finger they will show, "It is here". Even the child, may be a six-month old, he'll put his finger in the mouth.

So Mr. Freud said this is sex, now what to do with this half-baked fellow who doesn't know anything, this Freud? Who has taken you over completely, I don't know how you got into his mess!

In all kinds of messes you have been into, and all sorts of cobwebs there have been.

So now the best is first get over your ego, that's the main part one has to play, and you have to become your Spirit.

Now, to become your Spirit, you are beautifully made.

There is the Kundalini, there is the Spirit in your heart. Though the seat of the Spirit is here (touches top of the head, ndt), but it resides in human beings in the heart.

Now, when the Kundalini rises, She passes through these centers, and opens the Sahasrara.

When this was going on, and the other side – the one where we were trying to sort of master the elements and on the other side we were having these devotions and surrenderings and all that – the third side, which is very important, which is the evolutionary side, was also worked out. The third side is the evolutionary side. And the third side was working out where people were working on this Kundalini, and were using it for giving realization to others.

Now as it is you know, people are doing Hatha yoga very much in America. That's also another jumble. Because Hatha yoga was practiced thousands of years back in India by Patanjali. Patanjali wrote about Hatha yoga. When we had four type of ashramas, or four periods of our lives, in which the beginning of our lives was a brahmacharya, when you had to lead a celibate life, live with a realized guru, there was a university which you had to join, and this university was called as gotra. Now for example my gotra is Shandiliya. Now this was thousands of years back, My fore-fore-fore-forefathers must have studied with Shandilya Muni and even today I am Go...Shandiliya.

Now, I cannot marry anybody in Shandiliya Gotra. Even today. So can you imagine what was the celibacy.

You were not only brothers and sisters, but the descendants of that even today cannot marry.

This was the condition of the university, that in a university, when the boys went after five years of age, and the girls, they lived there till the age of twenty-five years, and they led a life of brothers and sisters like a family, in complete celibacy.

At that time Patanjali shastra was useful (not completely audible – ed). Are these the circumstances today? It is meant for people who are not at all exposed to sex, to begin with.

Secondly, it has got ashtangas, there are eight parts. Not one, eight parts. Out of that is Yama Niyama, is one of them.

Out of Yama, one third is the exercise, one third. So I don't know, you calculate how much part it is. And that -enth part of this thing has become now Hatha yoga.

Now you start doing that exercise because for you Marylin Monroe is your heroine, or maybe Mrs Kennedy, I don't know who she is, some sort of a person; so you must develop your legs like this, and hands like this, and all the men are trying to reduce their waistline and doing all kinds of nonsensical things. I mean, this physical body should not be that important; on the contrary one should try to keep it clean.

Cleansing of the body is much more important; cleansing in the way that you don't do anything wrong, with your hands. You mother people and here you are trying to reduce: what's the use? There is no hole to enter into the God's kingdom where you have to have certain amount of these caricatures which can pass through.

What you have to have is a holy hand, holy feet, holy eyes, holy appearances.

It has to be holiness.

Nobody pays attention to holiness.

They all pay attention to this physical appearances. By this they have lost a lot.

And that's how what happens you move too much on the right hand side, looking after your physical being which is only up to this part (right side, ndt), and what you neglect is your Spirit.

So, all such people get heart attacks. Before getting heart attacks, they get emotionally drained out.

They mostly have divorces, they see somebody, you see, they are like, we can say like fireballs; you don't touch them. Don't go near them, even if you talk to them they may come on you like dogs, and just start howling at you, you'll not know how to do it, they'll bark at you, you don't know why, why they did it; just because they are like that. They are so hot-tempered, so ego-oriented, and they think no end of themselves.

And such people exist here (right side, ndt), and so-called Hatha Yoga. There is no Yoga at all, on the contrary you run away from your Spirit. You run away from your Spirit, only you develop your ego there.

Now, here as you see clearly, there are two lines shown. One is the left side, and the right side. Now this left line climbs and creates that blue thing there.

Now what is this left line is the power of desire within us.

This power of desire manifests outside the left sympathetic nervous system on the gross, but we are showing here the subtler side of our gross.

Now on the right side you have this another power which shows yellow of the bile color, is the power of action.

So we act by our physical being and our mental being. So is the physical and the mental, but you see English language is little funny, because when you say a mental patient, it means that something wrong on the left side.

So what I mean is that the people who work out with planning, and with rationality, and all that, they use this part. And the people who use this part are the people who are doing physical labor, or physical attention, or Hatha yogi, and all those people who have thinned down, be on redumption [may that mean "on reduction?"] – all such people are on this side.

On the other side, on the left hand side, is the power of desire. Here the people who are emotional, like who go on singing praises of Shri Rama and Shri Krishna on the street, up our Oxford Street, you see, with a thing hanging down, and singing songs and shouting and spoiling their Vishuddhi chakra and getting cancer in the throat. They are on the left hand side.

Or the women who are extremely romantic, are emotional and always crying and weeping and troubling others, and this type of people are on the left hand side.

Now this side, the left hand side – this side- is the subconscious, and beyond this is the collective subconscious. And this side, is the right hand side, is our supra-conscious and beyond it is collective supraconscious. Now this is in Sanskrit is called Adi Dhaiwik (right side, ndt) and this is called as Adi Bhautik (left side, ndt). All these things are there but nobody has told you. Now, when you go to these fake gurus, what they do is to push you on the left or to the right. Simple thing they do is to push you to the left or to the right. They can only do that, they cannot bring you up there, because here is the super-consciousness.

They cannot awaken your Kundalini, they cannot raise it, so they either push you on to the left or to the right.

Now beyond a certain area, the whole of the collective consciousness ...[Shri Mataji corrects Herself]... collective subconsciousness – the whole, means from the creation. Now I was surprised that doctors have found out – thank God – that the cancer is caused by some proteins, called 58 Protein, 58 and 56 - they have even photographed it - who come into the system and trigger the cancer and they come from the area which was built within us since the time of our creation, but they don't know what it is.

I mean, I have told about this ten years back that the cancer is caused by the left side movement. Now if these gurus put you onto the left hand side, what happens? You get possessed by those proteins, we call them bhoots, are the dead spirits.

You just get possessed, that's all. You just get possessed, you see, that's why you see if a false guru is there, there are fifty thousand people just mad, going like this, foolish, stupid people, don't understand anything what they are doing, or what they have to achieve, if they know, or there is nothing like finding out anything, no discrimination, like silly useless lunatics they move.

And they think: "Oh, we've got the knowledge". Now, what knowledge have you got? If you ask them, "What's the knowledge? Can you say what's wrong with this gentleman? Can you say what's wrong with you? You know where are you, where is your Kundalini?".

"Oh, we don't believe in anything, we just believe in our guru". Now what do you believe in guru, he's going to go to hell direct, and you are going to follow him, that's what it is. They are becoming mad, absolutely mad people, recluses.

There is one group of people who paid three thousand pound for flying in the air. Alright? Three thousand pound, to fly in the air, I mean, I, yesterday I said that put your guru on the Leaning Tower of Pisa, it was built for that only; and throw him down, and see if he can fly (Shri Mataji laughs). If he can fly then alright, you can pay three thousand pounds to him.

And then ultimately they end up as recluses. So much so that if you show them a garlic, a little bagged up garlic, they are frightened. Can you imagine, you get frightened of the vegetables? (Laughter)

I mean, not even of animals but of vegetables, and you think you are achieving a flying trick! Such stupidity exists, that they go on falling into it and falling into it.

And you are saints! You are chosen ones! You are great people, you have to achieve your Self. You don't understand, you have no self-esteem, that you give away to these horrible people who are nothing but devils!

You can see it so clearly writ large on their faces. They are not going to talk against them. Many people tell Me, "Mother, why do You criticize them?". I said: "I will hundred times criticize them". Let them come and face Me. None of them have put, filed a suit against Me, I've talked about them with names, nobody has filed a suit against Me, they dare not. Because I'll expose them very nicely. And these people have not only ruined your Kundalini, all chances of your realization, but they have made you mad! So many people are epileptic. So many people are going to lunatic asylum. They are getting mad. And these people are supposed to be in charge of your spiritual evolution?!

One must understand that when you become something higher, you'll have a higher level-headedness.

You have to be master of yourself. Like if somebody starts jumping on the seat that means he's not in his own control, I mean, somebody is making him jump.

You should be able to guide the whole thing, like I would say in a car we have a brake and an accelerator. Two powers. So this is

the brake and this is the accelerator, you are trying to use it, you are balancing it. You are balancing it, you are trying to learn.

Now you go to the left and right and you do all kinds of mistakes, alright. Then you learn it, you become a driver.

Once you become the driver, the master who is sitting behind you, gives you the seat of a master. You become the master.

And that's what one should do, is to become the master. But supposing you are sitting in the car and your car takes you wherever it feels like; then are you the master of the car, or the car is master of you?

These people are so authoritarian, they put authority on you, they make you feel that you are nothing. Now you ask them: "What is your authority?". But how can you ask, because they have taken away your authority.

In Sahaja Yoga you become your authority. You become your absolute, you become your Spirit. And then you judge others. And this is what it is, that you have to become masters yourself.

I mean, these people are not equal to the dust of your feet. This is what it is. In the eyes of God. They take money from you and live on that – parasites, of the worst type, are these Lamas! They were parasites of these Tibetan people, poor people; they used to get money from them and live in Lhasa very nicely. Very "great" people, and having now in what, Gobi desert that Skambhala or Shambhala nonsense of that; let them all go to Gobi! (Laughter) Let them live there, that is the place meant for such people.

They have taken money from the poor people, exploited them, and here like parasites living on them. What work are they doing? They are doing no work, and they are the people who can show you how parasites are.

Now supposing if I tell you that you come and live with Me free of cost: will you accept? Anyone of you?

They take money from you – there's another fellow who has got fifty-eight Rolls Royces, one who has fifty-nine Rolls Royces. And you don't understand! That you cannot give metal and get the Spirit. You have to achieve your own Spirit. It has to happen to you. You have to become the Spirit. And the third force [central channel, ndt] is your evolutionary force. Is the evolutionary force within us which is the sustaining force, by which we are sustained.

Like carbon has four valences. Carbon is here [She shows Mooladhara on chart, ndt]. At this time the carbon was created with four valences, you see here. It's a tetravalent. But in the gross it is carbon, but in the subtle it is innocence.

In the subtle it is the innocence. Matter is innocent; if you hit it, it will hit you back. If you don't hit it, it will not hit you.

So the innocence, the embodiment of innocence, is here.

And this chakra is the embodiment of innocence, and the Deity of that is called as Shri Ganesh, who incarnated later on as the Embodiment of innocence, was Christ our Lord, at that center where is the Agnya chakra.

Now imagine, the One who is the embodiment of innocence, these horrible nuns are trying to marry Him! Will an innocent man marry? He doesn't know marriage, He doesn't know sex, He's beyond these things! He's not a human being, He is Omkara! He's Pranava! He is the Divine power. How can He marry these women? These women, with their baser things, they want to sublimate it and say that "We want to marry Him".

If they want to marry they should marry human beings, they cannot marry God! And that is what He is, Christ. And the Christ's Advent is very important in the history of our evolution.

If I talk about Christ to Indians they say "You are trying to make us Christians". If I talk to you about Shri Krishna you will say I am trying to make you Hindus. It's a very funny world, I must say.

Christ has said: "Those who are not against Me, are with Me". Who are those? You didn't allow Him to speak!

Hardly you allowed Him to live for three years and you crucified Him! He rode the donkeys and I think all these donkeys have become now Christians. That was the symbol - that they crucified Him; and today again they are crucifying Him by not accepting that they must have their Spirit. They are to be born again.

Now, they are to be born again means what? You certify "I am born again"?

I mean, how can you certify yourself "I'm born again"? Is artificial! Like this, we have made a mess of all of these great Incarnations.

Still Christ has said: "Everything can be forgiven". And it's true. Everything can be forgiven, all your sins can be forgiven, everything can be forgiven, but become the Spirit.

If you don't become the Spirit, then the dead will go to dead. Spirit is the only living thing, and Spirit is the only thing you should achieve, and that you should become, the rest of it is all mithya, is all falsehood, is all fake.

Spirit emits the Brahma, the power, the cool breeze of the Holy Ghost as they call it. That is the Spirit within you that emits, and that's what you should achieve - which organizes, which thinks, which acts, which works out everything that has to be done, and also with love. The whole thing put together is nothing but love. But love that only emits, which doesn't receive anything. It doesn't receive anything, I mean, if you want to hit Me also I'll not receive it. I will not receive anything whatsoever you want to do to Me, that's what it is.

And that should happen to all of you, that you should not become anymore recipient of all these nonsensical things, but just manifesting your love to others.

That should happen to every seeker.

And once that happens, you reach that state which I described yesterday as Nirvikalpa Samadhi. That Samadhi must come, that awareness, enlightened awareness you must have, you must achieve that.

In Sahaja Yoga one has to understand that it is your own progress which is important, and the progress of the whole that is important. It's not only your own progress, but the whole, the collectivity - specially, as he has said, that at Vishuddhi chakra, here is the point of our evolution where we raised our head.

Yesterday I told you that when we raised our head from animal kingdom we took up the responsibility upon ourselves, and that chakra is nothing else but your great country, America.

You have been talking big, no doubt, you think you are going to solve the problem of the whole world, everywhere you go and meddle with. Like Vietnam, here, there, and that. And then you receive the bad things, you've done a mistake. If you had achieved your Spirit, then you don't have to go anywhere, sitting here you can solve the problems. The All-pervading power with which you are connected - you'll be amazed - works out instantaneously. Sitting down here you can work it out. Only one thing it cannot do: there it is helpless. And that's a point I come before you with a folded hands.

That is you have got your freedom to choose. If you are egoistical, if you are superego means you are possessed, you will not choose it. So with your own freedom, with your free will, you have to choose it. And if you have chosen it with your free will, it can happen to you, otherwise it will not. Because your freedom has to be respected, you have to enter into the kingdom of God, you have to become absolutely free citizens of that great freedom [May Shri Mataji mean "kingdom"?]. And if your freedom is not

respected you cannot enter in.

So first thing your freedom has to be respected, if you don't want it you cannot get it.

I cannot force on you, nobody can force it on you, nobody would like to do it. It is you you have to ask for it.

That's why He said: "Seek". Christ has said: "You have to seek". If you seek, if you ask for it, you'll get it. You have to knock. If you do not knock, the door won't open. Door should open for us, everybody thinks "While sitting down here we should get it" – no. You have to ask for it. Then only you can enter into the kingdom of God.

Imagine a person who is a slave: will you make him the king? We have to free from our ego and from our superego, that's why Christ is sitting down there at that point, where you enter into the kingdom of God which is the limbic area, on top there.

When you awaken Christ, He sucks your ego and superego, all your karmas and your ego, all your conditionings and all your ambitions.

Everything sucked in – by sucking that only you get this portion opened out which is called as the fontanel bone area and you get the cool breeze coming out, and many people have felt it yesterday.

This is what it was said, that Christ should be awakened within us, He should be born within us, by which He sucks in.

I wish Christians had carried this message properly to Indians. They did not.

They gave such a funny idea about Christ that they put a loaf, imagine, loaf in the well and said, "This is the meat of a cow". And they can't eat the cow's meat, so you all have become Christians.

Like that villages after villages became Christians, imagine what a message of Christ they gave to people.

If they had told about this, then people would have known that the One who is promised as Mahavishnu, who is going to come on this earth to take away all our karmas and all that, people would have taken to another course. But it never came. So still they are, poor things, are plodding with their karmas, and here the gurus are coming and telling you that you have to get over your karmas. Imagine.

Now what are these gurus paid for, then? If you have to do... Anything happens, they say: "It is your karmas!"

Then why are you paid for? You are taking all our money, everything from here, and having big huge places for yourself, and where we are suffering here under pressures and all kinds of things. And you are telling us that this is because of "your karmas". If it is so, what is the need you to be there?

So this is what one has to understand, the general history of these three things I told you: one is the power of desire, we call it as the Mahakali power. Maha-Kali power.

This is the another power, is the power of action which is Kriya shakti – actually this is called as Iccha Shakti and Kriya Shakti – but in our language, in Sahaja Yoga language, called as Mahakali – this is called as Mahasaraswati.

And this as Mahalakshmi.

Mahalakshmi is the power of evolution. And Christ's Mother was the Incarnation of Mahalakshmi power.

And how, and why, that I will tell you later on, when I'll come to this by chakras and chakras.

I hope they have been able to follow My lecture and I've been able to explain, but if there is no explanation, and if you want to know about something, you can ask Me.

May God bless you.

[A lady asks an inaudible question and mentions about Freud]

Shri Mataji: I know. Where's this Freud, you see, your great Mr. Freud. Must be another devil, I must say, to put this idea. He didn't know anything, he had no business to talk about it, he was most unauthorized person. What did he know? He didn't know anything, you read his book and... Find Jung thousand time better. Jung something knew about it, you see, he got his realization also.

This fellow, Freud, he died of cancer.

When you see his dying of cancer at least don't follow him. But you all have become Freudians. In London there are only 12 Jungians. You see? And all of them are Jews, so they don't believe in Christ. So how can you talk to them? Jews don't believe in Christ. Why? And that's why they wanted to suffer. Alright, so you had suffering, had it. Now will you believe in Christ or not? They want to suffer, alright, have it. They asked for it. For eleven years this thing was growing up, this racialism in Germany, if you read the history of Germany, it's most surprising.

And these Germans used to kill the Jews, do this – "Oh, we have to suffer", among themselves they used to say. If somebody's killed they would never protest, for eleven years. Then, then Hitler came into power, afterwards. And then he started doing all these things, for eleven years they were trying to suffer. Now they had a real, right, "royal" suffering. That's what they had. Still if you meet a Jew he'll still say "I don't believe in Christ". Who are you not to believe in him?

Warren: Many children suck their thumbs now...

Shri Mataji: Ah, that, this thumb (left thumb, ndt) they suck because you are catching on the left Swadishthana. If you go to some horrible guru, they will start – poor things – sucking this thumb.

Means left Swadishthana. You are going to some unauthorized person, the child may be a realized soul, and he'll start sucking his thumb.

We give so much trouble to our children, we have no idea. And now so many realized souls are going to be born. There are, so many, and to our sahaja yogis... now Gavin has a daughter, her name is... [yogi: "Olympia"]... Olympia, because I went to Olympics before that, you see. And so when I came back I gave her the name Olympia. And if you see her, she's a tremendous child. Tremendous child. If she was here, she would not allow Me to speak, I have to take her in My lap and speak to you. Have you got a photograph? The green? Eh? Alright. My purse is not there...

So many children are born. There's another one – when I went to Greece there was another child was born, Athena. And so many; there's another one who is called as Dattatreya. We have so many now in England, born realized. And they know. They get after people, you see, they work. We have lots of people, about ten or twelve children sitting down and lots of people, and they help Me, they are around Me and they tell Me: "Here it is". They go on hitting, and they start improving the chakras and giving bandhans, and all that, and they work it out so well, they know so much.

My own grandchildren, four of them, are first class realized souls. First class. Absolutely top class people. Some very great souls. Very great souls, and they are so simple, and they understand things so well.

Like the younger one, she's the youngest was about three years of age, and she was going to some nursery school, and she brought a paper – imagine, in a little children's school, they sent a paper – saying that there's a course on for youth, for your transformation. So she brought the thing and she said: "What is written in this thing?". I said: "You can change if you join this course for hundred rupees, you have to go to a hotel". So this little one says: "How can that be possible? By paying hundred rupees you cannot just do it! The Kundalini must be awakened, otherwise how can you? Kundalini doesn't understand money!".

The little one says, three-year-old. The elder one says: "But by doing a course, if you can do it, my father has done fourteen courses, his Kundalini's not yet risen".

Just see, how simple it is for them to see. But you cannot see. Is your ego, you have over-developed ego, you think you can study. You mean to say people who are not educated are not going to get realization?

Is a living, living thing. Do we study for our breathing? Imagine we have to go to library to understand how to breathe: what will happen to all of us?

We'll never reach the library! (Laughter, She laughs) Yes?

Seeker: Mother, I think, you know, yesterday something very – I can't understand, but was very nice, very good happened, and I would like to do it - what to do? I didn't come today to the workshop, but how can I find out?

Shri Mataji (Laughs) I mean, if you don't come to the workshop [Seeker: I will come], what should I do?

Seeker: Can I try again? I'm coming here...

Shri Mataji (laughs): Now, I would say. Put your willpower. What I'm saying, put your willpower. I'm here only for five days, not more than that; now only four days.

Now, make best use of Me, what else can I say? Alright? I am staying in that hotel because of you, alright, that you could come and see Me in the morning time.

Those who came, ask Herman (?): how much he was helped, how much he learnt. How will you learn unless and until you come to Me? Alright? You must come; put little willpower. You see, supposing I had taken hundred dollars from you: you would have come. Definitely, I know American temperament. (Laughter). You see, I asked them why they do it. You see they said it's like this: you buy a ticket for a picture, or say for a play, alright? And the play is horrible, but you say 'we paid, so let us sit down'.

You paid for it, you see, everything is paid for, is paid for: that's why. But you cannot pay Me and you cannot buy Me.

But you must tell yourself, that "If I am a realized soul, I should know all about it". Alright? Put in your willpower. Put in your willpower. Because I cannot mesmerize you and I cannot force you.

Here all those who came to Me this morning were very much helped, and you are much better now. Ask anyone of them, how much happier they are.

Some people who had a very bad back and all that, I cured them, and somebody had a pain here (touches neck, ndt), I cured him; everybody was helped, no doubt. Everybody was helped very much.

Those who didn't come would be lagging in their progress, definitely, no doubt about it.

A seeker says something.

Warren: Yes. We'll make an announcement at the end of the program precisely where you should come.

Shri Mataji: Yes, yes of course. I'm sticking onto that place. I'm not getting out at all. Actually they lock Me in. (Laughter)

And they keep somebody to watch Me, I may disappear you see, in the thin air, so I'm just there for you, waiting for you. I've come all the way for you only, isn't it. What have I got to do in this New York the great? Yes?

Seeker asks question.

Warren repeats it to Shri Mataji: "He's saying that "I said I had problems with my chakras, other people who have trouble with can you help them?"

Shri Mataji: Of course; you can also help yourself, and I can help you also, and you will know everything about it; everything you will know.

You see, if I know what's there? If I have all the powers what's there? Why should you believe in Me? You should have your own powers. This is simple. Alright? Any other questions? They are very positive people, I must say.

[Seeker asks a question about people doing pranayama to raise Kundalini]

Shri Mataji: You cannot do it by effort.

It's not, is not correct. On the contrary pranayama gives you sinus problems.

And so many other problems. Then this Hamsa Chakra gets caught with the pranayama. This is a very bad chakra which once caught it's very difficult to correct.

Seeker asks question about meditation; "How about meditation? Do you feel it's good to meditate?"

Shri Mataji: You cannot "do" meditation, you have to be in meditation.

Once it happens, you are there, you are in thoughtless awareness, you are watching everything like a witness. The whole thing looks like a drama.

Seeker continues: It seems to come and go, sometimes meditation comes and then it's not there, and it varies (unclear)...

Shri Mataji: It cannot be; if you know everything about Kundalini and if your Kundalini is really done, then it does its workout – in the beginning you have to be carefully for a month only. For a month you have to give little intensive care; and then it's all right. It's like a patient coming out of intensive care. But you have to treat yourself first of all like a patient. Look after yourself, put full effort to understand everything, cure yourself, and you are all right. But put some willpower, you see.

You should have come. I asked them, what about the boy who wanted to get married? I could have got you a bride today (Laughs loud, general laughter)

Alright, but now you might miss the point! (Laughs loud).

Yes My child?

Lady seeker says that she felt very angry about the comment about the Jews.

Shri Mataji: About whom?

Lady seeker: About the Jews.

Shri Mataji: You should not be angry with Me.

Lady Seeker: No, I want to tell you what happened. I am not angry with You...

Shri Mataji: Alright.

Then lady seeker tells about her ancestors who were poor, had no money and didn't know what was going on...)

Shri Mataji: I know, I know.

(Seeker continues with her story – “Anyway and I believed in the Christ's Spirit, that I must believe in Jesus Christ”)

How can you treat that? Alright we'll see, alright we'll see.

(Seeker continues with her story - inaudible)

No, not, it's not... it's true, I was also a Jew once upon a time, for your information.

(Seeker: what?)

I was also a Jew in one of My lives. Alright? And I was sympathies with them, but they are foolish to say that they should suffer: why should they suffer?

(Lady seeker: Suffering is ridiculous)

Alright, alright. Then they say that “We don't believe in Christ”: what right have they got to say so? They have to believe, because Christ was a Jew Himself. You know, I was born in an Indian Christian family in India. No Indian Christian believes in Me. You'll be surprised, not a single Indian Christian. All are Muslims, Hindus, Jains, Parsis, everybody. You will believe Me or Americans, but Indian Christians don't believe in Me. That's what.

(Seeker: Indian Christians don't believe in You)

No.

(Warren: That's what She's talking about)

Shri Mataji: I couldn't believe it! They are the only people who don't believe in Me.

Male seeker: They are too close. Too close.

Shri Mataji: Eh?

Seeker: Too close.

Shri Mataji: It's jealousy, I think. I don't know what it is. It's funny. But if I was, say, if I was the President of India, they would have been all very close to Me. My nearest relations would have been there. You see, because then they think materially they can have advantage.

But believing in Me for them is very difficult. Except for My own brothers and sisters, because they know Me from My childhood. And My father himself and My mother. I don't think any Indian Christian really believes in Me. There are people who have cast My horoscope and he said: "You are tremendous I mean, just can't believe it that this is Your horoscope" and all that, but he cannot believe in Me.

See, there's still a barrier, because he's an Indian Christian. Perhaps they think to be Indian Christian is very low, and how can I be something so great?

Maybe that, or they don't believe in themselves, I don't know what it is.

But it's a fact. And that's why Jews did not believe in Christ.

And even today they are trying very funny things, like there was a questionnaire, I will tell you, in London; the Jews are trying you see – they have money – so they told the Times people to put some sort of an article against Christ.

And what they said was that in the Bible it was said that a girl is going to give birth to Christ according to the Hebrew language, but not a Virgin. Now, in those days, girl meant a virgin; even today in India "kanya" means a virgin and also means a girl.

Means they didn't have eighty-year-old girls as we have in America (laughter) in those days, you see.

And it means that. And now another logical thing one can see that if the girl was not going to give birth, then is a man going to give birth? Why did they say "girl", if it was just a woman, why did they say particularly girl?

Such absurd things about this shroud of Christ also, they created another controversy for nothing at all, that the shroud of Christ. It is His shroud, no doubt, but when He died, He was tied with it, means from both the sides it was pulled out, so very longish face and all that, He was not that longish type of a person.

And because you see after all the color is smearing, is part of the body, it cannot be three-dimensional, so it looks very thin and sickly and pulled out stuff.

It is His shroud, no doubt, but this was the shroud that was, that covered Him when He was just taken out and was covered and put in the grave.

Now they are saying this was the shroud they used - is a proof that He was taken and smuggled into another country and He never resurrected.

This is the speciality of these Jews they are establishing now. I said, "Now, anybody who has common sense if they have to smuggle a body from one country to another, will they cover it with a shroud which has got all the bloodstains on it?". Think of these people how they are after Christ.

They talk of Yehowa, who is an abstract God, and they are the grossest people, I can tell you, they think of money, money, money, money, five times.

They talk of the abstract – now we have many, many sahaja yogis who are Jews.

(Seeker asks to repeat) Sahaja yogis who are Jews. And they feel it. And they feel so worried, so worried – two of them had come here, now they have gone away – about their parents, and about other people, what's going to happen to these people.

They see, because Christ exists there (She points at Her Agnya, ndt), I can prove it to you on Kundalini. I'll prove it to you on Kundalini – Kundalini won't rise unless and until you accept Jesus Christ Himself – nobody else but Jesus Christ – I'll prove it to you.

(Seeker says something like I accept this theory...).

Shri Mataji: No, no, this you are accepting at this level. Is not the point.

At that level you'll accept. At that level when you'll become the Spirit. At this level, whatever you are accepting is your own concept, because you are born as a Jew.

If you were born as a Christian, you would have been: "I'm Jesus Christ". There are many like that, who are saying like that. There's one gentleman who is saying "I'm Jesus Christ" now. I said, "Put him on the water". (Laughter) Can he walk? Just let him walk, one foot up and one foot down! (Laughter).

It's very simple, you know, to believe into anything.

Khomeini believes he is God himself.

I mean, how can you say that? There is nothing absolute about it, you have to find the absolute.

Alright? When you find your absolute, then you should say: "This is the truth", not believe. Alright? Many Jews now have become sahaja yogis, they have become the Spirit.

(Lady seeker: I haven't yet (?))

No, no, I'm just telling you that many Jews have become, and they are following it up and understanding.

You are nothing, you are the Spirit, I know that, I see you are the Spirit, but you have to become that.

Spirit has to come in your awareness, it has to come in your central nervous system, it exists, I see that, clearly.

(Lady seeker asks another question.)

Warren repeats to Shri Mataji: "She is asking for You to comment on child abuse, and all the dreadful things that happen and she is wondering why, if there are so many of these young children who are realized souls, why do they suffer so much")

Shri Mataji: You see, in these countries, only the extremely highly developed people will be born, or the absolutely the most negative, the anti-Christ will be born. The mediocres are not going to take birth in this country, where the children are treated like this. They'll be born in India. That's why we are having population problem!

(Seeker says something - probably abuse -that happened to her when she was ten years old)

That's why you see why we have a population problem in India: because you ill-treat your children! And the children don't want to be born here. In England a radio fellow came and asked Me – as usual sinister, as usual – he asked me that: "What about your

population problem?”.

I said, “You are responsible, I’m sorry for that”. He said, “How are we responsible?”. I said: “In England two children are killed every week, statistically; which sane child would be born in that horrible country, except for somebody who is of a very [“dervish”?] temperament, dynamic, who’ll come and put them right?”.

And these children are born to take over, let them grow. They’ll teach them all of them a lesson.

(To the lady seeker) Don’t you worry. You’ll pass through all that. You’ll overcome that.

(Seeker says something)

I know they are satanic. I know they are satanic. They are satanic people. But they’ll be put right. Don’t you worry.

These children will surpass them. They are great. They are dynamic. They are special people. Don’t you worry about them. They’ll be all looked after. They’ll get over it.

Warren: Any other questions or shall we have it now? The thing is to get it. And then the questions get answered.

Shri Mataji (talks to somebody): Now what about your “bhagavan”? Better take out from your dresses. Better take it out. This is no, no...

Warren: Take it off. It’s going to absorb vibrations and stop your Kundalini from rising.

Shri Mataji: Absolutely you’ll feel so hot in the beginning only. You’ll feel terribly hot.

Seeker: Bhagavan once was my guru, but then I left.

Shri Mataji: But you better leave him!

Seeker: ... wear the beads, what about it?

Shri Mataji: Why? No, no no! Beads also, no no, nothing, nothing, anything that you might from him, throw it away in the sea! Horrible fellow he’s already finished.

Seeker: Yes? Tell me something about Bhagavan, who is he?(Laughter, Shri Mataji laughs)

Shri Mataji: Tomorrow (laughter) I’ll tell him who he is.

Seeker says something about America.

Shri Mataji: You Americans are very, very liberal people, you have asked all the anti-Christ to come and settle down here. And their vibrations are going to explode, and all earthquakes are going to come in this country if you don’t throw them away. Your media is not going to listen to Me, they don’t want to come to Me, and listen to this. This country will be destroyed, you take it from Me. You give them ranches and all that.

(Seeker says it was bought)

Shri Mataji: He bought it?

(Seeker asks about the beads)

Shri Mataji: Nothing, nothing, you give up this dirty cloth! Horrible, everything is horrible, very bad vibrations. I'll tell you tomorrow who he is. Alright? All of them were devils, very well known to Me, long time back.

About fourteen thousand years back I knew them. One better than the other.

Seeker: He's a devil?

He is a devil. Can't you see? What is holiness in him? His whole ashram is gutted and all that, finished. Indians never liked him.

Lady seeker asks a question.

Shri Mataji: You can see the pulsation of the Kundalini, you can see the rising of the Kundalini, you can feel the pulsation on your fontanel bone here (She touches fontanel bone). Then when the pulsation stops, then you see the cool breeze coming out, you can feel it. You see, you should feel.

Lady seeker continues and asks if one can feel the devil or the spirit in another person.

Shri Mataji: Yes, you can also feel it. Everyone will feel it. There is no devil in you, none of you: you are all saints.

But the trouble is these devils have put some spirits in you, you are possessed. Which you have to cleanse.

That you will yourself feel.

Male seeker: My whole body here I felt very hot, my whole body was very hot.

Shri Mataji: I know.

(Seeker: And it was cool out)

That's it, that's it. Coming to Me you'll feel hot even, I told you, that you better change this dress of yours next time.

Seeker: This color...

Shri Mataji: Horrible color this one is, why to announce it?

Seeker: What?

Why to announce that you are a sannyasi? If you are you are, you don't announce it, do you?

Seeker: You don't need to wear this colour? You should not wear this color...

Shri Mataji: Throw it away! Throw away all his books, throw away his photographs, throw away everything!

Seeker: But the color is not Bhagavan, the color is God. Isn't it?

Shri Mataji: No, no. This color symbolizes something, na? It symbolizes someone. It's a symbol. And that gives you, gives you bad vibrations. It does, it does.

Moreover, I am deadly against this color from the very beginning, which I'll tell you tomorrow. Red is first class.

(Seeker: Red, not orange?)

Red one, not orange.

(Seeker: I see.)

Alright?

Warren: You'll know that the orange people, all over the world, buy that dress.

Shri Mataji: You don't know. The other day somebody came to Me, he said: "Mother, I have to make one prayer to You": I said, What? He said: "Please save all the orange people" I said: "Who are these orange ones?". Then he said: "These Bhagavans".

Bhagavan! Bhagavan can't even smell a flower! Imagine the Bhagavan!

In the books of the Vishnu is written He is the one who is fond of flowers. The Goddess is the fond of flowers, She's the one who is fond of lotus. She sits in the lotus, She can't live without the flowers – I can't exist without flowers! And this fellow is, have you ever heard any saintly person to take flowers for that person? Can't you see that? What he wants is gutters, he can't bear the perfumes, he must have gutters.

Dirty fellow he is. Send him to some bathroom and dump him down there. He's already gone to his doom, don't you worry. Horrible dirty, filthy man. Useless.

(To Warren) You must show them this film: have you got it? Oh, you must see.

(Warren: It shows all the nonsense and horrible stuff going on in the ashram)

You must see.

(Warren: The film was called: "The God who has fled").

Shri Mataji: "The God who has fled". (Warren: He ran away from India, and now he's hiding somewhere near the desert...").

Shri Mataji: And your media has even got time to come and see that! You see, what to do with these horrible media that you have here? But the best part of it they published the advertisement, somebody told Me, in the Time magazine of London, and you know Time magazine is closed permanently. Is closed. They are inauspicious people. These clothes are inauspicious. I hope I'll be able to give realization but with these clothes I don't know. I don't know.

Lady seeker asks a question.

Warren repeats: "What about praying for somebody who is false?".

Shri Mataji: You see, when you are praying, to whom are you praying? To God, alright? You should be first connected or not?

We are praying without our connection, like we are telephoning without the connection established, we spoil that telephone also.

Better first when you are connected, then even if you say it once it works out.

But you should be connected. You must enter into the kingdom of God. For example I am not an American citizen, I have no right as an American citizen, isn't it?

You have to become the citizen of God's kingdom, then you have every right to ask for anything, otherwise you have no right.

Unless and until you become a Spirit, you don't have any right, whatever you may say. And if you say: "I'm that, I'm that", people will put you in the jail. That's what it is. You have to become. Then the prayer has meaning.

Krishna has said clearly that should be Ananya Bhakti. Ananya means when there is not the other, when you are connected; that should be the time when you can worship.

But I see the Hare Rama people, till they get their throat cancer, they are busy with that: what am I to do?

They are not called orange: they are called what? Skinheads (laughter). (Shri Mataji laughs)

And they are selling in the market that stuff, you know, which they wear here (She mimes a sort of ponytail behind the head, ndt). And they put that down, like a little hair coming out here you see.

Warren: Like a wig.

Shri Mataji: Wig. Is a special wig, Hare Rama wig. And they dance in that Oxford Circus and it's shameful to see their, they wear those saris and dhotis and everything falls down, and they are dancing like mad, "We are mad in the love of Shri Krishna". Imagine. What a caricature. And their guru used to look like one of our jockeys called Leslie Piggott: have you seen his face? Imagine worshipping Shri Krishna looking like that.

Actually Vishuddhi gives you a face, a special face, Vishuddhi should. But the face he had was all kinds of wrinkles all over, all over the places, just like Leslie Piggott.

He could be a good jockey but he's died now. Is the person calling himself as "God's devotee". Imagine, a shame for God also to have such devotees who are TB patients.

Seeker: Are other gurus today negative like Sai Baba?

Shri Mataji: Which one, this with the hair? He is horrible, he is a big devil. (Seeker pronounces another name – sounds like Meher Baba.).

Ah, horrible. There are real gurus also, I wouldn't say that they are all horrible.

They are in the market. The real ones are there, many are there, but they are not in the market.

One of them I asked him to come here, he stayed in New York only for two days and ran away. He wouldn't stay here.

But they are very hard taskmasters. There are. And you will become: why are you worried about anybody else? You are going to become even better gurus than they are.

(A lady seeker asks a question).

Shri Mataji to Warren: "About what?" Warren: "Ramana Maharshi".

Shri Mataji (smiling): He was a realized soul.

Warren: He was a realized soul.

Shri Mataji: No doubt. That's true, but not his disciples, are horrid. No, he was a realized soul, like Christ Himself was an incarnation Himself, but His disciples, the Christians, God save us from them.

Lady seeker: What about Ramakrishna?

Shri Mataji: Not at all, he was not a realized soul. He was a seeker like you. But he, how he did everything it was too much.

I mean, what was the need to cry like this all the time like a madman, he was dancing and all that? There was no need to do all this drama, I think he was a very dramatic.

Seeker: His was more like a devotional style. Too much left.

Shri Mataji: Too much left. Nonsense. You know, God must have [been] fed up with such people.

Like My granddaughter: we had a, in the neighborhood there was a temple. And they were dancing and singing like that. So she told Me: "Grandma, you see, God must have already run away from that temple no doubt, now I'm going to run away, I'm fed up of these people". You know, you should not pester God also like this. This is too much. And what right have you got? One thing is that, supposing if I want to meet your President, supposing, I even want to meet your President I must have a proper protocol. I just cannot go and start shouting: "Oh President, oh President", as if he is in My pocket. In the same way this is nonsense, absolute nonsense.

You can see yourself.

Ramakrishna ashram people mostly dying of cancer, I must say. Cancer.

Cancer has taken over, I must say, I'm sorry, but at least I must have seen at least hundred cases, at least hundred cases from that, who are coming with cancer.

I mean, he's left-sided.

And this Satya Sai Baba, this devil - the real one was there, Shirdi Sai Nath was real. But the second one, the one who is, he gives you heart attacks.

Lady seeker: May I ask You about Sri Aurobindo?

Warren: Aurobindo.

Shri Mataji: What do you think?

(Lady seeker says she was a visitor of his ashram but she got very bad vibrations).

(Shri Mataji laughs)

Warren: That's your answer.

That French woman of his, was a drunkard. The French woman he had was a drunkard. And she used to collect nothing but diamonds. And she had such big huge diamonds. And she was going to become young after some time. God knows what happened to her now, she's finished.

And they used to say, if you have to come to their ashram, then you must give all your assets to these "Johnnies", Aurobindo and his mother or whatever relationship they had, all nonsense.

(Lady seeker continues by saying she felt terrible)

Shri Mataji: That's what it is!

Warren: This means you are a seeker and you are becoming aware of the negativity.

Shri Mataji: Horrible they are. Absolutely horrible people. They make you mad.

[A seeker says that Bhagavan will make you crazy – Shri Mataji laughs aloud, laughter - he says every part of his body became in flames and he almost died. He had the pain for three years.]

Shri Mataji: I mean, this is nothing.

He has given blisters to people all over. Ask your people, (...unclear), all of you should really write to your newspapers and things and ask them, "What are you doing about this man?". How can he buy anything? You should prohibit.

In India why doesn't he buy anything? He can't. He can't. The government just put down their foot.

Lady seeker: The more realized that you become, do you become like doctors?

Shri Mataji: Of course, of course, the doctors have no place there, you save all your money from the doctors and all that. You become the doctor! You should become more healthy, you should become more wise, you should become more alert, you should become more dynamic, you should become control over everyone else. See? No more you are greedy. I mean, it's a different thing, your priorities change completely. That's what you deserve.

That's what you are. That's what you should have. You have earned it! This is your bank balance I'm telling you about. I'm here just to sign your checks. (Laughter) If you have the bank balance. That's what you are.

Male seeker asks a question: "What is Your role in helping one realize himself?"

Shri Mataji: What is My...?

Warren repeats: "What is your role in all this, in helping one realize oneself?"

Shri Mataji: I don't know what is My role is. I don't know.

Seeker continues: What do you do to make it rise, the Kundalini?

Shri Mataji: I don't do anything either. (Warren: You'll find out yourself after...)

No no no, I'll tell you what. Is simple: now, will you ask the sun "what is your role"? It is the sun, it has to do it, just do it.

You better do it. What can you do, it's your nature! It's My nature, I mean, there's no role as such, it's nature. What can I do: it just happens! (Laughter, Shri Mataji smiles)

I enjoy, I enjoy. I want to share My enjoyment. You are My children, I have to give it to you. Is My love, I enjoy My love: that's all. It's rather difficult to understand a person like that, isn't it? (She smiles).

But there is One: can be One like that. In all this mess there can be One like that, who just does it out of love. That's, that's - it's just love and compassion. Is ocean of compassion. I can't get over it, I'm sorry. (Laughter)

I have a very good husband, very good family, I'm a very happily married woman, everything is there, but without you I cannot enjoy life: cannot.

You all have to get it, it's My job, it's My mission, it's, that's how I'm here, that's how I'm created. I'm just made for this.

I'm fixed for it, in American language (laughter).

Or we can say: all set for it. Alright?

There's no role, nothing: it's just I'm set, I have to do it.

Male seeker asks if there is a method to make the Kundalini rise.

Shri Mataji: No method, no thing.

As far as... there's a Divine method, you see, which cannot be explained, in ordinary words – like you cannot explain how a flower becomes a fruit. Alright?

But I raise your Kundalini by My own raising.

Seeker: Beg Your pardon?

Shri Mataji: By raising My own Kundalini. I put your Kundalini on top of My Kundalini (inaudible word – looks like "raise both"). This is an immaculate, you can say, immaculate rebirth.

I put you in My heart and give you realization from My Sahasrara. Alright?

But how I do it, that I can't tell you. But you will also do it. Once you get it, your vibrations will do it automatically.

Male seeker continues, Warren repeats: "How long does it take"?

Shri Mataji: Oh, split of a second! Just split of a second, but if you are alright. Otherwise I have to cleanse you little bit. (Seeker: You have to do what?)

Shri Mataji: I have to cleanse you a little bit. Alright?

Male seeker says: I felt very hot when I asked You that silly question... So I'm willing... here You'll be showing... I do not know what to do..., but we'll find out!

Shri Mataji: Ah, that's it.

Warren: Here in America She's going to establish a group, all of you could get together...)

Shri Mataji: No, Herman has offered his place for this thing, very sweet of him, to have offered it. No, Herman has offered his place and I'm going to sanctify it, I'm going to see the place and all that, and we'll start our centre there.

Christine is here, she's a very old sahaja yogini in the sense that she came to Me one of the first seven I had, for four years, she's one of them. And she knows a lot about Sahaj Yog.

Then in Boston we've got Steve and you all are going to grow very fast - and we've got here another one Christine who is in Boston, then I don't know about Tracy if she's going to come down and settle down here. And also, who else? Is Marsha, but Marsha has now gone to Philadelphia and she is going back to England, then she is going to come back with her husband and settle down in Philadelphia. So you are going to have these people here to help you and give whatever guidance you need. And you yourself will start understanding it very well. Very soon. Four-five days are sufficient to equip you. So the reaction comes to you as heat, you see, if you try to be ... (She laughs) Alright, I didn't do anything, I'm just sitting here, am I doing anything? Alright, now let's have it.

(Warren asks people to take off their shoes) Shri Mataji: Yes, please, that's what is the simplest thing to understand. Now, can I remove this part of the thing that is hanging onto My neck? What, has it improved anything? I don't know: did it?

(Warren: It's for the television).

Shri Mataji: Aah! That's the one! I don't understand all these things. Whatever you say I will do: only thing be satisfied. Right? Good, is there, still is there, not lost.

Lady seeker says something: "I think I have it most of the time at home now"

Warren repeats: "She thinks she has it all the time".

Shri Mataji: Good, good, keep it up. Keep it up. And then I'll tell you everything about your theology later on, alright?

(Lady seeker apologizes that she could not come, maybe to the hotel to meet Shri Mataji, but she is going to come tomorrow).

Shri Mataji: Alright. I'll tell you all about it. All about it. Slowly, slowly you will know everything. You see, there are many things which are true and many things which are false. And with vibrations you can verify it.

(Lady seeker says something)

Shri Mataji: Ah. Nobody (?) could be more aware of it than Me.

(Lady seeker: And some terrible things are going on in Christianity, they are destroying people.)

Shri Mataji: You don't know how much concern I have. You have no idea.

(Lady seeker says that things that happening in Christianity are worse than... inaudible)

Shri Mataji: I mean, you can't say that, is both ways, everywhere just the same, I'm very aware of it, I'm very aware of it.

Jesus Christ came in that fashion, and it brings such disgrace.

I'm very much concerned, very much concerned on My own level and work things out in My own way.

Lady seeker: And I was a nun for ten years, I mean, I have seen horrible things.

Warren: She was a nun for ten years, contemplative nun.

Lady: I mean, I got in such spiritual pain... I suffered, and I saw no reason that I had for that suffering, but I saw and I mean, it was awful, it was terrible.

Shri Mataji: I know, I know that. You know this Pope of yours, I went to Cracow, I went with My husband to Cracow, just before, before he became the Pope. And you see, he's a big man, so they took Me, they said: "What are you interested in?".

I said: "I'm interested in churches", so they took Me to Cracow. And they had a mass, you see, this fellow came and shook My hand and I raised his Kundalini alright, and it pierced through also.

But it again went back, because he's a Christian like that.

And I worked on him quite a lot, but you know what happened? Recently there was a photograph of Pope. And his hand came out like this (She rises right arm, ndt) and the hand is missing, this hand is missing.

(Lady seeker: "I know, I know what you are saying, I know about this").

Shri Mataji: And that photograph was published, they don't know how it was published. Then they have seen these points. And Rome, in Rome people are very much against him. Very much against all institutions, it's nonsense, they know.

(Lady seeker: Horrible)

Shri Mataji: We have somebody here, whom you should talk to, then he'll tell you about it, and the one who wrote this book "Advent". He was, he was also wanting to become a priest and all that, and he is very much against it.

Actually against Catholicism I spoke about three, two years back, isn't it? (To some yogi) In your wedding I spoke. Very much.

Lady seeker asks Shri Mataji that, as She said She had a Christian background, whether it was a Protestant or a Catholic approach.

Shri Mataji: Lutheran.

Lady seeker: Pardon?

Shri Mataji: Lutheran. I was baptized by Lutherans (She laughs) And then - then My father was a member of the Church of Scotland, Presbyterian. I have no background, neither My father had. My father was a very learned man, and a very evolved soul, you see. He knew 14 languages, then he had mastered Sanskrit language and all that.

Lady seeker says something about Shri Mataji being from Madhra Pradesh and She is probably...

Warren repeats: "She thinks You are from Madhya Pradesh, You are not from Madhra Pradesh".

Shri Mataji: No, actually that time that Madhya Pradesh was in Maharashtra. Now it's on its own. You see, that part is Maharashtra.

[Lady seeker says that she thought She was a Catholic, then she saw Her place of origin so she was trying to figure out.]

Shri Mataji: That is the center of India. That hill station is the center of India. That's where I was born. In the Tropic of Cancer.

(Lady seeker: "I know India very well. That particular area is about 50 miles from Nagpur...")

Shri Mataji: That's the place is placed on the Tropic of Cancer, Mecca is also Tropic of Cancer.

[End of video recording]

1981-0928, Being aware of vibrations

View [online](#).

28 September 1981

Being Aware Of Vibrations

Public Program

Christ Church (United Methodist), New York (United States)

Talk Language: English | Transcript (English) – VERIFIED

Yesterday I gave you the history of the seeking of human beings, how in three different lines we have been seeking.

The first one as I told you on the right-hand side, where they were doing something about exciting or awakening the deities of the elements, more in Greece and all these places they did these things, much more than they did in India. Also in India we had the Vedas, in the Vedas whatever they did was just to excite or you can say awaken the deities of the five elements. I think you all know what these five elements are, I need not tell about them. So this side that we see here is the power of action which enacts through five elements.

This side is the power as I told you, is the power of desire, which is a power by which you are emotional. This emotional power is active as a desire power, and this power that is there which is the Kundalini, is the desire to be one with your Spirit, which is not yet manifested, that's why it's a sleeping power, and called as a residual power.

Because it has created the whole universe that is you, and still is residual.

In the center we have another power, by which we have evolved from our amoeba stage to this stage, whatever we have achieved is in our central nervous system.

So we have another system which is the achievement through our evolution, that is called as central nervous system.

Whatever is in our central nervous system, is the consciousness, is the present.

So the right-side one, as you see here and the left-hand side one, are also two sympathetic nervous systems: this is the left sympathetic nervous system, this is the right sympathetic nervous system.

But as you are seeing here, it is a subtle – subtle body, and in the gross we can say this is the left sympathetic nervous system, this is the right sympathetic nervous system, and this is the parasympathetic nervous system, and the central nervous system we have not shown here. Whatever you achieve as a human being is perhaps not properly understood also.

Now you see, if you put an animal in a dirty place, he doesn't know what is dirty, he doesn't smell anything awful, he doesn't think it's something wrong, it can walk into any place. While for a human being it is unbearable.

The achievement of our awareness as a human being is there, but is not complete. Is not full.

It has not reached its maximum, or optimum, or we can say it has not got yet its own purpose. It has not reached its absolute value. And that's why we are in a confusion.

The another problem is that when the man raised his head here, these two powers started working within him, creating two big institutions called ego and superego.

And these institutions became like balloons and they met on top of the head here, near the fontanel bone area, say about twelve

years of age the whole thing gets calcified. And when it is calcified, you become the egg, you become separated, you develop your I-ness.

Before that you are not.

Now, an animal doesn't have a problem of ego. I mean, he doesn't have many problems, for example he won't be bothered if your dollar has a problem. He won't understand about insurances. He won't understand so many problems that we have created for ourselves. But he doesn't have the possibility, he doesn't have the possibility to get realization in the first place, and another possibility that once he gets realization to know his Spirit.

Many people have asked Me: "What about animals?". I said: "Animals cannot get realization". They cannot. Even, say, if there's an animal if you vibrate that, he may carry the vibrations. Even this chair can carry the vibrations. Even these flowers can carry the vibrations. They can have vibrations, but they are not aware of them.

This difference we must understand very clearly, that they are not aware.

That's why the people who have found out certain places as the places of worship, places of adoration, they are the people who are seers, who were realized souls, and they could feel the vibrations in that particular place, and that's how they selected those places for worship and other things.

Now for example I went to Kashmir once, with My husband, and we were going in the car, and suddenly I felt tremendous vibrations in the air. Cool vibrations. And I told My driver, I said, "There must be some temple or something here".

He said: "There's no temple, it's absolutely a place which is forlorn". But I said: "Must be about 2-3 miles a-here there must be some place of worship of someone".

"Oh – he said – there is one", I said: "Which one?". "It's called as Hazratbal", that is one hair of Mohammed Sahib is kept there. And people go to that place. Now, so many Muslims go to that place, they don't know why they go. Some pir, some realized soul, must have told that this is a hair of Mohammed Sahib and that's why there are vibrations, so that hair is kept there. They have fought over it, and done all kinds of things, but they don't know what they are doing. So when I went there I saw lots of people were there, and they wouldn't allow us to go in because we were not Muslims according to them (Shri Mataji laughs), but sitting down there I could feel the vibrations of Mohammed Sahib – only one hair of Mohammed Sahib. So you can imagine how powerful these vibrations are. Now, when we say that we should not worship – in the Bible it is written that you should not worship anything that is reproduced and created by the Mother Earth and the heavens. Now what is it, what is it created by the Mother Earth and by the heavens, which we should not reproduce? This nobody tries to find out, they think that you are not allowed to worship any form.

It's all misinterpretation; it's completely misinterpretation. I'll tell you, there is in Paris a church called as – what is it called, Gavin? – [Gavin: "Notre Dame"] Notre Dame.

And the - and the statue of Mary and Christ is so vibrating, from outside you can see the vibrations are coming out. Now, this must have been made by some very great artist who was a realized soul. For example, the Sistine Chapel in Rome has got a very beautiful frescos of Christ and all that; and if you see that Christ, I mean, it's absolutely vibrating.

But down below there is a big table on which they have put Christ just bones, miserable creature, which is nowhere near Christ, I mean, it's impossible that Christ could be like that, so miserable, ugly-looking, thin, worn out, hopeless case. How can he be Christ, I can't understand! He carried a complete huge big cross upon Himself – do you think these bones could have carried?

And this was placed just below where in Sistine Chapel you find the Christ standing as He was. How can it be?

You must understand! And all these miserable things have led to such problems, because people think that if you are seeking, you should look the most miserable person. If you are a realized soul you should be skeleton. It's impossible to explain to them that how can it be?

A person who is a realized soul never suffers. He never suffers. The other day – I'm covering this subject before coming to the chakras, because in these few days, what I have gathered is that very absurd ideas are crawling upon here in America, where people start saying that Buddha said that you must suffer.

How can He say like that? It's illogical. Impossible. How can He say that you should suffer? Because, when He saw suffering - you know the story: when He went out, He saw an old man, He saw a sick man, He saw a dead man. And the idea came into His head that "Why are they suffering?". And then He said: "It is because they are ignorant, they should be enlightened, there should be enlightenment".

And then He went round and searched and searched and ultimately He was tired. He was sitting down under a banyan tree, when He received His enlightenment, spontaneously.

How can He say that you must suffer?

The another myth among Christians is that you must suffer. Why should you suffer? Because Christ has suffered for you, isn't it? Has He suffered or not? If He has suffered for you, then why should you suffer any more? Or has He left something for you to be done? Was He incomplete in His suffering? Did you want Him to suffer more?

Actually, this suffering business is the greatest nonsense that I have ever heard.

The another side of the Christ is the Jews. They said that if you accept Christ – I mean, they were in a way correct, that if you accept Christ then you will have to say that you have no suffering. So don't accept Christ.

If you don't accept Christ then "we must suffer". Alright. So you suffer. And they suffered in Germany you know how they suffered. Now they have become ego-oriented, they are on the other side, now the shoe is on the other leg.

All these mythical ideas about God, His incarnations, His aspects, is so man-made that it has become plastic, absolutely plastic, and I don't know how you are going to destroy this plastic from the human brain.

Is absolutely impossible to convince them that suffering has nothing to do with realized souls. Actually, suffering is there when you are lost in a tempest, in the water, you are worried about getting engulfed. But if you are put on the boat will you feel the suffering?

If you are a Christian, if you are a realized soul, you are - if you are really baptized – really, not by just putting your hand, and "I baptize you, so-and-so, in the name of this and that": that has no meaning at all, it's just a drama!

You dress up well, take the little baby there, she is dressed well and nobody knows anything what's happening, and they just put the hand – and you just accept it!

This kind of baptism of course not. But the real baptism, when the Kundalini rises from here, She goes up - here She awakens Christ, where He sucks these two things, ego and superego, meaning your conditionings and your karmas, both the things, they are sucked in, and then the thing there's an opening here (Shri Mataji touches Sahasrara).

Actually you feel the softness here on your head, just like a child. He said: "You have to be like little children to enter into the kingdom of God". Means, what do the children have? They have a soft bone hole here.

That's how it becomes, actually it should become physically, and you start feeling the cool breeze coming out of your head. So I wanted to clear you on this point, that there is no need for human beings to suffer.

Only thing they are to be born again.

Now again this is another very, very funny situation creating word is "born again".

When I came to America last time, everybody was trying to tape Me. I mean, we had much more groups than we have here now, I don't know what has happened to them. They are all shifted, they are not here, God knows where they have gone in America, because all the time Americans are shifting, you see, they are not gruhasthas, they are not householders.

They are all the time shifting from places to places, is impossible to lay hands on anyone.

So somebody has gone to California, somebody has gone to Caracas, and... I mean, everybody has shifted and I don't know where are they lost. Whatever it is. Now the main thing is that, when I came here, I told them that you are to be born again, you are to be realized souls, means actually, I didn't mean that you go to some place and say that "I'm born again", that sort of a thing I never said.

And the gentleman who had organized the program in Los Angeles, he was very anxious that he said: "Mother, don't allow anybody to tape Your lectures". But I said: "What's the harm? I mean, after all, what's the harm?". He said: "No, no, but they'll spread this". I said: "Very good, what do I want out of them is spread the news, alright, now I've come and they should get their realization. This is a fact, this is the truth, and what is the harm, after all truth is truth!".

But I didn't realize that they were so stupid, so stupid, that they started many organization on that, you see, the vibration word came after that, and the "born again".

Now, they are 'born again', self-certified born-again. You find them anywhere, I met them in America (Shri Mataji corrects Herself)... in Australia, "We are born again".

I said: "How?". "We are born".

I said: "But how? What is your authority?".

"Bible is our authority".

I said: "But how do you say that you are born again? You must be collectively conscious, isn't it? Something must take place in you".

They are fanatics! These born-again are nothing but another prototype of Mr. Khomeini, nothing else. They are Khomeinis, all these fanatics are nothing but Khomeinis!

In different names, in different labels, but they are not born again, they are not realized souls, because a realized soul is collectively conscious. He is, I'm saying to be. If he becomes.

It is not just he says that "I am born again". It's foolish and stupid to say like that, that I am something.

Supposing tomorrow I start saying that I am the Governor of this place: they will arrest Me and put Me in the lunatic asylum!

That is how people have branded themselves "We are this and we are that, and we are that".

And the another thing human beings have is to club. They always club together. You see, under any name they can club, like in England I met someone, he said: "Oh, they are, they belong to our group". I said: "What is your group doing?". He said: "You see, we, we, we have our fork and spoons put in a different way". I said: "Eh?". For that they have formed the another group.

I said: "Really?" "Yes, you see, our forks and spoons are not the way they put it in England, we have another group".

I mean, any nonsense they will take up to form a club, or to form a group, or a cult, or a sect, or... and then bringing God in between, you know, it is in the, "God has given us this idea". Now, how did you get connected to God? It's such an absurd thing going on, I mean, these sects and all these things I just can't understand. God has created no sects, nothing.

He has only created two types of human beings, one who are realized, one who are not.

There's no third type. At the most you can say there are seekers and non-seekers, at that point where you can say those who are not realized. But I can't think of any other thing, I mean, God has created different type of faces, for example somebody has, say, blond hair, somebody has black hair, somebody has white skin, black skin...

He had to do like that, otherwise we would all have looked like machines, like these chairs that are here, we would have had no beauty about us, isn't it? There would have been no variety, such a boring thing to see, all these chairs morning till evening.

That's why He created this beauty, He made us so beautiful, by giving us different permutations and combinations, and things, it's such a, such a work He has put in, while we are trying to become machine-like bolts and nuts and we become sort of, as they call it the "work", you see, the work we become of God. Which is absurd.

Say, in the nature if you see, even one leaf is not just the same like the other leaf. Even there. Variety creates the beauty. And all these points, also people are there, there might be leagues here for the red hair league, and the black hair league, or maybe any sort of a, any nonsensical thing they can use it, you can't say what, to what extent they can go in forming a club

Any sort of thing. And here we are to see that we are universally like this (She points at Chakra Chart).

Whether you have a black skin or a white skin, whether you have a bald head or a red head, you all have this thing inside you. All of you have got this universal thing within you, except for the devils. If you are a human being you all have this thing within you. Now, when I say this to you, you need not accept Me also, because there's all freedom in Sahaja Yoga.

If you don't want to accept, is all right, but don't deny. As a scientist, you must accept this hypothesis. Once you accept the hypothesis, you go ahead with it, see for yourself, if you get your realization, then see for yourself, go further and see about it. Now, as he said that people are saying here that we should get Shakti from anyone, everyone, is another Guru-shopping business, you see?

Is - I've seen people who sit down and see that how much money they can spend on their seeking. So they find out, "Now, if you have to go to X you have to pay two hundred and he is hundred... Now, how much money do I have in the bank, how will I balance it, now how many people I can go to?".

The idea is, as many things you can buy in the market in that little money, is all - they sit down and plan it out. You see, this is not God.

But they will be lost with Me because you can't just purchase Me. You cannot. Neither you can buy Him. Now, what to do now, where do I fit in? Then I don't fit in, because there's - according to their planning I don't fit in, because I'm supposed to get some

money out of it. And it's such a funny sort of a clownish behavior towards religion that I was flabbergasted, when I started seeing people here, I mean, I came here no doubt, but I refused to come for nine years.

I said, 'Now these people only think of dollars, dollars, dollars: when are they going to think of God?'.

How much money did Christ charge you? You sold Him for thirty rupees. You sold Him. Did He charge any money? He lived like a carpenter's son. He had only two tunics to wear. He lived with that, but He was the king. Because such people do not care for anything, you see, nothing can make them tempted too. For such people it's alright. If you make Me sleep on the ground it's alright! If you make Me sleep in a palace is alright, for such people they are kings they are above all these things, you cannot lure them into anything.

And that's what was before you, Christ.

Christ came on this earth before Me. Told you that what is important is your Spirit. Look after your Spirit.

And you raised your churches, and you raised all these buildings, and all these places – where is the Spirit? The Spirit is missing.

We have to pay attention to our Spirit.

He has said it in many, many words, "You are to be born again". It is, He said it, "You put Me in your heart", all that was possible in that language, to these fishermen, He told. Of course they have honestly quoted all that, but not all that what He said. Because He also lived only for three, four years there, and He was crucified. I mean, imagine the stupidity of people to crucify Christ. I can tell you, if He comes to America today you may crucify Him.

Why? Because anybody who cures in this country, he is prosecuted! Your legal side is so great, you don't know the laws of God, you don't know these Divine laws how they work.

So let us forget about this one, you are all seekers, you are special people, you are chosen people, you are men of God. You are not men of the world. Accept your position.

Have your self-esteem. You are not the people who are going to seek money, and are going to judge God through money, or through positions, or anything.

Like these people went to see the medias and they were only impressed by My husband's position, imagine! But you are different.

You are the seekers, you are the seekers of truth, and truth you cannot purchase. I'm telling you this because I feel people need some cracking on this point. You cannot purchase, you cannot have a course, you cannot demand it. It has to work out, it's a happening, it's a living happening, it's a living process, of a living God.

Christ has said how many times this word 'living'? Which is living, is here, by going to anybody you can get any number of spirits.

By paying to them you can purchase nothing but spirit and your lunacy.

You can get epilepsy by paying money, you can get heart attacks, you can get your blood cancers and you can get also some horrible types of diseases, which I have seen people are getting, these horrible so-called Shakti-Pat people.

One has to know, once you become the Spirit you become marvelous. Your health must improve, everything must improve.

So today we are here, on the chakras I have given you the introduction because you will see why you improve in health. Why there

has to be improvement in health when the Kundalini rises.

Now at the very outset I will tell you one thing very important, which should not really shock you, but you should know is a fact: that this one, is the first center, called as Mooladhara chakra. Now, the word Mooladhara means, Moola means the root. Adhara means the support. So this is the support of the root. The root is this, Kundalini, and this is the support of the Kundalini. And this is the chakra which is bestowed upon by a deity called Shri Ganesha, who is the embodiment of innocence. It is the same deity born at this time as Christ.

Now one should know that this chakra in the gross controls the pelvic plexus. I don't know how many of you are doctors here. But pelvic plexus also has sub-plexuses which are four in number. And they control all our excretory functions, including sex.

Now, if you see it clearly, it is placed below the Kundalini. Because it's the innocence.

In the mud of excretion is put the innocence, because He is innocent. A child doesn't understand sex, does He? He is the eternal Child. Ganesha is the eternal Child.

Christ is an eternal Innocence. He doesn't understand sex nor can He marry anyone – all these ideas of Christ marrying, I mean, how can you marry a little child?

He doesn't develop ego and superego, like human beings do. And that's why the head of the Child is that of an elephant, because elephant is a very, very wise animal and there is a story about it, but that I will tell you later on.

To show that, the person who is bestowing, or we can see [say?] the King who is enthroned here (points at Mooladhara on the chakra chart), is the one who is a Child, His ego and superego do not meet. He does not have I-ness. This is what was the meaning of this. In this center He resides, but that shows one thing very clearly: that sex has nothing to do with your realization. Kundalini is above it.

Only this center informs that somebody is there before you who is authorized to do the job, or who is there who has got the authority which is emitting for that person, and that's how the Kundalini rises.

Just like sprouting of the seed.

Just like sprouting of the seed. This is the primule you can say of the seed which rises, but the information comes through this in here, that there is somebody who is an authority, Divine authority.

Authority word is very, very aggressive, Divine authority is very loving, and such a person is there and the Kundalini rises immediately.

This is how the Kundalini awakening takes place. So the first and foremost thing we have to know that sex plays no part in Kundalini awakening.

People go and learn sex behavior from animals: now, are you going to become animals?

What is there to learning sex I just don't, I don't understand!

The knowledge is already there, in India nobody talks of sex the way you talk, we are producing much more children than you are producing! (Laughter)

Also there is another reason, as I told you yesterday that no children want to be born in Western countries, because they are killed, they are harmed, they are tortured; but in India even a person may have twelve children, he loves the children. That may be

another reason we are facing that, but one of them is that they know about sex quite alright.

And they don't have children which you can call as illegitimate children. Very few in India illegitimate children are! Very few people divorce. I mean, they live happily!

All desires you have developed of your marriage, what have you got are divorced people, children are suffering, they are in the orphanage, and the old people are also in the orphanage.

Ten husbands marry ten wives and they are planted in orphanages.

No family system, nothing.

So one has to understand that sex is placed here (Mooladhara) and is to be respected as a function, and as a private function, specially to be sanctified by the public.

For example, excretion of any kind: if the public has not sanctioned. For example it has not been sanctioned that you go and do something on the street. You'll be arrested, isn't it?

So whatever is not sanctioned to you, if you do like that, because you think you have got your liberties to do it, you will be definitely arrested and will be troubled.

And we can see it in nature also that if you do all these things, you develop horrible diseases.

I was seeing the statistics of the American nude and I was amazed that 65% young people from 25 to 40 years have some sort of a disease which is a secret disease. Which is a ugly disease. What a charring thing it is, just think of it. If you go through the statistics you see, either they suffer from impotency, or they suffer from horrible diseases which are supposed to be incurable. Of the sex origin. If your liberation so-called means license, was a good thing, nature would have been kinder to you. But it is not!

Apart from anything else, we have got Christ before us. Let's see, what Christ has to say? He said, "Thou shalt not have adultery is said. But I say: Thou shalt not have adulterous eyes".

See what a powerful statement it is. Because He's there, near the eyes. Not only the adultery part, but even the eyes.

And you see here people have their eyes roving all over, like – God knows what's happening to them. They must see every woman who's passing, every woman must every man who's passing. I don't know what are they doing, wasting their attention. He has said it so clearly. Even in the church when they are sitting, when they are trying to worship Christ, they are doing nothing but flirting!

Have we no respect for ourselves?! First purification point comes here (points at Mooladhara on chakra chart – ed). The first purification comes here. Let us face it.

Of course you'll be purified when the Kundalini rises. But I must tell you, when this center is catching, the Kundalini is sucked back.

One has to raise it again and again, and again and again, and again and again, to establish realization.

You can become a very dry person, an over-sexy person, it can be any perversion, or you can be all sorts of perversions, I really don't even understand, the man becomes a woman, and a woman becomes a man, and this and that possession – all sorts of nonsensical things – dog becomes a man, and - I mean, I just can't understand how you are going mad with ...

Hither and thither, all over the places, I mean, I don't - I really don't understand, I was so shocked, I never knew that such things exist in this world, that human beings have gone to that limit of nonsense.

Books have been written about it. I met two ladies in, in Basel, very near the German border. These two ladies who came to Me were horrid, absolutely horrid. And this one was there and she was shaking before Me, and all sorts of things happening to them.

And I asked her, "What do you do?". "Oh, You see, we are very qualified". I said, "How?" "We have done all the sophisticated methods of Freud". I said: "Really? Now you have surpassed him or what?". I could not give them realization! I mean, the way you have taken Freud seriously, Christ is absolutely blurred out of your family.

Christ is only for a cross to be worn, that's all. But that far, nothing beyond. And cross is not the message of Christ, is the resurrection! You are to be resurrected, He got His resurrection to prove that you can be resurrected.

And how are we to resurrect when we have indulged so much into the nonsense of this?

But still I must tell you, I must confess that the grace of God has poured all its kindness now.

Really, I tell you, any type of thing is really forgiven. All sins and blasphemy and all that is forgiven and you really get your realization. I've seen people who are described as one of the worst and the worst and the worst of all: they get their realization and that's how they get their transformation and transmutation.

It's surprising how it's working. It has to work! Because the creation is to be saved. It is He who is worried about His creation rather than we are worried.

So the first chakra I have told you about, has got four – four, we call them petals, in Sanskrit language, petals. And these petals have four sub-plexuses to look after.

Now, when we go to Kundalini, it has got three and a half coils. Kundalini is placed there in three and a half coil. Three and a half coil has a special meaning, and it is a mathematical calculation, three and a half is, is a mathematical calculation, and if you happen to read one of My – I think in the Advent I don't know if is discussed it (or) not, but it's a mathematical calculation which has got seven – actually if you see there it makes seven chakras, if you, if you push it one, two, three, four, five, six, seven, eight, if you draw a straight vertical line.

And this is also principle is used in our automatic watches, the spring that we use is a spiral which has three and a half coils. It's a mathematical coefficient that works out.

Now this Kundalini is placed in the sacrum bone, called as sacrum, that means Greek knew that it was a sacred bone. And it is said that when the body burns, this bone doesn't burn.

It remains. Unless and until terrible acid and all these things fall on it, it does not burn.

And it is a sacred bone. Now. Then, I mean, on Kundalini if I have to speak, I can... I must have spoken at least for hours. But we are now going like an introduction to all these chakras, alright? And later on you'll get My tapes from England and you can go through them and see for yourself how this Kundalini is a tape recorder within us. She tapes everything. And She has got all the information as to what you have done, where you have been. As soon as the Kundalini rises, you get the information on the fingers, the realized souls get the information on the fingers. She gives information – he is catching there, is catching here, this is the problem (She shows thumb of left hand), and this is to be corrected (She shows thumb of right hand).

I've seen people have got Kundalini – you'll be amazed – so wounded, so many holes, it's just trying to rise, you know, it's

absolutely desperate. It flexes at this side, that side, it cannot rise. And again it falls out, limp down, and it wants help. If this chakra (maybe the Mooladhara) is catching, or this chakra is catching (She indicates the Mooladhara, sacrum bone area - ed), then you find a big pulsation in that area, I mean you will see terrible pulsation. Just like a heart, you can see with your ...

But this chakra (points at Swadishthana on chakra chart – ed) if it's catching, specially on the left side, means – the left side – means that a person is possessed. Unauthorized person has put some possession into him.

Such a person gets specially this pulsation very strong in this area (sacrum bone – ed). You can see it very clearly this pulsation in people who have got a catch, in the way the Swadishthan chakra caught up on the left hand side, you get it – the nearer it is, the worse it is.

It starts pulsating because it is trying to push itself, it wants to get out of the barrier, and that's why it makes a tremendous effort to come out. But it does not. And then it sets back again. And again it tries. And I have seen that unless and until you clear this chakra, it doesn't come up.

Now, when you come to this chakra (Nabhi - ed), which is the second as we said, why we said – because this is connected with this like a, we can say a stock of a lotus.

Now, this chakra is the chakra of our seeking. Navel chakra. It's called as Nabhi chakra. This center is responsible for our evolution, up till now. Like from amoeba to this stage we became because of the power of this center.

And this center is occupied by the Father figure, whom we call as Narayana. Lakshmi Narayana. Is the One, is the Father aspect of God. Now, one can say there is only one God. Yes, there is only one God. No doubt, there's only one God. There are not many Gods. But God, who is One, has many aspects. Like you can be a doctor, you can be a husband, you can be a father, you could be a son. Now you can't say there's only one man.

I mean, then, God is not like Rock of Gibraltar, that He, He has no other aspects; but even Rock of Gibraltar, if you go and study, it has got different cells of which it is made.

So God has different aspects, and in those different aspects He acts differently.

There's only one God who does this, but His aspects are different.

Now, the first aspect of God is the desire of God that He wants to create. This desire is represented by this power of His.

The another aspect of God is here, by which He wants - He creates, He acts. He acts and creates.

He is the Creator on this side.

Now, the central one is the aspect of God which is the Father, which is the One which tries to evolve, improves His image on the reflectors that He has created.

These are the three functions and three aspects of God. Now this aspect is the aspect of the Spirit here, we say, because it's the One that the Spirit exists all the time, it is changeless, it is eternal, and it does not incarnate. In the sense that that aspect, which is the aspect of a witness, does not incarnate. That's the God Almighty, we can say, is called as Sadashiva in Sanskrit language. This aspect of God does not incarnate. He never incarnates. But His power is the Adi Shakti, is the Primordial Mother, is the Primordial Power, the Primordial Shakti, is the One that creates this whole thing.

She first creates the left side, and then the right side, and then the central side. These are the three powers this Primordial Power has got. And then She puts this Kundalini down there, when you become a human being it rises, and makes you aware of that

All-pervading Power which is this cool breath which you start feeling.

So the witness stays in the heart – the witness is the Spirit. He is Sat-Chit-Ananda, means He is the truth, He is the attention, and He is the joy. When you get your realization, your attention becomes enlightened. Your attention becomes enlightened. How?

That I can tell you there's someone here who is one of the first sahaja yogis we had. When he got his realization he asked Me: "Mother, my father has not telephoned to me all these days... (unclear due to bad quality of audio)... how is he".

I said, "You can feel him, just what is happening to him". He just put his hands like this (inaudible due to bad quality of audio) and he got a burning here. (Shri Mataji points at the area in the right hand just below the fingers – ed) These are the centers of your father.

I said, "This one (right Vishuddhi finger – ed), that means something is wrong with him in the throat, maybe he is down with bronchitis, of a serious type", because it was burning. He telephoned to Scotland and the person answered was his mother, and she told in the same language, same sentence, that he's down with very bad bronchitis. You can even cure him sitting down. You can, because you are enlightened, your attention is enlightened. Enlightened is not just ordinary light.

Enlightenment means that when you are enlightened with the Divine light, in the real sense, not this artificial one, then your attention starts acting. It starts working out. It starts cooperating, coordinating, it's a telecommunication and everything.

Apart from that, it loves. And this All-pervading power you have to become. Actually we do not know, we are not aware of this. We do not know that there is all-power around us, that this All-pervading power is surrounding us, you are not at all aware of this. Is like, I say there is all music going on here, and a drama going on here – you won't believe Me, till I put the television:

"Oh – you say – yes, it is there". In the same way, unless and until you are put to the mains, you cannot feel that All-pervading power. And that is the Truth. The rest is all just a falsehood. Is fake. That's the only thing that is the Truth is the All-pervading power.

Whatever that All-pervading power relates to you is the truth. Like when you have that, you ask a question: "Is there God?". You'll get tremendous flow on your hand. But if you ask about a horrid person, who is not a Guru but is a fake person, immediately the vibrations will stop – not only that, sometimes it may burn, it may even give you blisters, if you just ask the question.

It is so surprising, it is so simple, that once you jump into it, the All-pervading power starts emitting through you and you become the vehicle of that power, and the master of it. Whatever way you want, you can maneuver it, you can know – now for example this gentleman has got the left side problem: how did I know? I could feel it within Myself.

Now, if you put your left hand towards a person, who is a realized soul or who has the power, and put your right hand outside, the whole thing will be cleared out – aren't you better now? – you'll be much more comfortable, it will go away.

It has to go away, because the connection is established, now the thing is flowing in, and it just - just like the electricity flowing out.

It's so simple! It's so simple; to you this electricity looks very simple because your forefathers have worked for it, and they have brought it down here. To you it is just switching on on the light. But how many lives have been lost for this.

How much mechanism is there, what an organization is there, everything is there. But to you it is just switch on, that's all, finished. It's so simple. So to look at it may look simple, but it's a tremendous organization that works it out.

Imagine these centers are built within us with our evolution. This is the center of when we were just carbon, up to carbon point.

Carbon also is tetravalent. This is also tetravalent.

Till we were carbon - carbon is a very pivotal, pivotal element in all the elements, if you see the position of carbon; because when carbon started, then only life started coming.

And this is how we are here up to the carbon point (She points at Mooladhara on the chakra chart). After that we become human beings (points at Nabhi on chakra chart – ed) we start... I mean, life, then we start growing here.

Now this grew into seven stages. We grew into, say, definitely we say ten stages, out of which eight stages brought us up to human level (Shri Mataji points at center heart chakra on chakra chart – ed).

Now as I told you, this is the center of creativity (starts by pointing at Swadishthana and then to the circumference of Void – ed), means it creates all the stars and everything within us, it creates all the galaxies and all those things within us, and is also responsible for looking after our left side psyche and the right side creativity.

Say if there is an artist with us, who comes to us, you'll find his right side Swadishthana – this is the Swadishthana (right thumb – ed) is (this? Unclear) also you can see here (on chakra chart – ed) – immediately you'll find that he is an artist. Immediately you'll find that he is giving you hot vibrations on this part (right thumb – ed), means he is an artist, or maybe he has used it too much, a person who is a speaker, or a writer, and all that thing, who has used his creative power too much on the right hand side, gives you this feeling (right thumb).

The one who has used the left side psyche, like people who have been tampered with their psyche – you see, a psychologist, a person who is a psychologist, who is studying psychology – I mean, psychology cannot be studied by people who are not realized souls. They should not. They do not know how they are harmed by tampering with others' psyche. They do not know how to protect themselves.

For a doctor may tie up something to save himself (She mimes a mask on Her mouth – ed) from infections. But a psychologist does not know how he is harmed.

Even if we live with a mad person, or if you go to a lunatic asylum, you catch from that people. That's how your left side gets caught up and you find that left side starts working in such a manner that you develop all left side problems. Left side problems are depression, epilepsy - leading to all kinds of modern pressures as they call it, guilt, and diffidence, suicide, could be lunacy, all those things come from your left side – and last of all cancer. Cancer is caused by the left side problem and not by the right side problem.

Actually, as a reaction of the right side, if you are too active - you are too active, all the time you are thinking, because this center does another very important work. It changes, transforms your fat into the cells for the use of your brain which, which is using it for thinking.

So it goes into tremendous action when you start planning. I mean, here I have seen people plan too much. Till they say "All set". You see, you start from the home: they start planning. There is no need to plan, I don't understand, what is the need to plan to that extent.

I mean, you are going on the road, there's no need to plan at all! You have to work it out at the present moment. For example supposing I have to book a ticket: then that is done, to be done today. Then what is the planning? "That on the eighth I will book...". What is the need to say that beforehand, I mean, when it will come to eighth you book it. But they go on like this and ultimately all plans fail (She laughs), everything fails. You go to a place for example you don't know. If you say, "Alright, we'll go to the right". But the maybe there is no road on the right, so are you going to fall into the ditch because you have planned it beforehand that "I will go to the right"? (Laughter, Shri Mataji laughs). See, you must leave it open! And the same about Kundalini,

because the, when the Kundalini rises, it's like a car that has started – it moves, it moves, it moves – supposing it has stopped here (She indicates Nabhi on chakra chart – ed). And somebody gives you a mantra for this one (She indicates Agnya on chakra chart – ed). You'll spoil this one (Agnya) as well as this is already spoiled (Nabhi). So you'll have a double problem, because you are saying mantra with this one (She touches Vishuddhi). Of course any mantra you say you spoil this (She touches Vishuddhi) in any case. Apart from that, you have no connection, nothing, you are not yet realized souls, and you are taking somebody's name like that. For example Rama's mantra, is Rama is here (She indicates right heart on chakra chart – ed). Many people say Rama's mantra and they have a problem with this, they can get asthma – physically.

"Ah, I'm saying Rama's mantra but I have got asthma" (Shri Mataji says this last sentence panting as an asthma patient, laughter – ed). What else, I mean, you must get it. If you, if you have asthma I'll ask you, "Did you say Rama's mantra in India?"

Absolutely it goes hand in hand, because Rama is stationed here. Alright? Now, if you have to take His name, there should be some protocol. What is your authority? Why are you taking Rama's name? Supposing I start taking the name of your President, in his house go there and start shouting "Oh President, President", whatever his name is, I start shouting his name.

I'll be arrested or not?

Or maybe, maybe at that time when you are shouting Rama's name, maybe some servant with the name of Rama who has died, will think that "There's a call for me", may come and enter into your being. Mostly it happens, because you have no connection with Rama Himself.

With Shri Rama you have no connection.

So, some Rama who is working in your house and has died, or someone like that thing, or maybe around somewhere in the atmosphere these busybodies, anybody can enter into you and you can get possessed and you can get this asthma.

This right side problem is very common with people who are suffering from this trouble. And this trouble comes to you because you try to be very individualistic. Like, if you are married you don't want to create good relationships...

Can you ask him to go down, he is distracting everyone. Alright? Can you ask him to come to the, to the - tomorrow, day-after-tomorrow to our place, where I will treat him. Alright? He can sit there also. Alright? I'll cure him tomorrow. Or after the program I'll try.

It's moving, the thing is moving in him, you see, from places to places, and one has to take to it. There are so many here, I've seen so many, such strange people I've met on the street, such strange people.

There are so many, I mean, if you, I don't know what is the percentage of lunatics in this country, but schizophrenic and all sorts of people, I mean you can't say, I mean – just see, every third person I came across has some sort of a funny thing going on in his head.

I said, "Now what is it – this is the country which is invaded the most by these negative forces. And if you are going to be destroyed, you are going to be destroyed from inside, not from outside. You will not be destroyed from outside. Take it from Me. You'll be destroyed from inside. And that you can see what's happening, all kinds of destructive forces are working it out. And the worst of all, these horrible gurus who have come from India. You people had invasion on India. English had their political invasion, you had your monetary invasion on India.

So all these horrible people are having a mental invasion on you – you are not aware of it. It's a mental invasion on you. Very subtle mental invasion which you cannot discern – you are enslaved, as we were enslaved by you for money.

You see, for wheat, if they send horrible wheat to India, Americans used to say "Eh, oh, we have been very gracious". And the

wheat was so horrible that we could not eat. We threw it on the grounds, imagine, we threw it on the grounds and horrible types of – what you call – acacia plants grew.

We cannot destroy them.

And then another type of grass which we called as Congress grass, you see – because it came from America we called it Congress grass – grew all over and it covered all over crops and everything.

And we, we didn't know why were you so kind to us to send all these things.

Somehow it was destroyed then, this grass, but still this horrible acacia is covering all the villages in India, people are having a terrible time, they are poisonous; and if they hit you, you see, you are killed. And children play around – it's a very dangerous thing.

I mean, if they wanted to send wheat, that should have been something more gracious than what they have been doing.

This is how you have been very, very unpopular all over the world. Whenever you try to help anyone, you think, "Oh, you are doing too much". While India has helped you so many ways. First of all it has helped you when you had wars, we sent Indian troops and all that all over – we never tried to show anything like that.

You see, it is surprising how these developed nations are so ego-oriented. So ego-oriented, I mean, so many things they have done that I cannot understand how human beings are not afraid of God and His wrath that can come on us.

We have oppressed all the people who are already oppressed, we have tried to really crash them down. Now it is time for you people who are born in this country, who are special people born – you are very, very special, in America we have the maximum number of crazy, you would not know; it is for you to rise above all these nonsensical things and get over it. And join your hands in solving the problems of these worldly things which has really oppressed the whole universe.

And I really dependent very much on you people. I came nine years back, but I found that the aggression is still bubbling in, they cannot see things; and that's how these gurus take advantage of it. They took advantage of it, they came here: "Alright, you have got money? Pamper your ego, you can purchase us".

They pampered your ego, you thought you can pay for them, you paid for them: but what did you get out of it? Is nothing but all these horrible things out of which it is very difficult to get out. Apart from that, many might have lost their chances of Self-realization.

You are absolutely special people to be born – you have taken birth in this country with a very, very special purpose. Because I told you that you are born in this place (points at Vishuddhi on chakra chart – ed), this is America.

What a place it is. I mean, you had great people like Abraham Lincoln, great people like him, what a man he was, you had.

You have forgotten him completely, his ideals and things, I mean, what a man is Abraham Lincoln. I mean, if I read about anyone in the beginning was Abraham Lincoln, I said "Look at him". He was a realized soul!

His ideals and all that are gone off.

Now it is for you to establish. For what you (have?) to, for what God has created this America, this chakra of Vishuddhi. And this is what is starting from here (points at Nabhi on chakra chart – ed) that you rise up to there.

The connection is that this seeking (points at Nabhi on chakra chart – ed) goes in developing (points at Void on chakra chart –

ed) and there are ten principles which are described as the Ten Commandments, you can say, or we have got ten Sutras, in Sanskrit language they are called as ten Sutras. Gandhiji put one more, by saying that we should use only Indian, Indian things, not foreign things, because then they will dominate us. So he put ekadasha, he put one more. But there are ten, which are here, which are described as Ten Commandments in the Bible.

And these are the ten Primordial Masters (She touches the Void on the chart) who were born on this earth. Say we can start from Socrates, then we can think of other, in India was Dattatreya, is the – Dattatreya is the essence. And He is born as Socrates. He is born as Lao-Tse. He is born as Abraham. As Moses.

He is born as – up till now we can say Mohammed Sahib, Nanaka. Latest is the Sai Nath of Shirdi. He's the One who represents, they all represent this Primordial Master's principle of religion.

Religion means the one that sustains us. These ten are our sustenance, is we can say our valences, is our quality.

Like this gold has a quality that it is untarnishable, in the same way human beings have these ten qualities in them.

For a dog doesn't know what is truth and what is untruth. Dog doesn't know what is, what is violence and non-violence. Is the human being who knows these ten things. And these are the qualities, ten qualities which are sustained by the Primordial Master who is Dattatreya, who has incarnated on this earth basically ten times, but there are so many upa-gurus as they call, the subsequent gurus, also who are realized souls.

Now. At the time of Christ, John the Baptist. I mean, he was a real Baptist, he was not an untrue Baptist, he was a realized soul. Nowadays everybody's a Baptist, without being the real Baptist. You have to be the real Baptist – when you are a realized soul, only then you are a real Baptist, not before that.

And this special thing (points at Void on the chart – ed) called as the Primordial Master, is also within you. You can become your own Guru. Your Guru Principle is to be awakened.

If the Kundalini awakens your Guru Principle, you become the Guru.

You have to become your own Guru. On the left side is the diffidence that you cannot be a Guru. On the right side is the arrogance.

And that's how sometimes we, we subject ourselves to others, saying that "You are my guru". And here we are arrogant – when we see a real Guru, we deny it.

So these two sides are to be seen, and once you work it out...

For example, this gentleman who was here has a left side. Is the diffidence in him.

(Please, come in. Eh? Alright. May God bless you. Alright.)

So left side is the one that gives you that diffidence and you subject yourself to other gurus. And you can see it on your left side Void, this is the Void (points at Void on left hand, ed).

You can feel it on the left side Void a burning sensation. And this is a sign that you have been to some guru who has been wrong - who is not a realized soul, who is a wrong type of man.

Immediately you can make out from the person whether he has been to a right type of a guru or a bad type.

If you have been to the right type, you get your realization just like that. You are just ready for it. He doesn't spoil your chakras, nothing. He doesn't give you false ideas. And you are just ready; but he has done very great work is to establish this part (Void – ed) in your stomach.

That's why Moses, Abraham, all of them talked about alcoholism, about these things, because alcohol spoils the liver.

Christ did not.

He was born at that time (points at Agnya on the chart – ed), so He talked about the eyes.

He talked about the realization. He talked about the Gate, the Door. And that's why He said you must get your resurrection. So the different aspects came at different time, and this aspect of the Primordial Master which was Moses, you can say, Abraham, and other people of the same type, they came to establish balance and dharma within us.

Here they have not shown two other subsidiary chakras. One is the chakra of the sun (indicates aspect of Nabhi on the right channel) and another is of the moon (indicates aspect of Nabhi on the left channel).

This is the moon line (left channel) and this is the sun line (right channel). Now this center they should have shown here (indicates aspect of Nabhi on the right channel) I think, which means that when you are on the sun line, you become right handed.

Right handed means you are more projecting towards the future, you are thinking too much, or you are putting too much attention to your physical being. And not to your Spirit. Not to your emotional self. Now, when you start getting to the asceticism, and all sorts of nonsense like that, become an ascetic, give up this, give up that, give up that – and you give up actually your brain, nothing else – you become a thin person, you start moving like this (She indicates movement from the central channel to the right side of Void) and develop a horrible liver. You see? this liver may extend up to this (indicates Void on right hand side up to its extreme limit).

Now, liver is one of the, one of the very, very special organs we have got within ourselves. I mean, you would not know if you have a bad liver till you get to cirrhosis. When they will say that: "Now, last time has come, you are in for your funeral". That's what it is.

Liver is like that, it goes on getting bad, bad, bad till you do not know. But in Sahaja Yoga immediately you will know you have a liver problem.

And you will also know how to cure it.

And liver is responsible for our attention, which is so important. If your liver is not alright, your attention will be horrid, all the time you'll be feeling sick, frustrated, embittered, you won't like this, you won't like that – sort of a person, always annoyed, and you will not know "why I do like this, I don't want to do it, but why am I doing like that". So this is the one one has to look after.

But when you think too much, as I told you, this center of Swadishtana, which is bestowed upon by Brahmadeva, who is the Creator, works too hard, and it has no time to look after the other things like the liver, the pancreas, the spleen, the kidneys, and the uterus. So these things get completely neglected, and that's how the people who think too much always get diabetes. In Sahaja Yoga diabetes is curable. Hemiplegia and all those things, and anemia and all these things are the cause of the same thing. Such people can become so very dry, really very dry because their left side goes absolutely out of order, it's sleeping. They become emotionless. I've known people they came to tell Me, "Mother, I have no emotions now, I have become a great saint, I have no emotions." Who has told you? I mean, a saint has such emotions you can't imagine. It's such a, such a feeling!

I mean, if somebody says that he is a saint and he has no emotions, you throw him in the sea. He is good for nothing. A person

who has no emotions is not a human being, he is worse than an animal.

And if you see a saint, the difference is only this: that if you feel pained, then you start weeping and becoming emotional. But a saint is the other way round. When he sees others in pain, then the compassion fills him completely. When he sees others in trouble, when he sees others drowning, then the compassion starts flowing from his eyes, and you can see the compassion from those eyes, absolutely the same terrific eyes become so compassionate that you are surprised that how this love is flowing. And at the same time he can take a hunter in his hand and hit people; at the same time he can be very wrathful with people who try to destroy the saints, he can be extremely wrathful, and he can be very, very, very, very dynamic.

He can be anything; but he uses it for the purpose of one thing: is to save the saints and to make them the Spirit. His only concern is how to make them the Spirit, and for that how to save them.

For that, whatever has to do – sometimes it can act like a tigress, just jump on people who try to be injurious, or try to be sort of harmful to the children of the tigress.

Or it can become so mild, so mild: I don't know if you have seen a crocodile giving bath to her children. Her eyes become absolutely so mild, imagine. It's like that.

That love you start seeing in a person who is a saint and who becomes a realized soul, that he feels for others. Not for himself.

He is not bothered!

Comforts do not matter - where you sit, what you need, "I must have this food": that all nonsense, never comes in the mind.

What matters is: "Oh God, what's happening to these people, these are my children! They are seekers, they are saints, they have been seeking for thousands of years. How am I to save them?". And such people who are dry they end up in heart attacks, and another is paralysis.

I mean, you should never have sympathies for people who have heart troubles.

Tell them to be more loving. Spend some time with your wife. Spend some time with your children. You see, mostly these busy people are those who are at the helm of affairs, who think that the whole world will be drowned without them.

Actually with them it may be drowned, I don't know about that part. Such very busy people, you see, who have no time to waste in their family and who are holding the banner of some sort of a great thing so-called - they always get heart attacks and die. If they are not shot off, they are – they get their own heart attacks and die. They get - can get even epilepsy, but it's not actually the epilepsy - it looks like epilepsy but it is a kind of a failure of the part of the head which is on this, the ego side.

And a person can get paralyzed or he may become absolutely without any sensation in his body.

These people, till they die they are very alert, their brain is very alert, despite the fact they have used their brain. Actually the nature is very balanced; they have used their brain, with their brain only they have achieved whatever they wanted to, but their brain is alert, but their heart goes out, the balance comes in.

But if you have used your heart too much, the left side as it is, too much of crying and weeping and this and that and all that, you become - on the contrary your heart going out, your brain goes out. The balance is established.

It's surprising, that people said that in the mental hospital no use having a cardiogram. There's no need because you don't need it. Their heart is perfect. While they use their heart all the time, the brain goes out. And you become a brainless person or a gaga person, I don't know all sorts of things that people get.

So one has to understand that a balance is brought about by this position (She indicates central path at the level of Void-Nabhi), and that's why Buddha has said "Keep in the center. Do not go to extremes". When you go into extremes, this moves in the periphery (She points at periphery of Void).

Supposing you are a thinker and you plan everything and you are meticulous, and this and that, you are thrown out of the way (She points finger from central Void-Nabhi towards Void periphery on right hand side).

Now, the extreme thing of this could create a very egoistical supra-conscious spirit in you. The one who we can cite was Mr. Hitler. Mr. Hitler was nothing else but a person who lived in the collective supra-conscious (Shri Mataji indicates an area parallel to the right side but further off the center). And he charmed people by his collective consciousness – (She corrects Herself) – collective supra-consciousness.

What he did is to talk so big and so nonsensical things, if you read his lectures you'll be amazed, that he said that: "We are the Germans, we are the special race, we are this and we should kill all these people", and people believed it!

It was just a possession, a collective possession. I mean, if you talk to those Germans now, I read some articles written by them, really they can't understand, they said, "We were young people, we were studying, we were students, we were very good people, and suddenly all this came up to us and he built us up as some sort of a martyr and all that, and we took to it".

He made it such a big religious stuff, I mean, a fanatic thing in their head, that they accepted it. This is the extreme case of fanaticism. All the fanatics are on this side. All of them are on this side. Any fanaticism I am facing.

Keep away from them. They are headaches, they are bores, numbering bores. You just can't talk to them. All the fanatics of the world if they were bores it's all right, but they go much beyond that. Like you see Khomeini's there. He is a good example of fanaticism.

And what - I'm happy that Americans had a little experience of these fanatics. All fanatics catch all these people.

These so-called Lutherans, and the so-called Pentecostal, they are nothing but they are all possessed people – specially the Pentecostals are possessed, can't you see them? They are recluses, they are useless people, they are wasting themselves. All the spiritualists and all these people - they could be right-sided or left-sided. LSD takes you to the right side, because you start seeing the lights and all those hallucinations which are of the supra-conscious.

Left-sided people who are there, they get into – they are all the time crying, weeping, diffident, sly type, intriguers, they are on the left hand side.

But if you move too much on this side then you can also get possessed. You can get very badly possessed and this one, this movement is very painful. Is painful to the person. Because they aggress on the person.

But if you have this kind, this type of movement on the right hand side, then you aggress others. Because this is done with the ego and this is done with the superego.

So the person who has a left side problem is better in the society because he troubles himself, and he needs his own cure, and he is not a problem.

But a person who is a egoist is such a problem that he doesn't see, he doesn't feel the pain of others and he gives pain to others. He talks in such a way that he hurts, and he has a very bad right Vishuddhi, and everything he does, all aggressiveness, all war and all these things are a right-sided man.

And such a man can become very successful like Hitler, but ultimately he meets his doom and nobody respects such a person ultimately. See, everything afterwards in history tells about the dirty things he was doing, the sly things he was doing, or the bad things he was doing, how many he has killed, what he did – everything comes out in history and he is just put into the light of history, and you start seeing that this man, who was supposed to be so successful, “Oh, God, we do not want to know him (Shri Mataji plugs Her ears) ”.

One of the sahaja yogis came to Me, he told Me – he’s a French – he said, “Mother, please tell me if I was Napoleon. If I was don’t tell me, because then I will die”. I said, “Why?”. He said, “I feel that I’m very egoistical, after Realization I find my ego is like this and I topple like that, and I can draw very well, and he used to draw.

So if I was Napoleon don’t tell me, if I was don’t tell me, I will really commit suicide”. And in French, in French people if you call somebody a Napoleon, it’s a, it’s an abuse, you can imagine, Napoleon the great is being used as an abuse.

So this is the thing that one has to understand, that ego-oriented person is over-disciplined, may be military-like, he may not drink, smoke, you see, he may walk straight like a stick. But he is old.

The other one might be indulging into all such things and he might be drinking too much, and all the drunkards you find are on the left hand side. Poor things they start with a small thing. When they start it with a small thing they are driven onto this extreme, then they get caught up. Alcoholics are really, not that they drink, there’s some spirit in them that drinks. I met last time a lady from Cuba, she was a petite woman, small, thin woman, and her husband came and told Me that she can take one whisky bottle neat! I said: “This little woman, how does she do it?!”. He said: “She does!”. And I asked her and she said: “Yes, Mother, I do”. I put her a bandhan and I found a horrible big personality in her. Horrible, tall, very hefty person. He said, “Mother, did you see that one?”.

I said: “Yes, I did”. She said, “It is he who drinks, and I’m blamed”. She could see him also.

Such people who are on the left side can see the spirits and the things walking in, and they get all kinds of ESP experiences, and “I get a hunch” and all sorts of things – is little movement that side.

And the right-sided people also can have such hunches as to what to do tomorrow, and how to do it, and what will happen, they get all kinds of hunches. There are people who are getting photographs of the people, such people – one gentleman showed Me some photographs which in an organization in (...). It’s a lady, she showed Me it’s taking out the photographs of all the horrible kings of England. As if they were dead, with their faces... it was surprising!

It was surprising. And now thank God that organization is not getting any information, but it was a horrible thing, and if you keep these photographs in your house you also get bad vibrations, you might get their spirits coming into you.

In BBC the other day we saw a film where a man was possessed by a spirit of Van Gogh. I hope you know him, Van Gogh is the painter who paints in one line many colors like that, you see? And this fellow was doing - actually I mean, we saw that with our own eyes – was painting just like Van Gogh. And he said that, “Van Gogh is doing this to me”.

So all such things happen when you are on the left side – could be on the right side, for some artist may be on the right side. But this you can only find out with vibrations, which side you are possessed.

Now I’ve told you why we have to have dharma, why we have to have Ten Commandments, why we should be in our sustenance, so that we keep to the middle path of Sushumna, this center path of our evolution, and not to deviate too much to this side (right side) and not to deviate too much to that side (left side).

That's the reason we had to have religions. But all religions have become fanatics. They are fanatics. So they are good for nothing, useless people. Absolutely on the contrary they have created so many sects and so many fightings that one can't understand.

Now, these great Incarnations have come on this earth, they all have come as one aspect.

Christ has said "Those who are not against Me - with Me".

Who are those who are not against Him?

See, you didn't even allow Him to talk! He had to fight for every-day life! Same thing you did to Mohammed Sahib, the same thing you did to all the saints who came on this earth. It's not only Christ, you see the life of Socrates.

You see the life of everyone who was like this, we had Sai Nath in India, was only hundred years back he must have died, only hundred years back. But if you see His life was a struggle! Nobody would listen to Him.

At least there are some people here to listen to Me, but Sai Nath had about three or four disciples, that's all.

That is the sign that I must be a true Teacher, because if you have too much that means you are all mesmerized, and thousands, fifty-thousand people are sitting there and somebody is throwing a red colour through a cannon and they are "ah!", like mad.

Is this God's Realization? Is this spirituality? You are not to be mad people.

You have to be aware, and specially alert.

You become really aware, which is enlightened, your awareness has to be enlightened, you have to become that.

Not to be like sheep, go there into any place, taken away anywhere – no, not that.

So we have to awaken ourselves.

We have to brighten ourselves and understand our responsibility. And we have to know that we are saints, we have come here to become our Spirits, and the responsibility is very much great on the people of America. American saints have the greatest responsibility, though Sahaja Yoga has prospered so much in Australia. Most surprising. You condemned them as criminals, they went down there, they had children, grand-children, and they have much less ego, much more wisdom, and that is the center of Mooladhara. That is the first center. Australia is the first center. And people are so wise, you won't believe.

I mean, there was not even a single seat left when I went there, and thousands of people, the media was so sensible and so wise, and - I mean, there are seven cities and all the seven cities have got centers in Sahaja Yoga. Just like villagers in India; they are so wise.

As villagers in India are wise, they are that wise. And I don't know what to say: the persons who are supposed to be the complete wisdom here (points at Vishuddhi on chakra chart – ed) at this point, to be the witness, to be the sixteens – can you see here [points at Vishuddhi on chakra chart – ed], sub-sixteen, and I'll talk about it next time, because I've told you about this center of Rama and then I'll tell you about all these centers tomorrow, and above also.

Thank you very much.

May God bless you.

Now, if you have any questions, you ask Me.

Warren: Do you have any questions?

Shri Mataji: Now. It's alright. Now can I take out these fixations? (Microphone fixed on Her – ed). See now. Bugging, you see?

Warren: Yes. American special.

(Shri Mataji says laughing: "I'm learning some words! Now address the questions to Me". Warren says to somebody: "Yes. Just stand up and speak up". A seeker asks a question).

Seeker: Why do some people lean more to the left side and others to the right side?

Shri Mataji: What's it?

Warren repeats: Why do some lean more to the left side and others lean more to the right side?

Seeker: And some even in the center?

Warren repeats: And some in the center?

Seeker: Is there a karmic patent or...?

Warren: Is there a karmic patent, he says?

Shri Mataji: There is, you see, we are made of three gunas. And the permutations and combinations are there of these three gunas. Alright? And those who are tamo gunis, more desires they have, the more sort of emotional they are, they are on the left side. Those who are ambitious, are on the right side. And those who are wiser are in the center. So it's a temperament with which you are born. It has many reasons. It's the background, it's the things you have come out of it, and what was your education, how were your parents – I mean, so many things work it out, the personality. And these three gunas, tamo, rajo and sattwa gunas, these three qualities within us, work out permutations and combinations of all the people. And that's how we have different type of people. And according to their style they move to one side or another.

Alright? I will be talking about that also maybe if I have time, about tamo guna, rajo guna and sattwa guna.

(Lady seeker asks a question ... "by balancing out of the sides" ...)

Shri Mataji: What's she saying?

Warren repeats: Can you help people who are mentally sick, by balancing these two sides?

Shri Mataji: Of course! I have helped. And you have to help them.

Lady seeker: Yes. I'm schizophrenic, that's why I'm asking.

Warren: Schizophrenia?

Shri Mataji: Of course. No doubt. But I hope the Americans won't put Me in jail for saving these people! (Laughter) My husband

told Me, "Don't touch anyone otherwise you'll be in jail". Of course I can. No doubt.

Lady seeker: Could I learn it?

Shri Mataji: What's it?

Warren: Can she learn?

Lady seeker: Could I learn?

Warren: Can she learn it?

Shri Mataji: Yes, yes, why not? You can. But first of all you get well. You have to be much stronger. You must learn all the ways and methods. Then you can of course, why not? Even My photograph does that (She laughs).

See, you don't have to worry, you can use My photograph. If they don't arrest Me for the photograph, it's alright (laughter). They told Me you have to be a lawyer in this country to exist, I don't know what (is that? – Barely audible) (laughter).

Warren: Yes?

Shri Mataji: Yes?

Seeker: Did She have a teacher?

Warren repeats: Did You have a teacher? (Laughter. Shri Mataji smiles)

Shri Mataji: No.

Seeker: No?

[Shri Mataji shakes Her head.]

(Somebody is heard muttering something like: "You hadn't any teacher..." and goes on muttering)

Warren: Any other questions?

Shri Mataji: I'm born like this. I'm ancient. Antique. (laughter, She laughs)

(The man from the public continues muttering)

Warren: Do you mind not disturbing please.

Shri Mataji: Loudly. Whatever you say, say it loudly.

Warren: Please, don't disturb. If you've got a question specifically ask it, but don't disturb.

Shri Mataji: What did he say?

Warren: He is just mumbling.

Shri Mataji: No, no, no. You say it loudly, what did you say?

(The person keeps talking lowly)

Warren: No, no, he's...

Shri Mataji: What? Why?

Yogi: He is a drunk.

Warren: He is drunk, Mother.

Shri Mataji: Is he?

Warren: Hm. Any other questions? Yes.

A seeker: When everybody leaves, will we be able to continue in New York?

Warren repeats: When You leave, will they still be able to continue in New York and can learn how to grow?

Shri Mataji: Yes. You see, we have got somebody – Hermann has not come today, I don't know – where is he gone, Hermann?
(Warren: "He is working today")

He is working today. And he has offered his place for working Sahaja Yoga. We – actually, you see, we have imported people from London, who do not have houses here, and also he is from Australia. But Hermann said that he can offer his residence for the use of Sahaja Yoga to begin with, you see, because we don't take any money, and you have to organize it yourself. And we have got here Christine, who is a very old Sahaja Yogini, and she can work it out.

We have some other people also, who may be coming and going from Philadelphia, and you people could be here – I'll also come back again if you call Me. Next year maybe. We all can go to India also.

We are going to go to India...when? (Warren: "In..." Shri Mataji: "Eh?" Warren: "... December") December. If you people want to come to India, we can take you down to India also, in December; and we will have a program of about - how many days?

Warren: About forty-five – fifty days.

Shri Mataji: About of forty-five – fifty days, we'll be passing through villages and all that, and that's you mix up with other people, and learn about Sahaj Yog, is a very good way of learning about Sahaj Yog, you see, where you learn how to give Realization, and imbibe things, and it's very good way.

If you want you can come along and it is going to be quite cheap for you, only you have to pay for your food and for your travelling, that's all, and food will be very cheaply arranged; and very good food, we can arrange that.

And this time - last time they paid three pounds per day, this time they are going to pay four pounds per day. And everything can be done, we'll go to different villages, and stay there and organize it. It's not going to be any money-making proposition or anything, it's a thing by which you go into simpler places and learn about Sahaj Yog.

It's better, because here, you see, it's very quiet in this place, I feel, but otherwise in New York you have such a horrible, this signaling business, you know? And all the sounds - and the atmosphere is so much filled with funny sounds all over, and it's

horrifying.

Warren: Mother, a lot of people have asked about the practices, how they learn the practices for Sahaja Yoga, the various things they can do, that they have to do. And I think they should all know that you just come along to the group, after Mother's gone, and you'll learn all these things. I too wanted to know how to do it, as soon as I got my realization. Sometimes you are a little too keen to know...

Shri Mataji: But you can tell them how to give first of all protection to your aura. This gentleman told Me that his aura was - did get disturbed, it's true, your aura gets disturbed.

So you get first of all a method of first of all protecting your auras. And how to raise your Kundalini. This method I will teach you today. Alright? After realization. What else?

Warren: Yes.

(A seeker asks one question: "When She talked of saving the creation... (Indistinct) Does She mean that the creation is lost?")

Warren: The creation? (Seeker: "She said of saving the creation".) Yes, I heard the first part. Does She mean... (Seeker: "That the creation is lost, or..." - indistinct) (Warren repeats to Shri Mataji:) You spoke of saving the creation. He is asking, do You consider that the creation is lost?

Shri Mataji: May be, may be lost. It's not yet lost but may be lost. You see, creation, the epitome of creation is you, is the human beings.

Alright? If you are not saved, the creation is lost. You are to be saved. And God has to save it, it is His own creation. You are His creation. And He has to save it.

(To Warren:) I mean, how did a drunkard come in?

Warren (to a seeker): Yes.

(A seeker asks a question)

Warren: Say again.

Seeker: Does She consider the creation something apart from God? Or is the creation also God or what is it?

(Warren repeats:) Do You consider the creation something apart from God? Or is it also God or what is it?

Shri Mataji (laughing): Accha, now, you see, this is a subject which I have to deal with, alright? What is creation, what is God, how He created you, how we became human beings, it's a big subject. And it's to be handled sometime and you are to be told all about it. And I cannot just answer it in five minutes. But I will, it's a good question and should come to you.

But before knowing all these things and details about it, is better you get your light. Once you have your light, gradually you start understanding it. Alright?

Warren: Yes?

Seeker: What is the meaning of Sahaja Yoga?

Shri Mataji: Sahaja. Saha means with – ja means born. Is born with you, spontaneous. Sahaja means spontaneous. Whatever is living is spontaneous. You see, whatever happens spontaneously – we don't understand the word of spontaneous also. Means a living, living expression, living manifestation is spontaneous, Sahaja. Is born with you. But today Sahaja has gone into the stage called as Maha-Yoga.

Means it has become a en-masse.

It works en-masse. Before it used to work in one person, two persons, you see – like one flower becoming a fruit in the beginning of the tree.

But today the situation is such that thousands can get realization. It's Maha-Yoga.

Sahaja Yoga has matured into Maha-Yoga. Maha means the great.

(Aside to Warren): I hope he is back – I hope he doesn't do something to Arneau.

Warren: No, the caretaker is outside.

Shri Mataji: Eh?

Warren: The caretaker is outside.

Shri Mataji: And where is Arneau? Is he back?

Warren: Arneau is back, yes.

Shri Mataji: Ah, but don't deal with these people, you know. Drunkards I don't know what sort of people they are.

Warren: Any other question?

Shri Mataji: Better ask the caretaker. You just don't deal with them. How do you know he is a drunkard?

Warren: The way he was behaving (Shri Mataji says something which sounds like: "I see"). His muttering and (Shri Mataji says something which sounds like: "Oh, I see") – you could smell him.

Shri Mataji: Even from here? (Laughter)

Warren: Yes. Tremendous. (Laughter) Any other questions?

Shri Mataji: Now, come along.

Warren: Now he is telling the caretaker.

Shri Mataji: Ah.

Warren: Yes. (Seeker asks: "How do salt and sugar fit in?". Warren repeats:) Where do salt and sugar fit into (them? - Unclear)?

Shri Mataji: (She laughs) Into the stomach! (Laughter) Into the Void. Christ has said "you are the salt", you see? You are the salt. Left side (Shri Mataji stands up, probably to go to the chakra chart).

(End of video recording)

1981-0929, Evolution and knowledge of the Self

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29 September 1981

Evolution And Knowledge Of The Self

Public Program

East West Center, New York (United States)

Talk Language: English | Transcript (English) – VERIFIED

Public Program Day 6, during America Tour, "East West Center, 141, 5th avenue", New York (USA), 29 September 1981.

[First Warren introduced Sahaja Yoga]

Doctor Warren has clearly told you about these subtle bodies within us. And we should think why this subtle body was created? What was the need to create this body within us and how it was created?

These, all these centers, are the milestones of our evolution. And as we started growing, higher and higher, developing higher and higher awareness, we developed all these centers one by one. And at the human level it's this center where the man raised his head up. Still why? What was the need to create a human being?

Supposing I'm trying to get some nuts, bolts and things, and try to fix them up, make it into a good instrument. One would ask what are you doing? Why are you assembling all this, what are you making out of it? After all, it cannot be a waste, why such a special thing has been made, for what purpose? And that is what we have not yet discovered, what is our purpose. But if you go to any of the Scriptures, you'll find out that they have said, all of them have said, that you have to become your Self. That there is All-pervading Power around us. Now this All-pervading Power we cannot see. It exists. As they say, if you have to believe it, or not. But we should find out if there is such a Power or not.

For example, if I say that there are lots of beautiful pictures and beautiful music in his area, you won't believe it. But if I get you a television set and if I plug it to the main, you starts seeing that it is receiving something. In the same way, when you become connected with the whole, then what should happen to you is that you start feeling that All-pervading Power. This is Self-knowledge. And it's written at length, very clearly, by many people in the Indian Scriptures. The reason was, the people who came in the other parts of the world had such a tough time, they were not given any chance to say anything much about it. Hardly they could utter anything and they were crucified, poisoned, beaten up, tortured, all kinds of problems they were given. So this has to happen within us that you we should feel this All-pervading Power.

The other day, we had two persons from a guru and they said, "How can it be only this cool breeze that is coming in us, is something?" For a human being, to conceive something about God, is to go to scriptures which have lasted for all these ages, to find out one of the leader- one authorities you can have. Now, it is said that there is All-pervading Power in all the scriptures.

Now supposing, by going to somebody, he says, "I give you power called, so called 'shaktipat' [descent of power from above for emancipation (tantra)] ". And he just starts jumping like a mad horse or a like a mad monkey. And you say, "It is shaktipat!" And you have vigorous movements and all kinds of acrobats you fall into and you believe that this is shakti. And then, by the time it is over, you are exhausted and finished. How can that be a shaktipat? The idea of energy within us is not horse energy by which a horse can run very fast, that's physical energy, we should understand. That's just a 'prana shakti', part of this [right channel] - just part of this path. It's just a physical energy.

Now human beings don't need a horse power, do they? You have already got big cars here which have tremendous horse powers. You don't have to become horses now, or bulls or some sort of an animal, [Shri Mataji laughs]. Our idea of a Superman is that he will have such power that he can lift the whole building and throw away somewhere. All such absurd ideas should be

given up and [you] should understand that's physical wellbeing so that you can feel the blessings – the blessings of your Spirit. Blessing work, an animal doesn't understand; but a human being must understand that when he gets spiritually endowed and spiritually blessed, then, first thing he should have is a physical wellbeing. That doesn't mean that he becomes a wrestler, That doesn't mean that his body will be so built that if he slaps somebody, then the other person will die. On the contrary, you become such a powerful personality that if somebody slaps him, for him it's nothing, it is all nonsense.

So the concept of human beings can be from the kind of life they lead, the kind of media they face, the kind of identification the society has, all kinds of things could be there. For example, for Japanese children, I was amazed, for them the idea of a Superman is that he should look like a ghost, he should at least ten times bigger than a normal human being. And that's what they think they should achieve. Because I studied their media, specially their cinema and most of them have produced these phantom ideas. We don't become phantoms that is one thing one should know. Neither we become agitated – how can we become agitated? We are in bliss and peace. If you start just gesticulating and sort of shouting and screaming like mad, then how can that be a 'shaktipat'? It's madness, you are possessed, it's possession on you. Anywhere you go anybody who's possessed, you go and see lunatics, they do the same. You pay these people to become lunatics, to believe that they have given you a power, it's absurd.

All these people if you look at them, they are sickly people, they are reclusive, they are actually frightened, some of them are even frightened of a garlic, as I told you.

So the Realization, if it comes to you, the chakras which are placed on your fingers, should be enlightened, minimum of minimum and that you should be able to feel this All-pervading Power that is there. This is Self-knowledge, this is "atma bodha". Bodha means to know; to know, to feel that power. Even, after Realization, [Cut in the video ...]

When you grow a little bit more, you will start seeing comma like powers, it's just like, you can say a – in English I don't know-small sparklers of commas, you can see it clearly. You can also see the Kundalinis of the people. You can also see a good soul and a bad soul like dots, you can clearly start seeing, once you get your Realization, when you are at that level, you start seeing.

But if you get possessed, say you are on the left-hand side, then what will you see? You'll see ghosts walking into your house. You'll say your room is lifted up. Suddenly you'll find your body is taken away and you are somewhere hanging. All these are very, very dangerous things about which people are not aware. Never go near these things and these people.

Recently there's a big disease that has started, which is a very dangerous disease I don't know if you people, are aware of it or not. That when small children are sleeping in the day time, say they are in Switzerland. And say their mother may be in America. The timings are different. That time, it may be the night and here it may be the day time. And the mother goes to a clairvoyant and says that: "I would like to speak to my child". "All right". So the child is sleeping and this clairvoyant gets a soul around, and asks the soul to get the soul of the child and the mother can hear the voice of the child, sitting down here. "Oh, I'm speaking without any telecommunication I'm talking to this child". And it's very common that the child dies in sleep and the mother doesn't know. Because the soul has to return, and if it does not return properly, if something goes wrong in his return, the child suffers and also, the soul suffers in any case when it leaves the body [inaudible] and it is very dangerous to human life. And we go headlong into it and we destroy ourselves. They are very, very cunning people, I tell you.

Yesterday, those two people who were discussing me, arguing with me, they told me that their guru thinks very highly of me. And there also, people have heard they told me that our guru said that you don't go to Her, because She will only accept you if you are absolutely purified and we have to purify you. All this is nonsense. These people are just playing tricks on your mind. The purification takes when the Kundalini rises. She purifies you. Because you come to know about yourself when the Kundalini rises, face the problem. And once you know the problem you correct yourselves. Kundalini awakening gives you the judgement of your own Self as if you are going in the car and you get out of the car to see what's wrong with the car.

It is very simple when the Kundalini rises to correct you. For example, supposing there's a person who smokes too much. I may tell him don't smoke, don't smoke, all that. He gets tired of me, run away, won't see me again. There is no need to tell you don't smoke. Once you get your Self Realization, you won't smoke at all. Little willpower will work it out, in the first instance. But even if

it doesn't act, the first instance, gradually you will just drop it out because of transmutation that takes place. So we have to see that when we say that we have got some sort of a shakti or a power within us, we should become master of ourselves, of our greed, of our desires and of our aggressive nature. We should become the master of that. Unless and until that happens to us, how should we believe that it is innate power and that we should feel this All-pervading, blissful Power around us. Unless and until you're awakened to that, how can you see? Unless and until your eyes are open, how will you see that? And that awakening is enlightenment.

Now you are so beautifully made inside see, already you are made like that. [Shri Mataji shows the subtle system chart] Already you are made like that. Except that if you are not ruining it, by breaking it completely, you are there! His made [unsure], for which you have not paid anything. You are putting no effort, no jumping, nothing. You have become a human being from a monkey, without cutting your tails. Automatically, spontaneously. And if you have to become anything higher, you will become, spontaneously. The only difference is that, at this stage of evolution, you have been given your freedom to choose. Because at a high level when you will move, you have to be free people. And that freedom is to be respected. This is one point. And the second point is that your Realization has to take place in your human awareness, you should know! When you became a human being from a monkey stage, you never knew how you became. But now you must know. Because you must know that there is God and you must know that his power is flowing to you.

That's why one should understand what we should expect when we get our Realization? Of course, as we said, that when you start getting the power within you, once it starts working, then you can learn about it, how you manifest it, how you use it.

First, when electricity was discovered, nobody knew that it will have so many uses. But then you discover how many uses it has. But here, you don't even have to discover it. If it is told that this has this use, you just try and see for yourself, it has or not. It's like, you get, say, a car, you purchase a car and they give you everything in writing: now try this one. If you should press this button, that will happen. If you should press that button, that will happen.

In the same way, the whole thing is invented, completely decorated for you to use this power within you, to manoeuvre it, to handle it and to manifest it.

We have no self-esteem. If we had self-esteem, we should understand that God has created you with such difficulties, whatever it is. Thousands of times, thousands of years it has taken for you to become a human being. And that you must be something special, much higher than animals, no doubt about it; and that it should happen to you. It is He who loves you. It is He who is the father. His compassion, love and the greatest father that you could think of, who wants to share. He wants to give His kingdom to you. You must have that self-esteem that you are a human being.

I think somehow, perhaps, because of these conditionings you have had, you think, "How can we get Realization so easily?" You can't believe it. You don't want to believe it. You think, 'How can we be Realized so easily?' Because everything you do in life, you think you have to struggle. But there are so many things you don't do with struggle; like, you get a fruit without any struggle. Even if you breath, all your autonomous nervous system works without any struggle. You eat and the food is digested automatically. You don't have to struggle for it, you don't have to jump or do jogging or anything like that. It just works out.

We should understand it is the blessing, it's the blessing. People have become so much science oriented that they have forgotten that science also is a blessing. Science is a blessing now. For example, see this photograph of mine here. I had gone to a village and the village, which had no electricity, nothing, had a very old building of a school, I was sitting outside. And the photograph caught on these falling rains, the photograph! Your camera has caught it.

I went to Hong Kong on the Television, and they asked me, because the person who was owning the television, his daughter, invited me. And she said, "Mother, can we ask people to put their hands towards you, like this?" I said, "All right. Let's start." And they got Realization, so many of them! They wrote letters that, "We got Realization." On the television!

Even on the telephone, you can give Realization, on the telephone you can save people.

All this science has created, it's for Sahaja Yogis and for Sahaja Yoga.

It is a blessing to communicate the message. But, people are so blind, so blind that they think all this has been given to us to

make more money and to create more plastics. [Laughter] They cannot believe that this is to communicate about God's love, His compassion and that security that is from the most loving father you could think of. It is beyond human conception to understand His compassion, I accept. But still you see compassion in life and if he is the source of compassion then what must be His level of compassion?

Now as it is he [Warren] has told you all about this quite a lot [the subtle system] and I have also yesterday told you and he said that I have only one more lecture to cover the whole subject, I don't know what's going to happen, how far I can go with people in New York.

I think we may have one more lecture when I come back, one more lecture might be. But today I think I should talk to you about the Self, first of all, then about all these things, it will be a better idea.

Now what is the Self within you? Self is the reflection of God Almighty.

First, let us see how the creation came into being. In the beginning or in the end because there is no beginning and there is no end. Like you cannot say, "Hen came first, it came first or the egg", it's something like that. It started at a point, you see, when it was just all quiet. And the whole creation becomes untroubled, or we can say, it is sleeping. Everything is sleeping, like we sleep so the whole world sleeps for instance. That is a state that's called as Parabrahma in Sanskrit language. It's the first. Now, in the Bible, whatever is written is very telescopic and very fast. And to understand it I am just trying to enlarge it that where ever are the missing points, you can put them up.

Now the first state is of Parabrahma is a state where everything is not manifesting, everything is sleeping. Then this Parabrahma becomes aware of Itself that It awakens as we awaken. Then It starts manifesting. All the awareness, the consciousness of that starts accumulating on the periphery and the centre remains as the Subject. The periphery now is the Power of that Subject.

So we had the subject, the God Almighty, is called as Sadashiva and His Power that is the Primordial Power, in Sanskrit is called as Adi Shakti, and we call it as Holy Ghost in the Bible.

So, they separate, I mean it's a – some drawings have to be made, but doesn't matter now- I'll just tell you in short.

And this Spectator, this Sadashiva, this God Almighty starts watching his own Power. Now we cannot understand the complete concord and complete understanding, complete oneness and integration between these two entities, God Almighty and His Power. It's like the Sun and his rays or sunshine, Moon and moonlight, but even more than that. Nothing can come in between them. They are absolutely in unison with each other and everything works simultaneously. In human relationship, no husband and wife can be like that, it's impossible. Then the Spectator, Sadashiva, forces his Power, which forms an entity, to create.

First, She refuses. And then He gives Her- I mean in a very poetic way- it's called as a Lasya, means a launch. And that gives the first sound, Omkara. That's the first, logos, the first sound, the Word. That's the Word She says, She creates. Then She starts creating. She creates, She divides Herself. First of all, She is nothing but the Power of desire. Because, first it is to be desired! It's the God's desire! She exists as a desire. Unless and until there is desire, nothing can work out. So She is the Power of desire, like we have also the Power of desire within us.

Then from this desire, comes the other Power which makes it an act. So the other Power of action comes in. These two Powers bring forth a system in between themselves like left and right, which starts giving sustenance to things that have been created. As I told you that carbon has four valences, it's a tetravalent, I don't know if you people have studied chemistry or not, there's a chemical periodic table if you see, it's all divided so beautifully and it is so well arranged, that one has to believe that there is a great Juggler or a great Planner who has done it, otherwise it's not possible. It's so well arranged! The whole valences system and everything is so well arranged. All this is done by the central path which gives them the sustenance, the quality that they have.

Then the sustenance starts growing till you become a human being as shown here [on the chart]. In this Void, here as carbon

then you move into the Void and here you go through all the evolution starting from a fish up to the human level where you become a small man. Once you become the small man, Vamana, is called that. First the man who came on this earth was a small statured man. Then a man came who was Parashurama, a very, very – Poseidon, a very large man, a huge man. Two extremes. And then, came the man who was in the centre. And the leadership of all this evolution was done by the Incarnation of the aspect which is the evolutionary aspect. So the first aspect She creates is the desire aspect. When the desire dies, the whole thing is destroyed. And the Spectator is watching it. Spectator has a desire. As long as the Spectator is happy, the play goes on. As soon as He doesn't like the spectacle, He disappears. As soon as He disappears, then the whole show is over. It's for that only Spectator the whole show is there. So this Power of desire has to be till the end. Once the Power of desire is finished, then there is no more show; there's no more Spectator, there's no more His Power, they're all merge together and again become the Parabrahma status.

Now the other Power, as I said, which is the aspect of creation so the Creator aspect is there. One is the one which is the existence and the other side of the existence is the Destroyer. And then another aspect is of the Creator and the central one is the Sustainer, is the Protector. Out of these, this one incarnates, only one aspect because it has to give a quality and the leadership. For example, when there was a great flood, then He [Vishnu] incarnated. He incarnated as a fish and the dolphin-fish. Dolphin. I don't know if you know about dolphins or not. But dolphin is a mammal and is a friend of human beings. So He incarnated as a dolphin-fish and saved the boat [Noah's Ark]. As you know, there was a boat in which people were saved. He saved the boat. He is the dolphin who incarnated on this Earth. One by one, He incarnates. Then He incarnates as a turtle, four legged which comes out of the water to show the fishes that you can come out.

Then, gradually He incarnates as a quadruped. Like that, the Incarnations – He comes as a leader. Somebody has to give that confidence. One fish comes and takes them out and others come, they follow them up. As they go on improving, every time there is an Incarnation. And between one Incarnation and another Incarnation, there is a very great time and that is called as 'Yugas'. Like that, these Incarnations come on this Earth. Plus the incarnations of the Primordial Being come in this area [Void] – where we can say this is the Ocean of Illusions – and try to save the people from getting too much to that side [right] or to this side [left] as I told you yesterday.

And that time, when they become human beings, then the seekers are born, which you are, which are the epitome, epitome of human evolution.

Now these seekers are engulfed by forces of ignorance and these ignorance forces also form anti-Christ. They can be devilish because they think, "Why are we not there?" like a competition setting. And they try to retard the progress of the saints. That's why a seeker, when he's born, is attacked, from very childhood, immediately he is attacked. Even the parents may attack the seeker. They may act through the parents. If not the parents, then the society, the schools. They're all the time attacked. The people who are attacking may not be aware of it but they are used as mediums and these people are attacked.

And with that attack, when they are absolutely in a mess, and they don't know how to save themselves, then, another Incarnation is specially made, is the One that manifest here [Shri Mataji points at the fourth chakra on chart], who is the desire Power of God, but is the Destroyer part, who is born to destroy these evil forces, to kill them. This is fourteen thousand years back, the first incarnation of this great Lady. She's called as Jagadamba, the Mother of this world. She comes in there [centre heart]. She saves them.

Today is the first day, we celebrated the first day of an Incarnation and that is a very, very important day for Indians, because they believe in Shakti and She is the Shakti, that she came on this earth to kill these horrible devilish incarnations who are called as rakshasas. So, this part is represented within us at the heart level in the center, in the vertical column and it manifests in the children till the age of twelve in the sternum and creates antibodies. She creates Her army as the antibodies. Till the age of twelve years the children develop those antibodies within themselves and whenever there is a danger, whether it is physical, emotional or spiritual danger, these antibodies fight. That's why, when you are frightened, the sternum starts breathing fast and informs that all the antibodies should join hands to protect the subject.

These antibodies are created here [centre heart]. And the left-hand side, left hand side of this [left heart] is the essence of Motherhood. If in your childhood, your Mother had played a role which has given you fears or kind of a frightening experience, then this center goes out. We say the left heart is catching. Sometimes, if you are a bad mother also it might catch.

The right heart is the one, is that of the father. And the fatherhood is expressed by the leader who came on this earth about 8 thousand years back, who is called as Shri Rama. He is not - if you see here, He's in the center [Shri Mataji shows the center heart]. To make him a complete human being, He was pushed onto the right-hand side.

He is Shri Rama. Shri Rama came on this earth to establish the institution of benevolent king. The political development and the political evolution started from his side. He is the one who gave leadership as a benevolent king, the one who represents God and who is a king. The idea of a king related to God came from Shri Rama. But the modern Kings are not like that, they have no relation with God. On the contrary, they are horrid people. Some of them are nothing but satanic people, absolutely Satan is there and you can see from the way they lead their lives and they have led their life before. So the benevolence of Shri Rama is here to be followed by all the political leaders and all the people who are at the helm of affairs. He is the ideal that was created for human beings, to run their authority as the head, or the loving compassionate benevolent leader of the people, who has to govern them by making them respectful, by respect. And if human beings create such kings who are not respectable, those who have no human values, those who have no moral courage, those who are selfish, those who are self-centred, then they have nothing to do to be there. So this is the position of Rama who is the father. So the head of every state has to be the father of his subjects, that's what He has tried to show by his life. So much so that He had to sacrifice his beloved Wife, whom He loved so much.

But these days, you know, how people do for their own children, they'll sell the whole country. In our India, they do it. Here it's just the other way round, nobody cares for children at all and nobody knows whose children they are. But in India it's the other way round, that they will even sell their country for their children. All these two extremes go against the character of Shri Rama. Now this is the character that was created 8 thousand years back.

So I've explaining to you all these things. Now this is the heart. In the heart resides the Spirit. The Spirit is watching the game of this creation, and is watching what is happening to this person, this person, to this person, to this person. Everybody has got in their heart the Spirit which is watching; it's called as the 'cetana' [consciousness], means the one, 'the knower of the field'. He's watching; every minute he knows what you do, when you go, what mistakes you create. He watches you. He doesn't interfere. He's only- the interference comes from here, from that thing. He tries to give you conscience, he tries to improve you. From here sometimes [Mooladhara chakra], the wisdom part, he tries to tell you, "Be in the center" by punishing you and showing it is wrong. But he's just watching the game, "Let's see how far it goes." He is the knower of your field. He is the Universal Being within you. He is the reflection of that God Almighty who's the Spectator within you. And His Power is this All-pervading Power which has created all this [the subtle system].

So to feel this All-pervading Power, you have to become the Spirit. All this creation has no meaning if you do not become the Spirit. In the Vedas, the first, the very first stanza says that, "By reading Vedas, if you do not become Vedis [wise men] -Vedines- Veda word comes from vidya, vidya means to know; if you don't become the knowledge, then it has no meaning.

But knowledge doesn't lie in dancing and shouting and all the monkey tricks that people do; it's no monkey tricks there. Knowledge is that you become the Self, you feel the All-pervading Power and by which you know everything else. That is Self-knowledge and that is what we have to achieve.

If you do not want to become your Spirit, I'm sorry, I've nothing to offer. If you have some other things in your mind, you can go away from here, but no use arguing it, there should be no argument about it. If you don't want to become, I have nothing to say, I've nothing else to offer or to request you. I would request you that you become your Spirit, then we'll talk about it. And when you become your Spirit – there's a very good book written by Adi Shankaracharya in the 6 century, the one who was the first Adi Shankaracharya. Nowadays all of them are horrible ones. One of them is now making a big umbrella of gold set with diamonds, imagine! He's a short fellow, I said, "This umbrella will fall upon him one day". He is trying to compete with Pope.

And this Adi Shankaracharya has said that nothing can work it out, no Yoge, no shankye, [Sankhya, Yoga]. No, all these philosophies are useless. It only works out- no discipline, nothing- by the Grace of the Mother; by the Grace of the Mother who is the Kundalini herself, She's the Primordial Kundalini. Only by the awakening of the Kundalini it works out. It's clearly given but you people do not read those books.

Today is the name of the Goddess. Ten of them are nothing but the different chakras, where She resides in the Mooladhara. She resides in the Swadishthana. She resides in the Manipura. She resides in the - what you call- this Hridaya [heart] chakra. Then She resides in the Vishuddhi, then into Agnya, and then into Sahasrara. All these names are given there. Of course, it was not so clearly said as it is said today because the time was not there to say. But all these things are there: how she rises, how she breaks all these "granthis" which are between these two chakras, are the "granthis" means the knots. It's so clearly given. It's never given that you start jumping like a monkey, or you take out your clothes, all this nonsense is not there, on the contrary, it is said that this is all possession. You get "bhootagrasta", means you get possessed by the dead. It's so clearly given! But people don't read these books: they jump onto people who have come here to show some sort of a mesmerism and accept it. But you are seekers.

I would request you, you are seekers, first of all know that you are seekers and don't be deluded by these false tricks. Do not waste your energy on these false things, you become your Self. Of course, it goes without saying that the change, the transformation, comes in, in your awareness first of all, in your awareness. Not in jumping and none of all these nonsensical things. I mean people think that if you become a stupid fellow, then your awareness has improved. Transformed, after all, after all you are transformed, you see, you were a sane person, you've become stupid. You are transformed in any case. If you become mad, then is it a greater transformation. Mother says, "All right, transformation. You have become mad!". You're sane people, you are landing in a lunatic asylum, you are transformed. And also transmutation has taken place. "Because now we wear dresses like lunatic people, we behave like lunatic people, transformation has taken place".

It's an ascent of the mind, you have to ascend. Your awareness has to ascend and not to descend. It's very easy to descend. To move on to the left or to the right is not the way, but to move here [above Sahasrara] into Super Consciousness. And that's one thing one should know, should happen to you. That is the Self-knowledge. That is the thing one has to get, is to awaken these centres within you which are represented on your fingers here, seven of these are shown here and then to feel the All-pervading Power to begin with. Once it has happened, then to know how to discern how to decode, how to find out, how to improve, how to go further with it. First of all, get the connection! If your car has not yet started, what are you doing about it? It's so simple and such a common sense, but I don't know how these people have taken over it.

The only problem, as I told you before, is this, that God has given you freedom. And that freedom is to be respected. But if you go to these people, you don't ask any questions, you do as others are doing, just like monkeys, you don't even think why they are doing it. I mean you see that it is so filthy! Like a gentleman who came to me, who went to a guru, and he was absolutely ruined. I said, "How could you do it? You are an Indian. Don't you know that this is not to be done?" He said, "I just tried to see. Just out of curiosity I went there. And then I also started jumping and I got into it". And for five years he was in it, he could not know that he was in it. I said for Indians they have some wisdom because they have read all these things, they know all about it. "How could you do it?" They know that unholiness is not the way to God.

Now, some of them can give you also an explanation that all your- you are to be cleansed. And you pay for it as if you go to some a laundry here, you pay for it, you put yourself into it, go into some turnings and you become cleansed. You are to be cleansed. You must see their life pattern, you see, you must see how they live. The person who cannot even smell a flower how can he cleanse you?" He himself needs a lot of treatment. Flower he cannot smell, can you imagine a man like that who cannot smell a flower? I mean he's a dumb personality I would say, the most beautiful thing that is produced is a flower, how is he going to feel the human flowers? How is he going to enjoy? A person who cannot take out his goggles from his eyes and can't face people, how can you believe that such a man could be something holy? Any holy person doesn't have this kind of eyes. One has to know that if the person doesn't lead a holy life and parasites, greedy people, asking for money and Roll Royce and things like that how

such people, you think they can be a guru? You have no self-esteem I should say. They are absolutely devils.

But the problem in this, for me, the problem is very, very different. Krishna has said, "Yada yada hi dharmasya glanir bhavati bharata, Paritranaya sadhunam vinashay cha dushkritam, sambhabami yuge" [Bhagavad Gita Chapter 4, Verse 7-8] He said that, "Whenever there is the degradation of the sustenance, then, to save the Saints and to kill the Satanics, I come on this earth and take a form". Now the problem is, all the Saints have got these Satanics in their heads. My problem is very complicated. I know they are Saints. I know there are the ones who are seekers and have been for ages, but they are impressed by the Satanics and the Satanics are ruling.

So if any- if the question of killing, 'samarak', of Krishna comes in, you see, even if they are killed, they are in your brains, then how can you kill? They have to go out of your brain. The complicated structure today of the seekers is this, that in their brains they have got all the Satanics centred, they cannot get rid of it. They are so impressed! Yesterday the fellow said, "But Mother, everything is good, there is nothing like evil." I said, "Really?" Look at that! To believe in such a thing that there is no evil itself is such a dangerous situation. Then why do you need discriminate? Then go ahead! Whether you go to Hell or to heaven what does it matter? If there is no evil, enjoy your Hell! Have a holiday! [laughter]

Christ has so many times said about the Satan. Not only but He said that the Satan tried to tempt Him. He has talked of Satan and still, how do you believe that there is no evil? I just can't understand. There is not only evil but the darkness is so great that we are standing at a point so precariously placed, very precarious placed that people are more impressed by evil than by good. See how many people we are. Just see for yourself.

Here we are for reality, you cannot pay for anything, you get your Realization, fifty per cent people have got Realization here, but how many people there are? And they have no patience even to sit down but I've known people: "I've been with a guru for 8 years. He is in my heart". The heart is all catching and you're fainting all the time with the guru being there.

The very big problem which you should realize these are all saints. My only concern is to save them. There are very subtle methods of sabotaging of destroying the work of God. And you should know, when you get your Realization, that you have to become strong pillars of God's work and not indulging into frivolous, useless, cheap things. But get to it, learn it, master it. You'll become your own master. These gurus who have no powers, nothing, they have become gurus and have minted so much money out of you and you are the people who are Realized souls and you are so quiet.

You should shout at the top of houses and say that these are false people, these are fake people. Christ himself has said that there will be false and fake gurus. And then people said that, "Why are you talking against them?" He said, "The Satan is not going to talk against himself, his house". He said it clearly. And when people tell me, "Mother, don't talk against them" I say, I always tell them, "I'll talk, not only talk. But where ever it is possible, I'll tell them definitely, I'll verily say that these are Satan whom I know now for ages, for thousands of years, I've known them, each one of them, all their tricks I know. I know what they do to you. And don't listen to them that they are cleansing you. Let them cleanse themselves and repent so that they don't go back into hell permanently".

So here, at this stage of the Mother, She's terrific. She protects you. She has many antibodies. Actually, these antibodies were created at a particular time when it was said that there was a Satan who could not be killed by the quadruped and the people who have two legs like human beings. So She created a special type of a – gnat, you call that gnat? A black thing, with six legs, and She killed him. And these antibodies are those with the six legs. And they worked it out. There are there [center heart] and She's the one who protects us.

Now, coming to the gross level, when a lady is worried about her security, which is very common in America, because husbands, if they have flirts, if they have no time for their wives, and if all the time, they tell the wife that, "You may have to leave the house", they develop the fear in this area [heart centre]. And the disease which is caused by that is breast cancer, which is very common in America, breast cancer. Breast cancer is caused to women who have a sense of insecurity. In Sahaja Yoga you can cure breast cancer, it's very easy to cure breast cancer in Sahaja Yoga.

Now the combination of this and this gives you asthma. Among men who have asthma, they must look after their fatherhood. Their own father- supposing somebody's father is dead without the knowledge of the man or the father can possess also. In that case, you get this kind of a thing.

Surprisingly, recently in London, one doctor, I don't know how, he experimented with a lady that was suffering from anorexia. Her father had died and she would not eat her food. And many of them are like that whose father has died, they suffer from anorexia. And he said, "All right, let us see about your father. Let us do some sort of a ceremony for him." And she started eating all right, it's most surprising. It came in the paper that he did that. That is how you can cure such women who suffer from the deficiency of a fatherhood; or maybe we can say, if the father possessed you, if the child is thinking of the father all the time, all these things can be cured in Sahaja Yoga, which, I'm sure, when you will go further in the studies of Sahaja Yoga, you will learn one by one, how to cure such people who have these diseases.

Now, I think I'll leave these three centers for tomorrow and I'll try to cover it up. But this is the Spirit that is still watching. When the Kundalini –this is the seat of the Spirit - [Shri Mataji places her hand above Sahasrara] – when the Kundalini rises and she touches that seat, immediately you get connected to the Spirit. And the Spirit, which is this All-pervading Power, starts flowing through your hands as well as you start feeling it outside. The Spectator, the Witness, who was outside our central nervous system, now comes into our central nervous system and we know everything about it, as we start using this power of Spirit. If you remember, Christ was touched by some woman who was sick, and He felt the power flew to her and this is the same thing. But Christ was different, He was All Pervading power, He was Omkara, that's why He could walk on the water.

But about Christ and about Shri Krishna, I'll tell you later on, tomorrow, if you don't mind.

I hope I've been able to explain many things to you, but if you have any questions you can ask me now and then we'll start the workshop of Realization. In any case, tomorrow morning again, I will be available in the hotel. I don't go out anywhere except for today I had this special occasion. And I would like to attend to you personally.

May God bless you.

If you want to ask any questions, please ask.

Shri Mataji to someone: You are a real questioner every time.

Seeker: [Inaudible]; very nice.

Shri Mataji: Have you found the lady or not for yourself?

Seeker: Yes....[Inaudible] I start to see negativity in myself.

Shri Mataji: You're seeing all that. That 's what happens. You start seeing your ego you start seeing your negativity, you start facing it. Now you are out of it. You are out of yourself.

Sahaja Yogi: I also feel much lighter [...]

1981-0929, 1st Day of Navaratri: Introduction to Puja

View [online](#).

29 September 1981

Introduction To Puja

Navaratri Puja

East West Center, New York (United States)

Talk Language: English | Transcript (English) - Reviewed

It was so pre-planned through the Divine, I should say, that today is a very great day, when the first advent of the Holy Ghost came on this Earth.

That was about fourteen thousand years back. And today is the day that is celebrated as the first advent. And there are nine advents She has had, before She came as the Mahalakshmi.

So first, today I will be telling you about it – how She is placed within us, where She resides, what is Her work, how She protects us, I will be today telling you on the Heart Chakra.

And that's why today they celebrate this special day of Her worship.

Now, today, as some of you are new people, I would just say that you don't think too much about it. Try to receive more vibrations.

Because when all these things are done, only my centers start vibrating yours and opening your centers. That's what happens. And as you know, we have asked very few of you to come here, because it is difficult for people to bear the vibrations if they are not fully prepared for it.

And because of this preparation, we wanted to have some more time. But we have risked it this time.

I hope you'll be able to bear the vibrations. They will open your centers, they'll raise your Kundalini much higher, they'll give you a much greater dimension and also powers.

But one thing is there, don't think about it. Keep your mind away so that you receive it more and understand it more.

We tried this experiment in Australia and just after Realization, within three days, so many people came not for the puja but for washing of my feet. And they got very well established in Sahaja Yoga. So it is one of the easiest way to do it.

But it is to be understood, in the Western life it's rather difficult to understand adoration, because now I am in form. I've come in form and you should make full use of me.

Get full advantage by exposing yourself to these powers so that they enter into your being and you are empowered much more.

Alright? This is the idea.

Now, this is a very secret ceremony opened to very few Sahaja Yogis. And it is done in India everywhere and we select people as I told you. Very few people are allowed to come in. Not all the people.

But, as you know we had very little time, we could not sort of do that to you.

So please don't think about it, just be in thoughtless awareness and try to receive as much as you can.

I would suggest those who have come for the first time should sit in front. So that it would be – please, come along.

Tracy, have you attended any puja?

Tracy: Diwali (?), Mother.

Shri Mataji: You have, all right. All right. You come forward. Who else? Christine? And - you have not been to any puja. You both come forward. [Shri Mataji speaks in Marathi with a Sahaja Yogi]. How many are there for the first time? Gavin? Please come, come, come forward, come forward. [Shri Mataji counts in Hindi]. Come along, Barbara.

Sahaja Yogi: Nine.

Shri Mataji: Ah?

Sahaja Yogi: Nine.

Shri Mataji: Good number, nine days, nine people. It worked out. Somehow it worked out. Alright.

Sahaj Yogi: [Unclear]. Some more want to come.

Shri Mataji: They must wait for these people. Now, while washing my feet, they will be reading the adoration of Shri Ganesha who

incarnated as Jesus Christ, alright? Who is the embodiment of innocence.

And that will be in English. Have you got that one?

Sahaja Yogi: Yes, Shri Mataji.

Shri Mataji: So that will be read. And I would like you to pay attention to what is – and plus you have to wash my feet so that you receive your vibrations in a clear-cut way.

I wish you could get Hanumana also. Would have been better than this. Ah, is he coming? This Baptist gentleman?

Sahaja Yogi: Yes.

Gavin: This time he will come.

Yogini: Pardon?

Yogi: This time he will come. The Baptist.

Shri Mataji: Alright, bring that in, you know. That Baptist should come, you know, I would say that he should come, because...

Sahaja Yogi: We gave him the address, Mother.

Shri Mataji: It's quite late now, eleven o'clock. What time you told him, ten o'clock?

Sahaja Yogi: Eleven.

Shri Mataji: Eleven. All right, that's all right. Come along, come forward. Barbara, you also come here. Come sit here, you see. Yourself.

Lady: What we'll be doing here?

Shri Mataji: Today's tremendous vibrations. See, three o'clock they started, see vibrations that start coming in (unclear), tremendous. Ah, you're almost done, can you feel it? Try to put your hands straight, alright?

Have you got Devi Purana? [Shri Mataji speaks in Marathi with a Sahaja Yogi].

Markandeya's you don't have, otherwise you could have read about Mahavishnu, about Jesus Christ, but it's all right now.

[Shri Mataji is reading a book]

A lady: Is that book available?

Shri Mataji: Eh?

A lady: That book is already available that you have in your hands?

Warren: Can you buy it here?

Gavin: I think we - we certainly - we've found it and you can get it in England, but that's, that's what.

Shri Mataji: Devi Purana it is. I don't know, no idea if it's available, but he can translate it.

[Shri Mataji speaks in Marathi with a Sahaja Yogi].

Gavin: Devi Purana.

Shri Mataji: Ne, ne. Acha, doesn't matter.

[MARATHI part].

This is, this is the book which he has got in English language, is the, is the praise of the Goddess, you see, of the Holy Ghost, you see, all that is there: how She was created, then how She get into forms, how She incarnated on this Earth, and how She killed these horrible people who were trying to, I may say - we call them rakshasas, they are called devils, we can say, satanic forces, and all that is written in this book, but it is translated in that book, in the Devi Saptashati. And I do not know if you can get that book in America or not. But these people have got it, we'll have to find out that one.

Lady: I think Samuel Wiser in the village might be able to order it, if they don't have it in stock. They might have all those things.

Shri Mataji: Yes, maybe. Because this is the, this is the happening much before. She actually came as a human being on this Earth. You see, the first incarnation was of Sita, then of Radha, and then of Mother of Jesus. So She came, thrice She came as a human being, and this is as Mahalakshmi. But this is the Mahakali, is the one which is the Primordial and that is... (Aside: "Thank you"). And then, out of that, these three powers came in. All right?

Lady: And this is the next one after Mary?

Shri Mataji: Beg your pardon?

Lady: This is the next one after Mary?

Warren: Mahalakshmi.

Shri Mataji: Mahalakshmi.

Warren: Mahalakshmi was Mary.

Shri Mataji: Mahalakshmi.

She has three powers. She is - one is that Mahakali, with which She is the one who exists, and when She gets angry, She can kill also. That's the point. That's Mahakali. And from Her two other powers came out. Was Mahasaraswati, who is the creative power.

And the third one is the evolutionary power, is Mahalakshmi. And Mother Mary is Mahalakshmi. She was born out of the water. That's why She is called as Mary. Even in English language we call Her Mary, Mary word comes from marine, you see. And My name also, the first, Neera means the one who's born out of water. It's a very funny combination, everything if you see My whole name is. Nirmala means immaculate. And Neela, I have two-three names because they are made short, and that's how it has a different meaning.

But in any case, when you get the book Advent, you might get lots of information.

Also, we have a magazine, I don't know if you have that.

Gavin: I've put it downstairs, it's not here, Mother.

Shri Mataji: All right. So you also get that magazine from India, they will send it over to you. Alright? That we'll all arrange.

So, Gavin, should we start? Gavin, I think you should stand up and let Neema tell them how to do it. Yes.

Loudly.

Water of my feet can be used for your skin.

It's very good for your skin problems. Or anything, like if you want to give it to your plants, kind of thing. They use it in India, they have used it in that Agricultural University, and it has worked wonders. Because it gets completely vibrated, that water.

[Aside in Indian language] Let Neema come down there. She has to tell them how to do it.

At a time two persons can wash, all right?

So, yes. [Aside in Indian language]

[Recitation of mantras by Gavin begins]

Shri Mataji: We are awakening all the Goddesses, Gods, you see, and especially the twenty-one aspects of our evolution. Twenty-one aspects of our evolution, that he is awakening now.

There are twenty-one aspects in our evolution which are to be worked out. This is the machinery he is working it out.

[Recitation of mantras by Gavin continues]

Gavin: So we do this puja on behalf of all the sahaja yogis of all the centers of Sahaja Yoga around the world, on the 29th day of September, in the Autumn season, on the first night of Navaratri. According to all religious scriptures, all of us, with all our families, pray for well-being and for spiritual well-being. For victory, fearlessness, longevity, health, wealth, and for nullification of all badhas of the sahaja yogis.

To become the masters of eight siddhis, to give peace to all, on two legs and on four legs.

We pray for health, satisfaction, and for all auspiciousness. For all those who are handicapped, for the emancipation of all people, to give them the highest knowledge.

And whatever are our powers, whatever is our knowledge, whatever offerings we could get through meditation or by whatever means of different types, these we surrender in the puja.

Shri Mataji: Now, one point I would like to say. Now yesterday a person raised the question that actually, the Brahma, the God's Divine power is all-pervading everywhere.

Unless and until you get realized you cannot feel it, you see. After realization what happens that your centers are awakened within, and without here too. And then you start feeling it.

See, this cool breeze is existing everywhere. But you don't feel it, because you are not awakened. And once you are awakened you start feeling that Brahma, that all-pervading Divine power. All right?

And that is the power of God Almighty which is represented in us or reflected within us, as the Spirit. And once the Kundalini touches the Spirit, your chakras get enlightened. And because of that enlightenment, you start feeling that all-pervading power which is everywhere.

Which exists, but it's not there, unless and until there is enlightenment you cannot feel it.

So to feel the cool breeze means you are awakened, you are realized. That means your chakras are awakened, do you understand my importance? And you will see that how it absolutely acts, so clearly.

Lady: It was very cold over here, I feel very cold on my hands now.

Shri Mataji: Yes, just now it is very powerful. You see? And now after washing my hands you'll feel more, now see yourself.

(Aside) Much more, much more, it improves, all right, come along. And after the puja we'll be blasted, with these vibrations. All right. Now, come along. Who else? Now come along. You first. Come along... all right, now.

Gavin: Now also to the seat of the Mother, to the water jar, the conch and the bell...

Shri Mataji: The puja things which are auspicious. (23.18)

Gavin: ... we do puja to all of them. We request all the rivers to cleanse our bodies...

Shri Mataji: Did you say what river is here? You must say what is the river. Eh?

Yogi: Hudson river.

Shri Mataji: Eh?

Yogi: Hudson.

Shri Mataji: Did you say Hudson river?

Gavin: No, I didn't mention it.

Shri Mataji: Hudson river. And in New York?

Lady: East River. It's a junction of the Hudson River and the East River.

Shri Mataji: All right. And the sea itself!

Lady: And the sea itself.

Shri Mataji: And the seashore.

(Aside: Rub, rub, because it has to be hard. And nothing happens to you. I'm very straightforward (20.47-23.56) Rub it, rub it like that. All right. With care)

Gavin: Above all we worship Mahaganapati, and request Him to continue this puja without any hindrance.

Shri Mataji: So you have to take the help of Shri Ganesh that there should be no hindrance.

Gavin: Shall I read the twenty-one names of Lord Vishnu, Mother?

Shri Mataji: Now these are the twenty-one aspects of the evolutionary power within us.

Gavin: Om Keshavaya Namaha. Means: Having all the powers. Controlling the Trimurtis. Illuminating all.

Om Narayana Namaha. The cause of all.

Om Madhava Namaha...

Shri Mataji: These are all within you, all these powers are.

Gavin: Husband of Ma, Vidya, the Knowledge.

Om Govinda Namaha. Knower of the earth. Lord of cows. Giver of speech.

Om Vishnuve Namaha. All-pervading.

Om Madhu-sudana Namaha. The One who slayed Madhu.

Om Trivikrama Namaha. Who measures the three worlds.

Om Vamana Namaha. Who incarnated as a short man. And worshipful as Atma, Spirit.

Om Shridhara Namaha. He bears Shri Mata on His chest.

Om Hrishikesha Namaha. Controlling the senses. The beneficent ruler.

Om Padma-nābha Namaha. In His Nabhi is the cause of the universes.

Shri Mataji: Nabhi is the navel.

Gavin: Om Dāmodara Namaha. Attained by discipline.

Om Sakarshana Namaha. Who brings all together at the time of Samhara, destruction.

Om Vāsudeva Namaha. Residing everywhere as maya, illusion.

Om Pradyumna Namaha. He has infinite wealth.

Om Aniruddha Namaha. The fourth manifestation of God. The One who is never overcome.

Om Purush'ottama Namaha. Best among Purushas.

Om Agho'ksha Namaha. Mother, I couldn't find a translation for Agho'ksha.

Shri Mataji: Agho'ksha. The One who sees before. Agho'ksha.

Gavin: Om Narasiha Namaha. Who incarnated as a man-lion.

Om Upendra Namaha. Above Indra.

Om Achyuta Namaha. Unchanging.

Om Janārdana Namaha. Sought by man for salvation. The One who oppresses evil men.

Shri Mataji: These are all the powers, you see now, see the details of it. See the details, what powers you have. You see? These powers you must remember, that these powers you have got now awakened within you. And you should see for yourself, you can test it, if you have or not. All right?

Gavin: Om Haraye Namaha. The One who erases the cycle of rebirth.

Om Shri Kishna Namaha. Existence bliss.

Shri Mataji: Shri Krishna is the complete formation of the evolutionary power. It's the complete, Shri Krishna. It's the complete form. Means we are dealing now only with the evolutionary power. By which you raise is the Kundalini, is the evolutionary power.

Now, this is the worship of Shri Ganesha.

Gavin: Yes. Last thing before...

Shri Mataji: Is the worship of Shri Ganesha, who is the embodiment of innocence within us. Who is Jesus Christ, at Agnya. Now you see the completeness of it, how He is described. We have no idea about Jesus Christ, what He is. No idea what powerful thing He is, we have nothing.

But in the Puranas He is described at length. Absolutely. Now this is a short form.

Gavin: So first we will make a formal invitation to the Goddess to be present for our puja.

To the Goddess who has all the thousand Purushas in Her, who has a thousand eyes, who has a thousand powers, I request You, I invite You very humbly, to be present for this occasion of the puja.

Warren: "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.

Let us worship with the same song..."

Shri Mataji: This is a song written about I don't know how many thousands years back.

Warren: "Let us worship with the same song, the same strength and the same knowledge; and let our meditation enlighten and enrich. Let there be amongst us compassion and peace.

Now the prayer:

Salutation Shrī Ganesh, sākshāt Shrī Jesus Sākshāt Shrī Nirmalā Devi namo namah."

Shri Mataji: Sakshat means person.

Sahaja Yogi: "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 in us speak;

let Your presence in us listen;

let Your presence in us bless;

let Your presence in us protect;

let Your presence in us, Your disciples, be the disciple.

You are all literature, and the ability to understand the literature".

Shri Mataji: The abstract (? Unclear 31.15)

Sahaja Yogi: You are the divine combination of complete truth, complete happiness and complete energy; and You are more. You are all the 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.

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. You are the gunas and

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 Muladhara chakra. You are the Spirit and You are beyond the Spirit; and those who would join God meditate upon You. You are Brahman, Vishnu, Rudra; You are Indra, Agni, Vayu; You are the sun at noon, You are the full moon; through all 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..."

Shri Mataji: See now. See, wash the feet of saints is described thousands of years back. Come along.

Lady: Does it have anything to do with Christ saying washing each other's feet?

Shri Mataji: Eh?

Lady: When Christ has washed each other's feet, is that washing?

Shri Mataji: No, no. He washes the feet of the disciples, that is His quality, you see? The humility.

Yogi: "You are the divine servant who stoops to wash the feet of saints".

Shri Mataji: You see? This was written thousands of years back.

Yogi: Talking of Lord Ganesha.

Shri Mataji: And the same Christ does.

Yogi: "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 in 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 Ganesh, and You, Nirmal Ganesh, 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 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.

Aum Gam Nirmal Jesusye

To Your powers, Aum 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..."

Shri Mataji: Alpha and Omega.

Yogi: ... You are the Word that will be the ending. 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 in 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 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.

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.

Sākshāt son of Lord Shiva, who is unending blessings, salutation to You.

Sākshāt son of Mary Mātājī, who is unending love, salutation to You.

Sākshāt Mātājī Nirmalā Devī, who is unending joy, salutation to You."

[Aside to the people coming to wash Her feet: "May God bless you. See the vibrations now, you just see"]

... What time you have to leave?

Yogi: Mother, at least at one o'clock. We should leave at one o'clock.

Shri Mataji: You leave at one. It will take one hour to go there. What time you have to reach?

Yogi: A quarter – one hour quarter, maybe quarter to one. Quarter to one, the plane is taking off at three o’ clock.

Shri Mataji: All this is how, if you leave at one o’ clock it will be all right. All right? So. We’ll just – how many names would you like to have?

Gavin: We do hundred and eight names? We do the hundred and eight names.

Shri Mataji: Thousand names can we take? Only today, it’s first day, we must take thousand.

Gavin: If we don’t give the translation, we can do it then.

Shri Mataji: You don’t have the English?

Gavin: Yes, but I can do it with just the names, without the translation.

Shri Mataji: It’s not there.

Gavin: Yes, you can.

Warren: It would take less time without the translation.

Gavin: If we don’t translate.

Shri Mataji: Yes. Do it in English.

Gavin: No, in English it would be much slower.

Shri Mataji: No, but better do it in English otherwise they won’t listen (unclear). We are lazy. Because they won’t understand otherwise, isn’t it? In Sanskrit language. It will work, but they should understand everything. It works better.

Lady: I think it should be done in English.

Shri Mataji: Eh?

Lady: I think it should be done in English.

Shri Mataji: Indeed. All of them. (She laughs) You should understand it. So, it’s not a mental activity, you see? These are mantras, which work out in your chakras. It’s not a mental activity. You can translate it, it’s much longer than the mantra itself, but it’s better. These are the thousand powers of the Goddess, is the names of the Goddess, all right? So, will we start?

Gavin: Om twameva sākshāt Shrī Mātā namo namah. Sacred Mother.

Om twameva sākshāt Shrī Mahā-rājñī namo namah. The great empress.

Om twameva sākshāt hrī-mat sihāsaneshvarī namo namah. The Queen seated on a throne mounted on lions.

Om twameva sākshāt Cidāgni Kunda Sambhūtā namo namah. Born from the pit of the fire of consciousness.

Om twameva sākshāt Deva kārya samudyatā namo namah. She emerges for a Divine purpose.

Om twameva sākshāt Udyad bhānu sahasr’ābhā

namo namah. She shines with the red brilliance of a thousand rising suns.

Om twameva sākshāt Chatur bāhu sa-anvitā namo namah. She has four arms.

Om twameva sākshāt Rāga swarūpa paśh’āhyā namo namah. She possesses in Her right upper hand the noose, representing Her love towards Her devotees.

Om twameva sākshāt Krodhā kārāṅkuśhojjvalā namo namah. She shines with the goad in Her left upper hand symbolizing Her wrath to spurn on Her devotees towards right conduct leading to the ultimate.

Om twameva sākshāt Mano rūp’ekhu kodaā namo namah. In Her left lower hand She holds the sugarcane bow symbolizing the sankalpa, the power of desire.

Shri Mataji: Sankalpa is make a decision. She has to take a decision, and take a vow that now I will do this work, you see. See, that’s the one, that shows the sugarcane in the hand. That She decides to do the Divine work, that She comes on this earth.

Gavin: Om twameva sākshāt Pachatanmātra sāyakā namo namah. She has in Her fourth hand an arrow, symbolic of the sense elements.

Om twameva sākshāt Nijārua prabhā pūra majjad brahmāā maalā namo namah. Her red brilliance engulfs all the universes.

Om twameva sākshāt Champak’āśhoka punnāga saugandhika lasat kachā namo namah. Her coiffure has the natural fragrance of the Champaka, Ashoka and Punnaga blossoms.

Shri Mataji: Okay.

Gavin: Thus Her physical form has been described, from head to foot.

Om twameva sākshāt Kuruvinda mai śhrei kanat koīra maitā namo namah. She is adorned with a crown bedecked with precious stones, symbolizing various emotions like love. Also the letters of Gayatri mantra.

Om twameva sākshāt Ahamī chandra vibhrāja dalika sthala śhobhitā namo namah. Resplendent with Her forehead like the half-moon.

Om twameva sākshāt Mukha chandra kalakābha miga nābhi viśhehakā namo namah. A tilak or mark of musk adorns Her face, like the dark blemish on the full moon.

Om twameva sākshāt Vadana smara māgalya giha toraa chillikā namo namah. To Her face, beautiful as the bridal palace of Cupid, Her eyebrows are the triumphal arches.

Om twameva sākshāt Vaktra lakhmi parīvāha chalan-mīnābha lochanā namo namah. In the ocean of Her beauty Her eyes are sparkling fish.

Om twameva sākshāt Nava Champaka pushp'abha nasa danda virajita namo namah. She is beautiful with a nose like the newly-blossomed Champak flower.

Om twameva sākshāt Tārā-kānti tiras-kāri nāsā bharaa bhāsurā namo namah. By the brilliance of the diamonds in the ornament of Her nose, the stars are put to shame.

Om twameva sākshāt Kadamba mañjari klṛipta karapūra manoharā namo namah. She is adorned with a bouquet of Kadamba flowers above Her ears.

Om twameva sākshāt Tāaṅka yugalī bhūta tapan'oupa maalā namo namah. The sun and the moon are Her earrings, indicating Her married state.

Om twameva sākshāt Padma rāga śhīl'ādarśha paribhāvi kapola bhū namo namah. Her red and smooth cheeks deride mirrors of rubies.

Om twameva sākshāt Nava vidruma bimba hrī nyakkāri radana-cchhadā namo namah. Her red lips put to shame the coral and Bimba fruit.

Om twameva sākshāt huddha vidy'ānkur'ākāra dvija pankti dvay'ojjvalā namo namah. Her two rows of teeth shine as seedlings of pure knowledge.

Om twameva sākshāt Karpūra vīkā moda samākarhi digantarā namo namah. The fragrance of Her face due to the camphor and betel fills the entire universe.

Om twameva sākshāt nija sallāpa mādhyura vinirbhartsita kacchapī namo namah. Her conversation is sweeter in melody than the music of the veena.

Om twameva sākshāt Manda smita prabhā pūra majjat kāmesa mānasā namo namah. The radiance of Her smile overwhelms the mind of Shri Kamesha, that is the Paramashiva.

Om twameva sākshāt Anākalita sādṛśhya chibuka hrī virājītā namo namah. Her chin is beautiful beyond description.

Om twameva sākshāt Kāmeśha baddha Māgalya-sūtra śhobhita kandharā namo namah. Her neck is adorned with the Mangalya Sutra tied by Shri Kamesha.

Om twameva sākshāt Kanak'āngada keyūra kamanīya bhuj'ānvitā namo namah. Her arms are bedecked with armlets and bracelets of gold.

Om twameva sākshāt Ratna graiveya cintāka lola muktāphal'ānvitā namo namah. Her diamond necklace and its gold medallion dangle pearls.

Om twameva sākshāt Kāmeśhwara prema ratna māi prati-paa stanī namo namah. Her breasts are an extremely (?) cooling valley to the love of Shri Kameshwara.

Om twameva sākshāt Nābhy'ālavāla romāli latā phala kucha dvayi namo namah. Like fruits growing on a creeper, Her breasts seems to grow from the lineal hair on Her abdomen.

Om twameva sākshāt Lakhya roma latā dhārātā samunneya madhyamā namo namah. Her waist is so small and slender that, but for the lineal hair mentioned, it has ended to be inferred, but cannot be seen.

Om twameva sākshāt Stanabhāra dhalanmadhya paabandha vali trayā namo namah. She has near Her waist three folds of skin which look like three waistbands of gold, to support the slender waist from the weight of Her breasts.

Om twameva sākshāt Aru'ārua kausumbha vastra bhāswat kāi-tatī namo namah. Her hips are beautiful with a brilliant red

sari.

Om twameva sākshāt ratna kinkiikā ramya raśhanā dāma bhūhitā namo namah. She is adorned with a waist-belt, beautifully done and studded belt.

Om twameva sākshāt Kāmeśha gñyāta saubhāgya mārdaḥ'oru dvay'ānvitā namo namah. Only Kamesha knows the softness of Her thighs.

Om twameva sākshāt Māikya muku'ākāra jānu dvaya virājita namo namah. Her knees are like crowns studded with precious stones.

Om twameva sākshāt Indra gopa pari-khipta smara tūābha jaghikā namo namah. Her legs are like the quivers of Cupid, studded with precious stones.

Om twameva sākshāt Gūha gulphā namo namah. Her ankles are hidden.

Om twameva sākshāt Kūrma prīhtha jayihu prapad'ānvitā namo namah. Her feet are arched like the back of the tortoise.

Om twameva sākshāt Nakta dīdhiti sam-chhanna namaj-jana tamō guā namo namah. The brilliance of Her toenail dispels the dark inertia or ignorance, the Tamo Guna, in Her devotees.

Om twameva sākshāt Pada dvaya prabhā jāla parākṛita saroruhā namo namah. The light from both Her feet defeats the lotus in its brilliance.

Om twameva sākshāt Siñjāna mai mañjira maita hrī pad'āmbujā namo namah. Her sacred lotus feet are adorned with jingling anklets which are bedecked with diamonds.

Om twameva sākshāt Marāli manda gamanā namo namah. Her gait is graceful like that of the female swan.

Om twameva sākshāt Mahā-lāvaya śhevadhi namo namah. Great ocean of beauty.

Om twameva sākshāt Sarv'aruā namo namah. She is red all over.

Om twameva sākshāt Anavady'āgī namo namah. From head to foot She is faultlessly beautiful.

Om twameva sākshāt Sarvābharaa bhūhitā namo namah. She is adorned with every ornament.

Up to this point Her Sthula Swarupa, Her gross form is described. From this point it is indicated how and where She should be contemplated.

Om twameva sākshāt hiva kāmeśhwar'ākasthā namo namah. She is on the lap of Shiva - Kameshwara.

Om twameva sākshāt hiva namo namah. Beneficent and the wife of Shiva. The One who bestows on the devotees true knowledge.

Om twameva sākshāt Swādhīna vallabhā namo namah. Her Lord that is Shiva is within Her power. Only by Her grace one can approach Her Lord.

Om twameva sākshāt Sumeru madhya sṛiṅgha-sthā namo namah. She is in the middle piece of the beautiful Mountain Meru.

Om twameva sākshāt hrīman nagara nāyikā namo namah. The Queen of Shri Nagara, that means the Shri Chakra, who stands for the macrocosm and the microcosm.

Om twameva sākshāt Cintāmai grh'āntasthā namo namah. She is within the mansion bedecked with precious stones called Chintamani Ratna.

Om twameva sākshāt Pañcha brahm'āsana sthitā namo namah. She is seated above the Pancha-Brahmas, who are the greatest Deities: Brahma, Vishnu, Rudra, Ishana and Sadashiva.

Om twameva sākshāt Mahā-padma'tavi sam-sthā namo namah. She dwells in the great lotus forest, means the Sahasrara chakra.

Om twameva sākshāt Kadamba vana vāsinī namo namah. She lives in a forest of Kadamba trees.

Om twameva sākshāt Sudhā sāgara madhya-sthā namo namah. She is in the center of the ocean of nectar. She is the abode of bliss.

Om twameva sākshāt Kām'ākhī namo namah. Her look fulfils all the desires of the devotee.

Om twameva sākshāt Kāma dāyinī namo namah. The One who gives the knowledge of Shiva to the devotee.

Om twameva sākshāt Deva'rhi gaa sañghāta stūyamānātma vaibhavā namo namah. She emerged in response to the prayers of Devas and Rishis. Equipped with armies to destroy the evil forces.

Shri Mataji: Can't hear...

Gavin: Om twameva sākshāt Bhaāsura vadho'dyukta śhakti senā saman-vitā namo namah. She is equipped with an army of

powers. Ready to kill Bandhasura.

Shri Mataji: Bandhasura is nobody else but this horrible fellow who is here. Yesterday his disciples were arguing with Bandhasura. He is Bandhasura, this one.

Lady: You mean people like Muktananda?

Shri Mataji: No, no, his name is - what is his name? What is the name? Muktananda. He is Bandhasur. He is, all of them, described in here. One by one, evil forces.

Gavin: Om twameva sākshāt Sampat-karī sam-ārūha sindhura vraja sevītā namo namah. She is served by the shakti called Sampatkari, who mounted on a herd of elephants, is their controller.

Om twameva sākshāt Aśhv'ārūh'ādhi-hhit'āśhva koi-koi-bhir āvṛitā namo namah. She is surrounded by crores and crores of horses, mounted by armies of shaktis, and by their chief Ashvarudha. That is the mind containing the various senses, which are like horses.

Shri Mataji: (Aside) You are married.

Gavin: Om twameva sākshāt Chakra rāja rath'ārūha sarv'āyudha parih-kṛitā namo namah.

Shri Mataji: (Aside) Unmarried. Christine?

Gavin: Mounted on the chariot of Shri Chakra. She is armed with all the weapons.

Shri Mataji: You are married. Unmarried, unmarried. (She laughs) Unmarried is also the little baby, they say (She laughs).

Gavin: Om twameva sākshāt Geya chakra rath'ārūha mantriī pari-sevitā namo namah. Shri Mantrini, who is mounted on Geya chakra's chariot, is Her servant. Mantrini means mind intent on reaching the ultimate reality.

Om twameva sākshāt Kiri chakra rath'ārūha daa-nāthāpurā-kṛitā namo namah. In front of Her is Varahi, the commander of the armies mounted on Kiri chakra chariot.

Shri Mataji: All this is very subtle form, and you will feel that way.

Gavin: Om twameva sākshāt Jvālā-mālinik'ākhipta vahini prākāra madhya-gā namo namah. She is in the center of the fortress of fire, laid by Shri Chakra.

Om twameva sākshāt Bhaa sainyā vadh'od-yukta śhakti vikrama harhitā namo namah. She is overjoyed to see that Her forces are about to destroy the forces of Bhanda.

Om twameva sākshāt Nityā parākram'āopa nirīkhaa samutsukā namo namah. Having watched the valour of Nitya, She is overjoyed. Nityas are fifteen in number, and they are the Divine forces that dispel the forces of evil (?).

Shri Mataji: Nitya is eternal force.

Gavin: Om twameva sākshāt Bhaa putra vadh'odyukta Bālā vikrama nanditā namo namah. She is delighted with Shri Bala, who is about to kill the sons of Bhanda.

Shri Mataji: See, Bala, now see: She is delighted with Bala... you can read.

Gavin: Who is about to kill the sons of Bhanda.

The Bala might be something else.

Shri Mataji: Eh?

Gavin: He's (the son?) of somebody else's.

Shri Mataji: Bala is the name of, Balasubramanian means Kartikeya. He is one of the aspects of Jesus Christ. Who can kill many rakshasas, one is Bhandasura. Also He killed this Narakasura.

Gavin: Om twameva sākshāt Mantri'yambā virachita vihāga vadha tohitā namo namah. Similarly, She is delighted of the destruction of Vishanga, accomplished by Mantrinyamba.

Om twameva sākshāt Viśhukra prāa haraa Vārāhī vīrya nanditā namo namah. She is delighted with the power of Varahi, when She kills Vishukra. Being Vishanga and Bhanda's brothers.

Om twameva sākshāt Kāmeśhwara mukh'āloka kalpita hrī Gaeśhwarā namo namah. By Her mere looking into the face of Shri Kameshwara (side conversation of Shri Mataji with lady about how to decorate Her feet) - merely by Her looking into the face of Lord Shiva, Shri Ganesha was created.

Om twameva sākshāt Mahā-gaeśha nirbhinna vighna yantra praharhitā namo namah.

Shri Mataji (to lady decorating Her feet): Be careful.

Gavin: She was delighted as Shri Ganesha destroyed the impediments set by Vishukra to Her success.

Om twameva sākshāt Bha'āsura'endra nirmukta śhastra praty'asthra varhii namo namah. She raised four weapons in return to

every weapon released by Bhandasura.

Om twameva sākshāt Kar'āguli nakh'otpanna nārāyaa daśh'ākṛiti namo namah. The ten Avtaras – that is incarnations – of Vishnu, emerge from the fingernails of Her hands.

Shri Mataji: Ten. Ten of them. This is for evolution, you see. How they came, that I'll tell you today, all these ten Avtaras.

Gavin: Om twameva sākshāt Mahā-pāshu-pat'āstrāgni nirdagdh'āsura sainikā namo namah. She has burnt to ashes by the Mahapashupata weapon the armies of asuras.

Shri Mataji: Asuras are the people who are against God. Anti-God people.

Gavin: Om twameva sākshāt Kāmeśhvar'āstra nirdagdhasa Bhaāsura śhūnya-kā namo namah. She has burnt the city of Shunyaka with Bhandasura and its armies in it.

Shri Mataji: Already burnt. Shunyaka is also Ravana. He is the one who is Rajneesh. His city is already burnt.

Gavin: Om twameva sākshāt Brahm'opendra Mahendr'ādi deva samstuta vaibhavā namo namah. After having acceded to their wishes and accomplished Deva Karya, Her splendour is praised by the Devas, such as Brahma, Vishnu, and Indra.

Om twameva sākshāt Hara netr'āgni sam-dagdha kāmā sañjivan'auhadhi namo namah. She is the revivifying remedy to Kama, who is destroyed by the fire of the third eye of Hara.

Now, hereafter Her Sukshma Swarupa, that means Her subtle form...

Shri Mataji: The subtle, subtle form.

Gavin: ... is described.

Shri Mataji: You see, this is the destroying part. Now the subtle form.

Gavin: Om twameva sākshāt hrīmad vāg-bhava kūtaika swarūpa mukha pakajā namo namah. Her lotus face is the source of all speech.

Om twameva sākshāt Kahādhah kai paryanta Maadhyakūa swarūpī namo namah. Her body between neck and waist is Maadhyakūa, or Kamarajakuta, because of Shri Panchadashi.

Om twameva sākshāt hakti kūtaika tāpanna kay'adho bhāga dhārī namo namah. Shaktikuta of Shri Panchadashi is Her body below the waist. It means She is Shri Panchadashi mantra itself.

Shri Mataji: It's quite subtle, I mean, just listen to it, that's all.

Gavin: Om twameva sākshāt Mūla mantr'ātmikā namo namah. She is the soul of Mula mantra.

Shri Mataji: Mula means the seed mantras. Seed, the mantras which are seed. The chantings which are the seeds. She is the soul of that.

Gavin: Om twameva sākshāt Mūla kūa traya kalebarā namo namah. The three kutas of Shri Panchadashi own Her body.

Om twameva sākshāt Kul'āmitaika-rasika namo namah. She relishes the nectar of Kula.

Om twameva sākshāt Kula saketa pālīnī namo namah. She protects the symbolism of Kula marga.

Om twameva sākshāt Kul'āñganā namo namah. She is to be worshipped in Shri Yoga as a chaste Brahmapunyastri.

Shri Mataji: Punya means chaste. That's why left side is called as ... (unclear "chechsti kula"). (1.07.05)

Gavin: Om twameva sākshāt Kula āntasthā namo namah. She is the inner Deity of Kula.

Om twameva sākshāt Kaulinī namo namah.

She dwells in every house, village or forest, as Kula.

Om twameva sākshāt Kula yoginī namo namah. She is worshipped by Kaula marga.

Om twameva sākshāt Akulā namo namah. The One who is beyond Kula.

Shri Mataji: You see, this how to understand is very simple like this: that you have an ideal, like the chastity, all right; but when you become the chastity, you don't need any ideals.

So you become Akula, means beyond. See, idealism is for you to lead to ideals, but once you become the ideal, then it is lost, then you don't have to have an ideal because you have become.

So this is the duality - that She is the One who creates the ideals, and She Herself is beyond the ideals. All right?

Gavin: Om twameva sākshāt Samay'āntasthā namo namah. She is within Samaya, that is equality.

Om twameva sākshāt Samaay'āchāra tatparā namo namah. She is pleased with Samayachara.

Shri Mataji: Means according to the timing. Now we are in modern time and the way it is to be done, in a way that will suit to people of modern times. Doesn't mean that you compromise. But say, in modern times, now, if I have to come by car, I should accept, if I have to come by plane I must accept. She doesn't object to that.

Gavin: The next ten names describe Kundalini Virgo very briefly.

Shri Mataji: See now, this is important.

Gavin: Om twameva sākshāt Mūl'ādhār'ika nilayā namo namah. She dwells in Muladhara as Kundalini.

Shri Mataji: That power. That's Ganesha's power, is the Holy Ghost.

Gavin: Om twameva sākshāt Brahma granthi vibhedinī namo namah. She cuts the knot of Brahma, helps the devotee to consciously transcend his wakeful state.

Shri Mataji: This knot is between two chakras. The first and second.

Gavin: Om twameva sākshāt Maipur'āntar uditā namo namah. After cutting the Brahma Granthi, Shri Lalita appears in Manipura...

Shri Mataji: Kundalini rises into Manipura.

Gavin: ... to the devotee.

Shri Mataji: It's the Nabhi.

Gavin: Here the devotee feels the unreality of the wakeful state.

Om twameva sākshāt Vihu granthi vibhedinī namo namah. She cuts the knot of Vishnu. When this is done, the devotee perceives the unreality of his individuality as body, mind and his life, he loses their consciousness.

Shri Mataji: Yes.

Gavin: Om twameva sākshāt Agñyā chakr'āntarāla-sthā namo namah. She is within Agnya chakra, in the center of the head.

Here the devotee loses most of his sense of individuality which is completed in the next name.

Shri Mataji: This is what should happen. It's all written down, but this is not known to people. See, this jumping and all these things is for... No, this should happen.

Now.

Gavin: Om twameva sākshāt Rudra granthi vibhedinī namo namah. She cuts the knot of Rudra.

Shri Mataji: See, the Ekadasha Rudra (Shri Mataji shows the area on Her forehead).

Gavin: Hereafter this the seeker loses his individual consciousness, and becomes one with the cosmic consciousness, in the Sahasrara.

(Shri Mataji touches Her Sahasrara)

Om twameva sākshāt Sahasrār'āmbuj'ārūhā namo namah.

Shri Mataji (She touches Her Sahasrara): This is the Sahasrara.

Gavin: She ascends the Sahasrara chakra. She dwells there as Sakshi, or Chitkala, in the liberated Selves. This is Moksha.

Shri Mataji: This is Moksha.

Gavin: Om twameva sākshāt Sudhā sār'ābhi varhii namo namah. She rains the quintessence of nectar. The devotee feels incomparable bliss in this state. Here culminates the Kundalini's silence.

Shri Mataji: This is in short even that name.

Gavin: Om twameva sākshāt Taillata sama-ruchi namo namah. She is dazzling like lightning.

Om twameva sākshāt Ṣhat chakr'opari samsthitā namo namah. She is above the six chakras.

Shri Mataji: In the seventh (Shri Mataji touches Her Sahasrara).

Gavin: Om twameva sākshāt Mahā-śhakti namo namah. Fond of the feast of Her union with Shiva. And also it means She is His Great Power.

Om twameva sākshāt Kualinī namo namah. She is coiled like a serpent.

Shri Mataji: She is?

Gavin: Coiled.

Shri Mataji: That is the Kundalini.

Gavin: Om twameva sākshāt Bisa tantu tanīyasī namo namah. As slender as a lotus stalk.

(Shri Mataji laughs)

Om twameva sākshāt Bhavānī namo namah. Queen of Bhava, that is Shiva. One that gives life in the desire of Shiva.
Om twameva sākshāt Bhāvanā-gamyā namo namah. Realized by dhyana, that is meditation.

Shri Mataji: Realized by meditation. Otherwise by talking, arguments you cannot. You have to be in meditation only you can realize.

Gavin: Om twameva sākshāt Bhav'āraya kuhārika namo namah. She axes away the forests of births. Worship of Shri Lalita confers the deliverance from the cycle of births.

Om twameva sākshāt Bhadra priyā namo namah. She loves to be benevolent.

Om twameva sākshāt Bhadra mūrtih namo namah. She is the personification of benevolence.

Om twameva sākshāt Bhakta saubhāgya dāyinī namo namah. Her devotees get all good things, and also the highest that is the Moksha.

Om twameva sākshāt Bhakti priyā namo namah. Fond of the devotees.

Om twameva sākshāt Bhakti gamyā namo namah. She is realized by devotion.

Om twameva sākshāt Bhakti vaśhyā namo namah. Bhakti is devotion, which gives the scope (unclear) by Dhyana, grasps the ultimate reality.

Om twameva sākshāt Bhay'āpahā namo namah. She dispels fear.

Om twameva sākshāt hāmbhavi namo namah. Queen of Shambhu, that is Shiva.

Om twameva sākshāt hārad'ārādhyā namo namah.

Shri Mataji: These are all the different powers. Here, here, here, here, everywhere there are powers.

Gavin: The One worshipped by Sharada, that's the Goddess of learning.

Om twameva sākshāt harvāī namo namah. Queen of Sharva, that is Shiva.

Om twameva sākshāt harma dāyinī namo namah. Giver of happiness, including Divine bliss.

Om twameva sākshāt hañkarī namo namah. Queen of Shankara, that is Shiva, the benevolent.

Om twameva sākshāt hrīkarī namo namah. Beneficent.

Om twameva sākshāt Sādhvī namo namah. A chaste Lady.

Om twameva sākshāt harach chandra nibh'ānanā namo namah. Her face is beautiful like the full moon.

Om twameva sākshāt hāt'odarī namo namah. Slender-waisted.

Om twameva sākshāt hāntimatī namo namah. Tranquil towards Her devotees.

Om twameva sākshāt Nirādhārā namo namah. Unsupported. She is the support of the universe. She is worshipped by keen meditation, unsupported by physical or mental image.

Means She is pure consciousness, unformulated and undifferentiated.

Om twameva sākshāt Nirañjanā namo namah. Unstained.

Om twameva sākshāt Nirlepā namo namah. Untouched by various karmas and dualisms.

Om twameva sākshāt Nirmalā namo namah. Immaculate.

Om twameva sākshāt Nityā namo namah. Eternal.

Om twameva sākshāt Nirākārā namo namah. Formless.

Om twameva sākshāt Nirākulā namo namah. Unruffled.

Om twameva sākshāt Nirguā namo namah. Attributeless.

Om twameva sākshāt Nihkalā namo namah. Indivisible.

Om twameva sākshāt hāntā namo namah. Peaceful, devoid of all action.

Om twameva sākshāt Nihkāmā namo namah. Nothing to desire having everything.

Om twameva sākshāt Nir-upaplavā namo namah. Indestructible.

Om twameva sākshāt Nitya muktā namo namah. Ever free, and Her devotees are ever free.

Om twameva sākshāt Nirvikarā namo namah. She is changeless, but is the unchanging basis of all things.

Om twameva sākshāt Nih-prapañchā namo namah. She is beyond the universe as Pancha-bhuta.

Om twameva sākshāt Nirāśhrayā namo namah. She has no basis, since She is everything.

Om twameva sākshāt Nitya śhuddhā namo namah. Eternally pure.

Om twameva sākshāt Nitya buddhā namo namah. Ever wakeful.

Om twameva sākshāt Nir-avadyā namo namah. Unassailable. The One who saves Her devotees from the hell called avadya.

Om twameva sākshāt Nir-antarā namo namah. Undifferentiated.

Om twameva sākshāt Nih-kāranā namo namah. Causeless.

Om twameva sākshāt Nih-kalakā namo namah. Faultless brilliance.

Om twameva sākshāt Nir-upādhi namo namah. Alone without maya, which is the basis of plurality.

Om twameva sākshāt Nir-īśhwarā namo namah. Supreme.

From here on there are pairs of names, suggesting the Shiva and Shakti aspects of Shri Lalita Parameshwari.

Om twameva sākshāt Nirāgā namo namah. Unattached.

(A yogini is trying with difficulty to tie the crown around Shri Mataji's head)

Shri Mataji: You have to put the hearts for everything. (1.21.21)

Gavin: Om twameva sākshāt Rāga mathanī namo namah. Destroying attachment, by developing vairagya.

Shri Mataji: This is a double thing, you just see. This one is very - double, duality. Just see, the duality is described.

Gavin: Om twameva sākshāt Nir-madā namo namah. Prideless.

Om twameva sākshāt mada nāshinī namo namah. She destroys the pride in devotees.

Om twameva sākshāt Nishchintā namo namah. Without any anxiety.

Om twameva sākshāt Nir-ahakarā namo namah. Without ego.

Om twameva sākshāt Nir-mohā namo namah. Without any illusion.

Shri Mataji: Just they asked me a question in Lausanne... What's the place?

Yogini: Lyon?

Shri Mataji: No no.

Warren: In Lyon.

Shri Mataji: No no no no, in Lausanne, Lausanne. Warren: Lausanne, Lausanne.

Shri Mataji: The person who got realization, one of them said: "Mother, You have no doubts about Yourself?". I said: "I have no doubts". He said: "But Christ had some doubts". I said, "I don't think He had". He said: "You have no doubts?". I said: "I have no doubts", that's the problem is. Nisamshaya, there's no doubts.

Gavin: Om twameva sākshāt Moha nāshinī namo namah. Moha nāshinī: She destroys all the illusions of the devotees.

Om twameva sākshāt Nir-mamā namo namah. Without selfishness.

Om twameva sākshāt Mamatā hantrī namo namah.

Shri Mataji: This one is interesting. Mamata-Hantri.

Gavin: She destroys all sense of my-ness, that is selfishness.

Shri Mataji: My, my.

Gavin: Om twameva sākshāt Nihpāpā namo namah.

Shri Mataji: There must be Nirmama after this.

Gavin: No, Nirmama we had first.

Shri Mataji: Nirmama. You see, Nirmama and Mamata-Hantri: is the combination. Nirmama means the One who is not attached, is Nirmama. And the One who destroys the attachment, because She is Nirmama, you see. Like the soap, which is the cleansing power, you see.

Gavin: Om twameva sākshāt Nihpāpā namo namah. She is devoid of papam, which is ignorance.

Om twameva sākshāt Pāpa nāshinī namo namah. She dispels all ignorance. Or She destroys all sin.

Om twameva sākshāt Nihkrodhā namo namah. Without anger.

Om twameva sākshāt Krodha śhamanī namo namah. She destroys the anger of the devotees.

Om twameva sākshāt Nirlobhā namo namah. Without greed, because She is generous.

Om twameva sākshāt Lobha-nāshini namo namah. Destroys the devotees' greed.

Shri Mataji: This is – you see the double combination.

Gavin: Om twameva sākshāt Nisamśhayā namo namah. Having no doubt.

Om twameva sākshāt Samśhaya-ghnī namo namah. Destroys all doubts of the devotees.
Om twameva sākshāt Nir-bhavā namo namah. Unborn.
Om twameva sākshāt Bhava-nāshinī namo namah. She destroys the cycle of births.
Om twameva sākshāt Nir-vikalpā namo namah. Without mental activity.
Om twameva sākshāt Nir-ābādhā namo namah. Untroubled.
Om twameva sākshāt Nir-bhedā namo namah. Undifferentiated.
Om twameva sākshāt Bheda nāshinī namo namah. She destroys distinctions between body, mind, soul and so on. Finally between Shakti and Shiva.
Om twameva sākshāt Nir-nāshā namo namah. Deathless.
Om twameva sākshāt Mityu mathanī namo namah. Destroying death.
Om twameva sākshāt Nihkriyā namo namah. Beyond all action.
Om twameva sākshāt Nih-parigrahā namo namah. Takes nothing, since She needs nothing, as She is Purnakarma, or has everything. Devotees also become Nishparigraha.
Om twameva sākshāt Nistulā namo namah. Unequaled.
Om twameva sākshāt Nīla chikurā namo namah. Dark-haired.
Om twameva sākshāt Nirapāyā namo namah. Beyond danger.
Om twameva sākshāt Niratyayā namo namah. Impossible to cross or transgress.
Om twameva sākshāt Dur-labhā namo namah. Hard to attain.
Om twameva sākshāt Dur-gamā namo namah. Hard to approach.
Om twameva sākshāt Durgā namo namah. Destroyer of Durgu, an asura, at the request of the Devas.
Om twameva sākshāt Dukha hantrī namo namah. She destroys sorrow.
Om twameva sākshāt Sukha pradā namo namah. Confers happiness or bliss or Moksha.
Om twameva sākshāt Duha dūrā namo namah. Unattainable by the unrighteous.
Om twameva sākshāt Dur'āchāra śhamanī namo namah. Dispels the consequences of the unrighteous deeds, in the truly repentant and the faithful.
Om twameva sākshāt Doha varjitā namo namah. Devoid of faults.
Om twameva sākshāt Sarva-gñyā namo namah. Omniscient.
Om twameva sākshāt Sāndra karuā namo namah. Intensely compassionate to the devotee.

Om twameva sākshāt Sam'ānādhika varjitā namo namah. None to equal or excel Her.
Shri Mataji: See, this cannot be that. Samanadhika means the One who – what is it, you told Me?
Gavin: None to equal or excel Her. She remains Supreme.
Om twameva sākshāt Sarva śhakti-mayī namo namah. She is the source of all powers and energies.
Om twameva sākshāt Sarva maṅgalā namo namah. The source of all that is auspicious.

Om twameva sākshāt Sad-gati pradā namo namah. She leads devotees on the path of truth to the higher status.
Om twameva sākshāt Sarveśhwarī namo namah. Queen of the universe of nama and rupa, Her name and form.
Om twameva sākshāt Sarva-mayī namo namah. Immanent in all.
Om twameva sākshāt Sarva mantra swarūpī namo namah. The embodiment of all mantras.
Om twameva sākshāt Sarva yantr'ātmikā namo namah. The soul of all yantras.
Om twameva sākshāt Sarva tantra rūpā namo namah. The form of all tantras.
Om twameva sākshāt Man'onmanī namo namah. She is the mind in the uplifted state, in which the space and time and the subject-object relationships are lost, and the mind becomes thoughtless in Yoga.
Shri Mataji: See, thoughtless. You should have thoughtless awareness.
Gavin: Om twameva sākshāt Maheśhvari namo namah. The power of Maheshwara, that is the Paramashiva, without attributes.
Om twameva sākshāt Mahā-devī namo namah. The greatest of Goddesses.
Om twameva sākshāt Mahā-lakhmī namo namah. The great source of the best in life.
Om twameva sākshāt Mia-priyā namo namah. Dear to Mruda, which means Shiva.
Om twameva sākshāt Mahā-rūpā namo namah. The supreme form.

Om twameva sākshāt Mahā-pūjyā namo namah. Worshipped by the highest, that is the Trimurtis.

Om twameva sākshāt Mahā-pātaka nāshinī namo namah. The One who destroys the greatest of sins.

Shri Mataji: Greatest of sins. Did you hear that?

Gavin: Om twameva sākshāt Mahā-māyā namo namah. The supreme creator of illusion and confusion, even to the greatest of Gods like the Trimurtis.

Shri Mataji: So, be careful about this (laughter).

Gavin: Om twameva sākshāt Mahā-sattvā namo namah. The most supreme existence or energy.

Om twameva sākshāt Mahā-śhakti namo namah. The greatest power.

Om twameva sākshāt Mahā-ratih namo namah. The greatest bliss.

Om twameva sākshāt Mahā-bhogā namo namah. The greatest luxury.

Om twameva sākshāt Mahā'aishwaryā namo namah. Having the greatest dominion or kingdom.

Om twameva sākshāt Mahā-viryā namo namah. Mighty.

Om twameva sākshāt Mahā-balā namo namah. Great strength.

Om twameva sākshāt Mahā-buddhi namo namah. The greatest intelligence.

Om twameva sākshāt Mahā-siddhi namo namah. The greatest of fulfilments.

Om twameva sākshāt Mahā-yogeshwar'eśhwarī namo namah. The ruler of the Trimurtis, which is the Yogeshwara.

Om twameva sākshāt Mahā-tantrā namo namah. The greatest of tantras.

Om twameva sākshāt Mahā-mantrā namo namah. The greatest of mantras, that means Shri Vidya.

Om twameva sākshāt Mahā-yantrā namo namah. The greatest of yantras, of instruments, that means Shri Chakra.

Shri Mataji: That's on the right shoulder, Shri Chakra. Lalita Chakra is on the left shoulder.

Gavin: Om twameva sākshāt Mahā-sanā namo namah. She is seated the highest.

Om twameva sākshāt Mahā-yaga kram'ārādhyā namo namah. Worshipped by the ritual of Mahayaga. That is the worship of Shri Chakra.

Om twameva sākshāt Mahā-bhairava pūjitā namo namah. Worshipped by the great Bhairava.

Om twameva sākshāt Maheśhvara mahā-kalpa mahā-tāava sākshinī namo namah. Witness to the great dance of the great Shiva at the end of the Kalpa, that is after dissolution of the universe.

Om twameva sākshāt Mahā-kāmeśha mahiśhi namo namah.

Shri Mataji: So He witnesses all the construction and She witnesses all the destruction.

Gavin: Mahiśhi namo namaha. She is the queen of Maha-Kameshwara, crowned along with Him as the ruler of the three worlds.

Om twameva sākshāt Mahā-tripura Sundari namo namah. Empress of all the triads of Deities, and the (...unclear word...) and of the three Vedas and of the three worlds.

Om twameva sākshāt Chatu-hahty'upachār-āhyā namo namah. Worshipped by sixty-four kinds of offerings.

Om twameva sākshāt Chatu-hahi kalā-mayī namo namah. She is Herself the sixty-four arts.

Om twameva sākshāt Mahā-chatu-hahti koti yoginī gaa sevitā namo namah. She is served by sixty-four crores of groups of yoginis in Her fight with the powers of darkness.

Shri Mataji: Sixty-four crores of yoginis.

Gavin: Om twameva sākshāt Manu vidyā namo namah. The mantra given by Manu.

Om twameva sākshāt Chandra vidyā namo namah. Chandra is one of the twelve rishis and he's given a mantra.

Shri Mataji: He is the moon.

Gavin: Om twameva sākshāt Chandra maala madhya-gā namo namah. She is at the center of the orb of the moon.

Om twameva sākshāt Chāru rūpā namo namah. The beautiful.

Om twameva sākshāt Chāru hāsā namo namah. With a beautiful smile.

Om twameva sākshāt Chāru chandra kalā dharā namo namah. Adorned with the beautiful phase of the moon.

Om twameva sākshāt Char'āchara jagan nāthā namo namah. The Queen of the entire universe, moving and non-moving.

Om twameva sākshāt Chakra rāja niketanā namo namah. Dwells in the king of chakras, that is Shri Chakra.

Om twameva sākshāt Pārvatī namo namah. The Daughter of Himavat Parvata.

Om twameva sākshāt Padma nayanā namo namah. Lotus-eyed.

Om twameva sākshāt Padma rāga sama-prabhā namo namah. Brilliant with red rays like the ruby.

Om twameva sākshāt Pañcha pret'āsan'āsinā namo namah. Seated on the throne formed by the five corpses of Brahma, Vishnu, Rudra, Ishwara and Sadashiva. Means when She withdraws Her power from Them, They become lifeless.

Om twameva sākshāt Pañcha brahma swarūpī namo namah. The Pancha-Brahmas are Her forms.

Om twameva sākshāt Cin-mayi namo namah. Of the nature of consciousness.

Om twameva sākshāt Param-ānandā namo namah. The ultimate bliss.

Om twameva sākshāt Vigñyāna ghana rūpī namo namah. Consciousness itself solidified.

Om twameva sākshāt dhyāna dhyāti dhyeya rūpā namo namah. Of the form of meditation, meditator and meditated.

Om twameva sākshāt Dharm'ādharmā vivarjītā namo namah. Beyond right and wrong conduct, as She is beyond all action.

Om twameva sākshāt Viśhwa rūpā namo namah. The universe is Her form.

Om twameva sākshāt Jāgarī namo namah. The wakeful.

Om twameva sākshāt Swarwpantī namo namah. The dream.

Om twameva sākshāt Taijas ātmikā namo namah.

Shri Mataji: How much have you already done?

Gavin: Two hundred fifty-nine.

Shri Mataji: All right. You do sixty-one.

Gavin: Om twameva sākshāt Suptā namo namah. Dreamless sleep.

Om twameva sākshāt Prāgñy'ātmikā namo namah. Of the nature of Pragnya. This is the state of dreamless sleep.

Shri Mataji: Pra-gnya. Gnya means knowledge. Pra means enlightened.

Enlightened knowledge.

Pra-gnya. Pra means enlightened. Sometimes the translations... you don't trust the text. Surprised with the translation. (1.42.18)

They want you to take a complete photograph of My – now this is all made by different centers who have been there. They'll be very happy to see that in the picture. Can you?

Can I have a full photograph done? He wants to have one full photograph, with all that the centers have done. Now this is lunar, sacred (1.43.46).

Did you take the full?

Yogi: Yes, Mother. I take. I don't think that I take one.

Shri Mataji: How about direction?

Yogi: The full no, I don't have, I had to take the other one.

[Aarti is performed. Then Mahamantras]

Yogi: Bolo Shri Bhagavati Mataji Shri Nirmala Devi Ki!

Yogis: Jai!

Shri Mataji: You come first of all.

Yogi: It's sad to leave now, Mother.

Shri Mataji: You have to eat a little, otherwise they won't allow you to pass after the girls.

Give a bandhan to New York, and to America. [Shri Mataji gives a bandhan]

[End of the video]

1981-0930, I am the Holy Ghost

View [online](#).

30 September 1981

I Am The Holy Ghost

Public Program

Christ Church (United Methodist), New York (United States)

Talk Language: English | Transcript (English) – VERIFIED

Public Program Day 7 (Declaration: "I am the Holy Ghost"). New York (USA), 30 September 1981.

Shri Mataji [to Warren]: ... the attachments (microphone).

Warren: The attachments, it's all right.

Shri Mataji: It's all right?

Warren: It's good in here because it is very silent, then we don't need any.

Shri Mataji: Good. It's beautiful.

Warren: Is it Your first time in a church?

Shri Mataji: No, many-a-times.

Warren: Many-a-times.

Shri Mataji: But to talk about Agnya in a church, is the first time.

Warren: Very good. [Shri Mataji laughs]

Yesterday, I told you about this chakra [Shri Mataji points at centre heart on chakra chart] which is a very fiery chakra, because this chakra is occupied by a very fiery deity called as Jagadamba, is the Mother of the Universe. She has to protect Her children who are trying to swim across the ocean of illusion and who are being always hampered by the people who are against God, who are anti-Christ, who are anti-God, who are devils, who are called as rakshasas. And so She has to protect them, and that's why She is such a fiery Goddess, like a tigress. Actually, one of Her conveyances is a tiger, another is a lion.

After that, now today we want to know about this chakra, which is the Vishuddhi chakra, Vishuddhi. America, in the map of the world, is this centre, is Vishuddhi chakra.

That's why it is important to understand what do we stand for, Americans. Now, this centre has got 16 sub-plexuses, and it manifests in the gross the cervical plexus, which looks after all the ears, nose, throat, the eyeballs, and the neck, all the problems of this area. The facial construction depends on this chakra: whatever is the condition of this centre you have the expression on your face.

As I told you, it has got 16 sub-plexuses, and all the vowels are created in this centre. Of course, English language has got the vowels which are not scientifically all right. But the Devanagari script has got all the vowels, are 16 in number, and that's why they are all produced here, in this area. This is the gross side of this centre. The subtle side of this centre is that this is the centre of collectivity.

When man raises his head, he sees around himself his fellowmen. And he starts seeking that there must be something very, very common between us – that we are part and parcel of one universal Being, of the great primordial Personality. The central path of Sushumna – of ascendance – creates this primordial Being ultimately, is the final, is the complete form of this ascendance, of the evolution, ends up here. So, this is the primordial Being, if we say this is the primordial Being, and this is the primordial Vishuddhi. Then this Vishuddhi is the one that represents what Muslims say as the Akbar, Akbar aspect of God, the Primordial Great Being. In Sanskrit language it is called as Virata.

Now, this primordial Being incarnated on this earth – as I told you that all this aspect incarnates, the central aspect – on this

earth as Shri Krishna. And His power was Radha. Ra means energy, dha means the one who sustains. Ra-dha: means the one who sustains the energy is Radha. So on this centre is Shri Krishna and Radha.

On the right side is His image as a king: when He went away from Gokul and Mathura after killing a devil called Kamsa who was His uncle actually, He went down to Gujarat and settled down there and ruled that country, there He was called as Vitthala. Vitthala and Rukmini – I'm telling you these names because when you are raising the Kundalini, if the chakra stops there or the Kundalini stops there, you have to take His name.

On the left-hand side is His sister, who was just born and was killed again, and She appeared to us as a lightning in the sky. She is called as Vishnumaya. All these three centres are very, very important. When you are collective, then you are ascending through this centre: the power is passing through this.

Actually, the root of this (ego and superego) starts from here (Vishuddhi), the root starts from here and grows into this (superego), and then into this (ego) crossing over. The crossing over takes (place) there (Agnya), but the root of the ego and superego starts at this point.

Shri Krishna as we know appeared to Arjuna as a Virata, as the Great primordial Being. He saw Him as a very huge, big personality, and he saw in Him all the human beings and all the creations moving about. And he couldn't bear it anymore, he said, "I don't want to see it again." Shri Krishna told the Gita, spoke the Gita, only to Arjuna, only to one person. He didn't tell it to even a second person, because He was born six thousand years back. That time the maturity of people was so low that He did not, He did not tell about this to anybody else but Arjuna. And it was heard by another person who wrote it down, and Vyasa is the poet who wrote about it.

The Gita is the Vedanta, means the end of Vedas. Vedas have got two sides: the first side is where the mantras are there to excite the right side or we can say the elements, and the end of it is the philosophy. And he used that philosophy of Gita, he used that Vedanta philosophy in Gita to explain what is knowledge, what is God, what is Spirit, how to achieve it and what happens.

Now Krishna's basic character of His advent was that: so far for Rama He was the One who lived like a human being and established a special place, or say, established a special character of a benevolent king for other kings to follow.

But this one when He came, He found that the whole place was filled with ritualism, with all kinds of dead supra-conscious activities, and subconscious activities, and people were indulging into materialistic things and were very unhappy – so He established Himself as the incarnation of the play, Leela.

That the whole world is just a drama, is just a drama, and you are a witness to it. Actually, what happens when you watch a drama, you feel that you are in it – supposing there is Napoleon or somebody who is in the drama: you start feeling you are Napoleon, and even when you go home, you'll talk like Napoleon for a while, you carry on the joke with you. But it's a drama, it's outside you, it is not you.

Sometimes, when there is, say, a cinema or something we see, we identify ourselves with the scenes so much that we cry, weep, sometimes feeling very excited. But when the drama is over, then we'll suddenly realise, "Oh God, it was a drama." [Laughter]

In the same way, this whole life, the human life, is a drama. And the life... whole drama, is only seen when you get your realisation: you become a witness. Now those who have got Realisation should understand that you have become now a witness. Start seeing everything and you'll be amazed. You'll feel, "Oh, I'm so much away, I am just witnessing."

There's a Sahaja Yogini who comes from, who came from India. And she had never travelled before anywhere, even by plane she had never travelled before. And comes from a very traditional family, she has never been out without somebody going with her. Such a person. She got her realisation and she came to America.

She told me that "I never felt that I was going to America, that I was going by plane anywhere, that I should be frightened, nothing of the kind. And they were all telling me, 'Be careful', I was wondering, what are they worried about? I was least bothered, the whole thing looked like a drama, I got into the plane, I came here and there was a sea of human beings, I couldn't see my brother, and I think I got lost! I said, "All right, if I am lost, doesn't matter. I am never lost because I'm with myself." So I was going to the taxi fellow, I was going to tell him, "Take me down to my brother's place", then suddenly the brother got her, got to her and found her.

But otherwise she was saying, "I was so relaxed, I was least bothered, most surprising, I was witnessing the whole drama without any, without any consideration about it, or any awareness about it, I was just doing it automatically."

That's what happens to you. You see the death, and you see the life, and you see the drama. And you do not get involved into it. When you are not involved into it, then you are completely at ease and at peace. As I gave you the example that if you are in the water, then you are worried about the waves. But supposing you get into the boat, then you see the waves as fun. Or if you know how to swim, also you can see it as a fun. So, when you get Realised, when you get your Realisation, then the whole thing becomes like a drama and you start developing your detachment. So, He is the Yogeshwara: He's the one who is fully detachment. He's the full detachment. Though He was a king, though He was having a very luxurious life, He was a detached personality.

Now He on this earth when He came, He had to have His powers with Him and He didn't know how to bring those powers in human beings, because He knew He won't be able to give realisation to people at that time, 6000 years back. So He created a method by which He got 16,000 wives. And all these wives were nothing but His powers-carrying people and there is a big story about it which I think every Indian knows, and you can also find out.

He had five - I mean, He became the king, He did all this. And He had five elements as His wives. So His own queens, five of them, were five elements, and 16,000 wives were actually His own powers manifested as human beings. And He came on this earth as Krishna, krishi: krishi means agriculture. Means actually sowing. He sowed the seed, He sowed the seed of spirituality. He said, "Nainam chindanti shastrani nainam dahati pavakah. Nachainam kledayam tyapo na shosayati maruta." Means this Spirit cannot be killed, it cannot be sucked in, it cannot be destroyed, neither it can be transformed. Is eternal. And to prove that, Christ came on this earth, at this point. And He by His resurrection proved it, that it cannot be killed.

Now I will tell you about Shri Krishna's life as a diplomat, He was a diplomat. He was the incarnation of diplomacy. And the best diplomacy is such that you give such conditions which are absurd. If you give absurd conditions, then a person gets toppled down over it, and then he succumbs.

Because if you approach directly someone, then the people are very half-baked, and they start intellectualising everything and rationalising. So, better thing is put a proposition before them which is absurd, and let them find out for themselves, and then they come to you with surrendered mind. Now I'll explain to you how.

Arjuna was His disciple, and Arjuna, when he went to war with Kauravas, who were the satanic forces in those days, got into a mood of despondence, and he said that "These are – in these are my relations, these are, there's my one of my gurus who taught me how to use the arrow – and how am I to fight these people?"

So then He told the Gita, that time He spoke the Gita to him. And He said that – the first thing He said that you should find your Self, you must have Self-knowledge, you should get realisation, you should have the knowledge. Knowledge doesn't mean the idea about this architecture and all that, but knowledge is the awareness of your Spirit.

So Arjuna being that time a mediocre, I should say, an intellectual [Shri Mataji laughs] – he asked Him a question, as usual intellectuals are good at asking questions, never giving answers [Shri Mataji laughs, laughter].

So the intellectual asked Him that "You are telling us to go to war, and here You are telling me to find my Spirit. How do these two things meet?", because according to many people who are talking today also, that a man who is realised should not fight, he should sit down and bear all the brunts of the things upon himself, he should suffer.

So he said that "How do You say that I become the Spirit and then I have to fight these evil forces? Why should I fight these evil forces then?"

So He said that "All right, he is a person who is a mediocre, it's very difficult to tell him how to do it." Actually, it is very simple. When you are a witness, you can fight better.

You have to fight the evil forces, why are you enlightened if you cannot fight the darkness? You have been made a light to fight the darkness, and not to be happy with yourself: "Oh, I'm the light, I'm the light, I'm the light." But you have to fight the darkness, and this they would not accept, that "Why should we fight the darkness?"

So He said, "All right. What you do is to do what you want to do and put the fruit of your doing at the Lotus Feet of the Lord."

Now this is absurd, this is an absurd condition. Like you do your karmas, but put the fruit of that at the Lotus Feet of the Lord. It is an absurd condition, you just can't do it. Why? Because you have got Mr. Ego sitting down there. Whenever you do something, you always say you are doing it. And even if you say, "Oh, I have married Christ and this is God's work I'm doing", you may say it, but in your heart of hearts it is not so.

Because you have not got that hollow personality where there is no ego. You must get rid of this ego, otherwise you are doing the work and you are conscious – it's a myth, actually human beings don't do anything whatsoever. It's a myth.

For example, we have built this beautiful church. Now what have you got? Whatever was created by God, you just changed the forms of that and put it this way. Dead from the dead. What living work have you done? You cannot transform one flower into a fruit, can you?

So, it's a myth we believe in that we do this, we do that, we do this. Actually, you don't do anything. You only change forms of the dead from this to that. And this myth that you have got, that you do, accumulates here [Shri Mataji laughs], as this bile-coloured stuff on your head [Shri Mataji points at ego on chakra chart].

It can be quite big, here it is shown it can be so big as that [laughter], even bigger than your body, bigger than this big dome. The one who must have made this must have been – may be having a bigger thing than that, can be possible you see, and then he walked like this on the road, you don't know how to balance yourself with all this big thing on your head, all the time this ego telling you, "Oh, you are the great."

And you meet such a person, better be careful. Keep away from people who have done great works. Otherwise they will use you for something else. So keep away from all such people. That's what is the best. So this Mr. Ego develops into a big thing. And when it develops, it just gives you ideas that, first of all it makes you think, "Oh, you are great, you are very great."

And then sometimes you get punches on it, because people don't accept you as that great as you think yourself to be, then with the punch it grows even bigger – with one more punch it's like a rubber balloon, you see, you punch it, it goes up, again you punch it, it... - both ways it's horrible: it can be pumped in or it can be punched in.

And once it is punched in, then it can be very, very big, and then you don't know what to do, so you recoil down into your left Vishuddhi here. Then you say, "Oh, I should not have done it", because you think by doing that, your ego is hurt. You just go there to feel guilty, because you think by doing that, your ego is hurt. Your image is spoilt, your so-called image of this big balloon is spoilt so you feel hurt.

Now this happening of giving it or to surrendering it at the Lotus Feet of Lord can only happen when your realisation takes place. Now those people who have got realisation, what do you do? You say, "Mother, it is going, it is coming. It's not going, it's not working."

You become a third person. You raise the Kundalini – say you have a friend, you bring the friend along. Now, the friend doesn't get realisation. You don't say, "I have given realisation", you don't say, "I raised the Kundalini", but what you do is to say that "Mother, it's not yet working, it's little hot this side, there's a, this finger burning, this chakra is catching." But you say everything in the third person, you never say "I do".

Even if your son is not realised, or if your father is not realised, you will tell him, "I'm sorry, you can't get realisation, it is not working." It. You become the third person. And that is what it is, when it flows you say, "It's flowing, it's working, it's there." This is the theory that He tried to propound, that the whole thing should become, the karma should become akarma.

Like the sun: the sun shines, but the sun doesn't – is not conscious that it is shining, it's just emitting. It's not bothered. It's not conscious of it. It comes, it changes so many leaves into – gives them colour, gives oxygen – does all kinds of things and it goes back. Least bothered. It is just emitting. It does not require any kind of a self-satisfaction that "I have done it, I am doing it."

That kind of a thing should happen to you when you just become an akarma. That is what He was saying. This is the karma theory of Shri Krishna. But He said that a day will come when you will get your realisation and then this karma will be sucked in. Christ is the embodiment of all that Krishna prophesized or said, He came on this earth to prove it.

The second thing that He talked about is about the Bhakti Yoga, that you must – you worship by your, this side – that you must worship God, that you must surrender yourself to God. Now, when we say that we pray to God, we ask for [from] Him – I mean, we ask everything, I mean, the way we ask God all the time really is something so horrible. Like we'll say that, "Now I want to have a divorce, get cancer for my wife, or do this for..." I mean, all sorts of things we ask for.

We say that "We are in the war, we should win, the enemy should be lost", and all sorts of things we ask for [from] God. I mean, God must be fed up the way we ask things [laughter, Shri Mataji laughs].

But whatever it is, to surrender at the Lotus Feet of God, through your worship, Krishna has been diplomatic again. He said that, "If you have to do "bhakti", worship, it should be ananya, ananya." Now, this word is the most diplomatic, and He used it again and again with all these scholars and all these people have missed it. "Ananya" means when there is not the other, when you are connected. You must do the surrendering when you are connected, which is very true. Without connection, if you start doing any bhakti, whom are you doing the bhakti? If there is no connection – supposing I'm sitting in London, you are here. You are writing letters after letters, letters after letters, I never receive them, I never read them, I've nothing to do with it. So what's the use? You must have some connection with God Almighty: then whatever bhakti you do it has a meaning.

So, before Realisation, the bhakti has no meaning. Like these mad people "Hare Rama Hare Krishna, Hare Rama Hare Krishna" – by saying these things if you can achieve anything - then it is the easiest, but the one thing that you spoil is this centre. You spoil the worst of all, and they always get throat cancer. The reason is, the first of all, you spoil the centre; you spoil the centre because you go on saying, "Hare Rama Hare Krishna" too many times. What is there to take God's name like that? It's very, very cheap thing. If you are realised, you don't have to take God's name like that.

There's a protocol of God: if you are to take His name, you have to take it properly, with a protocol, even after realisation. But if you just go on saying, "Christ, Christ, Christ, Christ, Christ, Christ", all the way – Christ will be so angry with you. What is it? Is He such a cheap thing?

First of all you'll spoil, the name, here, by taking - I mean, mechanically, I mean, physically you will spoil this throat. I mean, when I

also speak too much I have to get some sort of a soothing thing for my throat. So you can imagine a person who is not realised, who has no idea as to what name to be taken, he takes that name all the time, the "mantras" so-called that are given to you. You get spoiled this [Central Vishuddhi], plus you spoil your - this mantra [left Vishuddhi], because this left side, because you have taken the unauthorised name of Shri Krishna. So you are in for a throat cancer. If you want to get it, you better join this "Hare Rama Hare Krishna" cult. And they think they are very near Krishna. How will they recognise Shri Krishna? But this chakra is the best among others for one reason: if this chakra is spoilt, say – smoking spoils it a little bit. In the beginning if it is too much smoking it spoils very badly.

Then the, from the cervical plexus, the nerves go down on both the sides. And the sensitivity in the hands is so little, that when you start feeling the vibrations, you may feel a jet of air coming out of your head, a great jet, but in the hands you may not feel anything at all. At all, there are many who just don't feel anything in the hands. In the beginning they just don't feel, because their hands are not sensitive. They have done greatest harm to their cervical plexus. And that's why this chakra is stopped. It doesn't give you the sensitivity, though the Kundalini has crossed through.

But gradually then Kundalini spreads on the sides and gives energy to this centre, which passes through the system, and then you start feeling in the hands the all-pervading Power which is the knowledge. Otherwise people don't feel it, they may feel it in the head but not in the hands.

I was really shocked when I came here nine years back, that this country was nothing but a chimney. That time, everyone – whether it was a woman, or a man, or a child – everyone used to smoke, and so much of smoking that, really, I didn't know how this Vishuddhi, the America, is going to live.

[Now, please pay attention here, all right? Don't turn round your heads. Now.]

Now, this centre should be used in such a manner that you keep your collectivity. A person who is an individualist, who keeps away from collective beings, who does not give vibrations, sits at home before my photograph, wants to take vibrations and all that – such a person will not be able to progress much in Sahaja Yoga. This has an inlet and an outlet. Unless and until you give, there is an outlet, there will not be the inlet of vibrations. With your hands you give to others.

Now, the fourth thing Krishna has said is the Raja Yoga, in which you get Kundalini awakening and you get all these chakras acting. He has given actually the action into which they move. Like the bandhas take place, how these chakras go and sort of catch hold of that part of the Kundalini and hold it up. And how these bandhas take place, all He has described; is the thing that happens when Kundalini starts.

Like one can describe that when the car starts, the car starts moving and the, all the other small bolts and nuts, and all of them are there, they also start then moving one after another. The whole mechanism, the works, you can say, starts manifesting itself. In the same way, within us it starts working, this is what He said.

But people are using it for Kriya Yoga which is nonsense. Like you sit down, hold your stomach. But the Kundalini has not started: why are you holding your stomach, and hold your nose, then you hold these ears? What is the use? The Kundalini has not yet started: why are you doing all this nonsense? You see, there is this here your Yogananda, who has taught this nonsense to you of Kriya Yoga.

I mean, horrible it is. The amount of diseases one can get from this... I mean, unnecessarily you shave your head. Why to shave your head? By shaving your head are you going to go to God? Then why has He given you hair? They shave their head – nonsense it is, absolutely, to shave your head. The sheep is shaved every week - every year twice: and by shaving your head, you are not going to go to God. These all nonsensical ideas to shave your head, to wear a funny dress, walk seriously like this, and you'll go to God?

One must understand that the happening has to take place of Kundalini awakening has to take place itself, is a spontaneous, is a

living thing. By doing all these artificial things you are spoiling yourself completely. It automatically happens. But all this mechanism, you don't have to worry, because once the Kundalini rises, it happens. What is actually, I now feel that Krishna never knew that human beings will be so mad.

For example supposing, if your car has not started, do you start moving its machinery by hand? And believe that the car has started moving? It's the most absurd thing to do to spoil the car. And that's what exactly you do, when you try to do this Kriya Yoga. There is a-kriya, you don't have to do any action. The action takes place by itself, it is built-in. It is within you.

I will give you another example, supposing there's a seed, and you want to sprout it. Will you try to pull the primule out of it? (Laughter) Will it sprout? It's that senseless, I tell you, the way people try to do all these tricks, standing on their head and... God has given us legs to stand, not the head to stand. I don't know from where this idea has come that you stand on your head. By that Kundalini is never awakened. It is for a certain disease, that that head standing is good, but not for everyone. It's for a cure of a disease, that's all. All sorts of funny ideas, even people drink urine! I mean, all sorts of things they do, nonsensical things, you know, to get to Realisation.

There was one lady of Neem Karoli Baba, he's another horrible fellow. And she came to me and she was like this, like this, like this. I told her, "What did you do there? What did you do with this man?" "Oooh Mother, he blessed me specially." I said, "What?" "He gave me his water." I said, "His water? What is his water is this?" [Laughter] And this is the water she drank, for days together, for years together, and now she says, "I can't forget him!" Imagine, to bring God to that level! I mean, can there be a greater blasphemy and ridiculous way of treating God Almighty who has created you?

There's no respect! No respect! You don't respect yourself, you don't respect your chastity, you don't respect your private parts. How can you respect God? This is what it is, and they teach you not to respect. And this is what happens when you start reading Gita – you see, they are all blind people, blind people can't read Gita. Blind people cannot read Bible: they'll never understand, they will never understand the inner meaning of it and they'll just twist it for their own purpose.

Now the left-hand side is the one that gives you, what you call, the guilt feeling. I don't know whom to blame now. For example, say, the churches, the Catholic churches. I mean, when did Christ say that you are guilty? From where did they pick up this? I cannot say from where they picked it up. Christ could never have said that you are guilty, that you should feel guilty, that you should suffer. I mean, from childhood if you tell somebody that "You are guilty", he'll become automatically, it's a conditioning on the person. He will devise methods to find out that what guilt he has.

After all, you are a human being, and you can make mistakes. And you are blind, God knows that! And He also knows that all your mistakes are to be forgiven. They are to be forgiven, and you are to be given realisation.

He is worried about His own creation, isn't He? Is He going to waste you only because you have committed some mistakes here and there? And what mistakes can you commit? That also let's see. He is the ocean of love. He is the ocean of compassion. He is the ocean of forgiveness. He is ocean, and you are a drop in the ocean. And how much a drop can carry a dirt that He cannot cleanse? Think of it. Think of it when you say you are guilty.

This is a fashion that is developed here, and sometimes I find this guilt is nothing but this Mr. Ego coils up into it and says, "All right, I'm guilty, finished." It is not facing the fact.

Supposing you have done the mistake, what's the use of saying, "I have done the mistake, I have done the mistake, I have done the mistake"? Do you correct it? Do you correct it by that, saying that "I have done the mistake, now I've done the mistake"?

It would be something, say, we got lost in the car, and we went into another road. Now we sit down there crying, "Oh, we have made the mistake, better sit down." Here people are waiting for me, all right, for the programme, and I am sitting down there crying, "We have done the mistake, we have come to the wrong line, we should not have been here."

If I have done the mistake, correct it and come back to the right position! Go on correcting it! Instead of that, this is the best way of sitting down saying, "We have done the mistake, I should not have done this, I should not have done this." Putting down yourself, "I can't do it" – to be diffident all the time – "Oh, I just can't do it." This could be very dangerous, very dangerous.

For example, supposing in an accident you have harmed somebody. Now you sit down there, "Oh I have done the mistake, I've committed the mistake." Oh please, get hold up of that person whom you have harmed, take him to the hospital, get him treated!

This is the way we do not face by feeling guilty. It's a very good way of Mr. Ego to coil up into the left Vishuddhi and say, "Oh, you are guilty."

Who are you to judge yourself? Why do you judge yourself? How do you judge yourself? You have no method of judging yourself. All the time you find out ways and methods of feeling diffident in life. And such diffident people, what are they going to do? You have to take swords in your hand of honesty and of dedication to God's work. There they are standing with the sword like this [shaking]. They can't even handle a little stick in their hand, what are they going to do? Because they are all very guilty people, all the time shaking. Why to feel guilty, by making yourself so diffident and useless warrior of God's work? This guilt is the worst thing, and in Sahaja Yoga, the first mantra always I ask to say, "I am not guilty."

You don't judge yourself like that. You have no business to condemn yourself. God has created you with such difficulties, now understand it. You are above everything that is [Indistinct], much above these things, much above all these flowers, much above all the stars, all the sky that is created. And here you are, like fools you are feeling guilty and sitting down at home and spoiling the work of God!

You have to get to your Realisation, you have to get to your absolute, you have to get to your own being! And become what you are, and not to waste all the work that He has done here [Shri Mataji points at chakra chart].

How He must be feeling! How much He has done for you, to become this! And here you are, on a small thing you just slip out, and spoil the complete work. Is this the way to behave towards your Father? And towards your Mother? And towards Christ, their son? Is this the way to treat?

We have to stand up with courage, with fearlessness. This gives you fear, unnecessary botheration, and worries, and you start thinking about things which do not exist, all imaginary. Left Vishuddhi is a curse of modern times. And I would request you all to come out of it. Every morning you tell yourself that "I'm not guilty!" You must say it thrice in the morning and thrice in the evening. [Laughter]

What is there to feel guilty about? I wish Christ had included this in the prayer. But you have to forgive yourself, first of all. I mean, He could never have imagined that humans – human beings – would be so stupid as to all the time say that "I am guilty, I can't forgive myself." Human beings have escapes for everything. Now this is a new modern method they have devised of running away from reality. Reality is to be faced, and to be enjoyed. It is called as veeraja, is the one that has to permeate into, joy. You come and sit on the throne and enjoy.

[Shri Mataji coughs] Today my Vishuddhi is out – now see. [Shri Mataji goes to drink]

Now, I have been able to tell you in short about Vishuddhi chakra. Let's go to the another chakra here which is called as the Agnya chakra. Agnya chakra resides in the centre of optic chiasma. Optic chiasma is the one which crosses each other, and in the centre of it is the special centre called as Agnya chakra. Is a very subtle centre, and this centre is adorned by our Lord Jesus Christ.

He is the son of Mahalakshmi. Is the son of the entire Power that resides here [Shri Mataji points all along central channel on chakra chart]. Is the Mahalakshmi, the Viratangana, the wife of Virata, the power of the Primordial.

He is the son created by Her and is very well described in the Devi Purana and other books, which are not yet translated, I think, in English, as Mahavishnu. He is called as Mahavishnu, so the Vishnu's greater form; but He is the son of Vishnu [Shri Mataji points at Agnya chakra on chakra chart], He is the son of Shri Krishna. Shri Krishna had described Him as somebody who is the Adhara, is the support of the whole universe.

He has given him a higher position than Himself, see [Shri Mataji shows on chakra chart that Agnya is placed higher than Vishuddhi]. And He said, "This One, when He will be coming on this earth, He will prove all that I have said. He'll prove because He will be the essence, He will be the Omkara, He will be the all-pervading power, He'll walk on the water. Not only, but He'll be resurrected, His body will be resurrected."

He has described Him fully there, and He has given Him the highest position that He is the Adhar, He is the support, because He lives there at the Mooladhara also, at the support of the root.

And He resides – actually, He is the vice-chancellor of this university, we can say, that at every point [Shri Mataji points at the various chakras on chakra chart] we have to have Him to certify. If He is not there, you cannot, you cannot awaken the Kundalini, if you don't believe in Him you cannot retain your realisation.

Yesterday, a lady asked me, "Can we not do it without Christ?" I said, "I'm sorry." Without Christ – because He is all-pervading, He is the Omkara, He is the One who is the power, He is the One who is flowing in us, He is the Spirit. Now, if you are seeking the Spirit, how can you do it without it? It's an absurd question. It is He came on this point [Agnya], and this being a narrow path, He had to pass through it to prove what Krishna had said, that it cannot be killed, He got Himself crucified. It was a drama played by Him.

His Mother was the Holy Ghost, was the part that is the Mahalakshmi, but He didn't say a word about Her. He didn't say, because if He had said it, people would have put their attention to Her, and He is bestowed with eleven powers of destruction. He is such a powerful person.

You may show Him as a lanky-panky fellow because that satisfies your sadism, you want to see Christ like that – He was not like that. He was, He is only painted by, I think, Rubens very well, but the best is that in the Sistine Chapel, where Michelangelo has really boldly painted Him the way He was.

He was a tall – not very tall, quite tall – and a very healthy and a hefty person with a big stomach. He is known as Lambodara, with a big stomach. And He could carry such a huge, big cross on His back.

So people when they showed Him, I mean, then I was amazed at it, how could they show Christ in such a miserable state, how could they do it, I mean, horrible it is!

This is just their own expression, that's how they wanted Him to be, these are the people who must have definitely crucified Christ. Because they liked to see Him so miserable and unhappy. How can a person who is a realised soul be that way? He has to be a cheerful person, fiery, dynamic! It has to be a healthy person!

A miserable person supposing before you stands and talks like this – are you going to believe that person? But this is the way they have treated Christ throughout – they have maligned Him, and they have treated Him, they have – He has been crucified so many times. I find it impossible to believe that how these people are reborn who crucified Him again! And again and again they are crucifying Him.

The crucifixion is not the message of Christ. That's why I also don't like people to wear the cross, I can't see the cross. It's not! Cross, of course, is very helpful, because if the bad spirits see the cross they run away. But it is a reminder of something which

was unbearable. Because the Mother had all the power, She was Mahalakshmi. He had eleven powers, eleven powers to destroy. You can imagine, He has still those powers. And He had to go through all that without destruction. He saw through it.

Now, people may say, "How was He resurrected?" First of all, they have an objection to Immaculate Conception. I mean, they have objection for everything. He was not a human being. He was the Divine Power!

I conceive you in my heart. Do you know that? And I put my Kundalini and I put you on my - from my heart into it and I take you out from here [Shri Mataji probably shows Sahasrara on the chakra chart].

The way you have got your second birth, in the same way, Christ got His immaculate birth. She put Him in the heart and into the uterus down below and She created Him. It's very easy to doubt Him and say things against Him because He is no more. And the Jews must learn a lesson now. They denied Him once and they have suffered. Now, don't deny Him again. You cannot deny the person, the embodiment of this Divine Power.

Christians may be blown off, if Christians have tortured you, forget them, they are just the same as you are - fanatics, fanatics, fanatics. Whether they are Christians or they are Muslims - Khomeini is the same as any other person. I do not find any difference whatsoever. Dogmatic, ignorant, fanatic. Forget these people, they do not stand for Christ. Christ Himself has said in second chapter of Matthews, II verse, "You'll be calling Me, 'Christ, Christ, I won't recognise you.' Who are these?" The people who say, "Christ - we are the solicitors of Christ. We are the people who are in charge of Christ." All of these people will be charged, and they will be thrown away in the hell the way they have managed things about Christ.

Some of them are genuine - they don't know that this is artificial, they are genuinely in it, but they must get their realisation. They must ask for their real realisation and they must know what is Christ within themselves, they have to awaken this Christ here. Now, as I was telling you that Christ said that "You are to be born again", that "I'm to be born in your heart."

Now, the heart centre is here as well as here because the heart is controlled by this centre at the fontanel bone area. And that's what He said that "You should get your realisation", when He said, "You should be put in the heart."

Now, the people of various countries, even your country, went down to India. And they never told that Christ was born who was the Mahavishnu. Because He is already described in the Puranas that He is the Adhara - He is the One who will be - once awakened in the Kundalini, [Shri Mataji corrects Herself] by the Kundalini - will suck your karmas. They never went and told, so the Indians went on with their karma-theory, and these gurus have come here to teach you karma.

It is amazing how you accept all these theories of nonsense. Like they'll say that "You have to suffer, because you have done bad karmas." Then they may say that "Yes, you can give you a balance, but you go this way or that way and you just keep into balance".

If that is so - that you have to go to one extreme and to another extreme - then what are they doing here? Why are they talking? They too should shut up, because they cannot do anything. They cannot give you realisation. They cannot save you from this situation. So, it's better that you suffer.

But why do they say you should suffer? Why should they say? Because they want to enjoy your sufferings. They want you to suffer because they enjoy it.

So many of these disciples who came from these horrible gurus, who said, "You must have your karmas and you must suffer", told me that they saw their gurus giggling at them and mocking at them. And they showed me some of the photographs they had taken of these gurus, which show complete mockery of these stupid disciples who were suffering in their body and suffering in their mind, in the presence of these gurus. So, they have a double enjoyment - one the money, another is the sadism, and third, the greatest of all, that their purpose is to kill you all and to destroy you all, because you are God's men. That they achieve by their falsehood, because you are impressed by their falsehood.

Now, see, if there was any false guru here this hall would be filled, the whole thing would be filled, on the road there would be a jam. But the real guru - I have seen not only here - everywhere it starts very slowly. Of course, in a place where people are very simple and who are very sensitive it's a different point. But the people in a city specially, they are so insensitive to reality and so sensitive to devils that it is surprising, they feel very much at home with the devils and very much lost with the reality. Because you are in falsehood! So, you must know that you have to become the real. You have to become that which is the Spirit, which is not so far, is shining in your central nervous system, in your awareness. And this is the Spirit, is the One, is Christ.

I've spoken before also in the churches, but today for the first time I am speaking about Christ in a church. And that's why I was very happy that at least in this church I would say something that could establish Him, and that when people will come here, I hope they get their realisation and that something works out here, they get at least the awakening, because so many saints are sitting in front of me. Maybe that one day will come in this church, maybe, it may work out that people will get their realisation.

Christ's life was only for three, four years. Nobody allowed Him to live longer than that. Whatever was possible was done, but such stupid people, such stupid people, you could not talk to them. And that's how they killed Him. He could not speak to them anymore and that's how His life was finished. But in that small life of His - what a spark it was! What a spark it was! The way people have behaved towards Him is atrocious, I must say. I must say the apostles themselves, because this Matthews and this - he was such an intellectual, such an intellectual - he would not accept the idea of Immaculate Conception. Very difficult man - he would argue it out.

He said, "If a virgin is going to give the child, then everybody is going to say that it's a very, very blasphemous thing, it's a very, very illegitimate thing and it should not be spoken of." Horrible fellow and one better than the other. And when they took up about the spreading of Christianity, they took it in such a funny way, because they became supra-conscious before that. They started speaking the languages of so many people.

That part of Bible is wrong where they became not realised. The wind part is all right, but so many people I've seen who come to my program, when they come for realisation, they feel the wind for a while and immediately they shunt off and become supra-conscious. Now, we'll see what is supra-conscious entry and the subconscious entry.

Now you see here there are two buds. These are the two petals. One controls, of course, the pituitary, that controls the ego, and the pineal, that controls the superego. But this also has a capacity to bloat this out this way, and bloat this out this way.

Supposing you become supra-conscious: for start, you start thinking too much, about - something about the future, what must be the galaxy, we should find out about it and you must find out about the stars and about all these things and about future, about - say - prophecies, what else is that is, astrology, and all these, you see, futuristic. You people are mostly futuristic, you try to plan, you try to do - and every plan fails, of course. But this thinking of planning of too much can push this up this side, too much. Actually, as shown here is this side, but actually, when it is placed, it is placed like this. The ego is placed like this and the superego is like this. Here we could not show the three dimensions.

So, from the back to this side is the superego, and from here to here is the ego. Now, this ego bloats out this way - into this side. And when it bloats out this side it goes into the supra-conscious area. So it comes up this side. Now, the supra-conscious area gives you visions, hallucinations. LSD does that, LSD does that. Then you start seeing some eye of a person, who is a dead person, but a very ambitious person, for example you might get the vision of Hitler.

You might get the vision of, say, all these horrible kings who ruled here. You might get, you see, colours. You may see auras. And one has to understand here that these auras start coming to us, because we shift, we disintegrate from our being. That's how we start seeing something else separated from us. To see auras is not a good sign in Sahaja Yoga. If you are seeing auras, we have to bring you back to the same position, because you have to be in the present and not in the future. You get disintegrated.

For example, if there's a machine, say, which takes the auras - auras, I was talking to someone, who has done that work of aura-picturing. Now, before - after realisation you don't get any auras in a person, cannot get any auras in a person, because he is integrated, completely integrated.

But when he is in a mess, you start getting the auras. Like if he has cancer you'll get auras, if he is an alcoholic you'll get auras, the kind with crazy auras, a normal person may have auras not so much crazy. But auras you cannot feel when the whole thing is integrated. You can see in a, say, light; if there is no aberration that means it's a good light. If there is aberration, then it's a bad light. All the seven colours of a light has to be concentrated and has to be integrated. If they are prismatic and if they are giving you separately, then it is not one integration. And when it is one integration, then you cannot see seven lights.

So, the person is not integrated. Now, all these auras come to us, because we are made of seven type of cocoons within us. But the people who are on the right side only believe in the five cocoons, they call them "koshas". I don't think if I have time for that, but these are the koshas have been created by - one is created by the first centre, by the second centre, by the third centre - this is how the physical goes - thing. By the fourth one, then the fifth one.

And the sixth and the seventh are the things that they do not create auras outside - they create inside near the heart. And these are created near the heart, but as soon as you get your realisation, they all become one. They all merge into one and that is the Spirit. So, as if you can say when the Spirit exists in a prismatic state, then you get the auras of seven, but when it becomes integrated that you become one, all the auras become one.

So, integration is the aim of Sahaja Yoga and now, I think, I have told you how you can also go to the sub-conscious area, the same way. The sub-conscious area is on the left-hand side. If you move into collective sub-conscious area, say for example, you can be triggered into cancer. By this triggering you might get heart attacks and things like that, diabetes. Now, many people believe sugar gives you diabetes - is nonsense. Sugar doesn't give you diabetes. What gives the diabetes is too much thinking. Those who do not think too much never get. Indian farmers never get diabetes - they don't know what disease this is.

Because you think too much, you work too much, this centre works too much. It has to create food for the brain, it has to replace the brain centres. And these brain centres are to be replaced. For that it creates out of fat the new centres, the evolved cells, like I said here. And because of that work, if it is too much, it neglects the other things which it has to work out throughout, one of them is the spleen, another is pancreas. And when it neglects the pancreas you get diabetes. Not by sugar. Of course, sugar because it has to convert it into fat. But if you do not have sugar then it's a double work. If you have sugar, it converts it into fat and makes it useful for your brain. But if you think too much, then - and you don't take sugar - it's a double action. But if you just take sugar and do not think also can be problem, I think, because he has to convert too much of - into fat, you see. So, too much work is given, there is no balance.

So, one has to understand that too much sugar is not good, but you must take sugar, because the sugar is needed - and stop your thinking. How do you stop your thinking? Only by rising above the Agnya chakra. This is a very, very important point at Agnya that you must know that the thinking stops. Now, the thinking comes to you like this - like a wave. It rises the thought and falls off. Another thought rises and falls off. In between there is a place called as "Vilamba". Now, when the thought rises it automatically falls round; you can see the rising of the thought, but not falling off. Now, this space is the place of present. This rises either from the ego or superego and goes into the past. The in-between space is the present. One is the future, one is the past. Now, this place has to increase.

When it increases, then what happens is that Agnya chakra opens more, and you become thoughtlessly aware. You become thoughtlessly aware, you come in the present. There's no thought. And thought is the barrier between the creation and ourselves.

For example, you look at this - say, a beautiful stone that is placed there or anything. You watch it. Now, if you want to think, "Oh, it looks like a man, it looks like a devil or it looks like a God", or whatever it is, there's a thought you are putting into. So, what you do when you are realised, you just watch - you watch. And whatever the joy is put there of the creator, of an artist, completely is

within you, because there is no thought. There is no wave, there is no disturbance in a completely silent lake. All that is around it, all that creation comes into it, absolutely reflected and you enjoy it in thoughtless awareness - called as Nirvichara Samadhi. There's complete Nirvichara, where you have no thought, and you start enjoying that creation completely, the joy of that is there, nothing is lost. So, the thoughtless awareness comes in when the Kundalini crosses this Agnya chakra.

It does double work. First it makes you thoughtlessly aware. Secondly, because the Kundalini, if it has pierced through, it pushes these, and She fills these with the grace. The Grace falls on these. When the grace comes in, you start relaxing, these centres also relax. These centres are in a tension. But when the grace comes in, they go back into normal. So, there is more sort of expansion and the thoughtless awareness starts establishing itself at the Agnya chakra.

Now, the mantra of Agnya chakra is the Lord's Prayer. It has got two sides, Ham and Ksham. Ham means "I am" and Ksham means "I forgive". So, if supposing this is catching, you have to say, "I forgive". If there is ego within us you should say, "I forgive". If there is superego within us you should say, "I am! I am!" So, it is Ham and Ksham, is the Bija, is the seed. Is a seed of the prayer - Lord's Prayer.

Now, there are people who are talking the Lord's Prayer is not all right. I mean, who are you, what do you know about it? Everybody is challenging everyone. What do you know? What is your authority? The trouble is everybody is entitled to do what they like with religion and with God. Though they do not know anything about it, they are absolutely ignorant, but they think they have a right. Because there is no political control over it. Even Hitler can talk about Christ, anybody can talk about Him.

And about the Prayer that He taught you, who are you to challenge it? Who are you to challenge Him? I can't understand how do you challenge a person without knowing your own position in relation to Him. But this is a very, very common thing that people do and is due to ego. Ego makes you high-handed. And this is the worst type of high-handedness that you challenge God, you challenge Christ, you challenge everything which you don't understand.

Your mind is limited. It's a very limited vehicle. You cannot do anything with this mind of yours. You have to go beyond it.

Somebody has to trigger you into the space, you have to go into there. You have to become the Spirit. Only by realising your Spirit you can get connected with God, which before that you are not connected. That's why you have to become the Spirit. And the Spirit is the connection, is the link with God. There is no other way you can be linked with God. If you want to keep yourself in delusion, you go ahead with it. But this is the real thing I'm telling you, it's the true thing I'm telling you, for which you should know you cannot pay, you cannot purchase it, you cannot demand it, and you cannot work it out.

The grace of God has to come, fall upon you to do it, or a person who is enlightened can only enlighten you. Now, about Christ if I have to speak - I've spoken once on Christ for seven days, one after another. There's no end to it. He was such a great incarnation that I just do not know how to say that He's the - I've spoken all about Him there. As it is we have many tapes in London, you can send for it.

We are now going to have a centre here. Herman has offered his place. And we'll be sending those tapes there, at least 300 tapes we have got in London, which you can listen to, and see for yourself. And all of these tapes are very good, because they are actually mantras, they work out the mantras and you also get - listening to them - opening of your centres and all that.

Now the last of all, which is embarrassing, because, you see, already he has told you that I'm supposed to have been here at this [Shri Mataji points at Sahasrara on chakra chart]. It is the integration. The end of it is the integration of all these seven centres.

All these seven centres are placed around this area called as the limbic, here, this is the limbic area. Now, if you cut it - the brain - like this transverse section of the brain you'll find it, it's like a lotus. You can find it that there in the marking it's like a lotus, opened out. And it's 1000 petals as called, are like this. But the colouring is not all right, you people are so fond of these pastel colours, so they have used it. But we can say that this kind of 1000 petals is there. Now it is said in the Bible that, "I will appear before you like tongues of flames." And these are, they appear, they all appear. But these are very large ones and they appear as

living, living flames in different colours, starting from one to another and they are 1000 in number.

Now, the doctors argue that, "They cannot be thousand, there have to be 192." I mean, just imagine these foolish people to argue on that. But they do not know they're 1000 in number, and they are placed here. But in the limbic area, all the seven centres are surrounded here.

Like we have got now- you see, from here, this is the Agnya chakra. Here. Behind it here at the back, just exactly at the back, is the Mooladhara. Surrounding it, is this Swadishthana. Surrounding the Mooladhara is the Swadishthan. If you are catching on Swadishthana, you can feel it within yourself, the heaviness here.

If you are catching, say you have diabetes, give an example. Diabetes people get blind after some time. They lose the power of the eyes, because this thing oppresses the optic lobe which is controlled by the Mooladhara chakra, we call it as Back Agnya, this portion at the back. So, this is the Swadishthana chakra. Here at the back, in the centre here, you find a bone, that's the Mooladhara and around it is the Swadishthana chakra.

Then here is the Vishuddhi chakra, is the Virata. Is the Vishuddhi chakra here. When you catch cold, you'll find you'll have a problem here. But if you apply something here, you'll feel better. And this is the Vishuddhi chakra which is related to your throat, this one. Now, if you have problems with collectivity also you might find a big block here.

Now, at the back of it is the Nabhi here, at the back. This Nabhi has a left and a right side. As we have shown here, the left Nabhi and the right Nabhi, there are two, left and right Nabhi – I don't know if I have told about that, left and right Nabhi. But, I mean, you can find out from the book that there's left and right Nabhi. So, you have got a left and a right Nabhi.

And also, you sometimes feel the Nabhi in here [close to the heart]. Some people do feel who have problems with their gurus and things like that, you see. Then you feel it. But the whole Void is here [Shri Mataji shows a circumference]. And this Void is called as Ekadesha Rudra. This Void, the whole of it. It goes like a ring around it. And this ring is very important, because this you get it from the Void. If you go to a bad guru or someone you get this.

And this is the one [on the forehead] that is of the Rider – the Rider, the one who has eleven powers of destruction, the one who's going to come to slash out. Then He's not going to give you any counsel. He is not going to redeem you, no Realization. He'll slash out those who are not Realised and He will emancipate the one who are Realized. He does the last that you don't ask just now, give some time more to save some more people. Because He is not going to question anyone, He is not going to allow you any more time. And that will be the time of complete destruction of all the satanic forces. So that is the Ekadesha here. That collects, because all these horrible gurus are here [in the Void]. These are the Ekadeshas. And this is one thing is to be understood that one should get rid of this very easily.

Now, these two children of Rama who were born here, and they are endowed on the Sun and the Moon. The Sun and the Moon both are here [Shri Mataji touches Agnya on chakra chart]. And the sun became - as I told you - Buddha ultimately here, and he became the - not ultimately - the Mahavira, they are here. But when they were on this earth, Buddha talked about non-violence, and people thought non-violence to chickens, to bugs.

These Mahavira people, these Jains, we have got horrible community called Jains in India. And they believe in vegetarianism to this extent that they get a Brahmin, pay him money and put him in a hut and bring all the bugs of the village, put those in the hut and the bugs live on that Brahmin. Is a fact, even today they do it. And then they pay some money to the Brahmin, because the bugs are fed. Now, you just tell me this kind of a nonsensical vegetarianism. Am I going to give realisation to chickens? Just think of it. Or to the bugs or to the earthworms?

You are human beings, you should eat a flesh which is not of a bigger animal than yourself, because that's horrid. But you can eat the flesh of the animals which are smaller than you. There's no harm in eating that - and this kind of a nonsensical vegetarianism, "Don't do any harm to the animals", but they don't mind doing this.

Jains are the greatest, they are, you see, such - just like suckers. And they don't mind killing people for their money. They don't mind going for - what you call - shikars, in hunting and killing anything; but they will not eat a chicken or even the garlic.

Now, garlic, as you know, is very good for the heart. But they don't eat garlic. It's very good for the heart, it's very good for people who have got a tendency towards hardening of the arteries, when the circulation is a problem, it's very good to eat that, and for cold.

Those people who suffer from cold, if they regularly eat a fresh garlic thing in the night, brush their teeth, they'll be much better off. So, while talking about it I would say.

Now, these seven centres are here. Now, at the fontanel bone is the centre of the heart. Now, just imagine, it is at the centre. So, where do I exist? I mean, all of them are seven centres, so I am just like a bubble. But if I am in your heart, I'm there [Shri Mataji touches Her Sahasrara].

So, the key of Sahaja Yoga that you have to recognise me. If you cannot recognise me you cannot progress in Sahaja Yoga, I have to frankly admit it. Because he's already exposed me, I don't tell this in my first lectures, but I have to say that "Please, now recognise me." As your Mother I would request you to recognise me. And you don't have to give me anything, just take things from me. Just have it yourself. But recognise me. If you deny me then this [Shri Mataji touches Her Sahasrara] won't open, this will be always covered.

That's why at the end when you say, "Mother, give me my Realisation." Because I have come on this earth to give you Realisation. That's my job. It's one of the worst jobs that one can have. [Laughter, Shri Mataji laughs]

Because it is so difficult with people: to talk to them, to tell them about it, and they are all the time up in arms, they are so aggressive, and they start fighting.

It's a Mother's job, which is a thankless job, absolute thankless job. I have to do it. And also only Mother can do it. Because if you had Christ, He would have taken those eleven things and finished off everyone. If you had asked Christ – [Shri Mataji corrects Herself] Krishna - He had also Samhara Shakti, He would have killed. But to use the whole thing with integrated idea and with balancing, with understanding human beings you have to have a Mother. And that's why sometimes people try to become very familiar and start taking advantage or taking liberties, which is a wrong thing. Whatever I am I am and I'm Love - I can't help it. I really can't help it. I'm compassion.

One day I did feel very disgusted, really. Once I did feel very disgusted with people the way they were, and I was just saying that "Forget it!" And then suddenly, I saw my photograph and I saw my eyes, and I said, "Nirmala, you are compassion, you are compassion, you can't help it. You just can't help it." I have to work it out. I know it means, it means sometimes too much, too much, but I have to work it out.

Now, some people come out with a question, "Why You, Mother?" I said, "Why not you, it's a good idea! Come along and do it!" [Laughter] I'll be the best - it will be the best for me to retire, and my husband might give you a pension for it, he'll so happy that I've found out somebody who will replace me. But I have not yet found out somebody who will replace me, I wish you could, will be a good idea.

Now, the name Nirmala itself is, means Immaculate. Means, the one who is the cleansing power. Is a name of the Goddess also. My, actually sign name is Lalita, is the name of the Primordial Mother - that is the name of the Primordial Mother.

But to be a human being with all these centres around you working, for example for the last three days you don't know how much I am vibrating, you can ask Warren and other people, I asked them to take the vibrations, and they were doing like this, where they couldn't touch me. They tried to put the hand on the head, and they were just – and they didn't know how to touch me, even it is so much vibrating.

So, it's not easy to carry this, all this load on this human body, appear like a human being, to act like a human being, to behave like a human being, so that there is a rapport. Why an Incarnation is needed?

There has to be a rapport, because the Unconscious cannot talk to you, whatever you see in the dream comes back to you afterwards from the subconscious area - all the ideas will be such a mess, such a confusion and you cannot decide anything.

So, it has to come on this earth as a human being and tell you with a language. I never knew English all my life. So, first time I learnt English, but still I don't know American English.

I hope I'll be able to learn something more when I travel around and it's a thing that - it's God's desire that you are to be realised. It's all written in the Bible; it's all written in all the books of the scriptures. It is very largely written in the books of Adi Shankaracharya, who had described me fully, in a very full way.

And it's easy for Indians to get to me. I mean, though I have not much disciples in the cities, but they are aware of my Advent and they know that I am there. Most of them know about it. But they can't understand why I have come to America. They say that "Why do you come here? The people here won't accept You."

But I don't think so, because I think you are great seekers, very great seekers, born in this country - you are a special type, and I have to work for you.

I must say the transformation that has taken place in the western sahaja yogis has not been achieved by Indians so much. Though they have an advantage because they are born in a country which has basics, which keeps the attention intact. The attention is very much intact. So, it is easy to work it out there - here it is difficult, it doesn't appeal to people, but still, you are all great people, so many of you are lost, but they can be all saved.

But those who are here should know that you have the greatest opportunity in your lives today to be realised and to give realisation to others. First of all, you have to become all right. Then you can give light to others.

Now, the greatest thing that is needed for Sahaja Yoga is wisdom. And logically you will reach at a conclusion and understand that Sahaja Yoga is the end of all the problems of the world. Of all the problems of the world. For example take the capitalism and communism. Now, I am a capitalist, because I have all the powers, and I am the communist, because I cannot enjoy it without giving it to you. But it's spontaneous, I have not to do it because I think about it, it just works. It is like that.

All the problems: political problems, economic problems - everything can be solved. Krishna has said, "Yoga Kshema Vahamyaham." "When you get your Yoga, you get your well-being." He has promised it. He could have said it, "Kshema Yoga Vahamyaham." He did not, he said, "Yoga Kshema Vahamyaham." First your yoga, first unite. Unite with the Spirit, then you are blessed by all these things.

This is the centre of even material wealth, of Lakshmi, which works out. And all the Sahaja Yogis who have been to me, are blessed by material wealth also, but not too much like Mister Ford - that's an extreme case, that's a headache, but they get well-being from every angle, in a balanced way and integrated way.

So, the last method is of integration - that you get completely integrated. Whatever you do, your heart supports it, your mind supports it, and your body supports it. You are completely integrated in one being - that is your Spirit.

May God bless you all.

So, now this is the last lecture and I'm going to Philadelphia, and you pray that Philadelphia people get realisation more, and we get more people into Sahaj Yog, and that they become enlightened. Then I'll be going to Houston, then to Los Angeles and

Vancouver for a day. If you have any friends or relatives there you can write to them, take the address, so that they contact and they come down to the program.

May God bless you all.

Normally, I don't tell about myself, but today he exposed me as soon as I came, I had to tell, because it's not tactful. It's not tactful to say anything. It's better that you discover me than I tell you, because Christ was crucified, everybody was tortured.

I do not want to hamper my work, because it makes no difference by telling you anything before realisation. It's better to tell you after realisation that I am the Holy Ghost, no doubt. I am the one about which Christ has talked. I had told them, I had never said this on - from a... [Yogini: "Platform"] platform, and I told, they have been telling me, "Mother, You must say that once." I said, "In America I'll declare it."

So, today I declare that I am the Holy Ghost, I am the Holy Spirit, who has incarnated on this earth for your realisation.

May God bless you.

[Second video]

Now, any questions?

Man: Mother, I'd just like to say, "I love You!"

Shri Mataji: What's it?

Man: And I would like to sometime tonight take the rest of the pictures because I'm not sure the others still have. And this is my important question: how can I still my thoughts?

Shri Mataji: What did he say?

Man: How can I still my thoughts?

Warren: He wants to know how can he still his thoughts.

Shri Mataji: Eh?

Warren: How can he still his thoughts.

Shri Mataji: How can he? What?

Warren: Make himself thoughtless.

Shri Mataji (laughing): You just say Lord's Prayer. Now, before my photograph. All right? It will work out. Lord's Prayer is the entry, it's the entry, no doubt.

Warren: There's a little announcement concerning all of you – there is a photograph of Mataji which is available from Tracy, who is sitting over there, which you can buy, it's a very good quality black and white photograph, and she has a few tonight.

Christine will have a stock of those photographs. There is also a book called "The Advent", which a few people already received, about Mataji's advent and about Sahaja Yoga, which you'll be able to buy once you settle into Sahaja Yoga.

Don't forget that Christine is here, Herman is here, with his home which he has offered as a meeting place for Sahaja Yoga.

You should all get together after Mother's gone, form a nucleus, get yourselves strong, and then begin to give realisation to others. Then you yourself will be able to establish centres in your own district, maybe even go out of New York.

This is how it's going to grow. As Mother said, "If there's one candle which becomes enlightened, it can enlighten another." You've got a tremendous responsibility. Christine is here to assist you, Tracy is going to the West Coast, and this is how it's going to spread through America. Take it in your both hands.

Shri Mataji: And Steve is in Boston. Steve and Christine are in Boston. Stand up so they can see.

Warren: Steve and Christine are in Boston. Christine? Let everybody see you, so that you can get the names and addresses and any contacts, and Tracy will be in the West Coast if you know anybody over there.

Shri Mataji: And at Herman's place. Herman, can you stand up? I'm going to see his place tomorrow.

Warren: Where is he?

Shri Mataji: Where is he gone?

Warren: He couldn't get here tonight, Mother. He had to work tonight.

Shri Mataji: Ah, he had to work tonight, yes.

He came here a few times.

Lady seeker: You mentioned on the right side is the superego, on the right side of the brain.

Warren: You mentioned that the superego is on the right side, instead...

Shri Mataji: No, I mean in the sense that it moves like this, you see? And like this. Now, this way. But more super goes on the right side, it presses more on the right side. But the movement is like, you see, the thing is, the division is like this, all right?

Question: What type of thinking would increase the activity on this side - would increase the superego?

Warren: What sort of thinking would increase the activity of the superego?

Shri Mataji: No no no no no no.

Warren: What sort of thinking, she is asking.

Shri Mataji: What sort of thinking.

Question: Is that too much thinking...?

Shri Mataji: No, you don't think now. You see, don't think. You have to become thoughtlessly aware, first of all, don't think. But once you are realised, once you are realised, whatever you think happens. Whatever you want happens, because your attention is enlightened. Your attention is enlightened.

Like I went to Orléans. There was a lady who was suffering from breast-cancer. And I cured her, she was all right. And I was then in Switzerland, recently, about after a year, and somebody came from Orléans - Robert - and he told me that "Mother, she is all right and she is a Sahaja Yogini. But now she has got a terrible trouble in her kidney and she's got terrible pain and she is in the hospital". And as soon as he told me, the pain stopped, and the stone came out. And since that day she is all right. So, it just works that moment.

Whatever you ask for, will work, whatever you want for, it will work, because you become collectively conscious and the collective Being helps you.

Apart from that all the angels - like Saint Michael, who resides on this side. His birthday was yesterday, day before yesterday, they celebrated Saint Michael's birthday. Is left side here. And Saint Gabriel is on the right-hand side. And all their armies are with you, they all look after you.

For example, a realised soul, established realised soul, is travelling by a train, there will not be an accident. If there is an accident all will be saved. They are saved in such miraculous manners. I mean, there are thousand and one things you will see that you'll be amazed how you are helped. So, you don't think, leave it to God! He thinks for you.

Question: Yes. How does one know that which someone who is realised? I read a lot about Rajneesh and I met Swami Vishnudevananda and I'm very impressed by both of them. And how do I know that You...? I was impressed by them as I am impressed by You.

Shri Mataji: What he's saying?

Warren (repeats): How do you know whether somebody is a realised soul, is a true teacher?

Shri Mataji: You see, unless and until you are your Spirit, you cannot. You have to become your Spirit. Then you get your vibratory awareness. You get the cool breeze coming into you. Now, this cool breeze is nothing but is the all-pervading power, which you start feeling on your - you have come for the first time?

That's why. This question is justified, but I've told about this. Then you start feeling the all-pervading power, all right? Then you can also feel whether a person is realised or not.

But if you are not the Spirit, you can know even logically, for a person who is a realised soul, never can take anything from you.

He cannot be a parasite. He doesn't live by your earnings. Such a person - it's all right, you can pay for this hall, all right. You can pay for the travelling of the person, it's all right. But you cannot live on the money of other people. Because you want supposing somebody to come, you can pay for the taxi to come, that's a different point.

Now, such a person will have a temperament which will be very detached, not bothered, is not a money-minded person, is not a worldly person sort of a thing, and is not bothered by mundane things of life. Such a person leads a holy life. Has to be a chaste person. Cannot have married his own secretary or something like that and carry... become a yunky or something and behave like a stupid person.

You see, cannot do. All such people cannot be realised souls, one should who - cannot ask for Rolls Royces. I mean, to such a person Rolls Royce is the same as a bullock cart, what is the difference?

I mean, you can sleep on the road, you can sleep in the palace, anywhere, makes no difference to such a person. This person can be rich by birth, could be poor, makes no difference.

He has that kind of a body that he can adjust himself to any kind of life that is there. So many things can be seen; and he cannot take any effort, he should not make you do any effort, it is he who works.

I have to work, you don't have to work. The person who knows swimming, has to work hard to save the person. Or the person who is to be saved has to work hard? I mean, it's a simple logic. Simple logic. If they tell you to stand on your head, you tell them that "Are you going to save us or we are going to save ourselves?" Those who have to save have to work hard, very hard.

Warren: Yes.

Shri Mataji: They have come for the first time. And I know that you'll ask some questions which was...

Seeker: No question.

Shri Mataji: All right.

Seeker: I have no question; I want to just say something.

Shri Mataji: All right. Now tell me.

Seeker: I have no questions because I realise that questions very often create resistance. I must tell You that during Your general lecture I felt as if You were speaking to me.

Shri Mataji: Correct. I know you are a very great seeker; I could see that.

Seeker: And I want to let it sink in, that's all I want to say, it was beautiful.

Shri Mataji: What he's saying?

Warren: He is just speaking, saying how much, when he was listening to You...

Shri Mataji: I know, I know, I saw you, I saw you, I could make it out, I was very happy to see you there. Very much happy to see you there. I know, I know, and there are so many like you in this country, which you have to seek and find them out. There are so many, they are just – I don't know why they are not here, I was expecting them, like you, today. I was expecting you earlier. All right, what is the...

Lady seeker: I read this article in a newspaper one week ago, about biological warfare which is taking place in Cambodia. Do You know what that means, biological warfare?

Warren (repeats): She read an article in the newspaper about biological warfare which is taking place in Cambodia. Biological warfare.

Lady seeker: It means like, You know, they have organisms that, they use organisms which emit a toxin to kill people.

Warren (repeats): They use organisms which emit toxins which kill people.

Lady seeker: And I am wondering if this is the beginning of the end.

Warren (repeats): She says, 'Is this the beginning of the end?'

Shri Mataji: You see, these things people do because they hate. They hate, they have never known the power of love. They have only known the power of hatred. Power of love is so powerful, so dynamic. You can win them over. It's nice you brought it to my attention.

My attention is on Cambodia. It was on Vietnam, it was on Cambodia, my chitta, my attention. One has to work it out.

But now, first of all, you should know of this country, which is going to be destroyed from within. You don't know how much these gurus have destroyed you. This is a very bad, very, very bad atmosphere.

Children can be killed just like that, without even your knowledge. People can be killed just like that, this black magic if it takes over, it can kill you just like that, you will not know.

The spirits can work out black magic and be very effective. They can make people commit suicide, thousands of them can commit suicide. I mean, this is a very much more dangerous thing than that biological stuff which you saw much in the open, but this is secret, and you have to be careful.

Anything can happen in this country.

Apart from that, all of these people you have allowed them to come here, these are anti-Christ. And they have brought all the bad vibrations there. Such bad vibrations that the whole country can go into a big turmoil, I mean, there could be a very big upheaval, earthquakes, can be anything.

Horrible things can happen to this country, I mean, you are perched on a very, very serious situation, which you should pay attention to.

Don't pay attention to Cambodia. It's not so difficult. It can be controlled. It's more in this country it's a problem.

Warren: Let's not ask any more political questions.

Shri Mataji: One more, all right, let her ask, one more.

Warren: Just about the spiritual side.

Shri Mataji: All right.

Other lady seeker: I feel very confident about the spiritual side so...

Shri Mataji: About what?

Other lady seeker: So I don't need to ask about that.

Shri Mataji (aside): About what?

Other lady seeker: But this I've never heard, You see, that which he says now, I don't understand what he means by secret gurus.

Shri Mataji: You see, I'll tell you what it means. There is a psychological attack, you see? On the psyche of the people, through the spirits.

And which is a very serious thing, of which you have no idea, you are very naïve people, absolutely naïve, you have no idea. Even you are playing with parapsychology, is a very dangerous thing.

Parapsychology – Russians are like that, extremely naïve. They are getting into this psychological trauma, complete psychological – of which you are not aware! You are not at all aware of it.

And that is the attack is going to come on you. Very seriously, it's possible. Now only imagine, these people are having fifty thousand people, imagine. Madly in love with the anti-Christ – he is a born anti-Christ, he is the anti-Christ, who is here, stationed here.

Lady seeker: Who are You referring to?

Shri Mataji: To this guru Maharaji.

Lady seeker: Oh, guru Maharaji, ah yes.

Shri Mataji: So many of them. Rajneesh, you gave him place here. Rajneesh is an anti-Christ. He is horrible, you brought him here. He could not exist in India, he had to run away.

All sorts of people you have got here, Mahesh yogi. All of them.

Lady seeker: Mahesh yogi also?

Shri Mataji: Horrible! He is the worst of all!

Lady seeker: Why?

Shri Mataji: Why – because he's destroyed so many people. He's given epilepsy. His director of his flying squad that he had in [Shri Mataji laughs] – Lady: "In Switzerland" – in Scotland he had the real one in Scotland, and the director was with Mr. Peter Pierce.

He came down to me with his epilepsy and his wife and his daughter, and you must see what she has written now, about what he did to her. Before coming to me she gave this interview. I would not have allowed her to do that, but she did it before. And that's how, he has done it.

You get into epilepsy and things like that. I mean, how will you get over your epilepsies, you cannot cure your epilepsy, you don't know from where it is coming, or you don't know the source, you don't know how to cure yourself, you are so naïve!

And there are thousands and billions and billions who can't even see what's wrong with him. You don't even understand anything about it. I mean, nothing, you have no idea.

Your psychology is like a child compared to the knowledge Indians have about it, I mean, they know all about it. I mean, you may think you are very developed. You might be developed as far as the bridges are concerned and this and that, but as far as the human beings are concerned, you have no idea, you are very simple people. Extremely simple.

Lady seeker: But Mother, I have been practising transcendental meditation for nine years...

Shri Mataji: That's it, I know that! (Lady seeker and Shri Mataji laugh)

Lady seeker: And...

Shri Mataji: You get this catch (Shri Mataji touches Her Ekadasha Rudra area on the forehead). Now you will see, in your rising of the Kundalini you will see here.

Lady seeker: Good.

Shri Mataji: All right?

Lady seeker: I found it to be not a negative thing in my life.

Shri Mataji: You are a sweet person.

Lady seeker: Thank You.

Shri Mataji: You are a seeker. You be kind to yourself, kind to yourself, you are the temple of God.

Lady seeker: But I never liked Mahesh yogi.

Shri Mataji: (laughing) That's it!

Lady seeker: I took his mantra, two of them. And I...

Shri Mataji: The mantra is, that's what I said, the mantra, you see, is a big science, at every centre there's a different mantra. He just gives you one mantra...

Lady seeker: He gave me two.

Shri Mataji: And two, you see, he gives you...

Lady seeker: He didn't give it to me, I had to buy it.

Shri Mataji: Good. You see, his mantras are - if you tell in India, they'll laugh at you. One mantra is tinga, which means this [Shri Mataji makes gesture of right thumb up], showing like this is tinga. Inga – inga means the...

Lady seeker: That's right.

Shri Mataji: ... the tail, the tail – Inga means the tail of a scorpion. Can you imagine?

Lady seeker: I used that one [laughter of yogis].

Shri Mataji: Now, look at that. It is no Sanskrit, nothing, it is horrible! It means horrible! You tell anybody that, "he gave me the mantra of inga", Indians will laugh, if they know any Sanskrit. Even if they know Hindi language, ordinary Hindi.

Ainga: ainga means, a very bad Hindi when somebody has to say, "I come".

Lady seeker: What does it mean?

Shri Mataji: It means "I come". If you have to say, "I'm coming", it's a bad Hindi language when you are – you don't know Hindi

language then you say ainga. It's a [Shri Mataji laughs] – it's a joke.

Seeker: What do you do with your mantra?

My – I have one too, I can't use it, it doesn't work with me. But it's still in my mind. It does nothing anyway.

Shri Mataji: You throw it away.

Seeker: You see, I'll just forget it.

Shri Mataji: You forget it, that's why the problems you were saying and the doubts. They put the doubts. These horrible ingas, pingas and tingas. There is no gerund like 'ing' in Sanskrit. No. It's from England you must have picked up 'ing', I don't know. I don't know from where. Oh, he's horrid.

Lady seeker: Good. Thank you.

Warren: Yes.

Other lady seeker: Mother, the seed words that you use when you like, meditate on the chakras. You start meditating from the lowest up to the top, and do you use the seed words, like lam, yam, sa. No, it's lam...

Shri Mataji: I can't hear her.

Lady seeker: Oh anyhow – if you meditate – is that all right, using the seed words?

Warren: If you meditate on the chakras using the seed, seed mantras...

Shri Mataji: Just now you don't do all that, all right? Just now you don't. [Lady seeker: Just now don't do it]. Later on. [Lady seeker: Don't do it?] Just now to establish yourself. You see now, if you use the seed mantras, you just don't do it just now, because you don't know where the Kundalini is. First of all, establish yourself. You should know yourself, what is the problem is. Then in Sahaja Yoga we teach everything, one by one: what chakra is catching, what mantra is to be used, what seed mantra is to be – there is no need now to use even seed mantras, because you have got the Kundalini in your hands, you see, so you use the Kundalini mantras. And that's how.

We have got mantras for everything, which you have to learn gradually, do it. But don't do anything on your own, because still you have to establish yourself fully, isn't it?

Unless and until you are established, say, unless and until you are a fully-fledged engineer, nothing is given into your hands. So first of all, now the time of transition is very important. First you are transformed, but transmutation takes time. Like a caterpillar, you see, becomes a butterfly. But it has to get rid of all the nonsense that was with – bring with it. And that has to take place – one it has to become a butterfly, then it knows how to do the job. All right?

So the transition time you have to be very, very careful, grow very steadily and rise.

And Christine is here, and also we might send somebody from England for her to help you, and work it out gradually, steadily, steadily, till you achieve a position where you understand deeply.

Because all these things you forget. Forget about this so-called knowledge. Like Shankaracharya has said, Adi Shankaracharya, that once you get realised, even this science looks like a child's play. It's all this knowledge is non-knowledge.

Surdas has said, "O Lord, take away my avidya, take away my non-knowledge." So just forget about the bija mantras just now, all such books on chakras you throw them away. You have your own book of your experience. You yourself learn it and you become the masters. Masters of Kundalini.

You have such powers as Shri Ganesha has. You can raise the Kundalini like this.

Even the great and great gurus I've met in India, they are jealous of you, take it from me.

They are real people, no doubt, but they can't understand why I have given you realisation so fast. They can't understand, with all your impurities, how are you raising the Kundalini when they cannot raise it.

It's very interesting that you are made after the pattern of Shri Ganesh, immaculate. So first establish yourself. That is important.

All right, now, those who have come for the first time... yes, now?

Seeker: I'm just curious, perhaps I have missed what You said, but could You explain what is the Kundalini and how can we raise it?

Shri Mataji: Good idea, it's very good! That's what I will tell you, that how to raise it yourself.

But just now, you see, we'll first of all give you realisation, then you can use my photograph for some time for raising the Kundalini of other people – you put them before the photograph, you don't try yourself alone, in the beginning. What you do is to put them before the photograph, all right? And just put a light before the photograph, ask them to put the hands before the photograph. Now you start raising the Kundalini. After them. One hand you may keep with the photograph if you want to, raise with the another hand the Kundalini at the back, just like this.

You yourself will feel it rising, and the fellow can feel it also – one hand may not be feeling, another hand may not be feeling, all that, and then you will know which chakras is catching by your fingers, you see, it's all in the book. Have you got the book?

All right, you'll get the book, it's there.

And then you will know yourself and then you will know what is the chakras that are catching, and, of course, we have a centre, where you will know how to correct the centres, how to establish their realisation. All right?

And also, those who want to come to India are welcome, we are having a tour for about – not so many days actually, if you see, it's about forty days tour – in the villages of India, if you can have a little rough time, if you don't mind, you can come along, and it will be a good idea.

So also that I will inform Christine about it, how we are going to organize it, and you can come there. Because he came with me, just came to me, first of all, and then I took him round, in the villages and then he got established well. Then he went back to Australia, now he has established in seven cities. I mean, not he but others with him, whom he got realised and all that, now in seven cities they have got centres and Sahaja Yoga is spreading very fast.

So, that's how it is.

To establish it is not difficult, Christine is here, but you should be steady about it, steady. And forget all that you have read, forget about what you know, just for the time being just become one with your Spirit.

And then you start yourself learning what is wrong, what is good. As he asked me how to make out: first you become your Spirit,

then you can make it out, then you get the discretion.

That power, you get the vibratory power of the cool breeze. All right?

Yes?

Seeker: Mother, what about Sun Myung Moon?

[Laughter] Is he an anti-Christ?

Warren (repeats): What about Mr. Moon, the Moonie man?

Shri Mataji: Now! [Shri Mataji makes an upset expression] Ah!

Seeker: Is he an anti-Christ?

Warren: He said, "Is he an anti-Christ?"

Shri Mataji: You see, they are all the satans, I tell you. They were born many-a-times and they have been killed many-a-times. Sixteen of them are real satans. And six women. I think, seventy percent of them have settled down here. Six women and sixteen of them are real satanic forces. And this Moon business is, now he is going to Germany. Just imagine. He was driven out of London, so now he's gone to Germany.

I mean, you should understand that when there is love your family system should improve, your relationships should improve; he was using them just for his own purpose, making a business out of them.

You cannot make business out of God, and Godly people! Business God does not know, He does not understand your money! He doesn't understand.

I'm so hopelessly bad, you don't know, ask them. I mean, I am absolutely hopeless, I mean, I don't understand money at all, I try, I try, I try – but I've no brains, my intelligence goes off, I've no brains to understand money. You see, so many types of money you have, it's horrible! [Laughter, Shri Mataji laughs]

I get so fed up with the whole stuff. [Shri Mataji laughs] It's a big joke, I tell you.

See, I don't know even today how to sign a cheque. I've to ask him, "You write down everything, I'll sign." I'm absolutely hopeless as far as worldly things are concerned.

I can't even open one packet. But I can open your Kundalini. [Laughter] And give you realisation.

I'm very bad, at many things. So hopeless you can't imagine.

I depend on you entirely.

With this country where everything is to be set, you see, you are set; for this you are set, and I am so unset [Shri Mataji laughs], I don't know what to do [Shri Mataji laughs, laughter].

Warren: Shall we have it now?

Shri Mataji: All right. Put your hands like this, straight. You have to take out your shoes, I'm sorry, is it very cold now?

Warren: Take your shoes off.

Shri Mataji: [Indistinct] ... but doesn't matter. For a while, for a while, just for a while.

Warren: Keeps you, keeps you earthed. Just hold your hands up, press them on your lap is the best, don't...

Shri Mataji: Just be comfortable, first is – and if you have ties and all that, you can little bit loosen your ties, will be better idea for Vishuddhi, is to be. Or if you are wearing anything in your neck better to take it out, it's better, it will help you. It will help, definitely help. Any material thing around the neck stops, it's a problem. Just take it out, it's better [Warren: "Slip it off, just for five minutes"].

Now, if your mind is questioning, tell it to stop, otherwise it will just come in between like a monkey just comes in. Tell the monkey to stop for a while [Shri Mataji laughs]. She has been all the time bothering you.

You just ... here (indistinct words).

Just put your hands straight. Now close your eyes. Better keep your eyes closed because of Agnya, you see, it doesn't rise above Agnya [Shri Mataji massages some areas on Her head].

Can you get some more water for me?

Just let it go, don't put your attention concentrated anywhere; I mean, if you find your attention is very wobbly, then at the most you can look at your fontanel bone on top of your head; but try not to control the attention, just let it be. Let it be, it will work spontaneously, automatically, you don't have to do anything, all right? Just keep it loose.

Keep your hands straight, and keep your eyes shut. Straight towards me, straight towards me. With your fingers towards me. As if you are asking for your realisation. Keep your eyes shut, that is very important.

Don't say any mantras and don't push your head too much upward or downward, just keep it in the centre. Do not put any pressure on your Vishuddhi chakra. Just leave it alone.

And just sit with a comfortable position. And not with any strain on the body, anywhere – just be very comfortable and relaxed, and just put your hands. Do not strain yourself, at all; you don't have to strain, you don't have to work it out, it will just work out automatically.

Just keep it straight. Maybe some people might feel a little bit of heat in the hands – doesn't matter. It will go away. If you have heat in the hands you can throw it away like this, as you throw away the water. And then again put the hands, if there's heat. [After a gesture from Shri Mataji, Warren starts working on Her Back Agnya with a candle]

Open the door.

Little bit, little bit. [Shri Mataji puts Her fingers into Her ears, then only the left] (Aside) Right heart.

[After a pause during which She works through Her eyes, and Warren works on Her back Agnya and superego with the candle, She raises Her Kundalini] Better.

[Warren: "It's better, it's cleared. It's very good"].

You put your right hand again on your heart. Keep your eyes shut. And say that, "Mother, I'm the Spirit." [People repeat: "Mother, I'm the Spirit."] Please say it again.

[People repeat: "Mother, I'm the Spirit."] Please say it again. [People repeat: "Mother, I'm the Spirit."]

"Mother, I'm not guilty." [People repeat: "Mother, I'm not guilty."] Again.

[People repeat: "Mother, I'm not guilty."] Again. [People repeat: "Mother, I'm not guilty."]

Now just say, "Mother, forgive me if I have done any mistakes." Without feeling guilty.

[People repeat: "Mother, forgive me if I have done any mistakes."] Again, please. [People repeat: "Mother, forgive me if I have done any mistakes."] Again, please. [People repeat: "Mother, forgive me if I have done any mistakes."]

Now put both the hands towards me without opening your eyes, and say, "Mother, please give me my realisation." [People repeat: "Mother, please, give me my realisation."] Again. ["Mother, please give me my realisation."] Again. ["Mother, please give me my realisation."]

"Make me my own guru. Please, make me – Mother, make me my own guru."

[People repeat: "Please Mother, make me my own guru." "Please Mother, make me my own guru." "Please Mother, make me my own guru."]

Ah! Feeling the cool breeze? Put both the hands towards me. There should be no sense of insecurity, some people do feel – because I'm going away. I'm not going away anywhere, I'm with you every moment, you'll remember me, I'll be with you.

[Warren continues working with the candle on the back Agnya of Shri Mataji]

Hm, good. Felt it? Those who have not felt the cool breeze, raise your hands. All right, keep them raised, all right? Little keep them raised.

You can go and see them. See all the new people in any case. She's got it.

See the gentleman here. Put his left to the right. This lady you can see. Xavier? You can see that gentleman there, next to you. She is all right, she's got it. The another one, second to her. Just see. Yes. Not this, the one next to you. Yes. He had it. See this gentleman here, somebody.

Yogi: He's got it, Mother.

[End of video]

1981-1001, On Marriage

View [online](#).

1 October 1981

On Marriage

Public Program

New York (United States)

Talk Language: English | Transcript (English) – Draft

[Starts here] ... A huge house! I thought, she must be an actress or something, and all that. She said, "No, it was my husband who was an actor, he gave me lots of money in divorce". I was amazed at her wealth and everything she had from her husband and she divorced. She got half of his earning. Poor man must have toil [unsure] and all the property has gone to the lady. Then I went to Los Angeles. And there met her poor ex-husband in wretched condition, absolutely wretched! So, I said, "How is it your wife is so rich and how are you so poor?" He said, "I made a mistake of marrying twice and divorcing". All his property is lost while these women doing nothing have become so rich!

Your laws are funny, I must say, very funny to women and women are very dominating, that's why they think they can have the money of the man because they are married. And that's why men don't want to marry women that's why they want to marry men. If they are homosexual, do they share the property? Do you marry homosexuals in the church?

Sahaja Yogi: No. Some places they do and some laws are becoming adapted to that.

Shri Mataji: Imagine such a nonsense! It's funny you just look at it, I mean, you have gone so far into stupidity, you can't imagine! No wonder Christ was riding on a donkey, really I tell you, all Christian nations have become so stupid, so stupid in their relationship! How can you have good relationships, husband and wife?

And you'll be amazed, you see, I went to [unclear] it's too much. They can't understand a woman living without a man, now can you imagine? I mean, say, now my husband is not with me. He telephones to me every morning; I talk to him. We are enjoying our separation because he thinks how nice I am. And I think how nice he is to me. That is how we ponder over. And when we meet we have a better time. And a later time, there is one day he's going to be New York, he has told me 10 times that, "Keep your time free, I'll be there, we are going to meet". We are still like honey-mooning couple. Really, we are. And my grand-children also, you see, say that, "Our grandfather and grandmother are only married yesterday". And my children say that, "These are Romeo and Juliet!" Really we are like that. We are really like Romeo, we don't think about it. What is there to think of another man or a woman? I don't understand, I mean, once for all you have taken a decision, now finished!

Every moment you want to take a decision I mean this decision making also is a ego. Like, you are going in an American car, you'd better find out where is the door. You'll have a separate handle for that. You enter into a bathroom find out how to open the tub. That will be separate. In everything you want to have a decision, "This I like, that I like". In no- there is no standard thing in anything. Even in husband, every moment you are changing. Every wife you are changing. It's a confusion for children. I mean, it's very embarrassing. For people like us, you see, who have not known this kind of a thing, it is very embarrassing. It's stupid! I mean, if you know it is stupid, and if you have to live with these people, it's so embarrassing, isn't it? It is still stupid, absolutely stupid! How can you have homosexual relations? I don't understand.

What sort of nonsense it is! You don't create even a rat out of it. [Laughter]

What a waste of energy! Talking of sex itself can't produce even a rat! It's useless it's absolutely [unclear] Filth [unclear] What, these French people! Look at them, they are nothing but bathroom, they are bathroom culture. They have no culture these French, they have no culture, take it from me. They are nothing but bathroom culture. You know, they have no word for awareness. Can you believe it? They have no word for awareness, because they have only bathroom awareness.

They will describe every sort of an actor of sex and all that. Every stage they can do it, but they cannot tell you the stages of our evolution. Think of it. Think of these people, they think they are the diplomatic people. They are nothing but bathrooms dirty

people. You go anywhere, in a hotel, you can't eat your food. You see a nude woman sitting before you, you just feel like vomiting.

I mean anybody who's a proper human being seeing a nude woman must vomit. I mean how do you like this nonsense? Tomorrow, you'll be sitting in the WCS and watching people. It's filth, it's filth, it's filth, take it from me. Get out of it. How do you expect? I mean I really vomit when I see a [unclear]. I can't bear it. On the roads, you go find all these women there. I don't know. I mean, you want to see nudity for what?

And then 65% people are impotent. You can't do sex with your mind. If you start doing that your Swadhisthana chakra goes amok. Your sex transforms from there, from the localized position, to that. You cannot become a potent personality. You become impotent. If you use your brain for your sex, I mean, mad people you are. Tomorrow you start eating food with your nose. [Laughter]

I mean, how can you use your brain for your sex? I mean, just tell me this. You use your rationality. How can you? I mean, there's a sex point within you. I just can't understand. I'm too bad for all these things. But I would say, I understand one thing, it is filth. It is not human, it is subhuman. I mean this is like Hell. Who can live in filth? But the worms can live, not human beings. So much talk, talk, talk, of sex for what? I don't understand.

We have the population, you just talk.

[Laughter]

We produce and you just talk and produce these dirty books of pornography this, that nonsense. It's not good! You have no self-esteem, that means you have no self-respect. You are not a sex point. You are not even an animal. You are not even a human being, but you are a seeker. You are saints. Do you know, thousands of years, you have been seeking God? Thousands of years. You are seekers and do not seek God in sex.

You are already sublimated people. You're already great people. Do not waste yourself, try to understand. Don't judge yourself by the standards of these dirty people who are around you. You are special, you are very special. You are the ones who are going to evolve the whole world. And these are all monkeys, I think. I don't know what to call. Monkeys are more sensible. I wouldn't call them monkeys even. But I don't know what to say that, monkeys don't do like this, that the male monkey goes about with a male. In any species, have you seen this nonsense? Except for earthworm which has both the sexes. Earthworms, possible. But they also do not do some of the things that you people do.

What is there to learn from the animals? Tell me. This courting, I was surprised. We had one horrible Sahaja Yogi, he came to us. He spoiled five girl's vibrations, five. And he was courting them. I said, "What is this courting? You have no self-respect? You're running after every woman! What sort of a man you are? A man must stand up and he should get his wife, not running after this woman, always pleasing her, fixing up her breakfast running after her, why? Are you a dog or a human being? Only in the animal kingdom, the male has to be beautiful, not in the human kingdom. In the animal kingdom, always the male is the beautiful one. In the human kingdom, the woman is the beautiful one. Here the man behaves like an animal! I mean, nowhere I've heard, I mean, I'm very limited, because I must say, in India, you don't hear such a situation. I mean you don't hear such a situation that a man is running after a woman. First time that Gavin came to London, he came and told me this news. There, it is just the opposite!

All right. You have your self-respect or not? And I read it in this 'Mexican dancing' that the courting is learned from turkey, the male turkey courts the female turkey. Just see, these are turkeys or what?

[Laughter]

You should stand upon your self-respect. The girl has to put the garland into your neck. That's why no wonder the women dominate you the way you behave slavishly towards them. I must tell you no use forming all these associations of men and liberation of men. Now I've heard that there is a liberation of men started!

You are two parts and parcel of one being. You have to love each other, enjoy each other. It's such a special thing. You have to care for each other. It's such a great thing you're missing, such a great thing. Hurt each other, say harsh things to each other- or you should see an Indian husband's wife.

Say, for example, in the presence of elders, we won't even look at each other. And my eyes will be lower and his eyes will be

lower. He may just turn around and see me, that's all, that I'm there. He may not even say goodbye to me. But deep down, in the heart, we are feeling each other.

So much oneness, so much oneness. And when he got first elected, you see, and he said, "I couldn't see all that without you. I just couldn't see". He went to the telephone, he telephoned to me. He said, "I wish you here. Just to enjoy that". Such silent companionship. Such beautiful understanding. Of course, sometimes, you must quarrel also. But quarrel is the other way around. Like, he will buy something very expensive for me. So, I'll say, Why did you waste so much money?" "First time I bought this for you. Now why you say that to me?" It's that kind of a quarrel. What I should do for him, and what he should do for me, is the quarrel. It's different. In Sahaja Yoga, we have that companionship.

We have many now young couples like that. You'll be amazed they are. If they are not possessed. But they get possessed very soon as soon as the marriage is declared they get possessed, in the West. It's a big headache for me because they have a fear of the marriage.

But there will be very good relationships with the people also. And very good marriages, very good families. Especially because the great people are going to be born to these great Sahaja Yogis. There are so many, so many of them wanting to be born. So, all the children, nowadays, I see born to Sahaja Yogis are born Realised. So, all these children are to be born to you. They are just waiting for a chance. And they are going to build this great empire of God. So, you have to lead a life of love, affection, give and take, and enjoyment. Marriage is for enjoyment and not for quarrelling, not at all. What is money? We are not going to take it with us, are we? Really, I don't know how you people think about money, but, I mean, we are not so conscious of in India. We don't understand the value of money so much.

Perhaps we are not so much aware, but we don't understand. We understand love. We understand affection. But you had these great qualities in you once upon a time, I know, you had them. And you'll again revive them, definitely. You'll revive them. And you come from such ancient personalities that that will come up, as soon as you become Realized souls. Then the giving, it will be joyful and a very great understanding.

But I would say, Americans should marry Australians. [Laughter]

And Australians should marry English. And English should marry. That is better. So, that there is more understanding and there is a little curiosity to know each other. Because otherwise, they have formula: "If you say this, I'll say this". It's all so sorted out, you see. By the time it is 1 month, you must end up into the divorce case. The whole thing is out. One by one, by one. But today he said so, that one said so. I mean in the- if you see any film, most of it is fighting between husband and wife. We get fed up! The husband says so, the wife says so. I mean, is there no love? All Romeo Juliet is finished or what?

We are going to have very sweet married lives beautiful, ideal, I tell you, where the women don't get any breast cancers and men don't run away from house.

[Realisation part]

Yes, it is true, I see that part. Should we have Realization now?

Gavin: Slip your shoes off.

For the new people that have come, this is to earth you, to allow the vibrations to flow. Just simply hold your hands up. Rest them on your leg

Shri Mataji: You'll be empowered, you see, to do all these things. You'll be empowered with love. You'll have so much love that you can't imagine be. He has so much love, so much of love.

Today, I think, you all will get Realization without any difficulty. Already, you must be feeling it. It's tremendous today. My brain is really- please close your eyes. Just close your eyes. You don't have to do anything. You just feel the cool breeze, that's all. Then I'll tell you what it is.

Just close your eyes, don't do anything. Just close your eyes and leave your attention free. Don't fix it up anywhere, just don't. If

you have not damaged yourself too much, I'm sure it should work. Just it's too much. The power is too much.

Shri Mataji [to Gavin]: Just put your hand [on Shri Mataji's Back Agnya]. See, it's tremendous.

Keep your eyes shed. Just keep your eye shed, because Kundalini won't rise above your Agnya if your eyes are not shut. Please keep them shut.

Now on top of your head, you can feel the cool breeze. Those who can feel it, just feeling it. Just put your right hand on top of your head, it's flowing so much. Just move your hand and see on your head. Just move forward and backward. Higher than your head you put it, then you will feel it.

Shri Mataji [to Gavin]: It's tremendous. Most of them are feeling.

Now put your heads towards me, just like this. And see if you are feeling in your hands [unclear] Relax your, relax your shoulders and put your hands. Relax.

Shri Mataji [to Gavin]: It's too much, he? What a [unclear] It has turn to left now.

All right.

Are you feeling the feeling the cool breeze? Put the hands towards me, like this, straight. Like this, not like this but this way as if you're asking .

This is just the beginning. But you must establish yourself deeper and deeper into it. Luckily, now we have some people here, who want to start a Center. You all have to give your names to these people and do not just get lost. Work it out.

Those who are not feeling cool breeze have to raise their hands. Please stand.

Why? Together you are not feeling? [Unclear] All right.

Please raise your hands. Higher, like this. Why, why are you not feeling? You are all right.

Seeker: I'm very hot.

Shri Mataji: Very hot.

Gavin: Ekadesha Rudra is catching.

Shri Mataji [to Gavin]: Hum?

Gavin: Ekadesha Rudra is catching.

Hum. These too. Now better? It will work out.

Who else is not feeling there? You?

Now are you all right?

See these gentlemen. It's all right. Just put your hand and see if he is feeling. Or you just see his head. The Sahaja Yogis should see others now. It's all right.

This is the guru's, you see, you have to get rid of him. And Christine will tell you how to do it tonight. All right? They come back.

Ask him to put the right hand on the [unclear.] Just see all of them one by one. You can also do this once you are Realised. Are you all right?

[Unclear conversation with a seeker]

You very happy. I wish you were today in, today, in [unclear; Cornish town?] come. Today was such a great day. It worked very well with everyone.

Seeker: Tonight it happened just from the word though. [Unsure]

Shri Mataji: Hum?

Seeker: On the spoken word it happened. [Unsure]

Shri Mataji: It happened. Yes, today I'm just filled with it. It's too much. It was too much.

Are you all right?

Are you all right now? What's the matter

All right we'll see him.

See all of them one by one. See this side.

Are you all right now Barbara?

Barbara: Oh, yes. You come and see this gentleman. Can you tell me what are the centres catching?

All of them, one by one.

Everybody should take one row.

[End of video]

1981-1004, Becoming the Truth

View [online](#).

4 October 1981

Becoming The Truth

Public Program

Unity of Houston Church, Houston (United States)

Talk Language: English | Transcript (English) – Draft

It is really very kind of you to have invited Me to this beautiful meeting of such seekers who look so truthful. When I read about Unity Church and what they were doing, I felt this is the place where it is going to trigger first, because here founder himself was a realized soul. He was a realized soul. But perhaps he did not realize that others were not realized up to his level and whatever he talked was the truth, nothing but the truth. But you cannot imagine about truth, you have to become, becoming is the main point. Unless and until you become the truth, whatever you talk about it becomes talk, talk, talk. And we have had talks after talks, after talks.

Now the time has come for us to become. What do we become? What do we have to expect after Self-Realization. As he has told you, I would like to tell you this way that we have heard that God's love is all-pervading. The divine love is all pervading energy. We've heard about it, we've read about it. Now what happens to us, that we are awakened in such a manner that we started feeling that power. Our sensitivity or our awareness becomes so enlightened that we start feeling that divine power around us. It exists. For example if I say there is big music going on here, and big plays and dramas going on here, you won't believe till I put a television here and say, "Now see for yourself." In the same this all-pervading power is still imaginary for us, or we can say is not our own experience.

Still people believed it because it was told by great people, great incarnations like Christ. But what it means, what it is, we have not felt it, and that's the first thing that should happen to you, is to feel that. That means that our feeling is not so much yet developed, or is not enlightened, or is not evolved to that extent that we can feel. In our evolution, say from animals to this stage, how many feelings we have developed, which the animals don't have. For example if you want to take an animal through a dirty lane, he doesn't feel any dirt, or filth, or doesn't smell anything. He just walks through. Take any horse or any dog they have no problems. But for human beings to go through that will be an impossibility. Our feelings, experiencing power is so much developed that we can feel the beauty, we can feel the colors, we can see the beauty of this place. They cannot feel.

But now the feeling that has to come to us is the feeling of that all pervading power, the divine power which in Sanskrit is called as Brahma. That divine power is the desire of God. God desired because He loved us. He is complete. He need not have created us at all. What was the need for Him to create us? But He's love, and He's compassion. And He wanted to give His compassion, to express His compassion, and that's why He created us with what care and with what delicacy. That one has to just see. We take ourselves for granted, our evolution for granted, everything for granted.

As he said that you did not pay anything to become human beings, you did not pay for anything. For example everyday, you see the flowers becoming fruits. How much do you pay to the tree for it? You see a seed sprouting, how much do you pay to the seed for getting sprouted? It's all so spontaneous, it's living. And we are talking here about the living God, who lives, who does all the living things. What do we do? We do nothing. We do just dead work. Like something is dead, supposing a tree is dead, we make a chair, we can go, "We have made a chair." It's a dead from the dead. We have not done something living so far. Have we been able to convert even one flower into a fruit? And these thousands and thousands, and billions and billions of things are happening around us. That's the work of the living God.

And also this evolution that has to go to its epitome now, to its last stage that is your Self-Realization. Supposing I start collecting some nuts and bolts and start collecting some sort of a machinery. You will say, "What this machinery is meant for? Why are you making it, why this evolution? Why did we evolve to this stage of a human being? What was the need? What was the

purpose? Anybody would ask, "Why? Why there should be a machine made like this?" And that question is not asked by scientists so far because they have no answer for it. They are very honest. Because they have no answer, for the 'why' they don't ask that question. Whatever is presented to them they see it and say this is it, this is so, so.

Now to get to God you don't have to go to Saturn or don't have to go to Moon, is within. He's within you, expressed within you, in your heart as spirit. Is all written in the Bible. I mean I am not telling something new.

Christ has said, "You are to be born again."

When I came nine years back in America, I gave speeches where I said, "You have to be born again." And it's a happening, it's a becoming, it should happen, it's actualization, is a real baptism that you should feel the cool breeze of the Holy Ghost coming out of your head. It's actually should happen to you.

So they took over and they said, "All right, we are born again,"

Again self-certification. Is all certifying yourself 'we are born again, we are this, we are that.' You are nothing but your spirit, and you have to become the spirit. Unless and until you have become it all this certificate is not going to help you nor you are going to feel satisfied because you are seekers. You are a special category of people born on this earth at this special time. This is a very special time, is an extremely special, because this is the blossom time, and this is the last judgment.

Only through Kundalini awakening you can judge yourself otherwise there is no way of finding out. Because when the Kundalini awakens, which is settled down here in the triangular bone then your centers get awakened. When they get awakened you get this special sensitivity even on your fingertips. Now these five fingers, six and seven all of them get enlightened. Once they get enlightened, you can feel not only the all pervading power but you become, as he said, the collective conscious being. You become again I say you become. Is not that I say, "We are all brothers and sisters. We must love each other." It's not that way. But you just become. Means you start feeling the another person within yourself.

So much so I was coming to Houston. And there is an Indian Sahaja Yogini who has come from India.

And she told Me, "Mother, why the heart is catching so much in Houston?"

I said, "Do you know there are heart specialists here who transplant heart who have got... Also there is Dr. Kuri who is doing operations on the heart patients, and there must be many heart patients in this place. And that's why you are catching on the heart."

And she said, "It has become stiff my finger is."

I said, "All right. There are mantras by which you can put it right."

But it affects everyone, and everyone can feel it within themselves. You become the other person.

Like people say, "Mother, you take money or what?"

I said, "This is something one should understand, you are part and parcel of My being. I can feel you within Myself. Now supposing My finger, is something wrong with My finger. If I try to help it, am I helping anybody other? Who is the other? Who is the other person?"

That's the thing. Is a real unity, is the complete integration of being when you feel everyone within yourself. You start feeling them on your fingers. You start feeling yourself also within yourself, trying to know what's wrong with you. But in that case you don't feel bad. You don't feel bad at all that you have this problem or that problem because you are no more involved. "

Today I'm just introducing this method which I called as Sahaja Yoga. Sahaja, Saha means "with," ja means "born," spontaneous yoga. Means it is a in-born right of every seeker to get this union. Now today it has reached the stage of Maha Yoga, means thousands can get realization. It's a fact, it's a truth, people can get it. But it's nothing so difficult. You see, when the blossom time comes how many flowers become fruits. In the beginning may be only one flower or two flowers, but when the blossom time comes people have to see that. And in the same way you have to face that a time has to come where thousands must get realization, millions must get it; billions must get it. As soon as possible, it is for you. Please try to spread this message that you are to become the spirit. This is a very important time which we miss. For example say our machine is not yet connected. Say a television is not connected what's the use of moving the knobs? You won't get anything. On the contrary, you may spoil the television. Or say a telephone, when we pray to God also we telephone without connection.

We have to have the connection. That's very important. And that's what it was when Christ said that you are to be born again. As it is, you know, Christ was not allowed to live more than three and half years in that horrible country. He was crucified for saying what? He told the truth. He just told the truth that you have to become the spirit, which is a fact; you have to become the spirit. I mean it is such a simple thing to understand that we have not yet found out our absolute. We do not know why are we here, what is our absolute sense. Unless and until you find your absolute, you will live in relativity. You don't know whether this person is right or that person is right; whether he is a saint, or he is a satanic force, or what sort of a vibrations he has got. Even to such an extent that I was surprised, in Spain that some people told us that for us vibrations means heat.

I said, "Any machine which it goes out, creates heat, friction, it creates heat. How did you believe that it is heat?"

They said, "You feel very heated up."

To understand one thing mentally is different than to understand it spiritually. Spiritually means you become the spirit, the absolute. There is no other opinion about it. For example, there is a gentleman sitting here, and you get ten children who are realized souls. There are many realized souls these days born in America; I must tell you. Many children are born realized. And those children if you put them together and ask them what's wrong with this person, they will all raise this finger, saying this is the finger, that's burning. It's objective, just they say this is the finger that's burning. Even if you close their eyes, they'll say the same thing. There cannot be two opinions about that person, and that means he's suffering from the trouble that is in this center called as cervical plexus. You see this one in Sanskrit is called as 'Vishuddhi Chakra'. But in the gross it manifests as cervical plexus. Now in the universe, America is placed at this point. is a very important point because it has sixteen sub plexuses. And you'll be amazed that the Saturn, the Saturn is the body of this plexus, Saturn. And now they have discovered that it has got sixteen planets, and one that was caught up by them, even the ring and all that is already told about this. So all these things they're finding out was found out long time back and was described from a subtler level.

Now this is a very, very important thing one has to know that America itself God has created with a special purpose. Abraham Lincoln and all these people, great people who talked about the fraternity, and the collectivity, and all that. Because this is the center of collectivity, this is the center where people feel the collectivity. Even your Unity Church is the outcome of that unconscious guiding that you have to become the collective beings.

And this collective being is placed here at the Vishuddhi Chakra which is important because it has got sixteen sub plexuses and that controls all our lymphatic systems, and our ears, eyes, nose, and all these important thing, and neck also. Also from here arises the ego and the superego which is shown from there. But actually they start coming up from here. When man raised his head from animal stage like this, this center started developing in a very peculiar way. And in that condition this ego and superego started evolving and forming a cup like this. About this I'm going to tell you tomorrow, all about these centers, and about the chakras, and all that.

But today I want to tell you about the truth. The truth as it is that God loved us, in His divine love He created us. And first thing that He has produced, or first thing that He created for us is His divine love, this all pervading power. And that divine power also

resided within us as this Kundalini. Now this power within us is the power of desire to be one with God, which is not yet manifested. It is called as a sleeping desire, or we can say a sleeping energy because it has not yet manifested. Supposing I create a machinery and do not put to the mains, it doesn't work. So though I've put all my effort and everything to create the machinery, unless and until I put it to the mains it is still in a sleeping state. So it is also called as a residual energy, meaning it has created the whole universe of the human beings but it has not been yet manifested. That's why it is called as a residual energy. This energy is within us.

Now I would say that when I say something to you or if I tell you something, you should not also take Me for granted because I may be telling you lies, gossip But that doesn't mean that you should deny Me. Like a scientist, you should have an open mind when you come here. It's an hypothesis for you. And once the hypothesis is proved then you have to accept it. And that's what one should come with that attitude. I would not say that people have ego or rationality too much, but it should be logical. Logically you must reach a point to understand that there are very many things we do not understand. For example, medical science cannot explain that the law is, the health of a person or a human being as he is always reacts to any foreign thing that enters into the body, anything that enters into the body. And when a lady conceives the fetus is not thrown out. Not only but it is nurtured and thrown out at the right time when it is [mature?], when it is perfectly matured enough to get out from the mother's womb. How it happens they cannot explain. Even they say that acetylcholine and adrenalin, these are two chemicals, ordinary chemicals as you know as all chemicals are. But in the human body they cannot say why they augment and why they relax. They cannot explain the mode of action of these two. They cannot explain.

Psychology, now take psychology. I mean science has created the stage for Sahaja Yoga. It has created because they cannot jump on to it, so they have definitely created a state from where somebody has to tell them how to jump. Psychology now for example Jung, a person of his caliber, went all out to find out what was universal unconscious. And he studied so many dreams and so many patients and found out that there is an universal unconscious which sends dreams which gives us universal symbols. Whether you are in India or here or anywhere else you get the same symbols. For example, he said that if you see a particular type of triangle which is downward facing, the apex is downward then it means that you'll be murdered. If you see, the same triangle upward that means you will murder someone. So the unconscious is giving you a guidance. He also said very clearly how he treated some patients with this understanding that there was a lady who came to see him, and the daughter was with her.

And she said that, "I always dream," the daughter said, "that my mother is a witch while my mother is very kind to me, I don't know how to understand this dream that says that my mother is a witch, and she is just [draining?] me?"

So he studied her and he asked the mother, "Do you spoil your daughter very much?"

She said, "Yes, I give her lots of money, and I give her everything, and I give her all the freedom, and I say, 'Do what you like with yourself', I'm not bothered about her."

And the daughter was very young about 15 years of age. So the unconscious was giving the warning to the daughter say that, "Do not take to these things, be careful. If she's spoiling you, be careful."

Then another dream, just to match with it, he said, "There was a gentleman who always saw in his dream that he's bowing to his son, all the time bowing to his son." And like a king the son was sitting, and he was just going and bowing to him."

So he came to him and told him, "I don't know why I get such a dream."

He said, "What is your relation with your son?"

He said, "The son is just, I would say because he was born to my first wife, and my second wife is against him, and that's not good relationship, and you see I cannot afford to be very friendly with him.," and all sorts of things he, the relationship was not so good.

So then he said, "That's the thing that your son is very much liked by God. He is a saint. He is a good person. And why you are troubling him? So the unconscious giving you all the time the information that you just don't do that."

And that's how he calculated what kind of a symbol expresses what. And it was amazing, though he got his realization very late in life, the way he discovered that there is universal unconscious.

This universal unconscious is nothing but this all-pervading power. Now it is unconscious, means it is not in our central nervous system. We are not conscious of it. So we have to be conscious of it. How do we get conscious of it is that, first we have to get connected to our Spirit because spirit is the expression of that universal unconscious within us or you can say the link. Unless and until you get your Self-Realization you cannot be linked, you cannot be linked with this universal power which is within us as Kundalini and which is without all over.

It is most surprising to understand that God who has created us with such care with such love, especially as a human being which is the most beautiful thing God has created. We may or may not think so. We may not. We may have self-pity; we may have guilt, all these nonsensical ideas. But you don't know. You're special thing that God has created. And on top of that the highest human being are not these politicians, or these great successes, and geniuses, and all that but who? These are the seekers because they have to enter into the kingdom of God. It is their right first to enter into the kingdom of God. They are a very, very special category. And this is very well described by a great poet William Blake, who says that these are men of God. And he described the modern times and Sahaja Yoga very well.

He says, "These men of God will be born in those days, and they will become prophets, and they will have powers to make others prophets." And that's the thing he said.

Then when you go to any seeking or any one you must know, "Have you become your own master?" You must have the mastery. Supposing you want to learn a car driving, a simple thing like that, you should know how to drive the car. Supposing you go to somebody for any seeking, you must know, "Have you been able to drive yourself all right towards seeking?" For example, I've seen people who just start jumping. When I went to India, there was gentleman who was sitting, and he put his feet forward like that.

So people said, "You can't put your feet towards Mother. That's not proper."

He said, "Oh, God. If I put my feet backwards, I will start jumping like a frog."

I said, "How? Why? What has happened to you?"

He said, "My Kundalini is awakened by my guru, and he says after Kundalini is awakened you start jumping like a frog."

And he showed Me in the book this fellow had written that you start jumping like a frog. Can you imagine? It was written in the book.

I said, "Are you going become now frogs or earthworms? Are you going to jump like that, like a monkey or a frog? Are you going to bark like a dog?" You are going to become a super human being. You are not going to be driven by these forces, these are all negative forces, which control you and make you mad like this.

You have to understand everything when you get your realization, every word of it. It's so logical; it's so practical as he says. It is so practical, and it is so wonderful.

Gavin Brown who came here first, was one of the first Sahaja Yogis I had in London. And you know English people are rather

difficult to crack, I mean, rather difficult people. But they are first class. I mean that's the good thing because they do not get exposed to so many nonsenses that some people who are open can get you. And once they get realization they're really top class people.

Now this gentleman when he got realization, he said, "Mother, you said we can be collectively conscious. I can't believe it. How can I become?"

I said, "If I tell you about the television, you won't believe Me till I put it to the mains. You see anybody will think it's just a box. But you are a great instrument, and you have started working."

He said, "All right! I am rather worried about my father. He didn't telephone to me all these days."

I said, "All right. You just telephone to him and find out." I said, "First of all see your vibrations."

He said, "Mother, I'm getting a burning here, a terrible burning."

Now these are the centers for your father, right hand side, these are the centers.

So, I said "All right. That means, this center that means he must be down with a very bad bronchitis."

He telephoned, and the mother came in, and she said, "I am sorry your father is down with very bad bronchitis."

This telecommunication, this divine power knows everything. It understands everything. It knows you very well because it has created you. It organizes everything, it cooperates everything, it puts everything into integration, it works out everything. It works out so many things, even material things it works out; even getting a ticket, it will work out. It's so helpful; all the angels are there. Just to see all that, to witness it itself is so great. From lowest to the highest, it works out everything for you. And the whole, the sum total, the unity of it is that it is love. So it is so kind, it is so compassionate, it looks after you. It, you see, hobnobs with you little bit, you see, gives you little lesson here and there, but it never allows you to be ruined. It gives you little lessons if you do wrong; it teaches you little bit then again it brings you back. It is so loving, so kind. Specially for people who are just realized, are like small little children like seedlings. It looks after. It guides you very much, it helps you so much. It's such a wonderful thing to be with it, and the whole thing looks like a fun, like a drama.

I went to see a gentleman called Harban in New York, and he had three children born realized. One was about seven, another was about five, and the little one was about three years. And all one better than the other with sparkling eyes just waiting for Me.

And when I reached there they said, "Mother, aren't there three eyes we have got?"

I said, "Yes, where?"

"One here, one here, and one there. And daddy doesn't believe me."

And this one of these gurus has told him wrong that there is only one eye. No there are three, three are centers here actually. And they argue with their father.

And they said, "Mother, aren't you tired?"

I said, "Why?"

"We are tired now because we are watching the story bit too much. We should finish now."

Just imagine. Small children of seven years and five years are talking like this. My own grandchildren are realized souls, and they are so wonderful that the one who was three years of age went to school, and everywhere these days they are selling God. So in the school they gave some papers they are saying that, in the paper was saying so, that if you come to a particular hotel and pay about 100 rupees, you can get your transformation.

So she looked at Me, she said, "Transformation is not possible till you get your Kundalini up there, up here."

I said, "It's true. It has to happen but they are saying like this."

But the elder one says, "It is not possible. They are saying, 'You can give a course.' How can you give you course? My father has done fourteen courses. His Kundalini has not risen as yet. If by courses if you can raise the Kundalini then my father's Kundalini should have been there."

You see they understand these things so clearly, so clearly. If you talk to them, you'll be amazed. The another granddaughter of Mine, she was five years of age, and she went to Ladhak with her father. And there she saw one Lama sitting like this with a [unclear] dress he was wearing. And she told me he was wearing a maxi. She couldn't understand the dress was the dress of saint so called. So she went there, and she looked at him, and she couldn't bear when... You see when everybody was touching his feet. And the father went and touched his feet, and when mother went and touched his feet she just went and stood before him.

And she said, "You are not even a realized soul, in Hindi [unknown Hindi word], you are not even a realized soul. What do you mean by getting everybody's salutes? You are not even a realized soul, and you have no business to do that."

She stood up like that. And these two, my daughter and son in law were so embarrassed.

She said, "You get down from there, you are not a realized soul, you should not allow anybody to touch your feet."

Can you imagine a five-year-old child saying that? It happens. These children are coming up within ten years you'll see. They are the edifice, they are the complete structure, but you are the foundations of these great work, you are the foundations.

So you must get your realization, that's the main thing. You must get your realization. Once you get realization, all other things which I've described that, what, I solve your alcoholism, and other problems like mental stress, and all that goes without saying. You see once you get your realization everything will work out. So first of all you must get your realization. And as you get realized all these problems get mostly solved by themselves because, why do we take to alcoholism or to drugs? Either for seeking or for escaping. Because you are so bored with yourself and with others that you take to these things, absolutely it is the expression of boredom. You don't know what to do with yourself, you don't know why are you here, why you are existing, and why these boring people are around you. You just get fed up with it. And you are bored with the matter. You don't understand. Now you've bought your Hoover, you bought you fridge, you bought your house now, what to do now? What to buy? So that's how you start taking to these things, and you develop these habits then because everything forms a habit. Anything material forms a habit, even a car. Even a chair can give you a habit that you can't sit on the ground. So these things form a habit, and you are becoming habituated, and that's how you get into it.

But as soon as you find your spirit, you know you are beauty, you are so enjoyable, whole thing is such a fun, such a fun, because you become a witness. And then these things drop out, just forget about it. You just forget about, you don't have to remember that you have to take any drugs.

And some people told us that, "Mother, we just forgot. And the drug was lying with us, and we forgot that we were druggists and chemists."

They were just relieved of that problem. And how we cure the cancer, how we cure other diseases, and how imbalances work out within us. All these things I will tell you tomorrow and explain to you in all details. But just now is a day, is a very great day of Lalita Panchami. In India we say that this is first day of the Holy Ghost permeating this power all over, and is very great day. And when I came to Houston the vibrations were so great.

I said, "Oh God. This is the place where something has to happen."

And I'm very anxious that you first get your realization, and then we'll talk about it. Because if you come in this room there's darkness and you are blind, you can't see anything. What's the use of explaining any color or anything? First let us have the eyes, let us have the light, and then we'll talk about it. It's much easier to talk about that.

But in any case I would like you to ask Me some questions about this part of the lecture.

May God bless you all.

[Shri Mataji and audience laughing]

Shri Mataji: They are real seekers.

Seeker says, she is feeling it, she thinks.

Shri Mataji: Yes, yes I know you are great people over here. You must feel it, very, very good. I know you are feeling it. Tremendous, it's tremendous, I am just one with you. It should happen to all of you. It will take hardly any time, but don't be adamant like small children are: "I won't eat." You see. If you are hungry, you'll just have it. I've done the cooking. You just have it and enjoy it. You don't have to bother as to how I have done it. I've really done it, no doubt.

Shri Mataji: Yes, please.

Question: "When the Holy Spirit comes down," he says in fact, "does that just happen one time?"

Shri Mataji: All right. You see the whole working of this is the other way round. First, this Kundalini rises, you see, above, because you see, when you put your hands towards Me or anybody who is realized soul who knows the job, you see - She knows, because She understands everything. So the information goes through your fingers because these fingers are actually sleeping centers, the manifestation, the gross manifestation of these centers. So the information goes down to Her there, and then She rises just like a primule or the sprouting in a seed. She rises as you put a seed in the Mother Earth the seed knows, and the seed starts sprouting. In the same way She sprouts and this germinating power, first time. Now this one, as I am going to tell you all about it tomorrow very much clearly, but may be one thread out of it might be able to pierce through because if there is problem in the centers, if there's physical, emotional, mental, any problem then the centers are constricted, then She just goes gradually and awakens one center after another, expands it, and She makes this bone become soft, just like a child.

As Christ has said you have to become children to enter in to the Kingdom of God. This bone becomes, this really becomes softer, and this becomes softer, and through that She pierces, and you can start feeling the cool breeze in the first shot. You start feeling the cool breeze in the first shot. Then what happens when She pierces this, all pervading power starts pouring down through that, and it goes on falling on both the systems here, which I will explain tomorrow, by which these centers also expand. So the system is built in this way that first this has to open. When it opens then this all-pervading power falls on these two channels which manifest actually left and right sympathetic nervous system which I'll explain to you tomorrow. And then by relaxation, by relaxing that, you will feel relaxed after that very much, these centers open out much more. They are thronged together. They open out and then more threads of Kundalini can rise.

So in the beginning is the sprouting, it takes place, and then some people it is a very great experience. I've seen some people get it in such a big way. But then the Kundalini goes to attend to the problems of a person, but you know She is attending because you can feel it on your finger. You can feel the throbbing. Supposing you have a liver problem She'll go and throb there, and you can see the throbbing. You can actually with naked eye see the throbbing there also in some people. If there is an obstruction in the second center or in the third center then you can see the actual throbbing just like a heart. 'Lub, dub, lub, dub,' it goes on. You can feel it with the stethoscope also. The rising throbbing and here also you can feel the throbbing when it comes. With your hands you can, with your fingers, you can feel the throbbing and then that throbbing stops when She pierces through. But She can come down to look after other centers and She... Then we have to learn. Then the divine technique has to be learnt how to keep it raised, how to increase it, how to do. Before realization there is no technique, there is no technique. Once you have got the seedling then you have the technique how to make it grow. Before that there's no technique, is a living process, is all built-in, you are just pushed through.

For example in machine, as I said, is very good example, you put it through. But supposing there is something wrong with the plank or something wrong then the little bit you have to correct it. Then you take a screw and screw it up. But you know everything there then how to screw it up, how to screw, which bolt is missing, whatever is done, it's very simple. And that technique one has to learn which is not at all difficult. Anybody knows it because you just know. Wherever the Kundalini is stops, immediately you say, "It is stopped."

Like people will come and say, "Mother my Agnya is caught."

So I will say, "All right. It means that I've got ego." If Agnya is caught that means you have got ego. But that person won't say that, "My, I have caught up with my ego. Such a big ego is on my head." But they will say that Mother my Agnya is caught. Now this is the center of Christ which is a very important center, about which I will be telling tomorrow, which is very important, which we have missed the point that He is to be awakened within us. He is to be awakened. Unless and until He is awakened we cannot enter in to the limbic area, our attention cannot enter into it. And that awakening takes place through the Kundalini's awakening, She enlightens that. So the whole mechanism I'll explain to you tomorrow, and you will see the whole thing working it out. All right?

Seeker: Yes. Thank you. [unclear]

A Seeker just going to tell everybody an experience and you [not clear].

Mother: All right.

Seeker: All right. Thanks a lot. The seeker is describing his experience but it is not very clear.

Mother: Ya, that's it. You know what happens. You become thoughtlessly aware because Christ is awakened. If Christ is awakened within you, here you see the point, is very important, He sucks your ego and superego. He sucks your conditionings. He sucks your karmas on which these gurus are making money now a days. See, they tell you, "These are your karmas, you have to suffer." Then why are they there? You see, this saying if people had told Indians, it would have been a very different history but the Christians who went to India - I mean they were very funny people. You see they never told this fact that Christ is to be awakened at Agnya Chakra because they were just waiting for Him.. They knew that this has to happen. When this happens what happens? You become thoughtlessly aware - peace. That's the first thing that happens, that's in Sanskrit called as nirvichara samadhi. They say is the most difficult thing but I don't think it's most difficult. I mean if you don't put seed in the mother's land, naturally to pull out the seed is very difficult, isn't it? But otherwise it's so naturally built-in. So it happens. That is not another mind. Is the thoughtless awareness where you are beyond the mind. The English language doesn't have a proper concept of a mind. I don't know whether they mean it the intellect or they mean as the emotions because mental patience and all these words they use. But if you mean minds by intelligence or by what you call awareness it goes beyond this awareness, human awareness and takes you to another awareness called 'thoughtless awareness' that is 'enlightened awareness.' Even with this you can cure

people, even with this. But once it jets out and once it is stationed that's the second stage in which you can give awakening to others just like this. Under your finger it will move. You'll see it move. You can do it from tomorrow, today if you get realization, yes. You can do it. You just feel it here. It's there. Ya, most of you have got it, just see.

Shri Mataji: Put your right hand towards Me perhaps.

Seeker: ...heat...

Shri Mataji: Heat? Yes some heat has to come out because lots of frictions are inside. Like this, you put another hand towards Me, like this. Heat has to come, you see, because there is lot of frictions. But heat is jetting out. Now there is a chimney created. That's all right.. You should accept that part. It's still on. It will work. You put your left hand towards Me and right hand there, left hand. But you can put both the hands towards Me. Now, we'll, it's very simple. By asking few questions, you can achieve. Close your eyes. Just close your eyes, and put your left hand towards Me and right hand on your heart because the spirit resides in the heart. And now ask a question, "Mother, am I the spirit?" Just ask the question. "Mother, am I the spirit?" Ask that, put the hand like this as if you are asking for something. Like this, not that but like this. Say, "Mother, am I the spirit?" Keep your eyes closed. Ask the question in your heart, "Am I the spirit?" Then you can ask another question: "Mother, am I my own guru?" Ask three times. You will feel a little cool. Now put another hand towards Me closing your eyes and just say, "Mother I forgive everyone." That is very important. We must forgive. Just say that. Saying is very easy. Actually what do we do? We do nothing. It's a myth. When we say "we forgive" we just do nothing. When we say "we don't forgive" we torture ourselves for others. Why should we torture ourselves? We should say, "We forgive everyone," so we have no loads on ourselves. This is a self-torture system. Now say, "Mother, we forgive him." Say it again and again, will be good idea to relieve you of the problems. Now, again put your right hand on your heart and ask the question, "Mother, am I my own guru? Am I my own master? Am I my own teacher?" Because you become, you become your own teacher. Once you become that discretion power, you don't have to ask anyone. You know it yourself.

Now another problem, which Western people have, is to feel guilty. I don't know from where it has come. Why should you feel guilty or why should you suffer? Christ has suffered for you, isn't it? Or there is something left for you to suffer? Why should you suffer? Why should you feel guilty? He's there to look after you. He has already promised that all your sins, blasphemy, everything will be forgiven. So just say, "Mother I am not guilty." Really, say it twice. That's very important. Just say, "Mother, I am not guilty." This is self-torture again to say that, "I'm guilty." What's the use of feeling that you are guilty? The whole system is wrong to torture yourself all the time saying that you are guilty. You are not guilty. Christ has suffered for you, you don't have to suffer. If you ask for suffering, you will have that. So you have to say that, "Mother I'm not guilty." Now last of all, you have to say, "Mother, please give me my realization," you have to ask for it. Nobody can force it on you. It's your freedom. If you want it, you can have it. If you don't want to have it, you can, just don't have it. For example, somebody asked Me very mischievously, "How do we go to hell?" I said, "Take two running jumps and you can go there." [Audience laughing] Very simple.

So if you want to have realization, just say, "Mother, I want to have realization. Please give me my Self-Realization." You have to humble about it, you're asking for the ultimate and it will just work out. Now don't think about it. Just, it will go beyond thinking. You just become thoughtlessly aware. It will work out. Now feel your, on the right hand, with the right hand you can feel your cool. Ask for it, "Mother, please give me my realization." I cannot challenge your freedom that's given to you. In your glory of freedom, you should ask for a greater freedom, for a greater liberation, for real liberating. See. There? You start first feeling on the head, then you start feeling on the hands also. Just keep it like this for a while. Close your eyes. It will work out. It will work out. And also to say that, "If we have done any mistakes in our seeking, please forgive." without feeling guilty, of course, without feeling guilty. Don't feel guilty. That's a big problem. And also know that God is responsible for you. He has to be responsible about creation, and He has to come in a very special way to give you realization. He has to save His creation, He has to save you. You are His creation, all right? Got it? [Mother laughs] All of you?

Those who didn't get also will get, slowly. See, like one fruit becomes then another becomes, like that, yes,. you can feel each other also, you can feel each other, vibrations. It works out. Close your eyes and enjoy. Closing of the eyes is important because when the Kundalini rises, see, the pupils of the, they dilate, of the eyes. It's better to keep the eyes closed. Otherwise the

Kundalini may not rise. It's just the opposite of mesmerism. Hm. Good. You have found it. Now to believe that you have found it is very difficult because guru shopping is on in America, I think. You see they are all busy shopping, and this is a temple you enter into. And then you can't believe this is a temple, there's still the guru shopping is on. So now you have to stop this rat race for one minute, and see for yourself. You've got it. Otherwise, you will not grow. You have to become your own guru. You don't have to go to anybody else. It's you who knows everything now. You'll know gradually now. You'll be amazed how much you know.

Like in America they said, "Mother, are your disciples all scholars?"

I said, "No."

They said, "They are such scholars. They know about so many things."

I said, "You become the knowledge. Truth is the knowledge." You become the knowledge, just become."

Those who haven't got can raise their hands. Some of the Sahaja Yogis can go and help them also. Because they can talk to you, it's better to talk to you.

Shri Mataji: Not to think bad. Because some people don't get it if they have physical problem.

Shri Mataji: Or mental problem, doesn't matter. Those who have not felt, it's better to be honest about it because you must get it. It is your right to have it all right? Now let's see, can you go and help them? Can they come on the stage I can help them, those who haven't got? How many are there?

Shri Mataji: If they could come here on the stage and be seated all here in the front line then we can work it out. You must get it. You must get it, all of you.

Shri Mataji: On the stairs will be all right. They will work it out. On the stairs

Shri Mataji: Just sit down anywhere, they can come round and see for yourself.

Shri Mataji: Anywhere. I would like to see all of them because those who are realized are really great, I feel that. And also those who have to get realization. Now can we remove this?

Shri Mataji: [unclear] Can you get the light. I'll work out with the light maybe. St. Michael's method this one is. You will also learn very soon. [unclear] Too many...

[Now follows an ongoing conversation of Mother with single different seekers who came on the stage not always clearly audible. Also Mother speaks to the total audience through the microphone.]

Shri Mataji: Just watch it. Watch my hand, without thinking. Just watch My hand without thinking. Can you get [unclear] please? You can sit on the chair. Put your hand [straight?]. You got it. [unclear]. You may not feel today but if [Siddhi?] can feel it then tomorrow you can feel it yourself. Because of the sensitivity in the hand, you know, may not be so good. You got it too. You got it, yes, I know. You sit down. Those who have got it should sit down, sit back. Because we'll have to get one by one. Got it, see yourself. [unclear] Just see. Higher. Good. All right. You got it. Just put both your hands towards Me. Like this, like this, ya. See. All right? Got it now. All right. You have got it also. Can you feel him? Yes him. Hmm? [unclear] Are you feeling? Not on the head? Just see here. You got it also now. You got it now. Watch your hands, watch your head also. You got it. Just see yourself.

Shri Mataji: Is it? [unclear] I would like to be closer to you also. Who is this? Most of you've got it. I think in the Nabhi. Hmm. Those who haven't really got it. [Mother laughs]. Let's see this gentleman behind the [unclear] got it. You, you only. Just see him. No, no, no. This one with the [unclear]. He's got it. He too has, the one...

Shri Mataji: Yes. You can feel it, just feel it. You see, it's a very small thread, it's very subtle. Some people get it in a big way but it's very subtle. Ha. Now. All right? Now this gentleman? What about you? Just put your hands like this, let's see. Watch Me, watch Me here. Got it now. All right? [Mother laughs]. It's very simple, just go on feeling [unclear] it. Start's now, what about you? Feeling it or not? In the Nabhi; You have been to some gurus or someone? No one? You have got. You have got. You got it. All right. [Mother laughs]. You didn't go to any spiritualist? Did you?

[Seeker says something but unclear]

Shri Mataji: Ah, they can be very dangerous also, these spiritualists, I'll tell about all of these people tomorrow. You got it, there, with the red? All right? Good. [Mother laughs]. One by one, how you get it, you see now. Everybody has to get it, everybody's going to get it. All of you all are going to get it, so don't be worried. Just don't be worried, that's the main point. He should get it, [unclear]. Most of you have got it. Hmm. Now? Got it?

Seeker: Warm...

Shri Mataji: Warm, warmth will go away, will become cool. It has opened out, you see never warm coming out from here. [unclear] Now. Better? Hmm. You got it too. Now just feel it. You all got it. All right? Feels great. Look at that. How it's happening. Just like... [Mother laughs]. What about you? Did you feel? There. No. Just see him. It will work out. Just watch My hand. Don't think about it, all right? It is the beyond, it triggers into the state.. All right. We work it out. Somebody here, this side. Hmm, should be cool. It will cool down, it will cool down, little bit. You put your left hand on your liver, left hand, this side. Now put your right hand towards Me. Cool? All right? Hmm, That. Right. You have a little liver problem. Liver. Little liver. You see.

[Seeker says something, not clear]

Shri Mataji: What is happened?

[Seeker says something, not clear]

Shri Mataji: Is it? That's the heart. Now put your right hand and go on saying with your left hand towards Me that, without feeling guilty, "Mother please forgive me if I have done any mistakes," and say that, "I'm the spirit." If you just say that, it will work out. All right?

Seeker: All right.

Shri Mataji: Just say. Go on saying. She has got it at the end there. All right?

[Seeker says something, not clear]

Shri Mataji: Now he'll feel it, he'll feel it. It takes time because our fingers are not used to this. We have not felt it before.

[Seeker says something, not clear]

Shri Mataji: Hmm. I told you, you had liver, that's why, that's why the heat is there. Doesn't matter, the heat is going out. It's good, it's clearing out, it's so clear. You don't have to tell Me about you suffer from. I just know, all right? And you will know too. Are you feeling?

[Seeker says something, not clear]

Shri Mataji: You have pain? You have pain in the back.

[Seeker says something, not clear]

Shri Mataji: All right! Not now, all right. Good. Most of the, you've got it now. What about you? I tell you. [unclear]. The lady behind. Hah. You got it? Did you feel? Yes, try to feel it. It's there. It's again very subtle. You have got it. What about you have got it now. don't worry now. Tell me [unclear] put your hands like this, got it. Fine. Got it now. It's cooler, very much cooler, see. It was hepatitis, it was hepatitis. I could see that, you see, and the hepatitis is cured as well, it's that. The heat had to go away. You see so much accumulation of heat in the liver. You see liver is the one which sorts out your all poisons, you see. But that shows. Tomorrow I'll be telling you all about diseases and things like that, and if there are any doctors it will be good idea for them to come and see. [unclear] my child.

[Seeker says something, not clear]

Shri Mataji: Now can you put your left hand on your navel, left hand, yes. You got it.

Sahaja Yogi: He's got very bad damage here and here, from a guru I think.

Shri Mataji: Which guru you went to?

Seeker: Maharishi.

Shri Mataji: Hum?

Sahaja Yogi: Maharishi.

Shri Mataji: Ah!

'Sakshat Narakasura Mardini' 'Om Sakhsat, Narakasura Mardini' 'Om Sakhsat Narakasura Mardini'. You must understand even, my child. It's very simple to find out these things, isn't it? He is going to teach you to fly. Are we going to become birds now? Why not make you fly himself? Put him on that leaning Tower of Pisa. That's the best way. If he can fly even one inch, you can go to him. Horrible people they tell you all stories!

Sahaja Yogi: It's blocking here and here.

Shri Mataji: All right, just 'Sakhat Narakasura Mardini' 'Om Sakshat, Narakasura Mardini' 'Om Sakshat'. Keep your eyes open my child. Just say, put your right hand on your heart and say, "Mother I am sorry for being" You see, after all you are a seeker – you have made mistakes, it's all right. All right?

Sahaja Yogi: [to the seeker] Feeling it cool? The hand? Put your right hand [inaudible]

Shri Mataji: He's horrible I tell you. He has given epilepsy to people, you won't believe, epilepsy to people. The head of their academy in Scotland came to Me with epilepsy. His daughter, his wife, all of them got epilepsy. Horrid person. If you want to read about him, this lady went to some broker 'News of the World', and she's published all about it. Horrible people!

Now sit comfortably. Such a seeker, you'll get it. Don't you worry.

Sahaja Yogi: He's got it now. He's felt it.

Shri Mataji: Ah! You are going to get it. Whatever, let them try! I know all their tricks and the trades, all right? Ha, you got it, now, all right. Now close your eyes. Enjoy yourself.

Yes please?

[Seeker says something, not clear]

Seeker: "What is this sensation on the whole of the hand?"

Shri Mataji: You get a cool breeze and [NOT CLEAR]

Seeker: Cool breeze coming up from top of...

Shri Mataji: Like a jet.

[Seeker says something, not clear]

Shri Mataji: Yes, heat would be there in the beginning. You see the heat of the body has to come out. He's all right now, this gentleman. We just see this gentleman. Are you better?

[Seeker says something, not clear]

Shri Mataji: Hmm. You better forgive him. Better forgive him. All right? Just forgive. Just forgive. Ha. Keep your eyes open, you better [NOT CLEAR] watch [NOT CLEAR]. Ha! All right? She got it? This one. Now who have not got it? This gentleman, look after you. It's very good. Are you a science stud? Are you a science stud?

[Seeker says something, not clear]

Shri Mataji: Then what? What have you studied?

[Seeker says something, not clear]

Shri Mataji: Let him ask Me, builder of the builder, you see,. All right. Good.

[People taking, unclear]

Shri Mataji: Smoke. All right? All right. Keep it down, keep it out. That's all. You won't smoke now any more. All right! Got it, all right. [Mother laughs loudly]. With a package it was hiding there. He's found it. As soon as he took out the packet, you see, he's all right. [Mother laughs]. Otherwise, he was breathing heavily, see. Great. Great. Smoking, you'll give up. Just put in little will-power. Think of Me that time. It will go out, all right? You too, you have a liver problem? Hmm. You put your left hand on the liver. I'll tell you tomorrow about liver, everything. How to get it all right, on that. Higher. I will tell why you get livers also, everything, tomorrow. I hope you'll bring up paper and a pencil also to note down few points, and also I think they can give you My tapes later on if you want to have the tapes. Hah. Good. All right? Throw away this in the sea. Just throw away. It will go away. It will go. Are you all right? Did you feel, this gentleman. Did you feel? Not yet, all right!

Those who have not yet felt again raise your hands. Just raise your hands.

Dr. Warren: If you have not felt it, raise your hands.

Shri Mataji: It must be. Still at the back.

Dr. Warren: [UNCLEAR The others] just move back and let any others come.

Shri Mataji: Yes, yes, those who have not. Let others come in.

Dr. Warren: Everybody should feel it, it's your own.

Shri Mataji: It's your own. Those who have not felt, come along. Come along.

She-seeker: [UNCLAER].

Shri Mataji: Yes, he's great. Yes.

Dr Warren: If you can't feel it, [UNCLEAR].

Shri Mataji: Again, again you got it. Now come along.

Dr. Warren: It's coming up and down.

Shri Mataji: Please come down. Come here, I will tell you what. You turn round. Turn round. Hmm. Now you put your hands.

Dr. Warren: You put your hands up.

Shri Mataji: Ha. Now your eyesight has to be improved also. Now you feel it?

Dr. Warren: Don't think about it, [UNCLEAR ma'am/now]. Just a ...

Shri Mataji: Nabhi. (Short pause, Shri Mataji is working.) Now you are feeling? [UNCLEAR Fasten/Fastent it] again. Ha, sit down. We'll see what is catching. Sit down facing me.

Dr. Warren: Turn around.

Shri Mataji: Hmm. Come here. [UNCLEAR] now. Close your eyes. (Short pause, Shri Mataji is working.) Do you feel?

Dr. Warren: [UNCLEAR Mother] can I ask him to forgive it, [UNCLEAR came up Mother].

Shri Mataji: You have to forgive. With whom are you angry since childhood?

She-seeker: [UNCLEAR].

Shri Mataji: Ha? Alright. Now you just your hand down there and you say "Mother, I forgive everyone". Just forgive. Forgive. Forgive. Forgive. Forgive. Now you got it. Are you angry? Still?

She-seeker: No, I can feel it now.

Shri Mataji: Now feel it. Now don't be angry with anyone, alright? You have to forgive. Now feel it, now that's it. When you start ..., see now you got it again.

She-seeker: [UNCLEAR I know, I ...]

Shri Mataji: Not yet yet, now see. (Laughing.) Children are so good. It's alright, it will work out. You must forgive, alright? Fully forgive. It will work out. Alright? Good.

Dr. Warren: Feeling it now?

She-seeker: No.

Shri Mataji: (Laughing.) Again you remembered something. What are you remembering about? You have to forgive, you have to forgive. With whom are you angry? Are you alright? Just see, just put your hands towards me. You are good. You got it. Haa, now.

She-seeker: Mhh, now. [UNCLEAR].

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5 October 1981

The Beauty That You Are

Public Program

Unity of Houston Church, Houston (United States)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2: "The Beauty that you are". Houston (USA), 5 October 1981.

Yesterday I told you that God has created us with a purpose and unless and until we find out our purpose, unless and until we find out our absolute, we are going to seek and we are not going to be happy. He has done everything, very beautifully.

Now we should understand what are we really, inside. Moreover, as I explained to you yesterday, that whatever I say is to be taken as a hypothesis, as a scientist who would keep his mind open and see for himself, because everything is not known to you. And whatever I say, you have to keep your mind open, you need not accept Me blindly because blind faith is of no use. But, if you get your enlightenment, you get your Self-realization, you actualize it, you become, then you have to verify for yourself whatever I say, is it true or not.

For example, if I say that the Christ, our Lord, is placed in this center of ours, at the Agnya Chakra, which I'll explain to you in details. You are not to believe Me that He's placed there, but you have to see for yourself when you get your realization, you will be able to raise the Kundalini of other people. And when you start raising the Kundalini you will find that it will stop at this point - because you will become your own gurus, the Kundalini will move at your fingers, and then when you find the Kundalini has stopped here you'll be amazed that you will have to ask the seeker or the subject to say the Lord's Prayer. And that's the only way you can get out the Kundalini from that center. It's a mantra. It's a mantra, it's a chanting, which He has given to us.

He could have given the bija mantra, the seed of that chanting is Ham-ksham. But, He didn't give because He thought people would be, specially Christians would be very rational people, so He thought better give a complete explanation of the whole thing. But every word of it is a mantra. But it is to be awakened; if it is not awakened, it's dead. It is to be awakened, this is the basis of Sahaj Yoga.

"Saha" is "born." With you, Saha-ja. "Ja" means "born" and "Saha" is "with" - is born with you, spontaneous, it's living process within you, is your own right, you must have it. So this is a living process and the living happening should take place.

You should become your absolute; you should become your own guru; you should get complete integration within yourself; and then you will be able to discriminate because the all-pervading Power, about which I told you yesterday, is surrounding, is everywhere, only you are to be awakened; once you are awakened you can start feeling them, the existence of that, around you, on your fingers. Imagine on your fingers you start feeling that Cool Breeze of the Holy Ghost. That should happen to all of us and the time has come, the blossom time has come and thousands must get their realization.

With this today I would explain to you the different centers we have within ourselves and the chakras that are within us. I was amazed, in New York they said that people are taking lot of money for this chakra therapy, I mean I just can't understand what they do about it, but all those who came from these chakra therapies, they had all their chakras ruined completely.

I mean, you pay to ruin your chakras, I just couldn't understand. Anybody coming from India is not a saint, on the contrary, as I told you, there could be greatest thuggery in India. Yes. They are very intelligent, cunning people, they can be very good. If they are good, they are very, very good and if they are bad, they are horrid.

So you have to be careful when you think of an Indian that, as we cannot say that all Americans are Mr. Ford, in the same way Indians also, you must know how to discriminate.

First of all your discrimination power must come to you, otherwise you won't be able to make out who is the real, who is not the real. That must happen to you. Unless and until that happens the rest of it is, is of no use, because as I said this room is dark and your eyes are closed, when you come inside you see nothing but darkness and I start telling you, "this is this, this is this and I tell you there's one elephant you can't see here and there's one tiger sitting here," you just believe it. And there's nothing like that here. And you people are definitely much more honest that you can't believe how people could be such fake. Oh, there can be fake people all over the world. I am ashamed of it sometimes when I see that in the great country of yoga, where such great incarnations came in, such great work of the saints has been done, horrible people also are born in the same place because that's the place they want to harm, they want to attack. They are negative, not only negative but they are very, very dangerous. I may tell about them tomorrow or day after, but today I want to tell you about the good things that you are. The beauty that you are and how beautifully you are made within yourself.

So within us, as I told you, lies this residual power called as Kundalini. This is a part of the all-pervading Power which thinks, which understands, which coordinates, which loves. Is the integration of all these powers within us, as this Kundalini. Now so many books have been written about Kundalini. When I read them I was shocked that how could people write books about Kundalini without understanding what it meant, without understanding where it was. Such big books have been written on Kundalini, which says, "The Kundalini is in the stomach, some say this Kundalini's in the nose. I don't know how could people write, I mean it takes nothing for them to write something and to publish, and they are not afraid of God that they are writing all these nonsensical things without understanding it.

So this is the Kundalini that is placed in the sacrum bone. Now this bone, even in English is called as sacrum, this word comes from Greek as I told you that Greek people knew about Kundalini. Sacrum means sacred. This bone is a sacred bone. And why is it a sacred bone because the Kundalini, the primordial desire within us to be one with the Divine, is still unmanifested and sleeping, and is the safest place where it has to be.

Now you are paying attention to Me, now if I say you pay attention to yourself, you cannot. You may say, "I'm paying attention," but you cannot, you cannot take your attention inside. But if there is some happening within you, then your attention is drawn inside, so it is built like this that at a human level this happening will take place of sprouting. And when this sprouting takes place, then your attention is pulled inside. This attention has gone out because of the prismatic, as you say the prism here, prismatic action of the brain of a human being. I will not go into the details of it, but there is a big science about that: why we, our attention is outside all the time.

Now below the Kundalini, which is three-and-a-half coils, is placed a very important center of innocence, is the center of innocence. The first thing that was emitted out of the all-pervading Power was, it had the form, I should say the all-pervading Power was nothing but just innocence, which is the most powerful thing in this world, is your innocence. And this innocence is placed below the Kundalini, and is adorned by the deity called as Shri Ganesha, who has a trunk like an elephant. This is the bija; this is the seed of Christ. This forms the seed, and then He incarnated on this earth, this is the subtle form, on this earth as Mahavishnu - is written down in the Devi Purana - or we call Him as Christ. The name Christ and His name Jesus also has a very big meaning and relates to something that happened before Him.

Now this great incarnation of Christ came on this earth, which was nothing but innocence, innocence itself took the form and it was the all-pervading Power itself which took the form and came on this earth. That's why this is a very important center, is the beginning. Because it is innocence, is like a lotus and it is placed at a point where the gate to hell are open within us. This center gives rise in the gross ...

Now this is a subtle center called as Mooladhara Chakra. Chakra Mooladhara. Mooladhara means the support of the root. Now root is the Kundalini. It is the support of the root. Kundalini is the Mother, and this is your innocence, this is your childhood and that's the Mother. And the Mother is there to give you your realization, waiting all the time, She is your own individual Mother, and She is just waiting, ages together, to give you the experience of Self-realization, to give you your second birth. Now the last center looks after, in the gross, the Pelvic Plexus, which you have heard of, which has also got four sub-plexuses, this has also got four petals as we call it. There are four petals. So this center looks after the pelvic plexus in the gross, which looks after the excretion.

This center we must consider at length, a little bit, which is very important to understand that this also looks after the sex and reproduction, mainly the sex and other excretions. Now you can see here that it is placed below the Kundalini. That means sex does not play any part in your evolution. It does not.

Those people who say that sex has something to do with Kundalini, are really blasphemous and very ugly people because you cannot put sex to your Mother. It's something, even today is not accepted, when people have become so much lenient about sex, is not accepted. And this is what it is when people talk of sex and Kundalini together. As a Mother, I give them a little chance or sort of a little grace because to say that they originated all this from deliberate action will be too much.

I would say that maybe they when they were meditating, at the sex point they might have seen Ganesha's trunk which they might have thought to be the Kundalini. Possibly that's how they went into a wrong situation. But of course it's a very wrong thing. We have had cases in New York and here also where the private parts of people were touched by some of the people, and are having a very bad time with that action. It's your private.

It has nothing to do with sex. Animals are more sex-conscious than you are; are they going to get evolution before you get? Moreover, the whole thing that is worked out in such a way that we have started having the sex through our mental activity, which is a wrong thing.

Christ has said, 'Thou shalt not have adultery, thou should not commit adultery. But I say, I say verily to you, 'Thou shalt not have adulterous eyes.' Because He knew this would happen one day that the sex would move from there to the Swadishthana Chakra - the second chakra by which we think - and then it will come into our thinking and our eyes will start roving around.

And then, actually the sex act minimizes, and it becomes a big problem; I mean to be a sex point itself becomes an achievement for people then. It's such an absurd thing to do. And this is what is a very big confusion today in the modern times. I mean, you cannot make compromises with Christ; what He said is absolute. But unless and until you understand that sex as a married life, as a private thing, is the one that has been sanctioned for our sustenance, for our sustenance as human beings; that has to be looked after, is to be respected, is sacred.

And that's why anything else that we try to do, all kinds of perversions and these things - you won't believe that all kinds of perversions come to us because we are no more there. Mostly we get possessed. We had one boy who came to us in New York and he told me, "Mother, I... I'm a man, I have moustaches and everything but I want to be like a woman. I want to be dressed up like a woman," and he talked like a woman. He said, "I want to walk like a woman, I don't know what to do with myself. I am so confused. And I cannot have any relationship with any woman because she gets confused with me also. And I don't know what is happening to me, why I want to be like this." And I could see he was possessed by a woman. He was just possessed by a woman, simple thing as that. Very simple, it is extremely simple. And when that possession was removed, he said, "I am a man again." Is so simple, in one day.

He is a different man altogether today, absolutely a different personality, and it can happen to a woman. We had somebody from Australia and she got possessed by a man and she started talking like that and behavior, the whole thing, her husband got frightened, and he couldn't understand what's gone wrong with this lady. And the whole attitude, the whole beauty of a woman was lost into the style of a man, and it was so funny and odd to look at. Same thing: she came to Sahaj Yoga and the spirit ran away. She is a beautiful woman now, extremely beautiful, and they're having a very good relationship.

So when you try to do anything perverted with the sex and do not respect it, you do not know what things are awaiting us around. So before I go to other chakras, I want to tell you about our other unknown areas which are very important to us and then we'll go to the second chakra.

As you see here on the left hand side this blue line is there. This blue line is our power of desire by which we desire, by which God has - supposing this is the primordial being because God has made you in His own image - supposing it is the image of God, then it is His desire.

This power of desire gives you existence, and when this desire is over, when the Spirit, which is watching the drama of this body, gets fed up, it disappears, then the death comes in. This power of desire is the left side. We call it in Sanskrit as Ida Nadi, also called as the Moon Nadi and in the Hatha Yoga is the Tha Nadi. This is the channel, is a subtle channel. But this gives rise to the

gross channel, which is the left sympathetic nervous system.

Now, doctors don't believe that left and right sympathetic nervous systems are two different, but you will find out yourself that they are very different. This looks after our emotional side, and also beyond this lies the area which is unknown to us, is the subconscious; it is unknown to us.

Whatever is unknown is not God, is not from God's area. It is an unknown area, and beyond that subconscious area, lies the collective subconscious - all that has died from our creation. Recently I was seeing one of the series on cancer, in London on the television, and they told that they have discovered some sort of proteins, which they call as protein 58 and 56 and all that, they have given names, which they have also photographed - enter into our being from areas which are built within us, from unknown areas - they do not know if they are known areas - which are built within us since our creation.

Now, I've told this about ten years back in America before. And they trigger the happening of cancer, they trigger it. So it is from the collective subconscious this attack comes in. So if you move to the left side, you move to the collective subconscious too much and then all kinds of things can happen to you. For example, first of all you start getting shaking, you start hearing voices, you start feeling that you are losing your body; you are going on top of some place and seeing things. Is all these spirits are doing.

Now it has reached such a serious state, that in Switzerland I found that many children were killed because of this action.

The mother is, supposing, with some clairvoyant lady or somebody who is doing this spiritual work is a very dangerous thing. One should never take to this kind of a thing. If you take to these things, seven generations suffer. Today only I had a girl who told Me that her mother was a clairvoyant, and all her life she was miserable with her husband and this girl has been always crying and weeping and she cannot conceive or something like that.

Is a very serious thing, one should never go into these unknown areas of the collective subconscious and worry about the dead and control them and look after them and call them. You must give them their freedom. Is a very dangerous area into which you enter. I hope you don't mind it, I have to tell you the truth, I am your Mother, and I have to tell you the truth: that you should be very careful about this kind of thing like psychics or the people who try to say that "You can get possessed." They will not say, they say, "It is, it is..." they can even say, "This is Holy Ghost." They can say anything. But in whatever way, when you find that you are not in control of the situation, that means you are not there.

Is very simple as that, supposing your car is driving and suddenly it goes into a khadd [pit - ED.]. Now, do you think that you have achieved a greater progress by that? It's just you have moved without your control. If you have no control upon yourself... If somebody sitting down and he starts jumping - automatically, he cannot control his jumping - then it is not himself, minimum of minimum. Whatever he is, even that control is lost. Anything, any such happening which is beyond your control means that you are enslaved by one of these possessions. But they are never satisfied with what they do to you. I mean like I'll tell you one of the very startling examples of this left side. In London we have - I don't know now if they have but we had - a center called, "Late Dr. Lang's International Curative Center." I didn't know about it, but a lady came to Me in India to tell Me about this. She said she had some problem with her stomach and she wrote to this organization saying that "Please, help me to get cured." And they wrote back saying that "At five o'clock on such-and-such date, we'll enter into your body." I mean they were honest, I must say, as English people are honest sometimes. So he was honest to say that "We'll enter into your body, some of the doctors are there who will enter into your body, and they'll cure you."

But afterwards, after five years the lady was rattling, rattling just like a junkie car. And she came to Me and then she gave Me the history of this, which I verified.

The Dr. Laing, the Dr. Laing, the one, the one who is the one who is supposed to be running, is late, he's dead. He entered into a soldier in Vietnam, an American, and told him that "You go and talk to my son and tell him that I have entered into you and that you should start such and such organization." Now this soldier has never done anything, I mean he has never seen a scalpel also,

he doesn't know how to operate, no question. This soldier went to the son and told him, and he told him certain secrets which convinced the boy and they started that organization. This organization went on like this. And this soldier, of all the persons, used to do the operation, it's called "psychic operation," all sorts of things and he had never seen anything and he used to be possessed by this man and he did it. But why didn't he go to his son directly? Because he knew about the dangers. And the same son will end up - I am sure, hundred percent, the same gentleman who is operating and the son - with some trouble, which is of a very serious nature.

Because never play with the fire which is the subconscious, the collective subconscious. You have to be in the present and not in the past.

Now the people who think too much about their past, "What was my previous life?" Why should you worry? Whatever it was is better today because you can get realization today. You could not get realization even if you were the King of Egypt, what does it matter? You couldn't get your realization that day, so why worry about the past? All the time worrying about the past or playing with your emotions, you see. Like we had one gentleman, who used to always cry and weep too much and his mother sent him to Me, and I asked him, "What did you do all your life?"

He said, "I was very fond of Lord Byron and I just read him." I said, "All right, that's it." This Lord Byron, he led such a horrible life himself, an unholy person, and made everybody cry, "You suffer, you must suffer, you must weep."

Why should you suffer? The idea of a saint is that a person who is absolutely in bones, walking like a TB patient, is a saint. I mean is something sadistic, I can't see Christ.

I was so happy to see that you showed Him as a resurrection, that is His message. Is resurrection is His message.

Crucifixion is just a means but resurrection is the thing. And a lanky-panky stuff, walking like a saint, how can that be? Is it possible, a person who is bestowed with God's blessings has to be healthy, cheerful and a very happy person, has to be that. Minimum of minimum should be that, and I was happy to see even Mr. Paulsen here, who was very healthy and this thing I said, "Now, this is a religious place because wherever I go I find such serious and absolutely sickly people."

So the people who believe in sufferings, like... the Jews they denied Christ. Why? Because He was a Jew. Is absolutely true about human nature.

If I was an American, you would not have accepted Me. In India the Indian Christians, in whose community I was born, have not accepted Me at all. Can you imagine? I have got Muslim disciples, Hindus, I've got Parsis and Sikhs, but hardly one or two and maybe My family people. They have not accepted Me. They didn't accept Christ, and because they didn't accept they couldn't accept that He suffered for us.

Why should we suffer? Has He suffered less for you in any way: has He left some for you to suffer? So, you want to suffer, all right have Hitler and suffer. That's it! Have him! If you enjoy suffering, why not? And it started like that. Actually when Hitler came, for eleven years, you will be amazed, eleven years, these people were supposed to be suffering among themselves, you see?

In France if you go today people are sitting outside and they are talking of their sufferings and money and other nonsensical things. They are waiting for the day, they said that that in '82 in any case we are going to be finished, waiting for that, discussing it very nicely. Les Miserables I call them, as they are.

So why should you suffer, I just can't understand, when Christ has suffered for you? Only He's to be awakened within us. If He's awakened, He takes away all our sufferings, all our conditionings, all our so-called karmas and everything, which I will show you later on how it works out.

So now we come to the left side then to the right side. Right side is the action, the power of action, is the Surya Nadi, is the channel of the sun. When you want to enact your desire, manifest it, then you use this action power, Iccha Shakti is called in Sanskrit.

Now this power works mainly through this second center, or we call it the third center, actually it is the third because the second one is that. This center is called as Swadishthana and this center has got six, you can see six plexuses, it's like the Star of David.

Moses preached something, and Jews are doing something else. Christ preached something, and Christians are doing something else. Adi Shankaracharya taught something, and Hindus are doing just the opposite. Mohammed taught something, and they did just the opposite.

It's not only in religion, in every way you see how we are perverted. Like this center is used for converting the fat in your stomach for the use of your brain. Now, do we realize that our brain is made of fat.

Do we know all our nerves are made of fat. Now there's a general principle in this country that you should not use any butter, which is very wrong. When you don't use any butter how are you going to supply this brain with something, I mean where will you get it, it's completely drained out.

You use your brain so much, so much so, that this poor center has to work only for your thinking which has no productivity. You just go on thinking, thinking, thinking, thinking; two horns come out of your head of thinking; still you are thinking, and they go on growing, you cannot stop your thinking. And what are you thinking, what have you got out of your thinking?

This right side is the one which is our five elements also, five elements within us. So when we started discovering what is the essence of the five elements, in India we started the Vedas thousands of years back, and the effect of that is shown now, is the science, you discovered, the science. That you understood how to master these five elements. But what did you do with it? You created bombs; horrible bombs you have created. You have created these devils and now you are frightened of them. Thank God. That's something good that all such ventures stop by themselves because you create a bomb, it becomes a devil on top of your head. Now you can't start war because as soon as you start means no more existence. So you are frightened and that is how - where have we gone to?

Science has led us to which sensible things, we should think. For example science has given us all these devices by which our life can be made very easy. We can have more time, we can have much more time than our forefathers had, who had to do everything with their own hands and go about it, but here, you see, everything is instant. I mean anything: You want to have food? All right you have instant, everything is made instant. But for what is it instant, is to save time.

Now we have watches also here to save time, everybody's saving time, saving time, everybody "busy" saving time. But what are you doing about the saved time? What do we do with it? For example there was a gentleman coming from India, very busy man, "Very busy, there's no time to talk to anyone." And I said, "Wanna, why are you in such a great hurry to go?" "Oh, You don't know! I have very important -" "What?" "I have to attend a particular ball for five hours there." "Very good. Is that the way you are going to save?" "And then I have to attend a racecourse, I have to do this, I have to do that." This is no saving of time; this is the real waste of time. Real waste of time is this way we do it, and how are we going to save our time? Time is to be saved to be realized, to be in meditation, to enjoy the beauties of God. That's why these all things are given to us, and that's how we should look at them. But now we have become their slaves.

When we achieve something, for example electricity, it is so important to New York that one day it stopped, the whole thing stopped. So we become also slaves to these. Apart from that, now we have no time, we are so busy. I don't know. I thought that here people will have more time than we have in India because, you see, if you have to travel we have very funny trains, and we have not yet developed as you people are. Sometimes I have to go to villages in bullock carts and this and this. But people have no time. This is the trouble in these countries, you have no time at all and I don't know what constructive work they are doing for themselves.

So this is what is the right side where we go wrong. But the worst thing we do is to think. We think all the time, and what do we think? Either we think of aggression or we think of recession.

For example we think that, "Oh, we are guilty." You do something and then you sit down, "Oh, I should not have done it, this is very wrong I should not have done it," and you start wondering about it, correcting about it. But actual correction is not there, actual correction is not there, only by thinking you avoid the main issue.

You have to be in the present but thinking can only take you to the left or to the right, to the past or to the present. [future - ED?]
You cannot be at the state where you become just yourself, there's no thought. There is no mental activity at all, you just become. Because a thought rises like this and falls off, another thought rises like that and falls off, in between them is a very little space which is the present.

So the past comes to the future and becomes, again the future comes in and again becomes the past like that. But in between is the present and that present is very small.

Unless and until you know how to stay in that present, you will be always tossing on these waves of past and future while past is finished and future doesn't exist.

You plan out something, it - all plans goes out. You plan anything but how can you plan also, I can't understand. Supposing you don't know the way, and you plan that, "I will go right and left." Now supposing you are going to the right and left is the sea, will you jump in the sea? Anything that you have to do new, you cannot plan it out, you have to keep it just open, like a seed when it sprouts, it has got a living cell at its tip. It goes and sees for itself how it has to move.

When there is hardness, it moves round the hardness, when there is softness, it moves like that. So when we plan everything we really become rigid, and like - I heard of a person who planned everything for his picnic. He had all champagne and everything put together and when he reached the place he had no bottle opener and he had to break the bottles. That's what it is. Sometimes the planning can be such a headache, I mean, you waste one hour in planning and while it comes to reality you find it's all wrong, it doesn't work out.

So too much planning, like I have to go supposing to Los Angeles, I have to book My ticket, this is today, I have to do it today. I don't have to sit down and plan that on such and such date I'll go and book it.

So in the present if you know how to live, but this cannot be done by saying that "You live in present." It cannot be done, I know because that's not some sort of a thing that can be taught. It has to happen to you, you have to become that. Once you become that, then you become thoughtlessly aware. You become a witness. You see the whole show as a drama, and you don't get involved into it.

You just see the waves coming up and going down. Like, I can say, you are standing in the water, and there are waves around and you are frightened, but if you are put in the boat you start seeing those things. If you know how to swim you can enjoy those waves. In the same way when you become a master, when you come in the boat in the state of thoughtless awareness then you start seeing these things and the whole thing appears like a drama. Actually the whole thing is a drama but the drama must end for you to see that it's just a drama and you are unnecessarily worried about it, and by worry, you know for definite nothing works out.

But if I say, "Don't worry," you'll worry more, that's not the way. That's not the way. They all tried these tricks to say, "Don't do that and don't do that," it never worked. With human beings it doesn't work out. It's all right with animals, you can work it out, but with human beings, if you tell them, "Don't," they'll do it ten time. So best is to so make them that.

Unless and until they are made the spirit it's impossible to convince a modern man to do something. So is best is first let them have their realization, let them have their light, let them see for themselves what's the problem, let them feel it and correct it. It's let them judge themselves, that is the best way is to do it, and that's the time has come for you to have it and see for yourself and be able to discriminate between false and reality.

Now this side beyond is the supraconscious area, and beyond this is the collective supraconscious. Now if you take LSD, for example you take LSD, you go onto supraconscious area. I was surprised when I went to Colombia, I asked them, they had a condor as their emblem for navy, and I said, "How condor is your emblem?" because condor has nothing to do with the navy.

They said, "Our old Indians have told us that a God called Shri Vishnu," just see the name, "came on a condor." And really condor

is the conveyance of Vishnu. Can you imagine? I was amazed, you see, how did these people in thousands of years back saw, but then I said, "What were they doing normally, what was their pastime?" And they showed Me a thing made out of a shell of a fruit and with a little stirring rod in it.

I said, "What is this?"

They said, "They used to make some sort of a amrose."

"Oh, I see, that's it." And even today Peru is exporting that amrose to you which is nothing but LSD. If you take things like that, of that nature, of LSD nature, you go to the right side. You move to your supraconscious area. Means you get disintegrated.

In the morning I told you that when you are integrated you don't see any auras or anything around the person. When you are disintegrated, only then you see because you become these five elements. When you are integrated you don't see anything. And then you start seeing these things, like an eye and a light, and all those things you start seeing, and if you go further, further with it into supraconscious areas, you can become horribly possessed by the people who have been ambitious.

Even Hitler can possess you. Hitler did that. Hitler did all supraconscious activity in Germany. How he possessed people was through supraconscious. Because in the supraconscious, collective supraconscious, there are many ambitious people who have died. Like Gauguin was an ambitious man, but he became mad, I don't know how he became mad. Normally an ambitious man doesn't become mad he makes everyone mad, but he doesn't become himself. But this fellow was possessed, and we saw it in the television that a man who was possessed by this Gauguin was painting just like him.

I know - you see Gauguin's paintings, that you must be knowing also that in one line he puts lots of color and he was doing it very fast. And he said, "I'm possessed by Gauguin." So these ambitious people, like some of the ambitious people could be doctors, could be mathematicians, can be physicians or anything like that, they can possess.

I know of a lady, she is a unique mathematician and she's possessed, definitely possessed. And she can tell you anything you ask her, any square root, anything she can tell you, and she's earning lot of money out of it but she's always sick, she has a headache. She came to Me for curing, I said, "You have to give up this nonsense." She said, "Let me make sufficient money, then I'll give up." I said, "By that time I may not be there."

So these things can happen to you with the supraconscious activity and this awareness of supraconscious is also very dangerous. The trouble is if you suffer from the superego there, from this side, with the conditionings, you suffer. I mean you get the pains all over the body, you might feel sick, you will cry and weep, you'll be unhappy, it troubles you.

But when you are possessed by this ego business, as it is ego is too much, and then if you get possessed by somebody egoistical, then God save that person and God save all the relations, because such a person you cannot even talk, he's so aggressive, he's so aggressive, he'll aggress all the other people; ultimately he himself becomes absolutely stupid fool.

Many people whom we think are very successful in life, really are stupid; if you look at them they are really stupid people. Like we can say, this Kennedy's... a man, what was his name is, whom she married...

Man: Onassis

Shri Mataji: He was a stupid fool, I have met him. I met him; he was a real fool I tell you. I don't know how this woman married him and she must be another stupid fool to marry him. Both must be foolish. Actually I met him very well, because My husband is with the shipping, and I don't know how could she marry this old man like her grandfather and what was the thing? Maybe the money part or whatever it was, I mean it's so stupid, the whole thing is so stupid. And this stupidity you can see, even it grows with your age more and more, and you become more stupid.

Like an eighty-year-old woman writing love letters to an eighteen-year-old boy. It's stupidity. Is absolute stupidity, I tell you, if you

see it from wisdom point of view. One can't understand an old man, who is like a great-grandfather, writing a love letter to a little girl of eighteen years or an old woman, who could be a great-great-great-grandmother writing to a little boy like that, is absurd. And they are so stupid and they talk like this, "I believe in this." Of course all the donkeys believe like that, so there's nothing new about it.

But they are so starringly stupid that you are amazed, you know. You start looking at them, "What's the matter with them?" This is the blessing of this mister ego, which exists in the head sometimes goes up like a balloon, but you start seeing it, you start seeing it when you get your realization.

I had a disciple, one of My sons, who came to Me and one day he said, "Mother, I'm really frightened with one idea." I said, "What is it?" "But You don't tell me if it is true." I said, "What is it?" He said, "Was I Napoleon in my last life?" I said, "What makes you think like that?" "Because I can see such a big ego on my head, this could be only Napoleon and I know how to draw. These two things put together, could I have been Napoleon, but if I was, You don't tell me, otherwise I will commit suicide" - even after realization.

So it is ego becomes then a headache to us. It becomes a headache and we want to get rid of it.

We start seeing it, and it presses you, you get a headache and you feel it in the Agnya, how it troubles you. Then it starts troubling you - not others so much as it troubles you - because you don't want to accept that you are egoistical, you start seeing it. But you don't say that you have a ego, you will come and tell Me, "Mother I've got an Agnya catching," and we have to clear that Agnya. Nobody feels bad about it because you are separated from yourself. You don't feel that you are hurt or insulted because you get separated, and you see for yourself.

Like this sari has some sort of a black spot on it, so I see it, I take it out, and then I want to wash it, I don't want to keep it black; I am not identified with it.

So all these fixations also drop out when you get realized, because you go in the center, not on the left or to the right. Now movement on the right, actually is the blessing of this center, in the center, because the central line is the line of our evolution, is the line of sustenance, is the line by which we have become human beings.

First of all we get our sustenance, like we can say the gold is untarnishable. That is the sustenance of gold.

We can say carbon has four valences, in the same way human beings have ten valences - they are in the stomach. These are the ten sustenance described as the Ten Commandments in the Bible. They all can be explained very well in Sahaj Yoga. This is the human sustenance which is around in that part which we call as Void. It's not the same Void, or is the gap, as the Zen, but this is the Void, we mean the space where we exist in our evolutionary state.

Now this center is the one that is presided over - this one, the second one is presided over by the Creator, and this one is through the Preserver, the one who preserves.

Now there can be a problem with people who believe that there is one God. I also believe the same thing. I mean, it is true: He - there's only one God, but He has different aspects. God doesn't exist like, say, Rock of Gibraltar. Even Rock of Gibraltar, if you see, it has got aspects. God has aspects like a gentleman, now say for example if a gentleman is a minister here, he could be a husband, he could be a father, he could be a brother, he could be anything.

So God has different aspects and out of that the first aspect, as I told you of the existence, the power of existence, that does not incarnate on this earth, it does not incarnate, it just exist, it watches, it sees, and that is in the heart, which is the Spirit - expression of that God Almighty who is watching the spectacle of His Power.

Now the other aspect of God is that He's a Creator, He creates all these galaxies and all these things now as I told you yesterday about the Vishuddhi Chakra, we are this center which is America, that if this center is awakened here, you don't have to have any missiles or anything. As in the Saturn, you have got a girdle around, you too have that girdle around America and nobody can

touch you, but you are to be awakened first of all.

If you are awakened in that center, nobody can touch you. Russia is going to know about it, they have to know about it because they are getting into parapsychology and all these things and they are going to get possessed about this. They have to know through their supraconscious that you are the people who are awakened. Once you are awakened nobody can touch you, because there's a girdle round you, and there are sixteen sub-plexuses as there are sixteen, you have seen there are sixteen substar - sub, what do you call them?

Warren: Moons.

Shri Mataji: Moons, they call them moons, sixteen moons around Saturn. And you are one guided by Saturn. Saturn makes this country. Saturn has made this country, and this is the Vishuddhi Chakra which is a very important chakra about which I'll tell you later. So this center we come to of our evolution. Is presided by the Preserver, the aspect of preservation, He's the Father who looks after us; He's the One who gives us our wellbeing. He comes on this earth again and again in different forms. According to Indian Puranas, the Ark of Noah was saved by a fish, which was a dolphin, and this dolphin fish was this aspect which incarnated. Then the second aspect came as the tortoise, then the third as a quadruped.

Like that they have described the evolution, how these incarnations had to come to break the barriers of the evolutionary ignorance. These are the people who came for the break-through. Ultimately a short man was created called as Vamana, then a very fiery, big man, he's called as Passidon, [Poseidon - ED] in Greek language.

Greeks made their gods look like human beings; I mean they never kept their purity. See, everybody was given with some quality of a human being. I don't know why they did it but that's how they spoiled the whole game.

Now this god, the god, which we can say or the incarnation that came on this earth was a fiery man, a man who fought the nature, who fought all the different elements. And then after that came another aspect on this earth, who was Shri Rama, is the ideal king, the king who is a benevolent king, the One who gave us the political idea about how to govern - Shri Rama - this was eight thousand years back. Then came the incarnation, after that the incarnation came in the center here, before, before Rama, this incarnation was of the Goddess, of the primordial Mother. She Herself incarnated on this earth before Rama, because many forces which were negative were collected by the ignorance of human beings, and the seekers were very much harmed. So She came on this earth to kill those horrible, demonic forces and to destroy them and to save the seekers, Her children, to save them from this drowning into the sea of illusion, and She came on this earth. As they say she came thousand times, but actually She came many-a-times before Shri Rama came in.

Then came Shri Rama who came on the right-hand side of the heart. Now this is also a very important center within us. Those people who have problems with the fatherhood. Like today there was a girl who was catching on the right hand, this heart, this is the center.

We asked her what about her father, and she told Me, "My father is dead but he's still guiding me."

I said, "That's not good, you must give relief to your father. He should be given freedom, and you will feel better."

And people with this heart get asthma. This side, this problem, on this finger we feel, get asthma, problems with their breathing...

All these things can be cured if you just tell them that, "You ask your father to leave you and to be born again and forget about it." It works wonders, we have seen.

But recently a doctor in England has performed some experiences... experiments with, what you call, anorexia - there's a disease, anorexia, where the girls just don't eat any food. He found out that these girls, when they were told about their father, and that a rite can be, I mean, the after-death rites can be done and all that, they felt all right and they got rid of it. Can you imagine this is

experimented and found out now; I mean this we have been doing for the last ten years, but recently it has been found out that if a girl is suffering from this disease of anorexia, you can cure it; if the father is dead, then only it happens.

So fatherhood - a man who is not a good father, a man who has a bad father, a girl who is too much attached to the father or a girl who is not treated nicely also by her husband - also the husband is there - if he doesn't look after her well, she can suffer.

Now the center part, this one - the one he's there [Warren is showing on the Virata Chakra chart] - center heart, it's also a very, very important center where the Goddess - the world, we say the Mother of the World, Jagadamba She's called - has incarnated. Is a very important thing for us, because when you suffer, say, from any insecurity, then this center starts going into palpitations, this center starts vibrating very much.

Till the boy is of twelve years or a girl is of twelve years, in the sternum bone the antibodies are created by this center. This center creates the antibodies and they circulate in the whole body and remain there, and whenever there is an attack, either from an entity or from any disease or anything, these antibodies fight it.

And that is the center which is very important, specially for women. If their motherhood is challenged or if they are insecure, if their husbands are making them insecure by any of their behavior, then they develop this trouble of this center, where they may get breast cancer. Breast cancer comes to women when they are insecure. Only it can be cured when this center is awakened; breast cancer can be very easily cured, if they could be secured through awakening of this center of the Mother of the Universe.

And then we have the center up there, which is the Vishuddhi Chakra, which is a very important... for you, because it is adorned by the completion of this evolution as called as Virat - it is Shri Krishna, who is the complete incarnation of this primordial being. And He is placed there. It is He who is the witness, who is watching. When the Kundalini rises over this, you start witnessing the whole thing. It has got sixteen sub plexuses and which look after your face, your nose, eyes, ears and all these places. And when this center is out, then you have all kinds of problems. Say the left side, left side Vishuddhi Chakra catches when you feel guilty, when you are diffident.

When you start thinking that, "It is very wrong too, I should have not done this," and all that, then the left Vishuddhi catches. Or also with smoking it catches; smoking spoils this center very much. Imagine in America the percentage of smokers is the maximum. Can you imagine, in this center only where they are born, this is the maximum here?

Like England is the heart of the universe, where they are lethargic. Europe is the liver of the world where they are drinking. America is the Vishuddhi of the world where they are smoking. What a justice done to themselves and to God, their Creator! So smoking is against this center. Thank God now it is established that it causes cancer, but still people are smoking, they say, "What does it matter?"

But this is a very, very important center for us because this is the time when we raised our head, this center came up. Now see the ego and superego start developing actually from here. So this gives rise to ego and superego. Somebody is a very arrogant person, catches on the right; who is very, very aggressive type he catches on the right Vishuddhi.

In the center, a person who is against God, who is anti-God, who is against collectivity, who is talking against God, who is openly saying things against God, catches on this center.

So this center, as it is, is very important for you, because if you can awaken this center within you here, as I told you, you become as powerful as Shri Krishna.

Shri Krishna has a Samhara Shakti. He has the power to kill; He has four special things with Him, four weapons by which He kills, but one of them is this, in His hand, is a discus and this discus is shown around the Saturn which you see. And with this discus at any distance He can destroy. So His destructive powers are built in you. Nobody can destroy you. You have to just get to your Self and become your Self.

You'll become so powerful a nation - but powerful in loving, in being compassionate and affectionate, in the real sense of the word, not the way we are now trying to help others; is not the way. It can be very disgraceful sometimes; the way we try to help others can be very disgraceful. You will be amazed how, sometimes you people have helped and have created problem for others. I'll give you a very simple example which is really surprising and astonishing. Some years back we had a dearth of wheat, and people sent horrible wheat to India, horrible, that even the animals would not eat. Just to help us, you see. We are not so badly off people; we are very fussy about food. We may be poor but we don't eat everything; we are very fussy.

So people threw away that wheat outside. That wheat grew into a grass, which was called as "Congress Grass," can you imagine, and that grass started moving from the roads to the fields, from the fields to all the trees and started engulfing them. It was like a mad grass, it was like a malignant grass, eating away everything that there was. Imagine, as it is we had dearth of thing and this thing came, and we didn't know what to do with it. So we tried some Sahaj Yoga tricks and it has worked, and thank God that grass is now finished. But from that, with that grass you had sent some other seeds of acacia, and these also people threw

away. Out of this came out such horrible trees of acacia that it has got thorns which are poisonous. And in the villages they have grown so big that children can't play and if they touch that they get very seriously ill. It's a very seri- which you have done so innocently. There's no grace about it, I think, the way it was done, and that's how we can create problem through our help to others because what is there to help. Who is the other?

If you are the collectivity, if you are Shri Krishna, then what are you helping? You are helping yourself, this is your own finger. If you help your own finger, you don't help it in a different way than you help other fingers. That means you become collective being, and you are. People like Abraham Lincoln, as I said yesterday, and great people in this country established these great ideals of liberty. And the liberty, they said that, even Roosevelt once said that "Poverty anywhere is a threat to prosperity anywhere."

What a great thing to say, to feel that, that oneness with others, that anywhere poverty is a threat to our prosperity! All this collectivity has been expressed by your great men in this country, not only but the sense of responsibility because it is on your shoulders, the responsibility. Responsibility of making others the Self, realized, is your responsibility.

You are the responsible nation, you are responsible for the whole universe, whatever things you do here that goes outside. You took to rock 'n roll, people started doing rock 'n roll, you did anything nonsensical that started going abroad. Anything nonsensical you do here spreads everywhere because Americans are doing.

Jeans, now everybody wears, even in India! Imagine in that hot country they are wearing very strong, starched ones, and they get all kinds of problems with that, circulation problems, but... "Americans are doing," everybody is becoming American in India.

That's it, in every developing country you have put your hand; you have interest in everyone, but should be done after realization when you feel the pangs of others, you feel the heart, you feel the real pain of others within yourself, and you do it, not because you want to do it for others, but do it because you want to save yourself out of that pain. You do it for yourself. If somebody's drowned and you try to save a person who is drowned, then you don't save him, you actually are saving yourself because something in you is getting drowned there. And that happens to you when you become that collective being, when you become the Spirit, then it happens to you. Before that, whatever you do is disgraceful, sometimes can be harmful, can be very ugly and sometimes it can be so grotesque that people say, "All right, you keep your help to yourself, we don't want to have any more of this." I mean you take away all the self-respect of people.

So one has to understand that you stand here in this world, in this universe as the collective being, as the representative of that collective being at this Vishuddhi Chakra and you have to give with your hands. For giving. This supplies to your hands and you must give, those hands which have never given are no good, they are very insensitive hands, you must give, and that must come into you, and not giving for giving's sake, but Nirvach, as they say, without any, any return about it. Nothing, is just giving, just flowing, just like the Sun's rays are coming to you, they don't want anything in return, do they? Just flowing.

And that should happen, if Sahaj Yoga takes to it, I hope it takes to America that Americans accept Sahaj Yog, that it works out. You have already got all kinds of horrible people here. I don't know how you are going to work it out, but God willing, with your determination, I am sure.

This is the first Unity Church I'm visiting and I hope that in other Unity Churches also it will be made convenient for Me, and we can save other people also, and they can become realized souls and they can become the Vishuddhi Chakras, the responsible people, men of God, those who have to become prophets, that they are responsible that they have to make others also prophets and save so many seekers who are gathered in this great country of yours because they know here it will happen, and that they should be enabled to enter into the Kingdom of God because the time has come for that. So we come up to Vishuddhi Chakra, and the last center, chakra, here is the center of Christ.

[ASIDE: Should I go? If I do it tomorrow, would be better. All right?]

Tomorrow about Christ I'll tell you because I want to take one hour explaining Him very well. I was very much impressed by your whole idea about Christ, the unity, the integration and your symbols are very correct, everything is just there, somebody has to just trigger it, and it will work out. First you must get your realization, grow into it, develop your discrimination, you become your own guru, and then everything that you are doing in this Unity Church will have a great meaning, you can prove it, you can prove it that there is God, there is Christ, there are all these incarnations.

Christ Himself has said that "Those who are not against Me are with Me."

These are the people. And I'm sure one day it will happen that Unity Church will show its own worth, its own explanation of its

existence, why it came into existence.

Thank you very much. (Applause)

May God bless you.

If you have any questions you may ask, and then we'll have the session for realization.

(Shri Mataji asks Warren to take off the microphone around Her neck: "It's too much for Vishuddhi")

Seeker: Sometimes in meditation and in chanting, a person will be rocking. Would you consider that a negative thing?

Warren: Sometimes in meditation people will rock or move. Is this a negative thing?

Shri Mataji: Absolutely, absolutely. You should not rock, there should be no movement, the eyes should be steady, there should be no movement in the eyelids, nothing. This rocking is absolutely wrong. All these things should not happen to you, that's not meditation. Meditation is where you are absolutely normal, you are always in meditation after realization, you are in meditation.

Yes?

Question: I've studied with Paramahansa Yogananda the SRF, Self-Realization Fellowship, and one of the things they teach is to focus the eyes, with the eyes closed only on the [INAUDIBLE].

Shri Mataji: I must say that I don't want to start any controversy. That's one thing sure, but I'll tell you that proof of the pudding is in the eating. Let's go this way. First of all logically we should see, we have to get baptism through here, not through here. Do we get baptism through here? If the door is here what's the use of breaking this window? And focusing and effort is not going to give you realization, is wrong. You see this pampers- human effort, you see it pampers you that you can put in an effort. You cannot. One must accept this position: we cannot put in an effort for a living thing.

For example, as I told you, for a seed if you have to sprout it you have to put it in the Mother Earth. You cannot pull it out, isn't it? Whatever you may try, you cannot pull it out and sprout. You cannot put in any effort. Any effort is wrong, is against spontaneity and living things. So no effort is needed as such.

Lady: I'd like to ask Her about that center where the immune bodies develop, at what age and what can we do in order to make that immunity get bigger or...

Warren: She says two questions. At what age does the immune bodies start developing and secondly is there any way in which you can expand the capacity of the immune bodies?

Shri Mataji: Of course, of course. Of course, that is what Sahaj Yoga is. When you become the truth, all untruth falls off, is that is what Sahaj Yoga is; absolutely that is what it is. Tomorrow, I am going to tell you about Christ and about cancer; about all these immune bodies how we fight them. That may be day after tomorrow, I don't know, but tomorrow, may not be, but day after tomorrow I'll tell you how to grow into it. Absolutely. You learn how to protect, you learn how to fight. Absolutely. That is what happens after realization; then you must learn the divine technique, not before realization. After realization, not before. Before it is connected what's the use of playing with it? It has to be connected first.

What is it?

Warren: Any other question?

Man: Yes. What are the avenues available to keep these channels open?

Warren: What are the avenues available to keep the channels open?

Shri Mataji: To be your Spirit. And we will let you know later on how to work it out, how to balance yourself, how the imbalances are there. This I'll do it on Wednesday. I will tell you how to keep them clear, how to keep your chakras clear, how to work it out, everything I'll tell you. And also...

[We don't have a book about it, isn't it]. But in any case...

Warren: We've got the "Advent."

Shri Mataji: Yes. We have a very big book on this Sahaj Yoga, which of course we do not sell to everyone, but we'll see about it. We'll see about it because you people are growing very fast. If you people really grow, then we'll sell it to you also, but normally

we don't sell it to everyone.

Question: Do you feel Hatha Yoga is necessary?

Shri Mataji: Not at all, nothing. On the contrary Hatha Yoga creates a problem, I told you in the morning, to a lady who was doing Hatha Yoga. I told her how Hatha Yoga in the modern times means nothing but physical acrobats. It is not that.

Hatha Yoga was practiced about, I don't know how many years back, about eight thousand years back, when we had a different system of life, where children from five to twenty-five lived with a guru who was a realized soul, and led a very celibate life. To such an extent that, that university, any university - say somebody's university was Vishwamitra, then that realized soul was Vishwamitra and that university people could not marry, even today they cannot marry. Even today they cannot marry each other. The celibacy of that kind was present in those days. And in that time when you were completely celibate, you were innocent, you were given these Ashtang Yogas. There are eightfold paths [DEL: of Sahaj] of this Hatha Yoga, out of which eighth one is Yama-niyama where the discipline and things are there to maintain a proper life that was given to them. And then after that when that was done, the maintenance of the proper life and all that was taught, also they were told the exercises when according to the movement of the Kundalini wherever was the problem.

Supposing the problem is in your particular center, then you have to do that movement, that particular exercise you have to do. But it's, as I told you this morning, that your car has not started, you are still at home and you are paying the toll for what? You must move, to find out where is the obstruction, then you pay the toll. And nowadays it is so absurd that we take [DEL: the Saha-] the Hatha Yoga in such a manner that we take the whole medicine box without having any disease and get diseased.

It's a big science. Is a very big science one has to understand that everything is correlated: How is your center, which center is catching, what center requires what kind of treatment, how to clear it, and this technique you will learn in no time. It's very simple, once you get your realization.

Question: Is there anything that we can start doing now?

Shri Mataji: Yes, just now I'm going to give you realization. All right? That's it, that's just like a seeker, just like a seeker.

[Warren: On the sheet it tells them how to meditate as well.]

Shri Mataji: Oh that I will tell later.]

Ha. Now what about you? You have been raising your hand.

Question: What kind of a... what kind of a yoga did Lord Krishna practice?

Shri Mataji: Sahaj Yoga. [Shri Mataji chuckles.]

Question: According to Yogananda, he said that Lord Krishna practiced Kriya Yoga.

Shri Mataji: Not at all, Is wrong. It is just to apportion himself to Him. You see, Shri Krishna, if I have time I can tell them, He in His Gita, He has prescribed four things.

But Krishna was an incarnation of diplomacy; He was an incarnation of divine diplomacy we should say. Because when he told Arjuna that you find it within yourself, the first thing, - He was not a businessman, so He told the best thing first. He said, "Find it within yourself the gyana, the awareness." In your awareness you should find it, you should find your Spirit, should become that. Is the first thing He told.

But he was that time a mediocre, an intellectual I should say, and he said that "You are telling me to fight the war and here You are saying that you find yourself and you become yourself, and to be a witness!" What Shri Krishna meant was that you become a witness, then the whole thing becomes a drama, but he didn't understand.

He, being a father, I give an analogy of a father who is telling his son that, "The horse is behind the cart, so put the horse in front so the cart will move." But the son is saying that "Why not sitting down here I move the cart?"

So he says, "All right, go ahead." He says, "All right, go ahead," because if you tell them straightforward they don't listen to you so tell them in another way. So the diplomacy, as the essence that you give absurd conditions, such absurd conditions that people discover later on and find that it was absurd. So the absurd condition He said that the first thing you do is to do your karmas, do what you want to do and put it at the lotus feet of the Lord - is an absurd condition. You cannot do it because your ego is intact, you may believe, "I am serving the Lord." You may believe it, "believe" is different from reality, you are not. Because ego is there, and that's why you feel hurt, sometimes you take the credit.

Unless and until you are realized, unless and until you become a holy personality you'll never say like that. After realization what do you say, what do you say: "It's going, it's coming, Mother it's not working, it just doesn't work." "It," you start talking in a third person. You don't say, "I'm giving you realization," you don't say so. "It's not working. It has worked. It has come up." "What?" "Realization." You don't say "I."

So you become an akarmi, means like the sun shines, it doesn't say, "I shine." There is no karma attached, this was the first thing He said. But this absurdity people never saw, and they - even today people say, "I am serving the Lord." But you are not even connected, how are you serving Him?

That's one thing. Because there is ego, you are identified with ego; actually you are serving your ego. Unless and until you become realized, you do not serve God. This is one point which was absurd, He told. Then second point - this is Karma Yoga.

The second point He said was, that "You should do Bhakti Yoga." Bhakti Yoga is that you should worship, worship God, pray to Him. But as usual because He was diplomacy He put a very interesting word called Ananya. You should do Ananya Bhakti. Ananya means "when there is not the other." When there is not the other, when you are not the other, when you are one with God. That means all those people who are talking, "Hare Rama, Hare Krishna, Hare Rama, Hare Krishna" on Oxford Street are not connected. They are spoiling their throat, will get throat cancers. You are not yet connected, you should be ananya. Ananya means you should be realized; you should be connected with God.

Imagine, supposing your President Reagan, I go to him and stand before his house and start calling, "Reagan, Reagan, Reagan," I'll be arrested. I must have a proper protocol, I must have proper permission, I should have a proper way of going there, isn't it? Everybody starts calling God as if He's in his pocket. "God give me a job, give me money, give me a car, give me this," I mean, imagine. You have to be connected with God. That's what He said very clearly, "ananya," but these people, these are blind people they cannot see through.

Then the third thing He said that, "It happens within you that you get these happenings," is the Kundalini Yoga. He said that when the Kundalini starts, the jalandhara bandha and all these bandhas take place, when the Kundalini rises, these granthis go into a particular kind of a formation like a car when you start all the engines starts moving. So He described all the engine, how it moves.

That, this Mr. Yogananda picked up and he said He preached Kriya Yoga. That means if you, say, have a car which has stopped, which has not yet started, you move the wheel and you move all the machines, will it work? You cannot do it. It happens automatically. It is spontaneous happening within us.

When we eat our food how the food is digested? Automatically. In the same way when Kundalini rises, to support its rise, all these bandhas and all these kriyas take place and kechari, also your tongue is pulled in, so people they cut their tongues, put it back. Is that the way? Is absolutely artificial, is stupid - to do like that, many people I have seen.

I don't know the early ones who came, of Yogananda they had the tongues wagging like that. Imagine by doing all these things, "take out your eyes, take out your nose." This is not the way. And that, "You suffer, you shave your heads, wear a kind of a cloth," you cannot. It's a thing that's living within you and acts in a living way. You cannot just manoeuvre it artificially, you cannot. It has to start!

Like even this camera, you see, a television, anything, this has to be put to the mains. You cannot start with your finger the camera working, can you? The electricity has to be there, in the same way energy of Kundalini has to be there to work it out. This is absurd.

So the Kriya Yoga, which is described by Shri Krishna, is the living process. He said, "Is the living tree." I'm surprised. We can... human beings are very great, I must say, the way they make, make a pair out of everyone.

So all these great incarnations came on this earth; they wrote it very clearly; they said everything very clearly; it was very simple; there was nothing to be so much deluded - of course He used a word like ananya. You see in any dictionary what is the meaning of word ananya is, mean is "when is there is not the other."

What have we made of Christ, what have we made of Krishna, what have we made of Rama? When I see this I'm amazed. But you

can't make anything out of Me, because you will get your realization. After that, if you try to do anything to Me, you'll lose your vibrations, straightforward. I can tell you this much.

There was a gentleman who got his realization from Me, an Indian. Typically he went to New York, started his thing and then in Los Angeles he started a Sahaj Yoga center, and he came back to see Me in Bombay, and the Sahaj Yogis told Me that "He is just giving us a fit. Is horrible. His vibrations are horrible."

I said, "I know that, you don't talk to him."

So I called him, I said, "What do you do?"

"Oh, I have started a big thing there in Los Angeles and in New York and this and that."

"All right, can I have a brochure?" You won't believe he had written, that for ordinary... for ordinary vibrations seventy-five dollars and for extraordinary, special vibrations hundred and seventy-five dollars.

So I said, "Oh God, what's this?" I said, "How do you do this way?"

He says, "Yes Mother, that's [DEL: what] how we are to do. After all, I have to live."

I said, "You have to live, all right, you do your work that you were doing. You were teaching something, you do that, but you cannot sell these vibrations; I didn't give you for selling. Did you buy from Me?" We wouldn't believe. And he was very angry and then he went away.

He said, "There's a guru who is in Calicut, He's a very wonderful man."

I said, "You go and see him."

He went and saw him, and this guru wouldn't allow him to enter into his house. He threw stones at him. He wouldn't allow him to enter even the gate. So he went back to the station, so he was sitting down there, then somebody met him from the guru, he said that "Guru was saying that, 'he went and insulted Mother and how does he come to be here? I'll not see his face.'" Then he sat there for three days, and he was allowed to go, and then guru sent a very good poem about Me in Sanskrit language, which he read it out to Me.

But the fellow is just the same still. He's not changed; he's just the same. Now he has no vibrations, he's not a Sahaj yogi, he has nothing to do, but he has an ashram, he's making money out of it. Of course we have withdrawn our photographs and everything but he's just the same, what am I to do? He is now making them stand on their heads and do all kinds of things. And he has more people than you are here. That's the best part of it. People are more attracted to these things than to reality. Is very true.

When I came last time to America there was a lady. I told her that, "Your guru was believing in all miracles, and you better not start it."

She said, "No, no, no, no. I want the ultimate, I want the parama, I'm not going to go into it."

I said, "All right. Promise Me."

She said, "Yes." But then she started getting some sort of a rice falling from her hand and all that and then she started doing her things, you see? She called people told them even the name of the horses which are going to win, all sorts of things. And you won't believe, when I went back to America to My most embarrassed condition, I found that she had three thousand disciples falling at her feet. And she was absolutely possessed. She came to Me and I told her, "What are you doing?"

She said, "Mother, this is the powers You have given me."

I said, "I have never given you these powers to beat people and tell them about horses. Is absurd." She said, "But this is happening to me." I said, "All supraconscious, all nonsense." She wouldn't listen. I said, "All right, tell this gentleman about his future."

She told him something. He said, "It's all wrong, it's not true."

I said, "Tell this lady." She couldn't tell.

She said, "Mother, have you taken away my powers?"

I said, "If they were your powers, I would have garlanded, I would have worshiped you, but they are not yours, they have gone, finished." But she would not give up, you see popularity, she was on with it. Now only thing is she's in a lunatic asylum.

So all these things they do, they know how to make these things, they are so superficial. They don't know what injuries they are doing to themselves and to others.

Now, who were asking some question?

Man. I wanted to ask You about the meditations from the Maharishi Mahayoga, what Your opinion was.

Shri Mataji: Now again the controversy, again the controversy, the less said the better. All right?

Man: The what?

Shri Mataji: The less said the better. For example, the mantras he gives you. You know what they mean, one of them, inga? It

means "the tail of the scorpion." Now where is the scorpion and where is the tail? When the Kundalini has started, then you should know which center it is catching and what mantra to be said.

It is not that you can just give a mantra and charge three hundred pounds, and people do pay. And this flying squad that he has started, the head of that flying squad here he is, is sitting down here, he will tell you. The head of that where he went and learnt from him flying, so called, he suffered from epilepsy, his wife suffered from epilepsy, his daughter suffered from epilepsy, and they came to Me and they wrote to him about Me, in that miserable condition. He was the head; he was going to teach them flying.

I told him, "Why don't you ask your guru to go on this leaning tower of Pisa and make him fly? And you pay him some money for that, will be good idea." They paid three thousand pounds for flying. You are not going to become birds now, are you?

But it is very difficult, you know, to accept, really, because you have paid so much money. This is like, "We have paid it, so better have it." You see whatever... Like you go to a restaurant, you pay for it, and may be bad but you eat it. You see, after all, you have paid for it.

That's human nature, isn't it? Oh, it's terrible. It's terrible, and difficult to give realization to people from all these gurus, I can tell you, Yogananda... or this, what's his name is? This Bhandasura's name, what is his name?

Warren: Muktananda.

Shri Mataji: Muktananda. I know them very well, I know them. I've known them for ages, and they know Me too.

Yes?

Lady: Are there other sources where you can reach your realization other than through You?

Warren: Are there other sources where you can reach your realization other than through You?

Shri Mataji: Through Me? It's not a question of through Me or anything; it's through your Kundalini, is your Kundalini within you.

Lady: Is there someone else that can guide you or...?

Shri Mataji: I don't know, I haven't seen many.

I wish somebody could, like - you see people are very much hurt to see that I'm doing it. I said, "Baba, you do it. I'll be very happy to retire, really."

They said, "Why You, Mother?"

I said, "Really, I don't know why I was chosen for this. It's a thankless job.

You must have tremendous patience, I tell you. The day I retire my husband will pay you for that. I can assure you."

He's telling Me that "You are trying to put patches to the heavens which are falling." He doesn't believe that I can do it. Is a thankless job, absolutely a thankless job. But what to do?

Once I did feel little frustrated, and I said, "Let it be now. Doesn't matter, let the destruction come in." And then you know this clever man, he brought a photograph of Mine, with My eyes so compassionate, such compassion flowing, I said, "Better do it. It's You, what can You do? You can't get out of it, that's what You are."

So I have to do it, My children, I have to do it. If you could do it, I'll be very happy. Any one, I'll be extremely happy and retire.

Warren softly: Other Sahaja Yogis can.

Shri Mataji: Ha, Of course! Other Sahaj yogis can give you realization. For example Warren himself has given realization to I don't know how many thousand. But I know of a person who has given realization to more than ten thousand people, in India. Yes! Yes, yes, you can give realization, you can give it, all right?

Man: Is the lotus position any special advantage over sitting normally?

Warren: Is the lotus position any special advantage?

Shri Mataji: Not in Sahaj Yoga, not in Sahaj Yoga. You see now God has decided to give you in any position you sit; He has to save His creation. Many people can't even sit on the ground, so they are not to be forced now.

Whatever position you have, you are all right. You drink, all right. You take drugs, all right. You are a thief, all right. Any kind, come along. Once you get realization these things will drop out. This is the trick. Better come along and have it. There's no position required, nothing required, only the desire to be the Spirit, that's all.

First one man: We'll take it.

[several people start to echo the request: "We'll take it."]

Warren: They want it.

Shri Mataji: Now they want it, that's all.

Man: May we have it.

Shri Mataji: So, that's all, that's the best way. All right? Now those who got it yesterday are here, some of them, and those who have come for the first time are also here.

Two ladies: What's wrong with that? What was that again?

Warren: They just want You to repeat that, "those that have.."

Shri Mataji: No, yesterday some people got realization and some of you are new people. We'll have to, later on, see them, those who are new. And those who got realization, specially yesterday, I would like to meet them. As yesterday I couldn't meet them. So I would like to meet them and those who are new, also we'll see if we can work it out.

Now, if you can put your both the hands towards Me. And put your feet on the ground with your shoes behind you. Those who have got realization have to know all about it.

You must know about your chakras, you must know how to raise Kundalini, you must know how to give realization to others, this has to work out. If you do not give realization to others you may lose your vibrations, you may. Because the light that doesn't give light is of no use. What's the use of giving light to a thing which doesn't give light at all to others? It's not for you, it's for others. But you also start feeling your Self. Now close your eyes, please, close your eyes.

(Are you better today?) Better? Left heart.

Put your right hand, right hand on your heart. Keep your eyes shut. And left hand towards Me. Like this, as if for asking.

Now close your eyes, don't open your eyes. Please don't open your eyes. Now you have to ask a question: Mother, am I the Spirit? Ask in your heart three times, ask the question: Mother, am I the Spirit? (Shri Mataji puts the area above Her left ear to the microphone).

Better. Now ask the question – put your right hand on your left side of the stomach. Left side. Right side of the stomach, sorry... - left side of the stomach. Right hand on the left side of the stomach.

Ask a question, closing your eyes: Mother, am I my own guru? Left, left side, left side of the stomach. Mother, am I my own guru? (Shri Mataji puts the area above Her left ear to the microphone).

Ask the question, ask three times. Better.

Ask ten times, it's better. Put both the feet on the ground, touching properly on the ground. The sole should touch the ground. (Is alright, you are alright). Ask a question: Mother, am I my own guru?

(No, it's alright, if you are sitting on the ground it's alright, you can sit properly, yes, it's alright, you were sitting alright). If you are sitting on the ground it's just like that (?).

Now put your right hand again on your heart. And without feeling guilty – this I'll say thrice: without feeling guilty, without feeling guilty – you should say that "Please forgive me, if I have done any mistakes in my seeking". Or just say: "Please, forgive me" - for any seeking, or anything you have paid more attention to your body, or anything, for imbalances, anything. Just say thrice without feeling guilty. That is very important, not to feel guilty at all (Shri Mataji puts the area near Her left ear to the microphone). Better. Now put both the hands towards Me. Both the hands. And just please say, "Mother, make me my own guru". Say it thrice. (Shri Mataji puts again the microphone next to Her left ear).

Put the fingers towards Me, not towards yourself but towards Me. Alright, good (She snaps Her fingers).

Now you are balanced, now you say “Mother, please give me my realization”. Is your right to have it. This is your bank account, you have to just cash it. I cannot force it to you, you have to ask for it. If you don’t ask for it I cannot surpass your freedom to ask for it.

You have to ask for it. If you don’t ask for it, it won’t work. (Shri Mataji puts again the microphone next to Her left ear). (Aside: Ekadasha). (Shri Mataji puts the microphone on Her Ekadasha)

Now, as we are in Vishuddhi Chakra, we have to say: Mother, am I the part and parcel of the whole? Am I the part and parcel of the whole? Or am I the part and parcel of the collective Being? Ask a question. (Aside: What’s he saying?) (Yogi says that the seeker is asking to repeat)

Ah. You just ask a question: am I the part and parcel of the whole? (Shri Mataji puts again the microphone next to Her left ear)

Keep your eyes shut, otherwise the Kundalini won’t rise above the Agnya. It won’t rise above the Agnya. Just keep your eyes shut. Those who don’t want to shut their eyes should go away, or they should shut eyes, because they spoil the attention of others. Because in the collective being, everybody has to do the same thing. One cell starts doing something else it spoils you. So to help others please keep your eyes shut.

Now better. Again ask for your realization: “Mother, please give me my realization”, as you ask for your right to ask that. But with humility.

(She snaps Her fingers and smiles).

(Shri Mataji puts the microphone first on Her Hamsa and then on Her Ekadasha)

(Aside: Where’s a candle?)

(Shri Mataji stands up, She turns around and works on Her chakras with the candle: Void, eyes etc.) Good. Good. (She works with the candle on Her left Vishuddhi and other chakras. Then She turns again towards the public.)

Now you may raise your right hand, right hand on your head, and see if there is a cool breeze. Move your hand a little and see. It’s a, like a little draft.

There’s no air conditioning on. You might, some of you might feel hot. Doesn’t matter. If the heat is there, it’s all right, the heat is coming out.

Now. You put your hands towards Me again and see if you are getting in your hand. Today I spoke about the Vishuddhi so must be. It works out better (Shri Mataji puts the microphone on the center of Her throat). (Then She gives the microphone to Warren and says: “Gives a little shock I think, does it? With this one?”.) (She snaps Her fingers) Good.

If you are not feeling in your hands you’ll feel in your head, again see if this is there. If you are feeling in your hands it’s all right, it’s perfect. Now those who are not feeling at all, you have to come on the stage, but now I’ll go round and see the people who are sitting, and individually I’ll attend to them. (To Warren) Tomorrow morning are we going to have? (Warren: No, no workshop) I’m sorry, tomorrow morning we’ll not have a workshop, but Wednesday morning we’ll have a workshop here. But evening we can have a program. And there I will tell you about Christ and about the last chakra which is the Sahasrara.

Warren: Mother would like to meet all those who have gained their realization. So those that are feeling it in their hands or above your head, just stay quietly in meditation with your hands resting. Those that haven’t felt it, very quietly just come up onto the stage please.

Shri Mataji: And we’ll work it out on them also. People will help you. Please come.

Warren: We want to help, so by all means come out if you haven’t felt it.

Shri Mataji: Yes, please come, please come. You should not delay. You see, there is... today some people may not get it they’ll get it tomorrow. So it is something you must have, all of you must get it. Work it out. We have to work, not you, get it. It’s very good.

(You didn't feel yesterday? Yesterday you did not feel? No?) (Warren: He is still getting a lot of heat)

Shri Mataji: Still heat, eh?

That's from your heart, right heart, right heart. (...) Left, left hand on your right heart. Left, left on the right hand, yes.

(To somebody else) Are you feeling heat? (Seeker: My hands are sweating) That's it, that's it. That's very true with this Yogananda. Now you just say: Mother, make me my own guru. You just say that, alright? It will work out. Can you place this photograph towards those people? All of them can sit here, we can work it out on them. But I would like to meet people who have got realization.

Just sit down, here. Can you remove My seat from here and let them see. Alright, can put a light there.

[Shri Mataji stands up and goes to meet the people in the audience]

1981-1006, The New Age Has Started (From Krishna To Christ)

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6 October 1981

The New Age Has Started (from Krishna To Christ)

Public Program

Unity of Houston Church, Houston (United States)

Talk Language: English | Transcript (English) – Draft

“The New Age Has Started”, Public Program day 3, Houston (USA), 6 October 1981.

Today is a sad day because such a great man like Sadat is dead. He is not great to me because he was a great politician or he was president, but he was a saint, he was a realized-soul, I knew all about him. The attack of the negativity is on but no more they will crucify a saint this way and will not face the punishment. They will be punished now. All those who tried to do such things will be punished because the new age has started.

Today I wanted to tell you about the Agnya chakra, about Jesus Christ who adorns this centre of Agnya chakra, where you see the red mark. Behind that, inside, in the brain on the crossing of the optic chiasm is this subtle centre where this great Deity is placed. Through His crucifixion and through His Resurrection, he has created this space for us to enter into the Kingdom of God, which is placed within us. Is not in without, is the limbic area that surrounds your ego and superego. In the Puranas, in the ancient scriptures of India, Christ is described so very clearly. Actually, in the Bible, what they saw of Him when He was on this Earth was written down. But nothing what created Him, how He came on this Earth what is the spirit of Christ, what is the seat of Christ and how He came and what is His purpose and where does He stand within us. All these things are not described in the Bible as I told you, the people at that time were not at all aware of His greatness, of His special Incarnation.

But if you read some of these ancient books you'll find that He was called as Mahavishnu in the Devi Purana, in the Goddess Purana, is the ancient scripture of the Goddess. Mahavishnu was created immaculately. Now when we say that Christ always pointed out this finger is very significant. Actually this, this means Vishuddhi chakra and means also America. But this also means Vishuddhi chakra stands for Shri Krishna as I told you and He is the Primordial Being, and He is the epitome of our evolution in the sense that He is the Primordial Being who is the Father, who is the preserver.

Now in the Puranas, He is described that His power was Radha, Radha. Sanskrit language is absolutely very scientific as far as the Divine Laws are concerned. Ra means the energy, dha means the one that sustains. She is the one who sustains the energy and She was His power. But in India Krishna is never taken as Krishna Radha but Radha Krishna. The energy is before the deity. The lady is before the gentleman, we can say. Radha Krishna.

Now this special happening took place long time back. This is at the stage of Vaikunta as we call it, at the stage where nothing existed as far as this world was concerned. At different stages it came up. We see the world in such a way that it was created in seven days, but actually these are seven stages in when this whole Universe was created and we are at the seventh stage, we can say. Now at the first Vaikunta stage where it was all decided, how to work it out the creation of this great personality, of the Son of God, the greatest of all, the Adhara, the support of the universe, this Mahavishnu. So Radha, She's Mahalakshmi, She is the central path. First She created Him in the Vaikunta stage. And at that stage She decided that She'll create It by Herself this great Incarnation and She created this Mahavishnu. I would like you to get the translation of the description of Mahavishnu and also the description of Ganesha who is the Spirit of Christ and who incarnated in this, on this earth as our Lord Jesus Christ.

So we have here an Incarnation, a very special one, which was conceived thousands and thousands of years back at this level where it's only the activity of the God's mind was there, Vaikunta stage, where it was decided that this power called Radha will conceive Him in Her heart. And She conceived Him in Her heart. And then He was made like an egg. See the symbolism of Easter, like an egg. Can you recognize it? People knew about it somehow. Why do we have Easter, eggs? We never think about it.

He was created like an egg out of which the half of it was kept as the seed, as Shri Ganesha, as the Spirit, and a half of it was created as Jesus Christ. The whole egg was nothing but the egg of this Divine power, which has to manifest this Divine power on this Earth.

This story is very beautiful, how She created and then He asked: "Who is my Father?" Radha is nobody else but Mother Mary Herself. She is Mahalakshmi. People may say that they can't believe in immaculate birth of Christ. They cannot believe in the conception of Christ. I mean you it's easy for people to say: "We don't believe." What do they know about God? What do they know about His mysterious ways of doing it? Can you say how you convert or you transform a flower into a fruit? You don't know anything about living miracles and you start doubting the Immaculate Conception. Here, when you got your Realization I conceived you in my heart and gave you Realization through my Sahasrara. How did you get your Realization? You never thought of it. Is an impossibility. Thousands of people are getting Realization. How is it possible? There must be something special about me and about the way it is done. In the same way She conceived and gave Him the birth through Her uterus.

You can move it anywhere on your central system. And this great Incarnation came on this Earth with such a special purpose that He was nothing but Pranava, is the, this integrated power, this great power which has all the powers in it: the Iccha Shakti, the Prana Shakti and the Dharma Shakti is the central path, all of these put together. He was nothing but energy, energy put into an egg because He had to do a very great job. So this Radha Herself, this Mahalakshmi, this Mother Mary conceived this child and to name Him after Krishna who was the Father. She called Him Christ. Christ come from the word ... In Indian language is, we call Him Krist, Krishna. Krishna means the one who has sown the seed. He is the Father. He points out always to the Father. But in the Puranas it is described that Krishna said, "You are higher than me. I placed You higher than me". He placed Him, you can imagine that Christ is at this point and Krishna is at this point. He placed higher Him than Him and He said, "In anywhere people worship me – Shri Krishna said – automatically You are worshipped. You will be the support, Adhara, of the whole world".

Is wonderful to say that about I think 14000 years or 12000 years back, Markandeya, such a great saint was born in India. And he has written the complete Ganesha Stotram, means the complete praise of Ganesha. You can see the translation is so beautiful and that he said, "You'll be so humble". He is the one who is the ninth Incarnation, called as Buddha, among the ten Incarnations [of Vishnu]. That He will be so humble that He will wash the feet of His disciples. All the miracles of Christ are described in these books. But these books are not translated.

And that He will be the one, when enlightened within you with the Kundalini, He will take away all your karmas and all your conditionings because He will die for your sins, for your karmas. The world will not have to suffer anymore, if He is awoken within you. These are all the things already written, thousands of years back. Can you imagine? I wish the Christians who went from here to take, explain Christianity to Indians told them that Mahavishnu is already born and we are preaching about Him, the One who is going to suck your conditioning, the One who is going to suck all your problems of karmas. They never told. On the contrary, they were so stupid, I must tell you, that they would put a loaf in a well and say that: "You all have become Christians because we have put the meat of the beef, the beef inside the well". Indians don't eat beef, you see. "So you all have become Christians". Villages after villages they converted into Christianity. They started branding them as Christians. This was absurd. And that's why the people were waiting and waiting for the Advent of Christ.

His name Christ comes from the word Krishna, Krist, and the second one is Jesus. Krishna had a foster mother whom Radha loved very much. Her name was Yeshoda, we also call her as [Jesoda, Jeshoda]. Christ is called also as Yeshu in India. The short form of Yeshoda is Yeshu or Jeshu, we have both the things. From there the name Jesus has come. She wanted to name Her after the foster mother because she was a lady so she was called as [Jeshoda, Jesoda] but for a man She selected the name Yeshu and Jeshu. Moreover the word Jeshu or Yeshu is very important. "J" in Sanskrit language means, every word has a meaning in Sanskrit language, means to know, is to know, the knowledge, Gyana. The one who knows. But Jeshu: 'shu' means auspicious. 'Shu' means "that brings auspiciousness, that brings blessings". Jeshu is the one who knows how to bring auspiciousness on this Earth. People never told this, they never knew who went from here with the message that Christ was born.

At the time when Christ came on this Earth with this big message that somebody has to pass through this special problem. Now

let's see why the problem was there. We have to understand the problem that faced human beings at that subtle level where they had to work out this special, a very extraordinary Incarnation. The problem was that human beings had raised their heads. By raising their heads their ego and superego grew up around their limbic area, making it a very hard shell, just like an egg. A man developed his I-ness and only way to transform him into a bird, like an egg breaks up into a bird, was to make the Kundalini rise.

But how to make that compact stuff where it is crossing, crossable, which can be crossed over, which can be passed through. So they had to create this special Incarnation, which is nothing but Pranava, the Aum, the Logos as you call it, the sound of the All Pervading Power. To be put at a place where nothing but the power itself can remain, because anybody else, all other Incarnations who came on this Earth had all the five elements within them. But He was just the power, the energy, the complete energy. He didn't have, for example we all human beings are made of five elements on the right hand side as I told you, and when we die the part that is our body, means one of the five koshas, as they call the cocoons of the body which is the matter, falls off. Then the water cocoon also falls off and the soul remains with the Spirit on your head and the Kundalini also there. But He was the only One who had no earth element in it. And so it was a very special type of an energy engulfed, engulfed into a human being was placed.

Krishna has said about the eternal life and about the Spirit. In Sanskrit language is very beautiful because it's a mantra: "Nainam chidanti shastrani, nainam dahati pavakah, na chainam kledayantya apo, na shosayati marutah." means it cannot be killed by anyone, the Spirit cannot be killed. It is eternal. You cannot crush it. It cannot be blown out by any wind. And He had to prove it and to prove that they had to have somebody here, on this Earth, with that energy to come in, with a body, to act like a human being, live like a human being and go through that drama of death to show that He overcomes the death. The Resurrection is our message, that He resurrects Himself. He had to die and He had to be resurrected because He says that it is beyond death. Krishna has said that the Spirit is beyond death. And the Spirit had to come on this Earth.

So you understand when we talk of Christ how little we know as to how this worked out. Is the most difficult thing that he did. And His Mother was the Mahalakshmi, is the power, which is the central power of sustenance, pure sustenance, pure holiness, pure innocence. Such a powerful woman She was, very powerful. And Himself is endowed with, you won't believe, with eleven powers of Rudra, means of destruction, eleven powers of Rudra. He's Ekadasha Rudra. Is described, all that is described, I'm not telling it as my own. You can see for yourself. He was endowed with eleven powers of destruction. But He was to go through all this, with all the humility. When you have all these powers with you and when egoistical people behave like this, these donkeys, you see, who could not understand Him, these brainless people in those days, who could not believe Him, He could have destroyed all of them in one shot. Absolutely He has got eleven Rudras. You can imagine His destructive powers, with which He is going to come back. And He had to keep them in control.

But He didn't say about His Mother much, because She was the power and if He had said so, then they would have directed, these negative forces would have directed all their attention towards Her and then He would have used all these eleven powers and the whole drama would have been failed. So He kept quiet on that.

My father, as I told you, was a learned man and a very great soul and [WE] used to discuss about these things and I said: "Martin Luther, who was a Realized soul, when he started his new movement of Protestants, why did he not enhance the glory of the Mother?" As the Catholics knew, because Catholics just followed after Christ so it linked about with them. my father told me that at that time Martin Luther faced three forces against him. First one was the Christians themselves, the Catholics, who believed in nunneries and all kinds of ritualism and all kinds of nonsense, which he wanted to flout, then he had another force, which was facing and that one was the one that came from the Jews because they would not accept Him. Even today they don't accept Him. They are very adamant. And the third force that he had to face was the Islam, Islamic. And the Islam pleaded down the role of a woman though Fatima Herself was the Holy Ghost, is the Mahakali power, the daughter of Mohammad. But he pleaded down just because the Islam had pleaded down he thought gradually as Protestants will grow up, he will start introducing the greatness of His Mother. As it is Jews even today are after the Immaculate Conception.

In London, very recently, I think about two years back, as they have money they paid some of the newspapers and published something nonsensical about Christ. They said that it was predicted in the Bible that a child will be born to a girl, but it was not a

virgin, the Hebrew word, as it is, is for the girl and not a virgin. I said: "In those days, we didn't have girls of 18 80 years as we have today". Even in India today if you say a girl, a kanya means a virgin - kanya. And virgin is the same, means the Virgo.

Modern times are funny. We can't judge Christ style Christ's time according to modern times. Even you find a woman who is married ten times they'll call her a girl here. But one should logically understand this point. Is very logical. But if it was to be said that a prophecy means something special, that a child would be born to a girl, of course it is going to be born to a girl and not to a boy. And why was the girl word? It is going to be born to a woman. If it is to a woman it is nothing special. What is there to prophesize and say about it? Is so logical that when the word girl came in it meant the virgin. All kind of things they are talking, doesn't matter.

First of all they say that our, we have to suffer till our Saviour comes because Christ didn't suffer for them. So they are suffering. Now, we have to know that Christ has suffered for us absolutely to the brim. We don't have to suffer anymore. Is a nonsensical idea coming from people who are sadistic, who have no joy in themselves. They cannot see you happy. And that's why also they make Christ look like a TB patient, I should say. I went to the Sistine Chapel and Michelangelo was a realized soul, a great person. He has done complete justice to the image of Christ. Huge big thing like a, we can say, a Texas fellow standing with a Lambodara, with a big stomach of this kind is described. Ganesha is Lambodara. Standing there throwing people right and left. Just see the words, how He has spoken. He was not a cabbage like person, He was extremely dynamic, He was full of vigour, He was absolutely fearless. He had nothing to fear. And He's standing there and throwing people to the left and the right and the right ones is accepting them and putting them in the Kingdom of Heaven. Just imagine! It is Michelangelo is the only person who has really done justice to Him and I would say Rubens because of his habits of painting the muscles, he's done a very beautiful painting, I saw, is in the place where he lives, of the ascent and descent of Christ. Beautiful, one of the best one could think.

Nowhere miseries written on His face. Such people do not feel the misery. They just watch the drama. They don't suffer. Because of taking up your sufferings it took it upon Himself and He showed to the world that: "Now I ask forgiveness from my Father". He stood as a representative of all the seekers of the world before His Father who is a wrathful Father. I told you Shri Krishna has a Samara Shakti and worse than that is the witness God whom we call as Sadashiva. He is only there when He has to destroy. And He asks as your representative: "O Father, please, forgive them". He asks for forgiveness, facing His own Father as your representative that: "Please, forgive them". This is the greatest weapon He has given us, to forgive. That's one thing none of the Christian nations are doing, is to forgive. Perhaps people have not known the power of love. They do not. They talk. God is love. Just talk, talk, talk, talk. If God is love then love must be the most powerful thing.

When I first started my work I flouted all these fake gurus by names in India and I told them what devils they had been and I've known them for ages. And people told me that: "They will shoot You this time". I said: "Let them start shooting. I'll see who can shoot me." And all those always I have flouted them anywhere I get the chance. I've told that: "These are horrible people". As Christ has said: "Hot or cold." He doesn't mind, because if it is cold they are realized, if they are hot then we'll fight them. We can tell them how out. But if they are one lukewarm, you see, there are people: "O, we are in different awareness, they are in different awareness, we must accept this awareness also, we must accept..." Such people are the ones He said: "I'll spout spit them out of my mouth". So clearly.

He's the One who whipped people who were selling things in the temple. He is the One who said: "Don't throw pearls before the swine." So far I've never used this word but He has. He was dynamic. He was not afraid of anyone. And He couldn't bear the mediocrity and this kind of balance: "Oh, we have them also, we can have the devils and also the Gods". People argue: "Why do You criticize them? They don't criticize You". He said: "The devil, the Satan is not going to speak against his own house". This is exactly what is happening today. I've seen when I say that: "This man is a devil", people say: "Mother, why do you call him a devil?" "Because he's a devil, I have to call him a devil. I'm your Mother." When I see a person suffering, he cannot get his Realization because he went to this devil, I have to say he's a devil whether you like it or not. If you are a true seeker you stand up to that and see for yourself you are a true seeker. And if you are a true seeker you must find your Spirit and you must get to your Realization.

I'm not here for any elections or pampering. I'm here to give you your own, to have your own Spirit, to enjoy your being. Even if the

whole world gets against me, I'm not bothered about it. I'm here of course to look after you, to tell you in a proper way. But if it comes to the devils I will be the One who will stand against them, every minute. Whatever may they come in, whatever garb, it's very easy to make them out once you get your Realization. It's very easy to find out. He Himself has said it all these things. He said: "Don't judge anyone". Before Realization you can't judge anyone, from the appearances. They look very sweet, you know, or they talk very sweetly. They come to you in a band, you see, and they walk with such beautiful gait. They are great dramatist, some of them play flutes, jump like Krishna. Some say: "We are Incarnation of Christ."

There was a gentleman who said: "I'm the Incarnation of Krishna". I told him: "Why do you make the ladies nude and naked? What religion has taught you this, to make the ladies nude and naked, take out their clothes and make them dance? What is this?" "O, he said, I'm Shri Krishna!" I said: "Really? I never knew Shri Krishna did that." He said: "No, He did." Once Krishna was a small child of four years, you can imagine, a naughty little thing. What did He understand of nudity or that? Innocent. And the gopis, you see, were having their bath in the river Yamuna where Radha was putting Her feet, so the water was all vibrated. And He climbed up onto a tree and they had put their clothes on a tree and He hid them. So they were asking for His clothes: "Now what are you doing? Why have you hidden?" It's a mischief. It's the fun. But in that fun what He was doing? Was to give them Realization because He could see their Kundalini at the back. [AS, AND] a child of four years... What does a child of four years know about nudity, or dress or anything? Innocent. Modern children may be very precocious, but not in those days.

But when He was the king in Dwarika – I asked this nonsensical fellow who says he is the Bhagavan, and the Shri Krishna – I said when He was a grown up man and a king in Dwarika, which is at least two thousand miles away from Hastinapur Delhi, and a lady called Draupadi, who called Him as a brother, was troubled because she was pound pored?? and all that, a big story of Mahabharata, you might be knowing Draupadi, and a devil of a man called Dhuriodhana said that: "I'll make you nude", tried to pull Her sari. It's a beautiful description of the whole thing. He was worried that she will lose her chastity by removing her..., this is called as ?? . So she put it in her mouth like this and she was to call Krishna. She says: "Kri", and she was holding because „shna" means it falls down. And as soon as she found that the sari is going, she said: "shna", and the description is so great: "Dwarika me shora, shor bhayo bhare, shankha chakra gadaa padma Garuda laysidhare" . When she did that "shna" it echoed in Dwarika where He was ruling. He was the king there.

And with shanka, chakra, gada, padma , these are his four weapons, one better than the other. One is sufficient, the chakra, I told you, all up of them together on the Garuda, on the condor He arrived there to save the chastity of His sister. If He was fond of removing the clothes of women, why did He all the way come and save that? And this fellow didn't know how to answer me. I told him: "One day your clothes will be taken out like this". Within eight days it happened. Somebody took out all his clothes and he was dancing on the street and nowadays he's backing back in America with a paralysis. He couldn't smell flowers. One better than the other. But his disciples, if you tell them: "O, don't say, Mother. We love him."

This kind of a funny mesmerism it's stupidity. Awake yourself! This kind of emotional nonsensical attachment to one person is not going to give you Realization. You have to become your Spirit. You have to be actually reborn. There is no place for devilish people. If they are from hell they will go back to that, but many of their disciples are also walking through, while they are my children, I would say. They are the children of God, they are the men of God, as described as William Blake. They have been born on this earth for seeking because they know this is the time they are going to achieve their Realization and these horrible people have mesmerized them.

At this time should I go and garland them and say: "You are very nice people"? If you expect me to do that, then you have not understood me at all. No use telling me: "O, their awareness is different." I see that your Kundalini is ruined, you are up to get a blood cancer or some sort of a cancer or you are going to get into the lunatic asylum. Something horrible is going to happen to you and when I see that am I to say "Yes" the one who has done, go and fall at his feet? But if there's a real guru I would go and meet him myself. There are many, but they are hiding. I sent one fellow to New York, he ran away within two days, within two days. He said: "O, these New York people are different". He said: "I have to take a circus with me. They like a circus." But Houston people are different.

Now, so this was the great Incarnation of Christ who came on this Earth, a very dynamic. Those who say that: "I'm the Christ",

there's many, you see, self certified people: "I'm the Christ". Now the kind of a Christ they do, He was never like that, He was a healthy man and He was not one of these people who's these cheeks have gone inside, who looks like a miserable, hungry, pitiable man. Anyone of these who say that I'm the Christ – ask them to walk on the water. Immediately: one foot up and one foot down. Ask them to walk on the water, if they can walk, it's alright.

Supposing I say that I am the Holy Ghost. If I say so there is a significance of that, that in the presence of Holy Ghost, the Kundalini rises. Is written down. There are thousand things written and every word has to be tallied with that person otherwise you just don't believe. Let them go and walk on the water, is not far away from here, seventeen miles only, and see how far they go. Is the best way to judge these people. We have got a method to judge these people.

Thank God, we are born in modern times when we are not illiterate, ignorant, we have had Christ, we have had so many people, we can read and we can understand, we should logically reach the position to understand what do we have to expect from a Realized Soul. If he talks like a politician who wants to have votes, how can you believe that such a person could be an Incarnation? An Incarnation has not only to be a fearless person, but has to be a holy person. Not the one who is like a parasite living on other people. Like these lamas: they live like parasites in Nepal and also in Lhasa. Poor Tibetans were suffering - they had no food but these lamas were living and taking their special Ambrose, they call it, in golden cups. Today they are driven out so they are on our head in India. We have to support these nonsensical people sitting down there as lamas, these parasites of the worst type. And those who could not get a place there are now moving about and now they want to live on a marble flooring. They can't live on a carpet flooring. They must have a marble flooring. And people have to starve themselves to create a marble flooring for these horrible parasites.

Why should a saint ask for anything? A saint is a king. He's above all these comforts of life. He's not bothered. I mean, if you ask, I can sleep on the street, I've no problem, no problem, because I'm above the want, I'm above greed. I don't know what sort of a thing is temptation. If they call themselves as Godly people, look at their faces, worn out, biscuity, serious, nonsensical people. They have no sense of humour of any kind. Not only but I've seen some disciple who came to me, all their bone was broken, all their back bone was broken, every bone was broken by these people. They use to beat them these sadists. They take money from you and finish your Kundalini.

Their days have come now. Because they talk well don't believe them. What have they given you? Somebody says: "They have given us the knowledge". All right, what knowledge? What knowledge have they given you? Knowledge, is all mental. What have you got it in your awareness, where you have to evolve, when you rise. Christ has described it so clearly, I did need not say what a Realized soul should be. You become a witness, you become a witness of the whole drama, of the whole show. And this should happen to you. Not only, but you are empowered with the powers of your Spirit. At least your health should be all right. People are suffering from stresses and strain, having a headache all the time, jumping on their sits and they say: "We get very positive results". What are positive results? These make believes if you carry on with them you will have no way of judging as to where you are.

First of all get your Realization. Get to your discretion power and realize that it is you who can judge them after Realization, not before. Christ has said "right discretion". He has used the word: "right discretion". How do you get "right discretion" unless and until you are realized? And this is not to be self-certified. As Christ has said: "You'll be calling me Christ, Christ. I will not recognize you". meaning what? Those who say: "We are Christians", you see, going about with the label: "We are Christians, we go to church, sing our hymns and come back home and quarrel, going to wars, fight. We are the people who drink on a Christmas day. On a Christmas day, we drink!"

Now, when Christ said that, they said at the time of Christ, He went to a wedding and He blessed the wine. Is not true. That wine, at that time never meant, even in India today, wine never means an alcohol. But Moses has talked about it very clearly and Abraham has talked about it because they had to deal with this wine void which I told you, the Primordial Masters, they had to deal with the liver, so they talked about it, they called it the "strong drink" and "fermented drink", so clearly.

But everything happens if somebody dies, you must have champagne to celebrate his death perhaps. If Christ is born we must

have champagne. If Christ is born that is the day we should dedicate ourselves to our Spirit, not to get out of your awareness. Anyone of these fermented things take you away from your attention. Your attention is in a way empathized hypnotised. I don't say: "You don't drink!" at this stage but after Realization you will not. You will not, even if you want to. You will not drink, because you get drunk. Like me, if I go to a party, you see, they will always say: "Please, have something. O, You must have, please. You have not tested this. You better have". I said: "No, sir, I'm sorry, I'm over drunk already. If I drink more, I don't know what will happen to me". I mean you can't tell them: "You don't drink". You see, that would be absolutely unmannerly to tell them: "Please, don't drink today". But they'll go on forcing you and if you say anything against it then absolutely you are no eliteness about you. You are absolutely unsophisticated.

This is the thing in this world. Virtue has no meaning. If you are virtuous, you better hide yourself. Not in Sahaja Yoga. You enjoy your virtues in Sahaja Yoga. You really enjoy yours and others virtues. Is a very different thing as in the unity church you call it, a New Age is coming, is absolutely true. I find, as I told you the principles of this church are very, very close to that which is the stage on to which you have to jump. And that's why the right conclusion that is reached is absolutely the way to understand where you have to reach logically. But you must know, you have to take a stand. You cannot be a person who's apologetic. There is no place for apologies. If you are a realized soul, you are a realized soul. You are not dominating it by that to anyone. You are not dominating. By that you accept your situation with glory and with pride.

But I've seen many Sahaja Yogis also feel shy to accept that they are realized. They understand what's happening. They are giggling, they are laughing at the way people are, but they find it impossible to talk to them about their Realization, that other should get their Realization. You have to take a stand in your family, in your surroundings, with your friends and you have to tell them that: "You better all get realized". The reason for that is that the Christ who crucified Himself, He is going to come back, with his eleven forces of destruction. And then He's not going to tell you anything, not going to ask you to take any Realization, nor He is bothered whether you go to hell. He will just sort out.

But those who have got Realization will enter into the Kingdom of God. You have to enter into the Kingdom of God. Here, as I say, is the seventh chakra. I told you about the sixth chakra, which is adorned by Jesus Christ and the mantra of the (seventh chakra), sixth chakra is our Lord's Prayer. That's the way you can solve both the things. But the bija mantra is Ham Ksham. Ham Ksham. It means that when you are infested with negativity, with depression, with the attack of the superego, as shown here, then you have to say: "I am, I'm going to fight you". If you go to a guru who makes you a negative person, who makes you feel very shy, who says: "You are all the ego and you are good for nothing, you must pay me more and pay me more". And you all the time say that: "Oh, must be something wrong with me, nothing wrong with this man". If there is self-pity and also there is guilt, then you have to say: "I am not guilty". Then you have to say that: "I'm my own guru", if you have left side problems. But if you have right side problems, then you have to say: "I forgive, Ham Ksham". These are the bija mantras of this two, which you have got, your symbol is of these two wings, is actually the Agnya chakra.

It is just like that. Agnya chakra is just like that. But they call it the, what Egyptian, what... no, is not that. You see, this symbol has come to you from unconscious, is the Agnya chakra, is this centre. Egyptians didn't know much about God, I must tell you. Of course pyramid is, pyramid is, pyramid is all vibrated. But the way they were so much worried about their dead is horrifying. Imagine these bones buried in the one box of gold, then one box of silver, then one box of this and all the ornaments kept with the dead. The dead is finished into bones, the ornaments are there. I've seen that in Egypt. Mad people, I must say. It's Sadat who would have brought it round. But let's see something new will happen there, in that country.

Traditional countries have wisdom, inbuilt wisdom and they go on improving because they have tried all these methods and they know where to go.. He didn't talk of death. They know it from the people, pharaohs and all that who had all these kinds of a funny mummies going round and keeping the dead in a silver box and as if the dead knows where is the silver. Christ has said many things, which we do not pay attention to. One of them is about the dead. In every church, I was happy to know that in this church there is no cemetery. You walk into a cemetery if you want to go to a church. A lady who came from India, she said: "Everything seems to be upside down in England". I said: "What?" She said: "I went to see a church. And all the dead were laid there under my feet. And I was holding my sari walking like this. I was thinking I was going to step. And the lady with me said: 'What, you should walk straight'. She said: 'How can I, you see? These are dead here. It's like a cemetery.'" And she was walking carefully because

they must be respected.

You take your children to those churches. I mean I don't know, you don't understand that God has talked about spirits in so clear ways. Of course, maybe it's not so much in the Bible, maybe, but He showed that He took out the spirits, He talked of spirits of so many people, and put them in the pigs and put them in the sea. All this is so clearly given, still, just see the Christian nations. Today's newspaper, was there one free newspaper, witchcraft, devils den, devils angels, this guru, that guru, psychic, ESP, all kinds of spirits. Imagine! I mean in Indian picture you won't even find one advertisement like that. Maybe some of the gurus might try, but in India people know who is real and who is not. Most of them know.

While here I find all kinds of things, which are negative, which have something to do with the spirits we are doing. It is against Christ. Why should we bother ourselves about the spirits? Let them alone. Like somebody's father is haunting, somebody's mother is haunting. Now, there've been so much for you! Now forget them. Let them be born again to get their Realization. Then you call somebody's spirit here, somebody's spirit from dead there. Some spiritualist goes into a funny gesture and you start believing that and asking about your future and this and that. Is all very superfluous and absolutely silly against your Spirit. I've told you yesterday, those people who indulge into these, for seven generations they suffer, seven generations. I'm telling you from my experience. And those who go to them also suffer. Even the countries where this is practiced too much.

If a child is born there, I know of a lady whose child was born in a country like that, and he had this Agnya protruding just like this. And when he saw me, he started screaming and shouting, he couldn't bear me. And today he's a different child, I saw. He's a French child, he's a very different child. Absolutely. But he was so much and so many spirits in him, you can't imagine. And she told me that she, she had a nurse who was from that country and perhaps she has done something to him.

So the source of this is already unlimited. You don't have to pay for it. You stand outside and you can get anyone of them. It's very easy to catch on them, very easy. For example, somebody asked me: "How do you catch a spirit?" I said: "Very simple. You put a light before you, of course you don't try on that stick, and make a hole in a black paper, little hole. And through that hole you see the spirit. You see that light and you'll get a spirit into you. You get any name, which is commonly used and go on and chanting that name, you'll get into a spirit. You start saying any absurd thing in the presence of God, in the presence of the picture of God or of Christ, you insult or do anything you get into it. It is the easiest thing to get a spirit in you. You start jumping too much, you get it, you start saying: "Hooo". You get it. You do any funny thing, you get them. They are all around. They are busy bodies. They want to use you for their purpose. They are very easy available. Why do you pay for them? Will you pay such a lot of amount just to get one of them on top of you? You have to be your master, I told you. You have to be in the way Christ was. It's only He has the power to raise the Kundalini of people like that, as you do now.

He was created in that immaculate way in which you have been given Realization, in the same immaculate manner. So have your self-esteem. You are not going to become slave of these horrible useless sly aggressive people, who are hanging around just to trouble you because their ambitions are not fulfilled or they are sly or they are sadists, or they are masochists and all that kind of thing. You are seekers, of high quality. Rise up to your Self. This is the message of Christ to you, because He resurrected Himself. Did you He dance or did you He say Hu hu, haa? Even He was tempted by Satan. And Uninvited the Satan arrive there, and Uninvited. Nobody asked him to be there.

He has fasted for you, so you don't fast. If you fast, you'll get a fasting spirit in you. If you overdo your Hatha yoga you'll get a spirit, which will do much more Hatha yoga till your ribs break out. Yeah. They take you to extremes, you see. You see those mad people running, jogging on the road. They will get it very soon. I am worried about them. You see, all these extra things, there is no need to do. Today we saw one of the circus or some sort of thing that was there, they were three people from somewhere, I think from Spain and [ALL THAT]. And the Vishuddhi was so badly catching in them. Poor things were putting all the pressure, going like this, going like that. And they said they are statues, whatever it is. I said, I had simple pity for them. I said: "What are they up to?" I mean, you can have real statues like that. But why make human beings behave so funny, so extra energy consumers? Why? Why? You are human beings, you are delicate things. Why do you want to stand on your heads? Why do you want to do something that you are not supposed to do? You have to stay in the central path, in a sensible way, in a very normal way, to get your Realization. We'll Need not do anything that is extreme. Always avoid extremes.

But you tell something to someone. Is impossible. Human beings must start doing it. You give him a cycle, till he breaks his head, he will not give up his cycle. You give them the skates, till he completely is in an accident, he won't give up his skates. It's impossible to deal with them. To be in the centre is the easiest thing. Just to be in the centre, in the balance. Before going to the Sahasrara, I want to tell you about the balancing, because tomorrow I'm going to tell you how the diseases are caused. So the balance is... Because if you use anyone of these powers, for the first power is of superego, through which we run away from places, we avoid, we are frightened, we have fears. The another is of aggression, right hand side, is the ego.

Anyone of them if you use too much, the other one gets frozen. For example, a person who thinks too much and plans too much and thinks that he is responsible for the whole world of affairs, you see, and he is doing all the work, while he doesn't do anything, God does everything. In the myth that he is, develops his ego to a great extent by which his left side suffers too much. And then, first thing he develops is all the problems of the left side in the organ. First of all, the poor Swadishthana cannot look after the liver so he develops a liver, then on the left hand side it is absolutely useless, so he develops diabetes. Diabetes is not caused by sugar by any chance, I can tell you. Of course, you should not take too much sugar, also. I mean, too much of everything is wrong. But you must take sugar. Is important for your liver to have your sugar diet. But it's the idea in the head that if you take sugar you get diabetes. Not at all. It is caused by over thinking. Absolutely. Not by sugar. In an Indian village, a farmer takes at least every day half a kilo of sugar, for your information. And they do not know what diabetes is because he doesn't think. He just does.

If you want to solve your problem of diabetes, you have to develop your thoughtless awareness, which you get when Christ is awakened within you. He thinks for you. You don't have to think. You just be in that silence, that bliss. And then Swadishthana can look after the other side. Diabetes is absolutely curable through Sahaja Yoga. Then people who suffer from the troubles of the spleen, like anaemia and all those things. But the worst of all is the blood cancer. Blood cancer is the worst thing you suffer from spleen. Now, how it is caused? A person who's very busy, you see, is big man, he has no time. So he gets out of his bed, puts on his trousers and he is there for the breakfast, standing he's eating something. All right. Poor this spleen is trying to cooperate that emergency, is trying to give some blood. Suddenly he jumps into his car, he's driving, he goes and meets other who are on the way, have jammed his way, so he's cursing them, doing all kind of things. He is very speedy, you see. He must go and he can't bear that jam. This speediness comes to you because this spleen becomes mad. It becomes crazy. It doesn't know how to cope with the mad man like that. He has no time to sit down and eat.

Formerly, in India, the husband, of course our system is rather different, which the American women won't like, but we have been very successful with our methods men, you see. It's a trick I will tell you. The women must know cooking in India. They might be the richest of rich. They must know cooking. They know very good cooking, excellent. You know, you approach your man through his stomach, always is true. Hundred percent. And then they make the husband sit down comfortably. In India, we sit on, I mean we have a kind of a – what you call a chauranga, we can say a stool which is very low and the husband sits there and another stool in front of him. And she sits there with a fan, you see, she's fanning him. The rhythm of the food is with the fan. And she serves him and she looks after him, and she talks to him very sweetly at that time when he eats his food. That's the sign of a Gruha Lakshmi, of the, of the, what is, the Goddess of the family. She's very kind to him, then he likes those relaxed moments. She feeds him.

Then he gets up and dresses up and goes to his work. This kind of peace we should give to our husbands, if you have to control them. You have not to compete with them always they are like children, I tell you. They are so sweet. Somebody told me: "Mother, you must go and describe your self esteem as the Mother of women". I said: "What?" "Yes, there are many women who are expecting their Mother Goddess to come." I said: "But I'm sorry, I'm Mother of men as well as of women. For me both of them are just the same, two chariots, the two wheels of a chariot. One is on the left, another in the right".

Is great thing to be a woman, I must say. Like this Mother Earth, she bears us because she's so powerful. If you are a powerful person you can bear it up. For example, husband has to get angry with you sometimes. If he gets angry with somebody in the office, he loses his job, he'll be fired. But if he sometimes gets angry with you, it's all right. Doesn't matter. It's just fun. But a

woman has to be that playful, that cheerful and that understanding should be in a woman. What is there to compete with them? You are the power, the potential. You have to give that power of love to your husbands. In Sahaja Yoga we have changed the entire system of society, also. It's such a beautiful relationship between husband and wife, such a beautiful one among children and parents and.... It's so beautiful, you can't imagine.

That age has to come. We are not to fight for any rights, we have every rights. A woman has every right within herself. She doesn't know how to handle it. And they have gone crazy. They don't know what to do with these men. It's very easy to handle them. You have to learn the art of expressing your love. That's the thing we lack. We (Which?) should come from your heart to understand that we can't live without each other. This will stop many things that are going wrong in this country and the injustice we are doing to the children who are born to us.

Now this is I am saying because Christ has blessed marriage. Those who believe in nunneries and all that are really nonsensical. And the nuns getting married to this innocence? I mean, how can innocence marry? This is the worst thing you can do to Christ is to say that: "This nun is married to Christ". I just can't bear the idea. Is absurd, is an insult of innocence. And this is what it is, we should understand, that marriage is blessed by Him. Is a sacred thing. We should not make a mess out of it. Is so pure. Is very beautiful. You enjoy each other in company, also in separation you do enjoy. If you know how to be sweet to each other, is so beautiful. It's very beautiful. These traditions will come back as soon as you become the Spirit. I'm sure of it.

Now, so we come, I told you about the imbalances to a great extent, but later on tomorrow also I'm going to tell you because Sahaja Yogis have to look after their imbalances to keep their health all right and to look after the health of other people also.

Now about the tenth chakra, the last chakra as called the seventh chakra, seventh chakra, which is very important. This chakra has got all these seven centres in it. It is placed in the brain. The brain, if you have a transverse section of that, you can see it looks like a lotus leaves. It is said there are one thousand nerves, or one thousand centres or plexuses for this particular centre called as Sahasrara. Sahasrara means one thousand petals. And these petals are shown there. Of course they are not one thousand there, but they look like living flames of different colours. "I will appear before you like tongues of flames." It's said. Even the other centres look like tongues of flames, you see, the flames were enlighten. But the living flames are very silent. They are placed as a lotus and as the Kundalini comes up She pushes this lotus out and you touch the seat of the Spirit, which is on top of your head and you enter into the super consciousness.

Not into the collective subconscious or not into the collective supraconscious, but into the super consciousness, where you become the master, you become the Spirit. And you start feeling the All Pervading Power around you. And through your fontanel bone area you feel the cool breeze, you actually feel it. It's an actualization. It is not just that I baptized you, you are being baptized, it is not possible. On the contrary, I've seen some people who touch the fontanel bone area of the children introduce spirits. Yes. It should be done only by a Realized soul and not by every Dick, Tom and Harry. Is a very dangerous thing.

Now, this Sahasrara has got all the seven centres, the seats of all the seven centres are there. Start from here is the Agnya chakra. Here is the Vishuddhi. Then here is the Heart. Now see, it's so simple. Heart. If it is not heartfelt, if you have not felt it from your heart... Because some people come from other gurus, I've seen them. They sit here just to mock and laugh at it and make fun of it. They never get Realization. If your heart is caught up with your ego, also is difficult. If your heart is weak, maybe any problem with the heart, it can be anything, I mean, so the Realization here stops. Heart has to be strong, you have to have a heartfelt desire. That's the centre here of the heart. So I told you this is the centre here of the Agnya chakra, Vishuddhi chakra. This is the centre is the, is the, we can say, a [SATELLITE, SUBTLE OF IT], of the Agnya chakra between the two, because here these two also come out a little bit, the Ha Tha, both of them come out here, down below. It's Hamsa. But main chakra is this Agnya and then there is the centre of Vishuddhi, then here is the centre of Heart.

Now, behind here, is the centre of Mooladhara, here, just in the centre. For example today I met a lady who told me she's losing her eyesight. It could be due to two things only. It could be due to diabetes or it could be due to some possession you can lose your eyesight. Now, if it is in the centre, it is a possession. But diabetes is caused by the Swadishthana chakra around it. So even if it is due to diabetes it can constrict the optic globe by which you can have problem on your eyesight. Your eyes will be open,

but suddenly you can't see anything. This is absolutely curable, absolutely curable. Spirits, they get to it/they can do it. How much we have to be careful about spirits that you will realize very soon, as soon as you will take to Sahaja Yoga.

So the centre here of the Agnya is caught up and when it is caught up it just makes the optic globe ineffective and you can't see. Your eyes are open, you can't see. And when this diabetes is setting, this centre around which is the Swadishthana chakra, gets affected. Vishuddhi chakra is here, is here. I mean Nabhi chakra, is here. This is Nabhi chakra, which has got left and right. So all these centres are in the brain, so the essence of Sahasrara is integration, unity, complete integration. You cannot integrate nonsensical things together. Integration is only possible of the people who are of the same style, or of the Deities who stand for God.

You cannot have satanic people and Godly people integrated, can you? You cannot unite these people. You try it and you'll have problem. That's the best way you see the destruction of every unity. So in Sanskrit is a very good, good word got for integration, Samagra, beautiful word which means, Agra is the, Agra is the hole in the needle, and when a thread passes through this needles, it passes through the Agra, so it is Samagra. And this integration has to take place as soon as you cross over. And because of this you get your Realization and you feel all the chakras are enlightened. Unless and until you pass through this fontanel area you cannot feel the All Pervading Power. With awakening only, with the awakening of the Kundalini, you can give Realization even to people, you may think, but it won't stay there. But, of course, you can cure people, all right. But with Realization, if you establish yourself, which I'll tell you how to do it tomorrow, then you can give Realizations to others, you can manifest all your powers, even you can control the element, for your information. Yes, after some time.

We have some people in India. There's an ordinary fisherman, again a fisherman, he is educated, he's a graduated, but he's a fisherman. His name is Harish Chandra. He's a Realized soul. He got his Realization. He said: "Mother, I never knew you have given me so many powers." I said: "Really? What happened?" He said: "I was going to a village across to another island and the whole area was covered with clouds in such a way that a tempest was expected, absolutely a horrible one. And people said: 'Don't go out'". He said: "I was so much frustrated, I just stood up there and I said: 'Now see, I'm going for God's work. And will you, please, behave yourself till I come back?'". And he said: "The clouds were removed. Went there and came back, when I reached my home in the night, that time it started raining" And there were 25 people other fishermen with him. In India the work is taking up a big form, among the villagers, among the people who are simple. You do not lack behind. Though they are simple people, they are good people. You are the leaders, you are great saints, you have been seeking for ages and now the time has come for you to get it. So do not miss it.

For anybody's sake, do not plead for any gurus or anyone. You just plead for yourself. You have paid them, finish it off. Done your duty. It was a mistake. Forget it. Get your Realization. Get to your Spirit. The Sahasrara is opened out, is opened out because of this Sahaja Yoga has become a mass movement now. Thousands can get Realization. Thousands. They have been thousand people, six thousand people, as he says this, that's true. It is true. It is true. It has happened. It's so miraculous. But you are miraculous you are great. Just to find out yourself, what a great instrument you are. You'll be amazed what things you can do.

I can write a chapter like a book on Sahasrara, because that's my place. I know it so well. But today I think that is sufficient and later on I hope you might be able to get the books on this, maybe tomorrow, and then you might be able to read about it. But first get your Realization, because without Realization if you read you'll again become a scholar good for nothing. That's why we don't sell our books to people who are not realized. We just don't, because they become scholars, you see. They start writing another book. I mean people are so funny. What's the use? Christ has said: "Now, if you want gold, all right, have it, but be zealous. I eat with those who enter into the Kingdom of God". Take to the Kingdom of God and do not worry about your intellectual feeds. You've had enough of it. Take to it.

May God bless you all.

Now today, if you have some questions, you may ask but I think we should go in [UNCLEAR] the experience, but if you have questions and if you are not representing any guru, then please ask. I don't want to talking, answering [IN CONTROVERSY, QUESTIONS ABOUT].... I've already told you about them and I do not want to hear anything about these horrible people. You

know, yesterday somebody argued about Yogananda. And this lady [UNCLEAR] this little boy went to him and said: "O God, it's steaming hot." The certificate is there." All right, if you have to ask questions, do not be aggressive and just get your Realization. That's the main thing you should have.

Question: I'd like to know if Mother is a vegetarian.

Shri Mataji: No, not at all. So, supposing I was Kali once upon a time, I had to drink the blood of these horrible devils. How could I be a vegetarian? Krishna was not a vegetarian, Rama was not a vegetarian. Don't become vegetarians, I cannot save chickens and I cannot give them Realization. That doesn't mean that you all the time eat meat, meat, meat. Also doesn't mean all the time think of food. You see, I'm not bothered what I eat. If you ask me what I ate in the morning, I don't know. There's no fuss about food. I'm not a vegetarian. How could I be? Hindu Even Indians know that, that Mother can't be a vegetarian. Krishna could not be because He had to kill so many people. And you should not be. By becoming vegetarian you won't reach to God, I can tell you. On the contrary, you catch on the left Nabhi if you become these horrible vegetarians like the Jains we have in India. Jains, have you heard about them, Jains? They try to save even the mosquitoes and the bugs. Now, I can't do save, I can't do anything about mosquitoes and bugs. [I MEAN IT HAS GONE, AND WE CAN GO] to that absurd, you [KNOW, SAW]? I mean, it has gone to that absurd limit, you know.

Those who talked about it, you read in the book, where were Buddha and Mahavira, they couldn't bear the way people were stupid. So they were born again as Hassan and Hussein, the grandchildren of Mohammad Saab and they fought in Karbala to show that when it comes to fighting you have to fight. So, onward Christian soldiers.

Question: Mother Mataji, when you give somebody a blessing or when you say I am light or I am love, what do you concentrate on?

Shri Mataji: I don't say that, did I?

[UNCLEAR]

Question: Do you concentrate on anything when you give somebody a blessing? She is asking.

Shri Mataji: me, me? my machinery is too complicated. Don't try to understand it. It's absolutely complicated. Just forget it. Concentrate nowhere, just leave your attention like that, it works out. Do not concentrate, do not put in any effort, just leave it as it is. The Kundalini itself rises. If you concentrate you might develop a squint. [Audience laughs.] Yes!

Question: What about wives and mothers who work, but really don't have to, outside their home?

Shri Mataji: [UNCLEAR] Your society is like this you see, the women...I don't know. They need not. I mean your husbands earn sufficiently enough. Really. There's no need. But the husband has a separate account, the woman has a separate account, she has to go to the hairdresser, for what? Doesn't matter, if you don't go to the hairdressers. Does it matter? I never go. I've never been. And all these things you have to take slimming diets and you have to become like Marilyn Monroe who committed suicide. Because of these norms you see we are too expensive people.

[Is all right?] you should be satisfied when you have small children especially. You can look after your children. That's the greatest work you have to do. Then, when the children are grown up,... You'll be amazed, I, who had such a great mission, got married my two daughters and then got out of it. Of course, if in my young age I'd have come as a Mother, nobody would have believed me. But still, that's very important. Looking after children is the most important work. Absolutely, no doubt about it. But because in this countries who are developed, you do not understand the importance of that. The men also do not attach importance. They do not understand the importance of a wife and importance of a mother who is the [mothering her child??] and that's why the women, they find their egos so much challenged.

In olden days, men used to go and cut the wood, and the women used to cook in the house. There was no system of earning money. But now the man earns the money and the wife spends it, that's her job. And he can't bear it. He thinks, I am earning, and she is spending! You give money to men to spend, within half of month it's all over. They don't know how to spend the money. No doubt, men don't know anything. Whatever you may say, they really don't know how to spend money, they don't know where to go and buy proper things. I mean really, it's true, you must accept that.

But the way we treat women in the way, I mean in India you'll be amazed. I am very bad at banks, I mean I really I am hopeless, but you see, my husband tries to tell me how to sign a check, he says, I don't know how your brain works. I mean, it's a complicated one, you know. I don't know how to sign a check, even today. And I don't know where he, what bank he operates, but we are supposed to be...what do you call that? Both of us are the members of the bank. what do you call it?

Sahaja yogi: Joint account

Shri Mataji: Joint account. But I don't know, I'm not bothered, you know. Whatever money I need, I ask him and I spend it. He never asks me accounts, nothing, he's not bothered. He's not bothered. He's not bothered. He is very sweet that way. He lives very well, we live very well. We have everything that we want, we are very happy people. What is in money and what is this we fight for? For what? You must enjoy your married life. If you decide on this, then the woman need not look like this, you see, like you must have a certain type of a wig. all right. so a man falls in love with that wig and not with you. You change the wig, the love is finished. The romance is finished. If you live with artificial attractions, it finishes off. Live with natural, innate inner attraction – the security, the love, the attention. The children same way. I mean you know Indian children are extremely humble. my elder daughter is an architect, my younger one topped the list at university. She is MA and they are very obedient. my grandchildren are very obedient. They like to obey. They like it. Once my younger daughter she asked me, "Mother, my friends all wear sleeveless blouses, should I wear?" I said, "go ahead if you want to." She asked me "Why don't you wear?" I said, "I don't want to expose my body." [She] Said, "then why should I? You should have told me. It's not a criteria, if I ask you should say yes to me. It's no criteria, if you don't want to expose your body, then I don't want to expose mine too." Your own behaviour and your own examples create that respect. You tell lies morning till evening – children cannot respect you.

It's very simple. Actually to do all these wrong things you have to go all out. But to do right things you sit at home and do it. And the women are trying to change their husbands morning till evening, it's simply absurd, absolutely absurd. I can't, I will never change my husband. I mean, I don't know. I have not met a better man than him. I don't see anything better in another man. I cannot see. If you love you would not like to exchange your child, isn't it? Is the same with your husband. You would not like to exchange. It's absurd, I mean horrible. Somebody was telling me there's a lady, she is 65 year old and you find her a husband. I said 65 year old? Oh, God. How will she adjust to that man now at ... who is 70 years old and she's 65 and they have never known each other. Better give up! Next life! [Audience laughs.] She should serve God. It's better now that she is free.

Yes, my child? What did he say?

Sahaja yogi: What experiences can he expect to show that his self-realization has taken hold?

Shri Mataji: Are you, have you come for the first time?

Sahaja yogi: No, he's the man who came from TM.

Shri Mataji: Oh, you're...Now I told all this before. That you start feeling the all pervading power through your chakras which are manifested on your fingers. You become collectively conscious. You start feeling the chakras of another person. You start feeling your own chakras. You can raise the Kundalini of another person. You can give Realization to another person. There are so many more, but you become the master. You have the discretionary power, you find out the absolute. For example, you want to ask a question when you're a realized soul, like a computer if you ask the question: "Mother, is there God?" you ask it thrice and you get a tremendous flow of vibrations. Now, you ask about a certain guru, who is no good, whom you have given lots of

money, "is he a realized soul?" You might get even blisters on your hand. Yes. It's true.

Sahaja yogi: He meant more in his everyday life. What effects can he expect in his everyday life?

Shri Mataji: First of all, your health improves. You become a healthy person. You become a better person. You start enjoying each other's life. You become detached from jealousies, petty-mindedness. You do not become a recluse but you become aware of your social responsibilities to others. You become a person who is balanced. Who is wise. Who doesn't have problems of stresses and strains and problems of feeling the worries of the future. You live in the present. You enjoy every moment of your life. You see a beautiful thing, like a beautiful scene or a beautiful sky, you become silent. You become thoughtlessly aware and the whole joy of that creation comes into you and you start feeling the pouring of that beautiful grace within you. Emotionally, you become very balanced. You do not get into frantic traumas and horrible tempers and sudden outbursts of anger.

One thing if I tell, you won't believe, that Krishna has said [Yoga Kshema.....]. When you get your yoga, when you get realized, then I'll look after your well-being. Because the Lakshmi chakra is the centre [which] gets awakened, even your material problems are solved. But you don't become Mr. Ford? to have a headache, as I told you before. But your material problems get sorted out. All the angels and all the Ganas, that is the Saint Michael's army looks after you. And you see it. If there is one realized soul travelling by a train, there will never be an accident and if an accident takes place – because they take place because of the negative forces – then everybody will be saved because of one soul being there. It's tremendous. You become so fantastic that you can't believe it. So your health improves, your tensions are removed, you become so knowledgeable, so knowledgeable that people think you are scholars. You become the knowledge. Tomorrow, I'm going to tell you about the Spirit before I tell you what is to be done. What is the Spirit and what are the blessings of the Spirit. And once you get that then the source of joy is your Spirit and you don't have to go anywhere out to seek it. This is on a very grosser level I've talked to you. But on a subtler level, you enjoy your peace, enjoy your virtue and enjoy your Spirit and the whole life becomes the fun. It's true.

Sahaja yogi: not too many more questions...

Shri Mataji: Then we haven't got time? Is there something?

Sahaja yogi: Yes, let's have a couple more. What is it?

Question: [inaudible]

Shri Mataji: Have you come today?

Sahaja yogi: Yes, the first time.

Shri Mataji: Then it's not proper. All right, you can write down your question and I'll answer. The thing is, those who have come for the first time are asking the questions which I have already answered. So it's better that you write down the questions and I'll answer them tomorrow, all right? You give it to me. What else?

Sahaja yogi: Anyone else who has been before?

Question: [INAUDIBLE]

Sahaja yogi: When he was here earlier your hand or our hand was placed over his head or his hand and he felt it, you said he'd got it. Does that mean he's got it for good?

Shri Mataji: Not ne-ce-ssa-rily. [Audience laughs.] I must say. I told you there is transformation and transmutation. First the transformation takes place. No doubt. But even the transformation takes place, the transmutation has to take place and that's how I said you have to understand the divine laws and you have to follow them up, which is very simple and it is for good. Some

people have got it for good, no doubt. But this, about, I would say a month time is important. And if you can really look after it – which I'll tell you tomorrow. For this one month you have to depend on certain things that I tell you. Work it out and establish it. But then it is permanently yours because it is really yours. As I said, the butterfly comes out of the cocoon, but some things sticks on you see. So it has to a little bit kick out these things, that's all. Now, who else?

Question: [INAUDIBLE]

Sahaja yogi: In the case of possession, when the Spirit is to be take out who has the capability to of doing that?

Shri Mataji: Every one of you. When you get realized. You can all do it. They run away. I mean, if they know there is a realised soul, they just run away. We had three people whom I had given realisation and they told me, "Mother we go on a motorbike in the night at about say 11 o'clock form work. And these spirits used to come into these people and they used to talk. And they said, tell these three people not to go through that road because after 11 o'clock at least allow us to be there on the trees." Imagine. It's true. The spirits talk. Really they talk. Every one of you is capable of doing exorcism, but don't get into it in the beginning, all right? First, learn it. First become all right yourself. Then it's very easy to do it. Very easy. they are afraid of light. If there is light, the darkness goes away automatically. But you be fully enlightened first of all. That's very important. All right?

I forgot to tell you that with realization you can do exorcism and also cure people. Even from the diseases like cancer. All right? What more do you want? Everything put together.

Sahaja yogi: Be careful you don't get the spirits.

Shri Mataji: Ha, that's important, not to get the spirit into yourself. [Shri Mataji laughs.] Should we have now the realization.

Sahaja yogi: Slip your shoes off if you still have them on and just undo anything that's tight around you. Just rest your hands on your lap. Just be in a mood of wanting it. You're asking for something, this is the purpose of your hands in this position. Humbly ask for it. Ask for your realization. Anybody who's got a tight belt on, loosen it. Loosen it.

Shri Mataji: Little. I mean not very loose.

Sahaja yogi: Take your glasses off.

Shri Mataji: Good idea. Yes, yes, please take out your glasses. Be comfortable. You see you have to be comfortable. Sit very comfortably. It's done already.

Sahaja yogi: Quite cool.

Shri Mataji: Most of you have got it I think. Just feel it. In your hands are you feeling the cool breeze. Today I have completed all the seven chakras. Hahaa, look at that! Just see, today I have completed all the seven chakras, it should work out. Close your eyes. Just close your eyes.

Sahaja yogi: Cool. It's cool.

Shri Mataji: Don't think. Please don't think.

Your bodies should not shake, your eyes should not shake. If they are, then please open your eyes. There should be no shaking or flickering of the eyelids.

It's all right.

[illegible]

1981-1007, The Spirit

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7 October 1981

The Spirit

Public Program

Unity of Houston Church, Houston (United States)

Talk Language: English | Transcript (English) - Reviewed

Public program day 4, "The Spirit". Houston (USA), 7 October 1981.

Shri Mataji: All right, start it.

[Warren Reeves gives an introduction of 8.5 minutes.]

Shri Mataji: Good evening.

Audience: Good evening.

Shri Mataji: Today is the last day, when I have to go. And you can understand a mother who has so many children, she has to go from one to another; she has the expectation to meet her children and she has the concern and the longing for whom she has so much love. That's very difficult to express those feelings: like waves as if they are taking out something from you.

I do not know really how to thank you all. Without you I cannot enjoy anything. As I told you, even I may be the Capitalist and I may have all these powers, so-called, I'm a complete Communist, I can't enjoy it alone. I have to share it with you. At the very outset, I would like to thank Mr. Sig Paulsen for making it available for Me, this beautiful church. And you all that I could manifest My love, could have a rapport with you, whom I have known before. I'm meeting you again, thanks to him.

I have to thank Betty, specially. She has been so earnest. She wrote to Me letters, she telephoned to Me again and again. Oh, she took so much trouble to see that I come to Houston. She has made these four days, fantastic visit for Me. You all have to thank her for what she's done, it's a very, very great thing that she thought of you all and of sharing her joy with you all. She got her Realization in Australia. It's a chain of thanking, for which I have to thank Doctor Warren who came to India for his Realization, and I got stuck to him... He was running every moment and he got his Realization.

Then we have other people here from India. Nirmala Modi has come all the way, she's a very wise Sahaj yogini. And then we have Hugo, you know he came all the way. Went to Japan from Australia, bought these equipments and he's come to New York, then to Houston. Think of them, how much they feel responsible that they should communicate truth to you and that they should arrange this beautiful program. Warren's wife has also come here. We have also, another American, Michael, who is helping a lot. The best of all, I would say is one of my eldest sons, is Mr. Gavin Brown. Who had something to do with Houston. And when I wanted him to put some money for American tour, I don't know why, he put it in Houston Bank. I said, "Why Houston of all the things? I may never go there."

He says, "No Mother, Houston is the place." Still the money is lying in the Bank here, for next years program perhaps. He has worked very hard and he's going to stay on here. He's a quiet person. But he knows a lot about Sahaj Yoga. He knows it thoroughly. He'll tell you each and every thing: How to cure you chakras. How to feel all right.

Now today, on this day, I'm going to tell you about the Spirit. I have told you about the seven chakras, about the three nadis, the three channels, that are within us. And today I want to tell you about the nature of the Spirit.

The Spirit resides us in our heart. It's the reflection of God Almighty. In Sanskrit language: this aspect of God which is all-pervading and is the first and the last, is called as Sadashiva, is the Father, who does not incarnate. We say Yahova, you can say, or the God who does not incarnate. This great aspect which encompasses everything ultimately and also manifests everything, is reflected within our heart as the Spirit. This aspect is just the witness aspect. It witnesses the play of its power, the Primordial Power, the Holy Ghost, to see what is created by Her. He's the only enjoyer of the game. He sees the game, the leela, the fun. She organizes everything, it is She who gets divided into three powers, it is She who creates the whole universe, it is She who gives us this evolution, it is She who makes us human beings and it is She who has to make us the higher human being.

That's the Holy Ghost, the Primordial Holy Ghost and the reflection of that is this Kundalini within us.

These two have to meet. They are separated; the Spirit within you and the Holy Ghost within you have to meet. That is the Yoga, that's the union.

The seat of the Spirit is on top of your head here, but he resides in human beings in the heart; of course it comes out also and watches you. It is not in our conscious mind, it resides and watches the whole field. In Gita, He's called as ksetradja, the one who knows the field, the knower of the field. He knows everything. He watches; he's just watching: where we go, what we do, what compromises we make, how we run after our seeking, how we go to falsehood, what we do; everything, it is watching. The Holy Ghost is the one which receives the information and records everything in itself, but the information is given by the deity who is the seed or the Spirit of Jesus Christ who is sitting down there, Ganesha.

The Spirit itself is sat-chitt-ananda. He exists in the state of truth.

Now we do not know what truth is. People say: "God is Love, God is Truth." Now what is the truth? The truth is this all-pervading Power. And this all-pervading Power is the nature of the Spirit, which gives you the absolute knowledge. Now mark it: absolute knowledge. For example, if you have to say: "What is the shape of this?" [Shri Mataji shows the ceiling of the church]

You will say: "It's a pyramid." All right, but is it a good thing to have a pyramid for a church or not? There could be hundred opinions on that.

But if you ask Me, or ask any Sahaj Yogi, they said: "Yes, it has to be a pyramid." "Why?" Because in a pyramid, there is a coefficient and you feel the vibrations. It's absolutely, absolute knowledge. That's the truth you know.

You want to know if a person is fake or not. You just put your hands like this and ask a question, "Is he true?" Your vibrations will stop, you may even get blisters, if you ask such a question about someone. So you do not know through your mental activity. A person may look very nice, as I told you, he may behave in such a manner, that you'll feel: "Oh, what a fine man he is!"

Is such and such person is a Realized soul or not? How will you know? You'll just put your hands towards that person and you'll start getting the vibrations from that person; you'll enjoy them. Only after Realization only we can really enjoy other person – really enjoy.

One day I was in Calcutta and staying in a hotel on My way to Singapore, and there was a very great soul who came to see Me. And he just sneaked into the room. See, sometimes it happens that some of these great souls who live in Himalayas and all that, they come in. And he just saw Me and he fell at my feet. And there were at least five, six Sahaj yogis staying in other rooms and suddenly they felt tremendous cool, joy falling on them, a cold shower like thing. And they all came running, one after another.

"What's happened, what happened?" And he was at My feet. They opened the door and they said, "Oh, Mother!" "Mother, how did you come?" "Oh, Mother!" And then they started feeling him. He was enjoying Me, I was enjoying him. And they were all enjoying him.

You don't have to tell whether a person is true or not. There is no mental deduction, it just happens. You start feeling. Even children are like that, even small children. If they are realized souls, immediately they'll say, "This is this and this is this," finished. There's no compromise, how can you compromise? That's what I told you yesterday that Christ never compromised. He'd never compromised. How can you compromise with darkness if you are light?

So the first thing you are, you are the truth. The Spirit tells you what is the truth. It tells you everything about everything. It is the truth; the knowledge that is pure is the truth. As I told you, Gavin Brown, when he got his realization, he said, "My father has not telephoned" and he put his hands there and he got a burning here and when they telephoned, he found out that his father was down with bronchitis, and I told him the exactly the same thing. Now a person who came to Me the other day who had multiple sclerosis – is a very serious disease according to doctors, but according to Me it is not. And everybody told Me the same centers he was catching. Of course because I have been in the medicine, I have been in the medical college, I know these chakras means what. And he told Me that he had this problem. Even if he not told Me, I would have known that he had this problem. Everybody will see the same centre is catching. So, you are the truth. Then after some time you cannot bear untruth. You cannot bear falsehood, I mean, we also are like that, I tell you.

For example, if I tell you that, "You come along here there's a very nice chair for you." Now you don't see any chair there. "Oh you sit down, it is there, believe Me, imagine there's a chair." I mean, nobody would accept that, will you?

You don't see any chair. "There is any.-"

"No, no, but the imaginary, there is one, I have placed it, you can't see, I have made it invisible. You see you just see, you sit down you'll get it." All right you sit down there, and you sit in that position and after some time you start getting the pain.

"Where's the chair, how do I get the pain."

That's what Warren told you, it's very practical. You immediately know that this is not the way.

Now the first centre is very important, is of the innocence, which gives you the magnetic powers. In the sense not only that you are attractive but, I mean you attract people, but magnetic means that you know whether you are moving to the north or to the south. Birds have this power in them, birds have. That's how they fly from one place to another. Because they can feel the magnet within. And a person who is pure at that point, he never gets lost because he knows which side he's moving. I mean, I have that power, I have never had a problem like that. I move either to the left or to the right, or to forward. And My husband who is dealing with shipping, he says, "I have never met a better navigator than my wife."

And it's so spontaneous, I mean, I don't have to think, I know for definite that you are moving in the wrong direction or in the right direction. Even the material movement I mean to say. All of them have experience, they have great drivers and they have got all the maps and everything. And immediately I know that you are going on the wrong direction because the magnet immediately turns round. So the magnet is placed within you there, but it is to be awakened. When it is awakened, these deities when they're awakened, you become the truth. Like the light that comes in, you start seeing everything as far as your feelings are concerned, your experiencing is concerned. So you become the truth.

Now one may say, "How truth could be love?" That's a very common question. Truth cannot be love because, I mean, if you tell somebody something that is truth, he may not like, and he may be unhappy and it may not be dear to him, and he might be very, very worried about it.

Manu said, long time back that, "You should speak the truth and you must speak the things which are dear to others." "Satyam vadet, priyam vadet."

People said, "It's not possible, it's an absurd situation, how can you do it?"

So Krishna has put something in between, he said, "Satyam vadet, hitam vadet, priyam vadet." You say something that is the truth, always say the truth, and say something hitam, means for the pleasing of your Spirit. That's the condition. And ultimately that becomes a very dear thing. In the beginning one may not like it, but ultimately, this will be very much liked, this truth. So all these three he has put together and said that, "You have to speak the truth, the truth has to be pleasing to the Spirit, and ultimately, the person is going to enjoy it."

So the truth is: everything is illusion, except for the Divine Love of God that is all-pervading which you can feel through your Spirit. This power has got telecommunication, it has got all that you have created in the science, it can coordinate and cooperate. It has got all the angels and all the great souls to help it and to look after you. And the top, topping the whole thing is the quality that it loves. It loves you. So it doesn't come to you like a sword, it gives you the time to improve, to judge yourself, to rise, to grow, just as a mother would look after her child, forgive mistakes, see that the child rises and grows into complete manhood. So it is love and the love that is so powerful is the truth; and it never fails, it never fails.

For example you might think now, a man like Sadat has died. [Ed: Anwar el Sadat was assassinated on 6 Oct 1981, the day before this talk.] "Mother how do you explain?" I mean, you never die, that's one thing you do not know. He can be born again, he would be born in such a condition where he'll be much more effective. He has himself died at the top of his glory. I mean for him, he's a martyr. If you see from his angle, everywhere in the whole world, "Sadat." Sa-dat, it's a big name too. But supposing he had fallen in his glory and all that, then he would have died, then God would not have been just to him, I would say. But he died in all his glory and he can be born again. And he can take a position from where he can do much better work, in the name of God, in the field of God because now we don't have to do any more work, otherwise in any other field.

We have had enough of trains, we don't want any more now. We have had enough of plastics, now we have mountains. We have got too much of butter around, too much of food, everything bit too much, I mean the house becomes a junk. In any field we have overdone things. We have exhausted this Mother Earth. Now what do we have to do? Only in one field and the field that is of God's work you have to do it. But first you have to get connected and then do the God's work. And that connection is only through your spirit, when you become absolute and you have the truth within you as a built-in awareness. Is the awareness that becomes the truth.

So the first quality of the spirit is that you become the truth, that you know the truth, that you take a stand on the truth. Look at Christ. He had nothing to do with women like Mary Magdalene, I mean, nothing to do, I mean, He was virtue. He was innocence. But when He saw people were stoning her, He took up a stand. He took up a stand. You have to take up a stand, stand on the truth. And he said, "Those who have not committed any sin can throw, and you can throw the stone at Me". And nobody did. He did this because He was standing on the truth. He took a whip and whipped those people who were selling in the temple of God. At the age when he was a little boy, he went and argued with learned people. Such people have no fear of anything. What is there to fear? When you are standing on the truth, what is there to fear? Truth is such a light that it gives you complete picture of the whole thing.

There's nothing to fear. Your Father, He is compassion, He's ocean of compassion. And He's ocean of love and ocean of forgiveness. And He is now within you. Who is more powerful than Him? It's very easy for many human beings to say, "Oh, we don't believe in God." You believe it or not, He's there. Those who say, "We don't believe," it is better that they should come and get their realization and understand that there is very little time left for such kind of nonsensical statements. I mean you can at the most say that, "I've not felt God so far and I'm open, if I feel." But on what basis do you deny? What basis have you got to say that, "We don't believe in God"? Not only, after realization you can prove God, but you can show His miracles.

The second thing, the nature of Spirit is that He's chitta, He's the attention. He's the attention means when you become spiritually enlightened your attention becomes enlightened. Now enlightenment, what we understand of these lights is that the lights are falling here, and we can see things, that's all. But this attention which is being enlightened, acts, it works, it has got loops, it has got weapons, it works. You have to see for yourself how your attention works.

Today there was somebody who went and told one of the Sahaj yogis that "I was sitting there and I was getting all negative thoughts and was feeling horrible in my hands and I don't know why it was happening in the program."

So she said, "Here you have come to pay attention to Mother and to Her work and pay attention to your Spirit. But if you are paying attention to all the rest of the people here, then you are going to catch them."

Is a very simple thing, "Where is your attention?" Ask this question. This is a very common question in an Indian home, a mother will ask the child, "Where is your attention?" The basis of Indian life is 'chitta nirodh', is to fix your attention in a proper way. Where is your attention? Is it on your Spirit? Or is it on somebody else, like, "My brother is sitting here, my mother is sitting there, oh, that woman is very bad, she's jealous of me," all this nonsense. Where is your attention? When you get realized then you start seeing through the window of the Spirit, your position changes. As you're looking at Me now, then you come back here and start looking at you this way. Till you are realized you are sitting before Me, but once you are realized you come here and see others from there, that's your fort. Nobody can touch you there. From there you see others, your attention is detached.

So the attention becomes enlightened after realization. You pay attention to anything, it works. It does work, no doubt, you try. Those who have got realization should try this. Try your attention, but attention has to be pure. You have to purify your attention, and the best way to purify it is to keep your Agnya Chakra open. When this centre is open which is the centre of Christ, which I have shown that it can only open through the Lord's Prayer after realization. When you open that, then you are in that state where your attention is divine. And you'll be amazed how things work out, even the smallest things, the material things, the useless things and the great things, and the subtle and subtlest, and how you start growing. So the growth is to be achieved by purifying your attention, and to purify this attention is to keep your Agnya Chakra open and be in thoughtless awareness. You watch something, you don't think about it. Zen said the same thing but I think people didn't understand, you see, before realization it's like telling about colors to a blind man. Zen said the same thing, you watch a thing without thinking about it. They created patterns which didn't mean anything, which you see it without thinking. But that's only possible after realization. So the thinking process minimizes and you start witnessing.

The higher state than that of attention is that you jump into nirvikalpa samadhi, into the state of doubtless awareness. Now it is not doubtlessness because you've argued it out or anything. But is a state where you're doubtless about things. I mean the way you speak, the way you behave, the way your attention is, you can make it out that "I'm doubtlessly there." The discrimination becomes so sharp that you can just say, "This is so and so and so," there's no fanaticism about it.

As I told you this morning that if a blind man cross over something and says, "Oh there's a snake here," and he believes it's a

snake, he believes that it's a snake, that's fanaticism. Because he has no eyes to see and he believes it's a snake, he says, "Oh, there is a snake here, I believe!"

But a person who has eyes sees, "No it's a rope, it's just a rope." And he says, "No, it's not, it's a rope." But he has eyes and when he says with his eyes, which can see that, that it's a rope, he means it, the truth – then he's not a fanatic. But he's standing on the truth. This subtle difference people don't understand. Fanaticism comes through blindness and the truth comes through realization. And at any cost you'll not give up the truth, any cost.

Now when I started My work in 1970, somehow I knew all about these fake gurus and fake people, I knew about it. And in My first lecture, we had about, must be having about two, three thousand people, it was a very huge hall and I told the names of all these fake people and who they were in previous lives and what they did, by names. And everybody was amazed at Me, they were frightened. There was a Maharajah who was a friend of My husband and all that, and he came and told Me that, "Oh, I'm so... I'm very frightened for you."

I said, "Why?"

He said, "These people are horrid. They mean money, they mean their whole earnings out of it. How did you say these things openly and you took their names? They will shoot you."

I said, "Let them shoot. I'll see who shoots Me."

They said, "You see they will prosecute you."

I said, "Let them prosecute." So many years have passed, nobody has dared to say that I'm telling the lies.

There is no fear. You love, but you don't love satanic people, you don't love Satan. The Satan who has spoiled the Kundalini of people, who has spoiled all the chances of their getting realization, as a mother do you think I should say, "They are very good people"? I'm not a political figure and I'm not seeking elections. Cannot be a compromise! That's what happens to you also.

But by your own self-esteem, by your own glory, people see, "Here is the leader." And you become the leader of the people. You can, there is nothing to be frightened of. There should be no half-way, as Christ, as he read it out to you, that lukewarm people he spits them out of the mouth. If you are hot, if you are devils, we'll fight you; if you are cold, you're my children. But lukewarm people are static, because all kinds of forces are pulling, there's no progress of any kind. You come, you come, negative, positive, they are pulled this way, that way. There cannot be compromise with truth. And then you will see you will have the real collective force, the real blessings of God, in every way. You don't have to worry about money, you don't have to worry about anything, it all works out, everything works out. You can't believe it how much it works out.

I will tell you about these Australians: Australians were finding it very difficult to get a place to have an ashram, and one day, frantically one of the girls telephoned to Me, "Mother, we cannot have a place now, we don't know where to go, we have sold our houses, we've no place to go to."

I said, "Don't you worry, tomorrow, you'll get it." And she was surprised how I told her, "Tomorrow you'll get it." After telephoning and all that, she went home and she received a call... I mean there was a call from a... estate agent.

When they went to see him next day he said, "There's an ashram available, would you like to have it?" At a very cheap rate, they got a beautiful house for the ashram.

In London, we had a some sort of a small ashram and they were finding it very difficult for all these people to live there, because they wanted to live together. They said, "Mother, we must have some more rooms and some more place."

I said, "All right you just pray, it will work out." You won't believe, we had started a co-op in London, and they said it will take eight years to get a room out of this co-op. That's London speed, just the opposite of American. And within a month's time, we got a huge house, huge house with fifteen bedrooms and two big halls and we didn't know what to do with it, and at such a cheap rate that for the whole week, only seventy pounds were to be paid. But then the Sahaj yogis went and settled down there because in London we have in thousands.

Then they said, "Mother what about for others?" And within fifteen days we got a huge big hotel with all carpets and with all curtains and everything provided for, cutlery, crockery, anything you say was there. Every thing – only for ninety pounds a week, for at least twenty people to live very happily and big rooms each and big halls. Just we got it. You won't believe but it has happened just before Warren's marriage and we didn't know where they are going to stay, all of these who were coming to get married here, and they had a nice honeymoon in that hotel. They didn't have to pay anything for it. Yes, it works out. Krishna has said, "Yoga kshema vahamyaham." You get to your yoga first, he never said, "Kshema yoga," he said, "Yoga kshema vahamyaham." You get your realization, you get your yoga and then the kshema, the well-being works out.

Everything is organized then for you, you are on the stage, everyone works for you, believe Me, it happens that way. What is there to hanker after, what is there to ask for, I mean you ask for one thing, you get thousand, you don't know what to do with them. I don't know really- I don't know with Myself, I don't know what to do, the way, I'm quite generous, I mean I try to give away so many things but still My house, oh God! You can't imagine, you can't imagine. In their wedding I gave fifty-one saris, fifty-one, thinking that, "Now I'll some rest from these saris." Again I went back, they are still there. I don't know now what am I to do, I brought now some to America to give away and all that, you just give and you get, everything, you get fed-up!

But only thing that I always, I have been asking for are the seekers, where are they lost? Where are they? That's something still there, they are to be saved. Because as I told you Christ is going to come back with eleven destructive powers and there's going to be no questioning, no realization, just... All the negative forces will be killed and those who enter into the kingdom of God will reside in the kingdom of God, will reside there, the residents, the citizens. As He said, "If you want money, I'll give you gold. But I look after those who hanker after Spirit." You enter through the door and He eats with you, He shares with you. For a realized soul the highest human beings are the seekers. You may be any king or anything, what does it matter, there are so many roaming about. But a seeker is the thing in the eyes of God as the highest human being, who has to become a super-human being.

So your attention is filled, so many of these miracles, you cannot imagine how many have taken place with Sahaj yogis. One can write such a big book. So the attention becomes pure. You just can't see bad things happening, I mean, you just don't like it, I mean, I feel like vomiting sometimes the way things are, sometimes. The things that you enjoy normally become absolutely garbage, you just don't like it, the whole, the priorities change. You become automatically virtuous, I don't have to tell you, "Be virtuous," you'll just become, and you start enjoying your virtues and virtues of others. You start enjoying other people because attention becomes collectively conscious. Our central nervous system is our attention but this central nervous system becomes collectively conscious, 'becomes.'

You are not bothered; somebody has cancer, it's all right, "I'll try to cure you." You are not afraid you'll get cancer, nothing, you are never afraid of it. "I'll try."

You put your hands like this, like that and the fellow says, "Oh I'm feeling very much better, I don't know, what have you done to me?"

"Nothing." The attention becomes so effective, so powerful; it does tremendous things and the attention among yourselves has a rapport. They all move like the several drops in an ocean, in a wave of love, it's so beautiful.

The white men came to India long time back as this or that, but when they came with Me, you should see, we have some films how the Indian villagers, you see, took them to their heart, danced with them, fed them, loved them, it's so sweet. And they write to them, it's so beautiful, there's no artificial, it's not just a feeling, "I love you, you love me," it's not there. It's just the enjoyment of the company of other realized souls. We talk of big things, "Oh, we are all brothers and sisters," it's all talk, talk, talk, talk, talk. Then you just become, you forget your color, you forget your nationality, you forget everything, you just feel, "Oh, that's a Sahaj yogi." It's a very different plane into which you arrive where you feel so happy, joyous, the whole thing is a fun.

And when it comes to helping, all of them come together. When they find a negative force is coming, all of them come together. There is never a discussion among them, never. They try to pull him out. They tell him, all of them will tell by their own ways and method that, "This is wrong, this is wrong." It's such a combination, I never have to tell them. I don't have to tell them that, "I'll give you some lessons now," for example, "How to carry on among yourselves," nothing, they just manage.

Not only that but a person will say, "Now see," A will say to B, "See I'm catching on my Agnya, will you please help me there." That means, "I'm ego."

And the other fellow he'll say, "I'll... I'll try." They just help each other, without feeling bad, there is no remorse of anything, there's no heart burning, no jealousy. What a relationship is established like one finger doesn't have jealousy with the other. You have no jealousies with the other cells of the same primordial being. There is no need even to talk of love, you are in love. Everybody can see that your love. It's really worth seeing how we become so much adaptable, so much silent and happy people, when our attention becomes collectively conscious, because that's the real source of joy. And the greatest quality of the spirit is that you're pure joy. It's pure joy. We talk of unhappiness and happiness, sorrow and ecstasy and all these words. But joy is pure, it hasn't got the duality, it's one, single, absolute.

I'm leaving you and My heart is wrenching. The joy is seeing that. Seeing that this Nirmala is wrenching, bleeding. The joy is seeing and when I go, this feeling, I will think and I'll think of you and the joy will be again repeated. That joy of oneness, even in separation the oneness I feel it, the concern, which cannot be expressed in words, that silent pulling of your heart – that is also joy. Joy is absolute, it comes through seeing. You see it and you get the joy. Joy is the quality when you gradually move from the

brain, the attention first goes into the brain, specially in the West, is the brain first, takes place, means you become the attention, I'm sorry, you become the truth. Means you start feeling in the hands, you understand, then you see, "Yes, it is so and this person has got this trouble, so he must be having arthritis if he's catching on this, yes true." You start tallying, finding out and monitoring it and again, again verifying it and you are satisfied with it.

So the attention first is nothing but starts achieving the truth. It's trying to feel the truth but it's dry, at that stage, it's dry – in the West, specially, because we are differently made in the West. Then we read the book, "Advent," we like it and we see all these things and knowledge and everything you like, you want to listen to that - My speech and all that. You all like it. Is the knowledge because you see the truth, the knowledge – that's the gift of the brain- is the central path as I can say "the awareness." Then you feel your chitta, your attention which is enlightened, and you're blasted with it. You see the miracles happening, "That's happening..." you are just blasted.

Then the third thing happens; is the joy: that you are in joy all the time. You cannot keep serious for more than two minutes; it's very difficult to keep serious. The sense of humor is so beautiful, you never use vulgarity or hurting things or personal remarks, but the whole thing is so beautiful. When you speak, people feel the flowers are throwing their fragrance at you. Every action that you do creates joy, ripple of joy. Every movement you do, every vision you see, gives you joy. That time you feel 'perfected'. When you see a picture which is beautiful, immediately you go into thoughtless awareness, and the complete joy of that creation starts dropping on you, you just feel the joy. Then you become silent, you don't speak... much, you don't think, you become the joy. 'Ananda'. That's the perfect state in which you should be. It's so beautiful that you want to be there all the time.

This joy is the movement of your ocean of love. Is the beautiful movement of the clouds that you see. It's fantastic, you just get drenched into it and you do everything for love's sake and you don't think you're doing it for love's sake, you do not feel that way, you just do it because it's so joy-giving, that it is the greatest thing. You may have... anything in the world will not be that much joy-giving as this joy of the Spirit which you become. You never feel lonely, you are never bored. Whether you are alone or with anyone, you are in joy. One should understand that if you get your Self-realization or if somebody says that they are giving you to some positive lines, you should know, "Are you peaceful within you? Are you joy?" Forget about the collective consciousness, is your health all right? That's the minimum of minimum. The whole system changes. I just say that all of you should achieve that state of joy by the time I come here next year. And I hope you grow into it, by taking up a stand on the truth. Grow into it. You progress into it. It's so wonderful and so beautiful and that's what your Father wants you to have. He's the most generous Father; He can't enjoy His kingdom unless and until He has given it to you, that He has made you sit on His throne. That's the greatest joy that He wants to have and that's what you should achieve. That's what you should have, that's your right to have.

This is what is Self-realization – you become just the master. You don't have to consult anyone, you know it. You have to just consult your Spirit through your vibratory awareness, and you know it. These are the blessings of Self-realization into which you have to grow and as you grow you start manifesting your powers: you can raise the Kundalini, you can give realization at the very outset. Imagine the Kundalini moves under your finger, nobody can believe it but it has happened now.

Even very, very great saints, you see, there is a very great saint who is more than hundred and eight years of age, and he asked Me, "Mother, I have spent thousands of years to get these vibrations and these people have got it without doing anything."

I said, "What did you... why did you do it, who asked you to do it? You should have taken it easy, you would have got it."

He's a very sweet fellow, but because he's got it through his effort, see he has that feeling that, "I've got it through my effort." You'll never get it through effort, I tell you. When you are finished with your effort you just get it...

[murmurs of laughter from the Audience.]

Shri Mataji: ...maybe in an abstract way, or maybe-

Yes! When Buddha was tired, finished, fagged-out, then he got his realization. When you stop your efforts then only you will get your realization. "So why to boast of your efforts?" I told him. He's a very powerful man because he's done lots of things and he always goes on a big, very big tiger and because he's hurt himself, he says that people have beaten him, so he's hurt himself so he always uses a tiger. And he's a man with the idea that he has these powers, that powers. So when I went to see him, I knew that time because he told people that, "Mother has come, so you go and see Her..." and all that and I knew he was there so I went to see him. When I went to see him, we had to climb about three miles, one had to walk up, and I was walking up and when I reached there it was raining and I got completely drenched. And this fellow is supposed have powers over the rain. And he was so angry when I went there he was sitting on a little seat of his made of some stone. He was doing like this, like this, very angry. So I didn't say anything, I went inside his cave and sat down there in that drenched condition.

So he came down and he said, "Mother, did you do this to kill my ego?"

I said, "What? I didn't do anything. What did I do?"

He said, "This rain wouldn't listen to me."

I said, "Now, don't be angry," I said, "Sit down. Haven't you bought a sari for Me, and you are a sanyasi, I won't take a sari from a sanyasi, [son?]. You have got a sari for Me, isn't it? So I have to get drenched, otherwise I will not take sari from you." And the whole temper melted away, whole temper melted away. Then I said, "It was necessary the water to flow over My body so that all the place around you becomes beautiful, is vibrated with water."

But he is a very great soul I must say, because he doesn't talk to Me like ordinary human beings talk. His style is different because he recognizes, he knows who I am. Is a very different thing, and a day will come when you will also rise, you will rise and grow and grow and there will see the glory of this great new age, new generation... into the complete newness of the being.

Today I was going to tell you about certain diseases that one has and how to control them and I would suggest that we have a book – are you going to sell it to everyone?

Yogi from the side: There's a few of them Mother.

Shri Mataji: We don't have many. So we would say those who have been coming for all the four lectures should buy the book. We are sorry we don't have many books but we hope to send you these books later on and is a very good book in which you can see what imbalances can work out, like how you get diabetes, how you get kidney trouble, blood pressure and then how you have to balance your liver, and how to look after the security and all these things are written in that book at length. Quite a knowledgeable book I should say.

I took the writer... I should say I really tortured him. And everyday I used to see him coming up pulling his ears, you see, that, "I don't know what mistakes I'm going to do."

And every time he would come, I would say, "Now, Gregoire you have to be sweet as well. It's not that sweet, you are still a scholar, you have to be a Sahaj yogi. And a Sahaj yogi is different from a scholar so you write this book in such a manner, in such a way that it is sweet, it's loving, it's kind," and I've tried really to curb it down, curb it down.

But he had written two chapters of his scholarliness, all the scholarliness that he had, and it was like a... really a big boulder before you when you enter into that book. So one day I told him. "These two chapters, let us put it at the end of the book," and he really collapsed.

He said, "Mother, how can You do that to me, it's too much."

I said, "But why, what's the problem?"

He said, "These two chapters are the ones which introduce the book and how can we do it? I mean, it's in the beginning and how can You put it at the end?"

I said, "Gregoire, while correcting the book, I saw to it that these chapters have nothing to do with the beginning, so you put them at the end."

And he, when he placed them there he said, "Oh the book has become wonderful." And then he told Me, "It's a very good play of Mother in this, that the intellectuals are never satisfied with the reading once, and they would like to go into the intellectual rumination. Like the animals you see, like cows when they eat, then they take it back and again eat it, like that, So is better to put these two chapters for them."

I said, "Now you are not angry with Me?"

He said, "No, this is a very good thing."

But these two chapters definitely prove that he's a very learned man. And I told him, "Gregoire, when did you read all these books that you have quoted?"

He said, "Mother, you'll be surprised, these quotations just came to me... I never, I never read them."

I said, "You never read them?"

"Yes, yes, I had read them before, sometimes I must have read them, but at the right time, I got the right quotation."

He's now coming to Los Angeles, he is a diplomat in the Swiss government and he's coming all the way from Rome to Los Angeles, and he's a very dynamic person, I'm looking forward to My visit to Los Angeles. If you have any friends there or anything you can write to them, you can take the address from here so that they can come and see Me. We have now booked all our days, I am sorry and still we'll contact somebody from Unity Church, but all the days are booked. It's all right, and the people can come in any case wherever you have the programs.

Anything else you want you can write to Me. I'm sorry I can't write to you because every day I work, like this the way I've been

working here: morning, the workshop, evening, the lecture. It has been on and on for years together now. So, I do write sometimes, but I don't have so much time, but somebody will answer you. Any question, any problem, anything, please write to Me. I'll be very happy to receive letters from you and there are so many people who are sorting them out and looking after it, so you will have an answer no doubt. Please get My address also from the ashram address from these people. Anything that you want you can ask for it. Even sitting down here I know your attention, it will work out. Gradually you will change and your asking will be different and different and different.

May God bless you to blossom into the beauties of your Spirit, so that you glorify your Father and He feels glorified with His gracious love towards you.

Thank you very much.

Today, if you want you can just put your hands, if you had put your hands you would have got the vibrations. I am sure there are some new people today and they should also feel their vibrations on top of their heads; they might be feeling already the Cool Breeze, just take out your shoes and you'll feel it. On top of your head.

The tapes are with the Unity Church here, you can buy them. We have also sending twenty one tapes.

[D. Warren next to Shri Mataji]: They're already being copied.

[Shri Mataji]: They are being copied. We have so many tapes in London and you can buy from the gentleman, we don't have to bother about money part, I mean, we are not bothered. Only thing, as he must, they must have told you, a little problem with our trustees, that you have to just say that we have the copyright, that's all. We are not bothered as to what you charge and what you do it. So you can buy the tapes as you like and you can listen to them and enjoy them.

How many have come for the first time today?

[Dr. Warren whispers]: Quite a few.

[Shri Mataji]: Now just take out your shoes please. [Small Pause]. Put your right hand on your heart and close your eyes please. As I said, in the heart resides your Spirit. Ask in your heart, "Mother, am I the Spirit?" Actually those who are realized should say "I am the Spirit". Three times please ask this question, "Mother, am I the Spirit?" Is a very, very powerful question. Hm, done [Shri Mataji snaps fingers of Her right hand.] . Now feel your Cool Breeze on your head with the right hand. Done.

Dr. Warren: It's done.

Shri Mataji: [Laughs]. Those who've come for the first time, are you feeling the Cool Breeze? Good. Today when you speak about the Spirit, it's boundless. It just works. Tremendous. Again I want to thank all of you and the management of Unity Church and your great leader, Mr. Paulsen, may God give him strength from you and let him do the work of God with complete confidence that God is with you and all the powers of God are with you. You all have to strengthen this. You all have to take this stand and have to know that you are realized souls. May God bless you. You are looking so much better, aren't you. Thank you. Now, they have some books, and I don't know how are they going to manage it since it is their show.

Dr. Warren (whispers): I will take it out. [UNCLEAR Here we are.]

Dr. Warren: Anyone who just wishes to meet Mother, may just quietly come to the front.

A voice: Sig Paulsen, Sig Paulsen also. Sig Paulsen.

Shri Mataji: Alright, I will [UNCLEAR]. [UNCLEAR Where is it?]

[Unclear voices in the background.]

Shri Mataji: Yes. [Shri Mataji signs one of the book.]

1981-1009, Morning Radio CJOR Interview with Rafe Mair

View [online](#).

9 October 1981

Interview

Vancouver (Canada)

Talk Language: English | Transcript (English) – Draft

Morning Radio CJOR Interview with Rafe Mair

Presenter: Well, I have a very interesting last hour for you, and I should tell you that if you hear strange noises coming over your radio, is because I am surrounded by private television set, or television recorder, that's recording this interview, and we have all kinds of people here that we don't normally have. Reminds me of my first day in the year. My listeners may remember when they had all the television cameras in here; then all the lights were out. I hope that doesn't happen today.

But my, my guest now, for the next hour ? I am going to definitely invite your calls very, very soon ? is Her Holiness Mataji Nirmala Devi and She is leader of the Indian Kundalini. And I said before, religion, that is not correct. It is Yoga. And She is, as I told you in the, before of the last hour, married to a former assistant of Mahatma Gandhi and who is now a Senior United Nations Official and, of course, as I say, She is the leader of this particular Yoga.

First of all, before I get in and display all of my ignorance, Mataji, may I just welcome You to Vancouver, the city where you are. I wonder if You can speak right up to the microphone because it is not very sensitive and I'm going to have to test it to get it little louder for You. OK? There we are.

Now, first of all, I've read all of the material that You presented me, and it is fascinating. You have a very interesting background. Would You tell [to] my listeners just a little bit about where You came from and little bit of Your early life history and please tell me a little bit about Mahatma Gandhi?

Shri Mataji: All right. I was born in a Christian family and with a purpose. Now, after that, about say four years of age, My father found that it was an emergency in our country, that we should get our freedom, and he joined Mahatma Gandhi ? even My mother. All our family was involved with him. Now at the age of seven years I went to see Mahatma Gandhi and he liked Me very much. And I stayed with him. After that, every holiday I used to go and stay with him. He was a very wonderful personality. Apart from that, that is the kind of personality we needed in that time when there was an emergency to get our freedom back, and he was greater than many leaders because he could see that God has to play a role in getting our freedom. Not only the weapons, not only the guerilla warfare, but it is the Spirit that has to fight, and we have to take the help of God. So he took to non-violence, a method that would give him greater strength against the British who were well-equipped, and we had no way of fighting them with any kind of weapons. And the way he did it, it was so practical at that time. I mean, for people it looked as if it was very, very out-of-date thing to talk of non-violence against the British, but it was so practical that it proved beyond doubt that these things can work out very well, even if they sound impractical but work out very well at a time when you find that you cannot help it otherwise.

Presenter: But Mahatma Gandhi, of course, I read a great deal about him and one of the things I found interesting is that much of the Western world looks upon him as sort of an ascetic, somebody who was a very austere man, but he had by all accounts a very good and lively sense of humor and was a very lively sort of a personal or individual in addition to having a [of course brought] into a refined form, a non-violence as a, as a political weapon.

Shri Mataji: He was not that austere as people think him to be, but only he was austere to himself but not for others. He was very forgiving and a very kind person and very fond of children. He used to call Me Nepali because according to him My face was like a Nepali girl. And sometimes he used to talk to Me in such a manner as if I was his grandmother.

Presenter: Well, I, I gathered that, Mataji, the two things that my listeners would find interesting to know about You is that first of all, as You say, You did come from a Christian family and secondly, I think it's fair to say, a very wealthy family.

Shri Mataji: Yes, I should say that My forefathers were sort of royal family type and then they lost all that and then My father and his brothers came up very well. They were doing very well. And, My father was a very enlightened man. Apart from the wealth part of it, he was very enlightened. He knew fourteen languages. He was a master of fourteen languages. And he translated Quran[-e'] Sharif into Hindi, and very learned man. And he was the first Indian to be elected to the Constituent Assembly and to the first assembly we had as the Central Assembly, then to the Parliament. My brother is also now a member of the Parliament. My mother was a graduate of Mathematics and she also did [the, her] Law in those days. So they were quite enlightened, educated. But the great thing about My father was that he was a scholar of Sanskrit. And he had a full knowledge of the philosophy of India, which none of the Christians were allowed to read or to understand. But as he had that background he understood the comprehensiveness of that and the whole thing, that the way that it can comprehend Christianity better, if you see it through that angle of meditation because to understand Christ he always said, you have to first of all become realized, you have to become the Spirit. Otherwise you cannot understand Christ. And, because he himself was a born-realized great soul he could see that. He was a very universal person.

Presenter: Well, Mataji is a world-wide traveler. As I know, You are having radio material. You'll know that on commercial radio we must take a break every once in a while for some advertisements and we are at that time right now. We are going to be back with Mataji Nirmala Devi right after these messages.

Shri Mataji, let me get down to Kundalini, and if You assume that I know nothing about it really, You will make a very safe assumption [unclear], and perhaps it's true for some of my listeners. I have a little trouble with the distinction between religion and yoga and perhaps You can explain to me what that is.

Shri Mataji: Yes. So I'll talk to you about Kundalini first of all.

Presenter: OK.

Shri Mataji: And then it would be easier to make the difference between the two.

Presenter: OK.

Shri Mataji: Now, Kundalini, you may not have heard about it because the word Kundalini you might not have heard. But it is nothing but the Holy Ghost within you, the Holy Ghost about which every Christian has heard. Now, they do not know much about it. That's a different point. But Holy Ghost is the power within us, which is the power of desire to be one with the Divine. And this power is actually the Primordial Power, which has created this Universe and has created us through our evolution and has brought us to this point where we are human beings, and now we have to become something more. So this power is not yet manifested; that's why it is called as a sleeping power. And that is placed in our sacrum bone. Imagine: it is called sacrum in Greek language. That means Greek knew that it was a sacred bone. And in that sacred bone it is very nicely placed and when somebody who is authorized, not by any Church or by any Hindu temple or anything, but authorized as a being, as an awareness, as a, we can say a divine personality, can raise this Kundalini like the sprouting of a seed. It's a, it's a living process. It's a living process. And the living process can spontaneously happen only if there is somebody who has that power to do it. Like the Mother Earth has a power to sprout a seed. In the same way, somebody must have that power to sprout it. And it just arises and awakens within you the different centers, ultimately coming out of your fontanel bone area, which is on top of your head, and actualizes your baptism. Actually it's a happening which is a living happening and not a dead happening that we just say, "I baptize you."

Presenter: All right. Now I understand that there is a relationship between all of the countries in the world.

Shri Mataji: Absolutely.

Presenter: And, and how, how does that work?

Shri Mataji: You see, we are all made as different centers materially. Like, we can say that Canada and America, this is a, these are the countries which we call as the Vishuddhi chakra, is the thing placed, which manifests the cervical plexus near the base of the neck. And that's very important because in these countries only we feel that there are people who will take responsibility for spiritual ascent. That's the, that's the faith all the countries of the world have towards you from the unconscious.

Presenter: OK, now is this, this belief compatible with other religious beliefs? In other words, may I be a follower of Yours and still be a practicing Christian or a practicing Buddhist or a practicing Muslim?

Shri Mataji: You see, I've, I've come here to prove all of them, that they are one and they are real. That's what My job is. So there's no difference between any one of them. Like Christ has said, "Those who are not against Me, are with Me." And those are the people who are with Him. I'm, I'm, I'm here to tell about that and to prove that they exist because you start feeling them. When you get this yoga ? this is the real yoga, the real union ? then you become collectively conscious. You become. Again I say, it's actualization. That means you start feeling that on your fingertips. You start feeling the All-pervading Power on your fingertips, which surrounds you. And then you can monitor them and you can find out by raising the Kundalini. You can do it. Once you are enlightened you can do it also. It's like one candle enlightening another one.

So you raise the Kundalini and you see that what I say it's true or not. Because supposing I say that, at this point, where I have the red mark on My forehead, in the center here, is the, is the center of Christ, is the sign of the center of Christ, now you need not believe Me. But once you are realized you start raising the Kundalini. It will flow under your hand. It will start rising. You can see the pulsation rising. You can see the pulsation at the sacred bone with your naked eyes. And once you start rising it, supposing there's an obstruction at that center which is placed in the center of the optic chiasma, when Christ is awakened there. That's the point He said, that you have to be born again. And you have to be born again, not just to self-certify yourself that you are born again, but it's a happening. When Christ is awakened, at that point, your ego and superego both are sucked in. And your karmas or your conditionings, all these are sucked in. It's a happening. And then the Kundalini rises above that and gives you the realization. So the thing is that one has to know that when it's an actualization the whole system is different.

Now the religion is for giving you a balance, a sustenance, sustenance that is human. Thus like blood has, we can say the gold has a sustenance; it is untarnishable. Human beings have those sustenances, which are described as Ten Commandments. There is no difference in any religion as religions. They are all just the same. That can be proved very easily. Only human beings have made this problem.

Presenter: OK, I think that's probably a very appropriate time to take another station break, and I'm going to be back and talk much more to Her Holiness Mataji Nirmala Devi and I will take some time around the 11.35, Marco. We are taking your calls at 6859181. Right now, some messages.

Mataji, one thing I am sure confuses many of us and it's, it's semantic, I suppose. What is a religion? What is a sect? What is yoga? These sort of things. How would you describe Kundalini for us? As You said, it is not a religion. You said it's a yoga. What is that? What does that mean? How can you describe it so Canadians in Vancouver would understand?

Shri Mataji: As I said, it's a living force. As I said, it is placed within us. It's a living force of evolution. How did we become human beings from amoeba? Why did we become human beings? We have become human beings because we have to become something more. Like we can say a divine instrument is created within us. Now this Divine has to be put to the mains. As you make any instrument it has to be put to the mains. So the whole instrument is ready. The human instrument was created by God, not by human beings. We cannot create human beings out of monkeys. We do not do, we do not do any living work. We cannot

convert even one flower into a fruit. So this living work was done by the God's power which is all-pervading, and that we have now today become human beings. Now we have to become that for which we were made human beings. So we have to find our absolute. We have to find our [reason], our purpose. And that's what is Kundalini yoga is. It's a living thing, it's the breakthrough, it's the one, is the revolutionary last step we can say, is what that happens.

Now what is religion? The religion is the sustenance within us, which is also a living force, which is within us. Actually these, all these great people, the great prophets who were born, were the people who were really incarnations. And they were like living flowers on a living tree of life. But people, they plucked all these flowers. They said, "This is mine. This is mine." And these, all these flowers became dead. And now they are fighting with that ugliness. If you are deaden, then everything seems to be absolutely dead to Me, every religion, because whatever they do is nothing but dead things. Like, you see, supposing there's a car. Car has not yet started. You start moving the wheel and [the steering, then steadying] wheel and everything. It doesn't move. On the contrary you break it. Or, say, there's a telephone. You, you have no connection with the main and you should telephone; the telephone goes out of order. It's something like that. It's all artificial; it's all dead.

Presenter: OK, I think I understand. I hope I understand.

Shri Mataji: Thank you very much.

Presenter: One of the things that I was very interested and we have a sort of [dark, dart?] about a little bit because there is so much to talk about. One of the things that interested me was the healing ability that You have. Can You tell me about that? That's something that You discovered rather early in Your life, as I understand and it, something that, that You can, that manifests itself now on a regular basis.

Shri Mataji: Yes, it, it works spontaneously as a by-product of the Kundalini awakening within you, because in us there are two systems which are called as sympathetic nervous system and parasympathetic nervous system. Now the sympathetic nervous system comes into play when there is an emergency within us. Supposing we run very fast; so by sympathetic the heartbeat goes up. But when the heartbeat comes down it comes through parasympathetic. So it's a stored up energy, and the stored up energy comes to help us by which we come back to normal. It normalizes, it coordinates and supplies more energy and all that. So when Kundalini rises, it connects you to the vital forces, permanently.

Presenter: To, to the what? What forces?

Shri Mataji: To the sources, to the vital sources.

Presenter: I understand. I see.

Shri Mataji: To the vital sources. And by that, you start getting all the energy, all the time. So there's no exhaustion. Like, if you are going by car ? I'll give a very modern example ? and there is a petrol. There is sufficient petrol but it gets exhausted, gradually. Then you get worried and you mount up your tension also because you are worried that now what to do about the car. It won't move. But supposing you have an arrangement by which you are permanently connected to the source of petrol, you won't have any tension about it. It would be moving. And that's what happens when Kundalini rises, She actually connects you to the mains. By that all your exhausted energy gets filled up again with vital force and automatically get cured. Actually, I don't do anything. I just connect you to the mains; that's all.

Presenter: Go at one place during the material that You so kindly provided me, I think, it's said that you don't get exhausted by work but by worry, by concerning.

Shri Mataji: Not at all. Because you are so much connected to your Spirit that the Spirit takes over and the, the Spirit is the one that gives you thoughtless awareness, is a state of bliss and peace and silence, in which you just start seeing ? you are not involved anymore ? you just see the drama; you become the witness.

Presenter: Oh, Mataji, You do not have a cult as we would call [actually]; we are having religion.

Shri Mataji: Oh, no, no, no. I'm anti-cult.

Presenter: You are anti-cult.

Shri Mataji: Of course. We cannot organize it. We can't organize God. I'm anti-cult. You cannot.

Presenter: So in other words, You don't have an organization, You're not here raising money or anything [like that].

Shri Mataji: No, no, no, not at all. You can't pay for it. No, no, no, no question.

Presenter: So do You finance Your trips Yourself?

Shri Mataji: Yes, I do. Most of them, I do it. Sometimes, sometimes, you see, some people who invite Me also pay sometimes for My trip. It's all right. They pay for My trip but not for My work, or for My vibrations, or anything. They pay to the, to the, I should say to the airways, not to Me.

Presenter: I see. Now, so there's no organization, that a person writes to and says, "I want to join. Please send me my membership."

Shri Mataji: No, we have centers like that. We can say we have centers where you can write to them but you cannot pay and join. You have to become. And you have to grow. So it's a very different thing altogether. And you cannot just say, "I paid so much money. I can become or you make me a member." You cannot make anybody a member. Only thing it happens to you, you start growing and you start enjoying it and you start doing it yourself.

Presenter: Oh, how many, can you tell me how many adherents to this philosophy there are in the world? They, are they world-wide?

Shri Mataji: As I said, I have no organization. I have not written it down. I think they can be thousands. I, I must say they are growing on their own. And they contact us, and also when I go there they come to My meetings and all that. That's all. But we don't have any hold on them and there's no cult business going on. It's so, such a living thing, you know. You cannot organize living things.

Presenter: Well, I suppose You are saying too that this isn't something that You invented, that this has always been here. You are just speaking at for people to listen.

Shri Mataji: Yes, it is the thing I would say that it's a ... Sahaja means born with you. You see, the whole system has worked out like this. But this yoga today has become a Maha yoga. I would say what I have discovered is a human realization of Mine by which I understood what was wrong with human beings, their permutations and combinations, and their complications, how they go wrong, how they go to extremes, how to bring them to the center. And then also I discovered how to overcome that hurdle for them. Then once I do, I do it, say for you I have done it, then you can do it for others. You, you also become empowered with it because you become your Spirit and you are empowered with the powers of the Spirit.

Presenter: All right. I'm gonna take another station break. I'm gonna ask you to give us a call if you are interested in talking to Mataji Nirmala Devi. 6859181. 6819181 is the number to call right after we take some break for some messages.

Hi, Mataji, just before we go to the phone lines, 6859181, there is just one or two things I, I'd like to ask You before we, You know,

get into the public part of the program. How do You practice this particular ? I'm, I'm looking for a word ? this yoga? What, what do I do if I, if I follow what You are telling me? Do I meditate? How does it work?

Shri Mataji: As I told you that on our fingertips we have got the potential centers. So now, for example, now supposing I am an enlightened person. You just place your hands towards Me like this and the, these centers get the information, and the Kundalini rises by itself. That's all. It's just like exposing yourself, like the leaves expose themselves to the sun, for example; like that we can say. Or if you become the realized soul, then you can do the same to others. You can raise yourself the Kundalini from the back. It's, it's very simple and spontaneous. Has to be, everything vital it's very simple, like our breathing. You see, we don't go to books or anything. It just happens to us. In the same way, it's very simple.

Presenter: All right. Now, two more things before we go to the lines. First of all, those who are listening to the program, that would like to hear more about this later on, where would they go? Where would they turn?

Shri Mataji: They, they have to put their hands to, towards the radio. It will work out.

Presenter: No, what I mean, Mataji, can they write some place? Can they, is there any place?

Shri Mataji: Yes, yes, we have our addresses. They can write to Me here and they can write to us in New York or if you want in London. Then we have our places there. We have a center....

Presenter: Do You have, do You have some addresses which You could give me in one of the station breaks?

Shri Mataji: Yes, I can give it to you.

Presenter: One of the station breaks we'll get to get an address so that people can, can contact, You know. What I would like to say, and right after that we'll take some calls, that Mataji is conducting a Public Lecture at Kitsilano Secondary School. We used to call it a high school when I was a kid. What's the matter with high school? Anyway, they now call it Kitsilano Secondary School, at 7. 30 p.m. October the 9th. That's today, I think. Yes, that's tonight, 7.30 tonight, October the 9th at 2550 West 10th Avenue. That's Kitsilano High School, 7.30 tonight, 2550 West 10th Avenue.

Let's go to the lines. Line one, go ahead please.

Person 1: All right. Good morning, Ray. I'd like to welcome Mataji Nirmala Devi to Vancouver first of all.

Shri Mataji: Thank you.

Person 1: And I'd like to hear few things about Kundalini. I've been studying and experiencing Kundalini awakening for five years and I want to assure Ray and the listeners out there for a figment of one's imagination. Kundalini has been known in many cultures of the world, India, China, Japan, twenty-five hundred years ago in Mesopotamia and tenth century in Ireland. The Kundalini is symbolized in cultures as a serpent. Kundalini energy is universal energy and it is dormant, at the base of the spine in the subtle body.

Shri Mataji: Correct.

Person 1: And I had a, I had the experience of the Kundalini awakening, five years ago. I was attending the University of Victoria. I was a student there in the Fine Arts Faculty, and one day in a dream an Indian yogi or a master, a swami, an orange [clothing/clothed] came to me in this dream and touched me between the eyes, on the bridge of the nose, and I didn't know what the heck is going on. Of course, you can imagine how surprised I was. So through a little bit of meditation and research in the libraries I found out, I...

Presenter: Just before you go on, were you into, you know, looking into this sort of thing at that time?

Person 1: No, not really.

Presenter: It just, it just come to a young University kid who is, you know, used to chasing girls and drinking beer all of the sudden vision. Is it?

Person 1: It's exactly right, Ray, you got it. I was chasing girls...

Presenter: All right.

Person 1: I was meditating a little bit with a mantra, as, as so, so-called cosmic word, has a special vibration.

Shri Mataji: No, no, no, no.

Presenter: Oh, so you were in a little bit.

Person 1: Well, just a bit, just for peace of mind.

Presenter: OK.

Person 1: I hadn't pay for it. I hadn't joined a club or anything. But I tell you, it was the most profound thing that ever happened to me and I'm thirty-five as old right now and I tell you I still haven't got over it. And...

Presenter: May I ask you what you do now? I don't want to, to do it to identify you but you are here and you got a job and so on?

Person 1: Yes, I work. I got a job and friends and you know...

Presenter: You're a normal everyday guy. I wouldn't, I wouldn't know what you were if I saw you.

Person 1: No, no, I, you know, I'm clean, shaved and you know...

Presenter: Excellent. That's more than I can say....

Person 1: But I write, you know, Byron. But all I can say is that it is ancient wisdom and it is finally coming to the West and it's not a figment or imagination. I tell you, the all levels of profession, psychiatry, doctors, medical people, every human being on earth must know, must have this knowledge that is within, that is our birthright.

Presenter: OK, you made some very, very good points and we have lot of calls waiting. So I'm gonna have to cut you up now, but I do want Mataji to comment upon your call. Thanks for calling.

Person 1: Thanks.

Presenter: Mataji.

Shri Mataji: For him, I think he should come and see Me in the program. Will be good idea, because I'll tell him actually what it is. I mean, by reading it and by getting all these things from the subconscious could be little vague. But if he comes I'll, I'll tell him all about it.

Presenter: So he should be there tonight at 7.30 at Kitsilano Secondary School, and You can teach everything to him.

Shri Mataji: I'll be very happy to meet him and he should tell Me about it.

Presenter: All right, we're going to take another station break. 6859181 is the number to call. 6859181 right after these messages. To the lines, those of you who are interested in writing and learning more about Kundalini please make a note of these addresses: Sahaja Yoga Center, 44 Chelsham Road, Clapham London SW1 ? that's like the postal code. And the other one is...

Shri Mataji: SW5.

Presenter: Well, who's [unclear], whether SW is. Which one is it, four, five?

A person: Four.

Presenter: Four. SW4, as the one I said. OK. Now the next one, the other number is H.H. ? those are initials ? Mataji, 48 Brompton Square, London SW3. Now I will keep this note and if any of you did not get that address, give me a call on Monday during our free four-hour portion and I'll give it to you that time. I'll keep it with me. OK, let's go back to the lines. Line two. Good morning.

Person 2: Yes, good morning. Your, your guest mentioned earlier that it is not the work that [worn] a person, not make them tired; it was the worry. I'd like to ask Her a question about healing. In healing, can You do so much healing that You also get exhausted?

Shri Mataji: No, not Me. I don't get exhausted at all.

Person 2: When you get the Kundalini working, then...

Shri Mataji: No, I do not get exhausted Myself, at all. I enjoy it.

Person 2: Yeah, that's fine because there are many healers that claim they can only go so far, You know, and then they get exhausted.

Shri Mataji: No, not at all. It is, it is a source. When you tap your source you don't get exhausted, isn't it?

Presenter: That's like being the perpetually plugged into the servo station, into the petrol station is what I think is what the ...

Person 2: It's very nice. That's all we all want. So we just need to get the Kundalini awakened and on the way up. Is that it?

Shri Mataji: Yes, that's it how it works out.

Presenter: OK?

Person 2: Thank you very much.

Presenter: Thanks for your call. Line three, go ahead, please.

Person 3: Hello.

Presenter: Hello.

Person 3: Yes, the first question I'd like Madam who, whatever you call Her, to answer who gave Her the title as a Holy Woman or a Holy Guru?

Shri Mataji: Is the...

Person 3: And the second one is, if She lack the Christian religion, why does She even mention Christ in Her [proof], or style or religion, whatever She's trying to bring to Canada?

Presenter: OK, you are very tough. I'll get an answer to that. I think you are, I think you are... OK.

Person 3: And the third question is the final one. The sooner She leaves Canada the happier we'll be, we're going up....

Presenter: Oh, go out with you.... All right, let's answer those first two questions. The last one is sort of typical some...

Shri Mataji: Some fanatic... ha, yes.

Presenter: Ill feel thinking, fatheads. OK, now let's, let's answer to the first two because I think she raises a kind of an interesting point even though she didn't mean to. She raised it because she couldn't help it. OK

Shri Mataji: Which is the first one which she said?

Presenter: Well, I know that the second one was...

Shri Mataji: About Christianity...

Presenter: Oh, yes, who, who gave you the title of holiness?

Shri Mataji: Yes. You see, actually, it is, it is not given to Me by any church or anything but is given to Me by public. They, they call Me by that name and even the President of India calls Me by that name. If she has any objections she can write to him there.

Presenter: Well, [then we'll] not insist upon being called. That's, that's something the people just call You.

Shri Mataji: Yeah, yeah. Now, the second thing is that I think I have the more authority to talk about Christ than she has. Christ has already said, "You'll be calling Me Christ, Christ. I won't recognize you." And I'm one of them, those who don't recognize people who are fanatics. These are fanatics and they have done no good to Christ. They have crucified Him, many a times. They have to know that you have to become the Spirit. You have to become the Spirit. I've not left Christ. I have left the so-called Christianity which is not really giving us any answers. And tomorrow all your children are going to do it. Because in England, they should know that people are selling churches now. And the fanaticism one should understand from a person like Khomeini. And you are all becoming like that. So no use becoming fanatic. Better get to your Spirit.

Presenter: Are, are You saying that, Mataji, that You haven't left the Christian ethic and You haven't left Christ?

Shri Mataji: No, not at all.

Presenter: But You have left whatever organization men has built a parable.

Shri Mataji: And which church I should belong to? Tell Me. People asked Christ, Mahatma Gandhi once that, "Why don't you become a Christian? You are so much adhering to Christ. Always you refer to Christ." He said, "Which church should I join?" And,

that's the answer. You see....

Presenter: So, what, what You really are saying is that You walked away from man's interpretation.

Shri Mataji: In the spirit of Christ. You have to be the Spirit of Christ and not the, just the buildings that these people have erected. These are all dead.

Presenter: Line four. Good morning.

Person 4: Good morning. Say, how do You call that guy, Calagini something?

Presenter: Kundalini.

Person 4: Kundalini. Can this Kundalini swallow Gasolini and pray on Mundalini?

Presenter: Oh, very funny. Line, line one go ahead please.

Shri Mataji: What is it?

Person 5: Hello.

Presenter: Hello.

Person 5: You called the lady a fathead. Are all us white people supposed to be fatheads?

Presenter: No, only people who are rude enough not to treat guests of this country as guests are to be treated in your home and in my home and particularly, madam, on my program, and if you don't like it, then too bad.

Person 5: Oh, come on... [Fathead].

Presenter: Line two. Good morning. Are you there?

Person 6: Yes, I am. I'm also little concerned about you calling, call her a fathead, too. I think, here I was a little shocked. I think everybody has a right to voice an opinion or say what they think, and I think this is a little very...

Presenter: All right. Maybe the choice of words was wrong but we have to be polite to our guests, and people who are not polite to guests are in my words fatheads. If that's a wrong word I am sorry.

Shri Mataji: This is very unmannered.

Person 6: You are doing the same thing...

Presenter: I have, I have, I have a guest here...

Shri Mataji: You must have manners.

Presenter: I have a guest here, and She is your guest as well.

Person 6: You are doing the same thing to your caller by calling her fathead.

Presenter: All right, I apologize for the term, fathead. I'll think of a better one. Now have you a question to ask?

Person 6: No, not at all. I haven't

Presenter: OK, thank you. Line three, go ahead please.

Person 7: My [unclear]...

Shri Mataji: If she doesn't mind can call Me anything...

Presenter: OK.

Person 7: My husband was in the hospital and there was an Hindu seller there and a man who was very, very, a young boy in fact, he was all broken up as [he could but he came around practically]. But there was a Hindu seller coming there and he was rubbing his legs. And we were watching him and I don't know what kind of religion that was.

Presenter: Do You know anything about that?

Shri Mataji: I'm not, I'm not preaching Hindu religion by any chance. I've talked of Christ so long. I'm not talking of any religion as such. It's a mis... You are not trying to understand, you see. I thought Canadians had more sensitivity to understand it.

Person 7: He was really [feeling a burn] rubbing his legs and his hands.

Shri Mataji: Yeah... You see.

Presenter: OK, She doesn't know the answer. Thanks for your call. Line four. Good morning.

Person 8: Yes, Ray, I agree with what you were saying to those ladies and I just like to welcome the Maharaji.

Shri Mataji: Thank you.

Person 8: And what She is saying is just exactly what I am looking for. I am right now going from one church to the other in town here and they are not giving me what I want.

Shri Mataji: It's true.

Person 8: And She is just saying exactly what I am looking for. And I just really, really, I am almost ashamed that being a so-called white woman when these other women phone in.

Presenter: Well, I'm only going to say this once and we are going to put it to rest. So thank you for your call. As far as I am concerned, if I have people on this program that are holding up an argument for racism, or for one sect or another or one religion or another or for one political party, for another ,they may come here and they take their chances. They take their [lumps] like everybody else does. But when I have a guest on my program Who is coming up with an entirely different point of view...

Shri Mataji: It's an universality I'm talking.

Presenter: So means that She's trying to teach, try to give us an idea. Whether we agree whether are not, we must be polite, and I insist upon that on my show. And thank you for calling. I think you put it in prospect better than I did. I'm gonna take a break now. I'll be right back after these messages.

All right, we are going back to the lines once again for those who are interested in finding out what is this all about. It's Kitsilano High School, as Kitsilano Secondary School, 7.30, tonight, 2550 West 10th Avenue. Line, line five. Good morning.

Person 9: Yes, Mr. [Miller].

Presenter: Hi.

Person 9: That gentleman that had the awakening with yoga, he mentioned that the symbolization is a serpent. Now, this very clearly shows that is something devil and he mentioned a mantra which people who have been into yoga know what mantra is and it is devil worship.

Presenter (whispering to Shri Mataji): Devil worship.

Person 9: And people that would like the other side of the coin, to, you know, not get themselves into trouble should read the book, "Cult Explosion", by a person by the name of Hunt...

Presenter: OK.

Shri Mataji: All right.

Person 9: And he mentions like incarnation and the evolution. Well, this is the theory that man can become God. So, You know, if You want for the teaching You can see what it is.

Presenter: So I hope in order to satisfy your own curiosity you will go to the meeting tonight...

Shri Mataji: She should come, ha....

Presenter: But I am going to ask Mataji to comment on your call. Thank you for your calling.

Shri Mataji: Yes, yes. You see, the serpent is, it is called as serpent because it's an energy, you see, because the energy moves in a wave. That's why it's called as serpent. But in Greece if you see this word Athena, "atha" means primordial. Athena has been shown also, it's a symbol, you see, they have to express the energy and whenever they show the energy they have to show the waves. So there also you'll find this Athena is carrying a serpent in her hand, which is a wave-like thing. And actually I have cured so many people who, who have been possessed. So this question of devil doesn't arise.

Now the gentleman who has described his awakening is little far away from the reality. So he should not be taken as something, as something representing the one I am saying. That's why I asked him to come.

Presenter: He's not typical.

Shri Mataji: No, not at all. On the contrary he's against it, as I told you. It's a different thing that has happened to you. It's correct that it is a possession what she says but she should come and see for herself that it is just the other side of it I am saying, that that's what I told you that it's a possession from the subconscious. I told you after he had called. But I didn't want to disturb him. I wanted him to come and see Me. I would have told him what it is exactly like.

Presenter: OK. Line six. Good morning.

Person 10: Hi, Ray.

Presenter: Hi.

Person 10: I would like to, I just like to make a few comments and then I'd like to hear your guest comment on what I've said.

Presenter: OK, make it really fast 'cause I'm almost out of time.

Person 10: OK. I read, just read a book, "Kundalini and the Evolution Energy in Man" by Gopi Krishna. And he is from India.

Shri Mataji: That's it.

Person 10: And currently he awakened that energy prematurely.

Shri Mataji: No, no, he doesn't.

Person 10: Over expand it about eight years. He almost died about.

Shri Mataji: Yes, I'll tell you.

Presenter: OK, I think, I think that Mataji knows what you are talking. It's OK to comment just quickly.

Shri Mataji: Now I must tell... Now I will tell you that this Gopi Krishna is a person who has ruined many people like this. Is not, that's not the way. Kundalini is your Holy Mother and She is the One who doesn't give you any trouble whatsoever. I have, I have given realization to thousands of people. There was no problem. You must be authorized. You yourself have to have a holy life that you can do this job. Any Dick, Tom, Harry tries these tricks, then the devils come in. You see, that's what it's said; it's a dead work you do.

Presenter: In other words, there are charlatans that can get involved in this sort of thing.

Shri Mataji: Yes, very much. They do it because they are not authorized. You have to be authorized by God at the very outset. I said that you have to be authorized by God and not by any other thing.

Presenter: OK. Thanks very much for your call. I'm sorry we can't take more. The lines are just lit up. I don't know how many were angry with me for calling that lady a fathead and how many wanted to talk to You, but I'll hear from the fatheads next Monday, I am sure. But I want to thank You very much, Mataji... [Missing part].

1981-1009, An experience of a Kundalini

View [online](#).

9 October 1981

An Experience Of A Kundalini

Public Program

Vancouver, Kitsilano Secondary School (Canada)

Talk Language: English | Transcript (English) – Draft

It's very kind of you, all of you to have come today, to meet me. It was really a very short visit, the shortest that I have ever done, because somebody told Me that in Canada there is an ocean of seekers, there are many, many seekers here and very true seekers.

So I just wanted to see what was the situation, to have a look at it. I did not expect. I must say the vibrations in Vancouver, I can't say about the whole country are really wonderful and the people have been so nice and so good, so understanding.

I hope we'll be able to arrange some sort of a centre here, very soon, we'll have to get some people from abroad, then you'll have to go abroad.

This work is such, is so simple and so loving. One can't believe that it could be that simple. But as an example, I would say, that if there is a television set with us, I would take it to an Indian village they will say "What sort of a box you are carrying? What sort of a thing it is?", they won't understand what it is, if they have not seen it anywhere. And you tell them that all over here there are lots of notes of music and plays going on and you can see all that in this one. They won't believe it, they can't believe there could be such a fantastic instrument. So when you plug in, they start seeing it and they are flabbergasted.

Now, you understand about television quite a lot, and you know how far you have gone with your science. But as far as human beings are concerned, the scientists have made no enquiry and there is no pursuit to find out what are we. Why are we here, why have we become human beings from amoeba stage, is there any sense in that evolution or just God was mad or Nature was mad to make us a human being? Nobody asked this question, the scientists never asked why.

We are going to the moon to find out – God knows what – to waste all the money. But we do not want to know what we are actually inside, and this is the trouble that scientists have decided to turn their back to all the scriptures and all the things that people, so far, told us.

They think it was all a myth, there is no God and is all falsehood. Despite all that, people feel "There must be something beyond" and the seeking is there, the seeking is there.

Now I would say to you people who are brought up in a western way that you must have the same attitude of a scientist, that means an open attitude, you should not put a barrier. People say "We are sceptical!", all right, but what are you sceptical about? Or "We don't believe in God" but how can you say you don't believe. You can say, all right, "We have not seen God, we have not felt Him", all right, "We have seen all the wrong things done in the name of God" that is also correct; but how can you say that there is no God?

You must keep yourself open to see whether what these people (like great prophets, like Christ) all these people whatever they have said about God is true or not. If you have not yet verified it then you have not been fair, you have not been fair at all, you have not been open at all to find out where these things whatever is said whether these things are true or untrue.

So one has to keep the mind open without a barrier, this I would request you, as a scientist faces a hypothesis and he faces it with an open mind and sees for himself if it works out, if the laws work out, then only he has to believe, not before that.

But the area of religion has been so much exploited, so much been ruined by so many agencies working it out, you see, taking the contract; like people think they have all the contracts: somebody has the contract of Christ, somebody has the contract of Shri Krishna, somebody has the contract of Islam. And all of them seem to be becoming very much fanatical about it, and everybody think that they are right and the others are wrong, without even paying attention what others have to say.

For example, if you want to hear about Christians go to Jews, if you want to hear about the Jews go to Muslims. I mean, we are seeing what's happening with this fanaticism. Khomeni, you know? sort of a fellow, he is. He thinks he is the incarnation of God almighty himself, he is not afraid of God, he does what he likes and he thinks he is doing in the name of Allah. Imagine!

Then there is another one we saw recently, Saddam being killed, because of the fundamentalists or the people who believe in a particular ideology. It will happen to all of us, if we go on like this, madly from one to another.

So one has to understand that, if there is God, if there is somebody like that, then He cannot discriminate between anyone: human beings are human beings. How can He discriminate between people who say that we are Christians, we are this, we are that, this is all brands people are carrying with them.

Some people say "We are atheists", whether you believe in God or not, if He exists, He will exist, despite the fact that you don't believe in Him.

So we have to keep ourselves open, entirely open and see for ourselves if there is any truth or not.

Now we have reached such a state where the time has come to prove that all these scriptures are the Truth; that human beings are specially meant to be those higher self and that all those prophets and Incarnations who came on this Earth, they all reside within us and they exist. It can be proved absolutely.

How it can be proved, what we have to expect and what are we, these are the points I would like to touch today. Because you can understand that the time is very short and I am here only for a day, but I will try my level best to cover all these points.

Moreover, about Kundalini, I hope we have books which we can pass it over to you. You can see for yourself all these books, and read them and understand the mechanism behind it.

But it is as simple as you understand electricity. If you have to come to this room, just to make the whole room enlightened, you have just to press one button, that's all. You do not have to do much. But for a person who has never known electricity it's too much. For an Indian villager is not too much to feel that he becomes that great thing, the Spirit; he doesn't feel it's fantastic to have this, because he knows about it, he's brought up that way.

But for a westernized Indian or, we say, the western people is something so fantastic, they can't believe how can it happen. They think they have to go from happiness to unhappiness, unhappiness to happiness. They can't think that there is any way of getting out of it and that's how the people in the west still doubt when you say "You are fantastic and you have to become that and you can become".

Now one has to understand that your evolution has come through a living process, a living process within us and whatever is living happens spontaneously. For example, if you have to sprout a seed, now you do not stand on your head for that or you do not do any hatha yoga and all these horrible things: it sprouts by itself!

In the same way, if it is going to be any evolution, it is going to be a living thing. That means it exists within you and it is going to manifest itself at the right moment.

Now we have to offer you a certain concept about these things, which is a concept for you today, but it will be the truth for you tomorrow.

We have within us this subtle being (yes, if you can pull it back). Within us, there is placed, in the triangular bone here called as sacrum. Just imagine the word sacrum, itself suggests it's sacred, that means the Greeks knew about this. Is this Mother Kundalini.

Now you must have read, some of you must have read some books about it. And – you see – the people who are nowhere near the truth always first start writing books – I have seen them. I mean, when I started reading about Kundalini I was shocked, because they had no idea as to where the Kundalini was. Somebody said it is in the stomach, somebody said this in the head, somebody said is in the nose. They have no idea and they wrote such contradictory things that one can't understand how did they take to write into it. And some of them wrote that they had an experience of a Kundalini, which is not an experience of a Kundalini, but it is some sort of a spirit or some sort of mesmerising power which worked it out.

Because this is your Mother, and she is your own Mother, she is your individual Mother. And she is the power that is the all-pervading power around us. She is the part of that, or the reflection of that; and she resides there waiting for the occasion when, somebody who is authorized – authorized by God, not by churches or by, say, by some organized things like a temple, or something like that or a mosque, but by God Himself, a person who is an enlightened person, an evolved person, such a person can only awaken this Kundalini and she is just waiting for that moment, because she knows: she is the one who knows, she is the one who organizes, she is the one who coordinates and she is the one who loves... and she is the one who is waiting for this moment when she can give you your second birth.

It is a living process, second birth is a living process, just like an egg becomes the bird, just like a caterpillar becomes a butterfly. It is a living thing of metamorphosis, we can say like that. It is a transformation and a transmutation.

But people do not understand, they think that by doing some sort of a dead thing, or some sort of a thing that you can manoeuvre. For example, you see, some people say that "I have started dancing", now you can always dance, what is so great about it? Some people say that "We got a feeling of shivering or some sort of a thing or then we felt horrible heat coming out". All these things are quite possible, maybe because there is some sort of a possession in you, it happens with a person who gets possessed and it is nothing new. Or anything that happens to you beyond your control cannot be self-realisation. One should understand this simple fact.

If it is self-realisation it has to be in your own control. That some people just start jumping on the seat (sometimes I have seen them) and they think their Kundalini's are arisen. I said "How? How can it be?" They said, "Our guru has said that, our Kundalini has arisen and that we are realised souls and that we are jumping like frogs" I said "How can you jump like frogs now, are you going to become frogs after becoming human beings? or are you going to become [...]?"

We must keep our logic intact to see what should happened to us when, we want to think, when we get our realisation.

First thing that you have to be your own master. Say for example. I will give you all modern example which you will understand. You are going in a car and the car suddenly slips by itself into some sort of a gorge or something, you are coming down. Do you think you are progressing? It is positive? Do you think that this is done because you are a master of the car?

Whatever should happen to you, should be you.. known to you, you should be able to manoeuvre it, you should be able to master it. Otherwise is not self-realisation, it is some sort of a hypnosis, or some sort of a possession or fixation that is working out.

So, first thing is you have to be the master of the whole thing. We should not be sort of fixed into an idea.

For example, today there was some ladies who were very angry with Me and they said "You'd better get out of Vancouver". I did

not know why she was angry with Me. You see, to say that we are Christians is not sufficient. We have been Christians, our forefathers have been Christians, so many years we have been Christians, what have we achieved? By going to church did we achieve anything?

We should face the facts, have you got your own powers? Now what should happen to you? When it happens to you what really happens to your awareness is the point. When you evolved, your awareness became higher than the awareness of the animals.

For example, now, if you bring an animal here, for him it does not matter what colour you have, what thing you have, whether it is dirty, it is clean, it makes no difference to it. But for a human being, it makes a tremendous difference.

So our awareness has improved, in our awareness we have achieved something. So we must know what we get in our own awareness. Now you have clearly said that "If you have to get realised, then you must become collectively conscious". Now I am saying "You must become, it is an actualization", which is the problem and people who are forming groups and things without that, think that I am against them, I am not against them, I am actually trying to give them the meaning of the word.

For example we say that "I am born again", all right, it is self-certification! If you are born again, if you are a realised soul then what should happen to you, you should be collectively conscious, you should be. What is the use of wasting your energy believing in something that is not truth? You have to become collectively conscious, a simple thing is like that. You have to be, I should say, "selfish", in the sense that you should know what you have got out of it.

Now, once you become collectively conscious, once you become collectively conscious, you should be able to feel another person within yourself. As he said, that you can feel, you can feel what is the centre that another gentleman is catching, what are the centres you are catching. That is self-realisation, to know about yourself and to know about others is part of it, because Self is the Universal Being within us.

We have to become the Spirit. Now to become the Spirit does not mean you start dancing, anybody can dance on the streets. I mean, you must have logic behind it. We become recluses, that somebody who has spent thousands and thousands of pounds just to fly, I mean, why do you want to fly now?

I can't understand, I mean, birds were flying, now you settled down as human beings and get your realisation and become a super-human being.

All these ideas about realisation are first to be neutralized and to be understood logically that when you become the Spirit, you have the power yourself, you must manifest the power of that love of that all-pervading power.

First of all it is said that there is an all pervading power around us. It is said in every scripture, any scripture you read it is said that there is an all-pervading power. Now, do you feel it? Anyone of you? You do not feel it, all right. Something has to happen to your awareness that you should feel it.

Actually what happens that when this Kundalini rises through this, these centres are represented in our hands, in our fingers, like one, two, three, four, five, six, seven [Shri Mataji is touching the points on Her hand]. It is shown here [indicating the chakras], you can see and in the book that they will give you, you will also see these things written down.

Now this centres get enlightened [Shri Mataji is pointing to the centre of the hand], means there are deities in all these centres. These are the milestones of our evolution. And these deities, when they get enlightened, what happens is that also these fingers get enlightened.

Because they are enlightened, now in the new awareness, they start feeling the all-pervading power. Then you are surprised, as you grow that that is the only truth, the rest is all falsehood.

And after this, only you start doing the living work. That means you can raise the Kundalini.

Now you can see the pulsation of the Kundalini, here, in some people [Shri Mataji is indicating the Sacred Bone and the chakras], if there is an obstruction here, or an obstruction there. Otherwise it shoots off, it shoots off. But if there is an obstruction, it takes time, it just stops here and it tries to pump, like a... sometimes I have seen like a big balloon, or like a heart itself, pulsating. It pulsates, even with a stethoscope you can see the pulsation going up.

Now it reaches the apex here, at this fontanel bone area, where you feel the pulsation also, not in everyone, because I have seen people getting it in a shot. Like today we had a television program with this Vancouver show and the lady who was doing it just told me "Mother, how will I get it?" and in a second she got it, just she got it and she said "Yes, I can feel the cool breeze in my hands". She felt it, she did feel it. Now she cannot deny that she did not. And she felt the cool breeze coming out of here [Shri Mataji is indicating over Her Sahasrara],

Now, this you cannot do, you can jump, you can do all these things, but can you do this? Make the cool breeze come out of your head and feel the cool breeze around.

That is not the only thing that happens to you. When it arises, then immediately you feel thoughtlessly aware, means you become absolutely silent.

When the Kundalini passes through that centre [Shri Mataji is indicating her Agnya], which is a very very important centre for all of us to know – I may not be able to tell you about all these centres, but you can find out from the book. It is very simple to find out and to verify. But this centre is very important, where you see the red mark, but actually it is the marketing point in optic chiasma, in the centre of it, is a very important subtle centre, called as Agnya chakra. Now this Agnya chakra is the centre which is adorned by Jesus Christ. "This is the door" He said, this is the gate through which He has passed. And this is a very important centre, because this centre – you see - leads you to the limbic area and the limbic area is the Kingdom of God.

So to cross this... I mean all kinds of nonsensical people, things people say that you should concentrate here... you should not, this is the window [Shri Mataji touches the forehead], the door is here [Shri Mataji touches the top of the head], so those who concentrate here also spoil their Agnya chakra.

You do not have to do any effort for it, the more you do effort the worse it is. If you have done any effort, it will be difficult for Kundalini to rise; because it is spontaneous, it is living, there is no effort needed. She just sprouts by herself.

Example is like this. Supposing, now, you have a seed and you want to sprout it. Now supposing you try to pull out the primule out of it, the sprouting part out of it, will it sprout? No, it won't, it cannot do it artificially, it is a dead thing. You have to just put it into the Mother Earth and it will sprout by itself.

Or people have such ideas as to do all kind of fixations here, like they can say "Oh, we can fix the stomach thing, and we can fix this and fix that", it would be like a car, which has not yet started and you are just trying to move the wheels and the steering wheel and everything and then you say "Oh, the car will have started". Actually you have spoiled it completely.

If there is no connection, say, in the telephone and you try to telephone, you spoil the telephone. You have to have the connection with your Spirit. Without getting to the Spirit, you cannot have connection to the Divine. That's the point where you have to reach. And the Spirit resides in your Heart and the Spirit is the one that is watching you, is the ketrājña, as called as, means he's the one who is the knower of the field, is the witness within us. He is witnessing us, looking at us, how we are, noticing what we are doing.

The seat of the Spirit is on top of your head, here, the seat. So when the Kundalini rises, first she informs the seat and when the seat is informed, immediately the first manifestation of knowledge comes to you, that you start knowing there is all-pervading

power, you start knowing what chakras you are catching, you start knowing what others are catching, you start knowing how to raise the Kundalini and how to give realisation.

The first thing that should happen to you is that physically you should feel all right.

Now she asked me, "How do you cure cancer and how do you cure all these things?" I said "I do not cure, it's a by-product". Because when the Kundalini rises, she passes through these centres. Now these centres are placed on this parasympathetic nervous system; and the sympathetic nervous system left and right – the left for our emotional side, and this one for our physical and this one for our mental, this one on one side [the right side] – are acting all the time and in emergency they try to drag the energy from these centres.

When the energy from these centres is taken out, then the centres become constricted, like – I would say – these are the centres here [Shri Mataji join in a circle the left and right thumbs and forefingers] and left and right. But when the centres are pulled out like this [Shri Mataji moves the hands aside], they are made to work too much on the sides and they get exhausted, they get constricted and the deities also sleep off absolutely.

Now the disease starts like that. Diseases are, specially cancer, cancer is started because, when you make them completely constricted, this part or this part [Shri Mataji is indicating the left and right side of the Nabhi chakra], specially this part [Shri Mataji is indicating the left part] becomes absolutely independent and start working on its own. There is no relationship with the whole and the thing becomes on its own, a cell becomes on its own; and when it becomes on its own, it goes on increasing and sort of dominating other cells, that is how malignant is setting.

Now when the Kundalini rises, what she does is to awaken this [Shri Mataji is indicating the Nabhi chakra centre]. By the awakening of this, it gets again its vitality, it becomes normal, it opens up and it gives energy that side and it becomes a normal being.

But the main thing that happens with Kundalini is that, she connects you to the whole, she connects you to the whole, the all-pervading power and by that, all the time, the energy flows within you and you cannot get any disease; because there is no exhaustion.

Also diseases are caused because of imbalances. For example, today I met two people who had liver problem. The liver problem, you'll be surprised, is caused by over-thinking. It is not caused by anything else but over-thinking. Those people who think all the time – I mean, here people are too organized, I mean, before going to any place, sit down for one hour and organize it. How can you organize anything, if you have to go to an unknown place, what is the use of organizing?

Supposing you have to go from here to some place and you do not know the road, do you fix your (steering) wheel accordingly? I mean supposing you have to turn to the left and you have fixed to the right, will you go to the right?

The way we plan out everything to details and use our brains really we have exhausted the energy of our brains. And people have made it such a crazy thing it does not know what, it is confused.

But the main thing that happens that this centre that is such as an important centre, which looks after our attention and it goes around the whole [Shri Mataji is indicating the Swadishthan and then around the Void], is the centre of creativity; and supplies the energy to all: the liver, then to your pancreas, then to your spleen, and then to your kidneys and uterus. This poor liver has to also convert the fat for the use of the brain, because brain and nerves are made of fat.

And nowadays there is another thing started, that we should not have any fats, because they say that we develop diabetes, or something, is it? But you do not develop diabetes with fat or sugars: what you develop diabetes because of over-thinking.

Again, a man in a village never knows about diabetes, because he doesn't think.

Now what happens that this chakra which has to do this important work, of converting your fat for your brain, becomes exhausted, it doesn't look after these major organs within you and you have all these problems. Because if the pancreas goes out of order, then you develop a disease called diabetes.

Then your spleen – is very very important, which people do not know how important it is. Like it comes into play in emergencies; supposing you are eating your food and then you just run off, then it does not know what to do, it starts now pumping more blood cells, first it is working out your digestion, then it has to work out your running about and then you are thinking: so three things you are doing at the same time. That poor, that spleen becomes a crazy spleen. And such people develop a very serious disease, can develop: first become very speedy, extremely speedy, they do not know, they are telescopically moving and they actually move so fast that sometimes they miss everything. But the worst thing that happens to them is the blood cancer, they develop blood cancer, because of this bad... or we should say this crazy spleen.

All such diseases can be easily cured through the awakening of the Kundalini. Cancer can only be cured by Sahaja Yoga, by awakening of the Kundalini. There is no way out. I mean, they can remove your nose, eyes, everything, but they cannot cure your cancer.

Recently I went to Houston. We had about three and fifty people over there, because I cured a multiple sclerosis fellow. Now you will be amazed, most of these left side diseases – as I call them – like cancer, multiple sclerosis, madness and – you can say – this schizophrenic and all these people. This is caused mostly by the people who go to false gurus, who read such books like, about the dead, about the past... all such people get these diseases. Psychologist, who go to psychologists, because psychology is also an unauthorized thing to be done. Psychologist, psychosis and – what are they called as? – analyst, those who analyze you and go into your mind, they have no authority to do it.

Now recently I saw a very nice film about cancer and now the doctors have admitted, that they have seen some sort of protein which attack or trigger, or trigger – this is the word they used – trigger cancer. And these proteins they call as protein-58, protein-59, they have given some names to them... they have even photographed them. And they said, now, that it comes from an area which is there, but it is an unknown area, but built within us since our creation.

Now beyond this point [Shri Mataji is indicating the left side] is our subconscious and beyond that is collective subconscious.

Now if you try to do anything extreme as far as your emotional side is concerned – most of these gurus used this, because they mesmerize you, once they mesmerize you they start throwing you into collective subconscious, then you get possessed. Like mad you are moving, you are recluses... I have seen some people who are even afraid of a garlic, can you imagine?

There is one guru who has created such disciples, they are mostly epileptic and they are afraid of a garlic, if you show them the garlic they start shaking. They are even afraid of a vegetable. I mean, to make a human being into that state is the limit, I should think, one can harm others. So they push you so much into your left hand side, that you become a recluse, you are always crying, you think you must suffer, you must do all the penance and all these things.

Why should you do any penance and why should you suffer?

Christ has already suffered for you. Did He keep anything for you to be suffering. Even Christians believe that they should suffer, it's most surprising. If Jews believe, I can understand, because they did not accept Christ, so they suffer; in Germany, they did suffer! They said "We'll suffer, we'll suffer" for eleven years, they just were suffering and then they had it.

So to believe in such nonsensical thing that we have to suffer is to deny Christ. We should not deny Christ. If we deny Christ means we accept suffering. We have to... They denied because he was a Jew. Now we have many young Jews who have come to us in Sahaja Yoga, who can find it, they can see for themselves that these artificial methods of suffering does not help, it gives

you problems, you get sick, you get depressed, you go into problems. And now they are the people, they said "If we are real Jews, we must save Jews from this idea.

Same with Christians, same with Hindus, same with all kinds of people that are getting in this absurd ideas that they must suffer or they must feel guilty or they should be this. This is the left sided problem and then, once you get into the left side, you can go to such a limit that ultimately you end up into epilepsy or into a lunatic asylum. This is the only thing that can happen to you.

Like people would say come and confess. What is there to confess? To whom are confessing? Who has asked you to confess? Where is written in the bible that you have to confess something to a man. It is not written anything. All these things are done because they have organized themselves and they do not know what to do with themselves.

So one has to know that Christ has already suffered for us and that He resides in our Agnya chakra. What was the thing was to awaken Him within us. That is what He said. You have to awaken Christ within us and that can only happen through Kundalini rising. And when He is awakened, He sucks these two institutions there, one is the ego created by this activity of action, and by activity of desire the superego is created. Both these are sucked in and once these are sucked in, then there is an opening and you feel extremely relaxed and the Kundalini opens the all-pervading power or sort of touches it.

Then the all-pervading power starts coming down as he has explained to you, a shower starts coming in.

When it comes down on a sympathetic nervous system here, the chakras also get relaxed. Then again more of the Kundalini threads rise and give you a greater and a greater opening into the all-pervading power.

Now this is what is Self Realisation. It is not just a certificate, that you are realised. You cannot give a certificate and I cannot do it to people who are not true seekers, who are not seeking, who are just still having some fixations about themselves. It cannot work out.

It can only work out in people who are true seekers, who are wanting their Spirit, who have self esteem, who want to have it. It is as simple as that. If you are already fixed with an idea, say, "I am born a Christian", now I have a fixed idea about Christ or if I am a Jew I have a fixed idea about Judah, if I am a fixed Islam or anything like that... then it does not work out.

You have to see for yourself what is, where and how it works out.

Now if I say there is Christ here [in the Agnya chakra]. Now supposing I say, it could be wrong, yes possibly, I mean I may be telling you lies, possibly. Possibly. There is no reason for Me to tell you lies, but supposing for some reason, maybe I might be telling you lies. Now, how will you make it out? When you, yourself get your realisation, when you raise you Kundalini, supposing it gets stuck here [Agnya chakra], you can feel it. When you raise your Kundalini, you hand will stop there, you will know is not going further. Then you have to say Lord's Prayer, you have to take Jesus name, otherwise it won't rise.

For example, if you are against Jews, the Jehovah's place is here [Shri Mataji is indicating just above the bindi in Her forehead], if the Kundalini stops here because you do not believe in Jehovah, or maybe you do not believe in Moses, then the Kundalini will stop here.

They all have places, all these ten prophets are here: Moses, Abraham, Mohammad, and all these people are here. And you can see for yourself, it is so clear-cut.

Supposing you have been to a wrong guru who has given you diffidence, then you have to say that "Mother, I am my own guru", it works out. Supposing you have been to a guru who has given you ego. This is, some gurus are like that, they pamper your ego or superego. And you think no end of yourself, you are a great person, you are this and that; then you have to say on the right hand side, "Mother, make me my own guru". It works out. You will be amazed, the Kundalini will go and pulsate there, you can see with your naked eyes. It is a reality that you should ask for. If you are a real person, how can you be satisfied with something unreal?

Because your father and mother were this, all right they were, but do you want to be the same?

You are seekers, born in these modern times to become something great, to become that higher Self. Even if you do not try today, you will try again. You will never be satisfied unless and until you have found out the reality.

So Kundalini awakening is the only way which is the Holy Ghost within us. It rises... they had objection because they said this is a serpent power; now it said serpent because when it moves, it goes like this, it moves like this. Because the movement of any energy shown like that.

But I was amazed at these Greek people, they have got this Athena, which is the Primordial Kundalini they have shown, Athena. "Ata" in Sanskrit mean primordial. Most of their words are Sanskrit. Like for the centre they used the word [..], and [..] is absolutely a Sanskrit word. They told Me this Athena has this power which is like a snake and actually there is a snake in Her hand and she makes with this snakes lots of these chakras. I mean, snake represents nothing but the energy that moves in a wavy pattern.

Now that of course, sometimes it happens in a way – one gentleman told Me that he suddenly got a feeling that Kundalini has been awakened: it never happens like that. This is all done by subconscious, here, the collective subconscious. All these people are trying to mesmerize all the seekers; if they know somebody is a seeker, even in a dream they can come and just make you feel that.

But what you have to expect is collective consciousness, you have to become that. If you have not become that, then you should not be satisfied with these experiences or sensations. Sensations is not the way. You have to be the master, is the point. Now you get a sensation, for example you get a sensation of any kind, what is the use? You do not know anything about it, it is just a sensation, like an electrical shock. You see a villager comes to a city and he puts his hand into a plug and he says "Oh God, electricity is horrible!" You get this sensation from there.

Because these people are not holy people, they are un-holy people, they are no right to touch the Kundalini. The deity who is sitting here which is the embodiment of innocence, this deity, it tricks in a way that the sympathetic goes into action. Such people even get blister, complete blister from the body, they get burn in them, heat in them, all sort of things. Because those people who have no authority to touch... even, I mean they, do dirty things like touching your private parts, I mean, how can you do like that?

That is a Holy Mother, how can you do such dirty things? There are gurus who are teaching that sex can take you to God, how can it be? Animals will go there first, before us. If you believe in such absurd things, it is absolutely insulting to your own being.

We are not sex points Are you sex points? We should ask ourselves "We are illused by these gurus to a sex-point level". We must have our self esteem and understand that we are not sex points. We are not sex points.

Neither the Kundalini awakening can take place because this is the centre which is below it looks after the pelvic plexus, which looks after the excretion and the sex. Sex is to be used in a sacred way, in a married life and all that; but the idea of exploiting sex is going to make us mad. Really it will make us mad. No wonder people are suffering from impotency, all kinds of diseases and madness and confusion. They have gone off their head!

How long are you going to live like this? You must understand the proper purpose of everything, because once you start using your sex through your brain, you see people think about sex more than they can do it. Because the position has removed from here [Mooladhara], it goes from here [Swadishthan], and then it goes to the brain. And that is why the people are so confused.

We have got Christ before us, who said that "Ten commandments are there that 'Thou shalt not do adultery', I say 'Thou shall not have adulterous eyes'". Because He is born there, near the eyes. Why He said that? Because He knew this will happen, that people will start using their eyes for sex.

But what is this joyless sex? It has no meaning. You go on moving your eyes all the time, your attention is finished, and without the attention, how are you going to reach to your Spirit? Your attention has to become the Spirit. Or I would say, the Spirit must enlighten your attention. That means in your central nervous system. Whatever you have achieved in your evolution is in your central nervous system, in the same way Spirit starts manifesting, you start feeling that.

Now the physical side I have told you, also the emotional side, the other side. If you get your realisation, your emotional side also gets all right. When you get your enlightened, the darkness goes away, all these possessions go away and you feel all right. We have, I mean I do not know how many people we have cured who are really lunatic, who were really lunatic.

The other day in Norwich, there were three people sitting before Me and they were doing like this and like that [Shri Mataji imitates shaking] and so I said "What of sort of people you are? What's the matter? Who has been your guru?". They said "We went to one guru" they told Me the name. "But the advantage of those gurus was that we landed to a lunatic asylum and we are certified mad people". I said "Really? Then why did you come here, to Me?". He said "You have cured one of our friends who was in lunatic asylum, who was suffering from lunacy". And he belongs to a guru who takes three thousand pounds for putting one spirit into you". And these three people, poor things, they got all right and I hope, next I go, they will bring more certified lunatic people to get all right.

Because we are fantastic within ourselves, our Spirit is a fantastic thing. When it starts manifesting, we really become such a balanced personality, such a great personality, that what we are. But we have to know that we have to become that. We should not accept a position where we do not know where we are going. It is not darkness, it is light!

You should know each and everything, you should be able to monitor everything and you should be able to do it for others.

Now the time has come, some people might say that "How is it? Self realisation was meant for one or two people". It is true. At the time of Rama, his father in law, Janaka, gave realisation to one fellow called as Nachiteka; but this was 8000 years back.

Today the time has come, the blossom time has come and everybody has to get realisation. It is a Mahayoga. Sahaja Yoga has become a Mahayoga, is a great yoga. It is true that he saw those 6000 people getting realisation, it's a fact, no doubt. I mean, if we had more people, we had would have given to them, but intellectuals take time to come to Sahaja Yoga.

In London, it was – I mean, I must say Vancouver is much better than London – it took Me four years to crack seven English brains; of course I managed somehow. After that... now we have thousands, but in the beginning I had given up hope, because so much thinking, so much.

This is beyond thinking, it is beyond thought. Because you think to your rationality which is a limited vehicle; you have to be triggered into the unlimited. You cannot think it out and go there; it has to work out beyond thinking. But then logically you can understand everything, logically you can feel everything and the greatest thing that you have the discrimination power.

Now if supposing Christ appears before you, how will you recognize? is there a way? Supposing God appears before you, how will you recognize? Is there a way? Only way would be when you get this vibratory awareness, you can feel it, people can feel it.

One day, I had gone to Kashmir and I was with My husband, we were going in a jungle, absolutely there was no one, complete wilderness. And suddenly I felt tremendous vibrations around, so I asked the driver I said, "Is there is any temple here, is there any place like that of worshipping?" They said "No no, it is just wilderness and there is nothing here". I said "Just find out, let's go this way!" and I asked him to turn the car and we went round and round. "And there?" "Oh yes, there is some Muslims staying here" and we asked the Muslims "Is there any temple here?". They said "No but there is one big Mosque" I said "Which Mosque is this?" He said "Asraghbhal" means there is one hair of Mohammad, in that place.

Now, I was the only person who knew what it was, the rest of them were just fighting for it, that's all. They had no idea of what it was, what sort of vibrations they were, whether it was true or not, did it belong to Mohammad sahib or not.

So you get the discrimination by understanding anything that you want to know: you can find out by this new awareness that you develop. And then you do not depend on anything, you just depend on this new awareness. It is so remarkable, you can't imagine, is so remarkable.

Two days before, Mr Hugo – who is now picturing Me – was in Houston, they were facing one gentleman who has been to own guru; and he and another Sahaja yogi, both of them started this finger [right forefinger], all the time shaking like this. So they came and they said, "Mother, now, this is too much, this fellow was so bad and we should have not caught up anything from him and we caught up from him and now is all shaking and we are having a bad time".

I said "All right, doesn't matter, we'll work it out". So we asked the name of the guru and all that and we gave them a bandhan and we... (somebody asks Shri Mataji to get closer to the microphone) and we just worked it and it stopped and the fellow felt all right. And it worked out, it worked out with him and they also felt better with their fingers.

It is so remarkable, you can't imagine. It is very remarkable, you all can become that.

Dr Warren, has he told you, he came from India with his friend that, you see, of course I do not have any ashram there or anything so far. I go to villages and villages are very difficult to move about, because sometimes you have to go by bullock-carts and things like that and he wanted to come with Me. And I told him that "It is not going to be easy for you, but it's all right". But he managed to come with Me and then he saw that simple people get realisation much faster, he saw for himself. He came just to judge and find out things and he saw for himself.

As far for a person who is a holy person is concerned... he does not understand money much, cannot understand much money and, I mean, you can't pay for it. It is something so absurd if we think "We can pay for God, we can pay for everything". It is ego, I think that we think we can pay for it. How can you pay for Love? How can you pay? It is insulting. All right, this hall you can take, you can pay for this hall at the most, but you pay for the hall, but not for vibrations, for your realisation. You can't pay for it.

These people cannot understand, you see they think everything is to be paid for.

I mean, how much did you pay for Christ?

Is there anywhere, anywhere in all these scriptures, whether Hindu, English, Muslim, any sort of thing, did you hear that these great people have lived as parasites or other people selling their religion? Did you find anybody saying that?

Nobody can say that they took money and they organized themselves and lived on the money of others. They are parasites, those who take money from you.

Now there are Lamas, these are coming now. I do not know if they have come to Canada. But they have come up to London and they have told people that "You must make a floor of marble otherwise they cannot come". I mean, imagine, holy people are not like that.

Now this life I am born in a very rich family and my husband is well to do, I mean we live with style and everything. But to Me does not matter, I can sleep anywhere, I mean, to Me does not matter, comfort does not come in My mind at all, I do not know what it is.

But if these people want this thing and that thing, so particular material thing, then you must know that they cannot be holy people. Such people cannot be holy. You see, such a person is a king by itself. As we say the Bhacchha, he's the emperor. He's

above all these material things, is above all these material comforts and.. this greed and things... if I have to buy something I just buy because I have to give to others. Only I think matter has one value that you can express your love through it, that's all, there is no other value it has got. If we cannot express your love through matter, it is useless. It is a useless thing, that's all it is.

And that is how one must to know that the life style of these people, the way they live, the way they behave is so absurd, it's so absurd. But still people are stuck with them.

(A person adjusts the position of the microphone)

Can you hear me now? It's alright, what can I do? You see I don't understand electricity. I understand Kundalini but I do not understand electricity.

Somebody told Me "Mother, why you of all the persons have to do it?". I said "Please, do it! I would be very happy if you can do it!" I would like to retire. But, I mean, I do not know about electricity, but I know about Kundalini. What is there to feel bad? If you know something and I do not know anything, it is all right. If I know something, why should you feel bad about it?

If Christ said he was the Son of God, why should they feel bad about it? He was, what can He do?

Supposing He was, what should we have done? I am tactful, I am not going to say anything like that, you'd better discover about Me. But whatever I am, I will be, what can I do about it? I mean, why should you feel bad that, if I can raise your Kundalini, what should be to feel bad about it? You can also raise the Kundalini of another person.

For example, people might feel jealous of a person who gets realisation: there is nothing to be jealous, all of you can get realisation and become the Spirit! Because you are that beautiful thing, you are that, you are the Spirit; you have to just be connected, it is very simple, it will work out and sure it will work out with you people.

Now because the time is so short and I came, we may have some little questioning and then we should have the session, because that takes little time on the first day. And the third thing I have to tell you that expansion of Sahaja yoga is easier, but consolidation is difficult. You will get your realisation, all right, we will start, but it's like a seed. Then you will have to little bit consolidate it. At least for about 7/8 days you have to consolidate it.

Now we have no centre here, we have no way of contacting you, just now. But we are trying to get somebody within a weeks time we'll have somebody here placed permanently forming a centre for you, who look after you. You have to give your address to us, so that the growth and the consolidation can be worked out and that you can, yourself, become empowered with it and that you can yourself manage it by yourself, and you all become your own guru. This can be done very easily, it is not a difficult thing and it can be managed and that is why I have decided to get somebody here from, maybe Australia, we might get somebody here and that person can start this for you.

After that you can yourself manage the whole thing.

If there is any question, if there is please ask Me.

(May I have some water?)

I am sorry for this [the microphone], but this is not my mistake, the one who was organizing should have done it. (laughs) Again organize it! Now it is too close. All right? (Now give Me some water)

Question: Collective unconscious, he is wondering where you got the phrase from.

Shri Mataji: Oh, I have learned it from one of you. Actually in Sanskrit, it is another word which is called as Viashti, in Sanskrit.

You see, I never knew English language, in this time life I have only picked up this and I read some Jung and I read some things to find out, because Jung was a realised soul. And I got it from him that he calls as collective unconscious, but in Sanskrit language it is called as Supta-achitar. There's a word for it. I mean it is already there, but I do not know where he got it translated, that we should ask Jung about it. But that is the collective unconscious becomes conscious. I am saying collective consciousness, the unconscious becomes the conscious. You see, because he found out these symbols which were universal, so it is he who said that... I mean, by science, we can say by psychology he has proved that there is a collective unconscious, which we have to find out. He prepared the stage, quite all right. But I do not know how many Jungians are going to jump onto the stage. You see, you have to jump onto it, if you just stick on to those ideas, you see he talked of the unconscious, I am talking of the conscious. All right? Jung was great, I must say he was great, but he is not so much respected anywhere as he should be.

Question: he said those who came tonight came because they are seekers, will they be able to have the experience tonight.

Shri Mataji: they should, they should. I am going to work it out. They should.

Now it is all right.

Yes, my child.

Question: is this experience getting stronger and stronger as you practise?

Shri Mataji: you see before realisation you do not have to do anything, just nothing has to be done, it just works spontaneously, only if you have to place your hands towards Me, it works out. But after that you must know that the Kundalini though, the first thing it just rushes out and opens it; but then it comes back and supplies the other centres which require attention and you must know what centres are requiring. You should know about all these things, you should know how you should give attention to these things. And all is very simple, you can do it. You just feel the all thing, you feel just that this centre is catching, that centre is catching; and when you know how to clear it out, you just clear it out. And it improves gradually very much, no doubt.

So we are going to establish a centre for you, here, I hope to do it within a weeks time, I hope so.

Yogi: To specifically answer your question, Mother is going to give the experience tonight.

Shri Mataji: very true, very true.

Yogi: She just wants to get questions out of the way, so that mental activity can be reduced.

Question: how often each day do you practise it and what is involved?

Shri Mataji: no, no, no. There is nothing like rules and regulations about it, you see there are no rules and regulations. It is as it is. What happens is that, you see, to cleanse yourself, every evening we have to do little footsoaking, we do it. You see, just to cleanse yourself in the water, because water element is a very good thing, which you will know; it is very simple how you do it. And then in the morning time we, just before going out, you have to give a sort of protection like this [Shri Mataji shows the bandhan] to your own aura; because it is flowing from your hands. So it does not involve you much, you live a very normal life, actually become really normal. And it is not necessary do it that way, but if you want to do it, I mean any time you are there, you don't have to meditate, you are in meditation, all the time, because you become a witness, everywhere you are in meditation, it's fine.

There is no involvement of that kind at all. It is such an experience that you do not have to get involved into it, but you start enjoying it, that's all!

Question: Does the day of Pentecost and the tongues of flames and so on that were referred to in the Bible, have anything to do

with it?

Shri Mataji: Absolutely. I will appear before you like tongues of flames, you see the tongues of flames are there. Absolutely, you see, it is all explained. You see, my father – who was a very learned man – told Me “Without realisation you can’t understand Christ at all; neither, nor Bible”. So I said “Why especially?”. “Because” he said “Bible is written in a very mystic way. The reason was, at that time, the people were not at all prepared and they had to say things in a mystic manner and they shortened the whole thing”. Because, I mean, whatever Christ did, was only a three and half years work, you see; in that time, He had to fight with these disciples, because they could not believe Him, they were fishermen, how could He tell them about these things? They could not believe Him till He got resurrected, can you imagine? And then they believed, they still fought quite a lot. I mean, they are quarrelling as to the Immaculate Conception... very difficult people, very very difficult. John was the simplest of all, I tell you, very difficult, his revelation has a lot of sense in what he says. These people have just said what they saw, but part of it and part of it they have missed... I do not know how far they have understood, whatever it is, but it is true, this is what they said of the Tree of Life, is this Tree of Life.

Lots of things are there, but in a very mystic manner, but all that thing opens out, because once you get the key you know that. So many things. Best was, I must say, a very great poet, William Blake, was a real prophet, because he has talked of Sahaja Yoga; He said that England will be Jerusalem – now really in England; now I have been together for about 12 years; that the first light will be lit in [...] Hills where I stayed first, then our ashram is in Lambeth way and it is in ruins, absolutely in ruins so. It is written that foundation will be made in the ruins in Lambeth way. Then he said that in those days, “Men of God will become prophets and the prophets will have powers to make others prophets.” This will be the speciality of those days. So beautiful in the book Milton, called Milton it is written this.

I must say that such a modern poet like him has seen these things through and has prophesized most surprising,

One of your.. I think she was an American lady who was prophesizing, she prophesized about My birth and all that... most surprising, Jean Dixon “Mother will be born in India” she said in 1924, I am born in 1923.

I mean, so many things like that have happened. But despite all that what is the best is not to believe anyone, but to believe yourself, that is the best way, it is. And no use having blind faith, no use, better have it.

Question: what is the way of telling what is true and what is false, in terms of all the literature and all philosophies and all the writings. What is the in which you can tell the truth from falsehood?

Shri Mataji: First of all, you see, you cannot judge so rationally, but logically you can find out who is a true master, like, we can say, Khalil Gibran. Khalil Gibran is, no doubt, because he talks of the meeting, not of the suffering, but of the meeting, of the joy and everything. Like that you can judge it logically, a little bit.

A person who is realised will just feel the vibrations of the book, immediately. I mean, they will just not look at it and run away, you just feel the heat. Sometimes you get blisters from some books, you will be amazed, some books give you blisters. The other day we went to a library, because they had a library in that church, united church and I ran away from there, I said “There are no good books in this, only one or two are there” [...]. You can get blisters also from them.

So you will yourself know, once you get your realisation, you yourself can judge it.

Question: he has read about Kundalini, but he also had an experience in which he felt energy above his head and in the literature, it refers to certain chakras above his head, he is wondering if it is Kundalini which he experienced in this energy above his head.

Shri Mataji: you will see, when you see your Kundalini, all right? Whatever it is you will see that, what happens. Kundalini is actually in that state, but on your head is Grace, is the Crown; from the Crown it comes down. The Grace around us, you see, the all-pervading power comes down as grace. But Kundalini has to rise and you have to be collectively conscious and we can feel

that, we will find out.

But whatever it is, you should get your realisation and fix it up for yourself and you will know everything, all right? That is very important. There is nothing unknown in Kundalini yoga, which is the real Kundalini yoga, where you become the Spirit, then nothing is unknown, you know everything. You have no doubts left about it, you can find out everything. That is what should happen to you. In any case, whatever it is will see. I mean, I know all the permutations and combinations somehow. All right, now should we?

I would request all of you to you to come a little further, it would be a good idea.

Yogi: Come right up to the front if you would because Mother can see you clearly...

Shri Mataji: Now, we are all wearing shoes, but if you could take out for a little short time would be help us, because this Mother Earth is very helpful some times, for a little short time, maybe it might work out better. Is it very cold down below? Is it? You can put your feet on the shoes, you can take out, because it grips on your feet a little bit. Just put on the shoes. I mean what I am saying... yes, just, yes. Also the shoes you know, there are some times the belts are very tight. If they are very tight, you can loose them a little, it helps. Of course there is nothing physical, but...

Now, all of you have to do it, because it is not proper some people you see just think they can do what they like, it is not proper, is not being just or fair to us and to all others. Because even if there is one person of that kind of a thing that he drags because it is a collective happening, is a collective happening.

So if you are not interested you can go away, but if you are interested there is nothing but just you have to put your hands opened and close your eyes. That is all you have to do, But if you are not interested it is better that you go, before you disturb others, in a simple way.

Put your hands towards Me like this, all of you and close your eyes, just close your eyes. Be comfortable, be very comfortable, sit comfortably. With hands just like this, like this.

Close your eyes, please close your eyes.

Now you have to put your right hand – keep your eyes closed – right hand on your heart, right hand on your heart. Right hand on your heart on the left hand side, yes, just in your heart, because in your Heart reside the Spirit.

Now you ask the question Mother, am I the Spirit?" You ask within your heart but sincerely. "Mother, am I the Spirit?" sincerely you must ask. Thrice you must ask "Mother, am I the Spirit?". Ask in your heart "Mother, am I the Spirit?". Ask this question, it is a very fundamental question (put down [Shri Mataji is referring to the yogi close to Her]). Some of you might get a little bit cool breeze flowing with that, some, not all.

Now you put your right hand, remove it from the heart, put it on your stomach, on the left side, only again on the left side. Left side is peace, in this guru, the left side is peace. Now you have to say, you have to ask Me "Mother, am I my own guru?" Now this you have to ask ten times. "Mother, am I my own master? Am I my own guru?". Keep your eyes shut, do not open your eyes; it is very important because Kundalini won't rise above Agnya, if your eyes are open. Little lower you have to put your hand, little lower and say "Mother, am I my own guru?"

Now, without feeling guilty, without feeling guilty, again I say without feeling guilty, you put again your hand on your heart and say "Mother please forgive Me if we have done any mistakes in our seeking, please forgive us" say three times. And do not feel guilty! Feeling guilty is absurd, because I am talking to you about the Ocean of Love, He is the Ocean of Compassion, He is the Ocean of Forgiveness; and whatever little mistakes you have committed should not give you any guilt.

Mmh, better.

Now you have to forgive others, Best thing would be to say Lord's Prayer, if you know, three times.

Now put both the hands towards Me and say, close your eyes and say "Mother please give Me self realisation". This you have to ask because this is your freedom, I cannot challenge. Put both your hands, say like this. Like this, as I am showing you. Just put both the hands and say "Please, Mother, give Me my self realisation". Because you are free. If you do not ask, I cannot force it all. You have to ask for it, I have to respect your freedom. Say three times. [Shri Mataji put Her Sahasrara close to the microphone]

You start feeling the cool breeze in your hands. If you are not feeling that, please put your right hand on the head and see if there is a cool breeze coming or hot, maybe heat. Higher, higher than your head. And just move your hand and see if there is a cool draft coming in. If you have been smoking or something... on top of your head, on top, raise your hand higher. Maybe some heat is coming out.

Keep your fingers straight! Do not bend them or make them stick. Straight. And your neck also straight. Sit very comfortably in a straight manner.

Now put your hands again towards Me, it will work out, it will work out in everyone. You got it!

[Shri Mataji blows in the microphone]

Done.

You can see each other also, if you are feeling it you can see others. You can see each other head.

One hand towards Me.

[Shri Mataji works on people]

1981-1012, Whatever you are seeking is something that should happen in your awareness

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Whatever You Are Seeking Is Something That Should Happen In Your Awareness

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We have people here who, I believe, are seekers of truth. They're really seeking the truth. And we are not to be identified or should have any fixations about anything whatsoever. Even what I say you need not believe. But you must have an open mind because it's not a philosophy. You've had enough of philosophy – sat chit anand, this is this, that is that – I mean you've heard all these names, everything already. You people know so many names here that it is hard now for people to find out who speaks what. You must have realized from Gregoire's speech that it is not what I say or of what you understand mentally that is important. It's not a mental acrobat but it actually is a happening which is to happen to all of you, it was to happen to you, you are built that way, that the whole instrument within you is created that way. And it has to happen. It's a happening.

We don't understand the meaning of happening also. That's our trouble. First, we should realize what we should expect to happen. Nobody says that, but I would explain to you what should we expect to happen to us. We are seeking because whatever we have as a human awareness we are not satisfied with. We don't think we have reached our absolute point. In the unconscious we feel that. That's why you are seeking. You are aware of it but it's not in your awareness and that's why you are seeking.

For people who are seeking they have to realize that whatever you are seeking is something that should happen in your awareness. For example, you have become a human being. Now what is greater than you that the animal is? For example, you put an animal in a dirty lane. He doesn't feel the filth or anything. Does he smell anything? A horse can walk, too. But the man who is riding the horse would be in difficulty. Like that you can see so many things that are in our awareness which are not in the awareness of the animals.

If you have to become a higher personality, something has to happen in our awareness. That is one thing we should very honestly admit, understand and logically come to that point. Whatever happens to us has to happen in our awareness. This is the first point. We should feel it.

Supposing, if it is a breakthrough into our new awareness, or if it is an evolutionary process, it has to be a living process. Anything that is living does not require any effort. For example, see that a flower has to become a fruit. What effort do we put in? We have become human beings from monkeys. What effort did we put in? Does any human being remember that he has put in an effort to cut his tail or anything? No effort was put in. I mean it's difficult to accept that no effort is needed for living things. Whatever we do is a dead work. For example, a tree dies, all right, we make a nice furniture. "Oh, we've done a great job!" But dead to the dead. We can't convert one flower into a fruit. Face it, it's a fact. Just face it as it is with a complete open mind.

So you cannot put in any effort. Now there's another ridiculous thing is that you cannot pay for it. I mean the most ridiculous thing is to pay for it. And I don't know how to explain it. I mean, how much do you pay to a seed which sprouts in the Mother Earth? Do you pay to the Mother Earth for that? God doesn't understand money, this is your joke. How can you pay for it?

Now, what should happen to your awareness? The awareness should become collectively conscious. It's becoming, it's actualization – should become. It's the becoming, that you should become collectively conscious.

It is said that there is an all-pervading power, that there is a power of Love. Everybody talks of Love, God is Love. Talking is all right: "You are my brother, you are my sister, we are brothers and sisters." All talks are there. They have big organizations. We hug each other, "Oh, you are my brother!". It's not true. Just now there's a barrier. You are still an eggshell. This has not yet happened to you. It's a happening by which you become collectively conscious and once you become your Spirit you should feel this all-pervading power around you. If this cannot happen to you, it's not self realization, it is not spiritual, it has nothing to do with Spirit. It might be some sort of a spirit in you that is dead. You have to become your master.

For example, you're sitting in the chair. I've seen many people who come to my program and they start jumping in the chair. There was a fellow who was sitting on the ground with both the feet towards me and these boys went and told him you can't put

your feet towards Mother. He said, "No, I have to because if I sit cross-legged I start jumping like a frog." He brought a book to show that his guru has written this book saying that once you get your awakening you start jumping like a frog. Now, are you going to become frogs or earthworms?

Come to the logical decision. Do not cheat yourself. You are seekers. My concern is you are seekers, not of today but of ancient times. I do not want to be identified and fixed with ideas which are being put into your head, been brainwashed. Try to understand you are not going to become a frog or a jumping goat. People start jumping. You are out of your control, you are just jumping like mad. This is hypnosis, simple hypnosis. How much does it take for you to jump? Anybody can jump. Anybody can try. Whatever you can do is not Divine, because that's human, you know that.

So we come to the point that Divine has to be something living and if it has to be living, something has to happen within ourselves. As everybody has said, you are to be born again. So there are people you'll find and they just say, "We are born again." Its self-certification. There's no honesty about it, "Oh we have found it."

"What did you find?"

"We are born again." I sometimes don't understand how can you live with dishonesty to yourself. At least you should be honest with yourself, if not to anybody else. It's a very little respect you can pay to yourself. To be honest that you're not born again just by saying that I'm born again. This is wrong, absolutely wrong. It's falsehood and then you become fanatic about it and you don't want to believe into anything else. You think you are born again. It's not true.

What others have to say, let's see: great people like Kabira, great people like Adishankaracharya, great people like Kalil Gibran, Lao Tse, Zen, anyone, that your awareness gets transformed, you get a transformation. Transformation doesn't mean that you are sitting like a normal person, then you start jumping like a mad man. It doesn't mean that you become mad. That's one thing you should know. You pay money to become mad?

The other day I was traveling by plane and I saw a gentleman who was sitting just in front of me. He was moving like this, like that, like that. He must have paid 3000 pounds to get to that. He couldn't sit for one minute quietly. All of his body was going into different oh, ho, ho horrible... All his chakras were caught up. So one must know that when you get realization you become the master of the situation. You have to be the master of yourself. Real. You are seekers. You are not yet contractors of any organization or of any person whatsoever. You are seekers. Even if you don't seek today you will seek tomorrow. But you may be doing much more tomorrow. In the name of God in these modern times, I don't know how many things they are selling to you. There's no end to it, one better than the other. It's a happening that should take place.

Now what is the happening? The happening is that within you resides this power known as Kundalini. When I tell about Kundalini also I have to warn you because so many people I've seen have written some big books of Kundalini – all absurd, fake, false, useless – that you start getting heat, you start burning yourself. All nonsense, it's not true. Kundalini is your Holy Mother. She's there waiting for you. You have forgotten the meaning of the word holiness and the meaning of the word auspiciousness. I don't know what has gripped you people. This is your Holy Mother and that is the desire, the holy desire, the power of desire within every human being to become one with the Divine. It's that power within all of us that resides and that's why you seek. That desire is not yet manifested and if it has not manifested it is sleeping, that's all. Like we can say the power of germination in a seed is sleeping because it has not manifested. In the same way this power of desire to become one with reality, one with Divine power is still sleeping and it is to be awakened. I've seen in living things like a seed – you cannot pull out its primule and say that I have given it germination. You cannot. It has to be put in the Mother Earth. If you put it in the Mother Earth then only it sprouts by itself because it feels the Mother.

This power is so much confused by people. As a mother I would say they were stupid, that's all. They might have seen the deity on the last center which looks after the sex. They must have confused Kundalini with sex. It's absolute heat. With sex if you have to get your realization then animals will get it faster than you. Sex has nothing to do with God. It's your own private thing. It's all your sacred relationship. Of course, it has something to do because it is the first center there which is the center of innocence. It's placed in that excretion power where you excrete everything. It's the pelvic plexus it looks after and it's the power of your innocence because innocence is so powerful. It's so holy that it doesn't catch anything from anything. So the power of your innocence is placed there. A child doesn't understand sex. It's a child god that's placed there. The deity is a child god and that child god, all of us has got that innocence within us. And that innocence looks after the Mother that is your Kundalini. It worked. If you try to play any tricks with these nonsensical ideas of having sex with your Holy Mother... Imagine, to say that is also blasphemy, is also sinful. Even to say that I can tell you. But what do we in this West have to say because we are all reduced to a sex point? To you sex is so important I don't understand. It's not necessary to talk about it at all. There's no need to have a

teaching on it. In India people never talk of it and they are producing more children than anywhere else. It is to be done in a very spontaneous manner, in a proper way.

Now this has been taken up by many people. I don't know what to say that, but what could I say? You had Christ. You can't blame God. He never misled you. Christ came on this Earth. He rarely openly said that, "It is said that, 'Thou shall not commit adultery.' But I say, 'Thou shall not have adulterous eyes.' " To that limit He has gone. Can you imagine and we have just forgotten all these guidances and these blessings that came to us and we have taken to these people who are giving us ideas, working on our weakness. By realization you don't become a weak person. You become strength itself. You become a powerful personality. I've known people who have been to some gurus. They're even afraid of garlic. You show them the garlic and they run off. This kind of nonsense is there. They become impotent. Horrible things are happening. You have no idea. All these horrible attacks of these anti-christs, especially in your Los Angeles. God save you people, I say. Really, God save you. You have money, [UNCLEAR].

I did come 9 years back. I told them, I warned them: be careful. You are seekers of Truth. Ask for Truth, get your realization. But I didn't charge them any money, of course. I didn't charge. That time I had even more money then than I have now. So there was no need to charge. How can you charge money for Love. If you want to pay for the hall, all right, but not for me. And when I told them they just couldn't understand. They had money, ego money. They thought they can buy God. They said, "Oh, how can you get to God without paying money?"

"How much money did you pay for Christ?" They sold Him for 30 rupees, I should say. Today you are going to do the same to sell yourself. Don't sell God anymore. You have done it quite a lot. Please don't sell Him. And they said, "Mother, you must put some dollars [UNCLEAR]. Then I said, "Let these people go mad. Let them do their guru shopping. They have so much money, too much for them to bear. They will spend this money on some gurus. They will do it. Forget it. I said let them go round. They'll see about it. When I come back, I find out they're so damaged. All they have identified with wrong things. Very difficult to give them realization. Very sad and that's what's happening today.

So with this I will tell you now what we are within ourselves. You don't have to believe, but you should not deny it. As a scientist you must keep your mind open to see what I am saying and if you receive your realization, of course if you are fortunate enough, you can verify everything. You find out for yourself, you become the master. You can find out because your fingers get awakened. You start feeling the cool breeze from the top of your head, you can start feeling the cool breeze around it. You can maneuver, you can monitor, you can find out for your self. You can give realization to people.

For example you have people here who look just like you. Of course maybe they may have more light maybe on their faces. They have given realization to thousands of people. You can do it. You become your own guru.

Now here he have a picture. Today is just an introduction to Sahaja Yoga and tomorrow in the afternoon I will go into the details of our centers and how realization helps. What is the Spirit, where the Spirit resides? By Spirit I mean Atma, not the dead spirits or dead souls who possess you when you go into madness. The Spirit which is above everything else, which watches you, which watches the [UNCLEAR], the chaitanya, which is not in your central nervous system. It has to come into your central nervous system so that it becomes part and parcel of your awareness. Whatever is in your central nervous system, that's what we have achieved in our evolution. This should happen to us, that we should become aware of our Spirit. This is what is the second birth, is the realization that should happen to you and not some stories that people tell you. If someone says that now you have become a great siddha [master] or something like that. If you want to believe in it you can, but that is artificial. Supposing somebody says that you are a multimillionaire. Would you believe in it? You can believe it. You will land in a lunatic asylum with that kind of belief. Somebody says you are the governor, you don't become the governor. You have to become, actually it has to happen to you and that is what one has to see in Sahaja Yoga. The happening should take place. I would say that it is within you. You are beautiful, you are the Spirit, it is within you. You are the seekers of that place and you must just get that within yourself which is your own. It's like one light which is enlightened can enlighten another light. As Gregoire has told you that I can do it and all that. It may upset some people. Some people told me, "Mother, why should you be the person doing it?"

I said, "You had better do it. It would be a very good idea. I'd be very happy to retire. It's a thankless job." If you can do it, nothing

like it. But you do so many things which I don't know. I don't even know how to drive a car. I don't know so many things. What can I do? I don't know those things. I know only this. I'm doing this job. So why should you feel hurt that I am doing it? It has to be someone. Now supposing I am doing it, what is there you should feel so bad about it? But people do feel bad so I would like to tell you that you should not get upset with the idea that Mother is doing it. You will do it also. You are going to do it. In the beginning I may do but later on you can also.

[Shri Mataji moves to the chakra chart] So within us, you have here, first of all, two powers. The first power is the power of desire – iccha shakti, goes up to this point here. This power is the side by which Freud talks of, is the conditioning, the one by which you create your subconscious mind. Beyond this, the subconscious and beyond that is the collective subconscious. On the right-hand side is another power which is the power of action. The enactment of this desire takes place only through this power of action which is called also as the suda nadi meaning the sunlight, this is the moonlight. And this one comes into action when we use our physical and our mental being to enact our desire. This is the power of action, Kriya shakti. Some people call it also prana shakti.

Those who've said that you are conditioned and you must be cleared out are absolutely half-baked and misleading people. They don't know there is another shakti inside and the balancing of this is very important. If you try just to get rid of this power, it creates your superego by your conditioned and if you just say that I must correct this, how do you do it? What is the instrument you will use? If you are depressed, give auto suggestions – "Oh, I am all right. Nothing wrong with me." What will you use to correct them is your ego because you are no more your Spirit. If you are the Spirit then you don't have to use any one of these. But you are your ego and you start telling yourself, auto suggestions you give, "Oh. I'm all right, it doesn't matter," you give all rational thinking and try to finish it off. There are some people who say that we are too much of conditioning and too much of karmas, show both the sides to clear it out. There's another theory also that goes out like that. This is another absurdity. By getting in too much do you get clean? Supposing you have a little mud. What do you do? You wash it. Or do you get into mud again? The people who believe that they can clear out their conditionings through their power of thinking actually are building up their ego. Such people can become very ego oriented. Absolutely the ego becomes like a balloon. This is the great message of Freud who has really ruined the West that he told us that you should not worry, we should go ahead and these are all conditionings. We are not our ego. We are our Spirit which we have to become.

Those people who talk of karmas and that your karmas are there – most of the gurus do that, it's most surprising. Then they told me that somebody said that my guru takes one sixteenth. I said, "What about the rest?" Then another one was suffering too much. I said, "Why are you suffering so much?" He said because of my karmas. I said, "Then what is he doing there? Why are you paying him? Why do have a retainer? Let us check him out." So above that we have then a very big mistake. I wish people were alert enough to understand the incarnation of Christ. Christ is on this center. This is the center placed in the crossing of the optic chiasma. It's a very subtle center which looks after the pituitary and pineal glands – the pituitary looks after the ego and the pineal looks after the superego – and this cross has been created. Why? Because you raised your head as a human being. It had to be, in your evolution you had to. Through this center you raised your head and once you raised your head the whole thing started moving like that. When the ego and superego developed, this thing gets covered and calcified and the fontanelle bone area thickens and you become mister X, Y, Zed. The "I"-ness develops within you. This is the egg that is formed. This egg has to become the bird. The development is going on within yourself but still you are an egg. Why I said this center is very important from that point of view because Christ is the embodiment of that innocence which I told you there. He is the embodiment of this all-pervading power. He is Omkara. And when He was born here and crucified as they say, actually He passed through this creating a space for you. Not only that but when the Kundalini rises from here and touches Him, when He is awakened within you [UNCLEAR when they said that] Christ should be born within you. Now where is Christ? Ask all these people who say about Christianity. Christ, Christ, Christ Christ, Christ. Ask them where is Christ placed within you. They don't know. He is placed here. If this Kundalini in a living process, again, it's not like artificial baptism, "You come, I'll baptise you [UNCLEAR]," It's not. When this Kundalini rises and actually awakens this – you can feel it when it awakens, you start feeling it, extremely relaxed – these two things are sucked in. Your karmas, your conditionings and ego are sucked in. It's a happening and when that takes place this opens out and you feel this thing softened. Once it is softened, like Kabira has said [Hindi?] until the silent speak you start hearing the Anahat, sound of your heart – lub-dub-lub-dub – you can feel it, you can see the pulsation of the Kundalini here in some people who have obstructions. You can see the rising of the Kundalini, you can see the thinning down of this bone and

then it pierces through, the sound stops and you start feeling the cool breeze. This you cannot do. You can jump, you can change your dresses, you can do all kinds of nonsense yourself because you are human. But the Divine thing of raising this Kundalini you cannot do it, you try anything. This is what is the Divine, and once it starts flowing from there, your karmas are sucked in. I wish these missionaries had gone into India and told them the truth. They never told. [UNCLEAR this is all written] Mahavishnu stotra. I think most of the books that are translated also in English are something misleading because all these great books like Devi Mahatmiam, Devi Puranam and all these things are not translated. Especially the description of Mahavishnu who is described very well, who was to come to do this work, special function to suck your ego and superego Nobody knows about it in India that he has already come. It is He who is Christ. What they knew about Christ through these horrible missionaries, they went and put the loaf in the well and said you are all Christians now because we have put the meat of the beef or the meat of the cow inside and now you are all converted and all of them became {UNCLEAR}. That's how Christianity spread in India. Because Hindus are very sort of susceptible to inauspiciousness, to unholiness. You touch any unholy person you are finished, you are no more there. If you have done anything wrong you are no more. If you lead a bad life, or if you carry on with a woman or a man, you are finished. So that's how all of them became Christians without realizing that Mahavishnu was born already and He has come on this Earth and He's just there. He was called as Bodha in the sense incarnations of Vishnu is called as Bodha.

This important happening was missed, timed to the insensitivity of the people who took to Christ. They could not understand, so naïve. They made a mess of everyone as it is, but especially of Christ. And that is how this point was missed and now everybody is taking advantage of it – "Oh, you have done your bad karmas. You'd better suffer for it." while He has said all your sins and your blasphemies will be forgiven. The time has come, it has to happen, so don't feel guilty about whatever you have done. Forget it. Another idea is of suffering should be given up. I don't know why people have carried on with it. Why should you suffer when He has suffered for you? Did He leave anything for you to suffer? If you want to suffer, you have it. He suffered for you once and for all, and He has really suffered. He has perfected it. The complete thing is perfection. Once He is awakened you'll be amazed how relaxed you feel, absolutely and you become that which is promised to you, that you enter into the kingdom of God, that's the limbic area.

All these centers denote our evolutionary progress and I'll explain about them to you tomorrow in all detail – what do they represent, how they are within us and how it has to happen. The only thing is that we must know that we should not go too much to the collective subconscious and the collective supra consciousness of the future side. Both things are very dangerous. Whatever cancer patients have cured, without exception, all of them have been infected by the left side which means the collective subconscious.

I saw a very nice film shown by some doctors who were doing research about the cancer disease. And they said that there are some proteins – they called them protein 58 and protein 52. They've even photographed them which are living entities which attack us and trigger the disease of cancer and these entities come to us – Now they are saying (I said this ten years back in America itself) they come to us from areas built within us since our creation, means collective subconscious. Of course for them it was unknown, but this is what it is. If you can raise your Kundalini, you'll be amazed. Cancer is only just a by product. It can be cured. Cancer can only be cured by Kundalini awakening and by no other means. I've said this ten years back, I've done it and I'm saying it today. But in your country I am been told that if I cure cancer in somebody I'll be arrested. It's a funny situation but automatically if I don't touch you and you get rid of your cancer, nobody can arrest me, isn't it? So that's how it works out. You have got power to do it.

About this, how you get your diseases cured, how your mental side gets cured and all that, I think I should leave it for tomorrow and we'll work it out. If you have any questions because from the first day, ask me some questions regarding... Just a minute, take it easy. If you ask too many questions, there's somebody sitting next to you. He also asked questions and ultimately got realization. Before that don't put your mental activity too much into action. Quiet it down quite a little. Now relating to what I told you, do not draw me into controversies; "What do you think of one doman ananda, another bogan ananda, I don't want to answer about all these horrible people. For me they are all devils, they are satanic, they are rakshasas and they will all go to hell and all their disciples have to go with them, that's all. I don't want to come into any controversies about that. I've talked about that at length, described them and know them too well. I've known them for ages and I knew they were going to come back, and they're back on the stage. And now it is for your wisdom and your understanding to see them. So if you are representing any guru, you'd

better go to him and get it, whatever you want. It's very easy to go to hell, two running jumps and go there. But if you are to get realization you be here. I have to tell you this because people waste my energies a bit too much on this point. I don't like it and I don't want to fall into any controversies. Thank you very much. So please ask me a question.

Seeker: What do you consider self realization to be and ...

Shri Mataji: Now what did I tell you, my child? Or what did I tell you all that while in your awareness you have to become collectively conscious. You should be able to tell what's wrong with your centers, what's wrong with another's centers. That's the minimum of minimums, but it's so much, so great. I'll describe the whole thing also tomorrow that what is your Spirit and how you become that? That is what self realization is, not cutting your tongue, putting it back, doing kechari. All this is not self realization. It's a happening. All these actions are nothing but moving the wheels and all these [UNCLEAR] with your hand before starting the car. You have to start the car. First of all, it starts by itself. You don't have to stand on your head to start the car. It's your Spirit, it's just there. It just has to be started. Only I know the trick and I'll teach you all.

Seeker: If I take a shakti put from another guru who has pretty powerful vibrations would that interfere with what you are about to do, too?

Shri Mataji: If it is not a real guru a little bit. It doesn't matter. It makes no difference, I've seen all sorts of – I've done all sorts of permutations and combinations. At first we didn't used to allow anybody who has been to any other guru. Absolutely you had to fill in the form. But now I've mastered it. Don't you worry. It makes no difference whatsoever. Kundalini awakening means that you must feel the cool breeze in your hands of the all-pervading power and you should be able to monitor it. You should be able to give realization. Supposing I say I am this and this. Why should you believe me? What have you got from me? Only this jumping? That you can do jogging? Everybody can do even here. What have you got? In Sanskrit the word for selfishness is [UNCLEAR] which is a very good word. The meaning of sva is Self. You must know the meaning of Self. That is the greatest selfishness. So you have to be Self-ish in that sense. You must know your meaning. You must know your absolute. You must become your own master. You must know what you are doing. If somebody says I am such and such, why do you believe? You are too simple people. Why do you believe anybody can come from the jail, direct here, sit down with a big face and you believe him? What did you get? More for your money? Got epilepsy? Feeling horrible, stresses, all the time permanent stresses out there? What's the use? Don't you worry. I know many of these type.

Seeker: What is it that prevents the spontaneous growth of self realization? We are all born with it. Why don't we realize...

Shri Mataji: You have to recognize, you have to develop your awareness to that point that you recognize. You never recognized any incarnation. You taught yourself to never recognize. If you cannot recognize, like the leaves have to turn to the sun. They innately recognize, innately they are made like that. You put the leaves hiding from the sun they'll come out, they innately know. But human beings have freedom and a big balloon of an ego and they cannot recognize. This is the point and recognition is the only way. You never recognized any one of these incarnations. Only [UNCLEAR] might. The people who mesmerize you, have a big circus. Unless you take to reality and recognize reality you cannot get your realization. This is the point Gregoire was trying to make. This is what stops us because you have freedom. That what happens actually, the growth takes place but you have to recognize. For example, you get your realization, say, even otherwise, how would you know? I've met some people who are born realized. They don't know anything. They have to be decoded, they have to be told. The Divine has to have a face and a mouth to tell you – this is this center, this is this center, that is that, because whatever you are seeing here are unconscious. It is so vague. Somebody has to tell you clearly. So anybody who tries to do that you kill that person, finished. You don't want to listen to a person like that. That's the trouble with human beings. They are very aggressive. Only a person who aggresses on you, you submit to that person. This is the truth that you submit to a person who is trying to aggress you.

I had a girl from Sweden. She stayed with me [UNCLEAR and she argued with me], everything. I didn't know what sort of a realization she wanted. Actually, I told her that where did you go before? She said I went to a lama. I said which one? She said he was horrid. He came to us and he said that he can't sleep on an ordinary floor. I want to have a marble floor. Imagine. A man who is a realized soul doesn't bother about these things. They don't want Chryslers and Mercedes and Rolls Royces, no. They can

sleep anywhere, they are master of themselves. They are like kings. Nothing can dominate. But you will recognize a person who has 59 Rolls Royce going in front of him. This is the problem. Even I was surprised. This lady came, she was arguing with me and she said he asked for me and why did he do that? Oh, we had to go and bow to him 1008 times. And then we had to lock ourselves in a room and all of us had to dance and they all used to be exhausted, absolutely exhausted, good for nothing. When she came to me she was like this, absolutely thinned out. This is what the gurus, I mean the lamas, those who wanted to have a marble flooring, great people. They will have it in the hell very soon, very good marble flooring and all the Mercedes and all these cars on top of their heads.

Now it should happen to you as you said. We have to discern, or somebody has to come to offer you the grace. You have done lots of mistakes. Christ has to be there to ask for forgiveness for us. So that should happen to you spontaneously. It's too much to ask. You cannot manage it. You cannot manage. On the contrary asking the people who are born realized they are not up to the job because they think no end of themselves. They don't know anything about the Kundalini, they don't know anything about the fingers. They are born realized, no doubt. Some are great I know. I've seen some children that are great, they are born with ideas about Kundalini. They know. Recently I've seen so many children. In India I've seen so many children, tremendous, great people who have taken birth on this Earth. If you don't accept they are going to take over. This generation is a problem, not the next. The next time we'll have the greatest crooks or the greatest souls coming out. I'm not bothered about them. I'm bothered about you because you are also satanic. Yes, my child?

Seeker: Once the Kundalini has risen, what is it that maintains it so that you don't lose it.

Shri Mataji: That's it. That's just like a seeker. That I'm going to tell you, everything. Every thing I am going to tell you, not only the maintenance the but raising of others Kundalini, giving realization. That's it. That's the real question. That's what is called as Pure Knowledge, the technique, the laws of the Divine, how to maintain it. It's very simple, also very deep. You can manage it with your own fingers. It's not difficult. That's just like a seeker. Great.

Any other questions please?

When I give you realization then your brain should not come forward. "Oh, I didn't ask this question." So please let's clear it out. This brain and this intellect, also, can cheat yourself. It's the biggest cheater. Be careful. That doesn't mean that you should become brainless. Another extreme, also, I must tell you. When I tell them people say, "Oh, then you should become brainless." No, your brain is intact. It is to be enlightened. Once it is enlightened it starts knowing the truth. You get that power, vibratory awareness we call it – not hot but cool vibratory awareness. Not cold, doesn't mean absolutely freezing cold – by which you have discrimination. You discriminate. You immediately know who is a real person, who is a false person, what's wrong with this person. Everything you will know, just know it.

What's it now. You better have it. Doesn't matter. Even if it doesn't happen to your own happening, just somebody does it, then you do it for others. You see then there is a little obligation. If somebody has done for you, you'll do it for others. Like big, big saints I have met who are real saints, they don't want to come down to America. I sent one of them [UNCLEAR] came back from America in two days. He laughed and said, "I don't like these people." They don't want circus of God. They want something so artificial that I just can't manage. So I told him that you have to have patience. He said, "Why should I have patience with them? What have they done? I have done all these, I have done that. Mother, why are you giving them realization? Who are they?"

I said, "All right, it's my wish. Forget it. That's what it is. If one should get it, it's like that: You don't give it to others.

Any other questions:

Is it all right? Should we go in for that?

Take off your shoes. Very simple things are there because the Mother Earth takes away your problems.

A few things I will tell you which you have to do it. And then you'll see the results. First of all is to put your feet straight so that the sole of your foot should touch the Mother Earth because the Mother Earth helps us, everything. Even the light helps us, quiet helps us, everybody helps us, all the nature helps us. You have to just put your hands towards me just like this, simple. Close your eyes, keep them comfortable. Be very comfortable, sit very comfortably. If there is anything tight, say your neck or anywhere, if you feel tight, it's all right. Close your eyes. See, now, what your guru has done. Keep your eyes open. This is what happened (Shri Mataji talks to an seeker). Keep your eyes open and it won't trouble you. Hands open in your lap. Be comfortable. Comfort is important for the body because your attention should be sucked in. Now close your eyes. If you get again that shaking, anybody who shakes, please open your eyes. If there is flickering in your eyes or too much heat in your hands then open your eyes. Just keep your eyes shut. Don't fix your attention anywhere. Just let your attention be absolutely free. Don't allow your attention to be fixed. Put your left towards me and right hand on your heart, on the left hand side, and ask a question, "Mother, am I the Spirit?" In your heart you ask the question. [UNCLEAR] Don't move your necks or don't move your body. Keep it quiet. there should be no movement in the body. Let the Kundalini rise.

Put your right hand on the left side of your stomach. This is the guru's position. Now close your eyes and ask a question, "Mother, am I my own guru?" "Am I my own master?" "Am I my own teacher?" The problems you have gathered from your false gurus or your false seeking or mistakes will be corrected. Just say, "Mother am I my own guru?" Now some mistakes have been committed you can say that please forgive me. You can ask for forgiveness, "If I have done any mistakes in my ignorance, please forgive me." In my seeking if I have not paid attention to my Spirit or if I have done any mistakes going to wrong people without understanding. You have to ask for forgiveness. When I say that I should have told you beforehand that you should not feel guilty. Don't feel guilty about it. You don't have to sulk about it. You are seekers and you are the beloved of God. Whatever you have done it doesn't matter. You are all to be forgiven and have no guilt about it, no guilt of any kind. Say that, "Mother I am not guilty." Say that I am not guilty of any mistakes and you just have to understand the whole thing. Put both your hands towards me, keep your eyes shut and just say, "Mother, make me my own guru." You have to ask the question because I cannot trespass your freedom. Ask the question ten times because this is the center of the gurus. Put the fingers towards me. If you want you can put it in your lap, be comfortable, but keep the fingers open. Just ask the question.. Last of all please say, "Mother, please give me my realization." "Please give me my self realization." You have to ask for it. As I said, I cannot force it on you. You have to ask for it to work out. It is very subtle. You feel it in your finger but first of all try to feel on top of your head. Put your right hand on top of your head. You might feel the heat on top of your head.

Dr. Warren: If there is heat coming out, don't worry. Just let it come.

Shri Mataji: If there is heat, also, it doesn't matter. You feel in your hands, those who are feeling... We have some people here who are realized people who can see if you have got it. If they tell you anything don't get angry. Listen to what they say and then you try to do it. Don't be insecure about anything. If you are wearing anything that is given to you by your guru, just remove it, without feeling bad about it, from your hands or your neck. Ha, now, better?

Shri Mataji works on the seekers individually as do all the yogis.

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Yesterday I told you a general idea about the chakras and about the powers we have within ourselves. My main concern yesterday was to instill in you the sincerity with which you must seek, that you have to be honest to yourself to get to the truth. This is the only payment you have to make for Sahaja Yoga, that you have to be really honest to yourself. I'm not here to gain anything from you. That's one point that should be absolutely clear. You cannot give me anything, I cannot take anything from you.

When we come to that point, the second point, is we have to be honest about it. Many people believe that whatever way you go, you go to God, is not true. Also some people believe that if you do wrongs and harm to others, still you will go to God. It's true, no doubt but not because you have done anything wrong. You will go to God because you have decided to be good people, to be people who are seeking God in the true sense of the word. So when you are seeking the truth, you must, first of all, ask a question within yourself: "Are we really seeking the truth?"

So many fixations we have within us have to be dropped. Gradually you will see for yourself as you grow in your self realization, these fixations drop automatically. Like a flower becomes a fruit and the calyx of the flower drops out. So many parts of the flower drop out. There has to be transformation and transmutation. But the part of the transformation does take place, but the transmutation you have to work it out.

For that the transformation is a true living – I don't know if people understand the meaning of the word living – living happening in us, taking place out of the living force within us, and is manifested by the living God within us. Perhaps we have never been able to judge the working of the living. It is so spontaneous. It's a mystery for you. We just take it for granted, whatever is mysterious the human nature is to take it for granted.

Within you is this Kundalini, the desire to become one with the Divine, which is placed within the triangular bone called as sacrum. You don't have to go anywhere to find it, it is there in all of you. If it is placed there then one must know that it has to be something very special, for a special work. Otherwise what is the need for God to place an energy down there? When the right person, in the sense that the Mother Earth, who has the power to germinate a seed, the Mother Earth has the power to do the living work. We do not have. We cannot germinate a seed. So if such a person who has that warmth, that love of the Mother Earth – again, love doesn't mean sex. Sex has nothing to do... Sex is nonsense. Do not confuse it with God. Those who confuse it are people from hell and they take you down to it. Whether you like it or not, I have to tell you the truth.

So this holy energy, this auspicious thing, this Divine desire within us to be one with the Divine vision resides within us. Do not cheat yourself on this point. Sex you can do. The animals do it, everybody can do it. Even the people of every primitive state can do it. You don't need any knowledge for that, it is just there [UNCLEAR]. Whatever you can do is not Divine. This is the point I'm trying to make with you. If you are making money out of it then I have nothing to say. If you want to sell God you can sell it. But you will be put into hell, you can take it from me for that kind of a nonsense. You cannot make money out of God. You cannot put sex on the Kundalini. It's like having sex with your Mother. It's your Mother, the holy Mother. It's absurd, it's wrong. I don't know how people can think like that and they accept the situation.

An Indian understands this better. These days Indians also have gurus who are preaching this in India – horrible people. So one has to, first of all, understand that this energy which is within us has nothing to do with sex. I'm not here to contest any lectures or any [UNCLEAR]. Even if there is one person I tell the truth, if there are hundred I tell the truth. Even if you stone me I tell the truth. I'm not here for any gain whatsoever. I'm not afraid of anyone because I know what I have to do with you people. You are seekers of ages.

William Blake has mentioned about you in his book, Milton. He said, "In those days, the men of God –" That means seekers, you are seekers. First of all, accept this position within you. You are not here for a fashion. There is no place in Sahaja Yoga for a person who is not a seeker. We do not want people here who are not true seekers. So you are men of God. You are seeking God within yourself. If you are seeking God within yourself, he has said that, – "They will become prophets and they will have a special capacity to make others prophets." This has been prophesied only about a hundred years back. So when you go to some guru, if you are honest – if you are a [UNCLEAR desert mask] then I have nothing to say. You'd better go about your business in the name of God. We have many like this. But if you are honest and if you want to do good to yourself and to others, then you must judge it on this point that if you become the prophet in the modern times, then the prophets have the capacity to make others prophets. That means you must have the capacity to become the Spirit, not only that but also to make others prophets.

This is indicated already. I don't know how many people read William Blake but he is one of the greatest poets of the modern times. Of course we have people like Kabira, Nanaka, all of them. Kabira was such a tremendous man that he ousted all these horrible people – these kriya yogis, these kecharis and everything. But even if you are not ready and [UNCLEAR] you've got Milton, the book written by such a great poet like William Blake. Of course Wordsworth and all these people are realized souls, but I would say that William Blake was a man with that kind of a tremendous power to explain what should happen to you, and that is what exactly should happen to you: that you should become a prophet and you should be able to make others prophets. Not prof-it but proph-et.

This power is kept there already. You are made like that. God has made you so beautifully you can see. With the colors and everything within you. He has given you such a beautiful inner being while we, in our freedom, have gone wrong. We've forgotten what, we are not afraid of Him. We do not know what He can do to us. In our freedom we have become so ego oriented that our freedom has misled us. It doesn't matter. As long as you are seekers and truthful it will work out.

Now the first center... Yesterday I told you about the left-side power and the-right side power. The left side is the power of your desire, the iccha shakti or the Manas shakti, called as manas. Those people who are teaching you yoga are teaching you how to control your prana shakti, the right side. But what about the manas shakti? Such people can become very dry-hearted. They can be so hot-tempered. We have many people like that – Vishwa Mitra and all these people, Guru Mata – really hot-tempered. There's no love, there's no balance in them. And such people can only sort of mesmerize other people or can just kill other people and do all kinds of such acts of violence that you cannot explain to any spiritual man, all this violence all the time. And if you see the fanatics, all the fundamentalists are with them. All the fundamentalists are dry people. They are driven to the right side. They think they are the right people, all the rest are wrong. and the example of that is already Mr. Khomeni before you and so many like that – Catholicism, Presbyterian, 7th day Adventist and Christianity.

In Hinduism also we have lots of such people. There is one Shankaracharia who is trying to make, nowadays in India, a big umbrella of gold studded with diamonds. I think he's trying to compete with your Pope and that umbrella will fall on his head one day. All these things show that these people have nothing to do with God. Christ has said that these are the people who are standing at the gate of God, that others should not enter inside because they cannot enter themselves. Very clearly He said. He has said it, "He will be calling Me Christ, Christ. I will not recognize him." These are the people who so far are fundamentalist. It's not only the Islam, it's not only the Hindus, it's not only the Buddhists. It's also the people who claim themselves to be very great protectors of religion. As Warren has told you just now that you have to be a realized soul. Without realization you have no right on God, you have no connection of God, you have nothing to say about God, you have no authority to describe Him. Minimum of minimums is that you should be connected.

It's like I'm not connected to a president, I have not known him, I start talking about him, I'll be arrested. And that's why one has to know that to get to God, one has to become the Spirit. Everyone has said that. I was today seeing one [UNCLEAR mad dream] and I was surprised. I said, "Shopping of God that is going on in this Los Angeles." I was really amazed. I said, "Where is my temple to be placed?"

All kinds of things and the same way, your freedom, your liberation. Even today somebody has said that there's a tank in which you relax and get your liberation. How can a tank give liberation? I don't have many brains to understand these things, I must say. But I was amazed, how can people be befooled by such ideas that you get your liberation by getting into a tank? Or by jumping in the air, by taking out your clothes, by coloring your clothes or anything like that? Of course Kabira has blasted very much and he has said about it. That's why Indians are a wiser people. We have had very great people in our country. It's really a great blessing to be born in that great country of ours, though the greatest thugs and crooks are also born there, no doubt about it. But we have such great people that are born in that country of ours that it's not easy for an Indian to accept nonsense without feeling bad about it. He cannot outright accept it. He may do it but he is aware of it.

So, as it is, this Kundalini is placed within us. Now, about Kundalini, a long time back the search for Kundalini started, thousands of years back. The history is that in the beginning there were three types of people who started searching in different areas. The first ones were the ones who started searching in the nature – what is the secret of the nature. The Vedas are written on that. Vedas are the right-side movement of people where they tried to discover what are the different deities ruling the elements. You can see the great manifestation of that knowledge. In Greece, even now, you can go and see their history and when I asked them from where did they get these ideas, they told me that there was an Indo-Arian rapport at that time – not at the time of Alexander but much earlier when they came on this Earth. It must have been thousands of years back the way the whole thing is described and they came on this part of the Earth, meaning Greece, and told them that there are these three powers and that there are three deities and the three mothers who worked it out. Imagine at that time. And they have one goddess called as Athena.

Atha means the primordial and She is the primordial Kundalini. She has a snake in Her hand and She has all these chakras. This movement is on the right-hand side. Right-hand side was the Vedas where they tried to discover the deities who are ruling the sun, ruling the moon, ruling the sea. The sea is ruled by Neptune. It is called as Poseidon in the Greek way and also they knew about Parashurama who came before Rama and one of the persons who is an eternal being who moves in every way. He is the one who is respected as [a] Seer, but people are quite confused because the Greeks brought all the gods down to their level. The work of Vedas helped us to overcome the nature.

You must have heard that at the time of Rama they had aeroplanes. I've seen books written in India where they say that there were 685 rajas in the aeroplane in those days. And they had ways and methods of having pilotless bombs. Some people say that the Germans got these ideas only from Indian old ventures. But these they achieved by the right side movement is to go to the essence of the elements and try to master them.

But they knew. Even the first words of the Vedas is that if, by reading Vedas, you do not get the vida... vida is the knowledge. Veda comes from the word to know, Vida. If you do not become vidyama, if you do not get your realization, if you do not get the knowledge, it's okay. It's clearly written there. The essence of Vedas is also that by doing all these things, ultimately you should become realized, you should become The Knowledge. Wherever Adishankaracharya has used the word The Knowledge, it is meaning the knowledge of the all-pervading power, to become self realized, knowledge of the self. Wherever Nanaka has used it or wherever Gyaneshwara has used it, it means the knowledge of the Self, Atma Bodha.

If you read Shankaracharya, his book Atma Bodha, very important it is, and you will know that he has described that when you get the Knowledge, is the Self Knowledge, then only you will know about God, so clearly he said it that you can't dispute it. He says that when Kabira says [in Hindi?], "By reading too much even the wise have become stupid." I can see the result of that because when we read, we read every nonsense. We have no discrimination power. We read every kind of a book and it becomes like that.

Why did they do it? Why did the wise people try to find out the deities or the essences of all these elements? You should ask this

question very clearly and that is what is to be understood, that they understood that if you could go to the essence of the matter that surrounds us, the elements, if you can somehow or other capture them, then at a time when you have reached a stage, a time when you have become right enough, as for modern times we can say, you will get more time to do your meditation.

See, we are selling our time. You've got a watch, we must save time, save time. For what? To waste in a pub? Every time you are saving your time for what? To make some kind of a crooked stuff here and there? Where are we saving? The important thing was they wanted to save time because in the olden days even to cook your food it was so difficult. [UNCLEAR These days] if you want to cook something you'll just do it in five minutes, Otherwise it would take hours together. So they thought that if you had the matter available to you, first point was to make you so efficient that you can save your time for meditation, for your ascent, for your realization. That was one of the reasons.

Secondly, Why? Because they know that matter cannot give you happiness, matter cannot give you joy. Then why did they go into the secrets of the matter? Why did they try to find out the matter? What it is like. Why science developed? Why did the knowledge of science come to human beings from the unconscious? We can ask the question because what human beings have done is another point. They have made atom bomb. Even the atom bomb is very useful because see these atom bombs are sitting there, the people are [UNCLEAR]... The nitrogen bomb has put heads together. All these hydrogen bombs in a way is good because all these expansions are linear and they curl back. So even this movement was very good.

But apart from that the matter was developed in those days. It was a very great idea and a simple thing was that when these collective happenings take place, when people will get, errant in a very collective way, their realization, how should it happen in the whole world? What is the method that should be used? Christ came only in that little part. After Christ what is to be done? How to explain it to all the people? It was all thought up, so they created camera, TV, all those things. On a TV I can give realization, you will be amazed, but they would never allow me to be there. That's the trouble with the TV people. You have to pay them lots of money. On the TV I have seen that in Hong Kong, on the TV you can give realization to so many people.

But they would not allow me, that's a different point. That may also work out later. We must have patience. But this was the reason to use all these things. The television has got everything in it. For example it has got that collective manifestation, it has got all the art, colors, everything in it and you can work it out and this collective happening can be spread out so fast into the whole world. At the time of Christ this was not possible. Many people say, "Then why didn't Christ do it?" I mean you cannot command Him. It was in the proper growth of things that today you have reached that state and it has to just click. That's why science has developed to these things, but it also has many other advantages.

For example – there are by-products of this advancements – by developing plastic you got tired of it, by developing nylon you got fed up about it, by having affluence, sitting here – In India, they are still developing while you are developed, over-developed. You are fed up with that over-development. You want to run back. I have heard that they've said big movement to become like tics because you are fed up of this advancement. So you are going backwards now. With eyes shut you are fed up with all this that you have done. These junks that you have created, these big mountains of plastics you have created and you do not know what to do with it. So affluence has its own advantage. By getting the affluence through your industrial revolution you have reached the point that you say, "Oh, God, I've had enough of it. Let's get out of this wasteland." It's a joke behind the whole thing. It has happened to you and that has given you the greatest thing is the desire to find out something beyond. This frustration, this realization, this understanding of the fact that matter cannot give you joy, has given you this special temperament.

In India I saw some boys who were hippies. I asked them, "Why are you hippies?" They said, "No, Americans are hippies so we should be hippies also." But here the hippies are seeking beyond. They want to get rid of that nonsense and that's why they are getting into it. It's not a thing they are just doing it because somebody else is doing it. But in India people are doing it because Americans are doing it, so it's a fashion. There's no genuineness about it. But India is such a great country that even you just once decide that you want to have realization you can get it. In India it's very easy to work out because it's a country of yoga. The Indians may not be that good, especially the city people are enamoured by the way you have plastics. You'll be surprised when I go to India I have to take some nylon saris for the ladies there. Though we have silk they like that.

So the people who are developed are the people who are realizing and understanding that we have to have the blessings of the Divine. They are just fed up with their affluence, fed up with this thing and have sorted out everything. You tell anybody and, "Oh, we know that." Now this end of it has come that they are also fed up of guru shopping. When they've paid off all their money that they had, they have done all kinds of pilgrimages, they have nurtured all kinds of nonsensical people, so they know everything. Like if you ask Mr. Warren – they say this ananda is my guru, that bogananda is my guru – he knows all of them. He said, "Mother, I've been to all these things." So they are also fed up with it. This [UNCLEAR feeding up] really helps you to face many misidentifications and fixations that you have. And these fixations are the things that are still sticking on to you despite the fact you are aspiring for your self realization.

Amid this chaos Mataji Nirmala Devi has to come and has to tell you that you'd better seek your Spirit which is spotless, which cannot be spoiled, which is eternal, which is within your heart. You don't have to go anywhere to seek it. It's within your Heart. It's such a beautiful thing that is subtle. Whatever age you may be born, whatever chaos you may be, whatever trouble you may be, it exists within your heart as your Spirit. You have to just become that is a simple thing and in this chaos only Sahaja Yoga has to become Maha Yoga which is the Great Yoga today.

Unless and until human beings have reached that stage of frustration it would not have been possible. Can you imagine at the time of Christ so many thousands of sahaja yogis I have now all over the world to help them, so much dedicated and understanding the powers of the Spirit, to those twelve fishermen it was impossible even to talk about Kundalini. It was an impossible task and even till He was crucified, they were half way whether He was Christ. They had seen Him walking on the water, they had seen all those miracles, but still they were not believing Him.

That's typical of human beings never to believe the reality. But if there is a falsehood, if somebody puts up a big show then everybody is down at the feet. When Christ came on this Earth that time was such one of the worst times one could think of and the way he rode the donkey to prove how stupid people would be who would try to follow Christ, Christ, Christ, Christ, Christ. These are the Christian nations who say they worship Christ. They have dominated the whole world today. In this country how many Indians are killed, think of that. What have we done? We are Christians, the ones... Christ who said that forgive them for they do not know what they are doing. Forgive them is the power of Christ and what have we done to the whole world? Think of it.

But that consciousness is also coming today. I'm very happy to know that we are getting even that understanding of the dominating nature of our ego that how, in our ignorance, He came to kill your ego. He came against the ego. He came to show that human beings should control their ego, should get over it. It was He who was crucified because of the ego of the people also. Why was He crucified? What did He say? He just said that I am the Son of God. He is and He is and He will be and He is that. Whether you like it or not, whether you crucify Him, He is. Only for saying that you crucified Him.

Now I am very tactful. I know the ego is so much. It's a donkey. People say that ego is like a monkey. I would say it's more a donkey than a monkey. The monkey evolves into the stupid donkey stage and all kinds of stupidity we are doing in the name of ego. This is the right-side movement. With all these advancements the byproduct of that we got is the ego which thinks, thinks, thinks, thinks, rationalizes everything and the behavior of egoistical man is such that others can see that what he cannot see.

The extreme of ego, the idea of ego or the epitome of ego was Hitler. He never knew that he was egoistical, never. Anybody who comes into contact with an egoistical man also gets so much enveloped to the ego part of it that they all join hands with him. And then they built it, a kind of a guilt within themselves which is even more dangerous. You have seen the fundamentalists, how egoistical they are. Nobody can put any sense into their heads. They believe it. "I believe." Who is this I who is believing into it? Is it this Mr. yellow-colored bile in your head called as ego and this ego is one of the biggest barriers between you and your Self. You are not your ego, you are not. It's a myth, it's a balloon. It's just a balloon in your head. It has misled you. You are your Spirit which is beautiful, which is a collective being, which is, not just to believe in but it is. You just become collectively conscious. You just actualize it in your awareness.

The existence of the Spirit you feel it in the central nervous system. This ego, the more you see it, the more you just laugh at it. How idiotic it makes you, how stupid it makes you, and the ego expresses a man in such a way that he is not connected to the whole at all. He has no collectivity of anything. He is on his own. "What's wrong?" "What's wrong in this?" "What's wrong in everything?" But only when the Kundalini rises then he says, "Oh, God, now this fellow has been doing this nonsense." You can see it yourself. You get separated from yourself. You start seeing yourself as a cloth upon you, your body. You start seeing yourself as your car which is away from you. You are not your car. Then you start seeing what's wrong with it. After realization only you say, "Oh, God." I know of so many who come and tell me, "Mother, my Agnya's catching." That means there is a lot of heat going, and they see it so clearly. Collectively we are seeing it, but not individually. But individuals only make up the collectivity, don't we?

But once we start seeing it individually, collectively we can cure it. So this is the barrier and those people who are ego oriented get the ego enveloped on their heart because ego could just like that move this way, goes to the right side. It comes up to the left, it spreads to the right side and the superego from here to the left side. But when you get more and more egoistical it starts spreading right. The problem with ego is that it doesn't harm yourself; you don't get any pain with it, you don't get any trouble, but others are harmed so it's rather difficult to cure.

With the superego you are harmed, you feel the pain. You feel pain here, pain there, you feel funny, you feel lost, all those things happen. But the ego, if it is pure ego, it can go to any limit of destruction of others. That's why all these fundamentalists, those people who say, "I believe, I believe, I believe," they are so aggressive and they are responsible for the destruction of economies of economies. They have no love, they have no compassion.

This movement in the West is much more than anywhere else because suddenly with this machine age they thought that we are going to rule the whole world. That's how they are responsible in a way that they do not see the danger of ego [UNCLEAR]. But I personally think that there is an awareness because of the way they have taken to alcoholism. It's a reaction today. They can't bear the ego too much so they take to alcoholism. Though with all this advancement one good thing has come out that they have started seeing it that we are going too far with the mind.

Now the effects of this physically what happens let us see. It's very important to see what is the effect of ego development within us. If your right side is overdeveloped the first thing happens that [UNCLEAR] and your heart becomes smaller and smaller and such a person can become like Hitler without any heart, Divorces can take place, no forgiveness, no compassion, no love.

I have known people in India who are doing a lot of social work. If you see them in person you can't stand near them, they are heat. They think, "We are doing this great work of social work and this and that." How do you want to do social work? It's part and parcel of your being. If you have one finger that is out of order or there is something wrong you try to treat it. I'm not treating anyone I'm treating myself only. There is no obligation when I'm treating myself. If there is something wrong with you, you are me. Who is the other? When you think there is other, this is ego. "Treat others and I am the one who is healthy." Who is to help? Just you are helping yourself. But this ego develops and such social workers and such great redeemers come out with such ego characters.

I know of one lady who is supposed to be a great social worker in India. They respect her everywhere and I happened to see her on a plane. She brought out some sort of a funny thing with her and she wanted to sit in the front with this thing. A gentleman was saying that I'm sorry, I have to sit here, I am sick and my wife is sick and we have specially reserved the seats and you cannot sit there. She said, "Do you know who I am?" She said, "Whatever you may be but I am sick. You are not sick so let me sit there." "No, I have to sit here and I have to do it." She quarreled with everyone and the way she was dancing from places to places, nobody could say that there is anything of love or decency in that woman. But she is supposed to be a great social worker. All her face is wrinkled all over. Nobody would like to look at her face. Such people, such hard-hearted matrons.

They are doing God's work. You have to help them, you have to have understanding, you have to have patience. But they have no knowledge. Knowledge is the knowledge of Divine Love, how God loves. How He forgives you. How He is compassion. This is

missing from the ego-oriented people. This heart gets completely enveloped by it.

So in the beginning when you are too much on the right-hand side, first thing you will develop is the freezing of the left side. Emotionally you become absurd. It's like if a man who is ego-oriented falls in love. It's like a military man moving like a machine. It's a big joke. Falling in love of an ego-oriented man, I can't understand such a man how he must be behaving. Such a man, first of all, becomes an emotionless personality. He cannot enjoy his emotions.

Secondly, physically he gets all the troubles of the left side, means he might get diabetes, he might get a franticness and speediness, he might get blood cancer, he might get his liver, too, because he is thinking too much. Because of his thinking process his liver also goes out. If he wants to compensate his ego with alcoholism then he gets even cirrhosis of his liver. Anything can happen. This is the sun line – is the line of the sun. Such a person can get skin troubles and skin diseases and he can have tremendous heat all the time in the body and very agitated and he cannot talk to anyone for five minutes without getting into franticness. Such a person cannot have a good married life. His children would be worried about him. He would become after some time a heart patient. That's the end of it – he dies of heart.

But even I've seen people, those who get their heart trouble and are about to die, still they are discussing money. They don't know they are about to die but they are discussing. They are very alert. They are very alert in vain. Just imagine the balancing part is that the heart goes out, not the brain though they use their brain a bit too much, This is the right side which is called as the surya nadi which is the prana shakti which we use too much and for using that we have to suffer because we do not have the left side, the balancing part of it.

The left side is the emotional side of a man. The emotional side is chandra nadi. Chandra means the moon but we use the word luna. You know that luna means that and lunatic means the man who is affected by the left side. The people who use too much of the left side become mad – schizophrenic – their emotions are disturbed from childhood. It's a natural reaction. A child is born in a family with a father who is right-sided, a mother who is right-sided, they are fighting with each other all the time and the child feels that the emotion side is neglected.

I was surprised once when I discovered in Switzerland that you don't allow your little children to sleep with you and I was amazed. We can't think of such a thing. You do nothing. In America, I've lived there, do you know that they don't allow the little children to sleep with the mother? We cannot think of any mother cannot sleep when the little baby is asleep in another room. For us it is impossible to conceive an idea that a little baby is left in another room.

I discovered it because one girl told me she lost her child when he was sleeping in the other room. I said, "Only one month old child is sleeping in another room? How can that be?" But it's all due to some sort of a black magic, I think, that the whole thing happened. But then I discovered many people whose children died in their sleep and they didn't know. Can you imagine little children left in another room and why? For what? It's so absurd which is [UNCLEAR]. There's no love for your child. An Indian woman can't live without her children.

When I was coming to America somebody told me that if you are going give this to my son, give this to my child and I said, "Now am I going to be beholden for dollars to customs, he will eat me off." " Oh, no, he is very fond of this kind of ladoos, this kind of food. Please tell the [UNCLEAR]. My son he doesn't eat much but if you take him, you can't get this kind of a vegetable, I said, " Now you take the whole vegetable there." So much concern but when I came here last time there was a boy who had a heart attack in Los Angeles. I said, "Where's your mother?" – he was a frightened little boy, I would say about 25 years of age – and he said, "She's in New York." "She's not coming here? You've got a heart attack?" He said, "You know, she's remarried and she's enjoying her romance." I don't understand these women. At the age of fifty years what romance are they enjoying with another man then. It's absurd these people are really absurd. I can't understand these women. They have no motherhood in them. How can you be like that? I just can't think. To me, every sahaja yogi is so dear. It's all right. Forget about me. But even an average mother here what if mothers have no feeling for their children. This generation specially is suffering so much. When I see them so many sahaja yogis, "Oh, my mother doesn't care for me. Only she says that you don't care for me," this, that. But I have a feeling that even a son may not be good to the mother, but the mother cannot give up her house. How can she give up? How can

[UNCLEAR]? I just cannot think of a mother. Those Indians who are sitting there, let them tell me this. They have got their mothers. They cannot give up their love for their children. But it has happened because of this Mr. ego coming in.

It has created this problem here in these people that the mothers have become so cruel to their children. All these things will happen to you. A father can become absolutely cruel. I have seen so many sahaja yogis, their father becoming cruel on a simple point and she would not look at his children. They are starving. In India people are donating money to give to the children, but here it's nothing like that. Even old Johnny of 80 years is having a romance and the poor child or baby on the street and he is not bothered? How can it be? I just can't understand the whole fatherhood is missing, the whole love is missing, that sense of security that the children should have is absolutely missing.

One of the things that has happened by this, the greatest thing that your children have lost is that sense of security, that love, that wisdom that you have to give them. You didn't have wisdom so the children didn't get it and now these thugs have come from India to grab them at this point. Your young people are lost because of the mistakes. Even the born babies are responsible, the born might have done this, the born might have finished your idealism, your values, your love and affection. Maybe that, but it can be affected so badly that even the ordinary love – so many sahaja yogis come to me and tell me that my mother never loved me, my father never loved me and I'm amazed. How can it be that a father and a mother cannot love? This has happened because of this ego development in this country.

But the Indians have much worse defects in us also which I will tell you tomorrow what sort of nonsense we can do also, how we do sins against the father while you do sins against the mother. Because of ego orientation, morality was finished, morality has no value. Such a danger you don't know [UNCLEAR]. You allow somebody to come into your house. Supposing you have an Indian in your house as a guest. He may run away because you have things. They are thieves of things, possessions, they will take your money, all that. But they will not run away with your wife or with your daughter. But if you allow another westerner to come in you don't know how far he stands with your wife or daughter. He may run away with them. When I have which one to choose I don't know. Indians have their attention on the material things, what to get out of this person. As long as you give them money and feed them they are very happy. But you people want one woman in this house, go to another house want another woman. Now we have one problem is that in London we had one sahaja yogi carrying on with five sahaja yoginis. What sort of a sahaja yogi you have and what sort of poor sahaja yoginis you have I just can't imagine. There is something so funny for the people who are seeking God to behave like that.

One gentleman wanted to have 59 Rolls Royces, one thug. He calls himself god or whatever he may call himself. He was a thug. So people starved themselves and gave him the 59 Rolls Royces and this thug is going to go to hell, no doubt. But when the people approached them and asked why did you give him the Rolls Royces they said, "We gave him just the material, he is giving us the Spirit." They think you can exchange the metal for the Spirit. Just look at the stupidity. That's why I say he invented stupidity. How can you pay for your realization? It's love of God. But one thing should be there that you're very intelligent and you are sharply intelligent. Try to understand one point that you can't pay for your love. Love is something you cannot purchase in the market and as God is love you cannot purchase Him.

So this is what I want to tell you about the right side. Tomorrow I'll tell you about the left side as well but before that I would like to tell about the different centers which are within us.

The first center within us is the center called as Mooladhara. This is a very important center one has to understand. It's the root. It's the support of the root. The root is the Kundalini and this center is the support of the Kundalini. It is the center of innocence and this center is the one that records everything that conditions you. The whole conditioning from the left side passes into the first center and Kundalini records it just like a tape recorder. I've seen people with Kundalini they've got holes bleeding. Some of them have Kundalini that just tosses their head. They can't help it and once you come up, She cannot... We have harmed Her so much by our wrong ideas.

This Kundalini rests there and is recording all the information she gets from the conditioning of the person. A thought rises in the mind and falls off, another rises in the mind and falls off. Whatever falls off goes to the past. The whole is sucked in by the

information about you. It's sucked in by this center and it's conveyed to the Kundalini who keeps in you. When She rises, She tells it. On your fingers you can feel it where is the problem on the left-hand side. On the left-hand side you can feel the persons chakras which is catching through the Kundalini awakening which advises Her. When She rises, She tells you what mistake they have committed.

This center on the left-hand side, if it catches, is a very dangerous sign and is one of the worst type. When a person uses sex for God, or a perverted sex or all kinds of sex activities you people do. There is no end to it and I don't want to describe it but horrid dogs and everything put together, all that nonsense and all kinds of fixations about sex. That shows on this part [points to palm]. If it burns there you get this problem and there if you can, somehow, awaken your innocence, through Sahaja Yoga you can get back your innocence. To one that has lost, is not lost. You can awaken it. Then this center here can be awakened and nourished.

The result of this is when this center is spoiled you get all these dirty diseases that you get from perverted sex. Impotency is one of them. Those people who talk that do sex... There was a lady who came to see me and she said, "I got rid of sex by going to a person who said that sex is the way to God." There was another man who came to me. They were both impotent, absolutely impotent people. Impotency in this country is so high if you see the magnitude of that. That's why [UNCLEAR] sex, the act itself becomes something great. Itself if you think that to do a sex act is something great which is so natural. It's because of these people coming down and putting these ideas. This Mr. Freud is one of them. He is the beginning of the half-baked horrible people who accepted him as the leader. I was telling a few of some people in India and nobody bothered. We are like an elephant and we don't take any notice of such people. But it has influenced and that has ruined the chances of realization in many people because their left Mooladhara chakra has caught up. We don't tell when we give realization. We give energy there – energy of love, of forgiveness – and try to nourish it. But as soon as you get realized your ideas about sex also become very much better.

The greatest problem you have in Los Angeles, as they told me, is that 65% of people in Los Angeles are homosexual. This is something I can't believe. What sort of a thing is this?" Actually for an Indian lady to talk, this is so shameful. I don't know how to talk about it. But I have seen that this has happened not only by spoiling this center but by getting a possession onto you. A man get's a possession of a woman. He gets possessed by an entity who is a woman. Then he starts behaving like a woman. In New York we had one boy who came to us and he was talking like a lady. I couldn't understand why he was and even these people are good at finding out, I'm not so good. They told me, "Mother, he is like that." His possession was removed and he was perfectly a man. It's only when a woman is possessed by a man or a man is possessed by a woman these things happen. I have cured now thousands of Western people of this disease. Now they have become absolutely normal people because when you start doing too much of that nonsense there, perversions, experimented sex then they become absolutely impotent. Or if you move too much to the left-hand side you go into collective subconscious you get possessed and you get things like this. It's something absurd. It was never shown [UNCLEAR].

Now today it is a problem because you do not know from where it comes. It comes because you get possessed. If the possession is removed you become absolutely normal. So this is one of the dangers of getting into the problem of the left Mooladhara chakra by which you can get all kinds of diseases which are sanctum sanctorium.

One of our servants who came from India – we have around three servants – I had a very old servant of mine who was 75 years of age. He was a good cook and [UNCLEAR] a nice man. He came to England. Can you imagine at that age, there was an old lady who met him, about 72 years of age? She called him to his house and she contacted a very bad disease. Imagine, at that age, how could he, I don't know what they must have done. He went to the doctor and the doctor sent him to a hospital. It's all a secret, they never told us what this hospital was for. He used to go there and what sort of disease this servant has got? There was an Indian doctor in that hospital who was a friend of another Indian doctor we knew. So we asked this doctor, "What is he going there for? Every Thursday he is going there and what is he doing there? We don't know what is the disease the servant has got."

Oh, God, and then we found out. He told us this hospital is a sanctum sanctorium. You are not supposed to know about it. And then this doctor told us that this is such a disease and it is contagious. Immediately we sent him to India. He had all these pornographic pictures given by this lady to him, she was writing love letters to him and just think of it. Indians can't even

understand this nonsense because we are not so developed. A 75-year-old man, can you imagine? This had happen to him. I used to catch on his left Mooladhara and I said, "At his age what is he catching about?" That's all I knew. But I could not imagine he had gone so far.

This is what exactly is happening, that we do not know that we have to respect our chastity. Men or women, our whole power is in our chastity. We should have self esteem and we should respect ourselves. It happens after realization. I have seen all the sahaja yogis have become different people. They have become so innocent, so simple, so loving and so pure. It happens because Kundalini is the one that cleanses you, She clears you and She puts you in that state where you are absolutely washed clean and neat.

The other problems from this center are even much more serious. I don't know how far I can go with it. It's all medical terms and I don't want to confuse you. But I would say that the best thing is for people to get realization, to see for themselves that in transmutation they work it out religiously to cleanse their ideas about morality. You have to lead a life of a very sane married person. We have to have very good married life. You would be amazed our sahaja yogis are married. Yesterday Gregoire who spoke to you has married a girl from Switzerland. They are very happy. They have a very sweet child who is a born realized. Here the deity is Shri Ganesha who is the deity who looks after the birth of a child, who retains the fetus, who nourishes the fetus and at the right moment, expels it. And this is only possible with a child who knows that he is born to parents who are realized souls and that they are going to love him and care for him.

Such love flows among sahaja yogis, such understanding, such beautiful things. There is no [UNCLEAR] because they become so pure. It's such a beautiful thing to see. It is not a forced thing, It is not brainwashed. But they just become that and understanding is so great that even people where the marriage system is built up from the childhood I'm not seeing such understanding as I have seen in people who get their realization. This is the blessing of Shri Ganesha at this stage and He is the beginning, He is the omega and He is the one who incarnates on this Earth as Lord Jesus Christ. He is the alpha and the omega. He is the Om, He is that word about which you have heard. He is that Omkara, that pranava. He is that one who comes on this Earth to tell us that thou shall not have adulterous eyes. How you get adulterous eyes I think I'll tell you about that tomorrow about it. May God bless you.

It has been a little heavy lecture today and sometimes we have to go into little heaviness to get rid of some of our heaviness and tomorrow I hope you'll enjoy the left side much better. May God bless you and if you have any questions please ask me. Thank you.

Just to clear out your right side we have to go into details of it. Thank you. May God bless you.

Seeker: I was wondering about the nectar technique, is it advisable?

Dr, Warren: Which technique?

Seeker: Kechari

Shri Mataji: What is he asking?

Dr. Warren: He is asking about Khechari.

Shri Mataji: Ah, not at all. Kabira has written about the khechari business. Any technique is not active before realization. After realization you have to learn the Divine technique. For example, supposing this is the instrument (points to the microphone) or you see there is any instrument which is not yet connected to the mains. By turning this, by talking on it, pushing this, dismantling this or adding to it, will it work? On the contrary I'll spoil it. Like a car which is not yet started. Just by moving the wheels, by moving the small little parts of it, will it work? No technique is there before realization. Realization is a mystery, you can say. Like dropping of a seed is a mystery. You cannot say how it works. It works, doesn't it? In the same way the awakening of your

Kundalini works. Then you get connected. How it works? Can you say the electricity is inside the plug and gets connected and it works. How? You can't explain, Why is there gravity in the Mother Earth? Can you say that? You cannot. Then once it is connected then you should know the plugs and things and you should know which you have. No technique is needed before that. This nectar business, I don't know from where this idea has come.

The fourth area which Krishna has described in Gita is of kriya yoga in that He says that when the bandaji takes place, when the Kundalini rises it goes into a bhandan. Of course it does because when the Kundalini has to rise then it has to be supported. But you don't do it. It is done by the system itself it works out. But if it is not yet awakened then what bhandans are you doing? What nonsense are you doing? Like if you are going through a road and then you have to pay a toll when you get to a bridge, according to the bridge. But if you are sitting down here do you pay the toll? When the Kundalini moves then you should know what centers you have to cross, what you have to do. That's a different thing, but first the Kundalini must move. Do you follow the point?

Seeker: I need further clarification.

Shri Mataji: I'll tell you how.

Supposing we have to go from here to another place. On the way you have to pay the toll. Sitting down here you don't pay the toll. When you are moving, at a particular gate you know what is to be paid, you pay there and go ahead then, like that you move. The Kundalini must move, you must know what center is catching, you must know where you have to go. All these things are so artificial. Nothing has been done and you are just playing with it and spoiling it? It's just artificial. Do you understand my point now?

Seeker: No. Rather than go and try to figure out, that you let go and let it happen...

Shri Mataji: That's it. Let it go, let it happen and then you figure it out with the knowledge that you have on your fingers. You know which one is catching. Supposing this center is catching, it's the Nabhi on the left-hand side. You must know why it's catching. You must know what deities are there and how to awaken it and you must know how to cure it. Then the Kundalini moves and you see the movement. Of course, at the first shot, a part of the Kundalini pierces through, no doubt, and you start feeling the cool breeze and all that. But then you start understanding where is the problem, on what center it is and then you can start relieving those centers by understanding the technique which is a Divine technique.

Seeker: What is it that you experience on your hands?

Shri Mataji: First of all you feel the cool breeze which is the all-pervading power, the cool breeze of the Holy Ghost. Then you start feeling. If you want to think about what's wrong with me, you just put your hands like this. And then you start feeling. In the first shot you may not. The first shot you might feel the breeze blowing. But gradually you'll develop that sensitivity and then you'll know what's happening here. Some people who do not have sensitivity on the fingers they can feel it within themselves. that it's going there, it's here then. You also can also feel on other people. When you move the Kundalini you can see. it's stopped here.

Like yesterday a doctor, he's come. he's got his realization only 2 days back, and he was moving and he said, "No, it's stopped here, Mother. It's not going further." They can feel it. If it has stopped at the Christ point, then you have to say Lord's Prayer. If it's stopped at Vishuddhi Chakra then you have to say Allahu Akbar. You have to say Krishna's mantra. All these things you must understand. And then it works out and you will be amazed how it works out.

Seeker: The way you are using the word realized soul is that someone who is aware of how the energy is moving through the chakras and at what point it is blocked and a way a particular chakra is unblocked and they felt the way the energy is moving through the chakras. Is that how you are using that word, realized soul?

Dr. Warren: Do you define a realized soul as a person who knows where the Kundalini is...?

Shri Mataji: Of course, of course, that's the minimum. You feel all the chakras, your own, you feel the chakras of another person, you know how to cure them, you know how to give realization. That's the minimum of minimum. Those who say we are self realized, some say we are born again, ask them, "What are the centers catching in me?" "Where is the Kundalini?" Ask them. That's it. You will know. That's the minimum. That's nothing. You are the great instrument like a big television as I told you. As soon as you put it to the mains it will manifest. You are made like that. It's hard to believe but you are. You are that. You are fantastically made. After all, thousands of years have been spent on you to make a human being. It is but we don't believe it. It is too much. But it happens, really. Just believe it. It happens.

So, now, what's another question? Some people got it yesterday, just like that.

Seeker: I was wondering about eating meat as opposed to vegetarian?

Shri Mataji: You see this also another idea. All these brahmins, is another nonsense – vegetarianism and all this. Am I going to give realization to chickens? It's nothing important, but you should not eat animals that are bigger than you in size – then you'll become funny. But animals smaller than you, it's all right. What is this vegetarianism nonsense? Kabira used to eat, Nanaka used to eat, Rama used to eat, Krishna used to eat. All of them used to eat. And what about the goddess? She had not only to eat but drink the blood of these nonsensical devils which are back on this Earth. How can She be vegetarian? This is all nonsensical ideas. Those people – I've seen most of these thugs do that because if you become vegetarian you become weak and then hit them. This is the trick. I don't say that you should go and eat [UNCLEAR cheese] but what I am saying is nothing important. Not much importance should be given to food. Nowadays there is another thing – health food. Some of these things they sell in the health food (stores) is only meant for buffalos, not human beings – horrible. They have these wheat, not even [UNCLEAR].

Once I ate that bread and I had such a pain in the stomach. I said, "Who eats this?" Why are you becoming martyrs for nothing at all? [UNCLEAR] starving yourselves. You are God's own people. You are going to get realization. You are so beautiful. Why should you bother yourselves so much about these things? There's no need. You have done everything except for hanging yourselves at the nearest tree. If you don't want to eat then don't eat. But if you are eating then you can eat it. You are not going to give realization to bugs and mosquitos.

In India we have vegetarianism of this extreme that there is one cult or a sect which gets a brahmin into a hut. Lots of bugs the whole village has collected and that poor brahmin has to feed these bugs and he's paid money for that. Then the bugs are more important than the human being. Imagine how many bugs have to be sacrificed to make a human being normally. But we have sects like that—vegetarianism. They catch on left Nabhi as we have seen. It's all right if you are not eating but if someone forces you to not eat, tell them this is not good. Nothing important. You are the Spirit. You have nothing to do. You do not go and kill the animals. It is a logical thing one should understand.

In a country like Greenland, not even a leaf grows. Do you mean to say that God is going to make them suffer because there is no leaf of any vegetables growing there? How can you live there? Even in the middle east it is difficult to get vegetables in certain places. In Holland I saw, during the wintertime it's impossible. I mean not now but ten years back. Do you mean to say all these people are going to be cut out of the plan of God? Vegetarian is all right for India. It is a very hot country. I mean not "-ism," but we eat more vegetables. Meat is all right and also those who can afford it and can afford even physically because it is a hot country. In a hot country people normally take more to vegetables and in those countries vegetables also grow more. You see how God looks after you. There is no mental, rational way of sorting out these things.

Seeker: Can you define Spirit?

Shri Mataji: That I can do tomorrow, a complete lecture. If you come tomorrow I will tell you all about it. But Spirit doesn't mean these dead spirits. Somebody gets possessed and says I've become Spirit. It's Penticostal. They start jumping like mad people.

It's not possession. It is Spirit that is within you, Atma. There is no word in English language. You look at the alcoholic spirit, the dead spirit is a spirit and your Atma is a Spirit. You see what the confusion is. But tomorrow I'll tell you. Sat chit ananda. Truth, Attention – enlightened attention – and the Joy. Tomorrow I'll tell you.

Dr. Warren: Shall we have it now? If you haven't slipped your shoes off, do so.

Shri Mataji: Yes, please. That helps. Also I'll tell you why I say because the Mother Earth helps us.

Dr. Warren: Be humble. Ask for it. If you've got doubts in your mind, be open-minded enough to say okay, I'll give it a try.

Shri Mataji: He's saying all this because he's suffered because of that. I'll tell you sometime about the stories about the people who came to him. It's interesting to see them, like little children.

Just put both the feet just straight like this and put both the hands like that and please close your eyes. You can remove your glasses, it helps. If there is anything tight on your body you can just loosen it. And if you have anything of your guru or anything you are wearing around your neck, please remove it, that doesn't help. Put your hands straight like this. Most of them have got it.

Dr. Warren: Yes, it's very cool.

Shri Mataji: You feel the cool breeze in your hands. Most of you have got it. Just put it straight. Don't think about it. Just it will work out. It's a living thing within in you. You feel it around.

Seeker: It feels more warm than cool.

Shri Mataji: All right, There is something. It will work out. Keep your eyes open. [talks in Hindi or Marathi] Better? It will cool down. Put your left hand on this side. If it has been hot. Is it hot?

Don't think about it. Just it will work. It's a living thing which works within you. Put your hands straight. You feel it around? Got it?

Seeker: It feels more warm than cool.

Shri Mataji: Then there is something... it will work out. Keep your eyes open.

Better? It will cool down. Put your left hand on this side. Is it hot? On this side – on the liver.

Shri Mataji continues to work on seekers individually.

1981-1014, The awareness of the spirit

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The Awareness Of The Spirit

Public Program

John Muir School, Santa Monica (United States)

Talk Language: English | Transcript (English) – Draft

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Today I want to talk to you about the Spirit which you have heard about for such a long time. You have known that you have to be the Spirit, you have to become the Spirit, the Spirit is going to give you rebirth and what is this Spirit supposed to be.

Actually so much has been said about it that Spirit is the Truth, it is the Truth and you have to receive the Truth. Now we must understand at the very outset there's a big difference between something that is true and something that is Truth. Like if it's a true statement, true is an adjective. It's a true statement that you have to become the Spirit. It's a true statement that you are to be born again. It's a true statement that Spirit rules everything. But it is not the Truth in the sense that unless and until you become the Truth, a true statement is like an advertisement – like a place or a signboard that indicates.

For example, somebody says this is Saint Monica but that is not Saint Monica. It just puts a signboard. If you see the signboard and you see the arrow going towards it, unless and until you go into it you are still standing at the signboard. And this discrimination we should understand very clearly that the Truth is the thing that you become and true is the thing that indicates towards it. Many people believe that if you read about the Truth you become the Truth. Mostly ego-oriented people I have seen, when they start talking about Gita, they think they have become Vyasa or they have become Gita themselves. To become Truth is different from just talking about Truth, relating to it, saying something about it. To be the Truth is the main thing. If I tell you about the Truth you don't become. You have to become.

I will try to describe because so many of you have felt the realization, you've got atma-bodha, the awareness of the Spirit and that's why I wanted to speak about it today. It is said that Truth is the Spirit and Spirit is the Truth. The rest of it is just an illusion, or the Brahma, the all-pervading power is the Truth. Now what is the relationship between this all-pervading divine power that you feel and the Spirit within us. Spirit within you is the reflection of God Almighty who is a witness and a spectator of the play of the divine power which is His power.

We have three entities if you see it clearly. First of all is the God Almighty, then His power, the power of His love which has another entity, and the Spirit is the reflection of that God Almighty within us. We have another fourth entity you can say which is reflected in the Spirit is the essence of this all-pervading power. That essence and this Spirit is the same thing. Once you touch your Spirit you touch the collective being within you. Immediately you get collectively conscious. That should happen to you automatically. This is one of the powers you get when you get collectively conscious. And also you get connected to the all-pervading power because that is the power which emits collectivity.

It is such a concord that we cannot understand this concord between these three things, what we call the Father and the Holy Ghost and the Spirit. We call him Jesus Christ. So these three things are so much connected with each other that as soon as you touch one you touch all of them.

Because they come out of one thing and one thing gets divided into three things which are absolutely connected. We cannot understand such a concord in human relationship. I mean you won't find husband and wife or a child so much one with each other that you touch one you touch everyone. You get connected with one you get connected with everyone.

The Spirit within us connects us on one side to this all-pervading power. As soon as you become realized, the seat of the Spirit is here. Immediately you become collectively conscious. You become. This is the first part of it.

Now how do you become collectively conscious. What happens to you is that in your central nervous system you start feeling this all-pervading power. First of all this one thing happens to you. Then secondly you start feeling the centres of another person on your fingers. Thirdly you start feeling the centres within you. This is all part of collective consciousness.

That happens because first of all you get to the Truth, you become the Truth and the Truth is that you are the part and parcel of the whole. You become that. You are the part and the parcel of the whole. You are the microcosm. You have to become the macrocosm. You have to become, again I say. It's not just a brainwash or anything. You have to become. The becoming has to take place.

When the becoming takes place then you become that Truth.

That means I don't have to tell you – you are brothers and sisters now. Let's form you and something like that an organization. It just happens. You just start feeling another person on your fingertips. You start feeling yourself on your fingertips. And you start feeling that absolutely boundless love for another person and you feel like giving that person that relief out of love. It's not a love which is biased, which ends up into sex and nonsense like that. It's a love that just works, just works out the compassion and it is such a flowing thing. It emits free. As in Sanskrit it's called Nirvajya which you cannot pay any interest on it. There is no return for it. It just flows. And that's possible only when you become the Truth. You cannot help it. Even if you want not to help somebody you will help.

What happens when you become the Truth, your attention – sitting down here you are paying attention to me. If I tell you that you can pay attention to somebody else, sitting down here you can think of somebody else, your attention is mobile. This attention of yours becomes the Truth. It gets enlightened and the beauty of it is that when it becomes the Truth it has got the purification power. Your attention has got it. Not only that, but all the information you get through this attention is the Truth, is the Absolute.

If you place your hands like this you get your cool breeze coming in. And if you want to find out the vibrations of anyone, anyone of these people. Who is a realized soul among them? Let's see. They are dead, they are no more. You want to find out who was the realized soul among these people. You just think of them. You need not even put your hands towards the photograph of them. Just put your hands like this and you will know who are realized and who are not. You get the absolute value of a person as soon as you start feeling the vibrations. Absolute value. Means you get the Truth that is absolute. It cannot be challenged. Even if you have ten people or a hundred people or a thousand people, if they are realized souls, if they are feeling this all-pervading power then you just have to put your hands to it and you can see, all of them will say the same thing.

When I gave realization to one English man in London he couldn't believe that his attention has become collectively conscious, just couldn't believe it because for these people who have too much of brain activity they cannot understand. They believe in God but I don't know what sort

of belief they have. They think God is something in our pocket or some sort of a thing. But if it is God or if you really become realized souls, then you have to have certain powers of collectivity.

So he said, "I am worried about my father. I would like to know how he must be feeling now."

I said, "Very easy. You just put your hands like this and think of your father." And he started getting a terrible burning on this finger at this point.

He said, "What is this, Mother? What does this mean?"

I have come here to decode all these. I said, "This finger, this part is of your father and this finger denotes Vishuddhi chakra. This centre. Now if Vishuddhi chakra is caught that means he must be down with very bad bronchitis."

He telephoned to his father who was in Scotland. He just telephoned there in my presence to his father that how are you feeling? Father didn't come to the phone. The mother said that "Your father is down with very bad bronchitis." This is the fact. Can you imagine? You could get the information all the way from the nerves. Nobody can believe it. Not only that but sitting there one can also cure that bronchitis. So the Truth is not only that you get the absolute answer but you can work it out with that purifying power that your attention has got.

If you take a television set to India where people in the villages have not seen it, they will say, "What is this? It's just a box." But if you put it to the mains they will see the fantasy of it, the fantastic way it is made. You are human beings who have made this box, a television, so how great you must be. The one who has created all these machines must be something great inside. But we have no self-esteem. And when it happens we just can't believe it. We have no faith in ourselves. Leave alone faith in me but you don't even have faith in yourself. And that's the big problem that puts a barrier between you and the Truth. When you become the Truth then you start understanding what is good and what is bad, what is real and what is unreal.

Yesterday you saw one gentleman who was here who is running a big foundation. I don't know how he runs a foundation in this place. I mean he has no brains at all. I don't know how he is managing Americans so well. Somebody told me he is minting money. I mean the one who was here you saw that dressed in the Kashaya – orange dressed fellow who was here. He has got a big house in Beverly Hills. He is minting money. He said why do you talk of Truth and all that. Just start some sort of a foundation and you can make lots of money. He is minting money here and people go to such people very happily and he said all the rich people of Beverly Hills are visiting him and making him a big money and he calls himself as a foundation.

The thing is you have to know because you have no discrimination. You don't know. You are taken easily by a person who is on the surface. I don't know what impresses you so much.

Somebody is a person wearing those dresses. Why should it impress you? It's such a superficial thing. You can get it coloured in India only for two rupees. It's not difficult to get these coloured clothes. I don't know what impresses you people, what makes you... He said, "I am charismatic." He thinks he is a charismatic man the way he is minting money and he mints money here, no doubt. He has already got a house in Beverly Hills so you can imagine what sort of a thing it must be.

All these things happen because you have no discrimination. Discrimination should be logical to a point. Logically you can reach at a point but still it is indicative towards the Truth. You don't become the Truth. But when you become the Truth even a child, when he becomes the Truth he can say this is so and this is so. Even a little child can say. He does not have to have too much of logical sense or anything. He can say that this is a thug. He can make it out from the vibrations that he is a thug. He's good for nothing. He is a thief. But you cannot because you are ego-oriented. Anybody pampers your ego? Alright. Or somebody who mesmerizes? Very good, he is a very nice man.

Somebody told me yesterday that, "I went to this man and he just pushed my eyes inside and pained me a lot and whole thing worked and he said, 'This is the knowledge, this is the knowledge, this is the knowledge.'"

What is the knowledge in it? The knowledge is that you become. Then I don't have to tell you. You just have to feel it. You become the knowledge. Like this, the discrimination has to be a part and parcel of your awareness. It just becomes. You just can't feel it. There are many people who can say that, "Oh, I didn't like to go to that house." "I didn't like this person." "I went to that person." "I didn't like all those things." But this could be due to some conditionings, due to some ideas about it. It's not absolute. And these absolute values have to be absolutely universal.

We'll take a simple example. We have the painting by Leonardo da Vinci of this lady, you know, the smiling Mona Lisa. The mobile smile of Mona Lisa. Now she is appreciated all over the world. She cannot be compared with any cinema actress or

anything. She is a very different type of person. Now if you see the vibrations of that picture you feel there are vibrations coming because it soothes your Spirit. That's why she is universally liked.

Your ideas of beauty and all that may change but the Spirit doesn't change. Anything that gives happiness to your Spirit is eternal. And that thing when you start feeling, then only you can say that my judgement is correct. Before that it is either ego-oriented or superego oriented. Means either it is you speaking because you are an American, you are used to this kind of a thing, that's why you like it. Or maybe I am an Indian, I like a particular thing and that's why it is happening. But absolute is universal. It's a universal character. It could be anywhere. It's just the same that a particular thing universally has that coefficient which emits vibrations.

When a person is realized the whole being changes. A complete change takes place in that person. And the whole body changes, everything is so made that you start feeling the vibrations from that person. First time a human being really enjoys another human being like how a flower is fragrant after realization. Before realization he cannot enjoy another person and then it becomes a beautiful work to give realizations to others. Because when you see a person becoming his realization you feel as if the person has blossomed into that beauty. You enjoy that person. There is no question then of hatred. You just start enjoying that person because the beauty of that person has manifested. So is the beauty. Truth is the beauty. For us, Truth in the normal sense mostly truth is extremely harsh, is very dry. It's horrifying. At the time of Manu in the earlier days he said that you must speak the Truth and you must speak the thing that is 'priya,' means is dear to others.

So at the time of Krishna they raised a question how can you combine these two things: to speak the Truth as well as it should be dear. If you tell somebody that you are egoistical, as it is, he will blow you off. If you tell somebody the Truth about a person he will be very angry. Or if you say, "You are possessed," he may hit you back. What to do with the person like that? How to tell him something that would be dear as well as it's the Truth?

So he put another word in between. He said you speak the Truth, you speak the 'hita,' means for the well-being of the Spirit, and you speak the thing that is dear. Because if you speak something that is good for the Spirit that will be Truth no doubt. Today you may not like it. But in the long run you are going to like it.

Because if I tell you something today that supposing somebody is attached to some horrible guru and I tell him, "Oh, he is horrible. Don't go to him." He might not like it. It's quite possible. He may not like it. But tomorrow he will discover that what she said is the Truth. Because he will go down everyday and everyday, and then he will find out that what she was saying was Truth. I should have listened to her at that time.

But supposing, just to pacify, I say, "Very good, you go to that guru and you do this." For the time being he may like it but once he discovers later on he will say, "What a cheat. She didn't tell me the Truth." So the Truth is for the well-being of the Spirit. And this is how Krishna solved this problem of making the beautiful thing as the Truth. The beauty becomes the Truth because then only you become the beauty.

So this Spirit gives you the absolute. Before getting into it you live on relative values. Everything is relative and that is why there is a confusion. You don't know who is a truthful person. You don't know whether this is good or not. One person may say this is good and another person may say it is not good.

If you put one painting here, for example, this one or anyone, and you ask ten persons to come and mark which part is bad. The whole picture will be off. If you call them again and say now

tell us which part of it is good, the whole picture will be [UNCLEAR good]. You won't understand why the same thing which was discarded as the bad is now regarded as good. Why there's such a confusion. The confusion comes in because you have not reached your absolute. If you become the absolute knowledge then you don't have this confusion. Then you know for definite it is so and not only you will say but everybody will say the same thing because Truth is only one. There cannot be two opinions about the Truth. Then it is not Truth. It is a relative thing. But the Truth has to be one.

For example, whenever we have problems here, anybody coming from a problem I don't have to tell them. They all will show Me the same finger, "Mother, this is where he is catching." Everybody gets the same finger burning. Same thing is said by everyone whether it's a child, it's a grown up person or a person who has come only yesterday. He can also feel the same thing.

For that you don't need any brainwashing, any teachings, nothing. You just become. As everybody who has eyes can see what is the color of this thing, or you can see the colour of this wall. Everybody in your human awareness. Maybe for an animal this colour may not mean anything. To fishes it may be but not to some animals. But to you yellow means yellow. You all know its yellow colour or cream colour or whatever you may call, in your language, is this colour. Everybody will know that this is red or this is blue or green. If somebody says that it is blue and it is green, then you will say that this man is confused because ten people are saying the same thing and this person is saying something else. So as far as our sense organs are concerned we know about them. Whatever we know is the truth. Like if it is hot or it is cold, we know.

But after realization we go much deeper. Our sensitivity becomes much deeper and we start feeling the deeper side which we cannot feel with our sense organs. This is the point is that you don't know these things before realization. After realization you start feeling them, the deeper part of your being. And that deeper part of your being and of other people is felt because you become aware of it.

So, Spirit gives you the Truth. You become the Truth because you become one with the Spirit. This is one quality of the Spirit. Your attention becomes affected, it becomes the Truth, it only picks up the Truth and it accepts the Truth as you grow. You would not like anything that doesn't

give good vibrations. I don't even tell people that you don't do this and you don't do that because if you tell them before realization they may not come to realization. But after realization you just discard automatically and you get finished with them.

The Truth gives you the power, the will power to stand on your own feet and to take a stand as well. Like Christ when He saw this lady Mary Magdalene who was a prostitute, and a saint has nothing to do with a prostitute. There is no relationship that exists in a way. When He saw she was stoned He stood up. He took a stand and He said, "Those who have not sinned can throw a stone at Me." Such people when they have the Truth, the Truth has that strength that you take up the stand and that should happen to all the Sahaja yogis. As soon as they become realized souls they take up a stand.

But some people start confusing those who do not want to be Truth can confuse it with fanaticism. Then we see so clearly how fanaticism is different from a realized soul's stand on the Truth.

Supposing you have eyes and you can see this whole thing looks like a cord. You know this is a cord. But a person who doesn't have proper eyes, who is confused may think it's a snake crawling in. So the person who sees can only see that it is a rope and he'll go on saying that it is a rope, it's not a snake. He will always say that whatever you may say, it's a rope. You are just frightened. And he can prove it to you that it's a rope.

So a person who is a realized soul will stand up, take a stand on his Truth, on his finding and not only that but he will prove it to you that it is the Truth. But which way can he prove it to you?

Not by mental activity by telling, "No, no, it is the thing," then you may go even worse. Only by opening your eyes. He can open your eyes and make you see putting on the light and he can say, "Now see for yourself. Is it not a rope? Now can you not see?" Because you understand the other person hasn't got the eyes to see. He hasn't got the light to see. He must have the light. So he opens the eyes of the person and makes him understand that this is the rope and not the snake.

This is what happens to you when you become the Truth. You become extremely gentle with people, very compassionate. You understand that they are blind. You understand they are misled. You also understand that they may fumble, they may ruin

themselves. They understand all this, and then you are extremely compassionate and kind and patient with them and you feel that they must be saved. You see that they are getting drowned. You see them in the water being drowned and finished and you want to save them and you go all out to save them.

We had some people in England who got their realization. They were Americans and I told them I am going to America and they all jumped in to it. "Mother, if you are going we are going ahead of you to work it out. Because this is the Truth. Let people find out." They gave up everything, just came to work it out. They came on their own. They spent all their own money. Everything they settled it because they thought that people should be saved.

But when people do not have the Truth they have some sort of a bile. They will come here either for money or for something to do this work. Untruth is such a thing that it drags many people into it. You have a friend, you will take him down into it. Another friend you will drown. You think if my nose is cut why should others have their nose intact. It's the other way round thing and so many people start getting drowned and drowned into ignorance and into darkness.

Whatever I am telling you about Truth has been said thousands of years back and is been said again and again. But it was a true saying and whatever I am saying is a true saying. But again I say that you have to become the Truth. Unless and until you become the Truth, this is also just a true saying.

When I was born my father told me one simple thing. He said, "I know you were born on the 10th story but nobody is going to believe you. They may crucify you, first of all. If they don't crucify you, if you write something, when you die there will be another Bible created. You give realization to 2-3 people, they'll think these people are gone crazy, they are mad, they are good for nothing. So you find out a method by which you give really en-masse realization. Let some people go at least to the 1st floor to see that there is something beyond and they take to it and they give it to others. Because no use giving realization to 1 or 2 people here and there."

That's what I worked for many days and I worked it out. I found out the permutations and combinations of human beings and that human realization, when they got it, I found out a method by which you can give realization anywhere.

The first country I came to was America because I knew, I was sure, because I felt the vibrations of the people here and I thought this is the time I should go and tell them about this great happening. But, as Americans were at that time very shifty people and I thought they have no value just now for reality. They'll have to go through all this nonsense of all these gurus.

Otherwise they are not going to understand and that's how I went back, for 9 years I wasn't there.

Even now you can see how people are. They cannot take to reality easily. It's very difficult. It is very easy to make plastic things. You can make thousands of plastic things. But if you have to convert a person into a flower that is very difficult. A reality, a real living flower and then to make it grow is even more difficult. People like something that is artificial and something that is convenient which you can manage, manipulate.

Some people said, "Mother, if you want we can give you money. But we cannot take realization because it is too much." For them it is easy to be a member of some guru. They think this guru will be going to heaven and he will give them a pass and the Pope can give you a pass. "Alright, you can come along. You are here in the kingdom of heaven. Come along and settle down." This is what they feel. They feel that this should happen to us and then he is sitting down there. He is giving us all these passports and we just go there and it is very easy to pay some money to a guru and this is a kind of a thing when it happens. Then people get more and more of these people and they start evading the Truth which one has to become.

But this Truth, the Spirit exists within you, it is there, all the time it exists. It is very watchful, alert, all the time alive and it's an eternal thing within our heart. The seat of the Spirit is here on top of your head. In Houston I met a lady and she told me that, "God is sitting on my head!"

I said, "It's a perfect thing, you know that. But, even if you know that, it's just the true thing you know. But you have not yet become the Spirit." It's the true thing she knew that God is sitting on her head. But she had not become that and that becoming is very important and that should work out.

When that works out you will be amazed how it helps you to understand all the absolute things of the world. Everything, all kinds of absolute problems can be solved but people have to be really prepared to accept the Truth. Unless and until you are so, you cannot be forced into it. If you do not ask for it, it cannot be forced, because it is your free will which is respected. If you want to go to hell you can go very fast. But, if you want to become the Spirit you have to ask for it.

If you ask for it, it is there. You are made that way. That's what you are finding. That's how you will know the purpose of your life. Otherwise you have no purpose at all. Like this machine – unless and until it is put to the mains it cannot work. In the same way unless and until you are put to the mains you cannot work it out. That is the source. All this divine force is your Spirit which resides in your heart.

The second quality of the Truth is that it is the source of joy, all the joys of the world. Joy is not a double thing like happiness and unhappiness. Happiness comes through your ego. If your ego is pampered you feel happy. If your ego is hurt or your superego gets into problem then you feel unhappy. It is a double thing. But joy doesn't have double. Joy is absolute. When you are in joy you become the witness of the play and you start seeing it like a silent witness. That state of joy is a permanent thing if you achieve it. And you dwell in that permanent state of joy and this joy comes to you in case you have that heart to express that joy. That special heart if it is within you, if it has to work out then it opens.

But in a place where people are thinking and using their attention too much and are busy with other things, it takes time. Their brains are more developed. The light goes more to the brain. And that's how they first get the knowledge. The knowledge part of it they get. They understand all the chakras, they will know all about the Kundalini, they will know how to move it, they will

know how to give realization, they will like my lectures. They will have all these things. More on the mental enlightenment they will be. The brain is enlightened first.

But the people who are more on the left side, are the people who indulge into the bhakti, into the worship of God. Those who develop their heart more. They first feel the joy. They cannot get into too much into this acrobatics of mental activities and trying to analyze everything and find out. So these people just jump into joy and they are enjoying.

For example, you have read Gregoire's book. Now so many people have got his book and it is a very well written book. Of course we have worked together and it has come out very well no doubt and you will enjoy it very much. But if you give to an Indian Sahaja yogi from a village or some place or even from Bombay they'll say, "What is the need to go to all this? I mean you have got it. Now you enjoy."

It's like you cook something for someone, very excellent taste. You have done everything, cooking and all. A person who is analytical, whose brain is developed, he'll come and ask, "From where did you buy it? How did you cook it?" He will eat but he will ask that. So the enjoyment will be first starting in his understanding the knowledge of it. Another person will eat it and just enjoy the taste of it.

So there are two types of people in this world. One type which enjoys first the knowledge of it and then goes to the joy part of it. And the other side is the one who just jumps into the joy and finished with it. Specially children are like that. They just feel the joy. They enjoy my company. They are here. They relax, enjoy the vibrations and they just go off to sleep. They relax and they feel very happy about it. And they are not bothered as to find out what Mataji is saying and what intellectual joy they are getting.

The left-sided people have other problems also because they are so emotionally bound. They are so emotional that they can get attached to things in a very wrong way. For example, here you find that people are not so much attached to their children in the

West. In India you will find horrible people who are at the helm of affairs, who are so attached to their children that they can even sell their country for their children. And we have such horrible experiences of these people that for their own children they will give up all that is collectivity.

The people who are on the right side have an advantage as far as the collectivity is concerned. While the left side people have an advantage as far as the joy is concerned. So the people who are fond of their own children, their own family, their own wife, they will come to me and they will say, "Mother," left-sided people like in India, "please help my mother," "Please help my great grand mother who died in a possession. She's dead but you'd better help her." "Mother, can you help my brother's wife's real something... It goes on like that. Still for about a month he gets his realization, he is bothered about all the relations that he had, all the connections he has and it's a big headache for me. They will say, "Why don't you come to the hospital to cure my sister who is very sick."

All these things start working out with people who have emotional ties and the attention gets diverted. When you get diverted your growth is definitely hampered and can be very dangerous also because these people to whom you are attached may not be the type of people to whom you should be attached. You have to detach with them. So a kind of an attachment develops which drags you down. While the people who are attached more to knowledge and intellectual feats also develop an ego that, "Oh, we have come to know so much about Sahaja yoga." "Oh, we are very clever." "We know this and know that." They, too are dragged down.

Both sides there is a problem. So one has to be in the central path of evolution in which Buddha has said that you should be in the center. Not to go too much to the left and too much to the right. Because if you go to the left side too much you jump into the collective subconscious and if you go to the right side you jump into the collective supraconscious.

The supraconscious people who are there, dead, those who are ambitious people are giving lots of information even about Sahaja yoga. There are people who are writing on the walls about me. They write poems about me, stories about me. That's the truth. They are telling about the Truth, they are telling about true things but they are not the Truth. There are many people who have prophesized about me. But what's the use? I tell them, "Why don't you take your realization?"

Like this lady—what was her name? Jean Dixon, she announced about me, my birth date. Everything she announced. And when I came to America I told her, "Why don't you become realized?" She said, "I am not interested. I had told all about you and now I'm finished. I am not interested." She didn't want to get realization. Can you imagine? She wouldn't get her realization because she was thinking that she will lose her powers to prophesize and that she didn't want to give up. Because they are so identified with their ego and supraconscious activities they don't want to give up.

Like this Bible of Levi is also one of the advantages of that. You see people can find out about me written very clearly in those Bibles and all that. But 10% of that is still missing. And that 10% if you get it you get the whole of it. If I go on talking to the writer of this he will never accept to get realization. It is absolutely true because he wants to see, talk about it. Like people there are psychosynthesis people, Jungians and all these people talk of the same thing I am talking about. They want to talk about it. They don't want to become. They have made the stage completely ready for Sahaja yoga to happen. But if I go and tell them you become realized they will deny. They wouldn't like it because that's their profession. They want to have it.

I have seen people, in India specially, there are some people who are writing books about me. There's one gentleman who saw in a photograph that was given to him by Sainath his father and Sainath had told him that Mother is going to come and you will see her picture on my robe. He is wearing a robe and my face is shown there on the folds. The folds are there.

This man wrote a big book which was published and he invited so many people. I didn't go for that but so many people were there and he talked about me. He said that this is what happened there, that this is the photograph and this is the Mother who has come and all that. But when I asked him, "Why don't you get your realization?" he would not. Because he thought he is making money out of telling these things. I mean even it can become a very subtle thing.

There are people who are really thugs and those who are really devils or anti-Christ. Forget them. Even there are people who are like this, who talk about the Truth, no doubt, but they don't want

to be the Truth. It's very surprising how people live with that. They want to live with it. They just want to continue. I will give you a very good example of a person like that.

In India somebody told me that somebody is writing about you on the wall. I said, "Who is this one?" And he said, "I would like Mother to come to my house," and this and that and I went to his house. But he told me that I am getting all kinds of statues of gods and goddesses from somewhere, I don't know. He showed me and they were wearing even diamonds. I said now what are you going to do about it. He said that this I am getting here. I don't know what to do. I said, "Throw them in the sea. Just don't have it. Some dead bodies or some dead souls are trying these tricks on you. These are temptation. You throw them away."

He would not. He said, "But, Mother, I am writing such great things about you."

"But what's the use of that. You better get realization."

"I am not interested."

"Whatever I am let them find out. Who are you? What's the use of it?"

He said, "Many will come to you."

I said, "You don't try to tell me all these stories. You'd better get realization."

I think I have heard that he is very seriously ill. He is mad now. It's not good to do that. You should become the Truth. That's the main thing. My interest is that you should become the Truth. Even if you are only a few people it doesn't matter. You become the Truth. I don't want thousands to come here who are just living with the idea of the Truth. You become is the point.

Those who don't want to become, I have no interest in them.

Some people would say that, "Mother, you are so good at curing. Why don't you cure these people?"

I am not for curing at all. I did cure a very important man in India and they sent the secretary of health to talk to me about it. He said that, "Why don't you cure this person and why don't you cure that person. We can have the whole government help you."

I said, "I have nothing to do with the government. I have nothing to do with the curing at all. Because it's Truth which is to be assimilated. The byproduct of that is that you get well. That's all, it's a byproduct. But what's the use of curing useless people who cannot oblige.

In the house if you have a light which will never give light to others, will you try to repair? I mean it's common sense. You would not like to waste your energy. Let that thing go back into the process of remaking and come back. Unless and until you are a seeker what's the use of giving you anything that is so material? What can anyone gain by this kind of artificial or outside happening?

You have to become the Truth. That is the main interest of God. God has no interest in people who do not want to accept the Truth. He has no interest at all. They are just the waste. They are useless. In the ultimate thing that is going to happen, when the sorting out will take place such people will be nothing but garbages. Good for nothing. Let them live with ego, superego, whatever they like. But God has no time to waste on these people. He is not interested.

Maybe as we can see that Sahaja yogis are very difficult to get into. In London I worked on 17 people for four years to crack their heads. Now we have thousands in London no doubt. English people have that innate scholarship with which that they have understood it so well. I am happy that they are establishing so well in England. In America if it establishes, well and good. It has established in Houston very well. If it does not in Los Angeles it's alright. One is not bothered.

The only thing one can do is to work it out. If it doesn't work out you are not bothered about it because what can you do?

You cannot make a person enjoy some food that you have given. The enjoyment must come from within from that person. You cannot just say now you enjoy. Unless and until you develop the sensitivity how can you? If you do not want to have the sensitivity of enjoyment you cannot force people about it. You can cook for them. You can put it into their mouth. Even if you want you can just little bit bite it for them but they have to enjoy with their own tongue. If they cannot enjoy that food your tongue has to be enlightened and if they do not want to be enlightened, what can you do about it? You just cannot force them. It is as simple as that. Because if they think that they are happy let them be happy. We cannot force things into them.

This is the fundamental truth about Sahaja yoga. Whether you like it or not. It is you who has to ask for it. It is you who has to get it. And it is you who has to enjoy it. It's all your own. I have nothing to do with it. Only thing is it is placed within you. And I can just help you to enlighten it because I am enlightened. And you can enlighten other people also. But if you are not interested in enlightenment no use coming to my lectures.

I have seen many people who come to my lectures and say, "Oh, she speaks very well. We should go and listen to her. And this is a very good speech," and all that. And then they walk off. They don't want realization. At the time of realization they won't even take out their shoes. They won't even put their hands. So why are they here?

Such superficial people also come to me. But they come and in India I have seen many villagers have come. They just sit down for a while and they say, "We have taken the darshan of Mataji. Now we are very happy. We are going home." They will come all the way from miles together in their bullock carts, settle down there in their villages, thousands. When I go there, "Mother, we have taken your darshan now." But they won't take their realization. They say we just want to touch your feet. My feet can be swollen like that, those thousands of people coming on my feet. If you tell them, "You are not to touch my feet, nothing of the kind. You get your realization." They'll say, "No, we are only interested in touching your feet, Mother." They are brought up that way. They are conditioned that way. I said, "You are brought up in listening to lectures. You go to this lecture. You go to that lecture. Oh, very well, you want to assimilate all these things to your head and think, 'Oh, we know all about Kundalini.' You know but you are not."

So in the first lecture I said you have to be honest, truthful to yourself. Do not cheat yourself. Know that you are that Spirit. You have to become that. No use just cheating yourself all the time and being away from the Truth for which you are born on this Earth at this time to get it. You are here for that. If you have no self esteem what can I do? I cannot pump it into you.

This is the problem I always face, whether here or in India, with many people. That their idea about God, the idea about getting to it is so superficial. Why they are deep? They are made so deep. They are being built up for thousands of years. They have just to become – its so simple. But they are not. They are not aware of their depth. They are so superficial. They live with superficiality. And they have managed their life with it and they think we are alright. This is the way people look at it.

I want you to be aware of that depth. But not mentally only listening to me, "Oh, yes, Mother said so." You should get it. That's my anxiety that you should get it. And you should get to it. If you don't want to have it I will be the last person who will say that I can do it. I am sorry I cannot.

First time when I came to America there was a lady who came with me, travelled all the way and she called her son from Honolulu. She had only one son and he came to me and we tried to give him realization. He couldn't get it. Just couldn't get it.